

# EAGLE'S VIEW TRAIL-JOHN FORREST NATIONAL PARK



Distance: 15km PERTH DAY WALK

**Level:** *Moderate*

**Time:** *9:30am-4:30pm*

**Cost:** *\$40 morning tea, guiding. Does not include: lunch (bring a packed lunch with you).*

This is a fabulous track that takes you to the heights of John Forrest National Park, along Jane Brook and past granite outcrops, with views over the Swan Coastal Plain below. The Eagle View Trail is a moderate 15 km circuit walk with some steep hills and rocky sections. It will take about 6 hours, including rest breaks. Fine for fit and healthy beginners.

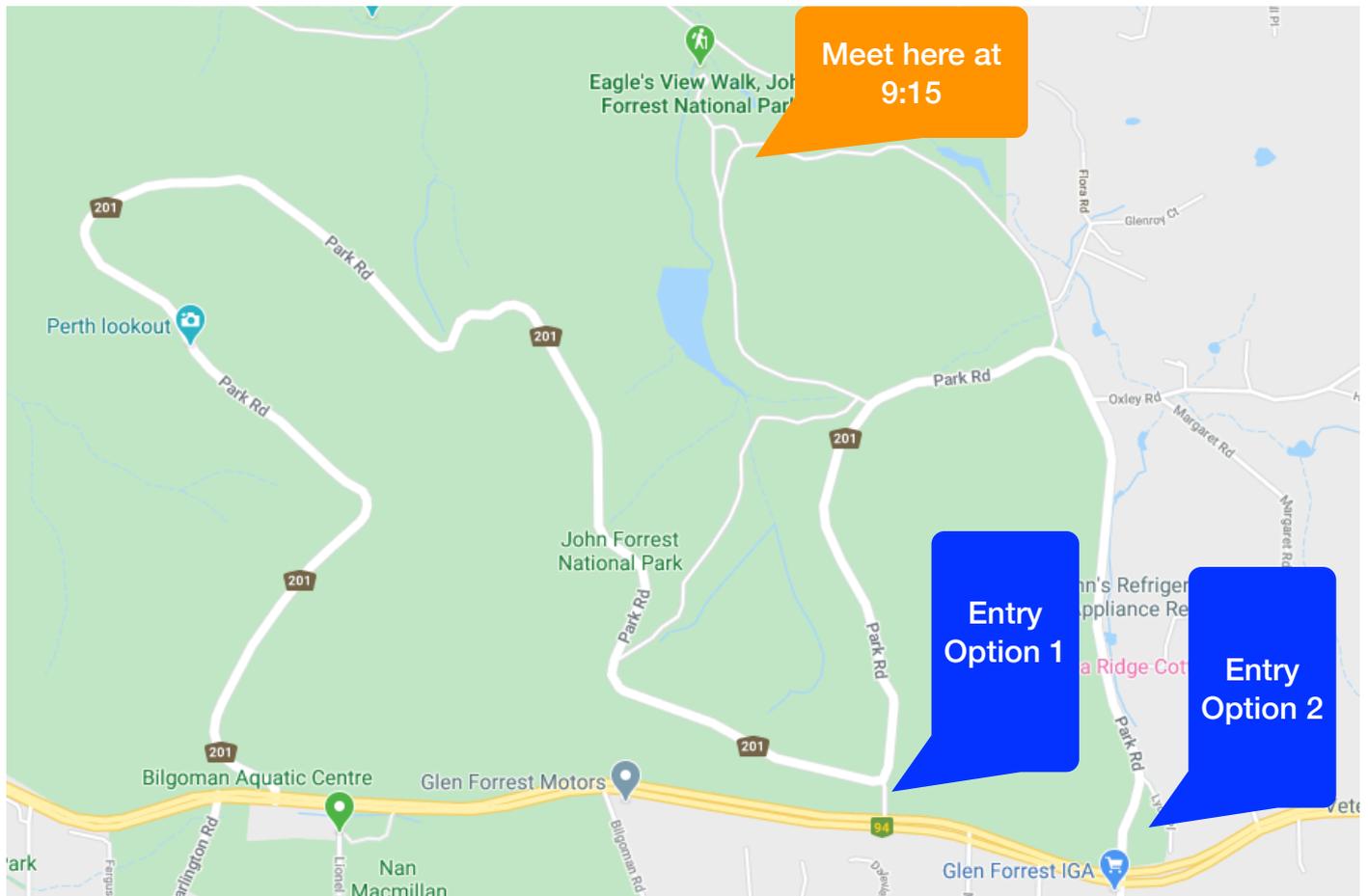
For more information check out the following blog article: <https://www.inspirationoutdoors.com.au/eagles-view-trail-john-forrest-national-park-how-hard-how-long-how-good-html/>

## 2020 DEPARTURES:

Sunday 17th May  
Saturday 27th June

**Give us a call if you have any questions!**

**08 8 6219 5164 or [walk@inspirationoutdoors.com.au](mailto:walk@inspirationoutdoors.com.au)**



## Recommended clothing and equipment

- Day-pack – with a thick waist strap to help take some weight off your shoulders. In wet weather, a waterproof cover or a bin bag to wrap your belongings in can be handy
- Shorts/long pants and long sleeve shirt for walking. Quick-dry material is best, especially for trousers. Don't wear jeans walking.
- Socks – whichever thickness you're comfortable walking in.
- Boots/shoes for walking (make sure you wear them in well – see note on footwear below)
- Windcheater or lightweight jumper for walking
- Waterproof jacket\*
- Sun protection – hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Any preferred first aid supplies – such as your favourite blister treatment! (Your guide will carry a full first-aid kit)
- Water bottle/s or camelback – 2 to 3 litre capacity
- A packed lunch

### Optional items

- Waterproof pants. Some people love them and some hate them – personally, we don't wear them but there have been times when we have wished for a pair!
- Fly net (especially for walks in warmer weather)
- Camera and charger/batteries

- Gaiters for snake bite protection are recommended unless you are wearing long pants and long socks. They're also good for keeping sand out of your shoes.
- Sock protectors (to keep sand out of your boots)
- Additional snacks– We provide morning tea but you may wish to pack some more snacks for the afternoon. e.g. muesli bars, nuts, lollies etc
- Walking poles

You might prefer to wear sneakers on your walk. They do let in a lot of dirt though and tend to wear out quite quickly on the rough surfaces of a bush track.

The main thing is to make sure you know your footwear well – try them out in a variety of terrains and do a few long walks (15 – 20km). We cannot emphasise enough that you have well worn in shoes or boots, good socks, and first aid for the prevention and treatment of blisters.

## Where do we meet on the day?

We meet in the car park near the John Forrest National Park Pools and the Ranger's hut.

If you are heading east on Great Eastern Hwy, take the second “Park Road” entrance for the most direct route. Please arrive 10 minutes early so we can get away at 9.30am

## Notes on feet!

**Footwear:** Footwear is very personal and we prefer people wear what feels comfortable. Walking shoes shouldn't be too tight, but your foot shouldn't slip around in them either. If you're buying new shoes, go shopping after a long walk so your feet are a bit swollen. The best places to buy walking boots/shoes will have some sort of ramp that you can stomp up and down on and make sure there is no pressure on your toes and heels.

Boots can provide ankle support and help keep the sand out. Some hiking boots can be quite heavy. These are great for cold weather alpine hiking but they do tend to tire your legs quicker and heat your feet. There are plenty of lightweight boots available which are great for most West Australian conditions.



**Preventing blisters:** To prevent blister formation, we highly recommend using 'fixomull' or a similar tape on heels and toes where rubbing is likely to occur – ask for it at your pharmacy. Some walkers also wear two pairs of socks to prevent blisters forming – a thin inner pair and a thicker outer pair. Others swear by Hikerswool applied between toes and over pressure points.

The principle of blister prevention is to transfer any friction, caused by the movement of your foot inside your shoe, onto the fixomull tape or the extra sock, rather than onto your skin. If you know that your feet have a tendency to blister in certain spots, tape them before you walk. We are happy to help you with this. If you feel any rubbing or a 'hot spot' whilst walking, the best thing to do is stop and do something about it. In all instances, prevention is better than cure. Blisters are very difficult to dress so as to be able to walk comfortably.

**Treating blisters:** Blister treatments vary and you may have your favourites. The second skin variety seems good, though you will also need good tape to keep it in place. Second skin treatments often have a sterile gel pack that pads and protects the blister from further friction. They can also be used as a (more expensive) preventative measure. Blister Block or Compeed are examples of this type of dressing.

A thick moleskin type plaster is also good to carry for blister treatment. Holes can be cut into moleskin to fit around a blister and a plaster put on top of that. This way there is little pressure put on the blister itself.

### Walking poles

Walking poles are very popular these days – especially the lightweight aluminium shock absorbing type. They help to take some pressure off your knees going downhill and can help you get uphill too! However, if you have good knees and strong legs you may not need them. A lot has been published about the pros and cons of walking poles – we're sure you can get the full story from the net. If you do choose them it's worthwhile practicing how to use them correctly so you get their full advantage. Try to use your arms as much as possible – by placing the poles opposite arm to leg and applying pressure as you step forward. Find someone knowledgeable in the shop where you purchase them to give you some tips. We can always help you on the day.

Stay inspired...

Like us on **Facebook** and follow us on **Instagram** so you can stay up to date with photos from the trail, competitions and tour updates.

**Facebook:** Inspiration Outdoors

**Instagram:** inspiration\_outdoors

