



ONTARIO HIKING WEEK: Frequently Asked Questions

► **What is Ontario Hiking Week?**

Ontario Hiking Week is a Hike Ontario initiative to encourage Ontarians to get out and experience nature at its best along the diverse and expansive beauty of Ontario's vast network of hiking trails. Hiking trails can be found in virtually all corners of the province.

► **When is Ontario Hiking Week and when did it first start?**

This year, Ontario Hiking Week is being held from October 1 to October 7. The first annual Ontario Hiking Day took place in 1975 and the first annual Ontario Hiking Week took place in 1996.

► **Where should I go if I want to join in Ontario Hiking Week activities?**

Start by exploring the list of member clubs on the hikeontario.com website. Visitors can scroll down the list of clubs to find a trail near their community. Call or send an email and arrange to join one of the many hikes being held this week, throughout the fall and year-round. If you're hiking for the first time, be sure to join a hike that responds to your level of fitness.

► **Why was Ontario Hiking Week started?**

Ontario Hiking Week was started to sensitize Ontarians to an outdoor activity that is relatively inexpensive and accessible to virtually millions of Ontarians. Hiking is an excellent means to keep fit, connect with nature and learn about .

► **What are some of the activities happening during the week?**

You'll find information about hikes being held to mark Ontario Hiking Week at hikeontario.com as well as a full schedule of seasonal hikes on the websites of hiking clubs in your region. Most of Ontario's trails have websites that are accessible through the Hike Ontario website.

► **I've never hiked before. Can I join in?**

Of course! Newcomers are always welcome to join in the activities. Contact a club near you through hikeontario.com and arrange to go hiking this week and anytime during the year. Remember to join a club that suits your level of fitness.

► **What advice do you have for someone who has never hiked but wants to start?**

Get the family together or arrange to hike with a friend and just show up. Ontario's hiking clubs always welcome newcomers. A hike can be short and leisurely or an exhilarating workout or anywhere in between. To find a club near you, go to hikeontario.com and click on Member Clubs. Newcomers should choose a hike that suits their level of fitness.

► **What does Ontario Hiking Week offer to those who do have a lot of hiking experience?**

Ontario has 64,000 km of hiking trails and thousands of volunteers who maintain them. Ontario also has 329 provincial parks, 6 national parks, 400 conservation areas, 292 conservation reserves and 65 percent forest cover. How much of Ontario's rich countryside have you explored? Ontario Hiking Week provides an excellent opportunity to get out and discover a completely new trail with amazing geological features and flora and fauna that you've possibly never seen.