

WALKING TOM

EXPEDITION INFORMATION PACK

A guide to understanding what Walking Tom expeditions are — and what they are not



WHAT IS WALKING TOM?

Walking Tom began with a simple idea:

Keep moving. Stay active. Keep exploring.

What started as personal walks gradually grew into longer adventures, multi-day expeditions and Camino journeys across different countries.

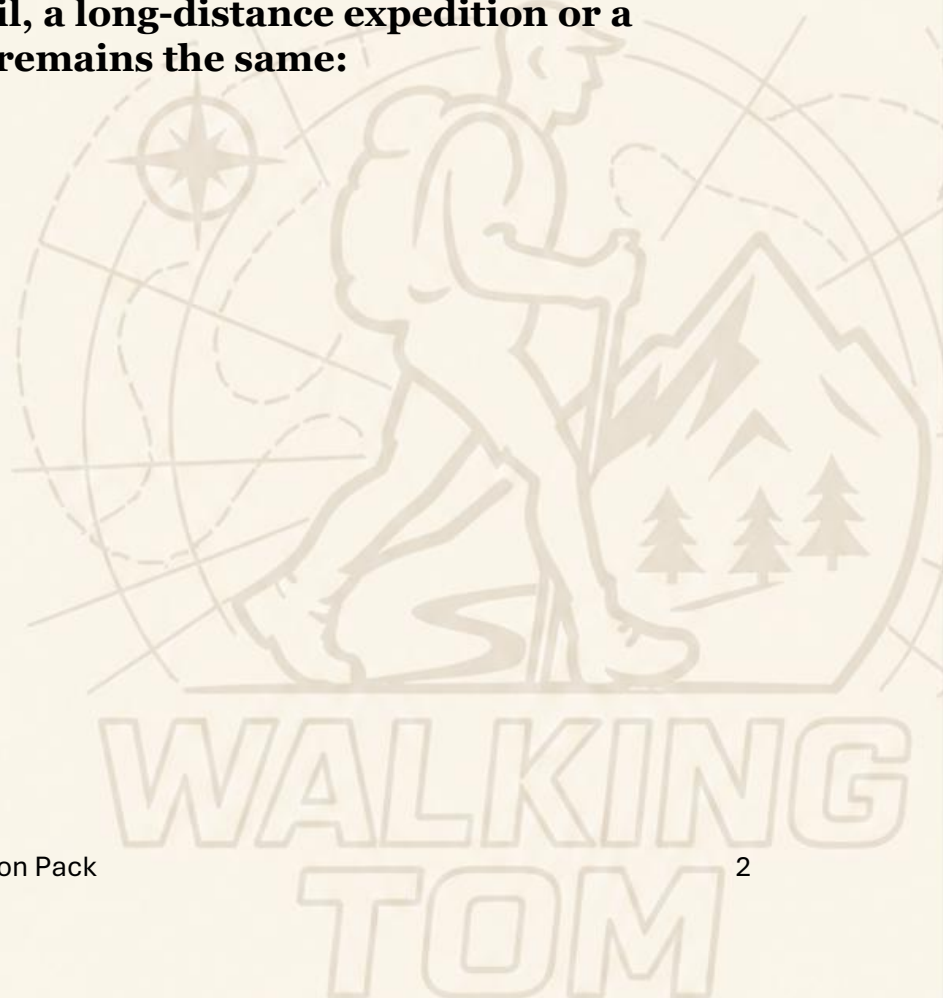
Walking Tom is built around movement, curiosity and real experiences on the road.

It is not about chasing records or proving something to others.

It is about exploring the world one step at a time and discovering what happens when you spend more time moving and less time rushing.

Whether it is a local trail, a long-distance expedition or a Camino route, the idea remains the same:

keep moving forward.



THE WT PHILOSOPHY

The Peregrino Lifestyle

Walking Tom is inspired by the Peregrino lifestyle — an approach to travel, movement and everyday life.

It is built around a few core principles:

Simplicity

The best experiences are often the simplest ones.

Responsibility

You are responsible for your decisions, your preparation and your journey.

Consistency

Big adventures are built one step at a time.

Curiosity

Every road has something to teach if you are willing to pay attention.

Adventure

Growth often begins where comfort ends.

The Peregrino lifestyle is not about collecting kilometres, chasing achievements or proving something to others.

It is about moving forward, staying open to new experiences and finding value in the journey itself.

Walking Tom is not coaching, therapy or a motivational programme.

It is simply an invitation to explore, walk and experience more of the world for yourself.

WHAT A WT EXPEDITION LOOKS LIKE

No two expeditions are exactly the same, but most days follow a similar rhythm.

The day usually begins in the morning with a planned route and destination ahead.

From there, it is all about walking, exploring and enjoying the journey.

Unlike a typical organised tour, WT expeditions do not rely on detailed schedules planned weeks in advance. Sometimes the plan exists only for the next few hours, allowing space for flexibility, spontaneity and unexpected discoveries along the way.

WT expeditions are walking journeys. Most days are spent on the trail, often for many hours at a time, day after day. The rhythm is simple: walk, rest, recover and repeat.

There will be breaks for coffee, food, photographs and rest whenever needed.

Some days may feel easy.

Others may be more challenging.

Both are part of the experience.

The pace is never about racing or competing.

What matters is keeping moving forward and reaching the destination safely.

At the end of the day, it is time to recover, reflect, prepare for tomorrow and do it all again.

WALKING TOGETHER, WALKING YOUR OWN WAY

WT expeditions are shared experiences, but every participant remains free to walk their own journey.

Some days people naturally walk together.

Other days they prefer solitude and quiet reflection.

Both are perfectly normal.

Participants are never expected to walk at the same pace, spend every hour together or constantly socialise.

Conversation is welcome.

Silence is welcome too.

Independence is respected, and everyone is encouraged to experience the journey in their own way.

The road is shared.

The experience is personal.

*“People don't do Camino wrong.
They only do it their own way.”*

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WHAT WT EXPEDITIONS ARE NOT

WT expeditions are not guided tours.

They are not designed around sightseeing schedules, fixed itineraries or organised entertainment.

WT is not a package holiday.

Comfort may be part of the journey, but it is never the purpose of it.

WT is not a luxury experience.

Some days will be long, challenging and unpredictable. That is part of travelling on foot.

WT is not a coaching programme or a personal development course.

There are no lectures, workshops or promises of life-changing results.

The value comes from the experience itself — the people you meet, the places you discover and the lessons you find along the way.

WT is not a fully managed experience.

Participants are expected to take responsibility for themselves, their preparation and their decisions.

And finally, WT is not for everyone.

Some people are looking for comfort, certainty and detailed plans.

Others are looking for freedom, simplicity and adventure.

Neither approach is right or wrong.

Walking Tom belongs to the second group.

WHO WILL ENJOY THIS?

WT expeditions may be a good fit for people who:

- **enjoy walking and spending time outdoors**
- **are comfortable with practical travel**
- **enjoy spending long days on the trail**
- **appreciate freedom and flexibility**
- **are open to challenge and occasional discomfort**
- **value experiences more than convenience**
- **enjoy personal growth through adventure**

WHO MAY NOT ENJOY THIS?

WT expeditions may not be the right fit for people who:

- **expect luxury accommodation and comfort at every stage**
- **want every detail planned far in advance**
- **prefer highly structured itineraries**
- **are uncomfortable with uncertainty and changing conditions**
- **expect constant group activities and entertainment**
- **dislike spending long periods of time walking**
- **prefer travelling by vehicle rather than on foot**

There is nothing wrong with either approach.

Different people enjoy different ways of travelling.

FITNESS & PREPARATION

You do not need to be an athlete to join a WT expedition.

However, you should be comfortable spending long days on your feet and walking on consecutive days.

The best way to prepare is to walk regularly.

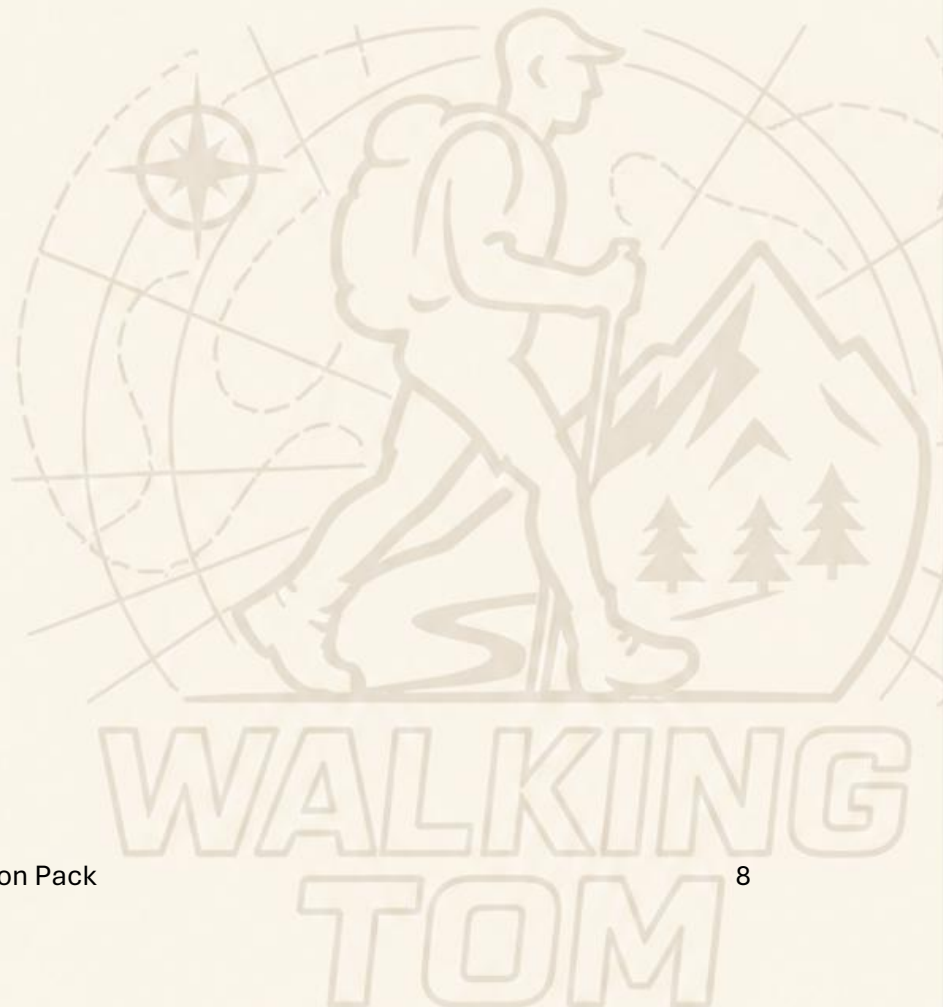
A good pair of broken-in walking shoes or boots is far more important than expensive equipment.

Participants should arrive with realistic expectations, suitable clothing and a willingness to adapt to changing conditions.

Preparation does not need to be complicated.

The goal is not perfection.

The goal is to arrive ready for the journey ahead.



SAFETY & RESPONSIBILITY

Safety is important on every WT expedition.

While routes, accommodation and general logistics may be planned, every participant remains responsible for their own decisions, behaviour and wellbeing.

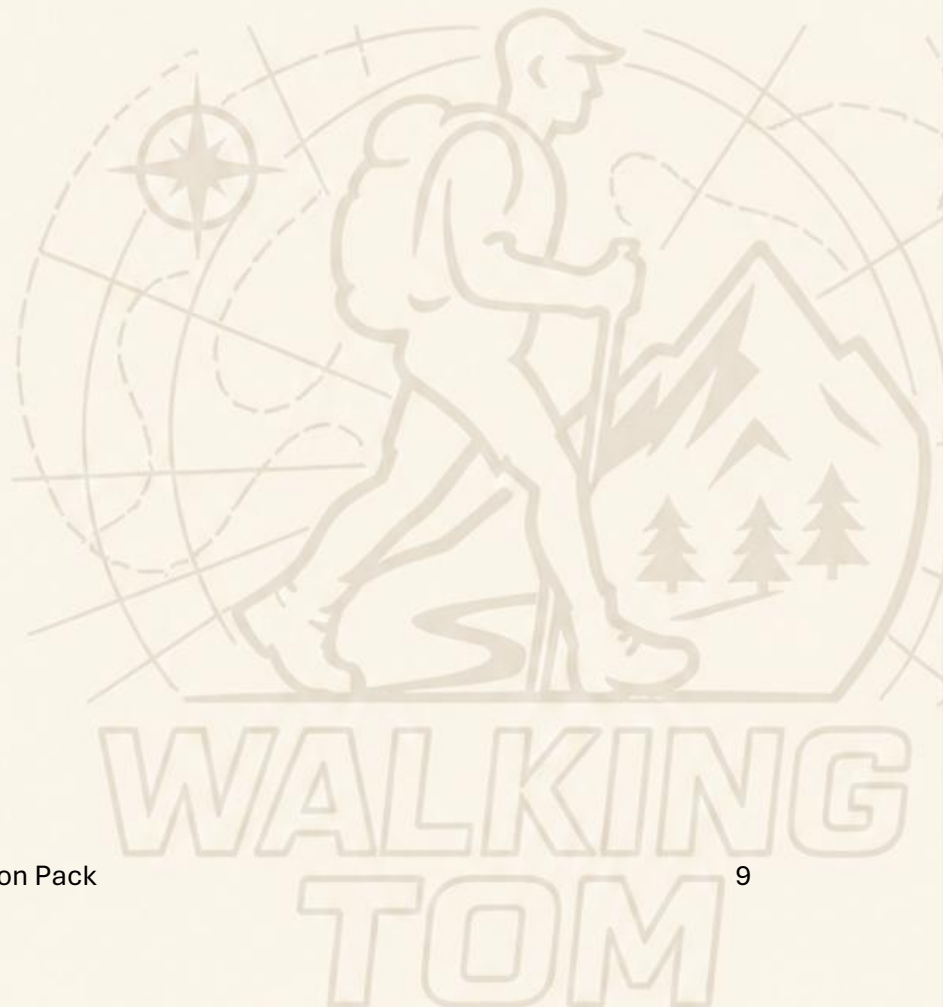
Participants are expected to carry suitable equipment, follow local laws and act responsibly throughout the journey.

Travel insurance is strongly recommended.

In the event of unexpected situations, weather changes or route adjustments, flexibility and common sense are essential.

WT expeditions are built on freedom and personal responsibility.

Both go hand in hand.



FREQUENTLY ASKED QUESTIONS

Do I need Camino experience?

No. Some participants may have previous experience, while others may be joining their first long-distance walking expedition.

Can I walk alone?

Yes. Walking together is welcome, but nobody is expected to stay with the group at all times.

Do I need expensive equipment?

No. Reliable, comfortable and well-tested equipment is more important than expensive gear.

Do I need to be highly fit, and what if I struggle during the expedition?

No. You do not need to be an athlete to join a WT expedition.

However, you should arrive prepared for long days of walking and consecutive days on the trail. If you find yourself struggling physically or mentally during the expedition, the first step is simply to communicate it. There is no prize for suffering in silence. Most difficulties can be managed by adjusting the pace, taking additional breaks or adapting the plan where possible. Every situation is different, but common sense and practical solutions will always come before pride or stubbornness. Sometimes, even a simple conversation is enough to put things back on track.

Can I leave an expedition early if necessary?

Yes. Life happens, and unexpected situations can arise. Practical decisions will always take priority.

FINAL MESSAGE

By now, you probably have a good idea of what WT expeditions are. And what they are not.

They are not designed for everyone. And they do not need to be.

Some people are looking for comfort, certainty and detailed plans.

Others are happy carrying a backpack, adapting as they go, spending long days on the trail and embracing whatever the journey brings.

Neither approach is right or wrong.

Walking Tom belongs to the second group.

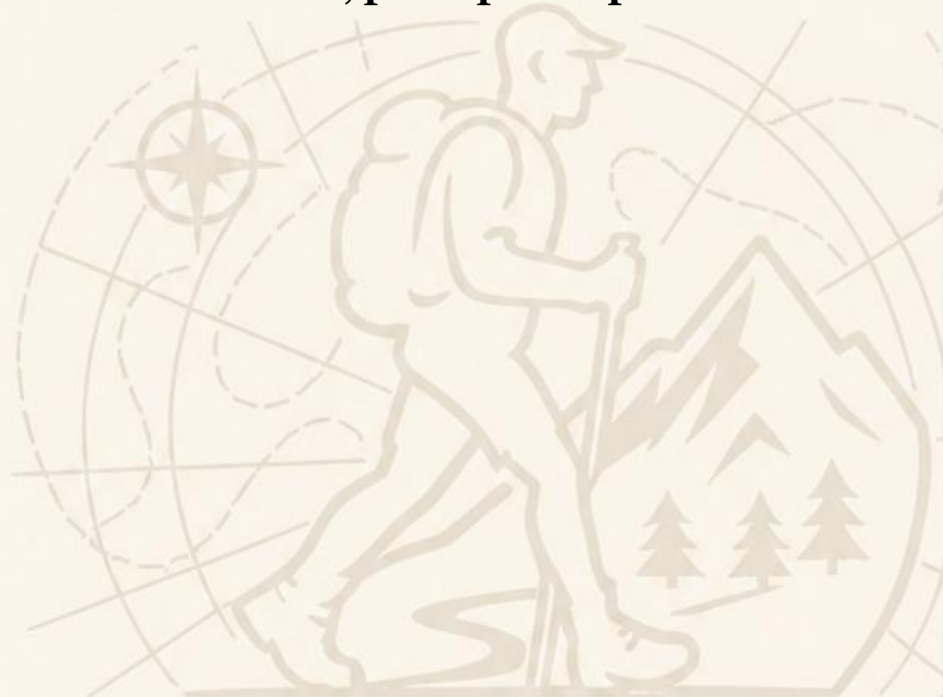
If that sounds like your kind of adventure, perhaps our paths will cross one day.

Until then,

Keep moving.

Stay active.

Keep exploring.



**WALKING
TOM**