



Hiking

Hiking is an outdoor activity which consists of walking in natural environments, often in mountainous or other scenic terrain. People often hike on hiking trails. It is such a popular activity that there are numerous hiking organizations worldwide. Studies have confirmed the health benefits of different types of hiking,^[1] including losing excess weight, decreasing hypertension, and improving mental health.^[2] The word *hiking* is understood in all English-speaking countries, but there are differences in usage.

Types

- Backpacking – also known as trekking, a multi-day, often arduous hike especially in mountainous regions
- Dog hiking – hiking with dogs
- Freehiking – hiking while unclothed, also hiking off-trail
- Hillwalking – a British term for hiking in hills or mountains
- Nordic Walking – fitness walking with poles
- Llama hiking
- Scrambling – "non-technical" rock climbing or mountaineering OR "technical" hiking
- Thru-hiking – hiking a trail from end to end in one continuous hike (people may end to end a trail, but in section hikes)
- Ultralight backpacking
- Waterfalling – aka waterfall hunting and waterfall hiking is hiking with the purpose of finding and enjoying waterfalls
- Dayhiking
- Heli Hiking – using helicopters to access remote areas otherwise inaccessible

Related activities

- Cross-country skiing – often the equivalent of hiking in snowy lands during wintertime
- Fell running – an English and Welsh sport of running over rough mountainous ground, often off-trail. Known as Hill running in Scotland and Ireland. Similarities exist with Mountain running popular overseas, but also many differences.
- Geocaching – outdoor treasure-hunting game
- Orienteering – running sport involving navigation with a map and compass
- River trekking
- Rogaining – sport of long distance cross-country navigation
- Trail blazing



Kinds of Footpaths and Codes of Signals

What is a footpath?

A footpath is a route that has been designed to go by several kinds of paths, tracks and roads and to visit valleys, cols, mountain ranges, and really interesting places because of their landscape, culture, touristic interests, social interests, etc.

There's different kinds of footpaths

There are also VARIANTS, that begin in a selected point of the footpath and that return to the same footpath in another different point. Those variants are alternatives to the main route.

The footpaths can be lineal or circular.

The marked footpaths are a public service that can be used by everybody, without paying anything. There's a lot of important footpaths in Europe.

Trekking

The term derived from the Afrikaans word *trek* (noun), *trekken* (verb), (literally meaning to "pull, travel"), became a word in English language in mid 19th century, and means a long arduous journey, typically on foot.^[1]

A **trek** is a long, adventurous journey undertaken on foot in areas where common means of transport are

generally not available. Trekking should not be confused with mountaineering.