

OVERLAND TRACK



Essential information

Thank you for choosing the Overland Track as your next walking adventure!



What to expect

The Overland Track is a 6 to 7 day journey covering a minimum of 65km from Cradle Mountain to Lake St Clair. The track passes beside some of Tasmania's highest mountains and deepest valleys as you walk through a variety of vegetation communities from buttongrass moorlands to temperate rainforests. Simple huts are provided along the track with campsites and toilets nearby. Once you start walking, the next road and commercial centre you will come to is at the end of the track. You will need to carry your own equipment and food for the entire journey.



Walking with children

We do not recommend the Overland Track for very young children (under 8 yrs). Daily walk distance is between 8-17 km and unpredictable weather, including blizzards, can occur at any time, even in the middle of summer. If parents/carers do intend to walk with young children, we recommend the children gain experience on other less demanding multi-day walks and their parents/carers have experience walking in Tasmania's alpine areas.



Be prepared!

The Overland Track is a self-sufficient walking journey. In Tasmania's high country you may be exposed to weather extremes. In summer you can depart from a hut in the morning enjoying a sunny day only to be battling through a snowy blizzard by evening.

It is **essential** that you carry warm clothing, waterproof jacket and pants, a tent, sleeping bag, sleeping mat, food, cooking equipment and first aid kit. For a complete list of what to pack, see our [gear checklist](#). Many walkers appreciate the security of carrying a personal locator beacon (PLB) to activate in the event of a life-threatening emergency. PLBs can be hired from Cradle Mountain and Lake St Clair Visitor Centres (numbers are limited and cannot be reserved). Alternatively, you may hire a PLB from Service Tasmania shops in Hobart, Launceston, Burnie and Devonport – phone 1300 135 513 for further information.

If the Overland Track is your first overnight walking experience in Tasmania please read the section on our website: [Before You Walk](#). For a thorough understanding of what to expect, see the Overland Track [video](#) and the Overland Track [audio podcast](#). If you haven't already purchased the information pack, we strongly recommend you purchase and carry with you the following products, which can be purchased from our online shop

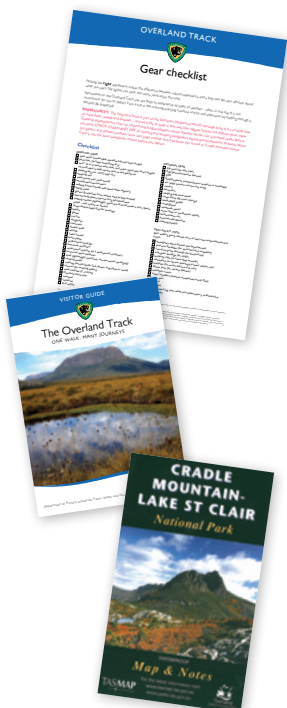
www.parks.tas.gov.au/shop

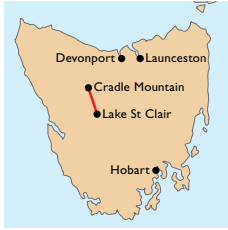
- Overland Track Visitor Guide – *One Walk, Many Journeys*
- 1:100,000 topographic map – *Cradle-Mountain Lake St Clair National Park Map & Notes*

More information is available on our website: www.overlandtrack.com.au (especially the [Frequently Asked Questions](#) (FAQ) tab). If you have unanswered questions or any concerns please contact the Overland Track Administrator by email: overlandtrackadministrator@parks.tas.gov.au or phone (03) 6165 4254.

Biosecurity

The Overland Track is part of the Tasmanian Wilderness World Heritage Area. It is currently free of many pests, weeds and diseases – and we'd like to keep it that way. Our biggest threats are didymo (from New Zealand), phytophthora root rot, chytrid frog fungus, platypus mucor disease, myrtle rust and weed seeds. Before you pack, **CHECK, CLEAN AND DRY** all clothing and camping equipment, paying special attention to boots, velcro (on gaiters and jackets), pockets, tents, tent pegs, trowels and trekking poles. On arrival at Cradle Mountain Visitor Centre, use the boot washdown station before you depart.





Transport to and from the track

Located in Tasmania's Wilderness World Heritage Area, the Overland Track start (Cradle Mountain) and finish (Lake St Clair) points are difficult to access if you do not have your own transport. Due to public transport regulations, PWS cannot provide a direct shuttle service to, from and/or between the start and end of the track. It is therefore important that you research and book your transport and accommodation before you start your walk. See our website for suggestions on [transport and accommodation](#).



Crossing Lake St Clair

You can either walk lake-side from Narcissus Hut to the Lake St Clair Visitor Centre at Cynthia Bay (add an extra day), or you can take the small privately run ferry. If you intend to complete your walk at Narcissus and use the small ferry to cross Lake St Clair, you must book and pay in advance, by phoning (03) 6289 1137. When you reach Narcissus Hut, confirm your ferry booking with the ferry company by using the two-way radio in the hut.



Arriving at Cradle Mountain and collecting your pass

Before commencing your walk, you must go to the customer service counter at the Cradle Mountain Visitor Centre to **present your booking receipt and collect your Overland Track Pass**. (If you do not bring a print-out of your booking receipt, you will need your booking number along with proof of identity.) If you have also paid for a Backpacker Park Pass or Holiday Vehicle Parks Pass you will collect this too. **Both passes must be carried by you as you walk.**

Remember, you must **collect your pass(es) by 2pm** on the day of departure (or the day before your departure after 3pm). For the months of April and May, passes must be collected **by 1pm**. (It is a 4-6 hour walk to the first hut at Waterfall Valley.) The Cradle Mountain Visitor Centre hours are 8.30am-4.30pm daily.

Staff will confirm your departure on the track, review your booking terms and conditions, assist you with any final questions, and give you an update on the weather forecast – including any bushwalker weather alerts. They will also ask you to complete a gear checklist to ensure you are carrying the essentials for your safety.



Thanks for your help!

Your purchase of an Overland Track Pass assists the PWS to sustainably manage this iconic walk.

On the track

If you're well prepared, we're confident you'll have a great time. More than 92% of walkers rate the Overland Track as one of the best things they've done! When you're out on the track, say 'G'day' to our Track Rangers – their job is to help keep the place in good shape and to answer any questions you may have.



Closer to your day of departure, we recommend you read this information again.

Happy hiking!

The Overland Track Team
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www.overlandtrack.com.au



Overland Track
CRADLE MOUNTAIN – LAKE ST CLAIR
NATIONAL PARK
TASMANIA



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