



PRACTICAL HIKING GUIDE

Everything you need to get you going
in the right direction!

Alexis le Randonneur, with the collaboration
of Véronique Champagne
Foreword by Frédéric Dion

Discover a wide range of tips, tricks and practical advice
so you can get started hiking with confidence!

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Hiking is gaining fans in Quebec, for many reasons. In addition to being an inexpensive activity, it can be done alone, with your family and even with your dog. As well, Quebec abounds in fabulous places for hiking: mountains, parks and forests offer everything you need to strike out on a trail and discover breathtaking landscapes.

In this guide written by Alexis le Randonneur, readers will find an abundance of advice for planning successful excursions. How should you prepare yourself before leaving? What equipment should you choose? What should you eat on the hike? How do you introduce children to hiking? How can you be a good hiker with a dog? How do you leave no trace on the trails? How do you treat an injury in the middle of the woods? These are some of the subjects touched on in a guide that will please both amateurs who want to equip themselves and seasoned hikers who want to improve.

Strong points

- This complete guide is written by Alexis Nantel, alias Alexis le Randonneur, who communicates every week with thousands of subscribers, TV viewers, and listeners passionate about hiking.
- The book reminds us of everything we need to know to hit the trails in comfort and safety, for beginners as well as for intermediate-level hikers who are unaware of some points.
- The book offers a thorough and relevant survey of one of the sports that has had the greatest number of new fans in Canada since 2017.

Subjects: hiking, trekking, outdoors, hiking gear, safety, family, dog, injury

For Alexis Nantel, any reason is good for hiking and climbing. He believes that hiking provides physical and mental balance and is an excellent way to escape from routine.

Véronique Champagne has worked on specialized publications on sport and the outdoors for roughly ten years. It was actually through running that she discovered hiking trails. She enjoys regular getaways outside Montreal with her three children and her dog.