



HIKING TIPS AND HOST PLANNING GUIDE

- 1. Members are strongly encouraged to regularly check the web site calendar for a full description of all hiking activities.**
- 2. BPP will post any changes on the calendar up to 2 hours before the onset of an activity. brantpandp.ca**
- 3. If you are considering hosting a hike you must be recently familiar with the trail.**

HIKE CRITERIA and DESCRIPTIONS

The following criteria and descriptors for hikes/walks are suggested and updated by the host for changes.

TERRAIN....Surfaces: flat, rocky, paved, hard-packed gravel, snow/ice covered etc. Routes: small inclines, varied hills and valleys, steep hills
PACE.... brisk/fast paced (5km per hour), relaxed, leisurely, with breaks or no breaks

DISTANCE... in kms,

TIME... hrs. and mins.

THEMES...birding, nature, geology, heritage, cardio building, post refreshments etc.... (optional)

RECOMMENDED EQUIPMENT* PACK IT IN PACK IT OUT

- 1. Proper footwear based on event description**
- 2. Adequate snack/water based on your needs (eco-friendly)**
- 3. Hiking poles ...if suggested or personally preferred**
- 4. Ice grips, insect repellent, sunscreen..if conditions warrant**
- 5. Communication device, personal ID, medications**

Have you done a hike that you would host? You may use this form for planning purposes. Email or text: HIKING CO-ORDINATOR: Kathy Rose at

krose@sympatico.ca #905-932-1550