

Take a Hiking Tour

Nature provides the perfect escape you're craving solitary reflection. But an outdoor adventure is also a great way to find fun, camaraderie and a jolt of shared adrenaline. When you want to join your friends for some outdoor fun, or make new friends who share your interests, take a hiking tour.

Hiking tours can be the best ways to enjoy the outdoors. Just ask anyone who has put on hiking boots and joined a group for some backcountry backpacking in the wilderness. While there is a measure of risk involved, the fun, excitement and appreciation of nature you get in return is well worth it. Many hikers have come back from a few days in the wilderness feeling clear-headed, stress-free and rejuvenated. Of course, you can too. Don't be intimidated if you have limited hiking and outdoor survival skills. These skills are best developed on the trail, and if you're with a group you'll receive plenty of advice to help you get the most enjoyment from your hiking experience.

When you're ready to take a hiking tour, consider the following tricks and tips that experienced hikers follow religiously:

Train for your Trip

While you don't need to attend scouting classes to survive in the outdoors, you do need to understand and appreciate the challenges that lay ahead. There will be tough goals to meet and overcome, and the physical challenges can appear overwhelming. Remember that when you take a hiking tour, you're in for a rough ride. But it's an exhilarating ride you won't forget anytime soon. Training is crucial to your success. Cardio and strength training are important for having a successful and enjoyable trip. If you're a beginner, you have even more reasons to be in your best physical condition before you take a hiking tour.

Grab a Walking Stick

While not essential, a good walking stick can be one of your most important pieces of hiking gear. You'll never know the marvels that can be derived from these simple structures, until you've experienced them firsthand. Walking sticks take the pressure off of ankles, hips and knees, and they can help to propel you along. Trying to navigate a rocky path or scale a hill is considerably easier if you've got a walking stick to provide added balance. The very presences of your walking stick can help you to establish a comfortable pace, and lessen your overall fatigue.

Carry Lots of Water

Everything needs water to survive. Especially you. There is no good way to learn what life is like without water, but being in the middle of nowhere without a supply of clean water is definitely not the best way. Even if rivers or lakes offer an abundant water supply, drinking from them can be a really bad idea. Pack enough water to last the duration of your trip, and then pack a little extra. This is particularly important if you're planning to take a hiking trip that will last for two or three days. Water bladders are lightweight and take up little room, so pack an extra one. This will safeguard you in the event you run short of fresh water, or you can keep it on hand to share with other hikers.

Test Your Equipment

Do not take a hiking tour without bringing the right equipment. Do not buy equipment without trying it first. There are countless outdoor outfitters that readily stock the equipment you need, and most are staffed with hiking pros that can help you choose the best gear to meet your needs. If you're not sure exactly what you need, ask for help and try the gear before you buy it. Many shops will rent gear, offering the perfect opportunity to 'test-drive' the equipment before making the investment. By trying the gear, you can test different styles and find the best equipment to suit your individual needs.

Dry Socks

Never underestimate the power wielded by a pair of clean, dry socks. Pack an extra pair, or three. Clean socks will help to prevent blisters and will keep your feet feeling fresh. If you take a hiking tour on a hot, sunny day, you can also opt to wash out your socks and hang them to dry, instead of taking many pairs.

When you've had enough of the rat race and you need to reconnect with the simpler world around you, or you want to do something different with your friends, take a hiking tour. Chances are, you'll come back a whole new person.