

Blue Mountains 4-Day Walking Tour

Terrain: Moderate/Challenging **Distance: 40km** **Duration: 4 Days / 3 Nights**

Welcome to your next adventure with Inspiration Outdoors.
Here are a few details to help you get prepared...

Pick up and Drop Off:

We depart at 8am from Sydney CBD. At the end of the tour, you will be dropped off between 5pm and 6pm. If you would like to fly out on the last day of the tour you should be able to make a flight around 8-9pm. Due to extensive road works around George St and the CBD in general we currently only have one pick-up/drop-off location.

DEPARTURES/ARRIVALS: At 8am from the Four Seasons Hotel (back entrance on Harrington St). There are multiple bus parking spots at the back entrance of the Four Seasons Hotel in the CBD, where we can stop and will meet you for the pickup. [Click here for a map.](#)

Drop off will be at the Four Seasons Hotel upon return to Sydney around 5-6pm on the last day.

Departure City: **Sydney**

Where should I stay the night prior to the tour?

With an early departure, we recommend a night in Sydney for those coming from interstate or overseas. We recommend to our guests the following hotels. All the below hotels are within easy walking distance from the pick up location.

- * Four Seasons Hotel. (This is where the pickup location is but the accommodation is relatively pricey)
- * The Russell Boutique Hotel
- * Sydney Harbour Bed & Breakfast
- * Quay West Suites Sydney

****First day reminder****

Once we pick you up it is a 2 hour drive to Wentworth Falls. We will have a lovely morning tea and quick get to know session before a walk around the falls. With this in mind please come dressed in your walking attire with your day pack and water bottles ready to go. Your luggage will be stowed in a trailer and accessible upon reaching the accommodation after your first days walk. We may also have time to stop off at a bottle shop on our way to our accommodation, otherwise we will have time on Day 2.

Give us a call if you have any questions!
08 8 6219 5164 or walk@inspirationoutdoors.com.au

Washing facilities and Internet?

There are laundry facilities and free WiFi at your accommodation..

Phone coverage?

There is phone reception at most points of cliff top walks and close to towns. Some of the deep gullies have intermittent reception. We carry satellite phones for emergencies only. If a family member or friend is unable to get in contact with you while on tour please get them to call the office on 08 6219 5164 (or 0411 813 117 out of office hours).

What should I pack?

- 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 shirts for walking – as many sets as you wish! Quick-dry material is best, especially for trousers. Don't wear jeans walking.
- Socks – whichever thickness you're comfortable walking in and as many pairs as you like
- Boots/shoes for walking (make sure you wear them in well – see note on footwear below) with ample of ankle support
- Windcheater, fleece jacket, gloves, beanie and/or thermals (can get quite cold in the evenings and early mornings)
- Waterproof jacket*
- Sun protection – hat (secure fitting and/or with chin strap), sun cream, sun glasses
- Casual clothes for evenings
- Torch/headlamp (can be handy when twin sharing for getting up at night and for going back to your cabins after dinner)
- 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 minimum

*You have to expect some bad weather at any time of the year in the Blue Mountains so bring wet weather gear even if the forecast is fine.

Optional items

- Waterproof pants. Some people love them and some hate them – personally, we don't often wear them but there have been times where they have been invaluable!
- Camera and charger/batteries
- Head fly net (especially for walks in warmer weather)
- 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 and rocks out of your boots)
- A lunch container, to avoid squashing your sandwich or if you choose to only bring a salad (with freezer brick and fork if desired)
- Snacks and alcohol – We are staying in Katoomba so it is easy to grab supplies if needed. Some people like to have some snacks for the trail including muesli bars, nuts, lollies etc.
- Walking poles – highly recommended for the walks in the Blue Mountains (your knees will thank you)

Getting ready for your walk. . .

It can be challenging walking 4 consecutive days, especially with 2 long days in the middle. There are a lot of ups and downs, some sections are steep out of the valleys but are short - some are quite rocky. However, the walk has been designed to make it achievable to those of reasonable fitness by the fact that you only carry a daypack.

Blue Mountains 4-day guided tour

Level: Moderate - Hard

A positive mental attitude is most important. If you focus on the scenery, the company and the moment, not on the kilometers, then you find yourself reaching your destination with little problem. If you have done some training prior to the walk you will enjoy it all the more.

The best way to prepare physically for the trip is to walk, walk and walk some more - over a variety of terrain. Try to walk frequently. Even walking around your suburb will get you walk-fit. By the start of the tour you should be able to comfortably walk 15km. Maybe fit in a couple of exercises that include stepping on and over objects at varying heights.

We know that this type of preparation is difficult to fit into a busy schedule. If you don't have the time to do long walks, we recommend doing regular stair walking sessions. Walking small distances frequently helps a lot as well. For instance, walking 3 - 5km four times a week, and 8km once a week, is a great help. If you're doing short training sessions, make sure you get yourself puffed and sweaty. Otherwise you won't benefit from your efforts.

And start walking in the shoes you will wear on the walk now!

Looking after your feet

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 Australian conditions.

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. Sturdy sandals have proven to be a good substitute for shoes when feet have blistered, and for beach sections. You are welcome to bring two pairs and alternate.

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) in them before the Blue Mountains Tour - or any extended walk. We cannot emphasize enough that you have

Any questions?

Call us on 08 6219 5164

well worn in shoes or boots, good socks, and first aid for the prevention and treatment of blisters.

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 that you are 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 are very popular these days - especially the lightweight aluminum shock absorbing type. They help to take some pressure off your knees (up to 33%) 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

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someone knowledgeable in the shop where you purchase them to give you some tips. We can always help you when on tour.

Just in case...

We hope that you do not need to cancel your booking. However, if you do, our cancellation fee, based on the notice given prior to the departure date, is:

- More than 12 weeks: \$50 administration fee
- 6 to 12 weeks: loss of deposit
- 4 to 6 weeks: 25% of full tour cost
- 2 to 4 weeks: 50% of full tour cost
- less than 2 weeks: 100% of full tour cost, no refund

If you have any concerns about cancelling, please take out travel insurance covering this contingency. This policy will be adhered to despite the most compelling and compassionate circumstances.