

How to Start Hiking

A STEP-BY-STEP GUIDE FOR BEGINNER HIKERS

01

SELF ASSESSMENT

Evaluate your fitness level, hiking skills, and physical limits.

02

FIND BEGINNER TRAILS

Find local trails that are well-marked and well-maintained.

03

KNOW BEFORE YOU GO

Prepare for your hike! Check the weather, study the trail map, and pack your gear.

04

HIKE, HIKE HIKE!

Get out there and hike! Don't forget to practice safe hiking.

05

BUILD CONFIDENCE

Gradually work your way towards longer, more challenging hikes.

06

INVEST IN GEAR

Elevate your hiking experience! Invest in proper footwear, a backpack, and other hiking gear.

07

EXPLORE THE WORLD!

Let your own two feet carry you to wherever your heart desires!