



WOMAN EXPLORE

Retreat Itinerary

FREYCINET LODGE IMMERSION RETREAT, TASMANIA

Please note the provided itinerary serves as a general outline and may be adjusted or modified as necessary to ensure the best possible experience for all participants.

Day 1: Arrive, settle and breathe

Your Tasmanian nature immersion begins here. We recommend arriving in Hobart on Wednesday evening and staying overnight in a centrally located hotel.

On Thursday morning, meet at the Old Woolstore Apartment Hotel at 10:30am for an 11:00am departure. We'll pause at Hobart Airport at 11:30am to collect additional guests.

Begin your experience with a peaceful coastal cruise and a private picnic in Freycinet National Park, connecting to the sea and the surrounding landscape.

In the afternoon, we'll arrive at Friendly Beaches Lodge, your base for the next three nights. Nestled in wild coastal bushland and steps from the ocean, it offers space for stillness and deep reconnection.

After settling in, we'll share a welcome dinner, followed by a guided mindfulness session to help you shift into retreat mode and release the outside world.

Accommodation: Friendly Beaches Lodge

Meals Included

- Picnic lunch
- Welcome dinner and drinks

Included Activities

- Transport to Freycinet
- Scenic Boat Cruise
- Guided Mindfulness Session

Day 2: Saltwater and stillness

Awaken with a guided mindfulness and breathwork session overlooking the ocean, followed by a fresh, nourishing breakfast.

Today's nature experience takes us deep into Freycinet National Park. We'll hike to the Wineglass Bay lookout, then descend to Hazards Beach, where a picnic lunch will be served beside the sparkling waters of Oyster Bay.

You're free to swim, reflect or explore before we complete the trail loop and return to the lodge.

That evening, enjoy a beautifully prepared dinner and gather for a guided mindfulness or reflection session to gently wind down.

Accommodation: Friendly Beaches Lodge

Meals Included

- Breakfast
- Picnic lunch
- Dinner and drinks

Included Activities

- Morning Mindfulness Session
- Guided Nature Walk and Swim
- Evening Reflection

Day 3: Immerse in the elements

Begin the day with a guided beach meditation and mindfulness session, followed by a refreshing saltwater swim and breakfast.

Today, we visit Mt Mary, Saltwater Lagoon and Isaacs Point for a slower-paced immersion in Tasmania's wild beauty. With your guide, you'll explore this quiet, untouched stretch of coast—swimming, walking or simply being present. A gourmet picnic lunch is included.

Return to the lodge for free time and relaxation, then gather again for a slow, chef prepared dinner using fresh Tasmanian produce and Wine.

Before an evening reflection to help anchor your experience.

Accommodation: Friendly Beaches Lodge

Meals Included

- Breakfast
- Lunch
- Farewell dinner and drinks

Included Activities

- Morning Mindfulness Session and Swim
- Nature Immersion
- Guided Reflection

Day 4: Closing the circle

We greet your final day with one last mindfulness session, an optional beach swim, and a reflective closing walk.

After a leisurely brunch, we'll gather to honour your journey and close the circle. Whether you came seeking clarity, stillness, or reconnection, you'll leave grounded and nourished.

Transfers are provided back to Hobart and the airport.

Meals Included

- Brunch

Included Activities

- Morning Mindfulness Session, Swim or Walk
- Guided Closing Circle
- Hobart transfers