Footwear Guide

TASMANIAN WALKING COMPANY

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Footwear

The terrain and surfaces for our walks vary hugely, with sand, scree, muddy tree-rooted track, rocky track, boardwalk, and landscaped stone paths being some of the types of surfaces you might walk on when on a trip with us. You might also be walking through snow one day, mud puddles the next, and a dry track on a sunny day the next! It is therefore super important to make good footwear choices that set you up for success. Have a read of the handy table below to see what footwear is recommended, and why.

When choosing footwear, it is important to consider the following:

- Leave some room for the toes (ensure the boots do not touch your toes).
- Ensure appropriate fixation to secure the heel into the boot to avoid any heel lift when walking - this will also ensure that the foot doesn't slip forward on downhill sections which can cause damage to the toenails.
- Ensure the foot is not constricted with any pressure points (this includes having an appropriate shoe width at the forefoot).
- Boots must be well worn in - DO NOT use a new boot on an overnight (multiple night) walk.
- If they're older boots, ensure the sole is still well attached by doing some practice walks in them as part of your pre-trip training programme.
- If they're older boots, ensure that the boot hasn't deformed / firmed up in places that will cause pressure points by doing some practice walks in them as part of your pre-trip training programme.

WALK	SURFACE DESCRIPTION	RECOMMENDED FOOTWEAR	INAPPROPRIATE FOOTWEAR RISKS
Cradle Mountain / Overland Track	Soft at times, harder in other sections with boardwalk. Muddy, wet. Rocky at times, slippery roots in sections. Potential snowy conditions at any time.	- Lace-up, above ankle hiking boots - Synthetic (Gore-Tex) or leather - Should be waterproof - Rubber soled with good traction - Guests may bring trail runners with them as second pair of footwear but guides may not sign off on guests walking in these if increased risk of injury due to weather/other conditions	- Ankle sprains - Slipping injuries - Blisters - Cold and/or wet weather-exposure injuries to feet
Cradle Mountain / Overland Track – shoulder season and winter trips	Soft at times, harder in other sections with boardwalk. Muddy, wet. Rocky at times, slippery roots in sections. Snow – potentially heavy snows at knee to waist height, snow melt that is slippery/slushy.	- Lace-up, above ankle hiking boots - Synthetic (Gore-Tex) or leather - Waterproof shoes essential - Rubber soled with good traction	- Ankle sprains - Slipping injuries - Blisters - Cold and/or wet weather-exposure injuries to feet
Bay of Fires / East Coast	Softer surface. Beach/inland forest. Some rocky/rooty sections.	- Hiking shoes or Trail runners - Lace-up, above ankle hiking boots	- Blisters - Ankle sprains - Exacerbating existing knee/ankle issues due to soft sand walking
Three Capes Track	Firm. Rock and compressed dirt.	- Hiking shoes or Trail runners - Lace-up, above ankle hiking boots - Cushioned sole - Waterproofing is not essential but beneficial	- Blisters - Ankle sprains
Bruny Island	Sandy 4x4 tracks, narrow bush tracks with some rock and roots, beach and sand dune walking.	- Hiking shoes or Trail runners (for mid-summer walking) - Lace-up, above ankle hiking boots - Waterproofing is not essential but beneficial	- Blisters - Ankle sprains
Great Ocean Road / Twelve Apostles	Clay/gravel/sand/concrete steps/boardwalk. Can be very muddy when lots of rain has fallen.	- Hiking shoes or Trail runners - Lace-up, above ankle hiking boots	- Blisters - Ankle sprains
Kangaroo Island / Flinders Chase National Park	Mostly rocky surfaces with uneven terrain. Some sections of packed dirt/sand.	- Hiking shoes or Trail runners - Cushioned sole is beneficial but not essential	- Blisters - Ankle sprains
Uluṟu-Kata Tjuṯa / Yulara	Mostly desert, sandy terrain. Some sections of packed dirt and rocky paths.	- Hiking shoes or Trail runners - Cushioned sole - Waterproofing is not essential but beneficial with rainfall - Lace up above ankle hiking boots are NOT recommended as they have an increased impact on the dunes and tracks where you will be walking	- Blisters - Ankle sprains
Larapinta / Alice Springs	Lots of walking over unevenly sized and unevenly placed rocks. Sections of sandy riverbeds. Very dry. Often very hot temperatures.	- Lace-up, above ankle hiking boots - Hiking shoes or Trail runners - Cushioned sole - Waterproof boots are not required - Wider toe box to allow for less toe friction - Breathable due to heat	- Blisters (particularly between toes due to humidity). Thin "toe socks" can be helpful in more humid environments. - General foot soreness if shoes are too rigid without appropriate cushioning.

Where to buy

Every foot and boot is different. Try to avoid buying online and visit your local outdoor gear store. If you are based in Tasmania, we recommend visiting the following outdoor stores:

Hobart

- Find Your Feet
- Mountain Creek Outdoors
- Macpac

Launceston

- Find Your Feet.
- Aspire Adventure Equipment
- Macpac

Adelaide

- Snowy Outdoors

Melbourne

- Bogong Equipment

Australia-wide

- Paddy Palin

Walker Benefits

All of our guests have access to exclusive discounts for local gear stores. Visit our Walker Benefits page for more information

Sky Podiatry

This guide was produced from consultation with the expert podiatrists at Sky Podiatry.