



hikenovascotia.ca  
info@hikenovascotia.ca  
PO Box 31076 Gladstone  
Halifax, NS B3K 5T9

## Hiker Challenge Q & A

**Q:** What activities count toward tallying my kilometres?

**A:** Hiking, walking and snowshoeing all count when tallying kilometres.

**Q:** Where do activities count? Can I walk in my subdivision, or does it have to be on an actual trail?

**A:** You may hike on a local trail, walk on nearby streets, a boardwalk, etc. The setting of your hiking, walking and snowshoeing doesn't matter, as long as it's outdoors.

**Q:** If I use a pedometer, can I use my total number of steps to receive a badge?

**A:** Only kilometres may be submitted when you are ready to redeem your distances and activities for a badge. However, you can easily multiply your total number of steps by the average length of your stride in metres (and then divide that by 1,000) to calculate your total number of kilometres.

**Q:** How can I keep track of my distances hiked?

**A:** Go to [www.hikenovascotia.ca/projects-hiker-challenge/](http://www.hikenovascotia.ca/projects-hiker-challenge/) to download and print a logbook (tip: place your logbook in a plastic zip & lock bag to protect it from the elements). Or try one of many mobile device apps that can assist you with keeping track of the distances you hike ([www.hikenovascotia.ca/resources-theres-an-app-for-that/](http://www.hikenovascotia.ca/resources-theres-an-app-for-that/)).

**Q:** Where can I borrow snowshoes?

**A:** Check out Hike Nova Scotia's online Where to Borrow, Rent or Buy snowshoes guide at [www.hikenovascotia.ca/resources-snowshoeing/](http://www.hikenovascotia.ca/resources-snowshoeing/).