



Freycinet Peninsula Circuit

FREYCINET NATIONAL PARK

W Freycinet National Park has a series of wonderful bushwalks - many of which are part of Tasmania's Great Short Walks. Walking the Freycinet Peninsula Circuit, your trip takes in both the Wineglass Bay and Hazard circuit Great Short Walks.

The 30km Freycinet Peninsula Circuit travels around the Hazard Mountains to Hazards Beach. The track continues south to Cooks and Bryans Beaches. Walkers then cross the Peninsula over a heathland plateau next to Mount Freycinet to take in the spectacular views before descending to the white, quartz sands of Wineglass Bay. The walk should be undertaken in an anti-clockwise direction to help stop the spread of a deadly plant pathogen - *Phytophthora* - or root rot.

Walkers will need to be well prepared by carrying water, food, tent and wet weather gear. You should allow at least two days to complete the circuit - although the trip can be longer depending on the number of restful days you have on the beach.

When to walk

The months of December–April have long daylight hours, warmer average temperatures and are recommended for walkers inexperienced with Tasmanian conditions. However, you may find that the mild climate of the east coast makes the Freycinet Circuit an attractive option for winter walking.

Walkers are warned that rapidly changing weather conditions can occur at any time of the year. These can include howling winds, sleet, snow, relentless rain and blazing sun. All of these varied conditions can be experienced within a single day.

The weather in the east of Tasmania tends to be mild. In winter months you can expect to have a temperature range of 4° C overnight to 10° C during the day. In summer the overnight low averages around 11° C and the daytime high around 27° C. At times in summer it is very hot with intense UV rays. During periods of extreme fire danger the walks at Freycinet National Park may be closed. You should get the latest weather forecast before starting your trip.

Maps

The *Freycinet National Park Map and Notes* (1:50000 Tasmapp) is an essential item for your walk. This is available from the Visitor Centre at Freycinet National Park.

Access

Freycinet National Park is reached from the Tasman Highway. The Peninsula Circuit walk starts from the walking tracks car park about 4 km further into the park from the Visitor Information Centre, which is near Coles Bay.

Public Transport will take walkers to Coles Bay and a morning service continues to the walking tracks car park. Bookings are essential on all services and private charters can be arranged. Contact the Tasmanian Travel Centre for your best transport options.

Private cars can be parked at the walking tracks car park.

Accommodation

Coles Bay

Hotel, motel, backpacker and cabin accommodation are available. Contact the Tasmanian Travel Centre for further details.

Freycinet Peninsula

The National Park offers a variety of basic powered and unpowered campsites. Booking, payment and other details are found within the National Park, on the web site www.parks.tas.gov.au, or by calling the Freycinet Visitor Centre (03) 6256 7000. Please note that there are no laundry or shower facilities.

Guided tours

Private companies operate guided tours in this national park.

Contact the Tasmanian Travel and Information Centre for details on the individual operators.

Park entry fees

The payment of an entry fee is required for all National Parks in Tasmania. Money raised by fees goes

directly towards the maintenance and protection of Tasmania's National Parks.

A variety of passes are available, including a two-month backpacker pass that is valid in all of the State's national parks. Check with park staff for the pass most suited to your particular needs. Passes can be bought at all Parks and Wildlife Service offices, the Freycinet Visitor Centre, and Service Tasmania outlets throughout Tasmania.

Your Safety

Drinking water can be in short supply along the Freycinet Peninsula Circuit. Ensure that you carry a large water bottle and a water bladder if possible. You will need at least 2 litres of water per person per day.

Even though this walk is on the east coast of Tasmania you still need to be prepared for weather conditions. Ensure that you have the appropriate gear for an extended overnight walk including warm clothes. Sleeping bag, sleeping mat, tent, first aid kit, a map and compass are all essential. A rain jacket with hood should always be carried. Of course you should also be optimistic and expect some days of sun – so make sure you take a long-sleeve shirt, sun hat and sunscreen.



Spotting a snake can be common within Freycinet National Park. Snakes are shy animals and will usually get out of a walker's way rather than attack. Wearing sturdy boots and a pair of gaiters will protect your lower legs. Most bites occur when people try to kill snakes (this is illegal). If a bite occurs keep the person at rest, lying down. Do not wash or cut the bitten area. Apply a firm pressure bandage (not a tourniquet) from the bite site, all the way down the limb then back up the limb. Death from snakebite is very uncommon. You do not need to identify the snake as the same antivenin is used for all snake bites.

Let someone know before you go - leave details of your planned trip with a reliable friend or relative. If this is not possible, a trip intentions form can be completed and left at the local Police station.

Use the walker registration book to register and de-register your walk. Be aware that these are not

checked regularly, and a search will only be mounted if someone reports you as lost or overdue.

Walk Times

Walk times given are what the average walker would expect to travel in good conditions. If you are new to bushwalking or the weather conditions deteriorate you can expect to travel for longer times. Walking times are to designated campsites.

Start Point	Destination	Time (hours)
Wineglass Bay car park	Wineglass Bay	1.5
Wineglass Bay car park	Hazards Beach	2 - 3
Wineglass Bay	Hazards Beach	2
Hazards Beach	Cooks Beach	2
Cooks Beach	Bryans Beach (side trip)	1
Cooks Beach	Wineglass Bay (via Mt Graham)	5-6

Making Camp

It is essential that a tent be carried as there are no huts along the track. You should only pitch your tent at established sites. Camping sites exist at the following locations: southern end of Hazards Beach, Cooks Beach and the southern end of Wineglass Bay.

Keep Wildlife Wild

The smell of food will encourage native animals to raid your pack, rattle your cookware and rifle through your rubbish.

All food, rubbish and packaging should be sealed within two bags. Wrap food in a plastic bag and then store it in a larger stuff sack. At night stow your food bag securely in your packs.

Do not feed animals. Processed food is not part of their natural diet and, in some cases, can lead to the death of native animals.

Plant disease kills: help boot it out

Phytophthora cinnamomi (root rot) exists on the Freycinet Peninsula. Bushwalkers can help stop the spread of this deadly plant pathogen by starting their trip with clean gear, staying on the formed tracks, and cleaning gear before moving on to the next campsite.

Walkers are advised to walk the trip in an anti-clockwise direction. Undertaking your trip in this direction and ensuring your gear is clean after leaving every campsite along the track will go a long way to help prevent the spread of *Phytophthora*.

All items used in the bush need to be scrupulously cleaned. Items that require a scrub include boots and gaiters (the most risky items), tent floors, groundsheets, tent poles and pegs, trowels, packs, waterproof coats, trousers, and legs.

Water

Your habits are crucial in helping to preserve the clean water quality of Freycinet National Park. Careful toilet habits are the main way that walkers can preserve water quality.

Of course, the water within our National Parks is not chemically treated. It may not meet the National Health and Medical Research Council's Guidelines for drinking water. The Tasmanian Department of Health and Human Services thus advises that as a precautionary measure, untreated water should be boiled (1-3 minutes) and cooled before drinking or being used for food preparation. Other forms of water treatment (iodine, water filters) may also be used.

Possible water collection points are found at the following sites: a tap at car park at start of walks, a tank at Cooks Beach Hut, Graham Creek where the track crosses the creek below Mt Graham and at the southern end of Wineglass Bay. These are rainfall and/or usage dependant. Check with Visitor Centre prior to walk. There is no fresh water at Bryans Beach.

Toilets

Compost or pit toilets are available at some of the camping sites (Wineglass Bay, Hazards Beach and Cooks Beach campsites). Where possible please use these toilets. To assist the composting process, do not put leftover food or rubbish (such as tampons, sanitary pads or condoms) in the toilets.

Where there are no toilets, go at least 100m away from any creek or stream and the track. Carry a sturdy hand trowel and dig a hole at least 15 cm (6 inches) deep, otherwise animals may dig up the waste and scatter the toilet paper. Bury all faecal waste and toilet paper with some soil.

Fuel Stove Only Area

The Freycinet Peninsula Circuit is within a Fuel Stove Only Area and campfires are not permitted. You will need to carry a fuel stove for cooking.

Rubbish

All rubbish must be carried out with you. Rubbish includes cigarette butts and leftover food.

Used sanitary pads, tampons, condoms and baby nappies are also items of litter and must be carried out.

Keep on track

The Peninsula Circuit track is generally dry but if you do come across boggy sections keep to the middle of the track. This is the best way that walkers can help with stopping the sprawl of muddy areas. We recommend wearing gaiters to protect yourself against the scrub and mud.

Dish washing

Try using just hot water and a scourer to clean plates and cookware. Despite their name, biodegradable products still impact on water-life. Dish washing should be done 50m away from water and the waste water scattered.

Group size

The preferred maximum party size is 4–6 people. Large groups can be difficult to accommodate with tent sites and also have greater social and environmental impacts.

More information

The booklet *Tasmania's Essential Bushwalking Guide* is available free from the Parks and Wildlife Service. The booklet provides information for overnight walking in Tasmania and includes what to take, what situations to be prepared for, and where to get more detailed information.

Parks and Wildlife Service Tasmania

Hobart (03) 6233 2669
Freycinet (03) 6256 7000
Web: <http://www.parks.tas.gov.au>

Tasmanian Travel and Information Centre

Phone: (03) 6230 8233

