

# South Coast Track Itinerary

Welcome to Adventure Seekers

Thank you for enquiring into our tours and activities. At Adventure Seekers we specialize in small group trekking.

This tour is limited to a group 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 you 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

Come and discover the beauty and remoteness of the South Coast Track. Early explorers once called this part of the world "Lands End". This track is rich in cultural and historical significance. The aboriginal people used this same route for thousands of years as did ship wrecked sailors from earlier times.

Your journey starts with a spectacular flight into the small airstrip at Melaleuca. There are frequent challenges on your, nine day trek as you journey eastwards towards Cockle Creek.

You'll trek along wild remote beaches, wade across swollen rivers and streams and climb mountainous ranges. You may encounter climatic extremes from, sun-drenched days, to possibly snow on the mountain peaks.

This spectacular walk is a physical, rewarding and sometimes emotional challenge.

## 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, a personal bushwalking equipment list, and 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 5 - 6 kilograms over and above your personal items. The region is exposed to cold and wet southerly winds. Walkers should expect some wet weather and muddy conditions. There will be creek, river and mountain crossings to negotiate.

## Itinerary

South Coast Track Southwest National Park Tasmania  
Trek Duration: 8 nights / 9 days Track Grading: Medium Total Distance: 82km

Day 1: Hobart to Point Eric – 12km (4.0hrs)

We depart Hobart mid – morning boarding a light aircraft flight, which gives us access to Melaleuca, the starting point for the south Coast Track. On the flight you will have magnificent views over the South Coast National Park and the Southern Ocean. Our trek heads south over button grass plains and skirts around the New Harbour Range before reaching the wide expanses of Cox Bight Beach. Not long after walking along our first wilderness beach we re – enter the bush and arrive at our first nights camp at Point Eric.

Day 2: Point Eric to Louisa River – 14.1km (7hrs 10m)

From our campsite at Point Eric we drop back down to the beach of Cox Bight for a short while until we reach Buoy Creek. From here we head inland and then steadily climb 210 metres to the top of Red Point Hills. Beautiful views are offered here of the great Southern Ocean, last nights camp at Point Eric and views of the daunting Ironbound Range that we will be tackling the next day. It is relatively easy walking from here dropping down onto button grass plains and through magnificent rainforest to Louisa River. We cross Louisa River and camp on the southern side in the shelter of the forest. The forests are dominated by eucalypts with an understorey of ferns. The older growth trees provide nesting sites for black and sulphur crested cockatoos and wedge – tailed eagles.

Day 3: Louisa River to Little Deadman's Bay – 12km (10hrs)

After a hearty breakfast we prepare ourselves for our assault on the Ironbound Range. Undoubtedly this is the hardest day of the trek, but it is also the most rewarding. It is a steep climb to the top and we pass many false summits on the way before stopping on the crest of the ridge for lunch and a well earned rest. The only true alpine vegetation of the trek grows here around the summit. These plants have to hold on tight as they contend with the exposure to the southerly winds. In good weather the views from here are amazing. The dominant Federation Peak can be viewed to the north amongst the wide expanses of untouched wilderness. We then carefully descend the Ironbound Range through dense rainforest to our sheltered campsite at Little Deadman's Bay.

Day 4: Rest Day at Deadman's Bay

Spend the day relaxing and exploring the surrounds.

Day 5: Little Deadman's Bay to New River Lagoon – 8.9km (4hrs 20min)

We follow the coast for much of the day and we walk along the treks longest beach (Prion Beach). As we walk along the beach we do a bit of beach combing, as it is interesting to observe what the Southern Ocean has thrown ashore. At New River Lagoon the Parks and Wildlife have left a rowboat on each side of the lagoon. After working out the logistics of getting everyone across and still leaving a boat on each side we soon have camp set up for the night.

Day 6: New River Lagoon to Surprise Bay – 9.2km (4hrs 55min)

From New River Lagoon the track continues through light forest; crosses Milford Creek and takes us through eucalypt forest to Surprise Bay. The first glimpses of the magnificent Fluted Cliffs of the South Cape are seen from here. At Surprise Bay there is a beautiful campsite perched on a headland with wide views of the Southern Ocean and the Islands of the Maatsuyker Group. Aboriginal middens and artefacts are spread right along the coast and some evidence of their way of life is still seen today.

Day 7: Surprise Bay to Granite Beach – 3.2km (1hr 30m)

A short walk today, up and over a headland to Granite Beach arriving in time for lunch. The name Granite Beach coming from its large granite boulders that dominate the shoreline. We camp above a waterfall at the eastern end of the beach. The remainder of the day we spend relaxing and exploring our surroundings.

Day 8: Granite Beach to South Cape Rivulet – 8.4km (8hr 30min)

We climb up and over the south Cape Range and take in the views of Pindars Peak to the north and the Great Southern Ocean. We trek through button grass and then spectacular forest as we gradually descend to South Cape Bay. There are a lot of buttress roots to negotiate on our descent and we pick our way slowly and carefully through them. At South Cape Rivulet we cross the river to reach our campsite on the eastern shore.

Day 9: South Cape Rivulet to Cockle Creek – 11km (4hrs)

It's easy walking today over a series of beaches and headlands. We pass by Lion Rock in South Cape Bay then follow some boardwalked track through the open heath land of Blowhole Valley then light forest to the track end at Cockle Creek.

Your reward for a great walk and achievement is a gourmet BBQ lunch and drinks at Cockle Creek before your minibus journey back to Hobart.