

## Women Embrace Adventure Sapphire Coast Camping & Kayaking Adventure

### Day 1 Friday– Airport to Hobart Beach. Sandy Creek Loop (10 km)

We'll pick you up from Merimbula airport or Merimbula Bowling Club and transfer to our Campground in Bournda National Park. After settling in to camp we will head off on a warm up walk around the Sandy Creek Loop. On this walk we will see plenty of water birds and hopefully some Gippsland Water Dragons (non-fire breathing) sunning themselves. After returning to camp and enjoying a hot shower, we'll enjoy some local wine and nibbles then a welcome dinner around the fire. We'll fall asleep to the sound of frogs calling from the lake and the sound of wave breaking on the nearby beach. (Meals L, D)

### Day 2 Saturday-Hobart Beach to Tathra Hotel (12km)

After a hot breakfast, we'll wander out to the beach and head North to the mouth of Wallagoot Lake where we will explore Wallagoot Gap, a small beach set in a gap in the rocks, it is really quite amazing! We then walk the Kangarutha Track, exploring rocky bays and watching for whales heading south out to sea. By mid-afternoon, we'll pass through Kianinny Bay in Tathra and onwards around the headland to the historic Tathra Hotel for a cheeky drink before our transfer back to camp. Put your feet up, enjoy some local refreshments and a hearty dinner whilst enjoying the evening spent around the campfire. (Meals B, L, D)

### Day 3 Sunday-Boyd's Tower to Saltwater Creek (13km)

After packing our bags, we will enjoy breakfast at camp before jumping in the bus and heading south to Ben Boyd NP where we begin walking the iconic Light to Light walk. We'll explore Boyd's Tower and hear stories of the ratbag Ben Boyd who built it. After enjoying views across Twofold Bay, we begin walking south through varying vegetation and small rocky coves, learning about the incredible geology and flora/fauna we witness along the way. We finish our walk at the rugged beach where Saltwater Creek flows into the sea. A short transfer takes us to Green Cape Lighthouse where we will perch ourselves on the veranda with a drink and watch the whales and wombats doing their thing. Dinner will be served in the historic lighthouse keeper's cottages, a perfect end to the day! (Meals B, L, D)

### Day 4 Monday– Saltwater Creek to Green Cape Lighthouse (17km)

After enjoying breakfast, we'll transfer back to Saltwater Creek where we continue our journey along the Light to Light walk. Along the way, we walk through open coastal heath with wildflowers all around us. The Bittangabee Sea Cliffs are a real highlight as are the sapphire waters of Bittangabee Bay. We will also stop and observe the impact the 2020 bush fires have had on the area and learn about how different species cope with bushfire. We pass the Lye-E-Moon cemetery and the reminder of the tragic shipwrecks of the days of early maritime history. After enjoying lunch on route, we will arrive back at the spectacular Green Cape Lighthouse. The evening can be spent at your leisure, relaxing on the veranda watching the whales go by, before getting together for our evening meal. (Meals B, L, D)

## Day 5 Tuesday– Kayaking and Seahorse Inn

Our morning will be spent enjoying breakfast and a wander around at beautiful Green Cape before heading off to a private property on the Towamba River. After a safety briefing and skills session, we'll jump in our sea kayaks and head down the river, hearing stories from our local kayak guides along the way. We'll stop in at Davidson's Whaling Station for lunch. From here we paddle out the mouth of the river into Twofold Bay to navigate our way around the Whale Spit to the beach in front of a historic Inn where we'll be spending the night. After settling in, we will all get together for drinks on the lawn and a final celebration dinner! (Meals B, L, D)

## Day 6 Wednesday– Eden Killer Whale Museum. Farewell

We will enjoy a continental breakfast together before packing our bags and jumping in the bus to transfer to Eden. Here we visit the Killer Whale Museum for a tour, hearing stories of 'Old Tom' the Orca who helped capture Humpback Whales. We'll make a stop at the quaint Pambula boutiques for some local shopping and morning tea before make our way back to Merimbula airport and our cars. From here we say our farewell to our new friends and wish you well on your journey. (Meals B)

### **Your Package includes:**

- Evening meals, including a celebration dinner on the final night, with the focus on fresh local South Coast seasonal produce.
- Breakfast days 2-6, a mix of continental and cooked breakfast depending on the day
- Lunch and morning/afternoon tea and snacks
- Twin-share accommodation-Boutique Style Hotel, Camping & Lighthouse Cottages
- While camping: stretcher with insulated mat, sleeping bag, sleeping bag liner, pillow and head torch
- Camp chairs when camping
- Hot showers and drop toilet while camping
- Emergency communications and first aid kits carried by your guide and host
- Wilderness First Aid trained local guide and Women Embrace Adventure host to ensure you have the most amazing adventure.
- WEA shirt
- Guided full day kayak tour
- Return transfers to and from Airport or Merimbula Bowling Club
- Guaranteed fun, laughter and, as usual, some Women Embrace Adventure surprises along the way!

### **What to Pack:**

***Plan to bring 2 bags-one soft sided duffle or bag (for all gear, will stay at Camp/Resort and a day back pack to carry on the trail.***

- Water bottle/Bladder – at least 2 litre capacity
- Personal toiletries and medication
- Sunscreen and lip balm
- Towel

- Walking boots or shoes
- Walking poles if you use them
- Wet weather waterproof jacket
- Warm jacket
- Gators (optional)
- Hiking, trail running boots/shoes
- Water shoes for kayaking (compulsory – this can be an old pair of joggers that you don't mind getting wet)
- Thongs for camp/shower
- Comfortable walking clothes for 4 days (2 sets are plenty as you can wear your walking clothes for more than one day)
- Camp clothes – something comfortable to wear around the campsite at night. Throw in a Warm jacket/polar fleece or similar – the south coast can get chilly. A beanie is also a great idea. These can double as your sleepwear if you like.
- Sun hat
- Optional – bathers, camera, binoculars, mobile phone (reception is patchy along the walk)

**Footwear and foot care:** Please make sure you have well-worn hiking, trail running boots / shoes. It's a good idea to bring additional comfortable shoes in case you have trouble with your hiking shoes (your fave Joggers would be perfect). **Tread on**

**Shoes:** Some of the downhill sections on tracks are steep in places and have gravel and can get a bit slippery, so good tread on your walking shoes or boots makes going easier.

**Wet Weather Gear:** you will need personal rain gear in case of rain (jacket and pants) – the weather can be perfect one day and not the next!

**Day Pack:** You'll carry some light gear through the day like water, lunch, snacks, extra layers for warmth and your wet weather gear, so bring a comfortable daypack that has a secure waist strap for better support.