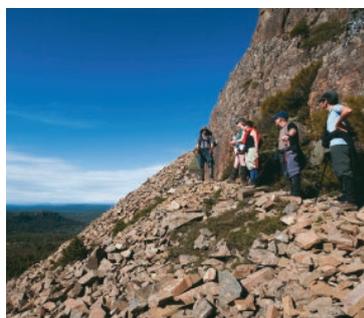




Australasia

walls to overland track traverse



trip highlights

That this magnificent alpine area is only accessible by foot.

Rarely visited sub-alpine wilderness

Support Appin Hall Children's Foundation

Bushwalking with renowned guide Wes Moule



Trip Duration	6 days	Trip Code: WES
Grade	Moderate	
Activities	Trekking with a Full Pack	
Summary	6 day trip, 6 days trekking with a full pack and 5 nights camping	

Tasmanian Expeditions

Tasmanian Expeditions has been in continuous operation for over 30 years. We offer economical, reliable, environmentally friendly, small group, fully inclusive adventure holidays to some of the most beautiful and pristine parts of Tasmania. Our trips cater to people from many walks of life, age groups and motivations. Tasmanian Expeditions offers more than 25 tailored itineraries that incorporate trekking, walking, cycling, paddling and climbing throughout Tasmania and some of its offshore islands.

why travel with Tasmanian Expeditions?

Tasmanian Expeditions has evolved from its grass roots heritage to offer a range of exclusive adventures as diverse as Tasmania itself. Over the past 30 years we have used our understanding of the land to carefully construct trekking, cycling, rafting, climbing and kayaking adventures around this unique landscape. Our expertise is reflected in our outstanding range of itineraries, each guided by our exceptional leaders, whose local knowledge and extraordinary culinary skills, ensure an enriched Tasmanian experience. Our excellent safety record, commitment to responsible and sustainable travel practices, along with the quality equipment we provide on many of our trips, guarantee you unsurpassed value for money.



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trip dates

important notes

Tasmanian Expeditions does not require single travellers pay a surcharge for travelling alone. We will arrange for you to share accommodation with another traveller of the same sex and if we can not match you up we will provide a single room (or tent if applicable) at no extra charge.

the trip

This special expedition has been created by legendary guide Wes Moule in support of children's charity, Appin Hall. It is unique opportunity to walk across the Walls of Jerusalem and then cross over to the Arm River Track and Pelion Area on the Overland Track. This six day full-pack bushwalking expedition showcasing the regions spectacular mountain scenery, pristine wilderness as well as unique flora and fauna. We begin climbing up on to the Walls of Jerusalem, exploring the surrounding peaks and valleys of the central Walls region. The trek continues through remote alpine herb fields and highland lake country, sideling Lake Adelaide, Lake Meston and Junction Lake to name a few. In the southern confines of the National Park we will have the opportunity to summit Mt Ragoona before traversing rarely accessed private land, crossing over to the southern wilderness of the famous Overland Track. In the Pelion Plain area we have the opportunity to summit the stunning dolerite crag of Mount Oakleigh before we descend via the Arm River Track.

our partners

Appin Hall Children's Foundation (AHCF) is a principle for the protection of children in Australia. It's prime objective is to provide qualified respite care for young people in our communities disadvantaged through serious illness, homelessness, and destitution. To also validate, respect, empower and bring balance to each child's emotional wellbeing, by rebuilding their connection to mind, body and soul through self-esteem and a sense of security - this being achieved by lovingly reinforcing their safe connection to family, the greater community and the natural environment.

Currently, Appin Hall have several buildings constructed incl. Large Respite Centre, Dining Hall with 1st floor Accommodation, Office/Freight Office, Gatehouse, Tradespersons Cabin - plus Tennis Court and Greenhouse under construction. We believe traumatised and seriously ill children require a peaceful and harmonious environment to promote a healing process. Within this process, the healing modalities we have chosen comprise: music, singing, dance and visual arts. The anticipated age group of our clients range between 18 mths old to 24 years coming from a variety of socio-economic backgrounds located within Tasmania and Australia.

One aspect of the Appin Hall vision will be a systemic return to many diminishing 'old-fashioned' values such as: human kindness, compassion, humor, integrity and respect. AHCF can offer young people, often losing vital contact with grandparents, an opportunity to develop skills that inherently need to be handed down from our ageing community. Once further funding is sourced, and the Hothouse construction completed, a variety of education programs will be installed incl. propagation of seeds, growing vegetables and fruits, harvesting produce and taking it to the dinner table, bottling and preserving fruits, drying fruits, making sauerkraut and plum puddings, separating milk and cream to acquire skills such as how to use a butter churn, cooking classes - and more.

about your leader/escort

Wes Moule has been working with Tasmanian Expeditions for many years as a food dropper, a bit like a sherpa, he carries loads for food drops. His strength and endurance are legendary, yet he is best known for his warmth and enthusiasm. He has earned great affection from trekkers and the bushwalking community for his irrepressible love of life and the Tasmanian wilderness.

Last season, Wes set about his 'mission in remission' which was to walk 1500km through the Tasmanian wilderness during the trekking season to raise funds for the Northern W.P. Holman Clinic in Launceston.

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After a successful five year battle with Non-Hodgkin's Lymphoma Cancer, Wes was determined to help those who helped him and was overwhelmed with the support he received from the public last season to ensure that he reached his fundraising goals.

This year Wes is at it again, this time raising funds for the Devonport based Appin Hall Children's Foundation by leading a special Heart of World Heritage fundraising trek along an alternate trekking route in the remote Walls of Jerusalem region.

at a glance

DAY 1	LAUNCESTON TO WALLS OF JERUSALEM NATIONAL PARK
DAY 2	WILD DOG CREEK TO LAKE MESTON
DAY 3	LAKE MESTON TO OINE HUT PLAIN
DAY 4	TO LEE'S PADDOCKS
DAY 5	TO PELION PLAINS
DAY 6	MOUNT OAKLEIGH, ARM RIVER TRACK, RETURN TO LAUNCESTON

what's included

- 2 professional wilderness guides
- 5 nights camping
- 5 breakfasts, 6 lunches & 5 dinners
- Transport by private minibus
- National Park fees
- Tents, backpack, sleeping bag, inner sheet & inflatable sleeping mat
- Group camping equipment including all cooking & eating equipment
- Emergency communications & group first aid kit

detailed itinerary

DAY 1 Launceston to Walls of Jerusalem National Park

Today you will be collected from your accommodation in Launceston and transferred to the Walls of Jerusalem National Park entry point. Carrying our full backpacks into this magnificent highland area will provide us with a challenge but we will be provided with plenty of encouragement from our guides as well as snacks & numerous rest stops. After a good climb past Trappers Hut in the shadow of Clumner Bluff, we leave the tall forests of the Mersey Valley and reach the alpine ecosystems that fill the Central Plateau.

It will take approx 4 hours to reach our base camp at the Wild Dog Creek camping site where we are equipped with raised tent platforms, a composting toilet and an outdoor communal dining/kitchen area. We camp here under the gaze of the regions highest peak, King David (1499m)

Walking Distance 7 km

Walking Time 4 hours

meals: L,D

DAY 2 Wild Dog Creek to Lake Meston

After packing up camp this morning, we leave the Walls via Damascus Vale to Lake Ball. After a stunning remnant Pencil Pine forest, we traverse the northern side of Lake Ball and then drop

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fast facts

Group Size Min:

5

Group Size Max:

8

Singles:

A single supplement is not available for this trip

Leader:

Expert local leader

adventure travel

By its very nature adventure travel involves an element of the unexpected. Remote areas are sometimes unpredictable and itineraries may be altered. To get the most out of your adventure it is important that you are flexible, positive and eager to take on all the challenges that arise. If you are uncertain about your suitability for this trip we recommend that you speak with our trained staff.

important note

The above itinerary is to be taken as a guide only. Inclement weather, group fitness and a number of other factors may influence our planned itinerary causing delays and variations. The Tasmanian Expeditions group leader reserves the right to make modifications and or alterations to the trips itinerary in the best interests of all involved.

down onto the Adelaide Plain and alongside Lake Adelaide. We walk along the eastern side of Lake Adelaide to the headwaters of the Mersey River to camp on the northern shore of Lake Meston, surrounded by remote wilderness.

Walking Distance 13 km

Walking Time 5-7 hours

meals: B,L,D

DAY 3 Lake Meston to Oine Hut Plain

Leaving our campsite beside Lake Meston we follow the Junction Lake Track until Meston Hut (built by Dick Reed in 1969). Here we turn off the main track for a side trip to Mt Ragoona, which we will ascend via the Mount Ragoona Plateau and then westward to the summit (1350 metres). Mt Ragoona has some of the best views of the high country in Tasmania. We then descend to the Mersey Forest Road and collect our resupply before walking on to the privately owned Pine Hut Plain.

Walking Distance 10 km

Talking Time 6 hours

meals: B,L,D

DAY 4 To Lee's Paddocks

We trek out along the Lees Paddocks Track, taking in side trips to Lewis Falls and Oxley Falls along the Way. We camp at Lees paddocks

Walking Distance 10 Km

Walking Time 5-7 hours

meals: B,L,D

DAY 5 To Pelion Plains

Today we traverse the high plains, amongst the tarns and under the high peaks of Mount Pelion East and Mount Oakleigh. We will camp at the Pelion Plains, a place familiar to Overland Track walkers.

Walking Distance 10 Km

Walking Time 3-5 hours

meals: B,L,D

DAY 6 Mount Oakleigh, Arm River Track, return to Launceston

A side trip to the summit of Mount Oakleigh gives us one last stunning high point before our return to civilisation. This morning's walk off the plateau will take us through pleasant forests to where we meet up with our Tasmanian Expeditions transfer driver on the Arm River Road. We return to Launceston via Mole Creek, where we enjoy a refreshing lunch. Arrival in Launceston is at approximately 5pm.

Walking Distance 15km

Walking Time 6-7 hours

meals: B,L

This itinerary is subject to change with any change in Community regulations as well as Governmental changes and natural circumstances beyond our control.

climate

Tasmania is located between Latitudes 40 and 43, with the islands temperature and weather moderated by the surrounding oceans. The cool temperate climate offers four distinct seasons which can interchange on any given day of the year. Summer in-land temperatures average 24 degrees with nights averaging a relatively cool 8 degrees. Rainfall in Tasmania is

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far higher than any mainland counterpart and averages 2700 millimetres on the west coast and central highlands.

Tasmania's alpine regions can experience heavy rainfalls and temperatures below zero degrees in summer. For group safety and comfort, having adequate gear and equipment for the local conditions ensures accessibility to the wilderness is enjoyed. Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures.

a typical day

- Itinerary:

Physical and mental preparation for your 6 day bushwalk cannot be highlighted enough. Come open minded and ready for a wonderful experience whatever the weather, whoever the group, whatever your preconceived ideas. Your guides will be working to enhance your trek and maximise your safety. Each day, each group, each guide may influence itinerary details but the following will give you an idea of daily timing.

Each day on the track will start with a hot drink call from your guides. They will then prepare breakfast, whilst you get ready for the day and pack up all your equipment. After breakfast the guides will finish their last minute packing and then set off for the day's walk.

Each day is different but usually the morning walk is 3-4 hours in duration with numerous snack, photo and water breaks along the way. A leisurely lunch is served which provides the chance to put your feet up, take photos, or simply enjoy the magnificent scenery around you. The afternoon walk is usually shorter than the morning walk getting us to camp with plenty of daylight and time for exploring, relaxing or just enjoying a welcome hot drink and a chat. A hot dinner and dessert is served around 7pm with time to tell a few stories and hear a brief on the following day's activities.

Your guides will not expect any assistance but will appreciate it if you have the energy to help collect drinking water when arriving at camp, wash up the lunch dishes in readiness for the evening meal etc.

- Food:

Tasmanian Expeditions aims to provide high quality local Tasmanian produce to supply interesting and nutritional meals for its guests. Our guides have remarkable wilderness culinary skills and pride themselves on the variety, quality, nutritional levels and presentation of their meals and their ability to cater to a wide range of dietary requirements.

A typical evening meal that can be expected on both accommodated and remote adventures with us includes:

Entree: Tasmanian cheese platter, fresh antipasto, crackers & dips

Main 1: Tasmanian lamb curry served with basmati rice, fruit chutney and a side salad

Main 2: Pumpkin, mushroom, lemon & sage risotto with fresh rocket salad

Dessert 1: Local strawberry and blueberry pavlova

Dessert 2: Stewed sweet apple strudel

Dehydrated foods are combined with fresh food meals on some of our most remote expeditions to lighten the loads carried by our guides and guests.

- Personal Hygiene:

Tasmanian Expeditions is deeply committed to ensuring the natural heritage and wilderness values of Tasmania are undiminished for generations to come. The following policies & techniques for personal hygiene in the wilderness will help to reduce our impact and ensure that the trip is sustainable.

- Please keep toiletries to an absolute minimum. If biodegradable products are brought on tour, their suitability will be discussed at your pre-departure briefing. We suggest leaving

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items such as shampoo, soaps & hair products behind. Natural 100% tea tree oil serves as a good antiseptic soap/shampoo alternative.

- Toilet paper is supplied on every tour and most bushwalking tours will have composting toilets available. On remote expeditions there is the need to dispose of waste as per leave no trace principles which will be discussed at your pre-departure briefing.
- On many of our bushwalking tours there will be the opportunity to have a swim or bathe in nearby suitable lakes & streams. A quick drying micro/travel towel is recommended for washing/drying.
- On remote bushwalking expeditions personal hygiene can be maintained with wet wipes/moist towelettes.
- If possible, organic/natural brands of insect repellent, sunscreen, deodorant and toothpaste are preferred – small quantities are lighter to carry!
- Sanitising hand gel will be provided at mealtimes & around camp/cabins. Having a small personal quantity is also recommended – approx 60mls is sufficient.

accommodation on the trip



The first night in the Walls of Jerusalem National Park are spent at Wild Dog Creek base camp. Situated in the shadow of the areas highest mountain, King David's Peak (1499m), we set up our twin share tents on a maze of elevated wooden platforms. A permanent kitchen and dining platform provide rustic shelter from the elements and a panoramic spot to enjoy a hot drink, a chat about the day's events and a hearty evening meal together. A composting toilet & fresh drinking/washing water is also available.

The remaining 4 nights of the tour are spent at various scenic campsites where facilities will be limited but the scenery spectacular.

We provide strong, 2 person, bushwalking tents (twin share), which provide each occupant with a personal access door and vestibule for individual use. Our tents weigh between 2.0 and 2.5 kg and this weight is shared equally by each occupant. We use a range of high quality 3-4 season tents which have been trialled and tested to withstand all weather conditions that may be encountered on our adventures. Brands that are most commonly used are Wilderness Equipment and Eureka.

pre and post tour accommodation

The Heart of World Heritage Tour commences with a pre-departure briefing at Mountain Designs Equipment Store in Launceston at 3pm on the day before departure.

It is compulsory that you attend this briefing and that you bring along all of the gear/clothing required for your expedition with you. The briefing will be approximately 2 hours in duration and will include the following:

- An outline of the general itinerary/objectives of the tour
- A cross-check of essential gear and clothing required
- Distribution of all hire gear included in the tour price and/or requested
- Explanations of what is expected from the group and individual participants
- Identification of inherent risks of the trip and outline emergency procedures
- Explanation of Leave no Trace principles and overall conservation strategies

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- Forecast weather conditions
- Confirmation of pick up times & locations for the following morning's departure

what you carry

On the 6 day bushwalking expedition you will need to carry all personal equipment in a full trekking backpack that is 70-90 Litres in capacity. This includes sleeping bag, inflatable sleeping mat, a proportion of the shared tent, a proportion of the group's fresh food supplies 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 15-20kg.

A comprehensive gear list is available to detail what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you. Every bushwalking expedition operated by Tasmanian Expeditions will commence with a full gear check by your guiding team to ensure the right mix of gear for your adventure is present.

equipment required

Tasmanian Expeditions has a specialist gear list available that details what clothing and equipment is required for each of our Tasmanian adventures. The gear list is specific to the type of tour you will be joining us on and it provides a clear description of what is included in the tour cost, what items are available for hire and what you will need to bring with you. Brand recommendations and the individual weight of the gear provided is also included.

what's not included

- Travel to and from Launceston
- Accommodation before or after the trip
- Items of a personal nature - alcoholic beverages, car parking etc
- Travel insurance

private groups

The adventures featured in our brochure, and on our website, are just a starting point for many of our private group travellers. We can organise custom designed itineraries for groups of friends, clubs, charity's, schools or even work colleagues. Our staff will assist you with all aspects of your private group adventure. Contact our office today.

subscribe to our e-newsletter

Subscribe to our e-newsletter! To keep up to date with our new and exciting adventure opportunities, special promotions and adventure news, subscribe to our regular e-newsletter! You can do this online through our website, or contact our office.

trip availability

If this trip seems right for you then we encourage you to call us now to check availability. There are many reasons why you may not be able to join your desired departure and limited space on our small group departures is just one of them. Many of our adventures require us to secure services on your behalf; such as trekking permits, accommodation reservations, ferry services, National Parks passes etc. The demand is increasing each year making it difficult to join a trip last minute. To ensure we can assist you onto your adventure of a lifetime we ask that you check your trip availability with our staff at your earliest convenience.

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how to book

To book onto this trip, you will need to complete a booking form which is found at the back of our brochure or can be downloaded from our website. On completion, please fax, email or post the form to us along with your non-refundable deposit.