

# South West Tasmania

## Base-Camp Sea Kayak Adventure Four day trip





# South West Tasmania-Base Camp Sea Kayak Adventure



## Four day trip-four days kayaking

This fantastic four day kayak expedition is based around Bathurst Harbour in the World Heritage Area of south-west Tasmania. Here we paddle one of Tasmania's most beautiful wilderness areas, exploring sheltered harbours, remote islands and white quartzite beaches with tannin stained waters. After a day of adventure, return to base-camp at Forest Lagoon for comfy beds and hearty meals. The four day itinerary is an ideal way to experience the majesty of the Tasmanian Wilderness World Heritage Area if your time is at a premium or you are new to paddling or wilderness camping. The trip includes a return flight between Hobart and Melaleuca in the Southwest National Park, a fantastic experience that bookends this amazing Australian kayak adventure.

## A Quick Itinerary

B = Breakfast • L = Lunch • D = Dinner

**Day 1:** Depart Hobart for the one hour flight to Melaleuca. Base camping. D

**Days 2-3:** Kayaking Tasmania's World Heritage wilderness. Base camping. B • L • D

**Day 4:** Last kayak day. Flight to Hobart. End of trip arrangements. B • L

## Meeting Place and Time

We meet at Hobart's Cambridge airport at 10.30am, an hour before our scheduled flight. Flight time may vary so check your booking confirmation or call the number noted on your final itinerary to confirm. Cambridge airport is a five minute drive from Hobart airport and 20 minutes from Hobart city. We can arrange a Hobart city hotel pick up between 9.30am and 10am. If you have your own vehicle you can park at Cambridge Airport where there is free unsecured parking.

## Sea Kayaking

Sea kayaking is an activity that any reasonably fit person can participate in and could be compared to brisk walking or cycling. Previous kayaking experience is not necessary for the four day itinerary, but it is important to have a sound level

of fitness and, most of all, a sense of adventure. The degree of difficulty of the trip **will depend on the weather** we encounter. We ask that all participants feel confident in swimming.

The four day itinerary is based in Bathurst Harbour and sheltered from the ocean swells of Port Davey.

The kayaks used are double sit-in expedition sea kayaks (Paddling Perfection Sea Bear II) with rudder. The kayaks are stable, easy to paddle and control- ideally suited for this remote trip. They are very forgiving and are suited for beginners to experts. On day one you will be given a thorough briefing on all aspects of sea kayaking techniques with ample time to practice and familiarise yourself with the kayaks. We generally limit our group size to a maximum of 10 clients, plus two guides.

Paddles used are Werner Skaggit paddles with 70 degree right hand feather there are two split paddles available that can be adjusted for left hand paddlers. You're welcome to bring your own split paddle if you prefer.

In general, the fitter you are, the more you will enjoy the paddling. It's a good idea to begin some regular exercise like walking, jogging, cycling, aerobics or swimming well before the trip. If you have not paddled before, consider organising some tuition before your trip.

## Proposed Itinerary

**Due to the unique nature of this area and the variability of weather, there is no fixed route or schedule. The following itinerary is a sample only. Please note that flight delay, weather, logistical conditions and group preference will determine the day to day activities. Paddling distances should be seen as an approximate guide only.**

**Day 1:** We meet at Hobart's Cambridge Airport one hour before the scheduled departure (check your booking confirmation). This allows time to repack your personal luggage into the supplied dry bags and duffle.

It's a 40-50 minute flight with Par Avion to Melaleuca in the Southwest National Park. The flight can follow two routes depending on cloud and visibility. If the cloud is low then the route is via the southeast and southern coasts of Tasmania. Otherwise, the route is directly over the rugged mountains to the west of Hobart; both routes offer wild and spectacular scenery.

We arrive on the airstrip originally built in the 1950's by Deny King, who lived with his family at Melaleuca for 55 years. On arrival, we unload the gear and pack the kayaks. Our first paddle is around 6km in length along Melaleuca Inlet to Forest Lagoon standing camp, where we're based for three nights. Time and weather permitting, we may be able to enjoy an additional afternoon kayak or walk.

During your evening meal, the guides will discuss itinerary options for the coming days.

D / CAMPING

**Days 2-3:** We spend two days exploring one of Tasmania's most remote and beautiful areas, paddling through perfect reflections in the tannin-stained waters, beneath mountains that rise from the shore and stopping in at picturesque beaches. We'll access lots of remote waterways and shorter local hiking tracks depending on the weather conditions. Highlights may include

paddling to the Celery Top islands or, if conditions are excellent, paddling through the Bathurst Narrows to Balmoral Beach (20kms). With the way the land is orientated there is almost always somewhere sheltered to explore. We return to our comfortable standing camp at each day's end.

**B • L • D / CAMPING**

**Day 4:** The final day of our adventure typically starts with a relaxed breakfast or perhaps a quick walk up Mt Beattie (if time permits). It's then back in the kayaks for our final paddle back up the Melaleuca Inlet to Melaleuca. After tidying the kayaks and organising gear for the return flight, there may be time to explore Melaleuca. The scheduled flight departure is 1.30pm. The trip ends with a transfer from Cambridge airport to your Hobart hotel if required.

**B • L / END OF TRIP ARRANGEMENTS**

## End of Trip

We finish the trip with a transfer to your Hobart hotel. Accommodation on this night needs to be booked by you and is not included in the trip cost.

Access to and from Melaleuca is by light aircraft. These planes cannot operate in extremes of weather or poor visibility. While it is unusual, delays can occur on both the inbound and outbound flights. **Due to this we highly recommend you do not arrange onward travel for at least 24 hours after our scheduled finish time.**

## Luggage, Packing and Gear

Upon arrival at Cambridge airport you will be supplied with:

- Two dry bags (1 x 25 litre and 1 x 20 litre).
- Waterproof paddling jacket and waterproof paddling pants.
- PFD/life jacket.
- Sleeping bag and sleeping bag liner.
- 70 litre duffle bag.

**All your gear, including dry bags and sleeping bag but excluding PFD must fit into the 70 litre duffle bag.**

At Cambridge airport there will be time allocated to repack your personal luggage into the supplied dry bags and duffle bag. Your guides will go through the gear list to ensure you have adequate and appropriate clothing and rain jacket. You will be able to leave your travel luggage and other personal items not needed on the trip with our local operator for safe keeping.

### Thermals

Synthetic or wool thermals will ensure your comfort in cooler and wet weather. These materials wick water away from the skin, keeping the layer closest to you warm and dry. We strongly recommend you bring two sets of thermals, one for paddling and one for camp. Clothing made of any type of cotton, cotton blend or silk are not suitable (once these fabrics get wet they will become cold on your skin).

### Rain Gear

You will be supplied with a good quality waterproof paddling jacket and waterproof pants for kayaking. The jacket has gaskets around the wrists to stop

water from running along your arms while paddling, however this gasket can become uncomfortable and hot when walking. The pants are non-breathable, but great for stopping the wind when you get out of the kayak. For walking and for wearing around camp, we recommend you bring your own breathable waterproof jacket.

### **Footwear**

Be prepared to get your feet wet! You can either opt for water sandals (Tevas/Keens), light neoprene booties or Crocs (most of the guides wear Crocs). The itinerary includes walking. Trail walking shoes or runners are ideal, or lightweight hiking boots if you prefer ankle support. The tracks can be muddy and rutted. It is recommended that you also have a dry pair of shoes for around camp. Runners or Crocs (fashionably worn with socks for warmth) are preferred options.

### **Water bottle/Hydration system**

You will require at least one litre of water carrying capacity. Each morning and at lunch you will be able to re-fill your water bottles. Each kayak will have a deck bag where you can store either your water bottle or hydration pack. The PFD's also have the ability to zip a hydration pack into the back.

### **Notes on Packing**

All your gear will need to fit into the 70 litre duffle bag supplied at Cambridge airport. Also supplied are two dry bags for your sleeping bag and clothes. Waterproof clothing and shoes do not need to be packed into dry bags and can be placed into the duffle bag and the kayak hatch individually. If you follow the gear list at the end of these notes your gear should fit nicely into the supplied bags.

## **Kayaking Equipment**

Our local operator provides high quality sea kayaking equipment. You'll have a pfd that fits, quality spray deck, a light paddle, good quality paddle jacket and pants, pogies (paddling mits) and a well-maintained sea kayak. You are welcome to bring your favourite paddling accessories such a split paddle, pfd, dry bags and paddling jackets but please contact us prior to your trip regarding suitability.

## **Forest Lagoon Standing Camp**

The Forest Lagoon standing camp is carefully designed to sit lightly on the land and have minimal impact on the environment. At the same time, the camp offers an enjoyable, sheltered and comfortable base in the wilderness. The spacious platform tents are set above the ground and have real beds! After a day's paddling, you'll sleep soundly. There's a covered area where we meet for meals and group gatherings – perfect for planning the day's exploration in the morning and discussing the highlights of the journey in the afternoon. There are also environmentally-sensitive toilet facilities. The setting is beautiful, in a remote forest clearing on the banks of Melaleuca inlet.

Accommodation consists of five two-person platform yurts, a dining / kitchen shelter and communal amenities with flushing toilets. Each yurt has a double bed or two single beds and is high enough for you to walk around. If you are single, you may be required to share a yurt (there is a heavy curtain separating the single beds).

## **Climate**

The dynamic weather is one of the many attractions of this World Heritage wilderness. Daytime summer temperatures can range from 10 to 35 celsius with at least one day (and sometimes multiple days) with rain or drizzle to be expected. Evening temperatures regularly drop below 10 C. In this moist maritime environment, quality wet-weather gear and thermal garments are a necessity for your safety and comfort.

Follow the gear list and you will be comfortable and prepared to enjoy the many variations of weather that we may encounter.

## **Trip Organisation**

Due to the unique nature of this area and the variability of weather, there is no fixed route or schedule. The number of days paddling and the number of hours in the kayaks is variable and dependent upon the group and weather conditions. The guides are highly experienced at optimising each day's plan to make the most of prevailing conditions. On a typical day we aim to paddle for approximately 2-3 hours in the morning and 2-3 hours in the afternoon. Sometimes a short walk may be substituted for paddling. It's important to realise that the group will kayak at the speed of the slowest members.

The expedition will run more smoothly if everyone pitches in and helps. The guides will prepare meals but we ask that each person takes turns with the dishes each evening.

## **Expedition Staff**

The guides' role is to co-ordinate the expedition and ensure the safety of the group. They will answer questions and inform you of the objectives and progress of the trip. They will decide on safety matters and administer the medical kit if required. The guides carry a satellite phone, location beacon, marine radio, flare kits and towing equipment in case of emergencies. Should you have any enquiries during the trip, feel free to ask your guides.

## **Travel Arrangements**

Should you voluntarily decide to alter your travel arrangements after commencement of your trip, Southern Sea Ventures and the local operator are not responsible for any additional charges involved. Our staff will assist you if possible but you are responsible for organising these arrangements yourself. Delays may occur due to weather or transport difficulties and your guides will do their best to rectify the situation. Please understand that delays and waiting can occur.

## **Travel Insurance**

It is necessary to take out a personal comprehensive travel insurance policy. Please make sure your insurance policy covers lost monies in the event that you need to cancel your trip or the trip has to be cancelled/curtailed due to inclement weather. Southern Sea Ventures and local operator are not responsible for any expenses incurred due to flight delays.

Australian residents should note: Under the Federal Government Medicare Act it is prohibited for any domestic travel insurance product to provide any financial

reimbursement with regards to ambulance or air ambulance services. We advise clients to take specific cover for ambulance services through the respective State Ambulance Service providers or through your own private health insurance.

Ensure you have read your travel insurance policy thoroughly and are familiar with the claim process in case it becomes necessary to make an emergency claim. We will require proof of your insurance prior to departure.

## Time & Communication

Tasmania is on Australian Eastern Daylight Time (AEDT).

There is no mobile coverage and no power available during the trip. Your guides carry a satellite phone for emergencies. Please ensure all cameras are fully charged and spare batteries are packed.

## Meals

All meals, snacks and drinks, cooking equipment and eating utensils are provided.

The food is freshly prepared by the guides who are all great camp cooks. Breakfasts are a mix of hot and cold, with items such as muesli, fruit salad, scrambled eggs and pancakes on offer. Lunches are picnic-style, with a selection of wraps, crackers, cheese, cold meat and a salad. Dinners are prepared with fresh ingredients and varied daily. Dinners start with a snack, such as cheese and biscuits (with a glass of wine), then a main (for example, Moroccan Lamb Cous Cous), finishing with dessert such as Tasmanian berries and cream.

**We are happy to cater for vegetarians and other special dietary requirements. Please write your dietary requirements on your medical form.**

## Conservation

It has always been our motto that “we take only photographs and leave only footprints”. We are keenly aware of the ecology of the Tasmanian Wilderness World Heritage Area. Our local operator follows the principles of Leave No Trace to minimise impact.

- Please keep toiletries to a minimum. Discuss the suitability of any biodegradable products you bring with your guides. We suggest leaving shampoo, soaps and hair products behind. Natural 100% tea tree oil serves as a good antiseptic soap/shampoo alternative. Please note there are no shower facilities.
- Toilet paper is supplied and the disposal of waste as per Leave No Trace principles will be outlined during your tour.
- If possible, organic/natural brands of insect repellent, sunscreen, deodorant and toothpaste are preferred. Small quantities take up less space!
- Sanitising hand gel will be provided at meal times and around camp. Having a small personal quantity is also recommended. Approximately 60ml is sufficient.





## Biosecurity

The greatest threat to some of Tasmania's plants is an introduced disease called root rot (*Phytophthora cinnamomi*). Root rot is spread by the muddy boots and camping gear of visitors. Once root rot infects an area it cannot be removed. Other threats include didymo algae, chytrid frog fungus, myrtle rust and weed seeds.

**Before you pack please CHECK, CLEAN AND DRY all clothing and equipment.** Pay particular attention to boots and velcro on clothing. A boot wash down station is provided at Cambridge airport for an additional clean of your shoes prior to your flight.

## Money Matters

### Your tour cost includes:

- Return transfers between Hobart city and Cambridge airport.
- Return scenic flight between Cambridge airport and Melaleuca.
- Double expedition kayaks, paddles, pfd, spray skirts.
- Sleeping bag and liner (notify us if you prefer to bring your own).
- Two dry bags for your sleeping bag and clothes.
- Duffle bag for transport of your gear on the flight.
- Waterproof paddling jacket and pants.
- Pogies (paddling mittens).
- Two professional sea kayak guides.
- Three nights accommodation at a permanent standing camp.
- All meals and snacks from dinner on Day 1 to lunch on Day 4 including a glass of wine in the evenings.
- All cooking equipment including cups, plates and eating utensils.
- Toilet paper, toilet kit, antibacterial hand gel.
- Comprehensive first aid kit and emergency safety equipment.

### Your tour cost **does not** include:

- Flights to Hobart.
- Accommodation and meals in Hobart.
- Travel insurance.

## Medical Matters

Any passenger undertaking this trip is required to provide us with a medical questionnaire filled out completely and accurately. Be sure to let your guide know of any medications you take (and side-effects) as well as noting this on



your medical form. Include an extra supply of your medication, packed separately, just in case. You will be isolated from modern medical facilities, so attention to medical matters is vital. Your guides carry a comprehensive medical kit and are trained in wilderness first aid.

## Equipment & Clothing: What You Need to Bring

Due to weight and space limits in both the aircraft and kayaks, your entire personal luggage, including the provided sleeping bag and waterproof clothing, **must fit into the 70 litre (600mm x 400mm x 300mm) duffle bag** issued at Cambridge airport. Contact us if you have any questions.

### Gear List

#### Essential Items:

- Lightweight thermal long sleeve top for paddling.
- Lightweight thermal long johns for paddling.
- Medium/heavy weight thermal long sleeve top for night.
- Medium/heavy weight thermal long johns or polar fleece pants for night.
- Lightweight fleece for paddling.
- Nylon quick drying shorts (like board shorts).
- Synthetic quick drying long trousers.
- One or two lightweight quick drying t-shirts.
- Warm polar fleece or down jacket.
- Quality, breathable rain jacket with hood.
- Waterproof over trousers (for walking and at camp).
- Footwear for paddling that can get wet (sandals, wet suit booties, Crocs).
- Trail walking shoes/runners or light weight hiking boots.
- Dry footwear for camp (sneakers or Crocs).
- Sun-glasses with a cord to prevent them from falling into the water.
- Sun hat with a stiff brim.
- Woollen or polar fleece gloves.
- One or two woollen or fleece beanies (one for paddling and one for camp).
- One pair of warm socks for night.
- One pair of walking socks.
- Underwear for four days.

#### Essential Personal items:

- Water bottle/hydration system (minimum one litre capacity).
- Personal toiletries and medications (note there are no shower facilities and if you bring soap please ensure it is biodegradable.)
- 60ml sanitising hand gel.

- Pack towel: light and quick dry.
- Headlamp with spare batteries.
- Sunscreen (water resistant and at least SPF30) and lip salve.
- Insect repellent.
- Pillowcase.

**Optional items:**

- Small dry bag for camera, sunscreen etc.
- Short or long sleeved rash vest.
- Long sleeved quick drying shirt for sun protection.
- Paddling gloves (we supply pogies).
- Gaiters
- A pair of swimmers.
- Camera
- Book.
- Small frameless daypack.
- Small inflatable camping pillow.
- Plastic bags for wet gear.
- Wine or spirits (no glass and everything must fit into the 70 litre duffle bag).

## Delays or Problems

In case of last minute delays or problems, contact Southern Sea Ventures. A local number will be noted on your final itinerary.

**SOUTHERN SEA VENTURES**

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