

The Hiker™s Guide to the Outdoors

Description

Hiking is a walker™s paradise in the fact that it can be a location anywhere. It is a chance to exercise and, at the same time, free your mind from the stresses and strains of daily life. As you hike, you can become more aware of your environment, how our planet operates, and how wildlife communicates with one another. You can healthily breathe in the fresh air of the countryside, hear the birds tweeting without the use of technology, and take in the sights of unspoiled fields, mountain views, and see and hear the trickle of water.

So, if you are looking for a way to keep fit in smaller groups, where social distancing is the best thing at the moment, you might want to consider hiking as a pursuit. With this in mind, we shall look to provide a [hiker™s guide](#) that will let you know just what the outdoors has to offer those who are interested in hiking as a new pastime.

Routes Across Fields

There are many places that hikers can explore where routes have already been set out across fields. These will be where permission has already been granted by farmers and landowners for walkers and hikers to enter their land. They will be marked on many maps. Where this is the case, and in every case, always be mindful of crops and animals and keep to the edges of fields. Consider these routes if you are agile enough to negotiate stiles when there are no gates open to let you through. Then, of course, remember to close the gate so that farm animals do not escape from the field they are occupying to graze in. If you are wearing red, cover this up in case it is true about bulls. Most animals will watch you closely but keep their distance but you should always be aware that one may decide to charge at you. Always allow yourself plenty of space and time to react where there are animals. They are a nice subject for photographs, which can be taken before or after you enter the field.

Mountainous Views

Seeing mountains as the backdrop does not necessarily mean that it will be a steep climb for the hiker. It can be flat ground in front of the mountain. However, for those who like more of a challenge, there is always scaling a mountain as more of a test of endurance.

As we negotiate mountain ranges and valleys or have them surround us during our hike, we should take time to think about how mountains were formed in the first place. Scientists will tell us that it was a result of the movement of tectonic plates in the Earth™s crust. It is the great mountains such as the Himalayas that will form along the boundaries of these plates. It must be said that tectonic plates do move very slowly. I mean, it will take millions upon millions of years for mountains to form. They are a wonderful site, though, and a part of our planet well worth investigating through hiking experiences.

Rivers and Streams

On our hiking trips, we will come across rivers and streams. It is amazing how different a stone can look when wet as opposed to dry. I first discovered this on a beach when I was younger. By the time I had got the stone back to my caravan, it had dried out and was not then half as pleasing to the eye as before. So, the next day, I went and put the stone back into a rock pool.

If you fancy a paddle, then a shallow stream might provide you with the opportunity. Only enter shallows waters, though, where you can see clearly what is in them and can see the bottom. If you are on a group hiking trip that has been planned through a club, you will have the opportunity to ask rather than take the plunge yourself without knowing much about the stream that you have not before encountered.

Flowing water that just sparkles in the sun makes a wonderful sight and is a pleasing and calming noise to the ears. The sight of it may even mean that there will be a waterfall to admire. Something, after all, will be feeding the stream. Many like canal holidays, but there is something different about moving water as opposed to more stagnant water where only the ducks and canal barges provide the movement.

Toughest Hikes

There are some seriously challenging hikes possible around the world for those who like to turn the peace and tranquillity of the countryside into something more extreme.

Some examples include Chadar Trek, Himalayas; Drakensberg Traverse, South Africa; Kalalau Trail, Kauai, Hawaii; The Death Trail, Mount Huashan, China; and The Snowmen Trek, Bhutan.

If your mind is now made up about this as an activity, [think carefully about your route and the equipment you need for hiking](#) as this will enhance the experience that you have. You can then be experiencing the outdoors in a way that others are currently finding enjoyment from already. The pandemic has directed more of us to the outdoor spaces that are free from crowds. There is no reason not to continue the activity beyond the pandemic or start it if we have not already. It is a healthy way to enjoy our spare time.

So, whether you are looking for a peaceful and purposeful hike in the country or looking to tackle one of the world's toughest regions, hiking can introduce you to the outdoors in ways that are new to you. There is nothing like taking in the sights, sounds, and smells around us and feeling at one with the planet that we are all trying to protect for our future generations to enjoy.

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