

# Frenchman's Cap Itinerary

## Welcome to Adventure Seekers

Thank you for enquiring into our tours and activities. At Adventure Seekers we specialize in small group trekking. Our tours are limited to groups of 6 clients, to reduce our environmental impact and to maximize your adventure experience.

On all our tours our guides will share their skills and experiences with you, so that we can best develop your own bushwalking skills and ensure that your objectives are met.

Our itineraries have been designed and researched by experienced guides. Each day is broken down into manageable legs to give you the best possible experience plus time out to relax and explore the beauty of your surroundings.

Our campfire cuisine, where able is prepared using fresh ingredients and our meals will satisfy the heartiest of appetites. Adventure Seekers utilize the services of local businesses whenever we can thus generating economic benefits for the host communities that we visit.

We invite you to join us on our treks and look forward to guiding you through your wilderness adventure.

## The Trek

The beginning of our trek is located 200 km from Hobart along the Lyell Highway. The track leads 23 km to the summit of Frenchman's Cap and we return the same way. Our first day's destination is the beautiful Lake Vera and then Lake Tahune the following day, where we also climb the magnificent quartzite dome of Frenchman's Cap. This is not a rock climb. Only a little bit of scrambling is involved in getting to the summit. Day 3 we do a day trip to the Irenabyss on the Franklin River. Day 4 & 5 we return back to the Lyell Highway and Hobart.

## Joining Instruction

At the booking stage of the tour we will provide you with the how, when and where of the tour. This will include booking information, personal bushwalking equipment list, our environmental policy for the National Park, travel and accommodation information.

## Important Information

A prerequisite is that you will have to share the load of food to be consumed plus your shelter. This may be up to an additional weight of 3 - 4 kilograms over and above your personal items. This trek is more arduous than most other Tasmanian walks, including the Overland Track.

## Itinerary

Please enjoy reading the trek itinerary below. If you require any further information please do not hesitate to call us.

## **Itinerary**

### **Frenchman's Cap Franklin – Gordon Wild Rivers National Park**

Trek Duration: 4 nights / 5 days Track Grading: Medium to hard, a good level of fitness is required. Total Distance: 50km

Our destination, the magnificent white quartzite dome of Frenchman's Cap rises 1443 metres over the Franklin – Gordon Wild Rivers National Park.

The park is a World Heritage Area and it has a rich diversity of vegetation, geology and animal life.

This trek is a unique, fascinating and challenging walking experience. Its majestic beauty will leave an indelible impression in your mind forever.

#### **Day 1: Hobart to Lake Vera – 16.5km (6 hrs)**

Our bus journey to Artist Hill on the Lyell Highway, the starting point for our trek arrives a little before midday. We cross the Franklin River swing bridge then climb from the river valley to the flanks of Mount Mullens where we get our first glimpses of the magnificent Frenchman's Cap.

We pass through patches of rainforest and button grass, then a patch of thicker vegetation as we descend to the Loddon River. After a late lunch and a rest we continue through more plains of button grass before we climb through deep lush rainforest to Lake Vera and our first nights camp.

#### **Day 2: Lake Vera to Lake Tahune – 5.7km (4 hrs)**

We follow the northern shoreline of Lake Vera walking through lush, dense rainforest which shades the beautiful colours of the mosses and lichens. At the lakes western shore the track climbs steeply to Barron Pass, a small saddle between towering rock spires of quartzite. The Cap's massive 450m south east face dominates the landscape and is clearly seen in good weather. From Barron Pass the track traverses small hills and over a swamp area of pineapple grass known as Artichoke Valley until Lake Tahune and its hut is reached. After lunch, weather dependant we will make a summit bid on the Cap. It is a 2 hour return trip to the summit and the views are truly rewarding.

#### **Day 3 Lake Tahune to Irenabyss: - 10.8 km (9 -10 hrs return)**

It is an early start today as we undertake a long day walk to the Irenabyss, its name by definition means "bottomless chasm of peace". It is a steep descent to the Franklin River whose upper reaches we had crossed on day one. At the Franklin we are rewarded by the beautiful and peaceful chasm of water of the Irenabyss. A refreshing swim then lunch at a river rafting campsite precedes our return to Lake Tahune.

#### **Day 4: Lake Tahune to Lake Vera: - 5.7k (4 hrs)**

Today we retrace our steps back to Lake Vera but not before an early morning opportunity to summit the Frenchman again; weather permitting. We walk back

through Artichoke Valley and over Barron Pass where we pause for our last close up view of Frenchman's Cap and any photo opportunities before we descend to Lake Vera and a hearty dinner.

**Day 5: Lake Vera to Hobart**

The journey back to the Lyell Highway is just as spectacular as the walk in. We encounter the button grass of the Loddon Plains again and cross the swing bridges of the Loddon and Franklin Rivers where we meet our bus back to Hobart.