

PEAK POTENTIAL ADVENTURES

TASMANIA / TASMAN PENINSULA

Three Capes Track

Guided coastal day walks.

Three nights at Stewarts Bay Lodge.

4 DAYS / LODGE-BASED / LIGHT DAYPACK

Adventure is a Way of Life.

THE EXPERIENCE

Wild coast. A comfortable base.





Walk to sea cliffs and headlands, then return to Stewarts Bay Lodge each evening. PPA's supported Tasman Peninsula adventure pairs guided day walks with restaurant meals and the ease of carrying only a daypack.

A separate PPA itinerary

This is a lodge-based adventure across the Tasman Peninsula. It is separate from the Tasmania Parks and Wildlife Service hut-to-hut Three Capes Track. Our guides and private transport connect the walking days from a Port Arthur base.

4 days / 3 nights at Stewarts Bay Lodge
Cape Hauy, Cape Raoul, Waterfall Bluff, Crescent Bay and Mt Brown
Moderate terrain / Medium fitness / maximum group 14
Experienced Australian guides / twin-share accommodation

DAYS 1–2

Cape Hauy and Cape Raoul



01 Hobart to Cape Hauy

Meet at Hobart's Hotel Grand Chancellor at 7:15 am for the private transfer to the Tasman Peninsula. Walk the well-formed Cape Hauy track, with sustained hills and many steps, before settling into Stewarts Bay Lodge. Dinner is at On The Bay.

Approx. 9.4 km / 4–5 hr / lodge / packed lunch, snacks and dinner

02 Cape Raoul

After breakfast, follow the peninsula's southern edge through coastal country to Cape Raoul's dramatic cliffs. An optional Shipstern Bluff side trip depends on conditions, group and time. Return to the lodge and dinner at On The Bay.

Approx. 15 km / around 5 hr, plus optional side trip / lodge / B L D

B breakfast L packed lunch with morning tea and trail snacks D dinner

DAYS 3–4

Headlands, beaches and open water



03 Waterfall Bluff, Crescent Bay and Mt Brown

Combine two separate walks for a day of beaches, coastal headlands and elevated viewpoints. Return to Stewarts Bay Lodge and the final scheduled dinner at On The Bay.

Approx. 12 km total / around 6 hr / lodge / B L D

04 Optional cruise or Port Arthur, then Hobart

After breakfast, choose a separately paid three-hour Pennicott wilderness cruise around Tasman Island and Cape Pillar, or spend the morning around Port Arthur. The group reunites for the return transfer to Hobart.

Breakfast included / final-day lunch at own cost / adventure concludes

Planned return: Hobart Airport about 4:00 pm, then Hotel Grand Chancellor about 4:30 pm. Reconfirm flight timing with PPA before booking. Walking plans may change with conditions.

YOUR LODGE BASE

Unpack once, walk each day



Stewarts Bay Lodge, Port Arthur

Spend three nights in two-bedroom, two-bathroom bush chalets. Twin share means two walkers per bedroom, with a king bed for couples where available. Each bedroom has its own bathroom. Kitchen, dining and common areas are shared.

Meals at On The Bay

Three breakfasts and three scheduled dinners are included at On The Bay, along with packed lunches, morning tea and trail snacks on the three walking days. Final-day lunch and unspecified drinks are at your own cost.

Room preferences

A single supplement gives you your own bedroom within a shared chalet. A fully private chalet may be possible subject to availability and additional cost. Discuss preferences before booking.

THE DETAILS

What your adventure includes

Included

Experienced Australian guides and small-group support.

Private transport from Hobart and all adventure transport.

3 nights at Stewarts Bay Lodge in Port Arthur.

3 breakfasts and 3 scheduled dinners at On The Bay.

3 packed lunches, morning tea and trail snacks for walking days.

Required national park permits.

Emergency communications and group first-aid equipment.

Arrange separately

Flights to and from Hobart.

Hobart accommodation before or after the adventure.

Final-day lunch and drinks not included with scheduled meals.

Personal expenses, additional resort charges and personal walking equipment.

Optional three-hour Pennicott wilderness cruise. Extra cost; subject to availability.

Optional single-bedroom supplement or private-chalet arrangements.

Your own travel insurance. PPA strongly recommends suitable domestic travel cover.

The final morning is flexible. Choosing the optional cruise does not change the lodge-based walking format of the core adventure.

For current optional cruise pricing, please refer to our website.

PREPARATION & JOINING

Comfortable with hills and steps



Walking fitness

Prepare for several hours on your feet across consecutive days, with hills, many steps and uneven coastal terrain. Cape Raoul is about 15 km and day 3 totals about 12 km. Regular walking, stairs and longer hill walks build useful endurance.

A light pack, with the right layers

A 25–35 litre daypack carries your daily essentials. Bring suitable walking footwear, warm layers, waterproof clothing, sun protection and personal first-aid items. PPA provides the detailed equipment guidance and helps you prepare.

Joining in Hobart

Arrange to reach Hobart before the 7:15 am meeting on day 1. Pre- and post-adventure accommodation is separate. Discuss return flights, dietary requirements and relevant medical information with PPA before departure.

Guides plan for coastal conditions and carry appropriate emergency communications. Follow their advice and expect walking plans to adapt when necessary.

YOUR NEXT ADVENTURE

Your next days on the wild coast



Let us help you plan a Tasman Peninsula escape with guided walking, a comfortable lodge base and personal preparation support. The wilderness cruise pictured is optional and costs extra.

Explore upcoming departures and enquire about joining us.

peakpotential.net.au/treks/three-capes-track/

admin@peakpotential.net.au

For comprehensive adventure information, including preparation, equipment, current pricing, departure dates and availability, visit our website.

Read the current trip details and Booking Terms before booking.