

Hiking FAQs

Q: I've never hiked before....is that a problem?

A: Of course not. That's why we provide a guide. Your guide will access your abilities and goals and create the perfect day for you

Q: What are the minimum/maximum group sizes?

A: Minimum 4 - Maximum 6 per guide - Groups up to 18 with 3 guides

Q: How physically demanding are the hiking trips?

A: Let us design the perfect day for you based on your goals and fitness level. Even during the day we can revise our goals to cater to your needs.

Q: How do I physically prepare for a hiking trip?

A: Training for a Day Hike

1. Take yourself out for a walk two or three times during the week. Make sure to move briskly enough to get your heart rate up, and then keep it up for at least 30 minutes.
2. Be sure to wear the same shoes that you'll be wearing on your **hike**. A sure-fire way to get blisters is to walk for a long time in shoes you haven't worn in a long time (or at all).
3. Carry a lightly-weighted daypack on your weekday walks. That way, you'll make sure you're prepared to tote your essential gear.

Q: Can I contact a previous guest for their experience with you?

A: We try to post reviews from previous guests on our website. For privacy reasons we can not provide contact information of prior guests.

Q: I'm A Solo Traveler And Don't Want To Slow Others Down - Advice?

A: We will always try to accommodate your goals and ability level and match you with like minded people. However, you can consider a private walk with your guide.

Q: Do You Accommodate Single Travelers?

A: Yes.

Q: Can My Kids Join A Trip? Is there an age restriction?

A: We offer a family friendly trip that focuses on the kids and education in nature.

Q: What do I do if I need to use the bathroom during the hike?

A:

Q: What about bears and other wildlife?

A: What qualifications do the guides have?

Q: What are the trails like?

A: You can expect a mixture of the following:

- Mainly single track trails with some wider double track trails near trail heads.
- Some easier hikes have occasional rolling hills that require very little fitness to more challenging hikes with long, steep uphill trails requiring a good base level of fitness.
- Some single track trails can be a little off camber and/or slightly exposed.
- The usual trail hazards, such as roots and rocks
- Most trails start in dense lush forest and many climb high above tree line into the alpine elevation band.

Q: What distances can I expect to travel?

A: Be prepared to be on the trails for anywhere from 4 to 7 hours.

There will be plenty of stops, and opportunities to snack and enjoy the surroundings. The distances vary from just a few kilometres upwards to 12 kilometres.

Q: How do I use trekking poles?

A: How to Use Trekking Poles

If you're concerned about your knees or ankles, consider getting a pair of trekking poles. They aren't just for newbies or older hikers: Poles help anyone keep their balance on very rocky or uneven terrain. They give you an extra two "limbs" to hold yourself up while you navigating the trail. People with joint issues are especially wise to invest in a pair. Here's how to use them:

1. Keep your arms in a fairly neutral position, only slightly bent at the elbows and use your shoulders to propel yourself forwards.
2. Keep a relaxed and loose grip on the poles by using the straps.
3. When hiking downhill, keep the poles slightly in front of you. Shorten your stride to reduce the impact on your knees. If the trail is very steep or muddy, try ramming the poles into the ground and taking side-steps up to the pole.
4. When hiking uphill with poles, you should use the poles to push off, not pull yourself up the hill. Avoid planting the tip of the pole in front of your lead foot

Q: How do I choose Hiking Boots?

A: How to Choose Hiking Boots and Shoes

We cannot stress it enough: No matter how fit you are, your footwear will make or break your hike. More to the point, it will either protect and support your feet and ankles, or it won't and you'll want to rip it off your feet at kilometre two and throw them off the cliff. When shopping for hiking boots and shoes, make sure your pick complements your fitness and packing style: While you'll spend a lot less energy hiking in trail-running shoes, you may need the extra

support of a mid-cut boot if you've injured your ankles in the past. Buy your boots someplace where you can be fitted by someone who knows what to look for. Some boots are [designed for specific terrain and even certain strides](#), so it's worth doing some research before making a purchase.

Most of the trails at Glacier National Park are rugged. We recommend mid to high cut boots with good ankle support rather than light trail runners. Most hiking boots are a combination of fabric and leather. In addition some use Gortex (highly recommended) to help repel water. Waterproofing all seams ahead of time will help protect your feet from wet foliage, creek jumping or a sudden rain event.