



# Pelion to Kia Ora (Palawa Country)

 3 h to 4 h



8.5 km

One way segment

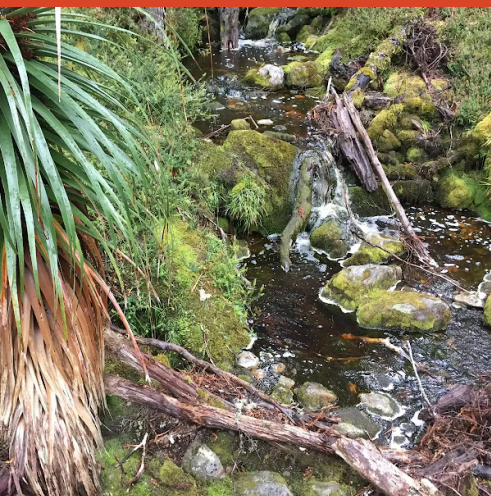


↑ 341 m

↓ 326 m



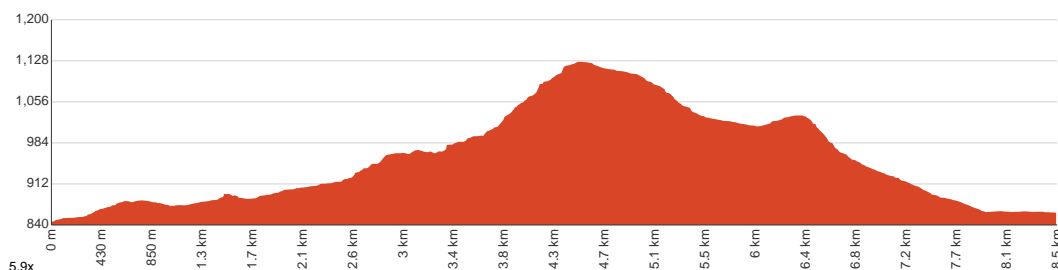
Very challenging



Starting from Pelion Hut this walk gently climbs through the rainforest to Pelion Gap saddle with some very short side trips to some lovely cascades. If you have spare time and favourable weather you can opt for the side trip to Mt Ossa or Mt Pelion East. From the gap wander down through Pinestone Valley with stunning views of Cathedral Mountain to your left, before reaching the peaceful and sheltered Kia Ora hut, camping area and cascades. Let us begin by acknowledging the Palawa people, Traditional Custodians of the land on which we travel today, and pay our respects to their Elders past and present.

This is part of longer journey and can not be completed on it is own.

Full journey: [The Overland Track](#)



Class 5 of 6 Rough unclear track	
<b>Quality of track</b>	Rough track, where fallen trees and other obstacles are likely (4/6)
<b>Gradient</b>	Very steep (4/6)
<b>Signage</b>	Clearly signposted (2/6)
<b>Infrastructure</b>	Limited facilities, not all cliffs are fenced (3/6)
<b>Experience Required</b>	Some bushwalking experience recommended (3/6)
<b>Weather</b>	Forecasted & unexpected severe weather likely to have an impact on your navigation and safety (5/6)

### Before you start any journey ensure you;

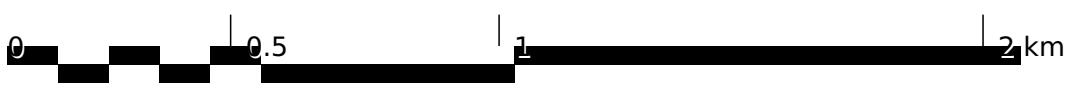
- Tell someone you trust where you are going and what to do if you are late returning
- Have adequate equipment, supplies, skills & knowledge to undertake this journey safely
- Consider weather forecasts, park/track closures & fire dangers
- Can respond to emergencies & call for help at any point
- Are healthy and fit enough for this journey

If not, change plans and stay safe. It is okay to delay and ask people for help.

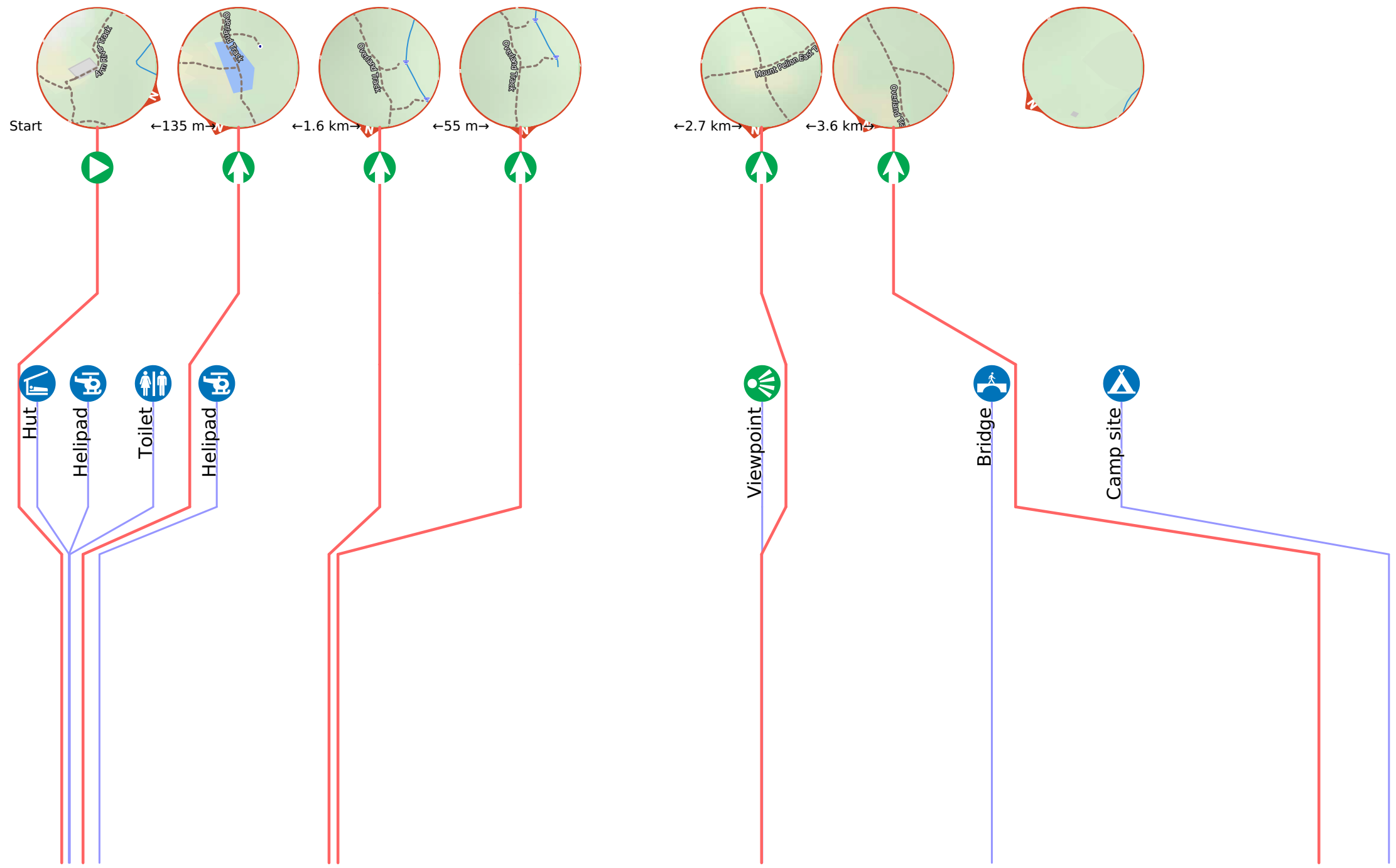
Share  
[Bushwalk.com](https://bushwalk.com/j/UZALHV)  
[/j/UZALHV](https://bushwalk.com/j/UZALHV)













From the Arm River Track **Start** heading along *Arm River Track* (a walking track).



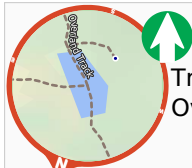
Find the New Pelion Hut at the start.



Then pass the "New Pelion Hut Helipad" (50 m on your right).



After another 6 m pass the "New Pelion Hut Toilets" (on your right).



After another 85 m (from the Overland Track) **continue straight**, to head along Overland Track.

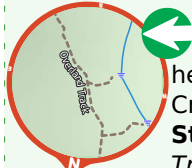


After another 90 m (at the intersection of Overland Track & Pelion Ranger Hut Track) **continue straight**, to head along Overland Track.



After another 15 m pass the "Pelion Ranger Hut Helipad" (20 m on your left).

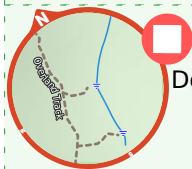
**Start of an optional side trip:** Side trip to Douglas Creek waterfalls.



To start this optional side trip turn left here. at the intersection of Douglas Creek Falls Track & Overland Track **Start** heading along *Douglas Creek Falls Track* (a walking track).



After another 25 m come to a waterfall.



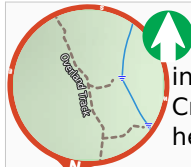
Continue another 0 m to find from the Douglas Creek Falls Track at the end.



Turn around and retrace your steps back the 25 m to the main route.



Back at the main route turn left and follow on from the 1.7 km waypoint.



After another 1.5 km (at the intersection of Overland Track & Douglas Creek Falls Track) **continue straight**, to head along Overland Track.

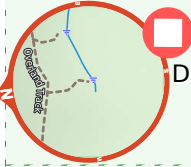
**Start of an optional side trip:** Side trip to upper Douglas Creek waterfalls.



To start this optional side trip turn left here. at the intersection of Douglas Creek Falls Track & Overland Track **Start** heading along *Douglas Creek Falls Track* (a walking track).



After another 35 m come to a waterfall.



Continue another 0 m to find from the Douglas Creek Falls Track at the end.



Turn around and retrace your steps back the 35 m to the main route.



Back at the main route turn left and follow on from the 1.8 km waypoint.

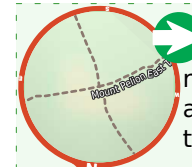


After another 55 m (at the intersection of Overland Track & Douglas Creek Falls Track) **continue straight**, to head along Overland Track.



After another 2.7 km come to the "Pelion Gap".

**Start of an optional side trip:** Side trip to the top of Mt Ossa, Tasmania's highest peak. You will need 4-5 hours of daylight to the summit and return to Pelion Gap. Exposed rock scramble to reach the summit, very slippery in wet conditions, requires clear weather.



To start this optional side trip turn right here. pelion Gap **Start** heading along *Mount Ossa Track* (a walking track).



After another 2.7 km come to "Mount Ossa".



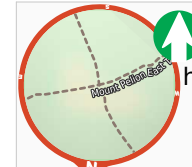
Continue another 0 m to find Mount Ossa at the end.



Turn around and retrace your steps back the 2.7 km to the main route.



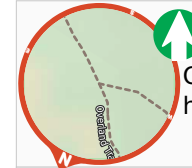
Back at the main route turn sharp left and follow on from the 4.5 km waypoint.



Pelion Gap **continue straight**, to head along Overland Track.



After another 1.5 km cross the Pinestone Valley Bridge (about 20 m long)



After another 2.1 km (from the Overland Track) **continue straight**, to head along Overland Track.



After another 450 m come to the "Kia Ora Hut group camping platforms" (20 m on your left).  
W: [www.parks.tas.gov.au](http://www.parks.tas.gov.au)





After another 4 m  
Hut toilet track turns

About 20 m past the end is "Kia  
camping platform".  
W [www.parks.tas.gov.au](http://www.parks.tas.gov.au)

About 35 m past the end is "  
camping platform".  
W [www.parks.tas.gov.au](http://www.parks.tas.gov.au)