



Guided Treks

WITH SIMPLY TREKKING

Simply Trekking help families and youths reconnect through adventure and outdoor education and we're proud to be partners with Awards WA who offer *The Duke of Edinburgh's International Award*. We believe that the program is invaluable to the youth of today as it assists them to discover their potential and find their purpose, passion, and place in the world.

Perth based and family owned. Both the owner Marie Tatham and her daughter Nina have undergraduate degrees – Marie in teaching and Nina in community development.

Professional accredited insured trek guiding company.

Partner with AwardsWA to support the **Duke of Edinburgh's International Award** and the **Ignite Award**.

Guides all have current Senior First Aid Certificates and Working with Children Certificates.

We carry emergency satellite trackers for participants safety, communicate each evening to the group's nominated Duke of Ed coordinator, and a group First Aid Kit.

We support Duke of Edinburgh Adventurous journeys.



Our Treks

DUKE OF EDINBURGH TEEN TREKS (14 - 24 yrs)

We supply Osprey ultralight adjustable backpacks and sleeping cocoons and tarps - inclusive of the trek cost.

For hire - Ultralight trek gear to assist participants to carry 20% of their bodyweight.

Practice and Qualifying in the one journey - allows for greater personal growth as the entrant is staying out for a longer period, coping with group dynamics, physical exertion, mental resilience, and on completion they experience a sense of confidence...wow we did it! If not possible to complete together, practice and qualifying can be completed separately.

Thru hikers sleep in huts - we keep our group to 5 teens, with 2 guides which allows us to sleep in the Bibbulmun Track huts. We each put our mattress and sleeping bag into a mosquito netted sleeping cocoon to keep insect free and clean. We also carry a tarp between 2/3 persons for when we need to camp.

Pre-trek briefing - on booking, a list of clothing and equipment and recommendations of food for breakfast, lunch and dinner will be emailed. A group face to face meeting is also held to hand over the back packs and any hire trek equipment.

Transport - we take a maximum of 5 teens on a trek so they can fit into 1 or 2 private vehicles. Teens appreciate parental support especially at trek completion. Treks are held in the school holidays. During July and September/October they take place on the Bibbulmun Track in the Perth Hills (1 hour from Perth). During December, January and early April, to walk in cooler weather with sea breezes, we hold treks on the Cape to Cape (Dunsborough 3.5 hour drive) and on the south coastal Bibbulmun Track at Walpole and Albany (4-5 hour drive). TransWA train/bus is available which is used by the guides.



AWARDS WA IGNITE AWARD (9 - 13 yrs)

Simply Trekking supports Awards WA Ignite Award - Physical activity and adventure.

Day hikes - Simply Trekking holds day walks to a destination to allow the children find out more about its history, geography or environmental concerns. One day out in the bush can be worth three days in the classroom.

Overnight hikes - Family hikes staying at the Bibbulmun Track campsites where we work with the child and parent to plan, prepare and learn hiking and camp skills, map reading, navigation, safety, first aid procedures etc.



Custom make your teen trek or view our upcoming treks

<https://simplytrekking.com.au/duke-of-edinburgh-multi-day-treks/>

Proud to support

THE DUKE OF EDINBURGH'S
INTERNATIONAL AWARD
AUSTRALIA



Custom make your own day or overnight hikes.

Upcoming hikes are <https://simplytrekking.com.au/family-overnight-hikes/>
and <https://simplytrekking.com.au/kids-ignite-hikes/>



Our Guides

MARIE TATHAM

Head Guide and owner of Simply Trekking has extensive experience in multi day hiking here on the Bibbulmun Track sections and 1000km End to End multiple times, Cape to Cape track multiple times, trails in Victoria, Tasmania, New Zealand and many other thru hikes overseas. In 2018 Marie sold her settlement agency in Maylands and decided to contribute to family and youth needs by setting up Simply Trekking.

Marie has an undergraduate degree in teaching, has taught in remote WA, Head Librarian of the Toodyay Library, worked in Tourism and is presently chairperson of the Maylands Roxy Lane Community Garden and secretary of LACE a not for profit community event organization.



NINA CAPUTO

Assistant Guide and daughter of Marie and mother of four children, Nina has an undergraduate in Family and Children's Services and is currently teacher assisting in primary schools and studying her Masters in Primary Education. She has Certificate 3 in Individual Support (Disability). She is a Leader in the Joey Scouts where she designs and provides activities for children in outdoor environments.



DEAN GRAYSTONE

Head Guide and has completed his Duke of Edinburgh Bronze Award but then went on to complete an End to End of the Bibbulmun Track, 1000km solo, in his teens. Passionate about being in the outdoors, he has extensive camping skills and fits in guiding commitments whilst running his electrical business. Dean is planning to start Uni studies in Education in 2021.

KIMBERLEY CLIFTON

Assistant Guide and has completed her own personal Duke of Edinburgh International Award, doing her Gold Award in 2019. Kimberly has been involved in hiking as early as a babe in her parent's backpack and has walked many sections of the Bibbulmun Track. She is presently studying at Uni for an Environmental Degree.

We encourage teen groups to share in the “red Bibbulmun Track book” about their journey, as a daily journal and a final entry. You can read the following excerpt of a final entry that was written at Hewitt’s Hut on the last night of a Gold Award 7 day hike...

“ Started walking from Brookton Highway on the 10th and have been walking 1 hut per day towards Kalamunda. It has been quite a relaxed trek, and we have been able to take in the beautiful wildlife around us away from the distractions of school life. We enjoyed meeting lots of different trekkers along the way and hearing their stories around the campfire. We have been lucky to see lots of kangaroos and even a possum last night! We have had 2 incredible guides who trekked with us, helped us with any difficulties, taught us about camping and hiking skills, while still allowing us to be independent. We highly recommend this hike to any students who want to get outdoors, even without prior experience.

16th July 2020

Their co-ordinator Sue Bamford also gave us feedback which can be read on Google Review

“ **Five star: xxxxx** Positive: Professionalism, Punctuality, Quality, Value Marie has guided our Duke of Edinburgh participants on their Silver and their Gold journeys and on both occasions the students have returned with glowing recommendations for Marie. The part we love the most is she allows the students to develop in a supportive environment - at nights the students set up camp on their own and cook for themselves while knowing Marie was close by if there was a problem. The personal development in the students over the two journeys has been exponential. We are so grateful to Marie for being so patient and supportive of our students during their Duke of Edinburgh journeys.



Upcoming treks

<https://simplytrekking.com.au/duke-of-edinburgh-multi-day-treks/>

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