

Length: 805kms/500mi Elevation: 1,430mtr/4,692ft

above sea level

Usual time taken: Between 8 – 17 days When to go: Between March – June

(Arguably Spring)

Fitness level: Moderate to Challenging







The Camino de Santiago is a series of walks that converge on the medieval city of Santiago de Compostela, where St James (one of Jesus' twelve apostles) is buried in a spectacular cathedral, and it's been a pilgrimage for Christians for over a thousand years. In the last few decades, however, it's taken on an even greater significance outside of its Christian origins. People from all over the world, from all religions now walk 'The Way of St James', and it's arguably the most popular hike on the planet.

Windup: There are many 'ways' to walk to Santiago but my favourite is the Camino Frances (French Way). Start the walk from St Jean Pied de Port in France and walk over the Pyrenes Mountains into Spain. Stay in historical buildings and admire beautiful countryside. If you are short on time, I recommend Camino highlights walk which takes 14 days and although you cover the entire 772kms from St Jean to Santiago you travel the middle section via train.



Download your Camino de Santiago map <u>HERE!</u>







Trek Overview:

Where: Tasmania, Australia Length: 46kms/29mi

Elevation: 1,800mtr/5,906ft Usual time taken: 2-3 days

When to go: December – April (Summer) =

Longer daylight hours

Fitness level: A very good level of fitness is recommended.







Cover all the best Freycinet National Park walks (including Wineglass Bay) in one go with the complete Freycinet Peninsula Circuit, covering the entire length of the Freycinet Peninsula on both the east coast and west.

With 1,800mtrs of elevation gain throughout the hike, you will witness incredible views from great heights and the beautiful, secluded beaches of Tasmania's east coast.

WindUp: Take your time to savour the changing hues and textures of Freycinet's spectacular granite mountain ranges, its extraordinarily diverse and colourful forests and heathlands, and iconic Tasmanian wildlife. Stroll its beaches, splash in its waters. There's a reason this landscape is world-renowned



Download your Freycinet Peninsula Circuit map <u>HERE</u>





Elevation: 4,200mts/13,780ft above sea

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Usual time taken: 4-5 days When to go: May – September

(Dry season)

Fitness level: A moderate level of fitness is recommended (whilst keeping in mind

elevation factors)







The legendary Inca Trail to the Lost City of the Incas in Peru is one of the world's best known hiking adventures. It consists of three overlapping trails: Mollepata, Classic, and One Day. Mollepata is the longest of the three routes with the highest mountain pass and intersects with the Classic route before crossing Warmiwanusga ("dead woman"). It is a once in a life time experience with stunning views for both experienced and non-experienced hikers. After four days of hiking - from the snowcapped Andean mountains to the lush Amazon cloud forest – you will catch the first views of the breathtaking Inca Ruins Machu Picchu before sunrise. Pure Magic!

WindUp: As truly beautiful as the hike may be, the real reason for its popularity lies at the very end of this four-day adventure; passing through the Sun Gate for that first magical sighting of Machu Picchu in the distance. Only Inca Trail hikers can access the Gate at sunrise, and it is this crescendo, at one of the new seven wonders of the world, makes this hike a feature on so many 'South America bucket lists'



Download your Inca Trail map <u>HERE!</u>





Elevation: 7,500mtr/25,000ft with 7,163 mtrs of

altitude difference, however, the terrain is mostly flat

Usual time taken: 4-5hrs/day = 17.5kms per stage or approximately 10 days to circumnavigate the entire Juliana Apls

When to go: May – October

(late spring/ early autumn) **Fitness level:** A moderate level of fitness is

recommeded







The Juliana Trail, a 270 km-long circular long-distance trail, offers an exciting opportunity to explore the area at the doorway to the Julian Alps, leading you under the high peaks and inviting you to explore them. The trail is divided into 16 sections, with each of them roughly 17.5 km in length. The sections are designed so that, at the completion of each, hikers can take a break and regain their strength to continue their journey. The trail covers a total of 7163 metres of altitude difference, but its terrain is mostly flat.

WindUp: On your hiking journey, you will meet people who live below the Julian Alps, in harmony with them, and learn about places in this area, accompanied by impressive views of Mt. Triglav, the highest Slovenian mountain. The trail will also take you to the edges of Triglav National Park, where you will be able to take a deep breath and relax with your thoughts in the pristine natural surroundings.



Download your Juliana Trail map <u>HERE!</u>





Usual time taken: 11 days

When to go: Mont Blanc Tour mountain huts are open, in general, from mid-June until the first or second week in September. It is advisable to reserve a bed, particularly in the high season of

mid-July to mid-August.

Fitness level: A very good level of fitness is recommended







The Tour du Mont Blanc or TMB is one of the most popular long-distance walks in Europe. It circles the Mont Blanc Massif covering a distance of roughly 170 kilometres (110 mi) with 10 kilometres (6.2 mi) of ascent/descent and passing through parts of Switzerland, Italy and France.

It is considered one of the classic long-distance hiking trails. The circular route is normally walked in a counterclockwise direction in 11 days. It is also the route of an annual mountain marathon in which the winners normally cover the entire distance in less than 26 (women's race) or 20 hours (men's race).

The TMB has a variety of accommodations along its way (hotels and mountain huts with possibility for vehicle support) that allow you to really enjoy the scenery, take lots of photos and walk each day with just a light pack.

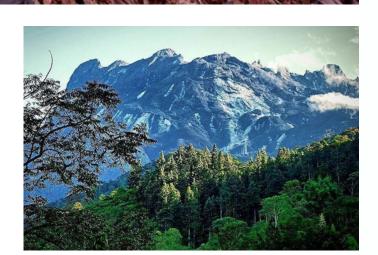
Alternatively, the TMB can be done completely self-sufficiently: you carry all your own food and camping gear.

WindUp: Base yourself in Chamonix and do day hikes or trek the Alps from France to Italy and Switzerland along the Tour du Mont Blanc.



Download your TMB map **HERE!**





Trek Overview:

Where: Borneo, Malaysian Length: 8.72km/5.42mi

Elevation: 4,095.2mtr/13,436ft

above sea level

Usual time taken: 2 days **When to go:** March – September

(During the dry season)

Fitness level: A good level of fitness is recommended (Non-Ferrata)







Mount Kinabalu's specialty lies in its location at a renowned World Heritage Site— Kinabalu Park. Nature lovers will be delighted to be able to witness the many variations of flora and fauna that are to be found on the mountain at different altitudes.

Mount Kinabalu, along with other upland areas of the Crocker Range is well-known worldwide for its tremendous botanical and biological species biodiversity with plants of Himalayan, Australasian, and Indo-Malayan origin.

A recent botanical survey of the mountain estimated a staggering 5,000 to 6,000 plant species (excluding mosses and liverworts but including ferns), which is more than all of Europe and North America (excluding tropical regions of Mexico) combined.

It is therefore one of the world's most important biological sites.

Standing majestically at 4,095m (13,435 feet above sea level), Mount Kinabalu is the highest mountain between the Himalayas and New Guinea. Mount Kinabalu derives its name from the Kadazan word, 'Aki Nabalu', meaning 'the revered place of the dead'. It is one of the safest and most conquerable peaks in the world—provided that you're reasonably healthy and physically fit.

Windup: Challenging climb with amazing views. Stay overnight in mountain guest house, wake early to complete the remaining 2kms to the summit to witness the stunning sun rise over Borneo.



Download your Mount Kinabalu Trail map <u>HERE!</u>





Where: Kathmandu, Nepal Length: 130kms/81mi round trip Elevation: South Base Camp at 5,364mtr (Nepal) and North Base Camp (Tibet) at 5,150mtr

When to go: September to November (Autumn) and March – May (Spring)
Fitness level: A good level of fitness is recommended with arguably the most challenging part being altitude sickness.







Experience the high mountains of Nepal on this challenging trekking adventure. Conquer Everest's Base Camp, a holy grail for mountaineers. Take in stunning scenery and soak up the rich cultures and traditions of this beautiful country, exploring tiny villages and meeting friendly locals along the way.

The trail to Everest Base Camp is the ultimate bucket list hike. Along the way you're exposed to staggering alpine vistas, a rich mountaineering lifestyle (both historic and present) and you'll become immersed in the fascinating Sherpa culture. Arriving at Base Camp is an amazingly emotional experience - celebrating the success of your epic journey in the presence of the world's highest peak, and paying homage to all who have successfully (and unsuccessfully) scaled it.

WindUp: Ever dreamed of seeing the wind-swept peak of Everest, of traversing high passes and crossing blue-white glaciers, of meeting holy men and taking in nature at its grandest? This trip has it all.



Download your Everest Treks map **HERE!**





Length: 534kms/332mi

Elevation: 1,197mtr/3,928ft

Usual time taken: Between 5-8 days **When to go:** Between March – May

(Spring)

Fitness level: A moderate level of

fitness is recommended







Take a stroll into Japan's past along the Nakasendo Way trail, an old traveller's road from the Edo period, which lasted from 1603 to 1868. Nakasendo which literally means "Central Mountain Road" or "Inner Mountain Path, a trail that was once connected by a string of villages that provided lodging and sustenance for shoguns, retainers, samurai and daimyo (feudal lords).

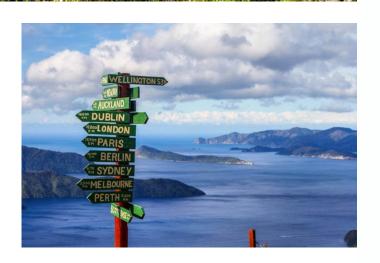
The trail and its villages were largely abandoned in the 19th century, however, in the 1960s a campaign began to remove all the modern buildings and those left from the Edo period (1600-1868) were restored, streets repaved with period stone and the Nakasendo once again began offering period-correct food and shelter for walkers.

WindUp: Travel ancient paths and experience traditional Japanese hospitality as you stay overnight in family-run ryokans.



Download your Nakasendo Way trail map HERE!





Elevation: 2,354mtr/7,726ft

When to go: September – December (Spring) and March – May (Autumn) are excellent times to walk from a temperature perspective

Fitness level: A good level of fitness is recommended







The Queen Charlotte Track is located at the northeastern tip of New Zealand's South Island. It offers a unique blend of coastal walking, ridgetop views and stunning native bush as it winds its way through the iconic sunken river valleys of the Marlborough Sounds. You'll need to stay in Picton, heart of the Marlborough Sounds, the night prior to the walk, a delightful seaside town where the interisland ferries come and go from Wellington.

Your walk starts with a morning water taxi ride to Ship Cove in the Outer Queen Charlotte Sound and finishes with a return water taxi 70km later from Anakiwa back to Picton. Ship Cove is an important historic place where the European navigator and explorer Captain James Cook made his base during his explorations of the South Pacific in the late 1700s. It is also an area of great significance for several local Maori tribes, the indigenous people of New Zealand.

Windup: Stunning scenery and no chance of stepping on snakes. Finish the day with a chilled glass of Sauvignon Blanc from the many local wineries.



Download your Queen Charlotte Track map HERE!





Length: 76kms/48mi

Elevation: 850mtr/2,788ft above sea level

Usual time taken: 5-7 days

When to go: Between October – April

(Summer)

Fitness level: A moderate level of fitness is recommended







The W Trek in Torres del Paine is undoubtedly one of the best treks in Patagonia. This "W" shaped hiking trail highlights the best of Torres del Paine National Park, including Grey glacier, the French Valley and the Towers' Base Viewpoint. Here, you will spend up to 8 hours a day hiking in the wild, but with some of the world's most stunning viewpoints, there is no way you'll get bored. And while the surreal beauty of Torres del Paine made it a popular destination amongst hikers (and non-hikers!) Patagonia's finest national park still offers plenty of opportunities to disconnect from civilization and reconnect with wilderness, in landscapes more dramatic than Mordor and Westeros combined.

WindUp: Explore a Land of Extreme Wilderness. Hike through French Valley offers a stunning view of a hanging glacier that comes straight from Paine Grande, the highest peak in the region (3050m.a.s.l / 10.000ft). A cool spot to witness some tremendous avalanches. There are also some mesmerizing views of the Horns ("Los Cuernos") on the way, the other impressive spires that made the park so famous.



Download your W Trek map HERE!





Length: Various

Elevation: 3,000mtr/9,843ft Usual time taken: Various

When to go: July - September Fitness level: Hikes vary from easy to

more difficult







Yoho National Park is a national park of Canada located within the Rocky Mountains. It covers 1,313 square kilometres (507 sq mi), the smallest of the regions four contiguous national parks. Discover powerful waterfalls, emerald lakes, national heritage sites and a welcoming mountain community. Yoho National Park boasts towering rock walls, spectacular waterfalls and 28 peaks over 3 000 metres in height. The Canadian Rockies are home to pristine wilderness and jaw-dropping mountain views. None of this is more evident than in Yoho National Park.

Some examples of day hikes:

All Souls Lake O'Hara – A difficult 5-7hr hike over approx. 9.5kms Lake McArthur – A moderate 3-4hr hike over approx. 7.1kms Iceline Trail – A difficult 6-8hr hike over approx. 14.2kms Wapta Falls – An easy 1-2 hike over approx. 4.7kms Emerald Basin – A moderate 2-4hr hike over approx. 10.8kms Emerald Lake Circuit – An easy 1-2hr hike over approx. 5.1kms

WindUp: You can base yourself in a cosy lodge and do a variety of breathtaking day hikes. The scenery is amazing and the higher you hike the water colour of the lakes become more vivid.



