

# Take a hike

Today we are incredibly fortunate to be able to hike in some of the world's most fascinating destinations on organised treks and in a very comfortable fashion. It's the perfect way to enjoy the walk and take in the incredible scenery without the worries of carrying your gear, where to sleep, where to eat and getting lost. You don't have to be an athlete or a clone of Sir Edmund Hillary to enjoy these fantastic walks. Sure, some trails may require you to have a higher level of fitness, but you'd be surprised to know that most can be done with a reasonable level of fitness and without any mountaineering skills.

Here are some of our favourites:

## SCOTTISH HIGHLANDS

Take a trek through the Scottish Highlands where red deer and wildcats roam. Experience the thriving fishing industries, pretty villages and tight-knit coastal communities of the north-east coast or the remote, sickle-shaped beaches of the Outer Hebrides. Pull on your boots and walk alongside the tranquil waters of an inland loch to an isolated bothy or climb beside the tumbling falls of a wild mountain river. A great option when you are in Edinburgh for the AMA Queensland conference in September.

## NEPAL

Nepal is renowned for its picturesque mountains, especially the mighty Mount Everest – the world's tallest peak. However, there is so much more to discover with some of the most unique teahouses, monasteries and friendly locals in the world. The best way to explore this country is on your own two feet!

## MOUNT KILIMANJARO - BORDERING TANZANIA AND KENYA

Kilimanjaro is the highest mountain in Africa and the tallest free-standing mountain in the world. At 5,896m it can certainly seem imposing - but to climb Mt Kili you don't need any mountaineering skills - you just have to be of a reasonable fitness level. It is said that to climb Mt Kilimanjaro is the ultimate adrenalin rush and the greatest adventure.

## INCA TRAIL - PERU

The Inca Trail is an 82km hiking trail linking the legendary Machu Picchu to the Sacred Valley. It is by far the most famous trek in South America and rated by many to be in the top five treks in the world, taking an average of four days to complete. The trek combines beautiful mountain scenery, lush cloud-forest, subtropical jungle and of course, a stunning mix of Inca paving stone ruins and tunnels.

## KOKODA TRACK - PAPUA NEW GUINEA

The Kokoda Track or Trail is a single-file foot thoroughfare that runs 96km through the Owen Stanley Range in Papua New Guinea. The track was the location of the 1942 World War II battle between Japanese and Allied – primarily Australian – forces in what was then the Australian Territory of Papua. This is the track of legends. It's among the hardest challenges you may face, but with adequate training and preparation, it will provide an adventure of a lifetime, and finishing it will leave you with an incredible sense of accomplishment.

Looking for something a little close to home? Check out the **Routeburn** and **Hollyford** treks in New Zealand, or Tasmania's **Bay of Fires** and **Maria Island** walks.



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