

## Choosing your trail

As a beginner, choosing the trail is important thing to consider. It is the same way as you learn cycling or driving. There are steps to go as the ability continuously increases.

A new hiker has to pace herself. Some longer trails, especially ones with steep hills, demand a fairly high level of fitness. That is why, beginners should start at five kilometres or less which can convert about one to two hours for their first few walks. Flat trails of up to 10 kilometres may be fine as well, but new hikers shouldn't attempt longer routes. Trails beyond 15 kilometres &ndash; or 10 kilometres with a significant climb &ndash; are best left to the more experienced hikers. Most formal trails will tell you the distance, and some will rate the level of difficulty. And if you have a topographic map, you can quickly see if there are any steep hills.

Whether you want to take a sweet afternoon stroll or spend four nights sleeping in the wilderness, there's a trail out there for you. For getting fit, clearing your head, enjoying beautiful scenery, hiking is the way. Every hiking has to be started with warming up. Some hikers shun the stretches and simply go slowly for the first part of the trek or if you prefer to limber up with exercises, try easy stretches. Such as placing both hands on a car or tree, then take small steps back, keeping your heels to the ground. Continue until you feel a stretch in the muscles in the back of your legs. Other way for stretching is stand behind a car or tree for balance, bend one leg behind you, grasp the ankle and gently pull your heel up to your bottom. Do the same with your other ankle. Repeat on each side several times. Or rotate your arms at the shoulders in wide circles several times.