



WALLS OF JERUSALEM EXPEDITION TREK | 6 DAYS | 50-56 KM

THIS PRISTINE WILDERNESS WORLD HERITAGE AREA OFFERS VISITORS THE CHANCE OF EXPERIENCING A TRULY UNIQUE PART OF AUSTRALIA, A PART OF AUSTRALIA THAT TIME FORGOT. WITH ITS TOWERING MOUNTAIN PEAKS, ANCIENT PENCIL PINE FORESTS, COUNTLESS LAKES, DIVERSE ENDEMIC ALPINE FLORA AND ABUNDANT WILDLIFE - THE WALLS OF JERUSALEM IS A MUST SEE FOR BUSHWALKERS.

The only way into The Walls of Jerusalem National Park is by foot, this remote untouched wilderness is only available to a select few. Our 6 day full pack walk takes us into the heart of the central walls area where we base camp for two nights. We have the luxury of a day pack walk on day two, so we can make the most of this spectacular place and get to the mountain peaks a little easier. On day three we head into the more isolated and remote parts of the park where few people venture. Our camps are located in the most picture perfect places, offering spectacular lake frontages, an array of wildflowers and stunning mountain peaks. This is true Tasmanian wilderness.

This expedition tour has a food drop, enabling the group to have lighter loads to carry and more time to explore this truly stunning wilderness environment.

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'S INCLUDED

- 2 professional wilderness guides.
- 5 nights camping.
- 5 breakfasts, 6 lunches & 5 dinners.
- Transport to and from Launceston.
- Tent and sleeping mat.
- National Park fees.
- Group camping equipment including all cooking & eating equipment.
- Emergency communications & group first aid kit.

TREK GRADING : CHALLENGING TREK

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

IMPORTANT NOTES

Our 6 day Walls of Jerusalem 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 do this walk, please feel free to call one of us here at Trek Tasmania for more advice.

WHAT YOU CARRY

On our 6 day Walls of Jerusalem Adventure we have 1 food drop brought up to us during the trip. This means our packs will be lighter making it less strenuous and more enjoyable for you. So the things you need to carry are: all your personal equipment in a full trekking backpack that is 70-90 litres in capacity. This includes sleeping bag, inflatable sleeping mat, 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, the average pack weight should be around 15kg for the tour.

A comprehensive gear list is available at the end of this itinerary detailing what equipment/clothing is included in the tour cost, what items are available for hire and what you will need to bring with you. This trek will commence with a full gear check by your guides, to ensure the right mix of gear for your adventure.

DAY 1: LAUNCESTON TO WALLS OF JERUSALEM NATIONAL PARK BASE CAMP

This morning we collect you from your Launceston accommodation between 7:30am and 8:00am and transfer you to the Aspire Adventure Equipment gear store in Launceston for a trip briefing. Your guides will do a thorough gear check, just to make sure you have everything needed for our Walls of Jerusalem adventure. Leaving Launceston we drive through some picturesque Tassie landscape and some lovely little towns. We stop at our guides' best local coffee shop for a leg stretch before making our way into the upper Mersey Valley where our trek starts. Walking for about an hour we reach a historic trappers hut; a lovely spot to catch your breath, relax and enjoy a freshly prepared lunch. Leaving the giant eucalypt forest of the Mersey Valley behind us we rise up into an alpine wonderland. The wild flowers up here are stunning and we enjoy our first glimpses of the high mountains and the many lakes this area is famous for. Arriving at our camp site at Wild Dog Creek after about 4 hours walking, a bit tired but inspired by the surrounding landscape, a coffee or a cup of tea isn't too far away. The afternoon and evening are spent admiring views of the mountain panoramas, observing the prolific local wildlife or just reading a book, before enjoying a sumptuous dinner prepared by your friendly guides.

Walking distance 7km | Walking Time 4 hrs
Meals: Lunch, Dinner

DAY 2: CENTRAL WALLS OF JERUSALEM DAY WALK

Today we explore the central Walls of Jerusalem area with a day pack. This will enable us to cover more ground and not having a full pack will make our climb up Solomon's Throne and King David's peak far easier. Our hike today highlights why the Walls of Jerusalem National Park is so special. A large percentage of the plants found here are only found in the alpine areas of Tasmania and nowhere else on earth. This combined with the countless pristine small lakes and the majestic mountains, make it a truly unforgettable day. Returning to our base camp we enjoy a delicious afternoon tea with freshly brewed coffee or tea. Tonight your guides provide another gourmet dinner in this world heritage region.

Walking distance 8-12km | Walking Time 6-8 hrs
Meals: Breakfast, Lunch, Dinner

DAY 3: WILD DOG CREEK TO LAKE ADELAIDE

After packing up camp, we leave our Wild Dog Creek camp site and walk through the Central Walls, to Dickson's Kingdom, home to one of the largest stands of endemic Pencil Pines. The pines are some of the oldest living plants on the planet - it is not hard to imagine dinosaurs roaming through this majestic ancient country. We have the option of dropping our packs here and heading towards Mount Jerusalem (1,458 metres). Summiting this mountain our efforts are rewarded with a 360-degree view over the entire Central Plateau (known as the Land of 1,000 Lakes), affording us spectacular views of the high mountains of the Overland Track and Cradle Mountain. After another scrumptious lunch, we put on our packs again and trek through a diverse landscape of cool temperate forests, deciduous beech and alpine moorland. We camp near some ancient myrtle forest on the northern fringes of the magnificent Lake Adelaide.

Walking distance 13km | Walking Time 5-7 hrs
Meals: Breakfast, Lunch, Dinner

DAY 4: LAKE ADELAIDE TO LAKE MESTON

This morning we have a relaxed start enjoying a big breakfast and a nice cup of brewed coffee or tea, before packing up camp and heading towards Lake Meston. To keep your pack weight down we will be resupplied here with another food drop, which will provide us with more tasty snacks and meals. Trekking along the shore of Lake Adelaide, walking through stands of rainforest, we admire the beautiful snow gums along the way. The track is relatively easy going with some small creek crossings and minor undulations. We will most likely have lunch at the end of Lake Adelaide in one of the many meadows of wildflowers. From here there is about an hour of open country walking to our campsite on the shore of Lake Meston. This is many of our client's favourite camps on the Walls of Jerusalem trek; it features a giant lake, pristine clear waters, a white beach and views that take your breath away. The afternoon is spent relaxing along the shores of the Lake in preparation for a longer day of trekking tomorrow.

Walking distance 10km | Walking time 4-6 hrs
Meals: Breakfast, Lunch, Dinner

DAY 6: LAKE MRYTLE TO LAUNCESTON

This morning's walk off the plateau ends our Walls of Jerusalem trek, taking us back down into the tall forests of the Upper Mersey Valley. Meeting up with our Trek Tasmania transfer driver on the Mersey Forest Road we return to Launceston via Mole Creek. We enjoy lunch today at a historic Tassie pub in Mole Creek. Arrival into Launceston is at approximately 5pm.

Walking distance 6km | Walking time 2-3 hrs
Meals: Breakfast, Lunch

DAY 5: LAKE MESTON TO LAKE MYRTLE

Leaving Lake Meston we follow the track to a restored trappers/fishing hut. After a good look around we branch off the main track and head up hill towards our mountain climb for the day, Mount Rogoona (1,350 metres). Leaving our packs at another track junction we trek to the summit of this spectacular peak. If weather conditions permit we have lunch near the top and make the most of the stunning views of the surrounding wilderness. Decending back to our packs we continue our walk today passing magnificent Lake Myrtle, groves of Pencil Pines and the mighty cliffs of Mount Rogoona. This is our final camp on the Walls of Jerusalem trek and is another spectacular location.

Walking distance 8km | Walking time 6-8 hrs
Meals: Breakfast, Lunch, Dinner

WHAT EQUIPMENT TO BRING ON YOUR WALLS OF JERUSALEM TREK

The following list sets out all the clothing and equipment you are required to bring for you to participate in the Walls of Jerusalem 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	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