

GETTING WALKING FIT FOR THE COAST TO COAST PATH

How to prepare for your multi-day trek

RAW TRAVEL
ICONIC WALKS WORLDWIDE







INTRODUCTION

The iconic Coast to Coast walk traverses the breadth of Northern England. Most often it is walked from west to east due to the prevailing winds from the Irish Sea. The route starts at the small coastal village of St Bees and ends at Robin Hood's Bay on the North Sea, passing through glorious English scenery in three of the country's finest national parks: the Lake District, Yorkshire Dales and North York Moors.

This 303km walk offers unparalleled adventure and will physically and mentally challenge you while capturing your heart with its sheer charm and beauty. It will be a great help if you arrive fit at the start and comfortable with walking days of a similar distance and height gain to those that you will face.

Whether you intend to walk the full trail or smaller sections, you must test all your equipment and clothing and condition your feet and body. Something as small as a blister can be an impediment to your progress and enjoyment on the trail. Other common injuries from lack of preparation include shin splints, tendonitis, joint and muscle pain.

You need to be prepared for the reality of walking a daily average of 23km (5 to 7 hours) with a number of steep climbs especially in the Lake District. We recommend you practise hiking in a hilly or mountain environment

with the equipment you'll be using on your walk. Push yourself to do some longer days to prepare yourself adequately.

The Lake District at the start of the walk has the most challenging terrain and ascents. We provide a fully qualified professional mountain guide to walk with you for one section (we will consult you to determine which days best suit you). Your Lake District guide will orientate you to the local conditions, including how to keep safe on the fells, map reading and navigational skills.

We recommend that you start a training program at least 3 months prior to your departure. Also make sure that you and your equipment can cope with changing weather conditions: depending on the time of year you will likely encounter ever-changing weather. Australian national parks offer a great variety of terrain for training to help prepare you for what's in store on your Coast to Coast adventure.

This guide is jam-packed with expert advice and tips, along with basic training concepts, which you can integrate into your daily life and modify to suit your preferences, current fitness level and trip length.

Happy training!
RAW Travel



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WHAT'S IT LIKE UNDERFOOT?

Trip grade: Moderate to Challenging

The late Alfred Wainwright (England's best known writer of walking guides) created the Coast to Coast walk by joining together a series of public footpaths, bridleways and rights of way. You will cover a variety of ground underfoot, mostly farmland and fields, but also some rocky and boggy sections. This is why we love the walk!

Typically the mountain sections of the Coast to Coast run on single-track paths and at times there are steps but mostly the walk is on natural terrain with some sections on sealed country lanes. Unless you're walking in winter you will typically not find snow on the mountains and mud will be a more common factor.

The route is a delightful slice of British scenery, history and culture and those who complete it are rewarded with a wonderful sense of

achievement. One of our favourite things is the variety of stiles and gates you will climb through/over around and close, shut, open, unlock and lock...it's fun! The highest section is Kiddy Pike (795m) in the Lake District.

Signage is sporadic on this walk so you should have some experience walking in a mountain environment and be comfortable using a map and guidebook. A compass and the skills to use it are also essential especially on high ground if the clouds close in. Navigation in the tougher stages of the Lake District can be tricky especially when visibility is poor. Your Lake District guide will help hone your skills to assist you with navigation and route finding.

You will need to carry water with you on this path. Don't be tempted to fill up from streams in lowland areas as pesticides and fertilisers can be present; it's safer to fill up from taps or high mountain pools and becks.



ESSENTIAL EQUIPMENT

- **Hiking poles** – there many steep ascents and descents; the poles will give you extra stability, especially when it is wet.
- **Good wet-weather gear and boots** – bring waterproof boots (no trainers) and a waterproof, breathable jacket, over-trousers or gaiters.
- **Mobile phone** – if you are on a self-guided trip you should carry a mobile phone with international roaming or buy a local SIM card.

- **Maps and compass** – maps will be provided by RAW Travel, along with a guidebook. Consider an old-fashioned compass if you don't have a GPS – they don't run out of batteries.

See the *Coast to Coast Destination Guide* on our website for a full packing list.

<https://rawtravel.com/destinations/coast-to-coast/>



COAST TO COAST PATH DESCRIPTION

For the full route allow 19 days in total: 17 days of walking, plus rest day and arrival and departure days. RAW Travel can adapt some of the walking days to suit your timeframe and ability so that the trip matches your desired length.

See our Coast to Coast website trip pages for the full itineraries: <https://rawtravel.com/destinations/coast-to-coast/>

Note: Hours of walking are approximate.

Stage 1: St Bees to Ennerdale Bridge (22.5km, 6 to 7 hours)

Total ascent 780m / descent 665m

Leave the coast and head into the hills via the coastal walk to St Bees Head. The route passes through farmland, villages, moors and woods before descending steeply to the gateway of the Lakes District.

Stage 2: Ennerdale Bridge to Rosthwaite (24km, 7 hours)

Total ascent 765m / descent 785m

A long scenic day; you'll pass through the area that records the highest rainfall in England.

Stage 3: Rosthwaite to Grasmere (14.5km, 6 hours)

Total ascent 750m / descent 760m

Paths, fields, and a steep climb before heading into the high country at the heart of the Lake District.

Stage 4: Grasmere to Patterdale (13.5km, 5 hours; add 3km and 2 hours if including alternate routes)

Total ascent 900m / descent 805m

A vigorous and great day's walking ahead if you choose the high route over one of the Lake District's most famous peaks.





**Stage 5: Patterdale to Shap
(25km, 7 to 9 hours)**

Total ascent 1174m / descent 1009m

A long day with ascents and descents on sometimes windy trails.

Stage 6: Shap to Orton (13km, 4 hours)

Total ascent 535m / descent 655m

A change of scenery: limestone escarpments, moorland, pasture and scattered farmhouses.

**Stage 7: Orton to Kirkby Stephen
(20km, 5½ hours)**

Total ascent 535m / descent 409m

Up and over wild moorlands into one of the least populated parts of England; a longer day but with easy gradients.

**Stage 8: Kirkby Stephen to Keld
(21km, 6 hours)**

Total ascent 780m / descent 575m

A climb up to the wild moors of the Pennines, the spine of Northern England. The walk goes over high and boggy ground with patchy waymarking, with the moors becoming increasingly gentler.

Stage 9: Keld to Reeth (18.5km, 5 hours)

Total ascent 838m / descent 911m via the higher route

There is a choice of routes and in poor weather the lower level walk is a pretty alternative route to the high route via the mines.

**Stage 10: Reeth to Richmond
(18km, 5 hours)**

Total ascent 395m / descent 510m

This stage takes you into the Yorkshire Dales. Expect woodland tracts and lovely villages.

**Stage 11: Richmond to Danby Wiske
(22.5km, 5½ hours)**

Total ascent 138m / descent 261m

A day of mostly rural walking; includes the longest stretch of road walking along quiet country roads.

**Stage 12: Danby Wiske to Ingleby Cross
(15.5km, 6 hours)**

Total ascent 247m / descent 337m

Mostly road walking through rural areas and the lowest point of the Coast to Coast.

**Stage 13: Ingleby Cross to Clay Bank Top
(20km, 5 hours)**

Total ascent 977m / descent 812m

Enter into the wide open spaces of the North Yorkshire Moors; expect a steep climb and a succession of hilly ascents and descents.

**Stage 14: Clay Bank Top to Blakey Ridge
(13.5km, 4½ hours)**

Total ascent 406m / descent 120m

A walk up into the moors.

**Stage 16: Blakey Ridge to Egton Bridge
(18.5km, 4 hours)**

Total ascent 265m / descent 616m

Come down off the high moors and into idyllic countryside and villages.

**Stage 17: Egton Bridge to Robin Hood's Bay
(28 km, 7 hours)**

Total ascent 775m / descent 770m

A long day with many highlights, and ups and downs. The trail climbs steeply before crossing heather moors and small townships, then it's 5km along the pretty coastal cliff path to Robin Hood's Bay.



HEALTH BENEFITS OF WALKING

Walking makes life better. Walking is good for your health, good for the environment and good for your soul.

Regular walking can have a powerful effect on your health, and it might even help you live longer. Walking can boost your immune system and keep your heart strong, reducing your risk of heart disease in the long-term by lowering blood pressure, cholesterol and blood sugar levels. Walking also aids digestion and helps maintain bone density, flexibility, balance and a healthy weight.

Walking improves energy levels and sleep quality, and reduces stress and anxiety. It's good for your brain, too. It can improve

memory, concentration and creativity. It gives you a chance to think, and can be a kind of meditation.

BENEFITS OF EXERCISING IN NATURE

- Fresh air has more oxygen
- Greenscapes raise serotonin levels
- Primal regions of our brain and psyche are triggered
- More sensory stimulation
- Increased feelings of wellbeing
- Increased vitamin D levels from sun exposure helps optimise hormone balance.





GETTING STARTED

Getting physically prepared for your trip is all part of the experience and one that you'll benefit from long after you're back home.

Walking is one of the most natural things to do, so you may feel that you are already in good enough shape. However, our longer treks involve walking for many hours over successive days carrying a daypack, which is likely very different to your current walking schedule.

We recommend that you undertake a training program according to your level of fitness for at least 3 months leading up to your departure. Regular exercise prior to the trip will allow you to build your fitness steadily so that you will enjoy and complete the trip with a smile and energy left over.

Moderate activities such as walking pose little health risk but before starting any new exercise program we recommend that you see your doctor for a check-up, particularly if you have a medical condition, are aged over 40 years, are overweight or haven't exercised in a long time.

You might find it hard to get going at first but after a few weeks you will notice a big improvement, which can be very motivating.

Here are some tips to get you started.

- Plan a schedule and stick to it as closely as possible.
- Track your progress. Download a recommended walking app (see p29), wear a pedometer or keep a journal.
- Involve your family and friends on your longer walks or join a walking club.
- Mix up your training activities so that you don't get injured or bored.
- Include other forms of exercise, such as swimming, bike riding, or the step machine at the gym.
- Be mindful of what you eat (see p24)

As well as your training walks, try to build extra walking into each week. For example:

- walk instead of driving to the local shops.
- walk the dog, or your neighbour's dog.
- find a steep set of stairs and climb them several times.
- if you catch a bus or train somewhere, get off one stop earlier and walk.



TRAINING ESSENTIALS

Regular 5km walks around your local park plus some gym sessions will not adequately prepare you physically or mentally for 25km a day, up and down hills. Whenever possible, walk on trails or grass rather than concrete to help absorb the impact. Walk for time, not kilometres.

FIND SIMILAR TERRAIN

It is important to train on terrain that is similar to what you will encounter on your trip. For example, if your trip involves 5 to 7 hours a day of walking on rugged trails, you need to complete walks of a similar distance on comparable terrain.

MIX IT UP

Don't limit your walking to prepared or cleared trails. Practise walking on uneven ground (rocky, muddy, tree roots etc), as well as uphill (ascents) and downhill (descents).

There is a significant mental toughness required for long days of trekking, so make sure you include full days (and preferably multi-days) in your training.

RAIN, HAIL OR SHINE

Practise training in different weather conditions, too, and at different times of the day. Accept that at some stage during your

training you might feel tired, sore or cranky, but it will pass. Acknowledge it, but don't overthink it.

TEST ALL YOUR EQUIPMENT

During your training walks it's vital that you test all the equipment and clothing that you'll be using on your actual walk, not just your boots, as you may find some things uncomfortable over long distances such as velcro and zips. Get used to carrying your daypack on long walks and try a walking pole. Remember to carry adequate water, nutritious snacks, a basic first aid kit and anything else you might need to keep you comfortable and happy, such as a hat, sunscreen, insect repellent or a jacket.

DRINK LITTLE AND OFTEN

If you feel thirsty while out walking your body is already in the early stages of dehydration. Drink little and often. For longer walks, add powdered electrolytes to your water to help replace lost body salts and help aid your recovery. Backpacks with built-in water bladders make it easy to stay hydrated and are a good alternative to carrying water bottles. They cut out the need to stop every time you need a drink. Being able to drink smaller amounts of water more frequently also eliminates that feeling you get when you drink too much water all at once.



HOW TO TRAIN

In order to build stamina and strength you need to divide your training program into different phases. To start, you will need to build a good foundation (base) so that you can safely go a bit harder later on. Our bodies get used to physical activity, so as your fitness levels improve you can increase the intensity and duration of your walking.

These are the common phases of most good training programs:

- Build a good base (foundation)
- Increase your distance
- Reach your peak
- Reduce your training
- Rest

Start by taking short (1 hour) walks 2 or 3 times a week, wearing the boots and clothes that that you will be using for the trek. This will improve your aerobic fitness. If you have not been walking on a regular basis you will benefit much more from taking several 1 hour walks as opposed to one really long walk.

After a couple of weeks, increase the pace during your walks so that you are breathing

hard and able to speak only in short sentences. This is good for fat burning and improving lung capacity.

Build up to regular longer walks (2 hours) at least twice a week. When you are comfortable completing a number of shorter walks each week, test yourself with a 3–5 hour walk over hilly terrain through bushland. Remember to carry water and take a few rest breaks.

If you are an inexperienced walker, you will benefit from including plenty of full-day (and preferably several multi-day) training walks in your schedule.

When you can comfortably complete a training walk of 6–7 hours, including rest breaks, start completing some long-weekend hikes of 15–20km both days across the most difficult terrain you can find. (See the national park list on p29.)

A week before your departure, recover. Let your body and muscles rest in anticipation of the challenge.

HOW TO RECOVER MORE QUICKLY

A key to multi-day hiking is the ability for your body to recover quickly. Having good flexibility assists hugely in speeding recovery. Find a set of stretching exercises (see p17) and start to incorporate them into your training regime. You will find that not only do you feel stronger, and recover more quickly, but the habit will extend to maintaining the stretching routine during your walk, which will make all the difference to tiredness and muscle recovery day after day. Stretching *after* exercise is the best time to stretch, not before.

DISCLAIMER

RAW Travel does not accept any responsibility for death or injuries caused by any information contained within this guide. All information is provided in good faith. You should consult your doctor before embarking on any program of physical activity.





SAMPLE TRAINING PROGRAM

The table below shows the bare minimum that you should be training. You will need to add full-day and multi-day walks to this training schedule. The more training you do and the better prepared you are, the more you will enjoy your walk. Some people find their walk harder than expected, so please make sure you read and follow the specific fitness advice provided by RAW Travel in relation to your specific trip.

Aim to do three walks per week plus a few cross-training sessions, eg, swimming, gym workout/group fitness class or bike riding. Cross training, along with regular stretching, will reduce your risk of injury and keep the training interesting. It's particularly important

for beginners who are just starting to build their strength and endurance.

Although walking is mainly a cardiovascular activity, to keep going for long periods requires total body strength, so you should also consider a weights program that will strengthen your leg, neck and shoulder muscles, as well as your core.

Plan a systematic approach to your fitness and, if available, use a gym. The step machine is great for preparation. Ask a fitness trainer to design an exercise program for you. This can make a big difference and you can achieve amazing results.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Weeks 1 to 4	1 hour walk	Rest	1 hour walk	Cross train	Rest	2 hour walk	Rest
Weeks 5 to 8	1-2 hour walk	Cross train	1-2 hour walk	Rest	Rest	2-3 hour walk	Rest
Weeks 9 to 12	Rest	1-2 hour walk	Cross train	1-2 hour walk	Rest	3-5 hour walk	Rest



WARMING UP & COOLING DOWN AFTER WALKING

The best way to warm up is to walk slowly. Start off each walk at a leisurely pace to give your muscles time to warm up, and then pick up the speed. Afterwards, gently stretch your leg muscles – particularly your calves and front and back thighs. Stretches should be held for at least 20 seconds. If you feel any pain, ease off the stretch. Don't bounce or jolt, or you could overstretch muscle tissue and cause microscopic tears, which lead to muscle stiffness and tenderness.

BASIC STRETCH ROUTINE

Hamstring (back of thigh)

- Cross your right foot over your left.
- Bend forward from your hips and keep your back straight and your hands pointing down towards your toes.
- Lean forward until you feel the stretch down the back of your left leg. Do not bounce.
- Hold for 20 seconds.
- Repeat with the other leg.

Quad (front of thigh)

- Standing on your left leg hold your right foot in your right hand behind your backside.
- Hold your stomach in and gently push your hips forward until you feel the stretch down your right thigh.
- Hold for 20 seconds
- Repeat with the other leg.

Calf

- Put your hands on a wall at shoulder height.
- Stand with your right leg forward, foot flat on the floor.

- Extend your left leg straight back, placing your heel flat on the floor. Don't bend your back knee.
- Bend the front knee and lean into the wall until you feel a stretch in the straight leg.
- Hold for 20 seconds.
- Repeat with the other leg.

Hips

- Stand with your feet at shoulder width apart and put your hands on hips.
- Keeping your head still, rotate your hips clockwise 10 times and anti-clockwise 10 times.
- Repeat 3 times.

Standing stretch

- Stand with your feet together.
- Place your hands together and reach as high as you can.
- Hold for 10 seconds, relax.
- Repeat 3 times.

MASSAGE

Self-massage and a foot soak is a great way to loosen tight muscles and get rid of lactic acid after a long training walk. If you Google 'self-massage techniques' you'll find lots of useful instructions, tips and videos online.

If hiking soreness is a routine problem, invest in a deep tissue or sports massage. A therapist can tailor the massage to your needs and comfort level. Always drink a lot of water after your massage.

If you don't like the way you feel post-walk, invest time in working out what the cause is and fixing it. Listen to your body and adjust your stretching, technique or equipment.

BUYING THE RIGHT BOOTS

There are many good makes of hiking boots. Finding the right make and model comes down to the fit on your foot. For comfort and safety, boots must be waterproof, have a good sole with good grip (look for Vibram or a similar recognised mark such as Contagrip), provide ankle support and be lightweight.

Remember that your feet can swell as much as half a size as the day progresses, so buy your boots in the afternoon.

1. Buy the right style of boots for you

Whether to go for full leather boots or lighter-weight fabric and Goretex is up to you – it's personal choice. Think about the weather and what it will be like underfoot when you are trekking – technical routes with snow, slippery forest trails or flat, paved paths?

2. Choose boots that are the right length for your feet

Boots should give you about 1cm or one thumb-width (whichever is greater) between your toes and the front of the boot, and fit perfectly everywhere else – the heel, width, and so on. This rarely happens. The golden rule is to never accommodate another part of your

foot (narrow heels, slim ankles) by choosing a smaller size and pushing your toes too close to the front of the boot. Your toes will be in agony squeezed up against the boot.

3. Prioritise toe room when buying boots

Many boots have too much volume around the heel and/or ball of the foot, so experiment with heel gel pads and/or insoles to take up the volume. You can also do this if you have already bought a pair of boots and are finding they have a little too much room around the ankle or ball of the foot.

4. Try the boots going uphill and downhill

If possible, test the boots outdoors, or at least on a proper boot-trying ramp with an uneven surface/stones etc. Good outdoor retailers usually provide one of these.

5. Wear the same socks you prefer to wear for hiking

There are all sorts of opinions on socks so you need to decide what works for you. Take your own socks with you. Don't rely on the testing socks in the shop: they usually bear no resemblance to the socks you'd wear on a trek.





6. Ask the shop assistant to explain the lacing system

This is really important. If they don't have a clue, either take a friend who is a regular hiker with you, or shop elsewhere.

7. Look after your boots

Fabric boots usually need gentle scrubbing. Never use detergent, only tepid water or very mild soap flakes; detergent can ruin your waterproofing and is very difficult to rinse off. Then they will need respraying or recoating with Goretex-suitable waterproofing, at least once a year.

Leather boots need slightly more work – continual applications of a suitable leather/ nubuck cream or wax after every few hikes. They also need treating after you get them out of the cupboard if you haven't used them in a while (and ideally before you put them in the cupboard, too).

8. If you get soaked, dry your boots slowly and carefully

Never apply too much direct heat – don't put boots on radiators, or too close to roaring fires. Be very careful with the hot-air blowers

designed for ski-boots – don't have them on too high a setting and don't leave your boots on them for more than a couple of hours. It is better both for the longevity of your boot and the state of your feet to dry them slowly, even if it means they aren't 100% dry the next day, than to blast them and end up with hard crinkly boots which no longer fit your feet as well.

9. Store your boots properly if you aren't using them regularly

Storage itself can age and damage boots. Don't just assume you can take your old favourites out of the cupboard and wear them on a trek without checking them over. In the case of leather boots, they will need a pre-use treatment with suitable wax or cream. For all boots (especially if you live in a hot humid zone) check that the sole isn't becoming detached from the upper.

10. Check the grip on the soles of your boots

Regardless of the state of the uppers, if you have worn the soles down to the point where there is little grip, you either need them re-soleing (proper Vibram or similar soles, no compromises) or you need new boots.







PREVENTING BLISTERS



The key to preventing blisters and avoiding unnecessary pain is to eliminate friction. Different things work for different people, but one thing's for sure: blisters can be prevented with a little bit of effort.

Here's a range of blister prevention strategies for you to test on your training walks.

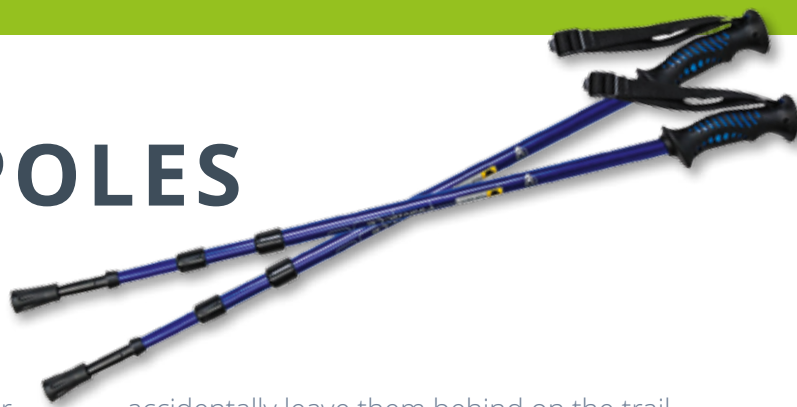
1. Buy comfortable, well-fitting walking boots (see p18).
2. Toughen up. Condition your feet by walking, gradually building intensity, pace and distance. Remember to moisturise your feet with a good quality foot cream after showering.
3. Adjust your laces during your walk so that your shoes fit just right. Foot swelling and different temperatures and terrain will affect the fit of your boots.
4. Slather your feet thickly with a lubricant like Vaseline. You'll need to reapply it, and it doesn't wash easily out of socks.
5. Put cornflour or talcum powder in your socks to keep your feet dry.
6. Keep your toenails short.
7. Invest in good socks. Use moisture-wicking socks and consider double-layers. Experiment with the thickness of your socks, and change them whenever your feet get wet.
8. Apply tape (such as Fixomul) or dressings to reduce friction. It can be difficult to perfect the technique and can be time consuming, so you'll need to practise.
9. Always carry blister pads in your daypack. The cushioned gel pad immediately reduces pain and promotes fast healing. You can even use them to prevent blisters.
10. See a podiatrist if you think the way you walk might predispose you to blisters. You might need orthotics.

BLISTER TREATMENT

Broken blisters that are leaking fluid should be disinfected and bandaged. Unbroken blisters that are painful should be pricked with a sterile needle and drained. Small blisters that are not painful should be left alone because the best protection against infection is the blister's own skin. These will heal by themselves and will be reabsorbed in a few days. If you do have blisters, shower in the evening to allow your feet to be fully dry when you dress them and set off in the morning.



TREKKING POLES



Trekking poles lessen the pounding on your precious joints and can help reduce muscle soreness. They will give you a feeling of security and balance on narrow or rocky trails and can help prevent ankle and knee injury on steep ascents and descents. This allows you to more fully appreciate the views around you. They are also helpful if you get tired or injured.

Trekking poles can be beneficial if you have had issues with sore knees, ankles or hips, or are not used to walking with a backpack.

Trekking poles are not needed on all RAW Travel trips, especially if the terrain is fairly flat. They really come into their own on steep terrain. If in doubt, ask one of our Destination Specialists whether you will need them for your particular walk.

Used correctly, trekking poles take between 10 and 15% of the load from your lower body and redirect that load to your shoulders and upper arms, meaning there is a more even load distribution over your frame. This will significantly help your joints, especially over an extended walk of several days.

If you suffer from arm or shoulder joint issues you may find that trekking poles exacerbate these. It's still worth trying poles, however, as you are likely to find the benefits outweigh the disadvantages.

Trekking poles are good for burning extra calories as they make you exert yourself more than usual and they do a fantastic job of taking the strain off your lower body, but they will not make you fitter. There are no short-cuts to getting walk-fit, so don't use them as a way to skimp on your training.

WHAT TYPE OF TREKKING POLES SHOULD I BUY?

You can spend a small fortune on trekking poles but it's not necessary. Cheaper poles will probably be more robust, and if you

accidentally leave them behind on the trail, you won't be so upset.

There are three main decisions to make when buying poles:

1. Do I want spring-loaded for shock absorption?

Spring-loaded shock-absorbing poles (such as the original Leki poles) are heavier than the 'normal' ones and are a little trickier to re-thread if they come undone. They are, however, very useful for people with particularly troublesome knee or ankle issues.

2. What type of locking mechanism do I want to hold my poles in place once I have extended them for use on a hill?

You will need to adjust the size of your poles when going from uphill to downhill and vice versa, so you need to be able to adjust your poles quickly and efficiently.

Generally, poles consist of three separate sections which slide down and fit together for ease of carrying, but can be extended for walking. Overall, we favour a simple metal or plastic lever at the two pole extension points because they are easier to use with cold/wet/gloved hands and often simpler to adjust if they start to get a bit loose.

However, trekking poles with the original twist-lock system are absolutely fine when you get used to the mechanism.

We are not huge fans of the pop-up metal stud fastenings. They can be problematic in very cold weather and are a bit fiddly to use.

3. How tall am I and how long do I need my poles to extend to?

If you are tall be aware that some lightweight/compact poles only extend to 125cm (or sometimes even less!). Look for poles that extend to 130 or 135cm.

FUELLING YOUR BODY WITH PROPER NUTRITION

What you eat and drink is just as important as your physical training. When you are training, a good diet can help you get the best fitness results.

HOW TO SUSTAIN ENERGY THROUGHOUT THE DAY

Blood sugar (aka glucose) provides the energy that keeps your brain buzzing and your heart ticking, and all your other muscles and organs functioning nicely.

If you eat a varied diet and regularly throughout the day, you'll be able to keep your blood sugar within the normal range, giving you sustained energy during and after training. Good nutrition will also allow your body to recover and repair each day.

When you don't fuel your body properly, your blood sugar can plummet and you can experience a range of unpleasant symptoms, from a mid-morning/afternoon slump, to headaches, agitation and crankiness.

Preventing a sugar crash is fairly easy if you take greater care with your carb intake and change a few other habits, too. Focus on including a mix of complex carbohydrates, good fats and some protein.

Remember also that exercise can drag your blood sugar down, so you need to compensate for some of the calories your body is using up.

Here's some good tips to help you sustain your energy levels while you are training.

- **Start with breakfast.** Include protein and a little fat at breakfast, both of which delay the absorption of sugar into the blood, take longer to digest and make you feel fuller than eating carbohydrates alone. Try pairing orange juice with eggs, muesli or a dense wholegrain bread with peanut butter.
- **Take the same mix-and-match approach to lunch, dinner, and snacks.** Meals with a combination of foods will create a slow, steady release of sugar into the bloodstream, keeping you on an even keel. Choose lean protein sources like turkey breast, fish, chicken, cottage cheese and legumes.
- **Don't let yourself get too hungry.** Going hours without food sets you up for a sugar-heavy snackfest. Try and eat every 2 to 3 hours. Snacks like nuts with dried fruit are easy to carry and will boost and sustain your energy levels.
- **Stay well hydrated.** Dehydration can have a major effect on mood and exercise performance, so be sure to drink water before, during and after you exercise to stay well hydrated. People require different amounts of fluids during exercise and the best gauge is the color of your urine. If this is concentrated – you are not drinking enough!

If you have dietary issues such as diabetes it's important to understand how your body performs under physical stress. If you have particular dietary requirements such as a coeliac disease or being vegetarian, it is best to prepare for this and take packaged snacks from home so you can ensure you have a good supply for the road.





CARBS, FATS AND SUPPLEMENTS

Carbohydrates

Carbohydrates are the key to sustained energy when you are walking on a trail. Carbs will give you fast fuel, so eat wholegrains before your walk and snack on boiled eggs, bananas, protein balls, or trail mix. Your body only stores limited amounts of carbohydrates, so it's essential to replace them. Plan when you'll eat. It's often hard to replenish carbohydrates once you've 'hit the wall'.

Good fats

You only need a small amount of dietary fat, so you don't need to increase it during training. Not all fats are created equal. Avocado, nuts and seeds are a great source of good fats.

Green powder supplements

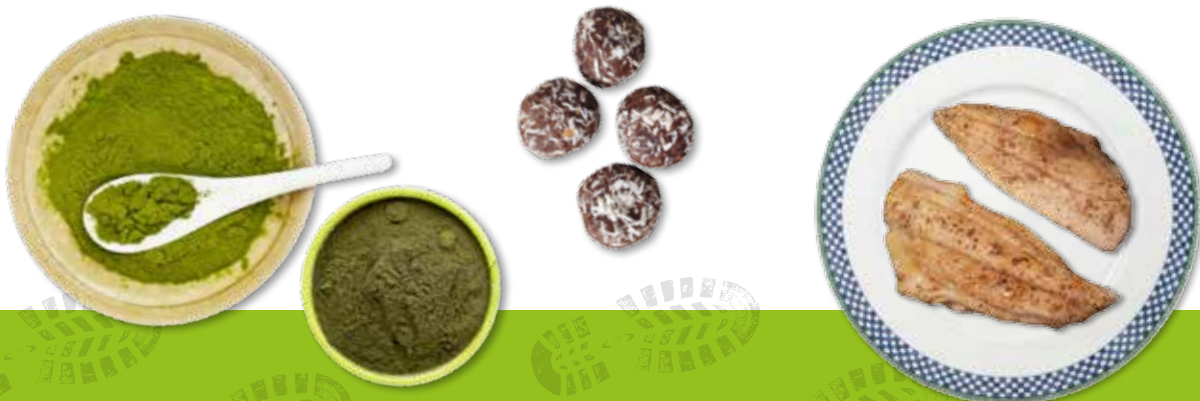
In an ideal world we would all eat organic food, drink purified water and breath clean air, but because we don't there is a place for green supplements in a healthy diet. Green

powder supplements offer all the vitamins and minerals of a multi but with added nutrients such as probiotics, prebiotics and disease-protective antioxidants. Green powders were once the domain of health-food stores, but you can now buy them in supermarkets and chemists. You need to take the recommended dose consistently to get any health benefits.

MORE USEFUL TIPS

- **Practise drinking water and snacking while walking.** During training it's a good idea to drink water and snack so that you know how your body responds to food and fluid during activity.
- **Always carry food (and of course, water) with you, just in case.** Find out what's available to eat when you are on your trip. If you need advice, ask our Destination Specialists for more information.

Overall the main aim is for you to enjoy the destination you are visiting and also experience some of the many culinary highlights our destinations offer.



LOCAL RAW TRAVEL TRAINING WALK

CHALLENGE YOURSELF ON THE GREAT OCEAN WALK

Victoria's iconic Great Ocean Walk (105km) is perfect for a training walk. Many people complete this walk (or a section of it) to test their gear and endurance.

Beginning at Apollo Bay, this walk stretches through the rainforests of the Great Otway National Park to the majestic Twelve Apostles. The walk progresses from 'mild' to 'wild' walks as you head further west.

This walk is achievable by anyone who has a reasonable level of fitness. The winding track follows the contours around the coastal headland and along isolated beaches, and well-marked tracks that have been constructed with safety in mind. Some sections involve walking through forested areas where the track is firm underfoot, while others can be muddy

depending on the weather conditions. You can expect to walk between 4 and 7 hours per day, with regular stops for refreshments and to take in the natural beauty.

Along the route there are various pull-out points where you can leave the track early if you don't feel like continuing. Our driver will meet you and take you back to your lodgings where you can relax.

On the Great Ocean Walk we offer both guided (3-7 days) and self-guided options (choose your own departure date, depending on availability of accommodation).

Find out more:

www.rawtravel.com/destinations/great-ocean-walk/



MORE TRAINING INSPIRATION & RESOURCES

NATIONAL PARKS

We highly recommend training in some of our beautiful national parks. If you are not sure where your closest national park is, check out the list below. You can usually download maps of popular walking trails before you go.

ACT: www.environment.act.gov.au/parks-conservation/parks-and-reserves

NSW: www.nationalparks.nsw.gov.au

Northern & Central Australia: <https://nt.gov.au/leisure/parks-reserves/find-a-park-to-visit>

Queensland: www.qld.gov.au/recreation/activities/parks/

South Australia: www.environment.sa.gov.au/parks/Home

Tasmania: www.parks.tas.gov.au/?base=236

Victoria: <http://parkweb.vic.gov.au>

Western Australia: <https://parks.dpaw.wa.gov.au/park-finder>

New Zealand: www.doc.govt.nz/parks-and-recreation/places-to-go/national-parks/

BUSHWALKING AUSTRALIA

www.bushwalkingaustralia.org/

Bushwalking Australia is a Federation of State-based peak-body organisations who in turn have clubs and individuals as members. Their website has lots of useful resources and links.

OUTDOORS AND ADVENTURE GROUPS

www.meetup.com

Meetup brings people together in thousands of cities to do more of what they want to do in life, including walking. Simply sign-up to find out what's happening near you.

MAPMYWALK (APP)

www.mapmywalk.com/app/

When you use the MapMyWalk app while walking it tracks where you are going and then produces a map. You can share that map publicly or with just your friends or not at all. It's the maps that make this app stand apart from something like Fitbit. If you are looking for a place to walk in an unfamiliar area, you can go into MapMyWalk, put in your location and see all public maps in the area. You can see the distance and elevation of each walk and any notes that might have been added. You can also keep track of the food you eat and write a daily journal.

MapMyWalk requires a GPS connection. It is free and available for both iOS and Android.

RAW TRAVEL
ICONIC WALKS WORLDWIDE