

Yass-Murrumbateman Pilgrimage Walk August 29th 2026

Preparation

Stages 1 – 4 (30km): This is quite a long walk. There is some undulation in stage 1 otherwise it is pretty flat. The path is hard underfoot but not rough. If you plan to walk this length you will need to be fit and have done some long walks in preparation in the weeks prior. You need to be able to sustain a walking pace of 4km per hour with 3 breaks of 15-30 minutes factored in. Make sure your feet and footwear are in good shape as this is really important for long walks. Good idea to do some practice wearing a daypack weighted with equivalent of what you will bring on the walk including water, food, wet weather gear, cast off clothing layers etc

Stages 2-4 (19km): Still quite a long walk so all the factors mentioned above are relevant. No hills of any note in these sections.

Stages 3-4 (13km): This is a relatively easy walk that doesn't require as much preparation. One 15-30min break in the middle.

Stage 4 (6km): This section is all off road on rights of way and footpaths. If you do any regular walking at all you will find this section easy.

Make sure your walking boots/shoes are well worn in before the walk. Build up the length of your training walks progressively. Pay attention to any pain or discomfort and adjust your training accordingly. Rest when needed and don't push yourself too hard, especially when starting out. If you are prone to blisters work out a blister prevention strategy in advance – for example, many people find it helpful to wear 2 pairs of socks, a thinner inner sock and thicker outer sock.

Emergency back up all stages

If you are unable to continue for any reason or are running late and need to skip a bit of the walk you can phone our support vehicles and they will arrange to pick you up.