



FRENCHMANS CAP | 5 DAYS | 50 KM

FRENCHMANS CAP IS A TRULY ICONIC TASMANIAN MOUNTAIN SENTINEL – ONE OF THE WORLD'S GREAT WILDERNESS TREKS.

Located at an impressive 1,446 metres above sea level, Frenchmans Cap towers over some of the most breathtaking mountain country in Tasmania. The landscape dominating Cap was first sighted from the Tasmanian west coast and was a landmark recorded with the establishment of the penal settlement on Sarah Island, in Macquarie Harbour (1822-1837). Sculptured through the Pleistocene glaciation age, the features of the mountain and its surrounds are spectacular and offer a challenging trekking adventure. The famous wild Franklin River snakes its way around Frenchmans and forms part of this rewarding wilderness journey in the heart of the Tasmanian Wilderness World Heritage Area. Five days enables us to complete this trek with good opportunities to summit this amazing peak and complete exploratory walks in the area.

WHAT'S INCLUDED

- 2 professional wilderness guides.
- 4 nights camping.
- 4 breakfasts, 5 lunches & 4 dinners.
- All delicious snacks on the trail.
- Transport to and from Launceston.
- Twin share tent and sleeping mat.
- National Park fees.
- Group camping equipment including all cooking & eating equipment.
- Emergency communications & group first aid kit.

TREK GRADING : EPIC TREK

See: www.trektasmania.com.au/faq/trek-gradings/ for more information about gradings

IMPORTANT NOTES

Our 5 day Frenchmans Cap adventure is a demanding walk, we advise you to do as much training as you can before your tour with us. The more you train for the walk the easier you will handle the terrain and the more you will enjoy this wonderful part of the world. It's also important to come along with an open mind ready for an awesome experience whatever the weather, whoever the group. It is very important that you bring the right gear for the conditions. The Tasmanian weather can be unpredictable, storms can arise very quickly and heavy rain and even snow can fall at any time of the year. Quality backpacks, sleeping bags, rain jackets, and over pants are also available for hire. If you are at all concerned about your ability to complete this walk, please contact us for more information/advice.

Note: This itinerary is subject to change with any change in community regulations as well as governmental changes and natural circumstances beyond our control.

WHAT YOU CARRY

On the Frenchman's Cap trek you will need to carry all your personal equipment in a full trekking backpack that is 70-90 litres in capacity. This includes sleeping bag, inflatable sleeping mat, and a proportion of the shared tent, a proportion of the group's food and all personal items as specified in our gear list. Depending on the quality and quantity of personal gear and toiletries, your pack may weigh up to 20kg. A comprehensive gear list is available at the end of this itinerary detailing what equipment is included in the tour cost, what items are available for hire and what you will need to bring with you.

PRE-DEPARTURE BRIEFING

A pre-trip briefing and a full gear check with your guides the afternoon before your Frenchmans Cap trek departs will ensure you have the right mix of gear for your adventure.

Please make your way to the **Aspire Adventure Equipment gear store 136 York Street, Launceston at 3pm the day before your trip**, bringing your pack and what you intend to bring on your trek.

DAY 1: LAUNCESTON TO PHILIPS LEAD

Pick up from your Launceston accommodation between 7:30am and 8:00am. We depart Launceston and transfer via minibus to the trail head. The drive is very picturesque, passing through some major landscape and vegetation changes; from the stronghold of Tasmanian farmland in the northern midlands, up onto the Great Tasmanian Central Plateau and across to the centre of the island. We pass through Derwent Bridge, the headwater of the River Derwent and drop down past Surprise Valley into a stunning landscape of ancient thick cool temperate rainforest and even older mountain ranges.

After a hearty lunch, we make our last preparations before commencing our trek. Today's walking takes us across the famous Franklin River, through some stunning rainforest sections and along the open and button grass dominated plains – the Soddon Loddons. We make camp tonight in preparation for the climb up Philips Lead into the high country looming around Frenchmans Cap.

12kms

Meals: Lunch, Dinner

DAY 2: PHILIPS LEAD TO LAKE TAHUNE

Today we start by ascending the steep Philips Lead, which offers a rewarding experience when we pop out and trek towards our morning tea spot at Lake Vera.

After a break, the climbing starts in earnest, as we continue up towards Barron Pass, which is surrounded by impressive mountains such as Philips Peak and the White Needle.

We aim to have lunch on top of the pass, which offers stunning views across to Frenchmans Cap itself. We sidle around Sharland's Peak and trek through the impressively ancient Artichoke Valley to reach the picturesque camp located on the shores of the Lake Tahune.

One of Australia's largest sheer mountain faces (350m) looms over our camp setting. It's not obligatory but a refreshing swim in the alpine tarn with the overarching Cap is certainly a memorable experience!

11kms

Meals: Breakfast, Lunch, Dinner

DAY 3: SUMMIT FRENCHMANS CAP, CAMP LAKE TAHUNE

We have the opportunity to summit Frenchmans Cap today and to explore the surrounding area of the North Col. Frenchmans Cap is composed of silvery Precambrian quartzite, which is some of Australia's oldest exposed rock geology.

The views from the summit are extraordinarily rewarding and in clear conditions offer the group a central vantage point to see distant wilderness features such as famous Cradle Mountain to the north.

Depending on group fitness and interest an alternate day walk can be undertaken to the calming Irenabyss (meaning bottomless chasm of peace) on the Franklin River. We return to overnight at our basecamp at Lake Tahune for a second night.

4kms

Meals: Breakfast, Lunch, Dinner

DAY 5: LAKE VERA TO LAUNCESTON

We return to the trail head this morning, retracing our walk through the button grass plains of the Sodden Loddens. Our bus driver picks us up and we enjoy a hearty lunch at Derwent Bridge, before returning to Launceston in the late afternoon. .

16kms

Meals: Breakfast, Lunch

DAY 4: LAKE TAHUNE TO LAKE VERA

The morning provides us with another opportunity to summit Frenchmans Cap in case the previous days weather window impeded the ascent.

We return via Barron Pass to camp at Lake Vera for our last night in the stunning mountain surrounds.

7kms

Meals: Breakfast, Lunch, Dinner

WHAT EQUIPMENT TO BRING ON YOUR FRENCHMANS CAP TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Frenchman's Cap Trek. The gear check prior to your departure from Launceston will ensure that you have covered all aspects of the required gear without over packing.

E indicates essential item of equipment

H indicates available for hire

Clothing	Equipment	
Rain jacket with storm hood attached. Must be seam sealed waterproof breathable fabric (Gore-Tex, Millair or Hydronaute). We recommend mid thigh length with full front zip opening which must have a storm flap. E, H (\$40)	Back pack 70-90L with waterproof pack liner E, H (\$40)	
Waterproof over pants (Gore-Tex, Millair or PVC coated nylon) E, H (\$20)	Waterproof nylon pack cover E	
2 Woollen/polar fleece jumpers - must be wool or synthetic fibre E	Inflatable sleeping mat - light weight E, included	
2 Long sleeve thermal tops (polypropylene, wool, polyester power dry, Daymart) E	Sleeping bag - 3 seasons down E, H (\$50)	
1 Long thermal pants (polypropylene, wool, polyester power dry, Daymart) E	Small packable day pack for those days when exploring from base camp	
2 T-shirts/Long sleeve shirts	Twin share tent E, included	
Warm trousers - must be wool or synthetic fibre	Head torch with spare batteries E	
Walking trousers	Sunglasses	
Walking shorts	Water bottles or water bladder - minimum 2 litres E	
Walking socks - 3 pairs wool or thermal E	2 Heavy weight garbage bags or dry bags for waterproof storage E	
Warm gloves or mittens E	Small pack towel	
Sun hat E	Gaiters - knee length essential for keeping mud from boots and leg protection E, included	
Balaclava or warm beanie E	We provide all catering equipment including cutlery, cups, plates, bowls E	
Underwear	Personal Toiletries and First Aid	
Swimmers	Personal toiletries (please do not bring soaps or shampoo)	
	Insect repellent cream (please do not bring spray repellent)	
Footwear	Sunscreen and lip balm E	
Boots must be lace up, ankle high, leather or leather/fabric construction with a sturdy rubber sole. Ideally boots will have a waterproof lining or for full-leather have been waterproofed. They must be well worn in but not worn out. E	Personal first aid kit with tape for treating and preventing blisters and any personal medication. All this should be carried in a waterproof and knock proof container. E	
Light weight sandals, thongs, or shoes for around camp		
	Optional Equipment	
Please contact us with any questions.	Camera	
	Walking Poles H (\$20)	
	Book	