

Seniors' Hike Initiative



An exciting and new program for Adults 55 years of age and older!

The goal is to motivate seniors 55+ to improve their physical and mental health by helping to break down the barriers to getting started with hiking and walking.

Hike Ontario will be offering:

- **Safe Hiker** classes (for beginners to learn how to hike)
- **Certified Hike Leader** training (for experienced individuals)
- Assistance with establishing walking & hiking groups in Older Adult Centres.

In addition, Hike Ontario will also provide connections and memberships to province-wide Hiking Clubs and Trail Associations.

Benefits of Hiking:

1) Promotes Physical Health:

- Improved cardio-respiratory fitness (heart, lungs, and blood vessels).
- Improved muscular fitness.
- Lower risk of high blood pressure and type 2 diabetes.
- Weight control; hiking burns up to 370 calories an hour.

2) Promotes Mental Health:

- Reduced depression and better quality of sleep.
- Connected to the outdoors increases happiness.

3) Promotes Social Interaction

4) Explore the Great Outdoors

5) Live Longer with a Greater Quality of Life



TRAINING PROGRAM DETAILS:

SAFE HIKER PROGRAM

This course will take participants through the process of planning a hike in a safe manner. It will start with an Introduction to Hiking, including the Joys of Hiking and Types of Hikes. Students will then be guided through the steps of planning and going on a hike including:

- Preparing for a Hike
- Packing and Outfitting
- Hitting the Trail

CERTIFIED HIKE LEADER

Emphasis is on assessment and skills evaluation; the certification issued to the successful candidates is a provincially-sanctioned standard and will assist the candidates in leading group hikes, and focuses on:

- Introducing participants to the standards of a trained hike leader, instruction, and risk management for Day Hikes where the hike is no more than 2 km from road access.
- Providing direction towards the Wilderness Day Hike Leader, Wilderness Trip Hike Leader programs, and other Hike Ontario programs.

THIS PROGRAM IS AVAILABLE TO:

- **Centres for Older Adults**
- **Senior's Centres & Clubs**
- **Retirement Communities**
- **Recreation Centres**
- **Hiking & Trail Associations**



**For more information
or to register, please
contact us.**

WHO WE ARE:

Founded in 1974, *Hike Ontario* is a non-profit organization dedicated to serving the needs of all hikers and walkers in the Province of Ontario. The membership of Hike Ontario consists of 25 long distance trail associations and hiking clubs with memberships totaling over 13,000 people across Ontario.



CONTACT INFORMATION

Hike Ontario

262 Lavender Drive
Ancaster, ON
L9K 1E5

1-800-894-7249

905-277-4453

info@hikeontario.com

www.hikeontario.com



presents...

**Seniors' Hike
Initiative**



PROUDLY SUPPORTED BY:



**Ontario Sport and Recreation
Communities Fund**

Older Adult Centres' Association of Ontario
Association des centres pour aînés de l'Ontario



PROMOTING HEALTHY, ACTIVE LIFESTYLES
PROMOUVOIR UNE VIE ACTIVE ET SEINE