



Three Capes Track: Munro to Cape Pillar

(Palawa Country)

 5 h to 7 h 30 min



14.2 km
Return segment



↑ 833 m
↓ 833 m



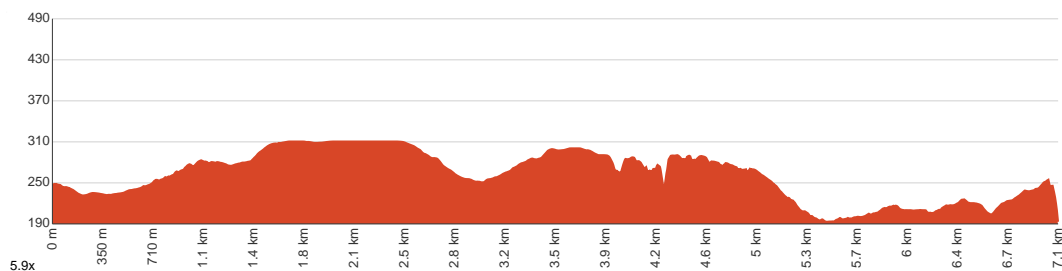
Moderate track



This day will take you to breathtaking views across Tasman Sea to Tasman Island as you tackle The Blade at Cape Pillar. As you'll return via the same way to Munro cabin, you have the option of taking only your day pack to Cape Pillar and back. 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: [Three Capes](#)



Class 3 of 6 Formed track, with some branches and other obstacles	
Quality of track	Clear and well formed track or trail (2/6)
Gradient	Short steep hills (3/6)
Signage	Directional signs along the way (3/6)
Infrastructure	Limited facilities, not all cliffs are fenced (3/6)
Experience Required	Some bushwalking experience recommended (3/6)
Weather	Storms may impact on navigation and safety (3/6)

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

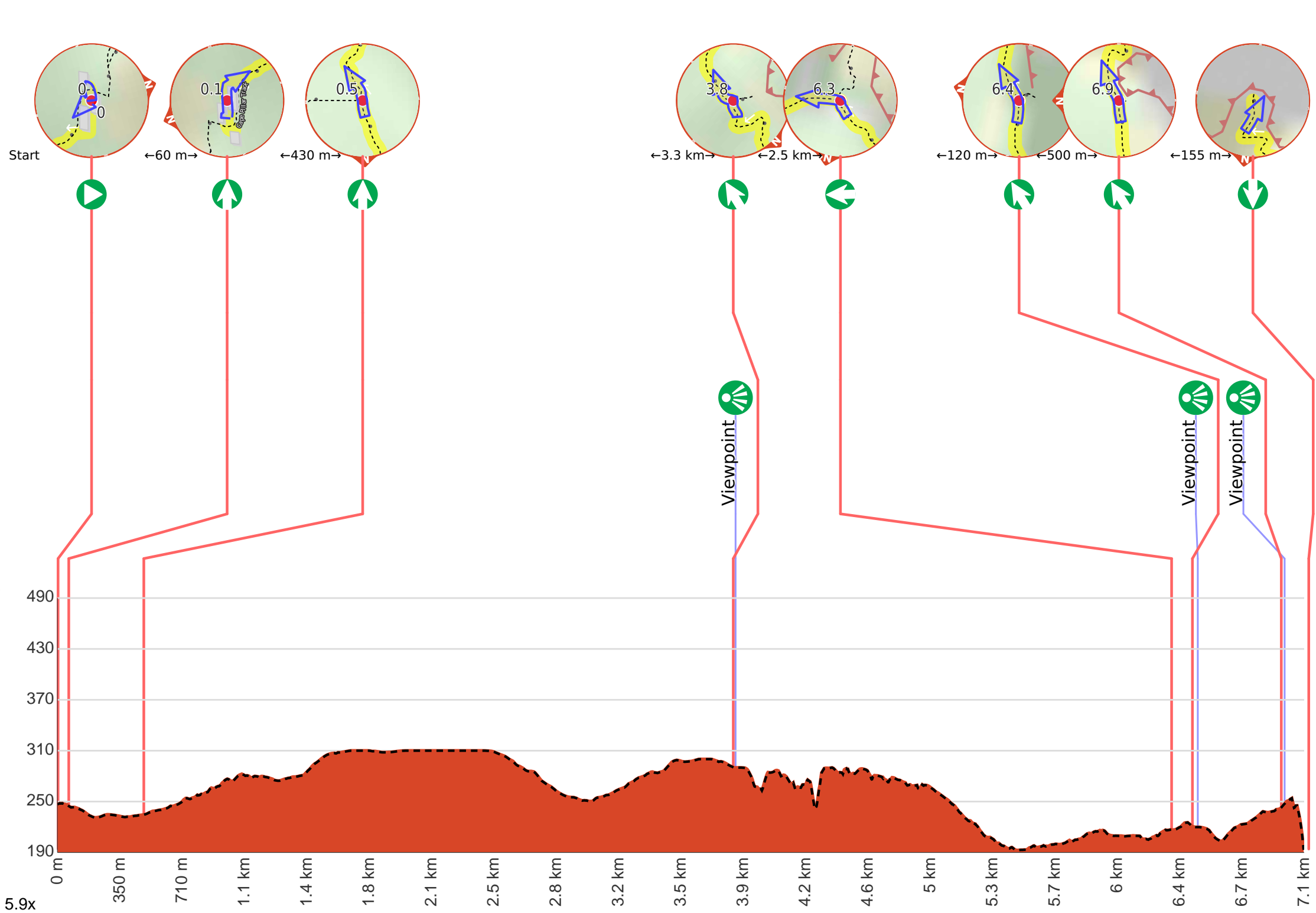
If not, change plans and stay safe. It is okay to delay and ask people for help.

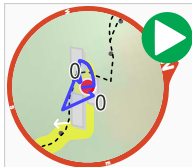
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[Bushwalk.com](https://bushwalk.com/j/RN3EUH)
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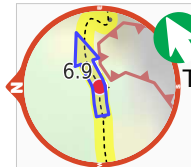








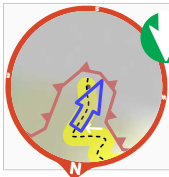
Start.



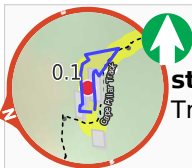
Veer left, to head along Cape Pillar Track.



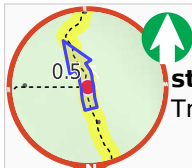
After another 155 m come to "Chasm Lookout".



Turn around here and retrace the main route for 7.1 km to get back to the start.



After another 60 m **continue straight**, to head along Cape Pillar Track.



After another 430 m **continue straight**, to head along Cape Pillar Track.



After another 3.4 km come to the viewpoint (30 m on your right).



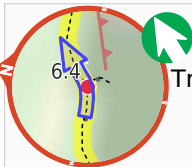
Veer left, to head along Cape Pillar Track.



After another 2.5 km **turn left**, to head along Cape Pillar Track.



After another 150 m come to the viewpoint (35 m on your right).



Veer left, to head along Cape Pillar Track.



After another 520 m come to the viewpoint (15 m on your right).