



BAY OF FIRES, FREYGINET AND THREE CAPES ADVENTURE

Tassie Trifecta

9 days | 8 nights

OVERVIEW

Trekking Tasmania's Bay of Fires, Freycinet and Three Capes trails in Palawa Country.

Join Big Heart Adventures for a triple sized adventure, we have affectionately named the Tassie Trifecta.

This trip provides you the opportunity to challenge yourself and enjoy 3 iconic walks of Tasmania. The logistics are taken care of so here is your chance to maximise your hiking adventure.

Walk pack-free on trails starting from Launceston and finishing in Hobart. Beginning with the oceanic spell of Bay of Fires, then to Wineglass Bay in stunning Freycinet National Park, and finishing with the sheer cliffs of Three Capes.

This walking tour will leave you in awe and fulfilled from being immersed in nature. These 3 diverse iconic trails form this triple treat, offering you choices of shorter distances along the way.

Relax, its all taken care of – join us for some seriously fun trail time in Tassie.

DETAILS

- Type: Challenge Trek Guided
- Adventure: Bay of Fires, Freycinet and Three Capes Adventure
- Destination: East Coast, Tasmania
- Traditional Country: Palawa
- Group Size: Max 12 plus leaders

ITINERARY

Day 1 | Arrive Launceston

This is arrival day into Launceston.

We will meet for a welcome drink and enjoy dinner as a team this evening with a pre-trek briefing with your Big Heart Adventures Leaders.

If you arrive early, today is yours to enjoy in Launceston. You can head out to Cataract Gorge, hit the shops or cafes in town prior to meeting up this evening.

Meals Included: 2 Course Dinner

Walking Distance: n/a

BIG HEART ADVENTURES
more than just a trek...

www.bigheartadventures.com.au | hello@bigheartadventures.com.au

PO Box 6046 West Lakes Shore SA 5020 | ph 08 7006 5620



@bigheartadventures



@bigheart_adventures

Day 2 | Bay of Fires

After breakfast, we journey with our local guides to Tasmania's east coast to begin the Bay of Fires walk.

As we arrive at the northern section of the Bay of Fires by driving through Mt William National Park, keep an eye out for wildlife such as wallabies, pademelons and kangaroos. Once we begin walking, we enter a remote stretch of coastline, where pristine white sand beaches, granite headlands, and secluded bays define the day's landscape.

This first section of the trail offers breathtaking views and a real sense of immersion in nature. As we walk, we also reflect on the deep cultural heritage of the area, once traversed by Tasmania's First Nations people.

We finish the day at our accommodation in the coastal town of St Helens, with time to settle in and relax before enjoying a chef-prepared two-course dinner—an ideal way to unwind after our inspiring first day on the trail.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 14km (shorter walking distances may be offered)

Day 3 | Bay of Fires

Today we experience what Bay of Fires is known for – orange lichen rocks and colours that dance in the sunlight thanks to pink granite with high quartz content and bright white sand against a backdrop of bright blue skies.

We also have the chance to spot coastal species of birds today such as sea eagles, terns, gulls and oyster catchers along this section. To extend your walk there is an optional cliff top hike or opportunity to relax or swim in the cool waters of Binalong Bay.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 15km

Day 4 | Bay of Fires to Freycinet

Today we farewell the Bay of Fires and start the day by heading inland for a taste of classic Tasmanian rainforest with a peaceful walk at Halls Falls.

From here, we begin our journey south, via the famous Bicheno blowhole, toward the spectacular Freycinet Peninsula. This afternoon's walking is made up of a series of short, scenic trails that showcase the rugged beauty of this stunning stretch of coastline.

We then settle into our new accommodation in Coles Bay, with time to unwind and enjoy the area at your own pace. Whether it's a swim at the beach, a short walk around town, or a visit to the local ice cream shop, there's plenty to enjoy in this relaxed coastal setting.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 7km (combined total)

Day 5 | Freycinet

Today we explore one of Tasmania's most iconic landscapes with a relaxed walk on the Hazards Beach Circuit in Freycinet National Park.

We begin with a steady climb to the famous Wineglass Bay lookout, where panoramic views of the bay's perfect curve and turquoise waters make for a great start to the day. From here, we descend to the white sands of Wineglass Bay, taking time to enjoy the serenity of this world-renowned beach.

Continuing across the peninsula, we reach the more sheltered Hazards Beach in time for lunch—and perhaps a refreshing swim if the weather's right. With its calm waters, abundant birdlife and peaceful setting, it's a perfect place to pause and take in the beauty of the Freycinet coast.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 12km

Day 6 | Freycinet to Three Capes

This morning we say goodbye to Freycinet and travel south to the spectacular Tasman Peninsula, where we'll spend the day exploring some of the region's most iconic coastal sights.

After a relaxing morning tea stop at a local café in Orford, we visit several natural highlights, including the tessellated pavement, the Blowhole, Tasman Arch, and Devil's Kitchen.

In the afternoon, we stretch our legs with a bit more challenging walk from Waterfall Bay to Waterfall Bluff—a scenic track with a gentle climb that offers incredible views of the coastline.

We finish the day at Stewarts Bay Lodge, settling into our cabins nestled in a beautiful, peaceful setting amongst the trees—an ideal place to relax and unwind after a full day of sightseeing.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 8km (approx)

Day 7 | Three Capes

Today we take on Cape Raoul—one of the dramatic capes of the Tasman Peninsula and a spectacular highlight, even though it's not yet officially part of the Three Capes Walk.

This full-day hike takes us through towering stringybark forest, old sheoak woodlands, and coastal scrub as we make our way toward some of the most breathtaking sea cliffs in Tasmania. Along the way, we're treated to views of Shipstern Bluff—famous for its massive surf—and the wild ocean beyond.

We'll enjoy lunch out on the Cape itself, with the possibility of spotting Australian fur seals on the rocks far below and wedge-tailed eagles soaring overhead.



With towering cliffs plunging into the sea and an untamed coastline stretching in every direction, today's walk is one you'll remember.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 14km

Day 8 | Three Capes

This morning we take on the striking Cape Hauy track—part of the official Three Capes Walk and a true showcase of Tasmania's dramatic coastal scenery.

The trail winds its way through coastal heath to reward us with jaw-dropping views of the sea cliffs and towering sea stacks at the tip of the cape. It's a moderately challenging walk with plenty of steps, but the stunning outlooks make every effort worthwhile.

In the afternoon, there's time to have a swim at Fortescue Bay after your hike, relax or head to the Port Arthur Historic Site—a UNESCO World Heritage-listed convict settlement rich with history and stories from Tasmania's past.

Meals Included: Breakfast, Lunch, Trail Snacks, 2 Course Dinner
Walking Distance: 10km

Day 9 | Three Capes to Hobart

On our final day, we enjoy one last optional walk on the Tasman Peninsula with a visit to Mount Brown and Crescent Bay—a hidden gem known for its sweeping coastal views and golden sand dunes.

This relaxed walk offers a fitting farewell to Tasmania's wild beauty, with panoramic views towards Cape Pillar from Mount Brown and the chance to feel the soft sand beneath your feet at Crescent Bay, one of the region's most picturesque beaches. You can also opt for a restful morning or a swim instead before checking out of our accommodation.

After the walk, we begin our journey back toward Hobart, stopping in the historic town of Richmond. With its charming colonial architecture, Australia's oldest bridge, and quaint shops and cafés, it's the perfect place to reflect on the week's adventures before returning to the city.

We arrive back into Hobart with drop off available late afternoon at the airport or city drop off if you wish to stay on in Hobart. We are happy to assist with booking accommodation to extend your stay in Tasmania. Consider also a wombat fix with a Maria Island package – ask us for more info!

Congrats on completing the Tassie Trifecta – our Bay of Fires, Freycinet and Three Capes Challenge!

Meals Included: Breakfast, Trail Snacks
Walking Distance: 9km

INCLUSIONS

Travel

Comfortable private vehicle transport

Meals

All meals and snacks as per the itinerary

2 course dinners nightly

B x 8 | L x 7 | D x 8

Accommodation

3 nights comfortable hotel accommodation (twin share) Launceston and St Helens

5 nights own bedroom shared bathroom in 2 bedroom cabins/ chalets

Activities

Professionally guided Bay of Fires walk

Professionally guided Freycinet walk

Professionally guided Three Capes walk

Safety

Each trip has 2 Guides/Leaders

Group First Aid kit and emergency communication device

Leaders certified in Remote Area/Wilderness First Aid

Qualified Bushwalking Leaders

Environmental

Small group guided experience

Leave No Trace principles

Invitations to connect with nature

Reduce waste through recycling, reusing and composting

National Park entry fees

Big Heart Extras

Big Heart Adventures designed ioMerino hiking top

Big Heart Adventures designed head sock

Big Heart Adventures journal

5 guided pre-departure training walks and or program (trip specific)

Discounts for pre-departure purchases at Exurbia

A charity contribution to our Give Back program

EXCLUSIONS

- Flights to and from Tasmania
- Comprehensive Travel Insurance
- Meals and drinks not stated on itinerary
- Items of a personal nature

FITNESS REQUIREMENT

- A very good level of fitness is required to walk the trails on this trip
- You will be walking pack free (day packs only)
- You will walk on a variety of surfaces including moderate inclines and declines, rocky scrambles on and off beaches and headlands, long sections of stairs, rocky paths and soft beach sand
- Our longest walking day is 16km and we walk 8 consecutive days on this adventure
- Shorter distances will be offered where possible
- Trip rating: Moderate

IMPORTANT INFORMATION

- Eligible Past Traveller Discount applies if you've travelled with us on any of our guided tours which were 5 days duration or longer
- Read terms and conditions before booking
- Itinerary and price subject to change at any time
- Travel Insurance is recommended. Get a quote from Covermore or Go Insurance
- Note weather, group member welfare and a range of circumstances outside our control can mean last minute changes to our itinerary are necessary once on tour
- The accommodation on this tour offers your own room and shared bathroom in 2 bedroom cabins/chalets except for Launceston and St Helens where twin share rooms are offered. A limited number of single rooms are available on a first-come basis and a supplement applies (\$300) for your own room and bathroom for nights 1-3
- Please contact us before booking any flights. Depending on flight arrival and departure times extra nights accommodation may be required at own expense
- A minimum number of travellers are required for this trip to depart so ask someone to join you. If minimum numbers aren't reached, we may decide to still go or we will provide a full refund, subject to third party conditions

- Training walks start 8 weeks prior to departure. We recommend you attend these walks to maximise your enjoyment and for the groups welfare when away
- If this trip departs during Fire Ban Season – last minute changes to our itinerary or walking days may be required for safety reasons
- Twin share rooming applies in Launceston and St Helens, all other stays are own bedroom, shared bathroom in 2 bedroom cabins/chalets with one other adventurer.
- Private vehicle transport on tour plus daily trail transfers is included
- If you have additional needs please connect with us, we're committed to being inclusive and accessible

ADVENTURE LEADERS

Our team is qualified, experienced and super friendly. We will ensure you have a fun and connecting adventure. Leaders are certified in Remote or Wilderness First-Aid. All leaders carry a group first-aid kit, emergency communications device, emergency documentation and equipment.

PACKING LIST

A detailed packing list is provided prior to travel

- Gear you will need:
- Rainproof jacket and pants
- Daypack (35 litre approx.)
- Water bottles/hydration kit (min 2Ltrs)
- Personal medications
- Clothing suitable for walking that is quick drying and breathable – consider merino/synthetic clothing
- Sun protection such as hat, sunglasses and suncream, insect repellent
- Sleeping attire

ACCESSIBILITY

There are stairs, uneven surfaces and moving luggage to and from accommodation, plus walking sandy and bush trails on this trip. Please talk to us about your accessibility needs before booking.