

# Expedition Fact Sheet – Port Davey Wild Wellness

## Expedition

This Expedition Fact Sheet provides essential pre-departure information about the Port Davey Wild Wellness Expedition.

### Expedition inclusions:

- Daily guided walks, shore excursions & wilderness cruises by tender
- Daily Wim Hof Method breathwork and cold-water submersion
- Evening author-led journaling sessions
- Tailored itinerary including walking, historic sites, birdwatching, photography, beachcombing...
- Luxury accommodation onboard expedition-vessel Odalisque III
- Expert local crew including interpretive guide, skipper, host and chef
- Return scenic flights from Hobart to the southwest wilderness via seaplane
- All meals featuring gourmet Tasmanian produce
- Non-alcoholic beverages
- National Park entrance fees
- Weatherproof rain poncho for tender excursions

### The Start of Your Experience

Expeditions are fly-in / fly-out experiences departing from Hobart. The meeting point for this experience is located centrally on Hobart's waterfront at Above & Beyond Tasmanian Seaplanes, 2 Franklin Wharf. Experiences either start at 8.00 am (for an 8.30 am flight) or 11.00 am (for an 11.30 am flight). Guests will be advised prior to departure as to their individual flight times and the confirmed location of the meeting point.

Guests are invited to make their own way to the meeting point. The meeting point is located in the heart of Hobart, and within walking distance of many excellent accommodation operators. Please get in touch for recommendations.

Please ensure you have eaten breakfast before arriving at the meeting point.

### Flights

Guests will be transferred from Hobart to Bathurst Harbour on a 40 to 50-minute scenic wilderness flight aboard our dedicated seaplane, landing on the water directly next to expedition vessel Odalisque III. On the flight, guests will get a bird's-eye view of the jagged mountain ranges and rugged coastline of the vast Southwest National Park and a feel for just how far Port Davey is from civilization. The seaplane, a 10-seater Cessna Caravan, is operated by our partner Above & Beyond.

Guests will be able to choose from different flight options. Weather allowing, the flight will head out overland via the mighty Federation Peak en route to the luxurious vessel and return via Southwest Cape on a coastal route back to Hobart.

All flights are planned to depart from and return to the Hobart waterfront area. If weather conditions or operational requirements dictate that the flight must depart from our alternative departure point at Cambridge, guests will be provided with a transfer from the meeting point.

Flights will not depart in extremes of weather and poor visibility. As such, changes to scheduled flight departure times can and do occur, with delays of several hours not unexpected. This is the nature of travelling to such a remote area.

In the event of inclement weather or if the flight provider is unable to operate the flight for any reason, On Board will work with the flight provider to ensure that guests are transferred on the next available day/time window in which the transfer can proceed safely.

Please refer to our terms and conditions for a detailed policy concerning scheduled flight times impacted by 12 hours or more.

### **Finishing Point**

Your experience ends with a return scenic seaplane flight back to Hobart. The finishing point is on Hobart's waterfront at Above & Beyond Tasmanian Seaplanes, 2 Franklin Wharf. Return times to Hobart are generally between 3 and 6 pm. These can vary and will be confirmed closer to departure.

All flights are planned to depart from and return to the Hobart waterfront area. If weather conditions or operational requirements dictate that the flight must instead land at our alternative finishing point at Cambridge, guests will be provided with a transfer back to Hobart's waterfront and any nearby accommodation.

We highly recommend that guests do not arrange onward travel for at least 24 hours after the experience's scheduled end time in case there are any delays to flights.

### **Travel Insurance**

We strongly recommend that guests obtain comprehensive travel insurance at the time of booking.

### **Expedition Itineraries & Highlights**

Our itineraries are as changing as the wind and tide in this remote, wild country. Our crew will develop a daily itinerary based on the latest weather report, and guests' interests - whether that be hiking, beachcombing, bird spotting, history lessons or simply soaking up the scenery from Odalisque. Every experience is unique and tailored.

To give you an idea of how you might spend your days, check our [southwest highlights](#).

Upon booking, please advise us of your interests in the area so that we may accommodate them.

### **On Board Dining Experience**

Meals are an indulgent culinary experience made from fresh seasonal Tasmanian produce. Our specialist chefs have been borrowed from some of Hobart's top restaurants. Expect perfect picnics, freshly baked cookies pulled from the oven just as hungry hikers return, and flavoursome feasts in what is quite possibly the most remote restaurant in Tasmania.

This experience is alcohol free. Choose from a splendid selection of alcohol-free wines, gins and sodas.

### **Weather**

The dynamic and notoriously wild weather of the Tasmanian World Heritage Wilderness Area is part of what makes this remote corner just so special. Exposed to the strong westerly winds of Roaring Forties, it's a place of raw, untamed beauty. During summer, daily temperatures generally range from 15 to 25°C, with overnight minimums averaging between 9 and 11°C. It can be moderately cool when windy. Regardless of the time of year, expect a mix of wind, rain and deliciously warm

sunshine. Whatever the weather, Odalisque offers a welcoming and sheltered home in the wilderness.

To see weather conditions in Port Davey, we recommend checking the forecast for [Melaleuca on the Bureau of Meteorology website](#).

## Luggage

Due to space and weight limitations in the aircraft, guests are limited to a total 12kg of personal luggage per person.

Guests are required to transport their luggage to Port Davey in a soft duffel-style bag. Guests may use their own soft bag if they have something suitable. Alternatively, a purpose-made soft, weatherproof canvas bag can be borrowed from On Board. On Board's expedition bags are approximately 48cm long with a diameter of 34cm and a capacity of 45l. If you would like to borrow one, please let us know.

For the flight, guests can take a small bag or backpack as carry-on. All remaining luggage is stowed in the baggage compartment of the aircraft. All luggage, including carry on, will be weighed upon check-in.

Any belongings not travelling with guests to Port Davey can be left with On Board's Hobart staff for safekeeping.

## What to Pack

### Essentials:

- Sturdy hiking boots or walking shoes (please note, some tracks are muddy, rutted and overgrown).
- Shoes suitable for wet beach landings in tender e.g. Crocs or sandals.
- Footwear for wearing aboard Odalisque. Something comfortable, and easy to get on and off e.g. Sneakers or 'boat shoes'. You're also welcome to move around in socks or bare feet, if that's more your style.
- Hat and sunglasses.
- Polar fleece or down jacket.
- Warm thermal layers.
- Raincoat.
- Gloves.
- Beanie.
- Personal medications.
- Active, comfortable clothes suitable for excursions (from hiking to cruising in the tender) in a range of weather conditions (from hot, sunny and still, to cold, windy and wet).
- Long pants for walking (some of the tracks can be overgrown and the bushes scratchy).
- Relaxed, casual attire for lounging aboard Odalisque or as a fresh change for dinner.
- A small day pack (to carry a water bottle and raincoat on excursions).
- Bathers.

### Optional:

- Camera.
- Book (there is a small library on board too).
- Gaiters.

- Waterproof overpants.

### **Aboard the vessel, for your use:**

- Drink bottle (which you can take home with you).
- Weatherproof rain poncho for use on tender excursions.
- Life jacket, first aid & emergency safety equipment.
- A small library with a variety of reference books.
- Bathroom essentials including shampoo, conditioner, body wash, sunscreen & insect repellent.

### **Health Information, Safety & Medications**

The retreat is for 18yrs+ only. For the Wim Hof Method elements, we advise out of precaution not to participate if you are:

- pregnant, breastfeeding or trying to conceive
- epileptic
- have high blood pressure, coronary heart disease or other cardiovascular/heart issues
- have a history of serious health issues (ex. Stroke, COPD)
- have Raynaud's disease (Type 2)
- have cardiovascular issues & health conditions including high blood pressure (please get in touch if you have concerns and consult your doctor)

The remote nature of this experience is part of what makes it a great adventure. It also means that we need be prepared for the unexpected. If you are taking any medications, please let us know prior to departure, and bring a week's extra supply with you (just in case). It is also important to advise us of pre-existing medical conditions or injuries.

If you have questions relating to health or any of the above apply to you, please contact us and seek approval from a medical professional. All participants will be asked to complete a medical questionnaire and waiver during the booking process.

Guest safety is paramount, and our standards, protocols and high level of staff training ensure our visitor and staff safety while visiting remote areas on our main vessel and tenders. Our crew hold wilderness or marine first aid qualifications. An extensive first aid kit, satellite communication, location beacon, marine radio and flare kits are on board.

### **Power & Communications**

There is no mobile phone coverage in the Port Davey area. We see this as an opportunity to disconnect from the hustle and bustle of everyday life. So put your out of office on and get back to what's really important.

We understand though that in some situations guests may need to communicate with the outside world. For this reason, expedition vessel Odalisque III has internet available for guest use. To not interfere with other guests' experience of this wild place, we respectfully ask that the internet is only accessed in the privacy of your cabin and that all devices are kept on silent for the duration of the expedition.

In case of emergency, family and friends can contact our Hobart team on 0477 100 119. The Hobart team will then pass any messages onto the vessel via the satellite phone.

240v power and USB outlets are available in guest cabins and lounge areas for the charging of personal devices.

## **Terms and Conditions**

Please be sure to read our complete [terms and conditions](#)

## **Have more questions?**

Have a look through our [frequently asked questions](#) or [get in touch](#).



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TASMANIAN EXPEDITION CRUISES