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## Hiker Challenge Rules and Q & A

### THE RULES

1. The hiking must be done within 365 days. It doesn't matter when you start logging your trails or kilometres (you could start logging from Nov. 15 to Nov. 14 the following year, or Jun. 1 to May 31 the following year...you get the drift).
2. The hiking must be done within the Province of Nova Scotia - no exceptions!
3. You must do the hiking before you apply to receive your badge (no collecting of badges before you actually hike). We'll go by the honour system, so please be honest in answering the questions when you complete the online form to apply for your badges.
4. If you tally kilometres for one badge, you can't apply those same kilometres to another badge - you must start fresh to earn a different badge.
5. There is a cost to the badges, except for the Youth Distance badges, which are free. Each badge is \$5.00 for Hike NS paid members and \$7.50 for non-members. These charges help cover the cost of the badges and administration. A few regional badges are provided free as well.
6. Badge applications are processed at the beginning of each month for badges earned in the previous month. If you choose to pick up your badge at The Trail Shop, please wait until notified that your badge is available before going to pick it up.

### 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.



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

**A:** Go to [www.hikenovascotia.ca/programs-hiker-challenge/](http://www.hikenovascotia.ca/programs-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/).