

# Hiking in the mountains for beginners.

Hiking is a great way to immerse yourself in nature. Moving on your own feet and carrying only what you need on your back during the day, you discover the beauty of nature. With planning and preparation, this is an activity that almost anyone can do. If you've dreamed of going on a hike but haven't tried it yet, the time has come.

Just follow these steps:

- Find a hiking partner  
If you have friends who hike, ask them to take you on a trek. Most people are happy to share their expertise, introduce newbies to their favorite trails.
- Choose a hike  
Websites are great resources because you can get all the stats you need. They often display recent trip reports that may give you a sense of what current trail conditions are.
- How to choose a hiking road  
Before you start your search for the perfect hike, it's helpful to think through a few things, such as:
  - How much time do you have
  - Your fitness level
  - Distance
  - Elevation gain
  - Time of year and weather
- How to choose hiking gear  
The journey is easy, without unnecessary equipment. You do not take heavy backpacks, sleeping bags, food on the road, but limit yourself to the essentials.

Purchase clothes with these properties:

- protection from water
- ventilation
- freedom of movement

Purchase boots with these properties:

- good fixation and cushioning of the foot

- strength and stability

Check out the simple rules of conduct:

- Plan a route and share your plans with others.
- Have the necessary rescue equipment with you to help yourself and others in an emergency.
- Don't be scared to turn back. There is no shame in this.
- In case of unexpected situations, save energy and look for a suitable shelter.

The good thing about hiking is that everyone can go hiking!