

Tips & advice: The Tripologist

Michael Gebicki

**MY WIFE AND I, IN OUR 50S, WOULD LIKE TO MAKE A TREK. WE ARE BOTH FIT AND CAN MANAGE A FEW HOURS OF DAILY WALKING HOWEVER WE HAVE NOT DONE ANY TREKKING OVERSEAS. OUR PLAN IS A ONE-WEEK TREK AS PART OF A THREE TO FOUR-WEEK OVERSEAS HOLIDAY. WE WOULD LIKE A CULTURAL TREK BUT NOT WITH A RELIGIOUS THEME. SPAIN OR FRANCE SEEM LIKELY CANDIDATES, CAN YOU OFFER ADVICE?
S. TAM, BERALA**

Trekking can be arduous. A true trek usually involves steep, rough terrain in remote places and unless you're happy walking for around five or six hours per day over several days you might find it an uncomfortable experience. However there are many options for less rigorous walks, in some really lovely parts of the world. Sydney-based Simon Tancred does walking tours of Italy under the Hidden Italy, hiddenitaly.com.au, banner. Simon is an Italophile who spent five years living in Milan and he's been operating walking tours of Italy for more than two decades. These are not standard off-the-shelf tours but walks through some of Italy's secret treasures that take you deep to explore local cuisine and culture. The pace is gentle. You walk one day, rest the next and explore your surroundings, and groups are modest in size. Accommodation is in small and refined hotels and guesthouses and the price of the guided walks reflect this, but for a cheaper option check the self-guided walks, the prices are great value and you get the benefit of Simon's extensive experience.

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