



# SEASONAL HIKING *considerations*

safe and responsible recreation tips

## *fall*

- a popular season for trails, opt to hike off peak hours/days.
- no foraging in conservation areas
- Do not throw/kick rocks over a cliff. Any cliff. This is a real danger to climbers, and you can be inadvertently risking their lives.
- some trails will close for hunting season, others will be open to hunters and hikers alike, wear bright colours, make noise
- shake and brush off boots (and paws) to prevent spread of invasive species
- dead fallen wood should be left in place to rot when possible as it provides habitat for fungi and salamanders

## *winter*

- respect the changes of activity designation for some trails
- consider gaitors, microspikes, poles
- some trails, roads, parking lots are unmaintained in winter
- keep a change of warm clothes in the car
- do not walk over groomed ski trails as it is a hazard for skiers.
- dress in layers, never cotton
- keep car fob in a zipped pocket of your inner layer, cold will zap the battery
- bring extra shoes and socks for post hike

## *all seasons*

- day pack, post hike, and car kit packing lists available at [www.girlgonegood.com](http://www.girlgonegood.com)
- always let someone know the trail you're hiking, direction, and ETR.
- be aware that some trails offer zero cell coverage
- always follow current health guidelines for your health district and your destination's health district.
- practice Leave No Trace guidelines and principals [www.leavenotrace.ca](http://www.leavenotrace.ca)
- never post your location on social media until you've left that location
- drones are not permitted in all outdoor areas, check prior to going so that there is no negative impact on wildlife and hiker experience
- give wildlife wide berth, always

## *notes*

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*"Look deep into nature,  
and then you will  
understand everything  
better." -Albert Einstein*

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