



3 Day/2 Night
exploration of the
birds, scenery,
food and wine of
Bruny Island

Welcome to the Bruny Island 'Inala Birding' Long Weekend

Take a journey by boat to Tasmania's gem, Bruny Island. Walk to beautiful, remote places with Inala's celebrated birding guides, and discover Tasmania's endemic birds.

This collaboration between Inala and Bruny Island Long Weekend offers birdwatching with Inala's expert bird guides in a diverse range of habitats, from the ocean to rocky shores, remote beaches, coastal heath, temperate rainforest, and towering eucalypt forests. It includes a private extensive tour of Inala's nature conservation sanctuary.

Each day, carry lightweight packs and then return to the comfort of our private camp with hot showers, an outdoor fire and a cosy bed. You'll partake in Bruny Island's famed produce, including fresh seafood, cheese, wine and beer.

Here you will find everything you need to prepare and get excited about your adventure, all in one document. From pick-up times to gear lists, daily distances to accommodation details, this is your Bruny Island Long Weekend go-to-guide.



BRUNY ISLAND

long weekend

The Trip

Trip Summary

Trip Duration: 3 days/2 nights

Grade: Easier

Activities: Spring/Summer/
Autumn birding, day-walking,
visit a local oyster farm, luxury
camping and private boat cruise.





Introducing Inala

For over 27 years, Inala Nature Tours, a family owned and operated company, has been designing and leading birding and wildlife tours across Australia. From their 1,500 acre private reserve at 'Inala' on Bruny Island, Tasmania, their tours extend across Australia from the lush rainforests of Queensland to the rugged landscapes of the Kimberley and beyond.

Their tours are designed and led by Dr. Tonia Cochran and her expert team. Among them exists a diversity of talents, from qualified scientists to travel experts. They are united by their passion for wild Australia.

The Inala conservation reserve is 1,500 acres. They have all twelve endemic bird species living at Inala amongst the rich and diverse conservation habitats.

The Inala reserve contains bird hides and viewing platforms, it is a reserve for birders run by birders.

You can plan to extend your stay on Bruny after this walk (or return at a future date) by staying in the cottage accommodation within the Inala private reserve. (Exclusive 10% discount for Tas Walking Company Guests for bookings of two nights or more)

Image credits: Page 1- Forty-spotted Pardalote and page 3 - Spotted Pardalote, Alfred Schulte



Itinerary

At a glance

DAY	WALK SECTIONS	STAY	MEALS
One	Cape Queen Elizabeth and Great Bay	Mt Mangana luxury campsite	-/L/D
Two	Inala	Mt Mangana luxury campsite	B/L/D
Three	Mavista to Adventure Bay	Return to Hobart	B/L/-

*Please note this itinerary is subject to change depending on weather conditions. We will endeavour to remain as close to the written itinerary as is practicably possible. Our guides will keep you up to date and informed along the way. Should you have any questions, please feel free to call us on 03 6392 2211 or email bookings@taswalkingco.com.au.

Image credit: Superb Fairy-wren, Alfred Schulte.



Day 1

Great Bay

This morning you will meet your tour guides and fellow guests (maximum of 10) on the waterfront of Tasmania's capital city, Hobart. Step aboard your private boat and let the adventure begin with a cruise down the Derwent River to Bruny Island. If the birdlife is good then we can stay out and enjoy it. Today our goal is to walk out towards a spectacular cape on the east coast of Bruny Island.

Excellent birding opportunities present in the first kilometre, at the lagoons and on Miles Beach. Our guides will create the right balance between walking and bird watching with a stop for lunch on Miles Beach.

On returning from our walk we will wade out into the crystal clear waters of Great Bay to learn how the famous Bruny Island oysters are farmed and shuck them straight out of the water. The perfect way to cool down after a walk!

Next stop; our camp. After a hot shower, join us in the dining house for a drink and to share stories of the day's adventures as the guides busy themselves preparing your dinner sourced from either on the island or in the waters surrounding it.





Day 2



Inala

Today is devoted to a private guided tour with one of Inala's expert guides around the Inala Private Conservation Reserve, a 1,500 acre Land for Wildlife property which is home to a variety of threatened species and all 12 Tasmanian endemic birds. Observe at close range the Endangered Tasmanian endemic Forty-spotted Pardalote from the purpose-built canopy platform within one of its largest known colonies.

View raptors such as the Tasmanian subspecies of the Wedge-tailed Eagle and the white morph of the Grey Goshawk from the raptor hide. Endemics including the Tasmanian Thornbill, Tasmanian Scrubwren, Dusky Robin, Green Rosella, and all four endemic honeyeaters are also commonly seen here. There is also a good chance of spotting Swift Parrots which breed on the property between September and January, as well as Flame, Scarlet and Pink Robins, and Beautiful Firetails. Back at camp enjoy time to sit on the deck, walk among the ferns, partake in another lavish shower or simply read a book while your guides prepare the evening meal. The evening options include a visit to the penguins/shearwaters of Bruny Island with nocturnal wildlife to be seen along the way.

Image credits: Beautiful Firetail, Keith Kennedy.



Learn of the ecosystem in which these birds live, and conservation efforts to protect these species and their habitats. The property is also a great place to see Bennetts Wallaby, Tasmanian Pademelon, enormous eucalypt trees and tree-ferns, a magnificent stand of Blackwood trees, and some native terrestrial orchids that mostly flower between August and March.

After lunch at the Inala lookout which has a beautiful wide vista over Cloudy Bay, afternoon walk options include a drive to the Bruny Island lighthouse and the Luggaboine circuit where we may see Yellow-tailed Black Cockatoo's feasting on Banksias and a great range of coastal and bush birds, or we may take another winding track amongst the Eucalypts up at Benbullen, a range of hills that include Stafford's Hill at Inala.

Back at camp enjoy time to sit on the deck, walk among the ferns, partake in another lavish shower or simply read a book while your guides prepare the evening meal. The evening options include a visit to the penguins/shearwaters of Bruny Island with nocturnal wildlife to be seen along the way.

Image credits: Wedge-tailed Eagle Ken & Mary Campbell. Pink robin - Cat Davidson





Day 3

Mavista to Adventure Bay

Rise early and explore the 100-acre property and try to spot some of Bruny Island's 150 species of birds (including all 12 Tasmanian endemics).

Once we farewell camp, we will wind our way round the mountain to beautiful Adventure Bay and there we shall take a short walk through ancient towering tree-ferns and lush cool-temperate rainforest species like *Nothofagus* and *Sassafras* as we walk the entrancing Mavista rainforest track, hoping to spot along the way some of the most elusive endemics like the Scrubtit as well as the radiantly colourful Pink Robin.

Image credit: Hooded Plover, Alfred Schulte





After the shady rainforest we shall contrast that with our final walk along to sunny Grass Point looking out to Penguin Island. This lovely flat coastline walk takes you through Casuarina forest and past the sites of the ancient whaling stations of Adventure Bay. Yellow-throated Honeyeaters, Satin Flycatchers and various seasonal Cuckoos may be sighted as we take this walk through history. As we depart Adventure Bay to head north we may be lucky enough to get glimpse of the rare and unique White Wallabies.

To finish the long weekend in style, Ray Jones at The Jetty Café's deck will serve a multi-course lunch of Bruny Island produce as we await the arrival of our private boat on the beach below. There will also be some time to explore the gallery showcasing some of Bruny's 60+ artists.

The return boat trip to Hobart offers a scenic farewell to your birding adventure.

Image credits: Pied Oystercatcher, Ken & Mary Campbell. Forty Spotted Pardelote, Ken and Mary Campbell





What is included

- / Three full days to explore Bruny Island with your guides
- / Two nights glamping with a king-size bed and quality linen at our 100 acre retreat
- / Return journey to Bruny Island from the Hobart waterfront by private boat (we offer the only alternative to the long queues on the public Bruny Island ferry)
- / Spectacular coastal walks
- / Two qualified guides for the duration of your Bruny Island Long Weekend
- / Exclusive access to an oyster lease, where you can help yourself to as many oysters as you like, straight out of the pristine waters... they don't come any fresher!
- / Absolute indulgence at every meal time with Tasmania's finest food and wine.
- / Three lunches, two dinners, two breakfasts
- / National Park pass

Single supplement

Each tent contains either 1 king size bed or 2 singles. Single travellers may be required to share a twin room with another walker of the same gender if the departure fills to capacity. To guarantee a private tent for the duration of the walk a supplementary price of \$500 per person will apply. This needs to be requested at the time of booking.



Gear Checklist

You will not be required to carry your bags while walking. However, as we will be using a number of different forms of transport we ask that you bring no more than the standard carry on size allowed by airlines. Please arrange to store any extra luggage you may have in Hobart.

All you need to carry while walking is a drink bottle, rain jacket and camera. We recommend bringing a daypack.

Clothing

Bruny Island has a mild, temperate, maritime climate with four distinct seasons. During the day you can expect temperatures around 20 degrees Celsius but temperatures tend to drop quite quickly once the sun has set. Tasmanian weather is extremely variable and often at short notice so we recommend you pack clothing for all seasons.

Essential Gear List

- / Daypack
- / Waterproof Jacket (Goretex or similar)
- / Walking boots, walking shoes or trail running shoes. We recommend they provide ankle support and be well worn in to avoid blisters.



Essential Items

- / Polar fleece jacket (preferred) or woollen jumper/pullover
- / Light jumper (warm)
- / Beanie
- / Shorts and/or light walking trousers
- / Thermal base layer (long-sleeved top and long johns - merino or polypropylene; 2 sets preferred)
- / Warm, long pants (evening camp wear)
- / Shirts/t-shirts (merino or polypropylene; 3 recommended)
- / Socks (3 pairs recommended)
- / Underwear
- / Lightweight indoor footwear (thongs/sports sandals; for camp)
- / Sun hat
- / Travel towel or body chamois (for swimming; light and quick-drying)
- / Water bottle(s) or water bladder
- / Swimming costume
- / Any personal medication, including anti-inflammatories and EpiPens
- / Walking poles
- / Camera
- / Ankle gaiters

* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE

Optional Gear List

- / We can provide disposable facemasks whilst on your walk if you choose to wear one. Alternatively you may wish to bring your own disposable or reusable masks. Please note if you are planning to bring reusable masks we do not have the facilities to wash and dry daily (as per health advice), therefore, you will need to bring enough for the duration of your experience and a safe way to carry them.

* Tip: Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.

* Aim for one set of warm clothes for evening and another set to wear whilst walking.

* If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.





Frequently Asked Questions

How often do trips depart? Our trips depart year round. From September to May we have departures every second day. We have less frequent departures from June to August. Please refer to our booking calendar for dates.

How often do trips depart? Every Tuesday and Friday between 1 October and 30 April.

Walk accommodation Our walk accommodation is secluded on a private 100 acre forest block on the edge of the South Bruny National Park, our "camp" represents the perfect place to retreat. Although the camp has been built completely "off the grid", we are not without our creature comforts. With most of our days spent in wild, powerful, coastal places, our camp is a sanctuary we can return to at the end of each day, as we change to a more introspective focus gathering around the fire in the dining room and sharing food and stories from the day. Each tent contains a king size bed with quality linen and the highlight for many guests is our hot outdoor shower, tucked away on one of the most beautiful parts of the property.

Each tent contains either 1 king size bed or 2 singles. Single travellers may be required to share a twin room with another walker of the same gender if the departure fills to capacity. To guarantee a private tent for the duration of the walk a supplementary price of \$500 per person will apply. This needs to be requested at the time of booking.

How many guests will be on my trip? Each trip has a maximum of 10 guests and 2 guides. The minimum number to guarantee a departure is 5 guests.

How fit do I need to be? Our walks are challenging enough to support our questionable claim of being a 'calorie neutral' walking tour, but easy enough to be within most people's ability. We recommend you be in good health and be moderately fit to undertake the trip. We cover about 14km on each of the first 2 days with a shorter walk on the final day. As each trip has two guides we are able to split the group according to ability if need be, challenging the fit walkers without pressuring walkers who prefer a more leisurely pace. If you are wondering if these walks are within your ability, or perhaps if they are challenging enough for you, please contact us, we would love to have a chat.



How much weight do we carry? One of the great aspects of our walks is that as we return to camp both nights, you do not have to carry a heavy pack.

What do we carry? All you need to carry is a drink bottle, a jacket and a camera, the guides carry the rest!

What style of shoes should we have? We recommend light weight boots, sturdy walking shoes or trail running shoes that you have worn in to avoid blisters.

Do we need travel insurance? We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. We do not refund for such occurrences, therefore travel insurance is your only safeguard.

How many guides are there? Every trip has two experienced guides. This allows plenty of opportunities to rest, take photos and walk at your own pace.

How about food? Food is an element very closely connected with Bruny Island and an important part of the Bruny Island Long Weekend. Almost 100% of the food we consume over the long weekend has been sourced from the island itself or within Tasmania. We regularly change the menu, depending on the season and what the local producers have for us that week. We have successfully catered for coeliacs, vegetarians, vegans and just about any dietary requirement you can imagine. We love the challenge of being creative with our produce!

We also serve an interesting range of top Tasmanian sparkling, wine and beers with our meals and will expose you to a number of great little boutique producers you could never find at home.

Image credit: Grey Goshawk White Morph

What time does the trip commence and conclude? We meet at Daci & Daci Bakers, 9-11 Murray Street, Hobart at 7.30am. Here you will meet your guides before your cruise down to Bruny Island at 8pm. Tea and coffee will be served, but please have breakfast before you arrive, or alternatively the bakery is open from 7am should you wish to purchase breakfast there. Please let the bakery staff know you are with Bruny Island Long Weekend upon arrival as we have reserved seating.

We arrive back at the waterfront in Hobart at 6pm on the final day.

What accommodation options do we have pre-and post-walk?

The Tasmanian Walking Company and Bruny Island Long Weekend have partnered with three outstanding hotels in Hobart, all providing superb accommodation, service and located within a 5-minute walk from our departure point in Hobart – Daci & Daci Bakers. Details on accessing exclusive accommodation deals with our partner hotels in Hobart will be provided by our reservations team once you have booked your Bruny Island Long Weekend.

The Old Woolstore Apartment Hotels 1 Macquarie Street, Hobart

This multi-award winning hotel has a reputation for being one of Australia's most welcoming and relaxing inner-city hotels. The rooms are spacious and the hospitality friendly.

The Henry Jones Art Hotel 25 Hunter Street, Hobart

A hotel where art and history collide. Hobart's oldest waterfront warehouse has been transformed into Australia's first dedicated art hotel with views capturing the bustling wharf. Close to galleries, restaurants, bars and cafe's.

MACq01 18 Hunter Street, Hobart

Accommodation is available in a variety of luxurious suites and rooms. Each of the hotel's 114 rooms are linked to a real character central to the story of Tasmania - heroes, villains, explorers, inventors, convicts, bushrangers, first people, industrial giants, political mavericks and much more

Are there age restrictions? The minimum age for guests walking with us is 12 years old. We can be a bit more flexible with younger children that book a private trip, when we have the opportunity to modify the itinerary. There are no upper age restrictions, however, for guests walking with us who are 69 or above we do require a GP to sign off on a letter we provide.



Fitness Training

Bruny Island is like a microcosm of Tasmania with an amazing variety of environments compacted into an island that takes just one hour to drive across. Our guided walks take you through varied terrain including beaches, rocky headlands, bush trails and rainforest and by the end of the Long Weekend you will feel like you know Bruny Island intimately.

We recommend you be in good health and be moderately fit to undertake the trip. One of the great aspects of our walks is that as we return to the same camp both nights, all you need to carry is a drink bottle and a raincoat!

Day 1 We walk out to a Cape on North Bruny Island for spectacular views across Storm Bay towards the Tasman Peninsula; expect 5-6 hours of walking and birding. We'll find a balance of walking and birding that suits each group.

Day 2 We explore Inala's 600 hectare nature sanctuary; expect 5-6 hours of walking and birding.

Day 3 We walk through temperate rainforest and the Grass Point track at Adventure Bay; expect 3-4 hours of walking and birding.

Training Tips!

- / Do what you can! Any walking training is better than no walking.
 - / Consistency and persistence are key.
 - / If possible, train on terrain similar to your hike – find a steady incline bush track, hill or set of stairs near home to practise on.
 - / Build exercise into your day, walk where possible and take the stairs as much as you can.
 - / Walk in all weather – try and train in cold, windy, rainy and sunny conditions. This helps you prepare mentally and physically and select the right gear for the weather conditions.
 - / Listen to your body – if you feel unwell, or excessively tired, then rest and recover.
 - / Try out walking poles. If you plan to use poles practice with them on stairs and hills. Your poles should be going in front of you on the way up and down to reduce the stress on knees, hips and ankle supporting your whole weight.
 - / Aim to fit in yoga or a stretch session before and after your walks. This will show you where you hold tension or become tight while walking. Take note of this as it's important to look after those muscles that become tight to prevent injury during your training, but also while on the track.
 - / Strength training, focussed on the lower body will greatly benefit your fitness and recovery during your walk. Focus on powering up glutes, hamstrings, quads and calves.
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3-6 months before your walk

If you have limited experience with long-distance walking, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program and gradually increasing the length/difficulty of your walks. Use the 10% rule: from one week to the next, do not increase your total weekly distance, or the distance of your long walk by more than 10%.

IDEAS:

- / Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work.
- / Short bush walks or urban hill and stair climbs can be a great quick training fix for busy weekdays.
- / Encourage a friend or family member to walk with you to increase the motivation.
- / Record distance and duration each day that you walk. Aim to increase either distance or duration each week. Phone apps like Strava, Nike and other health apps are a great tool to track your progress.



To help with motivation during your training download outdoor podcasts and audiobooks to listen too. This will put you in the adventure mindset leading up to your hike. Our guides recommend some of the following podcast channels:

- / Wild Ideas Worth Living
- / TedTalks
- / The Dirtbag Diaries
- / Sounds of the Trail
- / Outside/In

And Audiobooks:

- / Wild by Cheryl Strayed
- / Walk in the Woods by Bill Bryson
- / Becoming Odyssa by Jennifer Pharr Davis
- / Tracks by Robyn Davidson
- / On Trails by Robert Moore

2-3 months before your walk

Training commitment: One short walk, one cross-training session and one long walk per week.

Midweek walk: The aim should be to walk for an hour at a reasonably brisk pace. This helps develop leg speed as well as helping get in condition for your hike.

IDEAS:

- / Long weekend walking – research bush trails in your local or surrounding areas. Try and tick off a different one every second weekend. Variety in your training will build up your leg muscles and endurance. Start with shorter walks and build up to half day and full day hikes.
- / If possible try and pick walks that have some inclines and declines to condition your joints.
- / Cardio Cross-training – mix up your training to reduce your risk of injury, improve your endurance and keep the training interesting. Choose something you enjoy, cycling or spin class, running, stairmaster, hot yoga or swimming.

1-2 months before your walk

Training commitment: One or two short walks, one cross training session and one long walk per week. **Midweek walk:** Start to include hills and stairs in your weekly walk to build lower body strength.

IDEAS:

- / Walk on bush tracks whenever possible.
 - / If possible, have your short walk the day after the long weekend walk.
 - / Long weekend walk – start to decide on what gear you need to carry and wear on The Bruny Island Long Weekend and train with this gear to test its comfort and reliability. See our gear list for recommendations or material types, layers and brands.
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1-3 weeks before your walk

Training commitment: One or two short walks, one cross training session and one long walk per week. You should aim to walk for two days in a row with about 4-5 hours of walking each day.

IDEAS:

- / Make sure you keep hydrated and aim to use the gear you will be taking on your Tasmanian Walking Company Hike
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1 week before your walk

The last week before your walk you should look after yourself!

Keep hydrated, eat well, and sleep well. Keep active, but don't go any longer or high intensity training, now is the time to recharge. Do lots of stretches, and ensure you pick up any last-minute gear.

