



Walker Tips & Tricks

Why You Are Ready For Your First Walking Tour

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Purpose of This Note

This note is for walkers contemplating a walking tour but who might be a little anxious about their capability or suitability. As your enjoyment and safety is our priority, this note will reassure you that with a little planning we know you are going to love your walking experience with us.

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Acknowledgement to Traditional Owners

We acknowledge the Traditional Owners of Country and recognize their continuing connection to land, water, skies and culture. We are privileged to live on the world's oldest continent with the oldest continuous living culture. We pay our respects to their Elders past, present and emerging. We support the Uluru Statement from the Heart.

Why You're More Ready Than You Think: First-Timers



Have you ever dreamed of exploring Australia's most iconic landscapes on foot? Think Cradle Mountain, the Grampians, or the Bay of Fire. But did you hesitate to book a multi-day walking holiday because you're unsure about your suitability, your fitness, or group dynamics. Well, you're not alone. At Park Trek Walking Holidays, we hear this concern often. And we're here to tell you: you're more ready than you think.

Our all-inclusive, guided hiking holidays are designed to be achievable, immersive, and deeply rewarding—not extreme endurance tests. Whether you're a solo traveller, a couple, or a group of friends, our tours are crafted to help you disconnect from the busyness of everyday life and reconnect with nature, space, and likeminded walkers.

Let's explore why your worries might be misplaced—and how Park Trek supports you every step of the way.

Our Tours Are Designed for Everyday Walkers

Park Trek's multi-day walking tours across Australia are carefully curated to suit people with a normal level of fitness and agility. You don't need to be a seasoned hiker or gym junkie to enjoy our trips. If you can comfortably walk for a few hours at a moderate pace, you're likely well-suited to our tours.



Cradle Mountain National Park, Tasmania: One of Australia's most iconic wilderness areas.

Our Tours Are Designed for Everyday Walkers (Cont.)



We focus on immersive nature experiences, not pushing physical limits. Our itineraries include plenty of breaks, scenic stops, and time to soak in the beauty around you. It's about wellness through walking, not racing to the finish.

Pre-Tour Support to Help You Prepare

We understand that stepping into something new can feel daunting. That's why we provide comprehensive pre-tour information to help you prepare physically and mentally. You'll receive detailed notes about the terrain, daily distances, what to pack, and how to get ready.

We also offer guidance on light training you can do in the weeks leading up to your trip—simple walks, stairs, or gentle hikes that build confidence and stamina. Many guests tell us that this preparation helped them feel empowered and excited rather than anxious.

Expert Guides Who Know When to Lend a Hand

One of the most reassuring aspects of a Park Trek tour is our experienced and compassionate guides. They're not just experts in the landscape—they're experts in people. They know how to read the group, offer encouragement, and lend a hand when needed.



Victorian High Country NP: A spectacular place to walk and immerse in our unique Alpine landscapes, flora and fauna.

Expert Guides Who Know When to Lend a Hand (Cont.)



Whether it's a tricky descent, a steep incline, or just a moment of hesitation, our guides are there to support you. They'll never rush you or make you feel like you're holding anyone back. In fact, many guests say the camaraderie and care they experienced on tour was one of the highlights of their trip.

You're Not Too Old, Too Young, or Too Slow

We often hear from people who worry they'll be the "odd one out"—too old, too young, too slow, or not fit enough. But here's the truth: our groups are wonderfully diverse, and that's part of what makes the experience so special.

You'll meet people from all walks of life, united by a shared love of nature and adventure. Many guests form lasting friendships on tour, and the supportive group dynamic is something we actively foster.

If you're worried about pace, rest assured: our tours are not competitive. We walk together, with plenty of time to enjoy the journey.

Safety and Comfort Are Our Priorities

Your safety and comfort are central to everything we do. From comfortable accommodation and nourishing meals to well-planned itineraries and expert logistics, we take



Cradle Mountain: Who'd want to miss out on the opportunity to walk for views like this? Not us, or you!.

Safety and Comfort Are Our Priorities (Cont.)

care of the details so you can focus on the experience.

Our guides carry first aid kits, communication devices, and have extensive training in outdoor safety. You're in good hands, even in remote locations.

The Reward Is Worth It

Imagine standing on a windswept clifftop overlooking the Southern Ocean or walking through ancient rainforests with only birdsong for company. These are the moments that stay with you—and they're accessible to you, even if you've never done a walking tour before.

Park Trek's guided walking holidays are about connection, not competition. Connection to nature, to others, and to yourself.

Ready to Take the First Step?

If you've been hesitating, we encourage you to reach out. Our friendly team is happy to answer questions and help you choose a tour that suits your comfort level. You might just discover that the only thing standing between you and an unforgettable adventure is a little reassurance.

Explore our range of multi-day walking tours in Australia at www.parktrek.com.au and take the first step toward a journey that's as much about wellness as it is about walking.



Rain, wind or shine, these walkers are happy regardless and camaraderie is infectious, Wilsons Promontory NP.