

Phisycal fitness and equipments

Although some of the itineraries are fairly easy there is also a fair amount of trekking on hilly terrain and therefore a reasonable level of fitness is required.

Our guide has had first aid training but it is the client's total responsibility to ensure that they are fit to walk.

If a client has a particular medical problem please ensure that they carry the necessary medication with them.

Hiking or walking boots are necessary and it is strongly advised that these boots have been well tried and tested before the walk.

A waterproof jacket and trousers are also advised as we do walk in the rain! Although, if there are heavy rains at the start of a walk we prefer to wait for it to pass or suggest an alternative activity.

A backpack is needed for carrying water, waterproofs and camera etc.

A hat and sun protection cream is also advised.