

# The 2022 HIKING CHALLENGE

1. Do a solo hike	
2. Go on a group hike	
3. Hike in the winter	
4. Hike in the spring	
5. Hike in the summer	
6. Hike in the fall	
7. Climb to a lookout / peak	
8. Catch a sunrise	
9. Catch a sunset	
10. Take a hike by a body of water	
11. Include a walk on a boardwalk / bridge	
12. Do a two-day / overnight hike	
13. Hike for 25 kilometres / 15 miles	
14. Go on a hike with someone from a different generation	
15. Hike with someone who hasn't hiked before	
16. Do someone else's favourite hike	
17. Do an urban walk / city explore	
18. Complete a charity walk / fundraiser	
19. Hike in a forest	
20. Do an educational hike (i.e. bird watching, foraging)	
21. Pick up litter / trash on your hike	
22. Pack a picnic	