

7 Night Itinerary

Nature Based

Day One: On your way to White Sands from Hobart call into Freycinet National park and hop aboard the Aqua Taxi. The aqua taxi provides easy access to the best parts of the park for walking and sightseeing. It's the easiest way to access Wineglass bay and enjoy the spectacular beach! Check in at the resort and unwind on your unit deck and spot some of the animals that roam around.

Day Two: Enjoy the east coast weather and go snorkeling at the bay of fires near Binalong bay. The water is crystal clear, and in summer it's warm. The amazing views that you'll find under the water are worth getting your toes wet for. If you're not feeling the need for a dip, just enjoy a walk along some of the best beaches in the world. Head back to white sands and spend the afternoon exploring our coastline and pristine beach while you enjoy a refreshing Iron House brew.

Day Three: Enjoy the best of Tasmania's berries at Eureka fruit and berry farm, Scamander. Call in for fresh fruit, coffee and cake or a unique fruity ice cream. Everything is prepared on the farm so take a farm trail walk to see where it all grows. You can walk off some of the day at the Winifred Curtis Scamander Reserve. On easy well marked tracks you can see if you can spot the 180 different plant species and the 200 diverse species of birds.

Day Four: Have a go at catching your own dinner and head to St Helen's for some charter fishing. The professional charters supply everything you need including rods, bait, morning and afternoon tea and the fish you wish to keep for eating they will clean and bag it for you. The only things you need to take are comfy shoes and a camera to record your catches!

Day Five: After a day on the sea spend a day on the land, 4Wheel Driving! With John's 4WD tours you have a choice from half day, full day or night spot light tours. John will take you behind the scenes of St Helens and beyond. Experience the panoramic views of the St Helen's township, Georges Bay and the coast line as you travel up creeks and bush tracks.

Day Six: Head south to Bicheno and stop in and check out the wildlife that live at the east coast Natureworld. Natureworld operates as an animal rescue centre for injured and orphaned animals, birds and reptiles. If you're not so keen to meet the wildlife there is flora walk onsite where 600 year old grass trees and other native plants thrive.

Day Seven: After a full day with the wildlife, spend the day onsite at White Sands. Here you can explore our rugged coast line and spot the dolphins and the whales swimming down the bay. We also have a fully stocked trout lake, so feel free to hire the equipment from us and try your luck. There is also plenty of outdoor equipment for you to use, including, tennis equipment, canoes for our Canoe Lake, basketballs and footballs etc.

Day Eight: Head home through the amazing Fingal Valley. On your way through you can stop at the Evercreech Forest reserve and marvel at the sight of the giant white gums. You can also do the short walk to the Mathinna Falls and have lunch at the once thriving gold mine town to recharge for your safe journey home.

7 Night Itinerary

Food and Wine Based

Day One: On your way from Launceston travel through the Tamar Valley Wine Route. Stop at some of the most famous vineyards in Australia including Bay Of Fires vineyard. After a day of wine tasting check in to White Sands and enjoy a meal in our restaurant.

Day Two: Head to Pyengana and try some delectable cheeses at the Pyengana cheese factory. Have lunch at the Holy Cow café and then walk some of the day off at St columba falls.

Day Three: Head inland to E.Scape café and gallery. E.Scape has some of the best of art on the east coast. Grab an Iron House beer and look around the show room floor. Take a scenic trip down Elephant pass on your way back to White Sands. If your feeling hungry and try some of world famous pancakes and crepes.

Day Four: Head south to Bicheno for a day of wine tasting. Aplsey George is one of the more popular. Head down to Swansea and take a Wine Tour. Leaving at half past one the tour takes you to four local wineries. The afternoon finishes at Kates Berry Farm for some icecream and gets back to Swansea at half past five.

Day Five: Head to Freycinet National park and have lunch at Freycinet Lodge. The Bay restaurant carefully selects local east coast wines to match the local produce including crayfish and oysters.

Day Six: Have a relaxing day at white Sands on your unit deck. Head out to sea at sunset for a sail on "Running Away". The sail will last about 2-4Hours and the cost includes wine and local seafood.

Day Seven: Have lunch at Angasi at Binalong bay. Enjoy the scenery of one Tasmania's most famous beaches and take a romantic walk along the rocky coastline. Head back to White Sands, grab an Iron House beer and watch the sunset.

Day Eight: Head home down the coast and head to Darlington vineyard at Orford. Have a nubble and a taste and recharge for your safe journey home.



Suggested Itinerary

One night just doesn't seem long enough to stay at White Sands. We have put together an itinerary to inspire you stay 2, 4 or even 7 nights. Divided into 2 groups, food and wine based and nature based, this itinerary will give you suggestions on all the local attractions.

Iron House Point
East Coast, Tas

2 Night Itinerary Nature Based

Day One: Travel up the east coast from Hobart and stop in at Freycinet National Park. There are various walks in the area but the best short walk is to the look out over Wine Glass Bay. Arrive at White Sands and settle into your unit, kick off your shoes and relax on the deck with an IronHouse Lager.

Day Two: Wake up and explore the rocky coastline that surrounds the resort. Take a short 15min drive to St Mary's and walk St Patrick's head. Come back and refresh with a quick swim at our secluded beach or in the pool. Enjoy a peaceful meal in our exceptional restaurant and try the St Paddy's Head Stout. On your way back to your unit you can try to spot some of the native wildlife.

Day Three: Check out of White Sands after an early morning stroll along the beach. Travel further up the coast to St Helens and take a detour to Binalong Bay. Here you can snorkel in the crystal clear waters or just get a happy snap on one of the worlds most famous beaches. On your way to your chosen destination call into Pyengana and do the short walk to St Columba falls.

Food and Wine Based

Day One: Heading up the coast from Hobart call into Kate's Berry Farm just outside Swansea. Here you can sample some of the best homemade jams and ice creams in Tassie. If you're looking for something a bit more filling Swansea has a great café called Ebb. Then continue onto Springvale Vineyards for some wine tasting. Once in Bicheno stop at the Gulch and try some of the award winning wines at Apsley George vineyard. Arrive at White Sands and walk off some of the day along the beach or with a hit of tennis.

Day Two: Wake up and enjoy the awesome sunrise from your deck. Head to St Helens and step aboard "Running Away" (a 38 foot sailing boat). Set sail for 4 hours on a luncheon cruise and enjoy some of Tasmania's finest crayfish and oysters plucked straight from the sea. Not only can you enjoy the seafood, you receive a cheese plate all accompanied by Tasmania's finest wine. After a day on the water kick back on land at White Sands relaxed fine dining restaurant with a meal and an IronHouse beer.

Day Three: After checking out of White Sands head north through St Helen's to Pyengana. Stop at Pyengana cheese factory and Holy Cow Café. Enjoy some fantastic food and unbeatable cheeses. When you've charged for the day, you can continue your journey through Scottsdale and check out the Tamar Valley Wine Route

4 Night Itinerary

Nature Based

Day One: If you're coming up from Hobart call into Freycinet National Park. Here you can take one of the various walks in the area or jump on a charter boat and go for a cruise around the bay. When you've safely got your feet back on solid ground check in at White sands and relax with a beer and a meal in our restaurant. Remember to keep your eye out for our amazing natural wild life!

Day Two: Head south to east coast Natureworld. Natureworld is an animal rescue centre and you can roam free and interact with the native animals, birds and reptiles. After a day with the animals keep up the adventure and at dusk head a bit further south for a penguin tour. After a night with penguins drive back to the resort and keep an eye out for the animals on the road.

Day Three: If you're feeling up to it, head in land and have a go at the steep climb up St Patrick's Head. Just before the town of St Mary's' the St Patrick's head climb is a 2-3hr return walk. If you can tough it out the panoramic view from the summit is one in a million. Head back to White sands, kick off your walking shoes and enjoy a fine meal in the restaurant and a well earned St Patty's Head Stout.

Day Four: Drive to Pyengana just out of St Helen's and take the short easy 20min return walk to St Columba Falls. On your way to the viewing platform through cool rainforest you'll see range of delightful trees. These trees include myrtle, sassafras, Blackwood and awesome tall tree ferns. On your way back to white sands you can stop at the Holy Cow café at Pyengana and recharge.

Day Five: If you're heading home through the Fingal Valley take the short drive up to Mathinna. Mathinna was a once thriving gold town and has an awesome short walk to the Mathinna falls. After you've seen the cascading falls, stop at Fingal for some lunch and have a safe onward journey.

Food And Wine Based

Day One: The east coast of Tasmania has some amazing vineyards. On your way to White Sands stop at Freycinet and Coombend vineyards and try some award winning wine. When you've arrived at white sands and settled in to your unit, have dinner in our superb restaurant. Watch the sunset from the deck and enjoy some local oysters and fresh Tasmanian produce.

Day Two: Head in land to E.Scape café and gallery. Enjoy an Iron House Beer as you peruse some fine Tasmanian artwork. Head down Mt Elephant pass for a scenic drive to Mt Elephant pancake barn. This world renowned café offers the best pancakes and crepes in Tasmania. They also sell homemade jams, and you can stroll around the gardens and see where they pick daily the fresh produce.

Day Three: Head out to sea for the day on Running Away (a 38 foot sailing boat). A day sail lasts between 6-8 hours and you can enjoy the finest Tasmanian seafood and wine. Departing from Binalong Bay retrace HMS Adventure's 1773 discovery voyage through the Bay of Fires, so named by Captain Tobias Furneaux on seeing the smoke rising from the aboriginal fire stick farming. Marvel at the untouched splendour of the world's best beaches, pure white sands, azure waters and unique red rocks. Catch the friendly dolphins and seals at play and maybe even whales! Kick back on land at White Sands, and spend the night relaxing on your unit deck.

Day Four: Travel North to Pyengana and take pleasure in trying some of Tassie's premium cheeses at the Pyengana cheese factory. Enjoy a light meal at the Holy Cow café, or if your after something more substantial and laid back head to the Pub in the paddock. After your meal have a bit of fun and check out the beer drinking pig at the pub, and even give it a drink if you wish!

Day Five: Wake up and enjoy your last morning at White Sands. Head home and stop in at Cragie Knowe vineyard, (if you're up for one more wine stop!). They have some fantastic wines, especially the cabernet sauvignon. If you're feeling hungry stop and have lunch at the Swansea Bark mill. There is a great atmosphere and some nifty items to look at from the old mill.