

# NORTHERN RANGE CIRCUIT YOU YANGS REGIONAL PARK



Distance: 15km MELBOURNE DAY WALK

**Level:** *Moderate (Steep uphill to peak)*

**Time:** *9am-3.30pm*

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

#### 2018 DEPARTURES:

Saturday July 18<sup>th</sup>

Saturday August 8<sup>th</sup>

Saturday August 29<sup>th</sup>

This fantastic walk starts with the East West Walk, on which we will circumnavigate Flinders Peak, taking in stunning views across the park, huge granite boulders everywhere, and an array of wildflowers in the warmer months. We will then add the northern circuit to wonder through the sections of the park filled with a few interesting stories from the past. We will finish our walk with the return climb (450 steps) to Flinders Peak, named after explorer Matthew Flinders who summited in May 1802 to survey the area. At 319 metres, the peak makes for excellent views across the western volcanic plains to the city and Port Phillip Bay. This walk is fine for fit and healthy beginners.



#### 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 often but there have been times where they were invaluable, especially on cold and wet winter days in Victoria
- Fly net (mainly for walks in warmer weather)
- Camera
- Gaiters for snake bite protection are recommended unless you are wearing long pants and long socks. They are also good for keeping sand and rocks out of your shoes.
- Sock protectors (to keep sand and/or gravel 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 (come in very handy for some of those steep hills and/or rocky sections)
- Consider bringing a beanie and gloves on cool and rainy days

Where do we meet on the day?

We meet at Turntable carpark underneath the little Info shelter at the top of the carpark.

If you are heading west along Princes Fwy from Melbourne, turn off the Princes Freeway at the Little River exit and head north towards Little River. From Little River, follow the signs to You Yangs Road and then to the You Yangs Regional Park. From the main entrance of the park keep heading straight and follow signs to Turntable. This hike leaves from the Turntable Carpark.

Please arrive 10 minutes early so we can get away at 9am.

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 gravel 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.

The main thing is to make sure you know your footwear well – try them out in a variety of terrains and start doing a few longer walks before your day walk.

**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.

### Walking poles

Walking poles are very popular these days – especially the lightweight aluminum 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.

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