

Tasmania Yatra 2026

takayna / Tarkine

Friday 20 February – Sunday 1 March



Our Journey

Yatra is the Sanskrit word for pilgrimage. A yatra is a unique journey providing a special environment to engage with and enquire deeply into the potential of 'human awakening'. It offers an integrative experience combining physical, emotional, intellectual and spiritual exploration in a secular environment. Being primarily based in the Buddhist tradition we also respect and draw from the wealth of many other traditions. Apart from the walking time, there will be daily periods of sitting meditation, yoga or movement practice, small discussion groups, dharma talks and personal time to socialise or be with nature.

The Tarkine ('takayna') wilderness area is a relatively pristine remnant of Gondwana, rich in natural and cultural heritage values. It contains Australia's largest temperate rainforest, a high diversity of mosses and lichens, and it provides habitat for over 60 rare, threatened and endangered flora and fauna species. The Australian Heritage Council described the area as 'one of the world's greatest archaeological regions', displaying ancient stone quarries, giant shell middens, hut depressions and 10,000 year old petroglyphs. The yatra will move through rainforest, button grass plains and wild coastline.

The daily walking distance will vary, with the longest walk being approximately 18 km. Some sections will lead through remote and rocky terrain requiring a sound level of fitness. Tasmania's West Coast is known for its exposed conditions and hostile weather which is often wet, cold and windy. You will need to ensure that you are prepared for extreme weather, have all the required equipment and the required fitness levels. The yatra is an all weather event.

The yatra will be based on the spirit of simplicity in that we let go of the usual luxuries of life. We will be accommodated each night in our personal tents. An accompanying support team will provide hearty vegetarian meals, transport our luggage and take care of logistics. At times help will be required with food preparation, clean-up, and setting up/packing down our camp.

The yatra will be conducted under the shelter of Buddhist ethics which create a safe, caring and conscious environment for spiritual practice. On retreat, ethical conduct invites us to restrain from harmful speech and actions, sexual expression and intoxicants. The majority of our retreat program will be supported by noble silence. The meditation instructions are primarily grounded in the Insight Meditation method. The yoga and movement exercises are suitable for all levels and are designed to nourish our physical condition and assist our mindfulness practice.

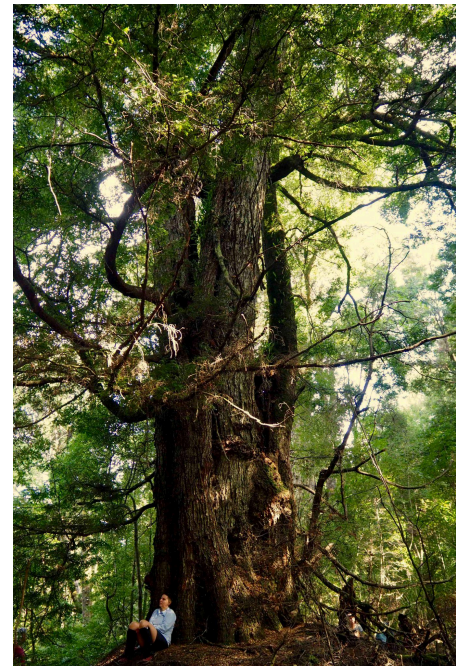
Facilitators

Robyn Gibson has been studying and practising meditation for over 25 years, and teaching in the Insight Meditation tradition since 2016. She also studied yoga in the Satyananda tradition for several years. She has facilitated sitting groups and managed retreats for many years, and was EO of Melbourne Insight Meditation for three years. Robyn's teaching reflects her dedication to the dharma as taught by the Buddha, ecological reconnection and immersion in nature, and creative expression. Robyn lives on Dja Dja Wurrung country in Castlemaine, Victoria, working as an artist/printmaker, and facilitator of single- and multi-day meditation retreats and workshops. (www.robbygibson.au)

Ronny Hickel has been practising and exploring various traditions of yoga and insight meditation for over 30 years, and has been teaching the dharma for over 10 years. He is a yoga and tai-chi instructor, a qualified outdoor recreation guide and has trained in Hakomi Psychotherapy. Originally from Austria, Ronny moved to Australia in 2000 after living in India and South East Asia for numerous years. His approach is shaped by his love and passion for the wilderness, nature connection, deep ecology and the rich spiritual traditions of the world, including tribal traditions, Buddhism, yoga and modern science. He resides between the Northern Rivers and Tasmania where he works in human development and outdoor recreation, facilitating meditation, yoga, tai-chi, nature reconnection, MenAware retreats and yatras.

What to bring

- ☐ tent (3+ season, no pop ups) & groundsheet
- ☐ warm sleeping bag (-5 degree comfort rating)
- ☐ camping mat (eg. thermarest)
- ☐ meditation cushion/stool and shawl/blanket
- ☐ sun hat, beanie, gloves
- ☐ gore tex quality raincoat and waterproof pants
- ☐ appropriate clothing for hot, very cold and wet weather, including thermal underwear
- ☐ good hiking shoes (walked in, not causing blisters)
- ☐ daypack for walking & pack cover (recommended)
- ☐ water bottle - 2L minimum (recommended 3L)
- ☐ cup, bowl, plate, cutlery, (optional teatowel)
- ☐ lunch box
- ☐ sun screen, insect repellent, blister plasters
- ☐ torch and spare batteries
- ☐ toiletries, towel, swimwear
- ☐ any personal medication or supplements if required



Pack lightly and tightly – The entire luggage and equipment must be transported in our support vehicles. Please keep your main luggage confined to one or two bags maximum.

Cost: \$860 base fee plus Dana

THE BASE FEE covers the running costs of the yatra including all meals and catering, support vehicle hire, camping fees, administration costs and logistics.

The base fee does not include any payment for the facilitators and organisers.

DANA means generosity and forms a substantial aspect of providing this yatra. Following an old Buddhist tradition the facilitators & organisers of this yatra do not charge a fixed fee for their contributions, but offer their services as a gift. At the end of the yatra there will be an opportunity to offer dana in the form of a monetary gift in return. Dana supports the livelihood of yatra facilitators & organisers, keeps the dharma accessible and affordable, and cultivates a spirit of generosity.

Getting There

Arrival

The Yatra begins on Friday 20th February

The Tarkine wilderness is a very remote area in the far northwest of Tasmania. We will provide transport from Launceston, about 4 hours drive away. Our yatra bus will leave from Launceston CBD at 12.30pm and Launceston airport at 1:15pm. If you fly into Launceston on the day please arrange your flight to arrive before 12.45pm.

If you plan to self-drive, there is the option to park at the 'Smithton Club' in Smithton township for the duration of the yatra. The yatra bus will pick you up from Smithton at approximately 4pm. We will provide transport back to Smithton at the end of the yatra.

We aim for all participants to arrive at our camp by 5:30pm to settle in. Dinner will be served around 6:30pm followed by a yatra introduction.

Departure

The Yatra will end on the morning of Sunday 1st March

There will be transport provided back to Smithton, followed by Launceston airport by 2.30pm and Launceston CBD by 3pm. For those flying out please **arrange your flights from 3.45pm onwards**.

How to Apply

1. **READ** this Information Document carefully.

2. **APPLICATION** - Fill out and submit the online [APPLICATION FORM](#). **Applications open Thursday 20th Nov at 4pm AEST/5pm AEDT**. Be aware that the number of applications is limited and can fill quickly.

3. **APPROVAL** - We will contact you within 7 days if your application is successful or if you have been placed on a waiting list (please check your junk mail if you haven't heard from us).

4. **PAYMENT** - If your application has been accepted we'll provide payment details and you'll have 3 days to secure your place by making full payment. Please do not make a payment or any travel arrangements until you have been offered a place on the yatra. You will receive a confirmation email to confirm your booking once your funds have arrived. Please contact us if you wish to discuss an alternative payment plan.

Our Cancellation Policy:

Cancellations before 20th January 2026 will receive a refund minus a \$100 administration fee. Unfortunately we are not able to offer refunds for cancellations received after this date. If you need to cancel, ensure you inform us in time so your place can be offered to someone else.



For More Information Contact Amalia

yatracontact@gmail.com

0434 297 999

+61 434 297 999 (WhatsApp)