



LIMITLESS ADVENTURES

# HIKING INFORMATION GUIDE

*Check out this guide for hiking tips and lingo!*

Enriching and transforming lives through the outdoors

[limitless-adventures.org](http://limitless-adventures.org)

# Welcome! We're so happy you're here!

Limitless Adventures is a volunteer-led, nonprofit organization that provides outdoor recreational experiences for people with disabilities. Our current programming consists of hikes and nature walks in the greater San Diego area.

Our organization was founded on the belief that everyone, regardless of ability, deserves to experience the beauty of nature and all of its benefits. We aspire to create an inclusive, social community in which our participants have fun and build lasting friendships.

Check out this booklet for some hiking tips and lingo! If you have any questions that aren't answered here - give us a shout! We're reachable at:

**[SDLimitlessAdventures@gmail.com](mailto:SDLimitlessAdventures@gmail.com)**

***Scan me for the official Limitless Adventures Google Map!  
Includes all LA hikes and more!***



**LOVE – RESPECT – INCLUSION – CHALLENGE**

# Hiking Tips!

We're so excited to have you join us on our adventures. Check out these tips and reminders below to get ready for the next hike!

## What to bring:

- Be sure to have a light breakfast/lunch or snack before hiking. There will be a light celebratory snack at the end of the hike for most hikes – keep an eye out for the logistics email in advance of the hike to see if anything has changed!
- Filled water bottle. Most of our hikes will have a place to refill water, but we can't guarantee it. Best to bring your own water. You'll also be responsible for carrying the bottle as well, so plan ahead and bring a bag or backpack if you need to!
- Sunglasses or brimmed hat – it can get sunny!
- Sunscreen! Please apply sunscreen prior to joining the hike. Sunscreen works best when applied 30 minutes prior to any activity in the sun!  
Commonly missed spots include the back of ears, ankles, calves, and neck! Lather up!
  - Comfortable walking shoes! We'll be hiking for an extended period of time; we want you to be comfortable. Any athletic shoe will do!



Be sure to have a waiver and media release on file with Limitless Adventures! If you filled out our one-time registration form, you have already signed these. If you're unsure, shoot us an email:

[SDLimitlessAdventures@gmail.com](mailto:SDLimitlessAdventures@gmail.com)

## Before the hike:



- A day or two before the hike, you should receive a logistics email from Limitless Adventures. This email will include important information like hiking location, reminders, and parking.
  - Once at the hiking location, keep an eye out for a member of Limitless Adventures staff to walk the group through a quick stretch. During this time, feel free to socialize and get loose for our hike.
- Use the restroom, if needed!
- Help out other hikers by double-checking that we all have our sunscreen and water bottles!

## After the hike:

- Chill out and relax with a light celebratory snack! Remember, as you finish your snack, please dispose of all trash in the proper receptacle.
- Be sure to take a picture with our whiteboard to chronicle your hike!
- Tag us in any pictures you post online!
  - Instagram: @sd\_limitlessadventures
  - Facebook: SD Limitless Adventures



## Reminder:

- Each hike is a little different. Some hikes might have mud, while others are dry and dusty. Be prepared for a variety of terrains. All of our hikes will have information online that will share the length, elevation gain, and terrain. If you're concerned about a particular hike – take a look!

# Hiking Lingo:

San Diego has a wide variety of hikes to choose from! Below are terms that are used to describe different types of hikes. See if you can pick up on any of the lingo below over the next few hikes!

## Out & Back –

- A type of hike that returns on the same path. Hilly out & back trails can be very rewarding. Uphill one way – downhill on the way back!

## Loop Trail

- A type of trail shaped like a loop. These trails are great because you see new things the whole way through!

## Lollipop Trail

- The best of out & backs and loop trails combined! Hikers start on a straight trail that connects to a loop. After finishing the loop, hikers return back down the straight trail.

## Multi-Use Trails –

- San Diego has many multi-use trails. Hikers, bikers, horseback riders, runners – you name it. Everyone shares multi-use trails.

## Side Trails –

- Side trails are dead-ends that split off from the main trail. They usually lead to scenic overlooks, rivers, and other natural features. Side trails are marked for a reason. If you see one, alert the group so we can all enjoy it!





**REGISTER TODAY!**

**We can't wait to hike with you!**

**If you have any questions, contact us!**

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