

# What does it mean initiating hiking?

At first glance, walking can be described as a spontaneous activity, with which man has been familiar since the beginning of his history. And it seems exaggerated to talk to you exactly how to go. After all, trekking and hiking are based on walking.

It is normal for the modern man to hesitate before crossing mud and narrow paths. With the same fuss and insecurity, those who have now "seized" in crossing the complicated routes have also faced.

Like any debutant, you have to go through several stages. You will start with "introduction". Throughout this time, you will gradually become familiar with and then use the plants and animals around you, with the weather conditions, the relief so diverse, the altitude and the climbs, etc..



# Etapele pregatitoare

## Step 1 - Accomodation

The first phase of training begins by "adapting" to the wild environment. What you call "nature" includes all sorts of unpredictable and unknown elements

You need to know how to move beyond the space of your own home, your own home, etc. You have to adapt to the environment and to all aspects that characterize i





## Step 2 - The first exit

For the best "training" begins even hiking, think already planning the first trips out of town. It can be a simple Sunday walk, a picnic outing, a wandering on a forest road. Of course, you will be limited to using your feet as locomotive tools (walking or cycling). It depends how far you want to go.



### **Step 3 - The following outputs**

Once you've "broken the ice" and you're not scaring the weird plants or the wild beasts, keep going. Repeat as soon as the first exit. At first, you get 1 day trip, on simple routes, which does not necessarily exploit the survival sticks.

A trekker / hiker will also feel after a level difference of 300-400 meters or after a turn not longer than 1-2 hours.





## Step 4 - "Habit"

One of the principles of training requires you to ask your body every time more than you did at the previous session.

But four uphill races in four consecutive weekends do not make you sneak at K2, reserved for elite climbers.

Thank you for making a habit of hiking.  
There is no need to exhaust yourself or to endanger your life and others..

