



TARKINE RAINFOREST EXPEDITION

6 DAYS | 45 KM

A TREKKING JOURNEY THROUGH THE ANCIENT TAKAYNA / TARKINE RAINFOREST

To truly experience rainforest, you need to live it, breathe it, drink it – and walk it. Tasmania's only multi-day rainforest walk enters a vast, tree-lined cathedral - Australia's largest tract of cool temperate rainforest. Recognised globally for its ecological significance, this forest is a living remnant of the prehistoric woodlands of Gondwana. The moss-covered understorey is open, enabling our group to journey through the amazing forest for days. The Tarkine is one of the few remaining places where you can walk through temperate rainforest, without the visual presence of human development. It is still largely unexplored as a walking region, making this track an incomparable experience of isolation, beauty and wildness. It's a little bit special.

WHAT'S INCLUDED

- 2 professional wilderness guides.
- 5 nights camping.
- 5 breakfasts, 6 lunches & 5 dinners.
- Transport to and from Launceston.
- Tent and sleeping mat.
- Group camping equipment including all cooking & eating equipment.
- Emergency communications & group first aid kit.

TREK GRADING : CHALLENGING TREK

See: www.trektasmania.com.au/faq/trek-gradings/ for more information about gradings

IMPORTANT NOTES

Your 6 Day Tarkine Rainforest Expedition is graded as a challenging tour. Please note that the takayna / Tarkine Rainforest is a remote wilderness shaped by local weather conditions. We advise you to do as much training as you can before your tour. The more you train for the walk the easier you will handle the terrain and the more you will enjoy this wonderful part of the world. It's also important to come along with an open mind ready for an awesome experience whatever the weather. It is very important that you bring the right gear for the conditions. Generally, the Tasmanian weather can be unpredictable, storms can arise very quickly and heavy rain and even snow can fall at any time of the year. Quality backpacks, sleeping bags, rain jackets, over pants and gaiters are available for hire.

Note: This itinerary is subject to change with any change in community regulations as well as governmental changes and natural circumstances beyond our control.

WHAT YOU CARRY

The items you need to carry on your 6-day Tarkine Rainforest Expedition are:

All your personal equipment in a full trekking backpack that is 70-90 litres in capacity. This includes sleeping bag, inflatable sleeping mat, tent, a proportion of the group's food and all personal items as specified in our gear list. Depending on the quality and quantity of personal gear and toiletries, the average pack weight should be to 15 - 20kg for the tour. A comprehensive gear list is available at the end of this itinerary detailing what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you. This trek will commence with a full gear check by your guides, to ensure the right mix of gear for your adventure.

PRE DEPARTURE BRIEFING

A pre-trip briefing and a full gear check with your guides the afternoon before your Tarkine Rainforest trek departs will ensure you have the right mix of gear for your adventure. Please make your way to the **Aspire Adventure Equipment gear store 136 York Street, Launceston** at 3pm the day before your trip, bringing your pack and what you intend to bring on your trek.

DAY 1: DEPART LAUNCESTON AND TRANSFER TO ARTHUR RIVER, MYSTERY CREEK

This morning we collect you from your Launceston accommodation between 7:30am and 8:00am. We then make our way through the countryside to Tasmania's north west, passing by some of Australis most fertile agricultural farm belts. To truly enter the Tarkine we have to cross the Arthur River. The landscape we enter is one of profound age and stillness. The Tarkine is a remnant of the forests that once swathed the vast southern supercontinent of Gondwana before its break up 60 million years ago. The major ascent of the day takes around two and a half hours. This is the toughest uphill climb of the whole trip. The evidence of the modern world disappears amongst the moss-covered myrtle and sassafras trees. Our first camp is set beside the photogenic Mystery Creek.

Walking distance 7km | Walking time 4-6 hrs
Meals: Lunch, Dinner

DAY 2: MYSTERY CREEK THROUGH OCTOPUS'S GARDEN

There is no better place or way to be woken than in the Tarkine with a steaming cup of your favourite. After breakfast we venture on. The forest structure changes and we encounter giant eucalypts. The Tarkine is home to some of the largest flowering trees on the planet - some of them are 80m + tall and so thick that our entire group will be unable to link hands around their base. There is plenty of time today to take in these wonders of the natural world. We complete our ascent to the fertile, volcanic plateau on which the vast rainforest flourishes. Amazingly, this area has remained almost unknown to the outside world with many unexplored valleys and wild rivers. The day's highlight is the Octopus's Garden - an ancient grove of myrtle trees twisted and contorted by the weight of centuries. Two deformed giants stand guard at the entrance to this fairy-tale corner of the forest. Fungi

of every colour protrude from the moss. Tonight's camp is located on the edge of a forest ridge surrounded by myrtle trees, giant tree ferns and a carpet of green mosses and lichens.

Walking distance 7km | Walking time 6 hrs
Meals: Breakfast, Lunch, Dinner

DAY 3: TARKINE FALLS

One of the best things about walking in the Tarkine is the water. Mossy, filtered creeks criss-cross the forest floor making filling your water bottle a joy. The Tarkine's largest myrtle (as far as we know) towers above this part of the forest, drinking deeply from the surrounding streams. Today uncovers three Tarkine secrets. Firstly, we discover and explore a glade of giant tree ferns. These 160 million-year-old species predates even the ancient myrtles making it a visible and touchable link to our Gondwanan past. We then encounter the Shrine, which is a small waterfall that offers the opportunity for a refreshing drink and a bit of peaceful reflection. The destination for the day is Tarkine Falls. Before we stumbled upon this gem of the region, it had plummeted into its fern-lined trough unseen by white eyes for thousands of years. This is where we make our camp for the next two nights.

Walking distance 8km | Walking time 5hrs
Meals: Breakfast, Lunch, Dinner

DAY 4: TARKINE FALLS BASE CAMP

Leaving backpacks at camp we take a diversion to our Tarkine Lookout. The path traverses a number of pristine rainforest creeks, before hitting a solid wall of bauera, Banksia and tea tree. This vegetation change marks the edge of a button grass island located in a sea of rainforest. The last ascent is a 30-minute climb to the top of the Tarkine Lookout. What an amazing feeling to emerge from the rainforest after days of immersion deep within it. From the summit of this button grass knoll you start to get an idea of the scale of the Tarkine as it spreads away from you to every horizon. To the north, we view the Arthur and

Keith River valleys, to the east stretches the 18 000 hectare Savage River National Park, and to the south and west lies the largest uninterrupted swath of temperate rainforest in the Southern Hemisphere. The endangered wedge-tailed eagle and grey goshawk both inhabit the Tarkine and can regularly be seen from the Lookout hunting above the button grass. It's not a bad spot to have lunch.

The rest of the day can be used to continue to explore the surrounding high points or discover hidden secrets within the forest. Perhaps you'd like to take it easy and soak up the forest energy for the afternoon and read a book, or just lie back and relax, the choice is yours. Your guides will prepare another fabulous meal to be enjoyed amongst the ancients of the forest.

Walking distance approx. 10km | Walking time 5-6hrs
Meals: Breakfast, Lunch, Dinner

DAY 5: TARKINE FALLS VIA EASTONS CREEK TO HEAVEN

Today we follow Easton's Creek through deep myrtle and tree fern country. It's a gorgeous, peaceful walk with opportunities to see two of the Tarkine's most elusive, rare and unusual residents – the platypus and the giant freshwater crayfish. After crossing the river several times, we come across a gorgeous waterhole, suspended between a tumbling waterfall and a gentle cascade. Call it what you like, we call it Heaven. It is one of the most luxuriant rainforest landscapes on the walk. Lunch is served here whilst we relax and soak up the sun and, for the adventurous, you can take a dip in the pristine pool.

The afternoon is short, just a quick ascent to a ridgeline that looks back across the Easton Creek valley and spectacular Blue Peak. After setting up camp for the last time we have the opportunity to relax amongst the ferns collecting up thoughts and memories to take home.

Walking distance 6km | Walking time 4hrs
Meals: Breakfast, Lunch, Dinner

DAY 6: HEAVEN VIA

ARTHUR RIVER RETURN TO LAUNCESTON

We need to say our farewells to the Tarkine, for now. We start our day by wandering through an astounding open rainforest. The myrtle trees here have grown so thick and so old that they have blocked almost all light from coming to ground. This makes it difficult for smaller, younger plants to grow. The result is an echoing, open space beneath a vibrant, moving canopy. Nature's own Sistine Chapel. We have great fun fording the Lyons and Arthur Rivers. The average depth for both crossings in summer is knee high water. Our guides will give clear instructions on how to cross safely. And all of a sudden, amid the splashing of your final crossing, we leave the Tarkine behind. We look back to the rainforest to bid a momentary farewell before returning to everyday life in Launceston.

Walking distance 6km | Walking time 4hrs
Meals: Breakfast, Lunch

WHAT EQUIPMENT TO BRING ON YOUR TARKINE WILDERNESS TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Tarkine Rainforest Expedition.

E indicates essential item of equipment

H indicates available for hire

Clothing	Equipment	
Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex or equivalent 3 layer membrane). We recommend mid thigh length with full front zip opening which must have a storm flap. E, H (\$50)	Back pack 70-90L with waterproof pack liner E, H (\$50)	
Waterproof over pants (Gore-Tex equivalent 3 layer membrane or PVC coated nylon) E, H (\$20)	Waterproof nylon pack cover E	
1 medium weight /thick woolen/polar fleece jumper - must be wool or good quality synthetic fibre	Inflatable /insulated sleeping mat - light weight E, included	
2 Long sleeve thermal tops (wool or synthetic) E	Sleeping bag - 3 seasons down or high quality synthetic, comfort rating -5 - needs to be around the size of a rugby ball or smaller E, H (\$50)	
1 Long thermal pants (wool or synthetic) E	Tent E, included	
2 T-shirts/Long sleeve shirts (must be wool or synthetics outdoor material - NO Cotton)	Good quality head torch with spare batteries E	
Warm trousers - must be wool or synthetic fibre	Sunglasses with secure neck strap	
Walking trousers	Water bottles or water bladder - minimum 2 litres E	
Walking shorts	2 Heavy weight garbage bags or dry bags for waterproof storage OR 1 good quality nylon pack liner (Sea to Summit equivalent) E	
Walking socks - 3 pairs wool or thermal E	Small pack towel	
Warm / Waterproof gloves or mittens E	Gaiters - knee length essential for keeping mud from boots and leg protection E, H (\$30)	
Wide brimmed sun hat with secure chin strap preferable E	We provide all catering equipment including cutlery, cups, plates, bowls E	
Balaclava or warm beanie E	Personal Toiletries and First Aid	
Underwear - wool or thermal	Personal toiletries (please do not bring soaps or shampoo)	
Swimmers	Insect repellent cream (please do not bring spray repellent)	
Footwear	Sunscreen and lip balm E	
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. Ideally boots will have a waterproof lining or for full-leather have been waterproofed. They must be well worn in but not worn out. E	Personal first aid kit with tape for treating and preventing blisters and any personal medication. All this should be carried in a waterproof and knock proof container. E	
Light weight sandals or shoes for around camp	Optional Equipment	
	Camera	
	Walking Poles H (\$20)	
Please contact us with any questions.	Small packable day pack for those days when exploring from base camp - your full pack can be used for exploring as well	
	1 lightweight down or synthetic jacket or vest (Cooler trekking months of November/December and March/April)	
	Book	