



Join the Outdoor Revolution!

THE BEGINNERS GUIDE TO HIKING

For weekly outdoor adventure inspiration
www.veganhikingchick.com

LETS GET STARTED!

Hiking is one of my favourite outdoor activities, its keeps me grounded, allows me to connect to nature, erases my stress and is a fantastic social activity.

You can make it as hard or easy as you like and there are so many destinations to explore you can go discover something different each time you head out!

The best thing about hiking is you can be any age or fitness level and if you have kids, perfect, include them on the adventure as well!

The secret to enjoying the hike and turning it from a one off adventure to a regular outing is to pick your destinations correctly and don't put too much pressure on yourself!

Whether you are looking to get fit, start exploring your local area or spend quality time outside with your friends and family, there is a hiking destination to suit.



WHAT TO TAKE

To begin you don't need anything too specialised on the easier trailed hikes. As your adventure lust grows and you become more confident, want to go further afield or off trail you can add to your collection of gear, but to start don't let not having all the fancy equipment put you off.

The idea is just to get outside and have fun!

Water, a comfortable back pack, snacks, trainers, first aid kit, sunscreen, insect repellent and a map are all you need on the easier trailed hikes.

Remember to take your phone or a camera so you can capture nature in all her beauty.

To make it easier I've put a printable check list together at the end of this guide to make sure you don't forget anything!



WATER



I can't stress how important it is to bring water, I run into so many new hikers who head out with just a small 600ml bottle or worse nothing at all!

Kmart sells water backpacks from \$15 and although the bladders don't last too long, they're a great cheap first water pack and you can upgrade once you've done a few hikes.

I recently invested in a new Camelbak Rogue from Wild Earth and I love it. Well worth the extra \$ as its light weight, easy to fill and comfortable.

On all hikes I take a minimum of 2L, even if I don't drink it all I know that I have enough to share with others if they need it, or if something goes wrong on the trail I'm not going to add dehydration to the situation.

CLOTHING



Anything comfy! Comfort is the most important thing when hiking and on trails you don't have to be quite so concerned about getting scratched by bushes or ending up covered in weeds and prickles as you do when going off trail!

As you go higher in altitude or deeper into the forests the temperature can drop so its a good idea to layer, eg singlet, long sleeve top and light weight jacket, but be mindful of the extra weight as you don't want to take more than you need.

I like wearing Wildish singlets, they're soft, comfy and I love the companies vibe. As a brand ambassador I'm often given discount codes which I'll email out to my subscribers so make sure to keep an eye on your inbox.

My favourite all round pants are Teeki's. Made from recycled water bottles the designs are epic, plus are super light weight and flexible, I love how the seams are all flat stitched so they never irritate me and because of the fabric they dry super quick. I use them from everything from hiking and climbing, to surfing and yoga.

SNACKS

I have a few staples that I keep in my pack. I try to pick snacks that are high in energy to give me a boost when I'm on the trail such as Primal Vegan Jerky, Clif Bars, Nut and Seeds mix, Bananas, Apples and Mandarins.

I also love to blend up a smoothie before I go and pop it in my thermos to keep it cool till i'm ready for it.

For longer day hikes I will pack an actual meal such as a wrap, salad or sometimes in winter if I know it will be chilly up top I'll take a mini thermos of soup. Just make sure that whatever you take you have a way of keeping it fresh and leak proof!



TIP!

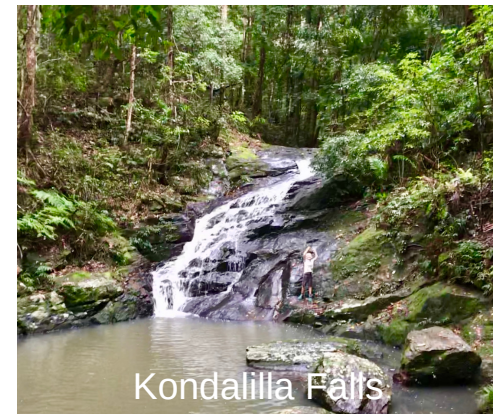
I also take a small Ziplock Sandwich bag that I can use to put my rubbish in, that way I don't have to worry about it leaking or make a mess in my back pack.

SO OUR BAGS ARE PACKED, NOW WHERE SHALL WE GO?

The below hikes are three of my favourite beginner hikes.

They are all extremely well pathed, are not too long and the hikes themselves take you through some of South East Queensland prettiest view points.

For more details on each of the hikes below, or to discover some new ones, jump on over to my website, www.veganhikingchick.com/hiking



THREE MUST DO BEGINNER HIKE S

1. Mount Coolum, one of the most popular mountains on the Sunshine Coast, the ascent is steep but thanks to the stairs you don't need Ascent Shoes and the view of the coast is breathtaking, especially at Sunrise!
2. Mount Cordeaux – Low gradient incline makes it good for first time hikers and kids and again, the views are totally worth it. Well pathed it can get a bit slippery in the rain. You can extend the hike to go off to Bare Rock if you're feeling like some extra cardio or if you're into off Trail hikes you can find your way around the edge of the ridge and all the way to Mount Castle.
3. Kondalilla falls – Pretty much a footpath all the way to the top of the main falls with a picnic area at the start of the hike, a super popular destination it can be hard to get a park here on weekends. Great for kids and first time hikers as you come to the first falls less than 1km into the hike. If you're feeling energetic you can do the circuit which takes you down to the bottom of the falls. For those who have been hiking for a while there are heaps of little off trail areas to explore. Just make sure to take a map, GPS tracking app such as Wikiloc or even Strava so you don't get lost if you do leave the trail. Remember if using your phone's GPS tracking make sure it's fully charged!

RESOURCES

Vegan Hiking Chick, your go to place for honest and personal adventure stories!
www.veganhikingchick.com

Aussie Bushwalking: A collection of the more popular hiking trails you can usually find one near you, however the details are not always 100% as people views are subjective so its good to do some additional research before setting off. www.aussiebushwalking.com

Wikiloc: My favourite tracking app, it allows you to follow other peoples treks so you can stay on path as well as recording your own journeys for others to share. Its stopped my getting lost at least a few time now! www.wikiloc.com

National Parks, Sports and Recreation. For comprehensive details on all the National Parks trails and campsites: <https://www.npsr.qld.gov.au/parks/>

Queensland Governments QTopo: For those who just love maps! Also useful for when you want to identify a peak in the distance as it has everything on it. <http://qtopo.dnrm.qld.gov.au/>

Meet Up: If you want to go hiking but have no one to go with, or would prefer to join a group hike, I've hiked with both Happy Hikers, Hiking SE QLD and Girls that Hike and they have always been friendly and helpful! <https://www.meetup.com/en-AU/>

FIRST HIKE CHECKLIST

- o Comfy walking shoes, trainers are ideal
- o Back Pack
- o 2L of Water
- o Snacks
- o Ziplock Bag for Rubbish
- o First Aid Kit
- o Printed map of the trail or downloaded version on Wikiloc
- o Sunscreen (apply before leaving)
- o Insect Repellent (apply before leaving)
- o Hat