**Hiking Tourism**

Hiking tourism is the simplest form of physical activity. In short, it can be described as walking outdoors. For many of us, it's a way to connect with nature, de-stress, and spend time with loved ones or newly met people. Whether it's a leisurely stroll or a challenging trek, it has a very positive impact on both the body and mind. We strengthen our circulatory system, respiratory system, and immune system. Our mind also gets a great break from the daily hustle and bustle when in contact with nature. We gather our thoughts, take a proverbial breath, and forget about stress, work, and problems.

Below, I'll discuss the following topics:

* Types of hiking tourism and criteria for choosing a specific type
* The role of physical preparation for hiking trips
* The role of the purpose of a hiking trip
* Advantages of hiking escapades

**Hiking Tourism - Types and Criteria for Selection**

Hiking tourism has many variations. It ranges from Sunday strolls, through walks of several or a dozen kilometers, to trekking in challenging terrain. Sometimes our trips last a few days, and the most enduring hikers march for several weeks.

The choice of form depends on several factors:

* Our physical condition
* The time we can allocate for the trip
* The goal we want to achieve
* The financial resources available

**Hiking Tourism - Physical Preparation**

Although we don't need special preparation for this form of activity, sometimes it's advisable. If we typically take up to 10,000 steps a day, let's not rush to climb high mountain peaks, as we may run out of energy or even get injured. However, we can easily opt for a hike in undemanding terrain with a route of about 10 km.

Another aspect is the time we can dedicate to hikes. Sometimes we can only spare an hour or two a week. In that case, a walk in the nearby forest is a good idea. We'll get some fresh air, detach from the daily hustle and bustle, and gather our thoughts.

If we have more time available, several-kilometer trips, usually on Saturdays or Sundays, are perfect. Let's choose a convenient route where we can visit interesting places, dress appropriately, wear comfortable shoes, pack a backpack, choose our companions, and set off. Such hikes leave a lasting impression.

A great option is to set off with a backpack for a multi-day adventure along trails. In this case, some preparation is necessary. During such escapades, we cover from 20 to 30 kilometers a day with a backpack, the felt weight of which increases with every kilometer.





The terrain can also be demanding, so it's worth spending some time on physical preparation before such trips.

**Hiking Tourism – Purpose**

Another aspect is the purpose we want to achieve. Sometimes the goal is simply "moving" outdoors, while other times it's reaching a mountain peak. Let's choose goals according to:

* Our physical abilities: if we have low endurance, let's go for a not too long walk and gradually increase the distance. There's always something interesting to see nearby. Sometimes we can drive part of the route by car and walk the rest.
* Preferences: some prefer walking through the forest, while others may choose to visit a museum or go by the water. Some people love the sound of a river and enjoy walking along its banks. Others seek nearby hills to admire scenic landscapes.
* Financial capabilities: Remember that planning a multi-day trip with overnight stays along the way often involves expenses. If we choose accommodation in agritourism, guesthouses, or hostels, we'll have to spend some money. In addition, there are transportation costs, meals, and sometimes tickets to parks, which can sometimes be a significant burden on the wallet. If we can't afford it, wild camping is an interesting solution. There are certainly places worth visiting nearby, and along the way, we can spend the night in a tent or hammock by the campfire.

**Advantages of Hiking Tourism**

Practically anyone can engage in hiking tourism, from children to the elderly. Physical condition doesn't matter much here either. We can adjust the pace of our walks to our abilities. Remember that such activity has a positive impact on:

* Our health: strengthens the immune system, circulatory system, respiratory system, as well as joints and muscles.
* Physical fitness: over time, we can walk faster and cover longer distances without getting out of breath.
* Quality of sleep: after a longer walk, we sleep deeply and wake up rested, with more energy for life.
* Well-being: even a short walk allows us to take a break from problems or troubles at work, recharges our batteries for some time.
* Relationships with other people: we often go out with others, with whom we bond during this time, have the opportunity to talk and spend quality time together.

In summary, hiking tourism is practically for everyone and has many advantages. It's one of the most popular ways to spend leisure time. So, I strongly encourage you - go hiking as often as possible and have a great time doing it.

