



## **HIKING TIPS AND HOSTING PLANNING GUIDE**

1. Members are strongly encouraged to regularly check the web site calendar for a full description of all hiking activities and last-minute changes.
2. BPP will post any changes on the calendar up to 2 hours before the onset of an activity. [brantpandp.ca](http://brantpandp.ca)
3. BPP hosts must be familiar with the locations and recent conditions.

## **HIKE CRITERIA and DESCRIPTIONS**

The following criteria and descriptors for hikes/walks are suggested and may be 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/ hour), medium/moderate (3-4 km/hr), leisurely, with breaks or no breaks

DISTANCE... in kms,

TIME... hrs. and mins.

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

## **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...if conditions warrant
5. Communication device, personal ID, medications

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