

Royal  
Tasmanian  
Botanical  
Gardens



## CRADLE MOUNTAIN *huts walk*

6 Day/5 Night  
guided walk along  
Tasmania's iconic  
Overland Track

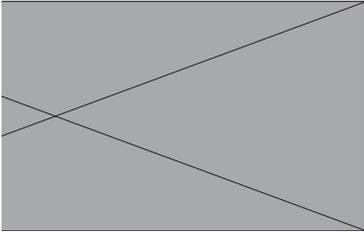
# Welcome to The Overland Track's Seed Collection Walks

We're partnering with the Royal Tasmanian Botanical Gardens to help achieve their urgent goal to map and collect seeds along Tasmania's beloved and precious Overland Track. The walks provide opportunities for guests to assist and engage in wide-ranging conversations about Tasmania's alpine flora.

Cradle Mountain Huts Walk is a six-day walk along the iconic Overland Track, retreating each evening to the comfort of the only private accommodation along the trail. Over 6 days, the rare beauty and diversity of Tasmania's World Heritage-listed Cradle Mountain – Lake St Clair National Park is yours to discover.

Expert guides take the lead across this ancient landscape, converting to chefs come evening. They'll take the heavy load, leaving you with a lightweight pack. At the end of each day, retreat to a hot shower, sumptuous meals, freshly baked bread, a glass of Tasmanian wine and a comfortable bed. We'll take you all the way to Lake St Clair, Australia's deepest freshwater lake.

Here you will find everything you need to prepare and get excited about your Seed Collection Walk. From pickup times to gear lists, daily distances to accommodation details, this is your go-to-guide.



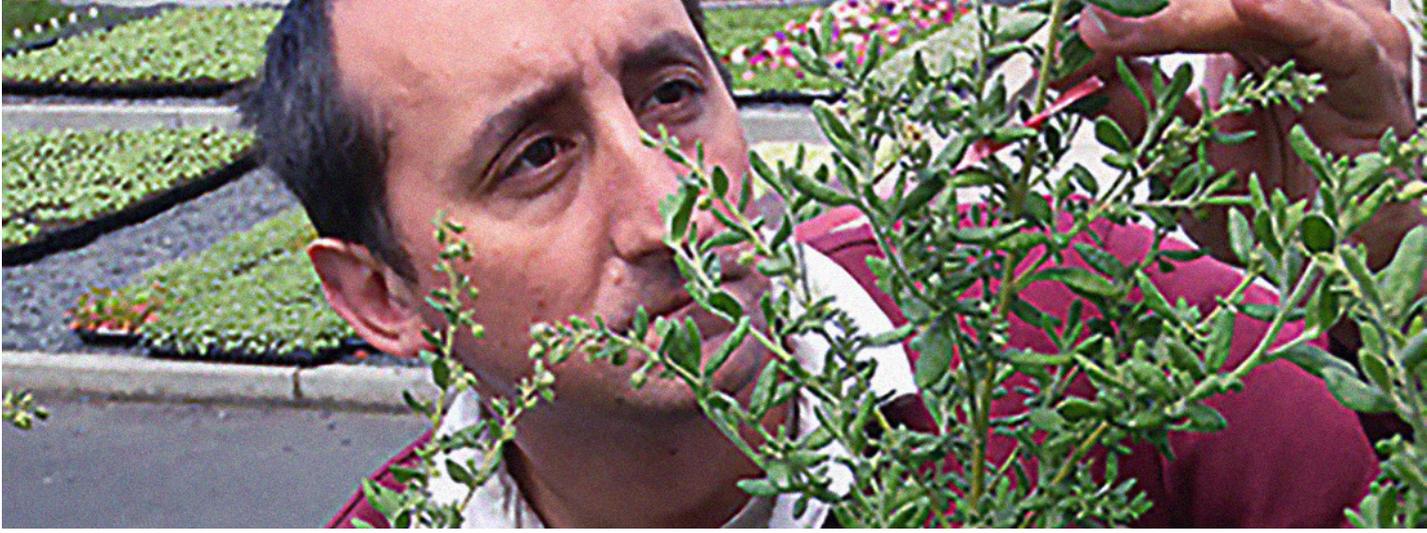
## The Trip

### Trip Summary

**Trip Duration:** 6 days/5 nights

**Grade:** Moderate

**Activities:** Summer trekking with a light weight pack on the iconic Overland Track.



James Wood, Manager, Royal Tasmanian Botanical Gardens Seed Conservation Centre

## Why collect seeds?

With increasingly unpredictable weather patterns and threats by fire, this conservation strategy is more important than ever. However many of the species are in remote places, difficult to access and requiring significant resource to undertake collections. Through the partnership with the Tas walking Company, The Tasmanian Seed Conservation Centre can work more efficiently towards our targets and ensure that Tasmania's rare and threatened species are protected into the future.

The seed collection walks provide opportunities for guests to assist and engage in wide-ranging conversations about Tasmania's alpine flora. Guests can expect to stay on track and for James and his assistant to map and collect. Guests assistance with cleaning the seeds and storing will be very helpful and increase the number of seeds collected and trees visited. As the walks are exploratory, being flexible and patient with itinerary changes will be helpful.

## The Tasmanian Seed Conservation Centre

Generally known as the Seed Bank, it is the cornerstone of the Royal Tasmanian Botanical Gardens conservation strategy. Seed banking is a conservation measure that provides additional insurance against the extinction of many species in the wild.

James Wood is the manager of the Tasmanian Seed Conservation Centre and has worked in and around seedbanking for 28 years. He took on his current post in December 2005 after working for 15 years at the Royal Botanic Gardens, Kew in the UK. Running and overseeing seedbank germination tests for over 20 years, James has a broad background and interest in the challenges of wild species germination. He has been interested in natural history from an early age and developed a specific interest in botany since his mid-teens.



## Why walk with us?

It's very important to us that you spend time reconnecting with friends and family or simply giving yourself some space, so we make sure the small things are taken care of. From the moment you join us, the adventure begins – no need to worry about a thing – we have it covered!

We were the first operator entrusted by the Tasmanian Parks & Wildlife Service to build and operate accommodation within its National Parks and Wilderness World Heritage Area; and more than 30 years later that key relationship and trust remains.

Our groups have exclusive use of our architecturally designed huts which sit gently on the natural environment. Ours are the only private huts along the trail. As you are not camping we can offer truly light pack weight. Each hut has been discreetly located off the main trail and offers a hot shower, drying room and twin share accommodation. Your accommodation is an important aspect of the walk and we believe it should be enjoyed not endured!

We believe that food and wine should be part of the experience, never an afterthought. We have our own in-house chef to design all meals and train guides in their preparation to ensure they are both healthy and delicious. We work in remote locations which makes our menu design more challenging, however, by focusing on using as much fresh produce as possible and engaging a chef who understands what we have to work with we proudly serve outstanding meals each day.

Our guides are our most outstanding asset. They are passionate outdoor enthusiasts, educated interpreters and fantastic hosts all rolled into one. Through your guides' interpretation, you can learn about the flora, fauna and local history of Tasmania's awe-inspiring wilderness. Our guides are trained in accident prevention, incident management and remote area first aid. They carry appropriate communications equipment to ensure that, should it be required, help is only a call away.

Over the years Tasmanian Walking Company has been the proud recipient of many awards. Call and talk to us on 03 6392 2211 and find out why we are the most awarded walking company in Tasmania.



# Itinerary

## At a glance

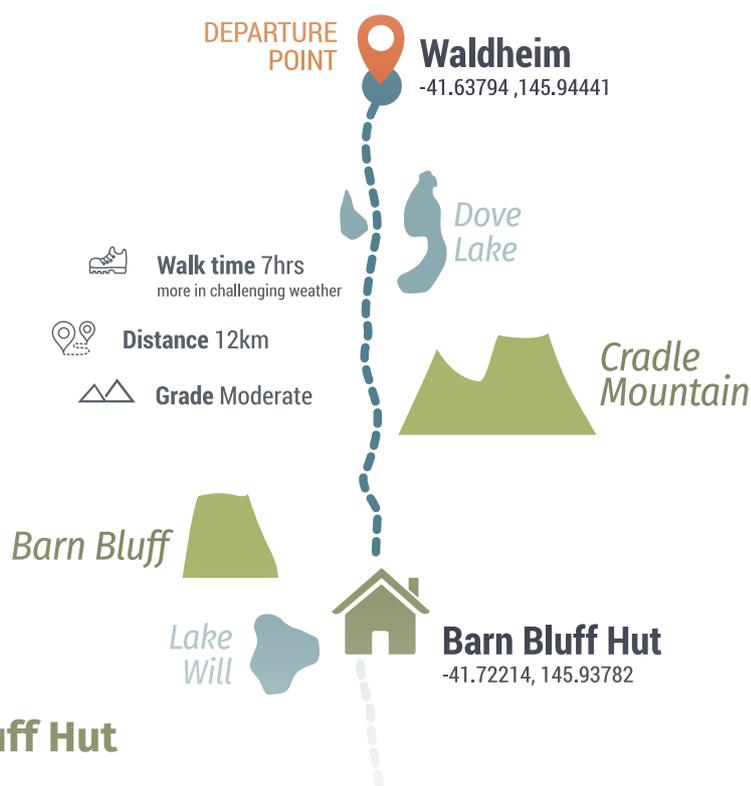
DAY	WALK SECTIONS	DISTANCE	STAY	MEALS
One	- Vehicle Transfers - Launceston to Cradle Mountain Valley - Cradle Valley to Barn Bluff Hut	12km (7hrs)	Barn Bluff Hut	-/L/D
Two	Barn Bluff Hut to Pine Forest Moor Hut	12km (6hrs)	Pine Forest Moor Hut	B/L/D
Three	Pine Forest Moor Hut to Pelion Hut	10km (5hrs)	Pelion Hut	B/L/D
Four	Pelion Hut to Kia Ora Hut	7km (4hrs) Optional summit trips	Kia Ora Hut	B/L/D
Five	Kia Ora Hut to Windy Ridge Hut	9km (5hrs)	Windy Ridge Hut	B/L/D
Six	Windy Ridge Hut to Lake St Clair	9km (5hrs)	Return to Launceston	B/L/-

\* PLEASE NOTE THAT DISTANCES MAY VARY ON TRACKING DEVICES.

Should you have any questions, please feel free to call us on 03 6392 2211 or email [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au)



# Day 1



## Waldheim to Barn Bluff Hut

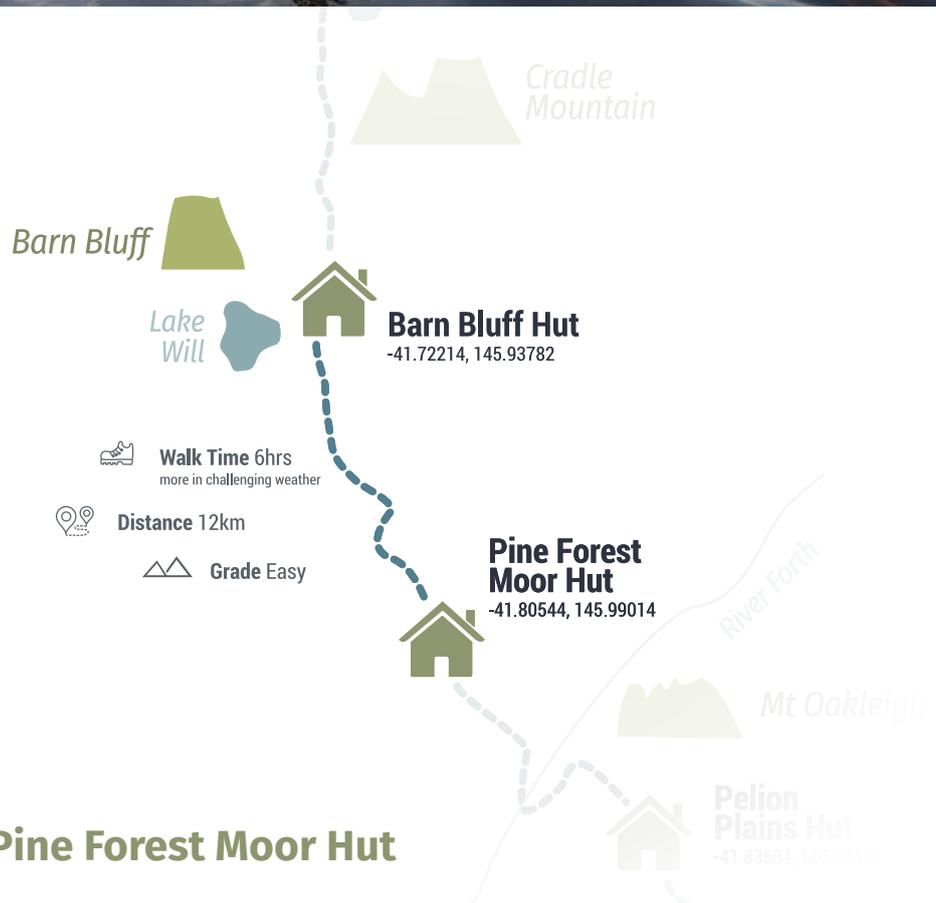
On the summit of Cradle Mountain in 1910, Austrian-born Gustav Weindorfer proclaimed, “This must be a national park for the people for all time.” It’s fitting our journey begins at Waldheim in Cradle Valley, where Weindorfer’s story is told. We set off on the track, venturing through ancient temperate rainforest, passing the dramatic glacially-carved Crater Lake.

We climb the steepest section of the whole Overland Track today fuelled by a hearty lunch. Reaching Marion’s Lookout (1,250m) takes about an hour, with steps leading through steeper sections. The reward, providing weather conditions allow, is staggering views of Cradle Mountain and Dove Lake. Every uphill step is worth it.

We continue around the base of Cradle Mountain along the edge of a spectacular glacial cirque before dropping into Waterfall Valley. Our private hut awaits, beneath towering Barn Bluff, having completed the steepest part of your journey (excluding side trips). It’s a welcome retreat after several hours walking over exposed alpine plateau where some days the wind howls – a reminder of nature’s power.



# Day 2



## Barn Bluff Hut to Pine Forest Moor Hut

Today we'll be walking across plains where glaciers once rested, slowly moving and scouring out shallow tarns. Although an undulating trek with a few sections of exposed moorland, there are no significant climbs today.

We take our time venturing across vast button grass plains where ancient pencil pines fringe alpine tarns. Rising from the moors, the peaks of Cradle Mountain and Barn Bluff are behind us. Look ahead, and the stately Mt Pelion West comes into view.

Those looking for additional challenge today can take a side trip to Lake Will. Hugged by pencil pines and with its narrow quartzite sand rim, Lake Will is striking. Keep an eye out for gravel mounds along the way, remnants of Joseph Will's coal mining efforts in the 1890s.

This evening, at Pine Forest Moor Hut, enjoy our outdoor dining setting with views out to Mt. Oakleigh in fine weather.



## Day 3



### Pine Forest Moor Hut to Pelion Hut

This morning we venture through gorgeous myrtle-beech rainforest as we descend around the base of Mt Pelion West, down to the Forth River before it plunges into Lemonthyme Valley. We'll take a break at Frog Flats beside the Forth River, which happens to be the Overland Track's lowest point.

From here, it's a gentle ascent back out of the valley. We leave thick Eucalypt forest behind as the trees part to reveal Pelion Plains. Uninterrupted views of Mt Oakleigh's dolerite spires now come into play.

The Pelion Plains area offers a host of side trips, hugged by mountainous terrain. There are excellent swimming holes, peaceful nooks to rest and abandoned copper mines to explore. Come nightfall, we'll be nestled amongst dry sclerophyll forest at Pelion Hut.



# Day 4



## Pelion Hut to Kia Ora Hut

Today begins with a climb of almost 300m to Pelion Gap through beautiful rainforest. Pelion Gap is a plateau stretching between Mt Pelion East and Mt Ossa, affording fantastic views to the south as well as back to the north.

There's plenty of time for side trips from Pelion Gap including the option to summit Mt Ossa. At 1,617m, it is Tasmania's highest peak. There are other less challenging climbs, including Mt Doris.

From Pelion Gap it's a further two hours of gentle downhill to the hut. Today, choose to keep things relaxed or challenge yourself to stand atop the island's highest point. Once we arrive at Kia Ora Hut, enjoy a Tasmanian drop with spectacular views out to Cathedral Mountain.



## Day 5



### Kia Ora Hut to Windy Ridge Hut

Day five is about icy-flowing waterfalls. We depart Kia Ora hut and walk about an hour to Du Cane, where a 1910-built hut remains from the long-gone days of animal trapping. Du Cane Hut is a fine spot to rest, surrounded by native gardens and overlooked by the spectacular Du Cane Range.

From here, we wander through some of the oldest forest in the National Park, with King Billy pines as much as 2,000 years old. Now, we are above the Mersey River, which descends deeply northward towards Bass Strait, spilling down cliff faces.

There are three major sets of waterfalls in the area. We aim to visit one or more of these, choosing the best to have lunch beside depending on conditions. During the afternoon, we make our way over Du Cane Gap, then descend beside the spectacular Falling Mountain to Windy Ridge Hut. Tonight is a celebratory one, our last evening on the track.



## Day 6



### Windy Ridge Hut to Lake St Clair

Our destination today is Australia’s deepest natural lake – Lake St Clair – shaped by glaciations over two million years. Birdsong helps us along this final day as we walk mainly through flowering dry sclerophyll forests.

We arrive at Narcissus at the northern end of Lake St Clair in time for lunch, before boarding the Lake St Clair cruise boat for a spectacular 17km cruise back to Cynthia Bay. There’s typically around half an hour to look around the Visitor Centre here.

The return trip to Entally Lodge is through the trout fishing mecca of the highland lakes, descending the rugged Western Tiers. We’ll cross the broad plains of the Northern Midlands, passing through the rural townships of Cressy and Longford.



## What is included

- / Return transfers between Launceston and the start & finish of the walk
- / Accommodation (twin share) each evening in one of our five private huts
- / All meals and non-alcoholic beverages, plus a limited selection of Tasmanian wines
- / National Park and Overland Track passes
- / Boat transfer across Lake St Clair (on Day 6 only)
- / Use of a backpack and Gore-tex jacket for the duration of the walk
- / Sleeping bags, pillows and a comfortable mattress at each hut
- / Sleeping sheet and pillowcase to carry with you
- / Two qualified guides for the duration of the walk



## Gear List

We provide the following:

- / 50-litre canvas pack (available on the morning of departure)
- / Rain jacket (3-layer membrane; weatherproof and breathable, available on the morning of departure)
- / Pack cover and pack liner
- / Sleeping sheet and pillow case (sleeping bags provided in huts)
- / Lunch container, cutlery and travel mug
- / Basic toiletries (sunscreen, after sun care, insect repellent, Sorbolene-based moisturiser; available at each hut)
- / Biodegradable liquid soap (also suitable as a shampoo; available at each hut - we would appreciate it if you used our soap, as it is phosphorus-free and suited to our greywater systems)
- / Hut libraries offering a range of books and games (including field guides; some titles are available in every hut along the track)

\* Please note: any luggage not required on your walk can be stored at our office and will be returned to you at the conclusion of your walk.

\* You're welcome to bring your own backpack and rain jacket if you would prefer.

## Essential Gear List

The items on the gear list below will be packed into your 50-litre pack (provided) and carried by you.

When you arrive at our walkers' base it would be great if you could have all the gear you intend to take with you separated from any other luggage (perhaps in a garbage bag). This will make the packing process run more smoothly.

## Essential Items

- / Lace-up hiking boots that cover the ankle and have sturdy, treaded soles (full-grain leather or Gore-tex with Vibram soles recommended).

We can not over-emphasise the importance of appropriate footwear. Lower-profile hiking shoes, walking shoes, running shoes, approach shoes, sand shoes, elasticised boots and similar are not acceptable. Boots must be worn in to minimise the risk of blisters. The Overland Track is quite unique in the nature of its terrain. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details. We are more than happy to discuss footwear with you.

- / Polar fleece jacket (preferred) or woollen jumper/pullover
- / Light jumper (warm)
- / Beanie or balaclava
- / Gloves or mittens
- / Waterproof over-pants (nylon, PVC or Gore-tex)
- / Gaiters (long gaiters, reaching just below the knee; for protection against mud and rough vegetation)
- / Shorts and/or light walking trousers
- / Thermal base layer (long-sleeved top and long johns - merino or polypropylene; 2 sets preferred)
- / Warm, long pants (evening hut wear)
- / Shirts/t-shirts (merino or polypropylene; 3 recommended)
- / Socks (3 pairs recommended)
- / Underwear
- / Lightweight indoor footwear (thongs/ sports sandals; for hut use)
- / Sun hat & sunscreen (small bottle for use during the day)
- / Travel towel or body chamois (for showering; light and quick-drying)
- / Water bottle(s) or water bladder (2-litre total capacity required; our packs can fit a water bladder - just ask your guides)
- / Head torch or small torch
- / Lightweight, compressible day pack for side trips - should pack down to pocket size. Can be pre-purchased at [www.bushwalkinghiregear.com](http://www.bushwalkinghiregear.com) or available for purchase at our walking base (essential for adventure departures, recommended for signature departures)
- / Any personal medication, including anti-inflammatories and EpiPens

\* DENIM AND COTTON CLOTHING ARE NOT ACCEPTABLE





## Recommended Items

- / Walking poles (highly recommended for negotiating rocky terrain and muddy patches, as well as assisting with balance and muscle fatigue)
- / Camera
- / Spare batteries or USB power cord for camera (there are eight USB charging ports in each hut)

## Optional Items

- / Pocket day pack (for optional side trips – can be prepurchased at [www.bushwalkinghiregear.com](http://www.bushwalkinghiregear.com))
- / Bathers
- / Small mirror (especially if you wear contact lenses)

## Hire Gear – Bush Walking Gear Hire Tasmania

Gaiters, wet weather over pants, headlamps and walking poles are available for hire from Bushwalking Hire Gear Tasmania. You can arrange this directly by booking and paying online at [www.bushwalkinghiregear.com](http://www.bushwalkinghiregear.com) at least one week prior to your walk, to arrange hire and delivery to our walker's base before departure of your walk

- \* Tip: Layering of clothing has long been the basis for dressing in the outdoors and the gear list above follows this principle. When the temperature drops, we add another layer of insulation; if it rains, we add a rain shell on top and when it's warm and dry, we strip off a layer.
- \* Your comfort and enjoyment are of paramount importance to us, and our intention is to keep your pack weight to a minimum. Aim for one set of warm clothes for evening and another set to wear whilst walking. Thermals are necessary due to their lightweight, quick-drying and warm properties.
- \* While the huts include drying rooms for wet gear, they do not incorporate laundry facilities. If you adhere to the packing list, you should be all set for the duration of your walk.
- \* Please note that guides will do a thorough gear check prior to departure. If you are unsure about anything on the gear list, please call us or talk to your local outdoor adventure store.

## Frequently Asked Questions

**How often do trips depart?** Our 6-day trips depart daily from 1 October through to 1 May each season, and our 4-day trips depart on selected dates during the same period.

**What is the accommodation like?** Our groups have exclusive use of the only private hut accommodation along the Overland Track. Each hut has been discreetly located off the main trail and offers hot showers, a drying room and a dining and lounge area. The huts have 6 twin rooms with comfortable beds.

**How many guests will be on my trip?** Each trip requires a minimum of 4 and a maximum of 12 guests. All accommodation is twin share. If you book on as a single walker or in an odd-numbered group and the trip fills to capacity, you will share a room with another walker of the same gender.

**How fit do I need to be?** As long as you exercise regularly, are capable of walking an average of 10 km for six consecutive days, and are comfortable with varied terrain, you'll be fine!

There are obviously steep sections, however this is part of the whole experience. Each day, there is plenty of time to sit and rest as well as explore, so you won't feel rushed.

If you are interested in doing more of the side trips (such as Mt Ossa), you may want to partake in extra training to accommodate the additional challenge.

If you are joining an 'Adventure' departure, a higher level of fitness is required, as there will be additional mountain climbs and side trips on most days.

If you have any concerns about fitness, please call 03 6392 2211 and speak with one of our friendly Reservations staff members. We are more than happy to discuss additional information about what you can expect.

**How much weight do we carry?** On the morning of your departure, the guides will carry out a thorough gear check to ensure you have suitable gear and help you reduce pack weight.

If you adhere to our gear list, your pack will likely weigh between 8.5 and 9.5kg. With special attention to reducing pack weight, your pack and its contents can weigh as little as 7.5kg.

The pack and rainjacket that we provide have a combined weight of 2.5kg, leaving 5-7kg for your personal items.





**What do we carry?** Each person must carry their lunch, wet weather gear, spare clothes for the hut, thermals, and warm clothing, plus any extras, such as a camera. For detail please refer to the gear list.

**What style of boots should we have?** You will need lace-up hiking boots that cover the ankle and have sturdy, treaded soles (full-grain leather or Gore-tex with Vibram soles recommended).

We cannot over-emphasise the importance of appropriate footwear. Lower-profile hiking shoes, walking shoes, running shoes, approach shoes, sand shoes, elasticised boots and similar are not acceptable. Boots must be worn in to minimise the risk of blisters. The Overland Track is quite unique in the nature of its terrain. You will be unable to commence the walk without the appropriate footwear, so please feel free to contact us for more details. We are more than happy to discuss footwear with you.

**Do we need travel insurance?** We strongly recommend travel insurance. Consideration needs to be given to our cancellation policy, injury, evacuation, delayed flights, illness, etc. Please see our **Booking Terms & Conditions** for details and contact us if you have any questions.

**How many guides are there?** Our guides are passionate outdoor enthusiasts, educated interpreters and fantastic cooks all rolled into one. Two knowledgeable guides accompany each trip. This allows plenty of time for interpretation at interesting points along the track, photo opportunities, rest breaks and walking at your own pace.



**How about food?** The guides prepare sumptuous meals each night. We are quite happy to cater for special dietary requirements. We just need to know in advance.

For example, here is the dinner menu served at Kia Ora Hut on Day 4:

**On arrival at hut:**

Grazing plate

**Main course:**

Forest mushroom and pea risotto with parmesan

**Dessert:**

Crepe Brulee

**What time does the trip commence and conclude?** At the start of your walk we ask that you be at our walker's base at Entally Lodge at 6.40am for a briefing. This allows time for introductions and a gear check before departing for the Cradle Mountain – Lake St Clair National Park.

For those staying in Launceston CBD, we offer a complimentary shuttle service from The Sebel Launceston (12/14 St John Street, Launceston). You will need to be ready in front of reception at 6.25am for a 6.30am departure.

For those staying at Quamby Homestead our shuttle will pick you up in front of reception at 6.30am for the 10 minute transfer to Entally Lodge.

Your walk will conclude at Entally Lodge at 6.00pm with airport drop offs at 6.15pm and Launceston drop offs at 6.30pm.



### What accommodation options do we have pre and post-walk?

**Quamby Homestead:** Set on the grounds of Quamby Estate, Quamby Homestead is the perfect pre or post night of accommodation if you would like a little luxury. The homestead features ten restored guest rooms which feature antique furniture. Rooms are appointed with king, queen or twin bedding, marble or stone bathrooms and heated floors. To see details of the special rate which includes cooked breakfast visit <https://www.thebookingbutton.com.au/properties/quambydirect> and enter promo code TWC1920. We will provide a transfer to Entally Lodge for your trip departure on the morning of day one.

**Entally Lodge - our walking base:** Located near the small township of Hadspen, just a 10 minute drive from Launceston's CBD makes it the perfect accommodation prior to your walk. Entally Lodge has 20 newly renovated King Suites with Scandinavian inspired, modern décor with ensuite bathrooms. To see details of the special rate which includes breakfast visit <https://entally.com.au/taswalkingco> and enter promo code TWC1920.

**Staying in Launceston?** Our shuttle will pick up from The Sebel Launceston at 6.45am sharp from in front of reception. Should you wish to use our shuttle please make your way to the Sebel by 6.40am so we can have an on time departure. Please advise our reservation team if you require the shuttle from The Sebel by emailing [bookings@taswalkingco.com.au](mailto:bookings@taswalkingco.com.au)

**Are there age restrictions?** The minimum age for guests walking with us is 12 years old. There are no upper age restrictions, however, for guests walking with us who are 69 or above we do require a GP to sign off on a letter we provide.



## Fitness Training

Multi-day bushwalking/trekking/tramping/hiking is a unique physical activity as it involves endurance, joint stabilisation and strength. Being physically prepared ensures that your experience will be enjoyable. We recommend that you undertake some hiking-specific training in the lead-up, ideally starting 6 months in advance to allow your body time to become conditioned.

Hiking-training is more than just regular walking; your body needs to be prepared for not only the duration of the trek, but also the uneven terrain, undulating hills, pack weight and slippery surfaces. Adequate training months before the trek begins will ensure you are skipping around the hut at the end of the day with a smile on your dial.

### 6 months before your walk

If you have limited experience with long-distance treks, ideally you will get started with your training as soon as possible. We recommend starting with a more moderate training program, and gradually increasing the length/difficulty/duration of your walks.

#### IDEAS:

- / Try parking your car further from work and walking to/from, then every second day increase the distance you park your car from work
- / Getting off your bus a stop earlier and walk the extra distance to work
- / Short bush walks or coastal strolls on the weekend
- / Encourage a friend or family member to walk with you to increase motivation
- / Record distance and duration each day that you walk. Aim to increase either distance or duration each week

## 5 months before your walk

As you become conditioned and can comfortably walk for 30mins to 1hr every second day (3-4 days per week), it is time to start challenging your cardiovascular endurance by adding hills and stair climbs to your weekly routine. Try to find routes that allow you to walk on uneven ground, as this will help strengthen the muscles of your lower limbs. Start by walking at a relaxed speed up the slope or stairs for the first two sessions (record the time it takes you). Focus these sessions on relaxed breathing and your technique (standing up straight, engaging your bottom muscles as you push through your heels when ascending stairs). Each session following try to increase your pace (decreasing your recorded time).

If you haven't already, start "breaking in" your hiking boots to prevent blisters and determine whether your boots are the right fit and feel. If your boots are more than 10 years old there is a good chance the glue will have deteriorated and they will fall apart. It's better to find this out on your training walk than in the middle of the Tasmanian wilderness!

Stability is essential for injury prevention when hiking, especially when carrying a backpack. This includes stability around your spine and pelvis and your more distal joints such as knees and ankles. Therefore balance, yoga and/or pilates based exercises should be added to your training.

### IDEAS:

- / Single leg balances, keeping a micro bend in your knee
  - / Advance single leg balance by standing on a rolled towel, foam mat or pillow
  - / Barefoot beach walking on soft sand for ankle stability
  - / Pilates based abdominal exercises (various depending on starting level)
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## 4 months before your walk

On your Cradle Mountain Huts Walk, you will be carrying between 7.5-10kg, so we strongly recommend that you start wearing a backpack on your training walks. Start with a lighter backpack (~5kgs) and gradually increase the weight of your pack.

### IDEAS:

- / Start to add a longer walk ~2hours at least once a week; this includes wearing hiking boots and carrying a pack
- / Soft sand walking
- / Walking on dry riverbeds
- / Alternating training walks with selected focuses e.g. Mon= hills, Wed= intervals of increased pace, Fri=distance



No doubt you are starting to discover new muscles and feeling a little tight and stiff. Adding a gentle stretching program (after you have warmed up) will aid in injury prevention. Aim to stretch major muscle groups such as hamstrings, quadriceps, buttocks and calf muscles. A gentle stretch of the muscles should be felt and pain should never be produced. Hold each stretch for at least 30 seconds and avoid bouncing movements.

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### 3 months before your walk

Map out a 7km hike in your area consisting of average hills and flat surfaces. Time how long it takes you to walk this distance (wearing hiking boots and backpack). Complete this hike once per week in conjunction with your other walking. Each week, add an extra km to your hike. By the end of the month the goal is to walk 10km comfortably. This hike is a good chance to practice with all the gear that you intend to take on your actual hike. This will enable you to work out where things are best located in/on your pack for your individual preference. Now is also good time to add in more strength based exercises.

#### IDEAS:

- / Squats (feet are hip width apart, body weight in your heels). Advance by added weights in each hand or increasing repetitions
  - / Lunges (alternating legs in front, protect your knees by making sure front knee does not come further forward than your ankle, keep torso up straight). Advance by increasing repetitions, adding weights in hands or walking lunges
- 

### 2 months before your walk

The trekking tour is getting closer and now you are comfortable walking on different surfaces at different intensities. On the actual hike, you will be required to walk long distances on consecutive days in all weather conditions. Aim to walk 30mins-1 hour every day of the week, despite the weather (in addition to your weekly 7km hike).

Continue carrying your backpack that you will actually need to carry on the trek. Ideally by the end of this month you will be able to comfortably carry up to 10kgs on all your training walks.

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### 1 month to go!

This is your “tapering” month, we recommend reducing the intensity of your training in this last month to avoid a burnout. The idea is to keep walking regularly, but decrease your intensity e.g. slower pace, one stair at a time rather than two, decrease your pack weight back to what you will carry on the trek. The last thing you want to do is get an injury just before your walk.

Remember to continue your strengthening and stretching exercises throughout your hike.