

*Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you are climbing it.*

*Andy Rooney*

**HIKING**

A person is seen from behind, walking through a vast, green field. They are wearing a dark long-sleeved shirt, blue jeans, a blue and red floral cap, and a tan backpack with brown straps. The field is filled with tall grass and small yellow flowers. In the background, there is a dense line of dark evergreen trees under a clear sky. The top of the image features a decorative wavy graphic in shades of yellow and green.

# What is Hiking ?

**Hiking** - an outdoor activity, which consists of walking in natural environments, often on hiking trails for a longer duration than a simple walk and usually in places where hiking boots are required.

- **A Day Hike** - a hike that can be completed in a single day and not requiring an overnight camp



- **Long-Distance Hike** – footpaths that are away from routes mainly through rural areas, used for non-motorized recreational travelling



# Why Hiking ?

- **HIKING** is a wonderful way to get outdoors, immersed in nature and burn some of the energy
- **HIKING** can teach about our surroundings and instill an appreciation for nature deep in our soul.
- **HIKING** can build confidence, foster independence and encourage curiosity
- **HIKING** builds perseverance - it teaches you to keep moving forward



# Why Hiking ?

- **HIKING** gives opportunities to explore your local area, learn about local plants and animals and other natural teaching opportunities
- **HIKING** helps to push you out of your comfort zone and accomplish something you can be proud of
- **HIKING** provides a distraction-free environment for quality time with your dear people...and what could be better than that?
- **HIKING** improves communication - it - provides a time to talk without all the noise and distractions of the modern world





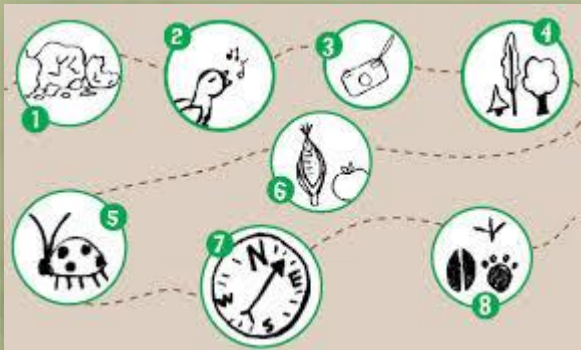
# Why Hiking ?

- **HIKING** provides physical activity - it is a great form of exercise
- **HIKING** promotes a healthy weight - the physical activity of regular hiking can help maintain a healthy weight
- **HIKING** fosters a love of nature – it encourages a respect for creation and wonder



# Why Hiking ?

- **HIKING** relieves stress - the combination of time spent in nature and the physical activity work together to relieve stress
- **HIKING** help to unplug from electronics – it offers an actual experience, rather than an online game.
- **HIKING** is educational - the scientific world awaits on a hiking trail.





# When to get started hiking ?

- The perfect time is **RIGHT NOW !**
- You have to choose the right hike - won't be too long, difficult or dangerous
- You have to choose a hike that has a destination or goal to get to (a creek, waterfall, lake, swimming hole, or picnic area)
- You have to find trails with interesting features or have a lot of varying terrain
- The best time of day to go hiking is usually in the morning
- Become naturalist - make observations by using all your senses: **look, feel, sound, taste, smell**



# HIKING - Safety Tips

- Respect hiking etiquette
- Always stay on designated boardwalks and trails to reduce damage to soil and plants and protect fragile vegetation
- Trailblazing is strictly forbidden
- Avoid putting your hands and feet anywhere you cannot see
- Do not litter; littering harms wildlife and spoils the view; use available recycling facilities
- Never hike alone and stay together
- Never change your originally intended route unless it is an emergency





# HIKING - Safety Tips

- Do not collect or disturb plants, animals, rocks or cultural artifacts; destruction or removal are prohibited
- Do not approach, disturb, chase or harass wildlife; enticing wildlife is unlawful
- Wild flowers and other natural objects are beautiful indeed; leave them intact for others to enjoy
- Twigs, branches, bark or dead wood may not be gathered for firewood
- It is illegal to set up cooking devices or start fires unless done so on designated areas



# HIKING - Safety Tips

- Remember the 3 C's:
  - **Courtesy**
  - **Communication**
  - **Common Sense**
- No running while on the hiking, stay together and always look around to make sure other part of the group is right behind
- Look in front of you and under your feet to avoid getting hurt





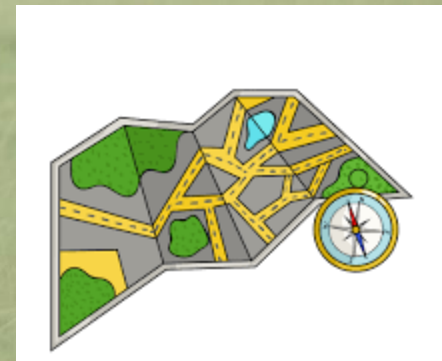
# Being Prepared for Hiking

## ➤ BE PREPARED WITH KNOWLEDGE & STUFF

- Learn in advance about the terrain, conditions, local weather before you start
- Know how to rescue yourself
- Have emergency equipment on hand: e.g. pocket knife, maps, compass, flashlight, First-Aid kit, rain or wind gear, anything to start a fire

## ➤ KNOW WHERE YOU ARE GOING

- Be familiar with the type of terrain you'll encounter – consult the map
- Learn how to use a map and compass



# Being Prepared for Hiking

- **KNOW WHEN TO TURN BACK** - respect Nature's unpredictability and head for home when weather goes bad
- **CARRY A WHISTLE**
  - One of the most important things you have to carry with you on a hike
  - Wear it around your neck at all times or fasten it to your backpack
  - It is for emergency only; the sound of a whistle can travel much farther than the human voice





# Being Prepared for Hiking

## ➤ LEAVE YOUR HIKING PLANS FOR EMERGENCY RESCUE PURPOSES

- Inform family members or friends where you intend going
- The trails you are hiking
- The route you intend following
- When you will be departing from base camp
- How long the anticipated hiking trail will take to complete
- When you will return and your emergency plans



# During Hiking, always ...

- **RESPECT THE SIGNALS NATURE AND YOUR BODY SEND** – make a wise decision when to continue and when to turn back
- **HAVE A PROPER EQUIPMENT**
  - Comfortable backpack - the weight of your backpack may not exceed one third of your body weight
  - Comfortable strong shoes
  - Wear bright colors when hiking- be as visible as possible, even from Air; the best colors to wear are scarlet red, Barbie-pink, neon orange, neon yellow, and sky blue





# Safety Walking Techniques

## ➤ Walking individually

- Walk slowly and evenly - swinging forward naturally



## ➤ Walking as a group

- At the pace of the slowest member
- Maintain an even, steady pace – one that everybody in the group can maintain for extended periods of time, without getting out of breath or hurting themselves
- Adapt your walking style to the type of terrain in order to avoid injuries



# Safety Walking Techniques

- **Walking uphill**
  - Shorten your stride, keeping the same rhythm, leaning forwards, place your feet flat on the ground.
- **Walking down hill**
  - Open your stride and lean back slightly
  - Do not try to go too fast
  - Descending is hard on your knees
- **Walking on sand or loose ground**
  - On soft sand, slow down and place each foot deliberately putting weight on it gradually
  - Walking sideways prevents the toes from digging in





# What to do during hiking if ...

## ➤ YOU ARE LOST

- **S.T.O.P.** = Stop, Think, Observe, Plan! Your brain is your #1 survival tool
- If possible, stay near an open space; move into it to be visible from the air and ground
- Keep your eyes and ears open and seek clues of human habitation or human activities





# What to do during hiking if ...

- **YOU HAVE TO PREVENT DEHYDRATION**
  - Avoid overexertion on hot days
  - Pace yourself and rest often, in the shade if any is available
  - Drink water
  - Soak a bandana with water and cover your head with it
  - Hike in the cool of the morning and late afternoon
  - Wear a sun hat with a wide brim to protect your ears, face, scalp and back of your neck
  - Wear cool natural fiber clothing
  - Eat regularly throughout your hike



# Let's Go Hiking!

- Going on a hike is a great way to encourage people to be active and connect with nature
- Plan your hike together and talk up the adventure:
  - Should we walk by a river today?
  - Climb some rocks?
  - Search for the biggest tree?
- Bring a friend along - invite friends or another group of people to go hiking together
- The journey is often more important than the destination
- Touch and feel things and find marvelous things that other have missed



# Let's Go Hiking!

- Go at good pace - let others set the pace of the hike, even it's much slower than would go.
- Do different hikes
  - Meandering through a dense forest
  - Find a boardwalk trail
  - Hike that starts high and gives you sweeping views
  - Make a local trail at night
- Make the hiking a game
  - Use the environment as a prop for trail games
  - Tell a story
  - Create an imaginary scenario on your hike





# Let's Go Hiking!

- Hiking with kids

<https://www.youtube.com/watch?v=HZwEEPN0WSQ>

- Let's take a hike

<https://www.youtube.com/watch?v=dYyB6uCpXXM>

- What to pack for hiking

<https://www.youtube.com/watch?v=O8b5ujHbsyo>



# E-sources about hiking

- <https://www.youtube.com/watch?v=Bgu3db72IMw>
  - <https://www.youtube.com/watch?v=K6GXKMZDC9w>
  - <https://www.youtube.com/watch?v=Yb3k9Z58ITc>
  - <https://youtu.be/4nrrPB-ZuFw>
  - <https://www.youtube.com/watch?v=8v0TXuLRLeo>
  - <https://www.youtube.com/watch?v=fK4R5LuCQfl>
- 
- A person wearing a backpack and a cap is walking away from the camera through a grassy field. The background shows a line of trees under a hazy sky. The image is semi-transparent, serving as a background for the text.