

GUIDE TO THE 52 HIKE CHALLENGE



STEP 1
MAKE
A PERSONAL
COMMITMENT
& SIGN UP



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Make a personal commitment to become a better you! Take a break from your busy life and decompress through hiking at least once a week. This challenge is about changing your life in a positive way - gaining the physical, mental, emotional and spiritual benefits of hiking. We call it nature therapy, and you owe it to yourself to reset and get back to what's important - YOU!

Next, officially sign up and let us know that you are ready to take on a life-changing journey . You can select from one or more of our six challenges: Original, Adventure, Explorer, Kids, Pets and National Parks Series!

It's free to sign up, but when you get the Ultimate package, you'll receive a patch, stickers, finisher medal, journal and other perks!

Before starting a fitness regimen you should consult with a physician to make sure you are healthy enough for these activities. We don't want anyone getting hurt.



STEP 2

EDUCATION



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We wanted to make it really easy for you to complete this journey, so we have gathered a plethora of information under "Resources" on our website that include:

- [The 10 essentials you must bring on every hike](#)
- [Men's Gear Recommendations](#)
- [Women's Gear Recommendations](#)
- [Safety Guide](#)
- [How to find local hiking groups](#)
- [Ways to track your hikes](#)

Our [blog](#) also has great information like:

- [Planning Your Hikes & Goal Setting For Your 52 Hike Challenge](#)
- [Staying Accountable While Taking The 52 Hike Challenge](#)

You can also visit our [Youtube](#) and see all the videos we have posted!



STEP 3

SHARE THE

CHALLENGE



SHARE THE CHALLENGE

Share your commitment with your friends and family. This is a critical action as it will make you accountable to finish the challenge – and hopefully encourage some of them to join you in the journey!



We encourage you to share our logo on your favorite social media channel with a note on why you are taking the challenge.

STEP 4

GET OUT & HIKE!



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This may be easier said than done, but with the resources we have provided, we believe you will be making new hiking buddies soon. Be sure to download our [Hiking Tracker Log](#) to help you stay motivated! Better yet, grab our [journal](#) and stop to reflect on your 52 hike journey.

Remember, having gratitude is the key to happiness.

STEP 5

GET

CONNECTED



GET CONNECTED

At this point you will be fully immersed in the hiking lifestyle and you know the greatest thing is sharing your stories and reading inspiring stories from others too. It is through posting and using our hashtags #52HikeChallenge & #52HikeChallenge(YEAR) that you become part of our global community. So give some love.... you'll get love back too! You might even make a new hiking friend!

Each month, you can also submit your posts for a chance to win a \$52 gift card from 52 Hike Challenge. Head over to the [Tracking your Hikes page](#) under the Resources tab to get more info.



By taking the challenge, we are all connected and rooting for each other! You can also join one of our [Facebook Chapters](#) to join in on official 52 Hike Challenge group hikes.

STEP 6

CELEBRATE



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YOU ARE (ALMOST) DONE!

Taking on 52 hikes in a year is quite an accomplishment. And you undoubtedly will have friends and family to thank, so we highly encourage you to plan a fun (easy) group celebration hike for #hike52. Invite all of the people who helped you along your journey. We have seen so many happy finishers because of this, so please take this time to thank them,

you won't regret it!

When you are officially done, please fill out the "[Finisher Form](#)" to get

your printable finisher certificate and be entered to win a Grand Prize at the end of your challenge year! At this point you should have completed the 52 Hike Challenge and you are ready to brag! You are welcome to indicate "52 Hike Challenge

Finisher" in your social media profile. You're friends and family think you are a pro, you hopefully have become enlightened, and you undoubtedly have already shared the gift of hiking with others as a leader... and we think you're awesome for that!



FAQ's



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WHEN DOES THE 52 HIKE CHALLENGE START?

You have 52 weeks to start hiking and finish the challenge from the day you sign up. Please keep in mind that we are only counting one hike per day, so the soonest someone will finish is in 52 days from the date they started.

HOW WILL YOU KEEP TRACK OF MY HIKES?

This is a self-directed challenge. We encourage you use social media by posting a picture of each hike and telling us what hike number it is by using hashtags. For example, hike one will be #hike1, hike two will be #hike2, etc. Use #52HikeChallenge(YEAR) and @52HikeChallenge so that we can see your progress. If you don't use social media, we have provided [Hiking Logs](#) for you to download and strongly encourage you to keep track of your hikes that way.



WILL I BE DOING THE HIKES WITH YOU?

We are a global challenge - and we can't be everywhere at the same time, so unfortunately no. We know you'll be hiking in no time with the [resources](#) we provided you!

Have more questions? Head on over to our [FAQ's](#) page.

LETTER FROM THE FOUNDER

"I took a walk in the woods and came out taller than the trees." - Henry David Thoreau

A huge part of living a happy and healthy life includes practicing mindfulness and gratitude, even when life is hard.

I decided to go on 52 hikes as a New Year's resolution in 2014 when I was going through one of the hardest times in my life. During my 52 hikes, I was able to heal through acceptance, surrender, and forgiveness. The first step was becoming aware of my negative internal-dialog; deciding to be kinder to myself - while hiking and climbing peaks. Slowly but surely, my inner voice began to encourage me, and I became stronger with each hike.

On my journey there were lots of tears, moments of learning, countless adventures, and bonding with family and friends. At the end of my journey I was empowered, and realized I was always enough and capable of anything I set my mind to. I came out a whole new person and I wanted to share that with you, because I know hiking heals.

Taking time to connect with yourself and nature won't lead you astray, because all the answers lie within you. No matter what you're going through, this challenge will help you find gratitude, empowerment, and perspective.

Taking the 52 Hike Challenge may seem like a daunting task, but if you write out your goal, break it down into manageable steps, and take action - your goal will become a reality. Apply this concept to anything else in life and you are bound to succeed.

Sending you so much love, gratitude and healing. Thank you for supporting the challenge and believing in our mission - to empower you mentally, physically, spiritually and emotionally through hiking once a week for a year!

Welcome & Happy Hiking!

Karla Amador, co-founder of the 52 Hike Challenge



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