



WOMAN EXPLORE

Frequently Asked Questions

TASMANIAN RETREAT, FRIENDLY BEACHES LODGE

How much do I need to pay to secure my place on the retreat?

You only need to pay 30% deposit at the time of booking to secure your place and ensure it is not sold to anyone else. For full details, please refer to Woman Explore's [Terms and Conditions](#).

When is the remaining balance due?

The remaining balance is due by Tuesday 22 August 2025. This is because all of the logistics and inclusions for the retreat must be confirmed and paid for in advance of the retreat commencing. With any group travel, there are multiple elements that must be confirmed with the resort well in advance of the retreat commencing, to ensure the experience is high quality and seamless for everyone.

Is there a payment plan I can utilise if I'd like to pay in installments?

Yes, Woman Explore offer this service at no additional cost. The cost of the retreat can be split into 3 payment amounts with the final amount due 90 days before the retreat. Contact our team on hello@womanexplore.com and they will send through payment plan information specific to you.

Can I stay extra nights at the lodge or arrive earlier than the retreat start date?

Unfortunately we cannot offer additional nights at the lodge, but if you would like to stay additional nights in Hobart before the retreat you could try the [Old Woolstore Apartments](#) which is our first scheduled pick-up point.

If needed, can I join the retreat after it starts or leave early?

You can join late or leave early, but you will need to arrange your own transport to or from Friendly Beaches Lodge, which is a few hours from Hobart. Contact our team at Woman Explore on hello@womanexplore.com for further information. They will endeavour to assist you as much as is practical.

Where do I fly to in to Tasmania to join the retreat?

To join this retreat you'll need to fly into Hobart Airport (HBA). It is the state's only international airport and is served by several major airlines, including Qantas, Jetstar, and Virgin Australia. The airport offers direct flights to several Australian cities, as well as to New Zealand.

Do I need to arrange airport transfers?

Airport pick-ups are included on Thursday, but you must arrive before 9:00am. To ensure you make the departure times we recommend you arrive the night before and meet at the [Old Woolstore Apartments](#) at 10:30am. If you would like to arrange an airport pick up, reach out to the team at Woman Explore on hello@womanexplore.com with your flight arrival information.

Is there Wi-Fi or mobile phone coverage the lodge in order to stay in touch with family or business?

No. In the lodge there is no access to WiFi or mobile phone service, and we encourage guests to switch devices off as much as possible to increase the enjoyment of the experience. But don't worry, the lodge and you can be reached in the case of an emergency.

What contact number can I give to my family in case I need to be contacted in an emergency?

Calls within Australia 1800 506 003.

International calls +61 3 6223 7565.

The office coordinator will be able to locate you whether you are at the lodge or on a walk.

Do I need to get travel insurance for this retreat?

Definitely! To attend any Woman Explore retreat you must secure your own travel insurance. Guests require this to protect against unexpected events such as trip cancellations, delays, medical emergencies and loss of belongings during their trip. This information needs to be provided before commencing your retreat via the [Traveller Details Form](#).

Does the retreat cater for food allergies?

Yes, the team at the lodge strive to accommodate all dietary needs and food allergies, to ensure everyone can enjoy the meals safely and deliciously. Please ensure you add any dietary requirements into the [Traveller Details Form](#).

What should I pack for my trip to Friendly Beaches Lodge?

For your trip to Friendly Beaches Lodge in Freycinet National Park, pack versatile clothing suitable for mild to warm weather. Include layers such as light sweaters or jackets for cooler mornings and evenings.

Don't forget comfortable and supportive walking shoes, sunglasses, a sun hat, and sunscreen for outdoor activities. The lodge provides walking essentials like a day pack, high-quality Gortex waterproof jacket, hiking poles and other gear, so you can focus on enjoying your adventure. If you prefer, you're welcome to bring your own items like these.

Additionally, pack insect repellent, a reusable water bottle, and any personal items like toiletries.

Do I need to bring my yoga mat and blocks with me?

Yoga mats and blocks are provided on-site, but if preferred feel free to bring yours with you.

What is the weather like in Freycinet National Park in late November / early December?

At the end of November Freycinet National Park in Tasmania enjoys the beginning of summer with mild to warm temperatures, typically ranging from 12°C to 22°C (54°F to 72°F). The weather is generally pleasant, with longer daylight hours and a mix of sunshine and occasional light showers, making it an ideal time for exploring the park's stunning landscapes and outdoor activities.

Does the Friendly Beaches Lodge have somewhere to charge my phone or watch?

The lodge only has one power board to charge devices, so it is best to bring them fully charged. We recommend phones to be put onto flight mode to extend battery life.

What if I missed some of the retreat activities, can I get a refund on those?

Unfortunately refunds are not able to be given for missed services or unused portions of the retreat. This is because most activities, accommodation and events are paid for well in advance of the trip.

What time is check-out on the last day?

We will depart the lodge late morning on Sunday, and head to the Airport. Book your departing flights to depart after 3:00pm to ensure you have plenty of time.

What happens if I need to cancel my booking?

Payments for the retreat are generally non-refundable. Deposits are the exception and they are refundable within 14 days of booking, except for bookings made within 14 days of departure, which are non-refundable.

Can I transfer my booking to another trip?

Transferring to another retreat or retreat date may be possible, with requests required in writing at least 120 days prior to departure. Any price difference must be paid by the customer.

Are there any age restrictions to attend this retreat?

To attend a Woman Explore retreat, guests must be over 18 years of age.