

Adventure Ready for Hiking Course Session Four



Become adventure ready!



Session outline

This session is all about hiking over different surfaces & terrain.

Techniques for

- rock scrambling
- uphill
- downhill
- tree roots
- mud/water



Rock Scrambling/hopping

- Choose your path - low or high
- Take your time - stop and look
- Shoes with Grip
- Keep upright
- Relax!! Tense leads to accidents
- Don't sacrifice wet feet for hurting your body



Hiking Uphill

- Take your time - but keep momentum
- Bridesmaids step
- Keep upright
- Use whole foot to push off through stairs or hills
- If using poles, use them beside you to “push off”, not pull yourself up



Hiking Downhill

Feet wider apart to

- lower centre of gravity
- increase stabilisation
- minimise risk of slip

Use poles - close in to the body

Aim to stay as upright as possible

If sleet or snow, dig your heels in and then step forward

Zig Zag down the hill if it seems too steep or knees are sore

If in doubt, bum it out

Hint - pretend you are walking like a duck or wearing a nappy - that is the effect.



Navigating Tree Roots & Rocks

Snakes & Ladders

Go perpendicular to the root or avoid

Always watch the path & stop to take photos

Rocks

- black is death
- red beware
- white is generally alright but check first
- Green - Should not be seen - forget



Hiking near/in water & mud

- Always protect your body over your feet
- Generally gaiters will protect your feet from getting wet, up to the height of the gaiter
- Walking through the mud & water where possible will also protect the trail (think Overland Trail and all the Boardwalks)



Hiking near water & mud



<https://www.youtube.com/watch?v=Eb31CYGQj8k&t=7s>

www.womensfitnessadventures.com



Techniques overview



<https://vimeo.com/845812068?share=copyvimeo.com/8>

www.womensfitnessadventures.com



What's Next?

- **Check in via Facebook**
- **Keep building on your plan**
- **Have you browsed the Fitness Library yet?**

