



CRADLE MOUNTAIN LODGE TASMANIA



Escape... Rejuvenate... Indulge...

Activities - Conference and Incentive Experiences

waldheim alpine spa

The Waldheim Alpine Spa at Cradle Mountain Lodge reflects the natural purity and pristine beauty of the Tasmanian wilderness. Treatments include aromatic salt scrubs, therapeutic body massages, body polishes and Vichy showers. See our current Spa menu for indicative pricing.

The Sanctuary is a communal area that includes a steam room, sauna, large outdoor hot-tub, cool plunge pool and relaxing lounge. The Sanctuary is available for private hire in addition to limited casual access is available for \$25 per person. Swimwear is required for use of this area.

short walks around the lodge

For a refreshing break, why not get out on the short walks around the lodge where your guides will explain various elements of the natural environment.

Enchanted Stroll

This is a leisurely walk along the Enchanted Trail. Discover the beautiful cool temperate rainforest of Tasmania, learning about the ecosystems within. You may even spot a Platypus in the Pencil Pine River!

duration	minimum number	maximum number	cost
1 Hour	5 Guests	25 Guests (2 Guides)	\$12 per person

King Billy Track

Ramble along this age old temperate rainforest to discover Myrtle, Sassafras and ancient King Billy Pines up to 1,500 years of age. These giants are now fully protected, although they were once highly sought after for their timber. The collection seen en-route are some of the oldest known in the local area.

duration	minimum number	maximum number	cost
1 Hour	5 Guests	15 Guests (1 Guide)	\$12 per person

Waterfall Walk

If cascading waterfalls and tranquil streams are places you like to see, then this walk is for you. Your guide will interpret various elements of the natural environment as you pass through grassy plains, heath scrub and temperate rainforest.

duration	minimum number	maximum number	cost
1 Hour	5 Guests	15 Guests (1 Guide)	\$12 per person

Rates Valid 1st April 2010 to 31st March 2011

Cradle Mountain Lodge

4038 Cradle Mountain Road, Cradle Mountain, Tasmania, 7306, Australia
PO Box 153, Sheffield, Tasmania, 7306

Lodge Reception: +61 3 6492 2100 **Reservations:** 1300 806 192 (within Australia) +61 3 6492 2103 (International)

Email: reservations@cradlemountainlodge.com.au **Web:** www.cradlemountainlodge.com.au

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Cradle Mountain Summit Climb

To achieve great works, great efforts are required. For those who want to make it to the top in everything they do, we recommend a full day hike to the summit of Cradle Mountain. This walk is very difficult and requires moderate to high fitness level. The spectacular views and personal sense of satisfaction gained from reaching the summit are hard to beat.

duration	minimum number	maximum number	cost
8 Hours	5 Guests	12 Guests (2 Guides)	\$150 per person for 5-8 pax plus National Park passes \$100 per person for 8-12 pax plus National Park passes
<ul style="list-style-type: none"> • Includes return transfers to Dove Lake, morning and afternoon tea and lunch 			

half day (3 - 4 hours) guided national park walk

Allow our experienced guides to help you explore and understand the wonders of the Cradle Mountain National Park.

Dove Lake Circuit Walk

Offering superb views of Cradle Mountain, this is an easy grade walk around spectacular Dove Lake. It is a great interpretative walk that passes through a number of different vegetation types, including the cool temperate rainforest of the famous Ballroom Forest. This walk is suitable for people of all ages and fitness levels.

duration	minimum number	maximum number	cost
3.5 Hours	8 Guests	15 Guests (1 Guide)	\$27 per person plus National Park pass

Crater Lake Walk

This is a moderate grade walk where you can discover the hidden glacial lake, surrounded by 200 metre cliffs and golden Fagus seasonal plants. The walk passes by the Crater Falls in a magical rainforest setting, with views of Cradle Valley and mountain peaks.

duration	minimum number	maximum number	cost
3.5 Hours	4 Guests	8 Guests (1 Guide)	\$32 per person plus National Park pass

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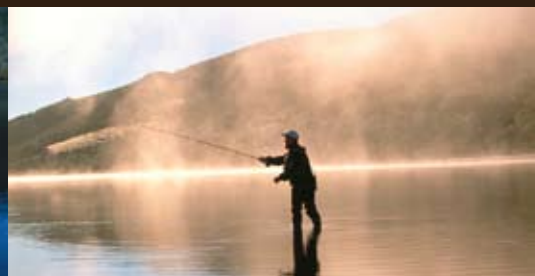
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Marion's Lookout Walk

This moderate to hard grade walk takes you up to the rugged peak of Marion's Lookout, east of Dove Lake. On the way, discover the tranquillity of the Wombat Pools, and the spectacular sheer cliffs of Crater Lake. From the lookout, the views of Cradle Mountain and the surrounding glacial lakes are inspirational.

duration	minimum number	maximum number	cost
3.5 Hours	4 Guests	6 Guests (1 Guide)	\$32 per person plus National Park pass

Dove Canyon Walk

This is an energetic walk through the Dove Canyon Gorge. The track contains some steep sections, so a moderate degree of fitness is required. On this walk you'll pass by Pencil Pine and Knyvet Falls, journeying through button grass plains, open eucalyptus forest and myrtle rainforest.

duration	minimum number	maximum number	cost
3.5 Hours	4 Guests	8 Guests (1 Guide)	\$32 per person plus National Park pass

indoor activities and presentations

Wine and Cheese Presentation

This activity is suited to all groups. Spend an hour tasting, discussing and enjoying some of Tasmania's legendary wines and cheeses. Whether you are a connoisseur of fine wines, or simply enjoy a glass with dinner, come along and enjoy the fun.

duration	minimum number	maximum number	cost
1 Hour	6 Guests	40 Guests	\$37.50 per person
• Includes 6 premium Tasmanian wines (3 white and 3 red), 3 Tasmanian cheeses			

Salmon and Sparkling Wine Tasting

For a late morning, afternoon or pre dinner option, spend an hour tasting the selection of Tasmanian salmon on offer. Our Chef will give an insight into the varieties available as well as tips on presentation and different methods of preparation. This is complemented with a tasting of Tasmania's finest sparkling wine.

duration	minimum number	maximum number	cost
1 Hour	15 Guests	30 Guests	\$40 per person

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Cooking Demonstration

As an option for lunch, join us for a cooking class using the finest Tasmanian produce. Presented by our Chef in the Highland Restaurant, you will be free to taste and discuss the various dishes. Lunch will be available including samples from the cooking demonstration. Whether you are interested in seafood, barbecue or simple Bush Tucker, this activity can be tailored to suit your needs.

duration	minimum number	maximum number	cost
1 - 3 Hours Including Lunch	15 Guests	70 Guests	\$44 per person \$70 per hour for Chef

other activities around cradle mountain

Dove Lake Canoe Trip

A canoe trip on Dove Lake provides a unique perspective of Cradle Mountain and is a great way to relax the mind while exercising the body. We will paddle to the awe inspiring Ballroom Forest for morning or afternoon tea on the lake side beach.

duration	minimum number	maximum number	cost
3 - 4 Hours	6 Guests	10 Guests	\$65 per person plus National Park pass

- Includes return transfers to Dove Lake and morning or afternoon tea

Fly Fishing Tour

Test your skills against the cunning highland trout in this challenging adventure. Full instruction and all equipment will be supplied, as you endeavour to bring home dinner. This is a great activity for those who want to experience the relaxing state of mind that fly fishing can provide.

duration	minimum number	maximum number	cost
2.5 Hours	2 Guests	6 Guests	\$85 per person

- Includes transfers to the lake, morning or afternoon tea and 24 hour fishing licence

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Night Spotlight Tour

Join a guide for an evening spotlight tour of the National Park. See nocturnal animals in their natural habitat, from the comfort of a warm vehicle. Some of the animals you may see include Wombats, Possums, Wallabies, Quolls and Tasmanian Devils.

duration	minimum number	maximum number	cost
1 Hour	9 Guests	12 Guests	\$27 per person plus National Park pass

Waldheim Chalet and National Park Drive

Join your guide on this informative drive into the National Park where you will stop to look at beautiful Dove Lake and Cradle Mountain. On the way, your guide will tell you about the local fauna, flora and history of this famous area. Later, relax and enjoy a delicious Devonshire Tea with fresh King Island cream at Waldheim Chalet.

duration	minimum number	maximum number	cost
2 Hours	8 Guests	12 Guests	\$27 per person plus National Park pass

- Includes return transfers to Waldheim and morning or afternoon tea

Tassie Devil Scavenger Challenge

Are your colleagues a little competitive? Animal instinct will certainly assist teams in their quest to win a scavenger challenge in the grounds of the Lodge and nearby areas. Groups are divided into teams and each team is presented with a list of items to be retrieved and questions to be answered. Teams will be marked on a points system and the team with the highest number of points will win the competition.

duration	minimum number	maximum number	cost
2 Hours	10 Guests	50 Guests	\$20 per person plus \$150 set-up fee

- Price includes morning or afternoon tea

Slide Presentation

A slide presentation about the flora and fauna of the Cradle Mountain National Park is a great way to introduce delegates to this World Heritage Area. All your questions can be answered before you venture out to discover the wildlife yourself.

duration	minimum number	maximum number	cost
45 minutes	10 Guests	50 Guests	\$60

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