



## 1<sup>st</sup> Ballan Cradle Mountain National Park Overland Track Expedition

Tuesday 2<sup>nd</sup> – Saturday 13<sup>th</sup> April 2024

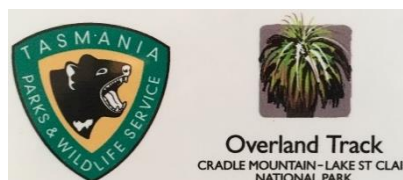
### Participants

#### Youth

**Venturer AC**  
**Venturer AH**  
**Venturer BJ**  
**Venturer CB**  
**Scout GS**  
**Scout HH**  
**Venturer ID**  
**Venturer JF**  
**Venturer JJ**  
**Scout LB**  
**Venturer MS**  
**Venturer RJ**  
**Scout SD**  
**Scout SK-E**

#### Adults

**Numbat**  
**Echidna**  
**FR**  
**Platypus**  
**Wombat**





**DO NOT bring water to the airport  
& minimise liquid within your carry  
on luggage**

## Flight Details



**Photo ID required by everyone to  
board the flights in Melbourne &  
Launceston**

**Tuesday 2nd April 2024**

- **Each Family will make their own travel arrangements from Ballan to Melbourne Airport – BYOH ... (Bring Your Own Hiker)**
- **EVERYONE MUST BE FULLY CHECKED INTO THE FLIGHT BY:- 0700hrs**

Virgin Australia | VA1362  
08:30 MEL Melbourne Tullamarine  
09:35 LST Launceston  
Journey duration: 1h 05min  
\*Includes 7kgs carry-on & 23kgs checked baggage per person.



**Clean your  
boots before  
each flight**

**Saturday 13<sup>th</sup> April 2024**

- **Each Family will make their own travel arrangements to pick up family members from Melbourne Airport**

Virgin Australia | VA1369  
13:05 LST Launceston  
14:05 MEL Melbourne Tullamarine  
Journey duration: 1h  
\*Includes 7kgs carry-on & 23kgs checked baggage per person.



**NO POCKET KNIVES / DILLY BAGS in  
day packs.  
ALL pocket knives & dilly bags to be  
stored in your Expedition Luggage.**

### **SIDE NOTE:-**

Once we return on Saturday 13th April at 1405hrs at Tullamarine Airport, SK-E, HH, LB, CB, Numbat & Wombat will have to re-appear at CRC (Catholic Regional College) Sydenham to board a bus to travel to the Governor-General's camp in Canberra, that evening.

Address:- CRC (Catholic Regional College) Sydenham  
380 Sydenham Road  
Sydenham, Vic, 3037

Time:- 1930hrs (7:30pm)



**NO COOKING FUEL TO BE CARRIED ONTO AN  
AIRCRAFT.**

**All cooking fuel required for the Expedition will be  
purchased in Launceston & will remain in Launceston  
at the end of the Expedition.**

## Itinerary

Friday 29<sup>th</sup> March 2024 – **GOOD FRIDAY**

1500hrs

1<sup>st</sup> Ballan Scout Hall

All participants to have ALL their Expedition Gear

- Final Gear Check
- Allocation of Group Gear

Tuesday 2<sup>nd</sup> April 2024

0830hrs

Fly from Melbourne to Launceston

1030hrs ... ish

Launceston Airport Shuttle Bus into Launceston

- [1<sup>st</sup> Tamar Sea Scouts Hall](#)

Home Point Parade

Seaport Blvd

Launceston TAS 7250

Remainder of the day in Launceston finalising details

Food

Fuel

Gear

Wednesday 3<sup>rd</sup> April 2024

City Adventures:- Launceston Exploration

Thursday 4<sup>th</sup> April

0930hrs

Depart Launceston for Cradle Mountain National Park  
Private Bus

Friday 5<sup>th</sup> April 2024

Explore Cradle Mountain & Dove Lake Area

Saturday 6<sup>th</sup> April 2024 ... **HAPPY BIRTHDAY NUMBAT**

DAY 1:-

Overland Track

Scout Hut to Waterfall Valley

Sunday 7<sup>th</sup> April 2024 ... **HAPPY BIRTHDAY FR**

DAY 2:-

Overland Track

Waterfall Valley to Windermere

Monday 8<sup>th</sup> April 2024

DAY 3:- Overland Track  
Windermere to Pelion

Tuesday 9<sup>th</sup> April 2024

DAY 4:- Overland Track  
Pelion to Kia Ora

Wednesday 10<sup>th</sup> April 2024

DAY 5:- Overland Track  
Kia Ora to Windy Ridge – Burt Nichols Hut

Thursday 11<sup>th</sup> April 2024

DAY 6:- Overland Track  
Windy Ridge to Narcissus

0930hrs Ferry Ride  
Narcissus to Cynthia Bay on Lake St Clair  
18 Passengers ONLY (as Ferry can only carry 18 passengers)  
Group will have time to relax, eat & reflect  
at the [Lake St Clair Lodge](#)  
Café & souvenirs available ... Pocket Money required

1300hrs Ferry Ride  
Narcissus to Cynthia Bay on Lake St Clair  
1 Passengers ONLY (Wombat)

1330hrs Private Bus to return us to Launceston

- 1<sup>st</sup> Tamar Sea Scouts Hall
- **MAXIMUM 10-minute SHOWER per PERSON**
  - **Including time to change before & after your shower**

Friday 12<sup>th</sup> April 2024

City Adventures:- Launceston Exploration Part II  
Explore Op-Shops  
Laundrette:- SK-E, HH, B Family & anyone else

Dinner:- Fancy Op-Shop Dress ONLY

Saturday 13<sup>th</sup> April 2024

1115hrs Launceston Airport Shuttle Bus to the Airport

1305hrs Fly from Launceston to Melbourne

## Accommodation

Tuesday 2<sup>nd</sup> April 2024 1<sup>st</sup> Tamar Sea Scout Hall

Wednesday 3<sup>rd</sup> April 2024 1<sup>st</sup> Tamar Sea Scout Hall

Thursday 4<sup>th</sup> April 2024 Youth:- [Scout Hut](#) Adults:- Dorm Room [Waldheim Chalet](#)

Friday 5<sup>th</sup> April 2024 Youth:- Scout Hut Adults:- Dorm Room Waldheim Chalet

- ***Please note:- There are only 14 beds available in Scout Hut and while the youth will be supervised into the evening, we make permission for the youth to sleep in the Hut unsupervised with no Hut Warden onsite***
- ***It is approximately a 30-minute walk between Scout Hut & Waldheim Chalet***

Saturday 6<sup>th</sup> April 2024 Tents – Waterfall Valley

Sunday 7<sup>th</sup> April 2024 Tents – Windermere

Monday 8<sup>th</sup> April 2024 Tents – Pelion

Tuesday 9<sup>th</sup> April 2024 Tents – Kia Ora

Wednesday 10<sup>th</sup> April 2024 Tents – Windy Ridge – Burt Nichols Hut

Thursday 11<sup>th</sup> April 2024 1<sup>st</sup> Tamar Sea Scout Hall

Friday 12<sup>th</sup> April 2024 1<sup>st</sup> Tamar Sea Scout Hall

Saturday 13<sup>th</sup> April 2024 Home OR on a Bus bound for Canberra!!!

Expedition

## Possible City Adventures – Launceston Exploration

- [Glass blowing \(Glass Manifesto\)](#)
  - 116 Gleadow St, Invermay TAS 7248
  - 22 minutes walk from Scout Hall
- [Prince's Square](#)
  - Elizabeth St, Launceston TAS 7250
  - 20 minute walk from Scout Hall
- [Queen Victoria Museum at Inveresk](#)
  - 2 Invermay Rd, Invermay TAS 7248
  - 19 minute walk from the Scout Hall
- [Cataract Gorge Reserve](#)
  - Cataract Gorge Reserve, 74-90 Basin Rd, West Launceston TAS 7250
  - 37 minute walk from the scout hall -

## Packing List (as suggested by 1<sup>st</sup> Ballan)

Description	Quantity
Large rucksack (65 litres)	1
Rucksack liner to waterproof your kit	1
3/4 season sleeping bag + compression sack	1
Sleeping bag liner	1
sleeping mat	1
walking boots with good ankle support	1
head torch and batteries	1
3 litre water bladder or 2 litre bladder plus 1 litre bottle	1
fork, spoon, mug & plate/bowl	1
towel (lightweight travel towel)	1
Pairs of underwear	5
Pairs or thin liner socks	5
Pairs of walking socks	5
Camp shoes (croc or thongs)-	1
t-shirts (no cotton and no singlets)	3
comfortable, strong, quick-drying pants/short	3
long-sleeved shirt or equivalent (no cotton)	2
fleece jacket/microfleece	1
wide-brimmed sun hat	1
good quality waterproof jacket	1
set of thermals	1
pair warm gloves	1
Wool or fleece hat	1
Warm fleece/down jacket	1
Wash kit/shaving kit	1
toilet paper roll	1
antibacterial gel	1
Insect repellent	1
Sunblock / high factor sun cream	1
Lip salve / lip sunblock	1
Small bottle biodegradable soap	1
Athlete's foot talcum powder	1
Sufficient personal medication	1
Personal First-Aid Kit to include anti-septic cream/wipes, assorted plasters, blister kit, painkillers i.e. paracetamol, antihistamine	1
Set of re-sealable plastic bags for keeping kit dry	1
walking stick (optional)	
gaiters (optional)	
Beanie	
sunnies	
toiletries (toothpaste, toothbrush, hairbrush (optional), deodorant, wet wipes/compressed towels)	
dilly bag	
whistle	
Back-up battery (100kWhr or less)	

To add extra warmth to your sleeping bag, along with a good mattress, consider wearing thermals as pyjamas, gloves & beanie and use an inner sheet ... preferably a thermal inner sheet.



Small group list (2-4) Provided by 1st Ballan	
trangia and fuel	
matches	
Scourer	
Tent	
Whole Group Gear: Provided by 1st Ballan	
FIX IT KIT	
1 x travel sewing kit	1
1 x spare boot laces	1
1 x roll thick waterproof tape (e.g. duct tape)	1
1 x box waterproof matches / lighter	1
15m strong synthetic cord (paracord)	15m
water filter/ purification tablets	
Maps	
Epirb	
satellite phone	
GPS with tracker	
"Large" 1st Aid kit	
multi tool	
camera	
card/lil' games	
notebook & pencil	
Bite valves for bladder	
Strapping kit	
Compass	
Solar Backup Battery	
Hydrolyte	
Dettol Spray	

*Please Note:- That while the entire Expedition Team will look after & support each individual within the Team for the duration of the trip, it is imperative that each individual is self-sufficient in the way of gear and not relying on other members of the Team to bring gear for them.*

*ie. As a Team there should be 19 X 1<sup>st</sup> Aid Kits, 19 sets of waterproof gear, 19 X sleeping mats, 19 X sleeping bags, etc.*

*With most members of the Team Remote Area 1<sup>st</sup> Aid Trained, they should understand that if anything happens to an individual on the Overland Track, we will go to that individual's gear first to support, comfort & assist them through the experience.*

## **TASMANIA PARKS & WILDLIFE SERVICES**

[Hypothermia Safety Video](#)

[Essential Safety Tips for Bushwalking in Tasmania](#)

Please watch these 2 videos prior to Good Friday as everyone will be required to sign the Form on the next page ... which we will do on Good Friday

TASMANIAN ALPINE WALKS - INCLUDING THE OVERLAND TRACK

# Safety checklist













This is a list of **absolute minimum** equipment / clothing you need to have with you on the track to protect you from exposure to cold, wet and windy weather. The *Walker pack list* (next page) details essential items needed to ensure you have a safe and enjoyable walk.

**PLEASE COMPLETE THIS CHECKLIST** and present it to staff at the Cradle Mountain Visitor Centre.

I / we *[insert name and booking number]* ..... understand the risks of walking in Tasmania's remote alpine areas. Frequent extreme weather can occur anytime and deaths have resulted when people are caught out unprepared.

I / we confirm that I am / we have watched the [hypothermia safety video](#) and [essential safety tips for bushwalking in Tasmania](#) and are well prepared, by wearing or carrying **at a minimum**:

-  A quality **tent** (3-4 season rating with inner and outer layer) or effective form of emergency shelter). Even if you plan to sleep in the huts, you must still carry a tent. The huts may be full, or injury/severe weather may prevent you from reaching the hut.
-  A good quality, warm **sleeping bag** (kept dry in a waterproof bag) (minimum temperature rating -10°C)
-  **Sleeping mat**
-  A good quality **waterproof jacket** with storm front and hood (seam sealed and breathable fabric, Gore-Tex or similar)
-  Good quality **waterproof over trousers** (seam sealed and breathable fabric, Gore-Tex or similar)
-  A warm **fleece** or **woollen jumper** (not cotton) and **thermal base layers**
-  A **warm hat** or **beanie** and **gloves**
-  **Long pants** (quick dry fabric, not denim jeans) or **shorts and thermal long pants**
-  **Sturdy footwear** (e.g. lace-up hiking boots with strong soles)
-  **Camp clothes** kept dry in a **waterproof bag** (for wearing in the evening)

Signature (on behalf of group): .....

Departure date: .....





## BE PREPARED

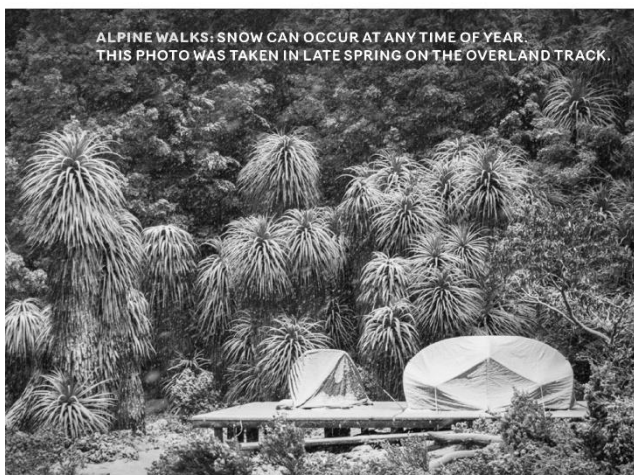
# Walker pack list

*Tasmania is renowned for its world-class walks. But to really make the most of it, make sure you pack the right gear—it will make your experience more enjoyable and keep you safe.*

## Essentials

**These items are required for all walks—including short day walks:**

- Light day pack
- Weatherproof jacket
- Warm hat
- Sun hat and sunglasses
- Hiking boots and socks (minimise blisters, make sure shoes are worn in before you leave)
- Gaiters
- Sunscreen
- Water (1 litre per person for every 3 hours of walking)
- High energy food
- First aid kit (suitable for walking in remote areas)
- Emergency space blanket (for hypothermia)
- Mobile phone (be aware that in remote locations you may not be able to get signal.)
- Rubbish bag—take it all out with you!



## Multi-day walks

**As well as the items from the essentials list, multi-day walkers will require these items:**

- Large, waterproof hiking pack (plus pack liner)
- Tent (3-4 season rated with an inner and outer layer)
- Sleeping bag and inner sheet (rated to at least 0°C for coastal areas and -10°C for alpine areas)
- Sleeping mat
- Waterproof jacket
- Quick-dry walking clothes (long sleeve shirt, shorts/trousers, fleece jacket—avoid denim and cotton)
- Camp clothes in waterproof bag
- Toilet trowel and toilet paper
- Basic personal toiletries
- Antibacterial gel
- PLB (personal locator beacon)
- Map (mobile phones cannot be relied on in remote areas and a printed map is a necessity)
- Fuel stove and fuel
- Lighter and matches
- Food (lightweight, energy-dense, remove excess packaging)
- Cooking and eating utensils
- Water bottle(s) or bladder, capable of carrying 2-3 litres
- Torch / head-torch and spare batteries

## ALPINE WALKS

**Weather in alpine regions can deteriorate rapidly. Deaths have occurred when people have been caught unprepared.**

**Walks include: Overland Track, Frenchmans Cap, and Walls of Jerusalem.**

**Walkers must have these extra items:**

- Warm clothing, including a fleece or woollen jumper, hat, gloves and a neck warmer
- Good quality waterproof jacket with stormfront and hood (seam sealed and breathable fabric, Gore-Tex or similar)
- Good quality waterproof over trousers (seam sealed and breathable fabric, Gore-Tex or similar)
- Thermal under layers (long sleeve top, long pants)

## THREE CAPES TRACK

The Three Capes Track is a unique walking experience. Walkers on this track require different (less) gear than other Tasmanian multi-day walks. For more details please visit [www.parks.tas.gov.au](http://www.parks.tas.gov.au).

## HAVE YOU GOT THE RIGHT GEAR?



### Optional items

- Trekking poles
- Camp shoes (lightweight)
- Compass
- GPS satellite phone
- Medications
- Insect repellent
- Whistle
- Travel towel
- Water filter or purification tablets
- Pocket knife
- Personal identification

### FUN STUFF

- Camera
- Binoculars
- Books / field guides
- Cards / games
- Notebook and pencil

*Different walks require different equipment, so get online and find out about:*

- > The weather forecast.
- > Alerts in the area.
- > What the track is like (duck boards, mud, scree).
- > Are there huts available? Is any equipment provided?
- > Is it a guided walk? Do the guides recommend a different pack list?

*Also, ask yourself:*

- > Are you fit and well enough to undertake the walk?
- > Have you let someone responsible know your walk plans?
- > Have you packed your park pass and / or booking registration information?
- > Have you read all the walk material and Leave No Trace principles?
- > Do you have any special needs to cater for (medications, glasses)?



## Exercises and Stretches

### EXERCISE

### STRETCHING

#### Easy

x10 Body weight squats  
x10-15 Hip raises  
30 sec Plank  
x20 Calf raises  
x15 Situps  
x5-10 Push ups on knees  
x2 sets  
10 000 steps a day

Active stretches  
Leg swings  
Calf sweeps  
Hold lungs  
Hamstring stretch  
Calf stretch

#### Medium

x15-20 Body weight squats  
x15 Hip raises  
45 sec - 1 min Plank  
x25 Calf raises  
x20 Situps  
x15 Push ups on knees  
x2 sets  
10 000 steps a day

#### Hard

x20 Weighted squats  
x10 Single leg hip raises (bridges)  
1 min 30 -2 min Plank  
x30 Calf raises with block  
x25 Situps  
x10-15 Push ups (normal) x2 sets  
10 000 steps a day

## Food

Tuesday 2<sup>nd</sup> April 2024

- BYO or purchase Lunch
- Dinner provided

Wednesday 3<sup>rd</sup> April 2024

- Breakfast, Lunch & Dinner provided

Thursday 4<sup>th</sup> April 2024

- Breakfast & Lunch provided
- BYO Dinner & Snacks

Friday 5<sup>th</sup> April 2024

- Breakfast & Lunch provided
- BYO Dinner & Snacks

Saturday 6<sup>th</sup> April 2024

- Breakfast & Lunch provided
- BYO Dinner & Snacks

Sunday 7<sup>th</sup> April 2024

- Breakfast & Lunch provided
- BYO Dinner & Snacks

Monday 8<sup>th</sup> April 2024

- Breakfast & Lunch provided
- BYO Dinner & Snacks

Tuesday 9<sup>th</sup> April 2024

- Breakfast & Lunch provided
- BYO Dinner & Snacks

Wednesday 10<sup>th</sup> April 2024

- Breakfast & Lunch provided
- BYO Dinner & Snacks

Thursday 11<sup>th</sup> April 2024

- Breakfast, Lunch & Dinner provided
- BYO Snacks at Lake St Clair Lodge & Launceston

Friday 12<sup>th</sup> April 2024

- Breakfast, Lunch & Formal Op-shop Dress Dinner provided

Saturday 13<sup>th</sup> April 2024

- Breakfast & Lunch provided

## Maps – Daily & side hikes

### Overland Track Walk Notes

Some Overland Track walkers cover the 65 km from Ronny Creek to Narcissus, followed by a ferry trip across Lake St Clair to the Lake St Clair Visitor Centre, in six days. Some choose to take seven (or more) days to include two nights at some of the huts to undertake mountain summit side trips and/or walk the length of Lake St Clair, an additional 17.5 km to reach the Lake St Clair Visitor Centre. Rainwater tanks and composting toilets are provided at each of the main huts. Please note, water from rainwater tanks needs to be [boiled](#) or treated prior to drinking.

Track walk times may be subject to change in inclement weather conditions, particularly blizzards and snow cover. Please make sure track conditions are factored into your [trip planning](#).

Day	Description	Distance	Ascent	Descent
Day 1	Ronny Creek (Scout Hut for us) to Waterfall Valley Hut with side trip to Cradle Mountain or Barn Bluff	10.7km	350	300

- 4 – 6 hours

Before you start, check in at the Cradle Mountain Visitor Centre to confirm your booking, collect your Overland Track pass and check the latest weather forecast. Most of the day is exposed alpine plateau walking. Please consider delaying departure if the weather is forecast as very severe.

The ascent to Crater Lake is gradual, followed by a very steep, short ascent to Marions Lookout. Undulating across the alpine plains and a final gradual descent to Waterfall Valley. Waterfall Valley Hut sleeping capacity is 34 people. There are 4 tent platforms, overflow camping on grass.

Side trips:-

- [Cradle Mountain Summit](#) (1545 m) – 2 km, 2-3 hours return from the track junction. There is some boulder scrambling as you reach the summit, and the walk should only be attempted in fine weather. Not recommended when under snow or for walkers unsettled by heights and exposure. Secure your pack from marauding currawongs if leaving it at the junction. (They know how to undo zips!)
- Barn Bluff (1559 m) – 7 km, 3-4 hours return from track junction. This walk has some very steep sections and boulder scrambling towards the summit. Barn Bluff should only be attempted in fine weather and is not recommended when under snow.

Day	Description	Distance	Ascent	Descent
Day 2	Waterfall Valley Hut to Lake Windermere Hut with side trip to Lake Will	7.8km	100	120

- 2.5 – 3.5 hours

From Waterfall Valley to Lake Windermere is a less strenuous stretch over alpine heathlands, lakes and tarns. This section is exposed and above 1000 metres in elevation. Camping is not permitted around Lake Windemere however, the overnight sites are just 500 metres from its shore. Hut sleeping capacity is 34 people and 8 tent platforms available.

Side trip:-

- Lake Will – 3 km, 1 hour return from track junction. This relaxed walk takes visitors to an alpine lake, popular as a lunch stop.

Day	Description	Distance	Ascent	Descent
Day 3	Lake Windermere Hut to Pelion Hut with side trip to Old Pelion	16.8km	150	250

- 5 – 7 hours

A long walking day, encircled by distant mountains; Pelion East, Ossa, Thetis, Achilles and Pelion West and the Du Cane Range. Walkers cross [buttongrass](#) plains and journey through myrtle-beech rainforest and eucalypt forest. Pelion Hut is a much larger hut with a sleeping capacity of 36 people. There is 1 tent platform (accommodates 3 tents), overflow camping on grass.

Side trips:-

- Old Pelion Hut – 1 km, 0.5 hour return from track junction.  
Pelion Hut is a charming 1917 historic hut, once built for miners and now a day-use area. There is an excellent swimming hole for a summer-time refresh
- Mount Oakleigh (1286m) – 8 km, 4 - 6 hours return from track junction.  
Expect to get wet and muddy feet crossing the buttongrass moorlands.

Day	Description	Distance	Ascent	Descent
Day 4	Pelion Hut to Kia Ora Hut with side trip to Mt Ossa or Pelion East	8.6km	300	300

- 3 – 4 hours

Day four experiences are full of rainforests and mountain summits. Alongside Douglas Creek, walkers will ascend to Pelion Gap, the valley between Mount Ossa and Pelion East. There is a gradual descent across [buttongrass](#) plains and eucalypt forest to Kia Ora. Pelion Gap is an exposed alpine plateau. In inclement weather, take your breaks in the shelter of the forest before Pelion Gap. Kia Ora hut has a sleeping capacity of 34 people, and 9 tent platforms available.

Side trips:-

- Mount Ossa (1617m) – 5.2 km, 4-5 hours return from track junction.  
Mount Ossa is Tasmania's highest peak, and the walk is steep and exposed. Do not attempt under heavy rain or snow as boulder fields under snow are dangerous. You will need 4-5 hours of daylight to summit and return to Pelion Gap and a further hour to reach Kia Ora Hut.
- Mount Pelion East (1433m) – 2.4 km, 2 hours return from track junction.  
There are spectacular views over Mount Ossa and most of the park's highest peaks once you reach the summit of Mount Pelion East. The walk is steep and exposed. Do not attempt under heavy rain or snow as boulder fields under snow are dangerous.

Day	Description	Distance	Ascent	Descent
Day 5	Kia Ora Hut to Windy Ridge (Bert Nicholls Hut) with side hikes to D'Alton and Fergusson Falls and Hartnett Falls	9.6km	200	200

- 3.5 – 4.5 hours

From Kia Ora Creek, the track continues through rainforest to the historic Du Cane Hut. Built in 1910, the hut provides a great location for lunch but should only be used as an overnight location in an emergency. Walkers then spend another half hour walking through King Billy pine, sassafras and myrtle forest, before reaching the junction to D'Alton and Fergusson Falls - a great side trip. Another 20 minutes up the path walkers will reach the side trip to Hartnett Falls. After a final journey through wet sclerophyll forest, walkers reach Bert Nichols Hut, situated at the top of the Narcissus Valley with the dramatic Du Cane Range as its backdrop. Bert Nichols Hut has a sleeping capacity of 24 with a large, enclosed dining area and 9 tent platforms available.

Side trips:-

- D'Alton and Fergusson Falls – 1 km, 1 hour return.  
Descend through rainforest to the Mersey River to reach both waterfalls. Slippery tracks and sheer drop-offs at top of falls, but a pleasant side trip worth taking.
- Hartnett Falls – 1.5 km, 1 hour return.  
Another descent through rainforest to the Mersey River and the falls. Slippery track and sheer drop-offs at top of falls.

Day	Description	Distance	Ascent	Descent
Day 6	Windy Ridge (Bert Nicholls Hut) to Narcissus Hut then ferry	9km	0	100

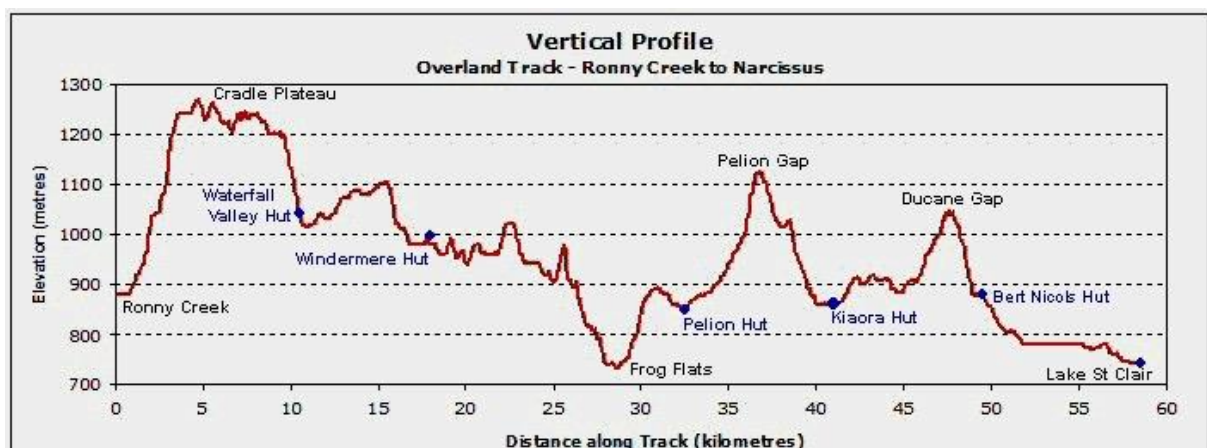
- 3 – 4 hours

It is a gradual, easy descent beside Narcissus Valley through eucalypt forest and across buttongrass plains. Narcissus Hut is on the banks of the Narcissus River at the head of Lake St Clair. Walkers will need to cross the river via a suspension bridge before reaching the overnight site and ferry jetty another 15 minutes down the track. The Narcissus hut has a sleeping capacity of 18 people and 4 tent platforms are available.

If you're ending your journey here make sure that you have booked your tickets for the ferry before you set out, and use the radio in Narcissus Hut to reconfirm your booking once you get there. If you have not booked the ferry, go to the [Lake St Clair Lodge website](#) to make a booking.

Side trip:-

- Pine Valley Hut – 4.7 km, 1.5-2 hours one way.  
This side trip is recommended as an overnight trip. Hut sleeping capacity is 16 with 4 tent platforms available, overflow camping on forest floor. This hut is used as a base for exploring The Acropolis and the Labyrinth.



## Weather

According to AccuWeather the expected weather Temperature high is between 13°C - 16°C degrees with lows of 7°C or 6°C degrees overnight.

IT will be cloudy for most days except the 4th and 7th which are stormy and raining.

But according to Tasmania expeditions the mean max is about 13°C and mean low is about 3°C

The mean amount of days it rains in April is 11.5 (38 Percent), so it may rain a couple time during our visit.



## Cradle Mountain Roles

### **Da Boss:** CB

Da Boss is in charge of keeping the group on track. They need to be prepared to help the group wherever possible, including being ready to go early, in order to help others in the group. They need to be the first person up, in order to get the group moving in the morning. They help to solve group issues and make sure everyone has their say. Overall, their job is to make sure the expedition runs smoothly and that everyone has a good time.

### **Communications:** JJ

Contact back home. Messaging Scout halls. Keeping everyone updated

Communications are in charge of sending out messages to everyone before the hike with the handbook so participants and parents can be on the same page, I am also in charge of the communications to the scout hall that we are staying at in Launceston which is 1<sup>st</sup> Tamar Scout Group. During the hike in case of any emergency, I will be in charge of contacting the emergency services and emergency contacts back home, and I will be the photographer taking photos along the hike to share with all the families once we are back at home.

### **Mum:** AH

Welfare. Birthdays. Hygiene

### **DJ:** RJ

As DJ throughout the overland track expedition, my overall role looks at not only the music and entertainment for the trip, but also contributes to the general welfare of the hikers. Yes, I will be in charge of the speaker and tunes it plays, ensuring it is consistently charged and ready for a long day of sing-alongs, as well as trying to play a wide variety of personal favourites and whole-group bangers, that will avoid consistent repeat until we hate them. This means that I will need to download not only my preferences, but the taste of as many members as possible. Now the DJ's bag of tricks doesn't just end with the record spinner, I will (with my boi assistance) be bringing some cards and other games that can be used to kill our stationary time and help keep morale up. Keeping morale up, that's my job when it comes to welfare, keeping everyone as happy as possible for as long as possible, and even if it's not in that moment, then I'll be there to sit with them through it to help in any way I can. DJ's can feel the vibe and know their time & place and try to play to the crowd. Because as soon as the intermission is over, the party can continue.

**Chef:** MS

Nutrition. Hygiene

**Navigation:** JF

Maps. Directing Group. Weather

**First Aid:** AC

First aid scenarios. Welfare. Safety; The first aid role is a fairly widespread role placing the person as the primary caregiver to all minor (eg. blisters and nicks) to major (eg. larger falls and breaks) injuries they will have others to assist with care however they will direct the situations and be responsible for any patient's wellbeing. Their job will also entail other responsibilities such as carrying the group first aid kit, checking up on hygiene, and making sure that the group's mental well-being is managed through any and all challenges that we may face.

**Exercise:** ID

First aid. Welfare. Safety. Exercise.