### **Hiking Guidelines:**

**1. Be Prepared**

* Bring enough water, food, and appropriate clothing/footwear for the hike.
* Make sure you have sunscreen, a hat, and any other essentials for safety.

**2. Respect the Pace of the Group**

* We hike as a group. If you're a faster hiker, please be mindful of others and wait at designated points.
* If you prefer a slower pace, let us know in advance so we can plan accordingly.

**3. Stay Together**

* Please stay with the group. Don’t wander off the trail or leave without letting someone know.
* Safety is key, and it’s best to hike in numbers.

**4. Respect the Environment**

* Follow Leave No Trace principles. Pack out everything you bring and leave nature as you found it.
* Be mindful of wildlife and plants—no picking or disturbing the environment.

**5. Communicate Issues Early**

* If you're feeling tired, unwell, or need to take a break, let the group know so we can adjust as needed.
* If you need extra help (e.g., a slower pace), don’t hesitate to ask.

**6. Be Courteous**

* Respect others' space, avoid loud or disruptive behavior.
* Keep conversations friendly and positive. We’re here to enjoy nature together!

**7. Time Management**

* Be on time! We’ll start at the scheduled time, and latecomers may miss the hike.
* If you need to leave early, let the group leader know ahead of time.

**8. Keep the Trail Safe**

* Be mindful of others on the trail, especially on narrow paths. Step aside to let others pass.
* Avoid risky behaviors or dangerous shortcuts—safety is more important than speed.

**9. Help When Needed**

* If someone is struggling (whether it’s with the pace or the terrain), offer support or check in with them.
* Be considerate of those who may need extra assistance or a slower pace.

**10. Have Fun!**

* Enjoy the hike, meet new people, and make the most of the experience.
* Remember, we’re all here for a shared adventure in nature!