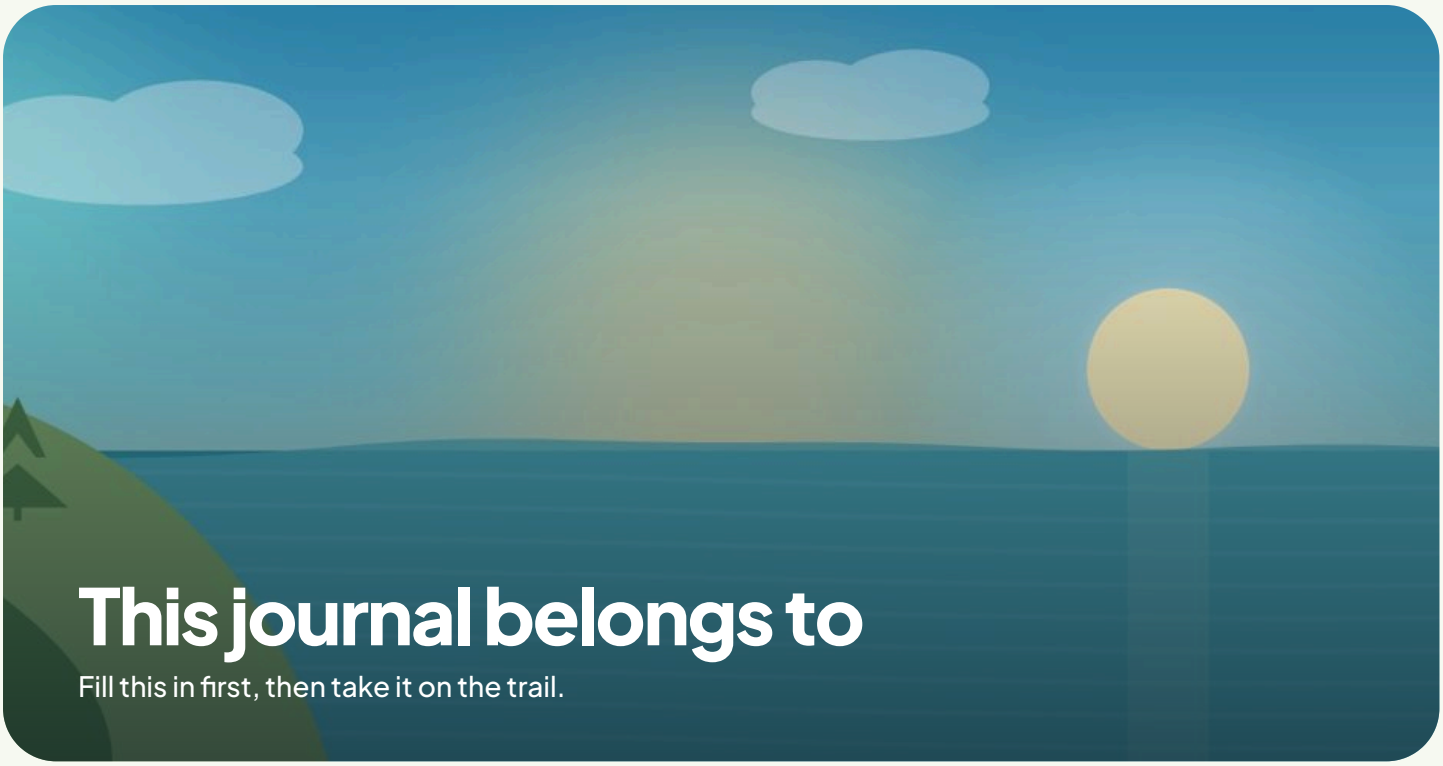
A journal for hikers everywhere

Adventure Journal

Every trail has a story. Write yours down.



californiahikingtrails.com



This journal belongs to

Fill this in first, then take it on the trail.

Hiker details

Name

Home country or region

Started on

Trail name (nickname)

Hiking since

If found, please contact

Your first stamp or sticker here

Every journey starts with one.

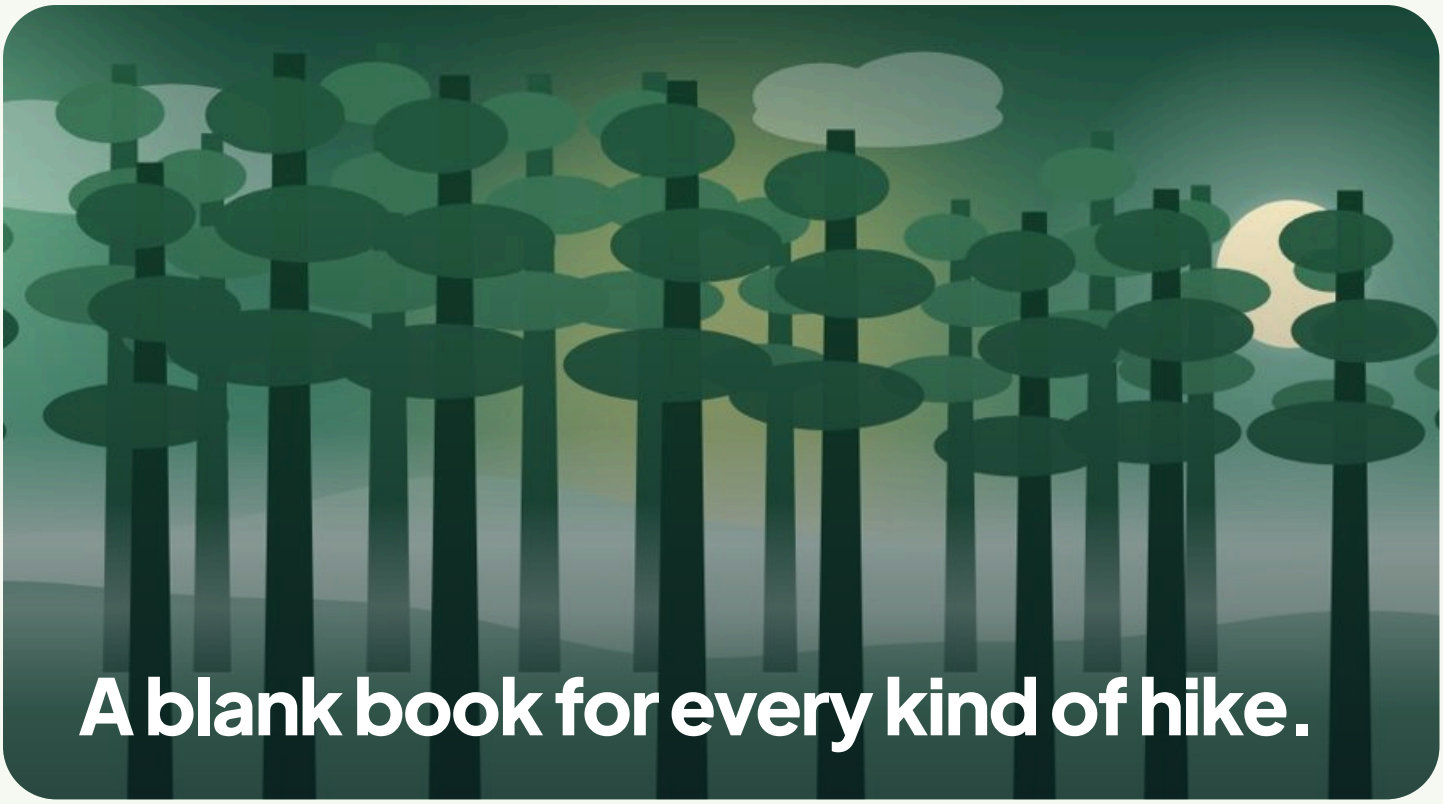
What I want from this journal

Hikes I want to log

Countries I want to hike in

Finish by

The one trail I am most excited about



A blank book for every kind of hike.

Welcome, hiker

This journal has no trail names printed in it, because it is meant for your trails. It works in any country, on any terrain, for any kind of walker: the weekend stroller, the weekday trail runner, the summit chaser and the long-distance trekker.

Inside you will find pages for quick logs and full stories, multi-day treks, summits, wildlife, planning, sketches and photos. You will also find challenges to keep the habit alive, a world map to colour in, and reference pages for the practical things.

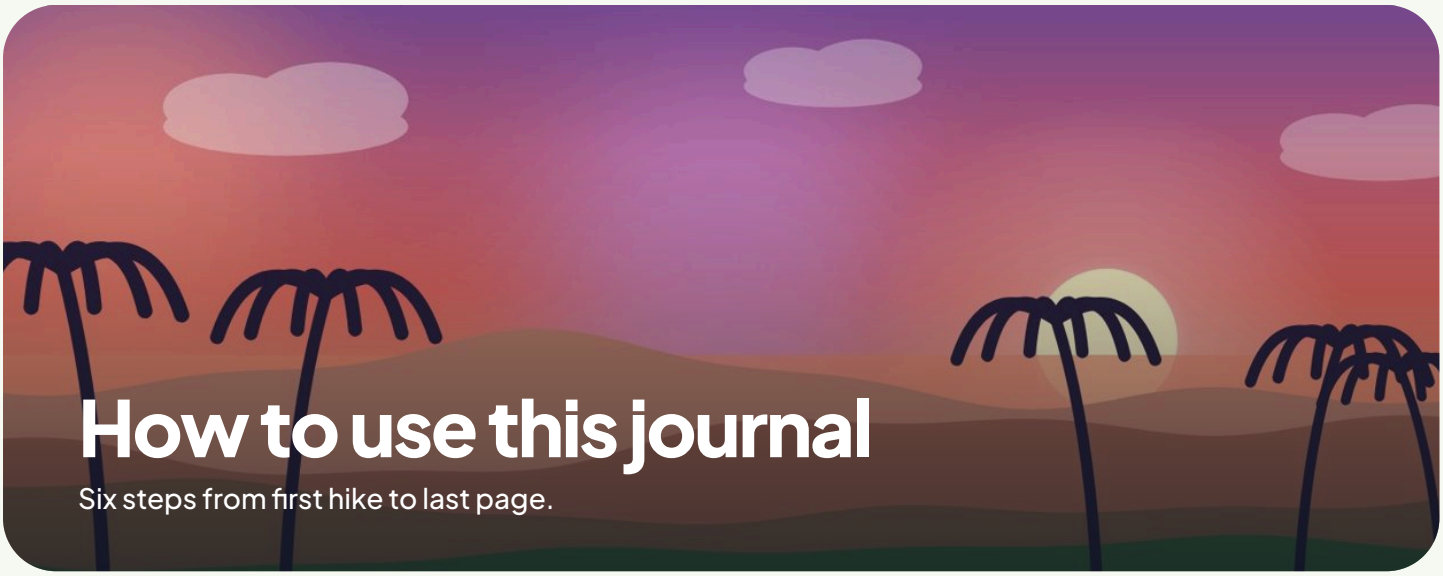
The idea is simple. A hike takes hours, but a good page takes ten minutes, and it keeps the day for years. Fill the pages you like, skip the ones you do not, and make the book yours.

96
quick trail logs

36
full story pages

8
multi-day trek planners

3
challenges to keep you hiking



How to use this journal

Six steps from first hike to last page.

1. Plan it

Use a Plan page before you go: route, turnaround time, who knows where you are.

2. Hike it

Leave the journal at home if you like. A photo and two quick notes are enough to rebuild the day.

3. Log it

Quick log the same evening, or write a full story when the hike deserves it.

4. Stamp it

Press a stamp, add a sticker, draw a tiny peak, or sign it with your initials.

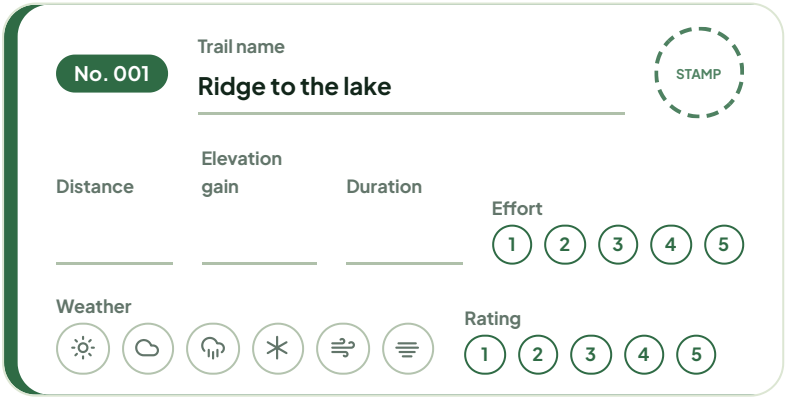
5. Collect it

Add summits and wildlife to the collection pages. Tick the challenges as they happen.

6. Look back

Fill the Year in review. Patterns appear: your best months, favourite terrain, longest day.

Reading a quick log



Units. Write km or mi, m or ft. Pick one and stay with it so your totals add up.

Effort 1 to 5. How hard it felt for you, not for the trail. The scale is on the Rate it right page.

Rating 1 to 5. How much you loved it. Be honest.

Weather. Tick every symbol that applied.

Contents

Tap any line to jump straight to that page.

1 **My hiker profile and goals** *(2 pages)* ..... page 6

2 **My world map** ..... page 8

3 **Year at a glance** ..... page 9

4 **Challenges: 52 hikes and Everest** ..... page 10

5 **Hike bingo** ..... page 11

6 **Story index** ..... page 12

7 **Quick trail logs** *(96 logs)* ..... page 13

8 **Full stories** *(36 stories)* ..... page 38

9 **Multi-day treks** *(8 treks)* ..... page 75

10 **Summit collection and wildlife log** *(7 pages)* ..... page 84

11 **Plan your hike and packing lists** *(6 pages)* ..... page 92

12 **Sketch, photo, notes and year in review** *(14 pages)* ..... page 99

13 **Reference** ..... page 114

14 **Rate it right** ..... page 115

15 **Safety essentials** ..... page 116

16 **Emergency card** ..... page 117

17 **Hiking words around the world** ..... page 118

18 **Hiker's glossary** *(3 pages)* ..... page 119

19 **About this journal** ..... page 121

My hiker profile

Who you are on the trail. Come back in a year and see what changed.

I mostly hike as a

- [ ] Day hiker
- [ ] Trekker
- [ ] Backpacker
- [ ] Peak bagger
- [ ] Trail runner
- [ ] Photographer
- [ ] Birder
- [ ] Social walker
- [ ] Solo wanderer
- [ ] Family hiker

I love terrain with

- [ ] Forests
- [ ] Mountains
- [ ] Coastlines
- [ ] Deserts
- [ ] Lakes and rivers
- [ ] Open hills
- [ ] Canyons
- [ ] Snow
- [ ] Waterfalls
- [ ] Wildlife

The basics

My comfortable pace

A day hike pack weighs about

Favourite trail snack

Favourite season to hike

Hike I will never forget

Trail playlist or silence?

Personal bests

Longest hike
Record

Where and when

Highest point
Record

Where and when

Most climbing in a day
Record

Where and when

Longest day out
Record

Where and when

Coldest hike
Record

Where and when

Hottest hike
Record

Where and when

Dreams and goals

Write them down. Written plans are easier to keep.

Trails I dream of

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Places to visit

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Skills to learn

- [ ] Read a topographic map
- [ ] Plan a route
- [ ] Pack light
- [ ] Leave No Trace
- [ ] Use a compass
- [ ] Layer for the weather
- [ ] Cross a stream safely
- [ ] Basic first aid
- [ ] Cook on the trail
- [ ] Navigate offline

My one big adventure

The hike or trek that would change how you feel about this year.

My world map

Colour a dot each time you hike somewhere new. Use one colour per year.



Continents I have hiked

- [ ] Africa
- [ ] Antarctica
- [ ] Asia
- [ ] Europe
- [ ] North America
- [ ] Oceania
- [ ] South America

Year colours

Year _____

Year _____

Year _____

Year _____

Countries and regions hiked

Year at a glance

One circle per day. Fill the circle on every day you hike.

Year

Hikes this year

Total distance

Total climbing

	1				5					10					15					20					25					31
Jan	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Feb	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Mar	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Apr	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
May	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jun	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Jul	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Aug	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Sep	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Oct	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Nov	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○
Dec	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○	○

Look for patterns when the year ends. Which months were busiest? Which gaps do you want to close next year?

Two challenges

Mark one circle for each hike, and one step for every 1,000 metres you climb.

The 52 hikes challenge

one a week

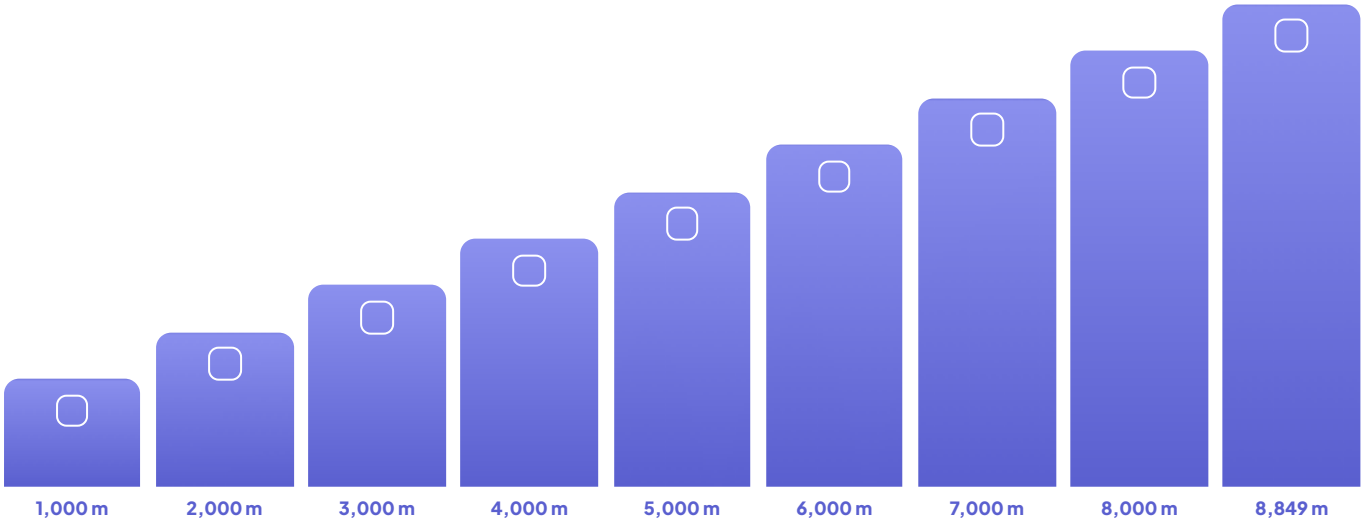
A hike a week for a year is a lot of hiking. A short local walk counts. Fifty-two circles, no rush: you can finish in two years.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50	51	52								

Climb your own Everest

8,849 m

Add up the climbing from every hike (elevation gain in metres) and tick a step for each 1,000 m. The ninth step is the height of Mount Everest, about 8,849 metres. Feet people: that is about 29,032 ft.



Started on _____

Total climbed so far _____

Reached the top on _____

Hike bingo

Complete a row, a column or a diagonal. Then keep going for a full card.

☐ Hike at sunrise	☐ Hike in the rain	☐ Reach a summit	☐ Dip your feet in a stream	☐ Hike with someone new
☐ Hike with a headlamp	☐ Hike in a new country	☐ Carry out litter that is not yours	☐ See an animal you have never seen	☐ Hike with a different generation
☐ Pick a trail at random	☐ Cook a meal on the trail	**FREE** **Any hike counts**	☐ Beat your longest hike	☐ Hike on a public holiday
☐ Watch a sunset from a trail	☐ Hike with the phone off	☐ Navigate with a paper map	☐ Hike to a waterfall	☐ Visit a protected area
☐ Take a beginner hiking	☐ Hike a trail near home you never tried	☐ Hike in the snow	☐ Hike in every season	☐ Hike a long-distance trail section

Started _____

First line completed _____

Full card completed _____

Story index

Write the title of each story here as you go. Tap a page number to jump to it.

1 _____ page 39

2 _____ page 40

3 _____ page 41

4 _____ page 42

5 _____ page 43

6 _____ page 44

7 _____ page 45

8 _____ page 46

9 _____ page 47

10 _____ page 48

11 _____ page 49

12 _____ page 50

13 _____ page 51

14 _____ page 52

15 _____ page 53

16 _____ page 54

17 _____ page 55

18 _____ page 56

19 _____ page 57

20 _____ page 58

21 _____ page 59

22 _____ page 60

23 _____ page 61

24 _____ page 62

25 _____ page 63

26 _____ page 64

27 _____ page 65

28 _____ page 66

29 _____ page 67

30 _____ page 68

31 _____ page 69

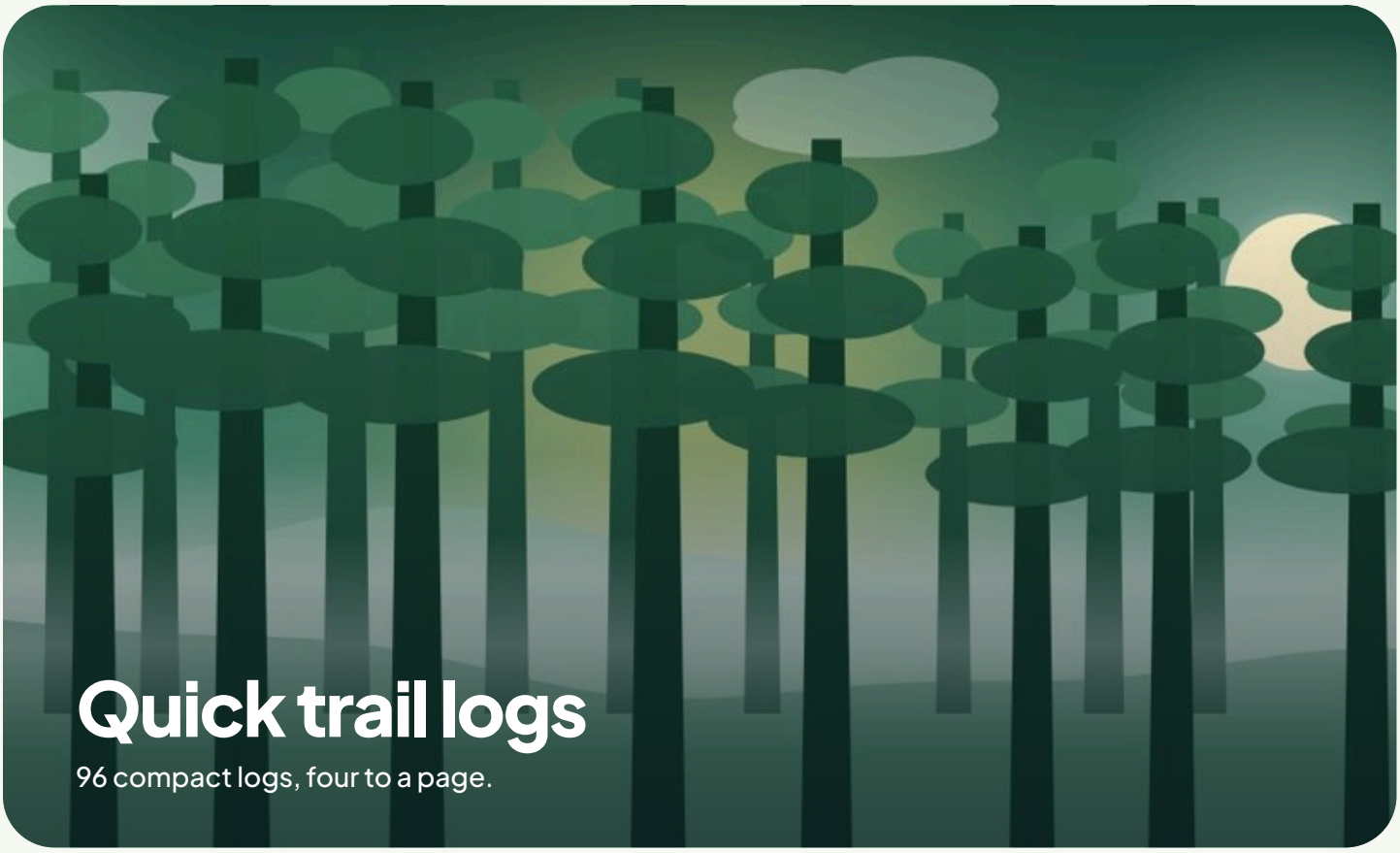
32 _____ page 70

33 _____ page 71

34 _____ page 72

35 _____ page 73

36 _____ page 74



Quick trail logs

96 compact logs, four to a page.

What this section is for

Quick logs are for the everyday hike: the lunchtime loop, the local hill, the evening walk. They capture the facts and one memory in about two minutes, so you actually do it.

Tips for a good entry

- ✓ Log it the same evening, while the details are fresh.
- ✓ Fill the numbers even if you skip the notes.
- ✓ One sentence beats a blank space. Write the thing you would tell a friend.
- ✓ Press a stamp or draw a sticker in the circle to mark it done.

Prompts when you do not know what to write

What did you notice first when you stepped outside?

What sound do you want to remember?

What did you think about for the last mile?

Who would you bring back here?

No. 001

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 002

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 003

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 004

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 005

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 006

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 007

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 008

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 009

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 010

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 011

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 012

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 013

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 014

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 015

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 016

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 017

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 018

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 019

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 020

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 021

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 022

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 023

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 024

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 025

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 026

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 027

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 028

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 029

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 030

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 031

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 032

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 033

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 034

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 035

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 036

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 037

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 038

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 039

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 040

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 041

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 042

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 043

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 044

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 045

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 046

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 047

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 048

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 049

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 050

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 051

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 052

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather



Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 053

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 054

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 055

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 056

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 057

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 058

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 059

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 060

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 061

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 062

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 063

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 064

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 065

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 066

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 067

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 068

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 069

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 070

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 071

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 072

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 073

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 074

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 075

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 076

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 077

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 078

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 079

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 080

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 081

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 082

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 083

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 084

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 085

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 086

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 087

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 088

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 089

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 090

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 091

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 092

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 093

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 094

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 095

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes

No. 096

Trail name

Place or country

STAMP

Date | Start time | Distance (km / mi) | Climb (m / ft) | Duration

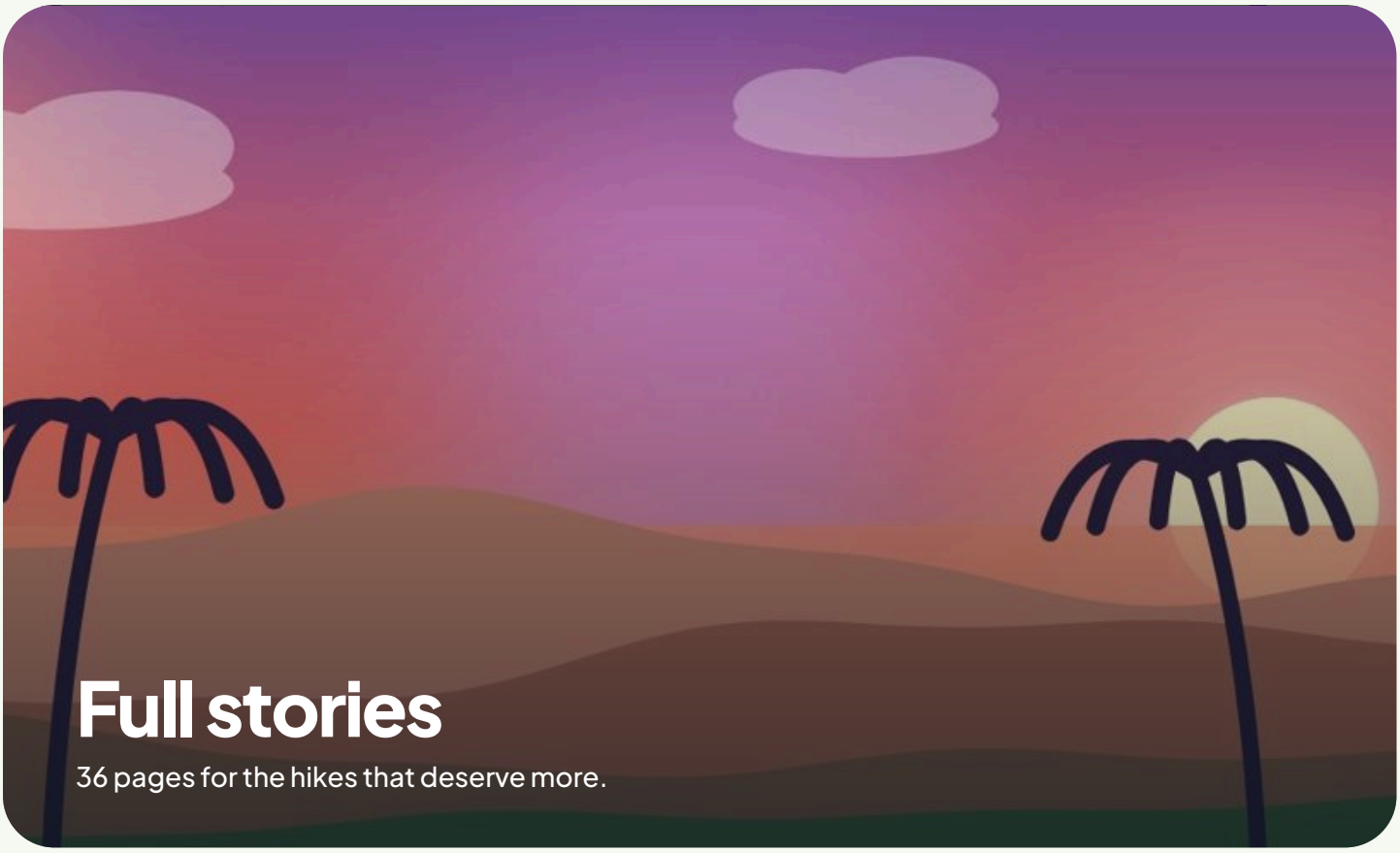
Weather

Effort 1 2 3 4 5

Rating 1 2 3 4 5

Hiked with

Notes



Full stories

36 pages for the hikes that deserve more.

What this section is for

Some hikes are more than a line in a log. A first summit, a bad-weather day, a trip with someone you miss. Give them a whole page: the numbers, the sketch, the photo and the story.

Tips for a good entry

- ✓ Write the story in the order it happened.
- ✓ Add the small details: the smell of the trailhead, the snack that tasted amazing.
- ✓ Include one thing you would do differently next time.
- ✓ Use the sketch box for the route, the summit view or a plant you could not name.

Prompts when you do not know what to write

The moment I almost turned around was...

The best view was not the one I expected because...

Something small that made me smile today...

What I learned about myself on this trail...

Story 01

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 02

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 03

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 04

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 05

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 06

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 07

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 08

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 09

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 10

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 11

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 12

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 13

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 14

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 15

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 16

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 17

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 18

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 19

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 20

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 21

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 22

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 23

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 24

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 25

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 26

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 27

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 28

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 29

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 30

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 31

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 32

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 33

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 34

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 35

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story

Story 36

Title of the hike

STAMP

Date

Place

Country or region

Distance	Climb	Duration	Highest point	Start	End

Weather

Temperature

Trail type

- [ ] Loop
- [ ] Out and back
- [ ] Point to point

Effort

1 2 3 4 5

Rating

1 2 3 4 5

I felt

- [ ] Energised
- [ ] Okay
- [ ] Tired

Hiked with

Sketch the route or the view

Stick a photo here

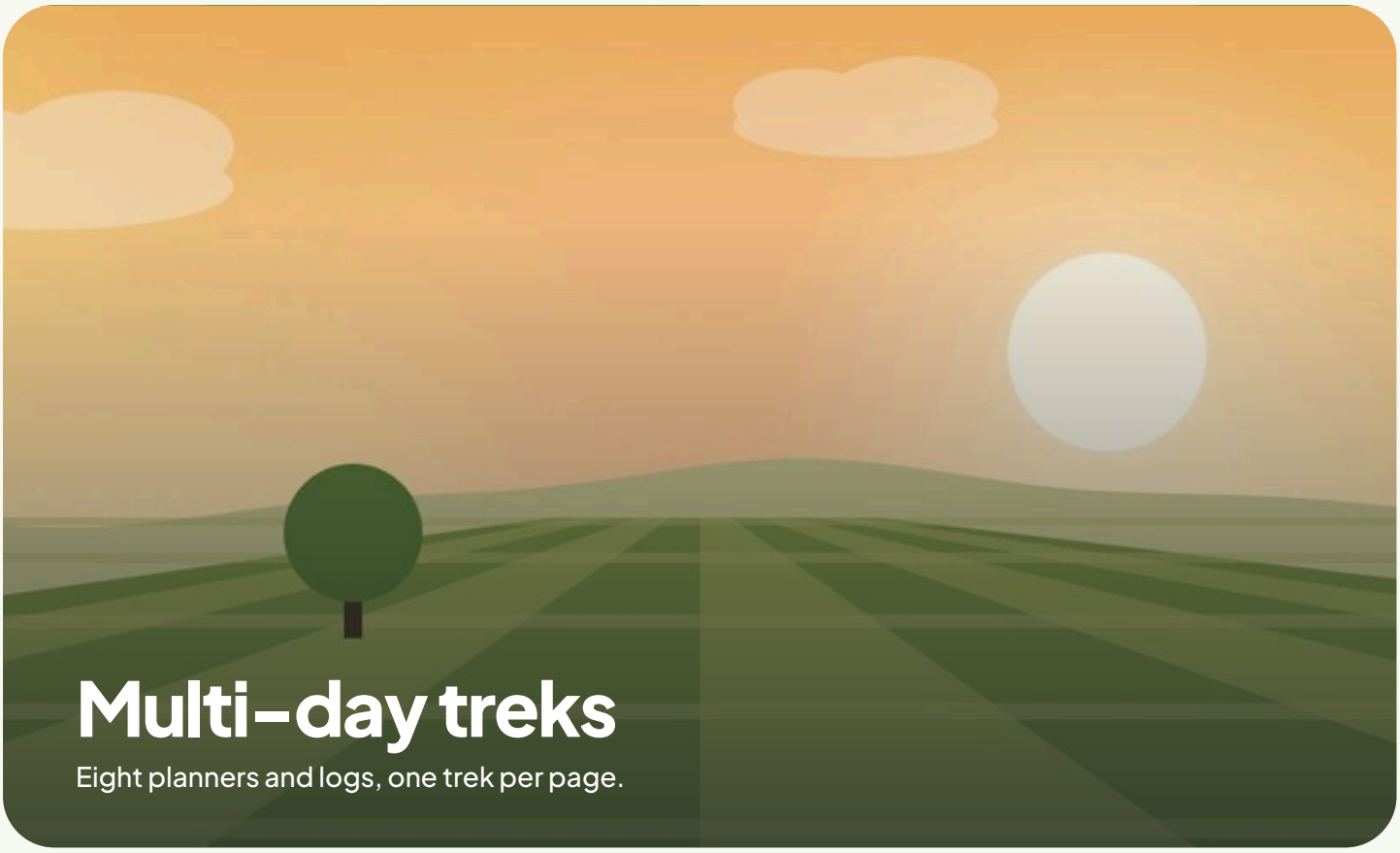
Highlight of the day

What I would do differently

Plants, birds and animals I saw

Gear that mattered

The story



Multi-day treks

Eight planners and logs, one trek per page.

What this section is for

A trek needs a different kind of page. Plan the stages, then log each day: where you started, where you slept, how far you went and how your body felt. Works for tents, huts, tea houses and pilgrim routes.

Tips for a good entry

- ✓ Fill the day plan before you go. Update it with what really happened.
- ✓ Note where you slept and what you would book differently.
- ✓ Write down food and water stops. Next time you will thank yourself.
- ✓ Add a short line every evening, even when you are tired.

Prompts when you do not know what to write

Today my body felt...

The best meal of the trek was...

A stranger who made my day...

Tomorrow I am most worried about...

Trek 1

Name of the trek

Region or country

Start date

End date

Total days

Total distance

Total climbing

Highest point

Hiked with

Day	Date	From	To	Distance	Climb	Sleep at	Felt
1							
2							
3							
4							
5							
6							
7							
8							

Highlights

Food, water and bookings

Rating

1 2 3 4 5

Difficulty

1 2 3 4 5

Would I go back? Why?

Trek 2

Name of the trek

Region or country | Start date | End date | Total days

Total distance | Total climbing | Highest point | Hiked with

Day	Date	From	To	Distance	Climb	Sleep at	Felt
1							
2							
3							
4							
5							
6							
7							
8							

Highlights

Food, water and bookings

Rating
1 2 3 4 5

Difficulty
1 2 3 4 5

Would I go back? Why?

Trek 3

Name of the trek

Region or country | Start date | End date | Total days

Total distance | Total climbing | Highest point | Hiked with

Day	Date	From	To	Distance	Climb	Sleep at	Felt
1							
2							
3							
4							
5							
6							
7							
8							

Highlights

Food, water and bookings

Rating
1 2 3 4 5

Difficulty
1 2 3 4 5

Would I go back? Why?

Trek 4

Name of the trek

Region or country | Start date | End date | Total days

Total distance | Total climbing | Highest point | Hiked with

Day	Date	From	To	Distance	Climb	Sleep at	Felt
1							
2							
3							
4							
5							
6							
7							
8							

Highlights

Food, water and bookings

Rating
1 2 3 4 5

Difficulty
1 2 3 4 5

Would I go back? Why?

Trek 5

Name of the trek

Region or country | Start date | End date | Total days

Total distance | Total climbing | Highest point | Hiked with

Day	Date	From	To	Distance	Climb	Sleep at	Felt
1							
2							
3							
4							
5							
6							
7							
8							

Highlights

Food, water and bookings

Rating
1 2 3 4 5

Difficulty
1 2 3 4 5

Would I go back? Why?

Trek 6

Name of the trek

Region or country | Start date | End date | Total days

Total distance | Total climbing | Highest point | Hiked with

Day	Date	From	To	Distance	Climb	Sleep at	Felt
1							
2							
3							
4							
5							
6							
7							
8							

Highlights

Food, water and bookings

Rating
1 2 3 4 5

Difficulty
1 2 3 4 5

Would I go back? Why?

Trek 7

Name of the trek

Region or country | Start date | End date | Total days

Total distance | Total climbing | Highest point | Hiked with

Day	Date	From	To	Distance	Climb	Sleep at	Felt
1							
2							
3							
4							
5							
6							
7							
8							

Highlights

Food, water and bookings

Rating
1 2 3 4 5

Difficulty
1 2 3 4 5

Would I go back? Why?

Trek 8

Name of the trek

Region or country | Start date | End date | Total days

Total distance | Total climbing | Highest point | Hiked with

Day	Date	From	To	Distance	Climb	Sleep at	Felt
1							
2							
3							
4							
5							
6							
7							
8							

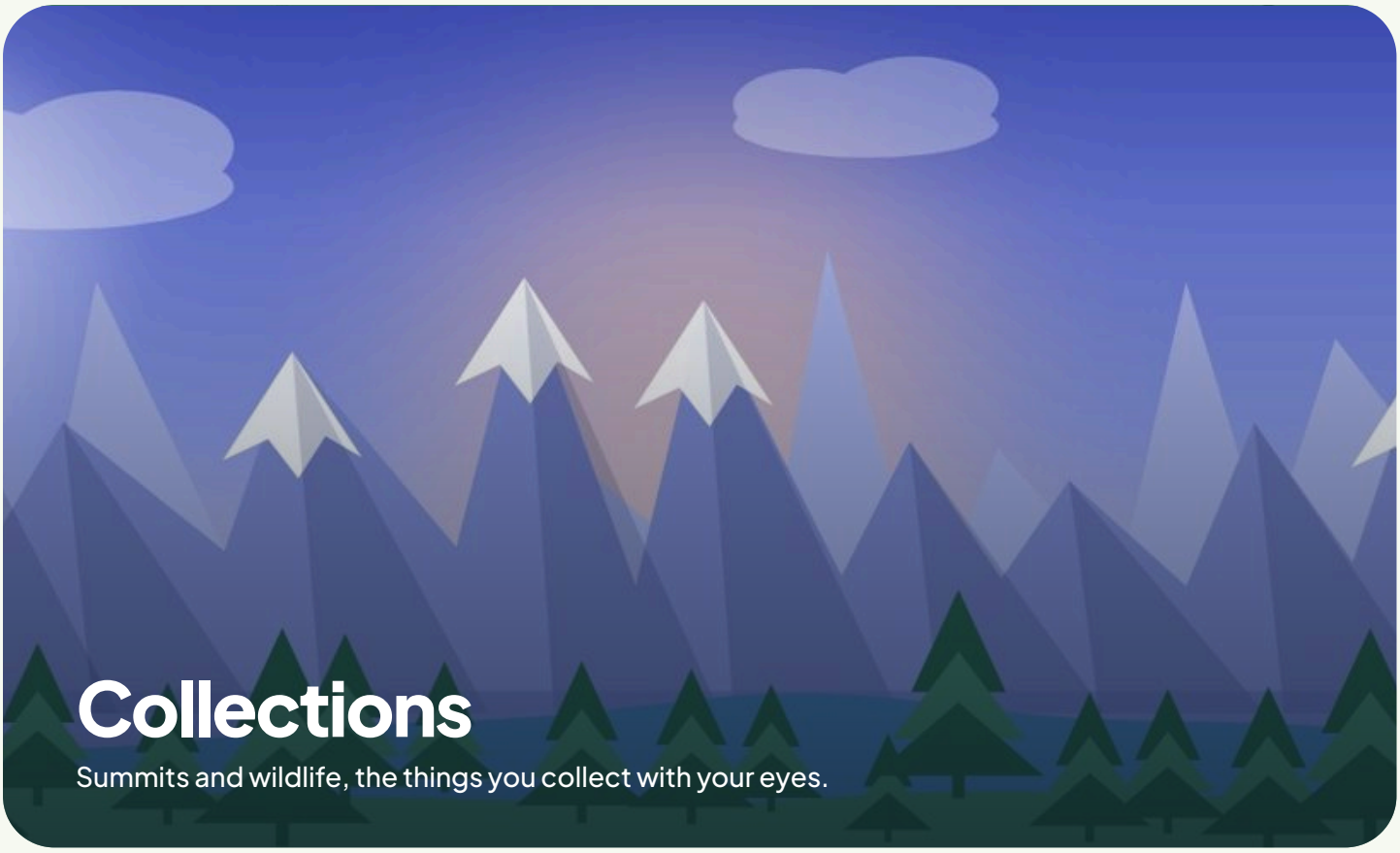
Highlights

Food, water and bookings

Rating
1 2 3 4 5

Difficulty
1 2 3 4 5

Would I go back? Why?



Collections

Summits and wildlife, the things you collect with your eyes.

Summit collection

A running list of the high points you reach. Peaks, passes, viewpoints and hilltops all count. Add the elevation and who climbed with you. Three pages, 36 summits.

Nature and wildlife log

Birds, animals, flowers, trees, fungi and anything else you notice. Four pages with space to note where you saw it. Look, enjoy and keep your distance.

Etiquette for wildlife

Watch from far away. Never feed animals. Keep dogs under control where required. Take photos, not souvenirs. If an animal changes its behaviour because of you, you are too close.

Summit collection

Summits 1 to 12

No.	Summit	Range or country	Elevation	Date	With
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					

Summit collection

Summits 13 to 24

No.	Summit	Range or country	Elevation	Date	With
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					

Summit collection

Summits 25 to 36

No.	Summit	Range or country	Elevation	Date	With
25					
26					
27					
28					
29					
30					
31					
32					
33					
34					
35					
36					

Nature and wildlife log

Tick the camera if you took a photo.

What I saw	Where	Date	Notes	
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐

Nature and wildlife log

Tick the camera if you took a photo.

What I saw	Where	Date	Notes	
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐

Nature and wildlife log

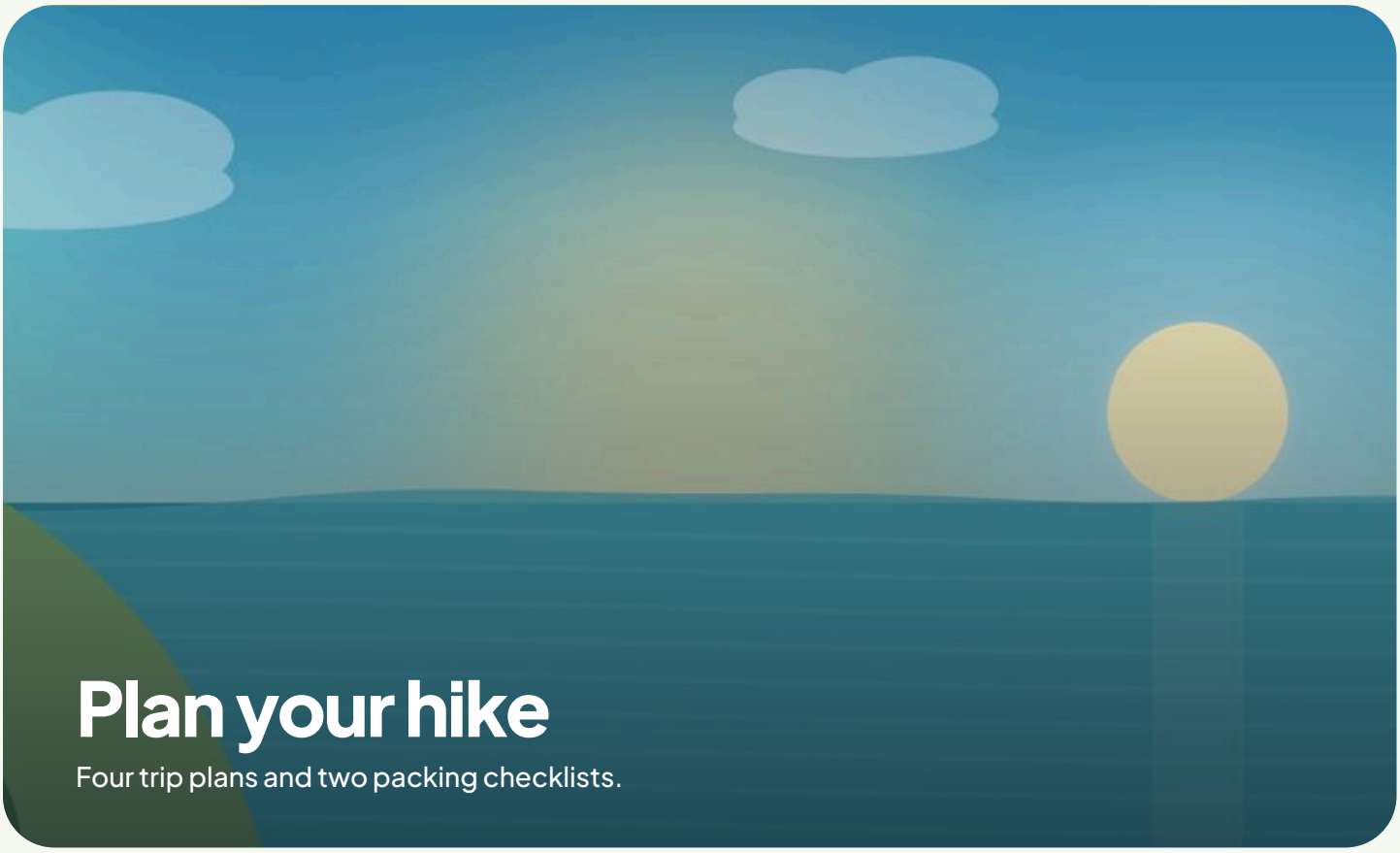
Tick the camera if you took a photo.

What I saw	Where	Date	Notes	
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐

Nature and wildlife log

Tick the camera if you took a photo.

What I saw	Where	Date	Notes	
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐
				☐



Plan your hike

Four trip plans and two packing checklists.

What this section is for

Most trail problems start at home: a late start, too little water, nobody knowing where you went. A five-minute plan solves most of it. Fill one before any hike that is longer, higher or more remote than usual.

Tips for a good entry

- ✓ Check the official source for closures, permits and conditions.
- ✓ Write a turnaround time and stick to it, even if the summit is close.
- ✓ Tell someone your route and when to expect you back.
- ✓ Check the forecast the night before and again in the morning.

Prompts when you do not know what to write

What is the easiest way to shorten this hike if I need to?

Where is my last reliable water?

What is the weather doing at the highest point?

Who is the slowest person in the group, and what is their pace?

Plan 1

Hike or trek

Date

Trailhead and how to get there

Distance

Climb

Expected time

Start time

Turnaround time

Sunset

Back by

Forecast: high and low

Wind and rain chance

Fire, snow or river notes

Before I leave

- [ ] Checked official closures and rules
- [ ] Told someone my plan
- [ ] Offline map downloaded
- [ ] Phone charged, power bank packed
- [ ] Water and food packed
- [ ] Layers for the highest point
- [ ] Headlamp packed
- [ ] First-aid kit checked
- [ ] Permit or parking sorted

Go or no go?

Be honest. Two or more unticked boxes means shorten the route or wait for another day.

- [ ] The weather suits the route
- [ ] Everyone feels well
- [ ] There is enough daylight
- [ ] I know where the water is
- [ ] I know the turnaround time

Route notes

Who knows my plan and how to reach them

Emergency number where I am hiking

Nearest town or hospital

Group size

Plan 2

Hike or trek

Date

Trailhead and how to get there

Distance

Climb

Expected time

Start time

Turnaround time

Sunset

Back by

Forecast: high and low

Wind and rain chance

Fire, snow or river notes

Before I leave

- [ ] Checked official closures and rules
- [ ] Told someone my plan
- [ ] Offline map downloaded
- [ ] Phone charged, power bank packed
- [ ] Water and food packed
- [ ] Layers for the highest point
- [ ] Headlamp packed
- [ ] First-aid kit checked
- [ ] Permit or parking sorted

Go or no go?

Be honest. Two or more unticked boxes means shorten the route or wait for another day.

- [ ] The weather suits the route
- [ ] Everyone feels well
- [ ] There is enough daylight
- [ ] I know where the water is
- [ ] I know the turnaround time

Route notes

Who knows my plan and how to reach them

Emergency number where I am hiking

Nearest town or hospital

Group size

Plan 3

Hike or trek

Date

Trailhead and how to get there

Distance

Climb

Expected time

Start time

Turnaround time

Sunset

Back by

Forecast: high and low

Wind and rain chance

Fire, snow or river notes

Before I leave

- [ ] Checked official closures and rules
- [ ] Told someone my plan
- [ ] Offline map downloaded
- [ ] Phone charged, power bank packed
- [ ] Water and food packed
- [ ] Layers for the highest point
- [ ] Headlamp packed
- [ ] First-aid kit checked
- [ ] Permit or parking sorted

Go or no go?

Be honest. Two or more unticked boxes means shorten the route or wait for another day.

- [ ] The weather suits the route
- [ ] Everyone feels well
- [ ] There is enough daylight
- [ ] I know where the water is
- [ ] I know the turnaround time

Route notes

Who knows my plan and how to reach them

Emergency number where I am hiking

Nearest town or hospital

Group size

Plan 4

Hike or trek

Date

Trailhead and how to get there

Distance

Climb

Expected time

Start time

Turnaround time

Sunset

Back by

Forecast: high and low

Wind and rain chance

Fire, snow or river notes

Before I leave

- [ ] Checked official closures and rules
- [ ] Told someone my plan
- [ ] Offline map downloaded
- [ ] Phone charged, power bank packed
- [ ] Water and food packed
- [ ] Layers for the highest point
- [ ] Headlamp packed
- [ ] First-aid kit checked
- [ ] Permit or parking sorted

Go or no go?

Be honest. Two or more unticked boxes means shorten the route or wait for another day.

- [ ] The weather suits the route
- [ ] Everyone feels well
- [ ] There is enough daylight
- [ ] I know where the water is
- [ ] I know the turnaround time

Route notes

Who knows my plan and how to reach them

Emergency number where I am hiking

Nearest town or hospital

Group size

Day hike checklist

A starting point. Add what your hike needs and cross off what it does not.

Navigation

- [ ] Map or offline map
- [ ] Compass
- [ ] Charged phone
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Water and food

- [ ] Water for the whole hike
- [ ] Snacks and lunch
- [ ] Extra snack for emergencies
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Clothing

- [ ] Layer for wind and cold
- [ ] Rain jacket
- [ ] Hat and gloves if cold
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Sun and insects

- [ ] Sunscreen
- [ ] Sunglasses
- [ ] Hat
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Safety

- [ ] First-aid kit
- [ ] Headlamp
- [ ] Whistle
- [ ] Emergency blanket
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Comfort

- [ ] Trekking poles
- [ ] Spare socks
- [ ] Small rubbish bag
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Overnight and trek checklist

Weigh your pack at home. Then ask what you can leave behind.

Sleep

- [ ] Tent or shelter
- [ ] Sleeping bag
- [ ] Sleeping mat
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Kitchen

- [ ] Stove and fuel
- [ ] Pot and spoon
- [ ] Water filter or tablets
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Food

- [ ] Dinners
- [ ] Breakfasts
- [ ] Snacks and a spare day
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Clothing

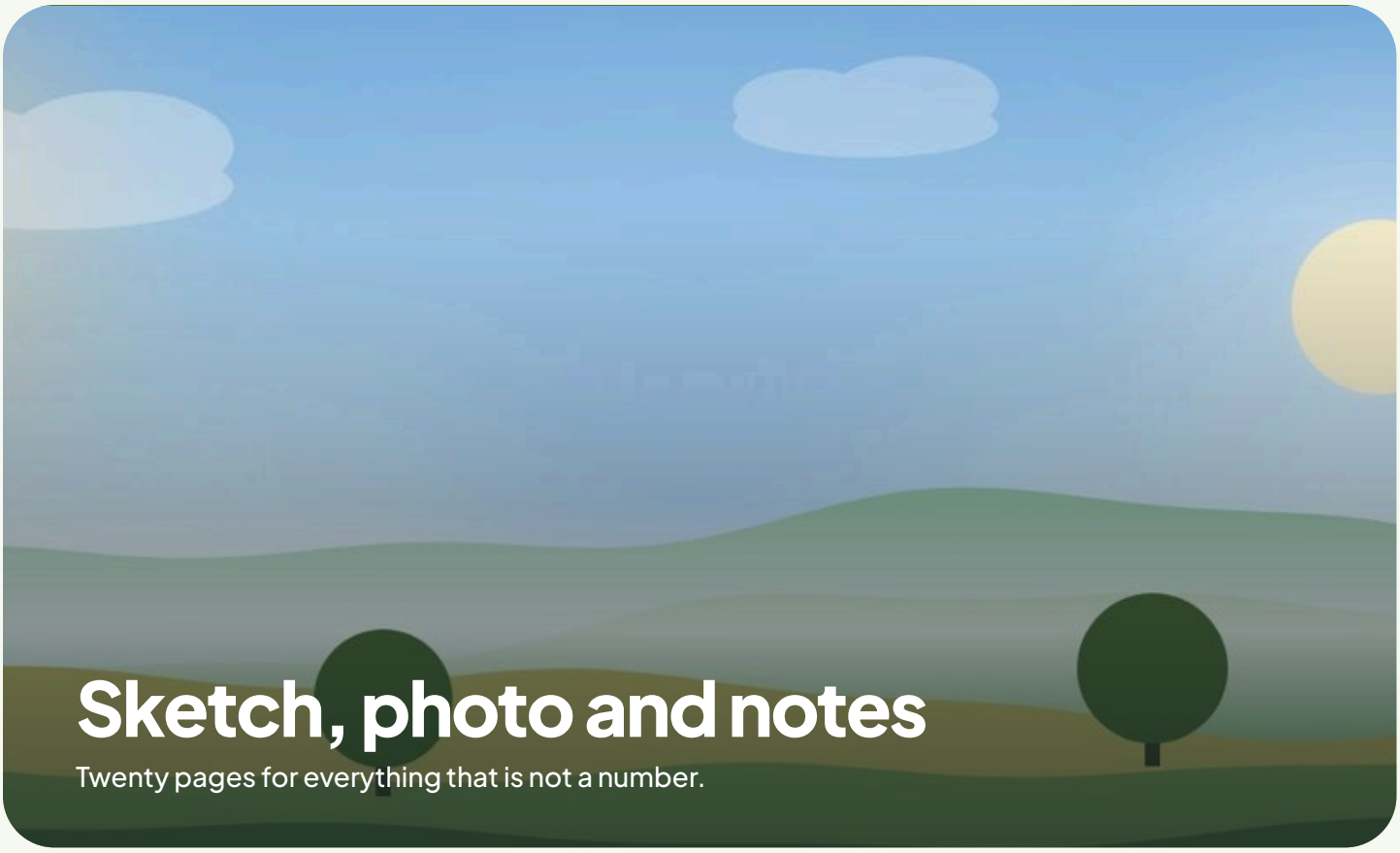
- [ ] Insulating layer
- [ ] Rain gear
- [ ] Sleep clothes
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Safety

- [ ] First-aid kit
- [ ] Headlamp and spare batteries
- [ ] Navigation and backup
- [ ] Emergency contact card
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Camp care

- [ ] Food storage as required
- [ ] Trowel or waste bags
- [ ] Quick-dry towel
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____



Sketch, photo and notes

Twenty pages for everything that is not a number.

What this section is for

Not every memory fits a box. Draw the ridge line. Stick in a ticket stub, a leaf outline or a postcard. Write the thought you had on the way down. These pages have no rules.

Tips for a good entry

- ✓ Sketch quickly. The point is to look, not to draw well.
- ✓ Stick in flat things: tickets, maps, trail passes.
- ✓ Write the date in a corner so the page finds its place later.
- ✓ Add a caption to every photo. In ten years you will be glad.

Prompts when you do not know what to write

What colour was the sky at the end of the day?

Describe the trail to someone who has never been.

What did you leave behind, and what did you carry out?

If this hike were a song, what would it be called?

Sketch 1

Title

Date

Sketch 2

Title

Date

Sketch 3

Title

Date

Sketch 4

Title

Date

Photos 1

Caption

Where and when

Caption

Where and when

Caption

Where and when

Caption

Where and when

Photos 2

Caption

Where and when

Caption

Where and when

Caption

Where and when

Caption

Where and when

Photos 3

Caption

Where and when

Caption

Where and when

Caption

Where and when

Caption

Where and when

Photos 4

Caption

Where and when

Caption

Where and when

Caption

Where and when

Caption

Where and when

Notes 1

Title

Date

Notes 2

Title

Date

Notes 3

Title

Date

Notes 4

Title

Date

Year in review

Fill in at the end of each hiking year.

Year	Hikes	Distance	Climbing	Countries

My favourite hike this year

The hardest hike and why

A place I want to return to

Best meal on a trail

Best companion

Year in review 2

A few more questions for the year.

Year	Hikes	Distance	Climbing	Countries

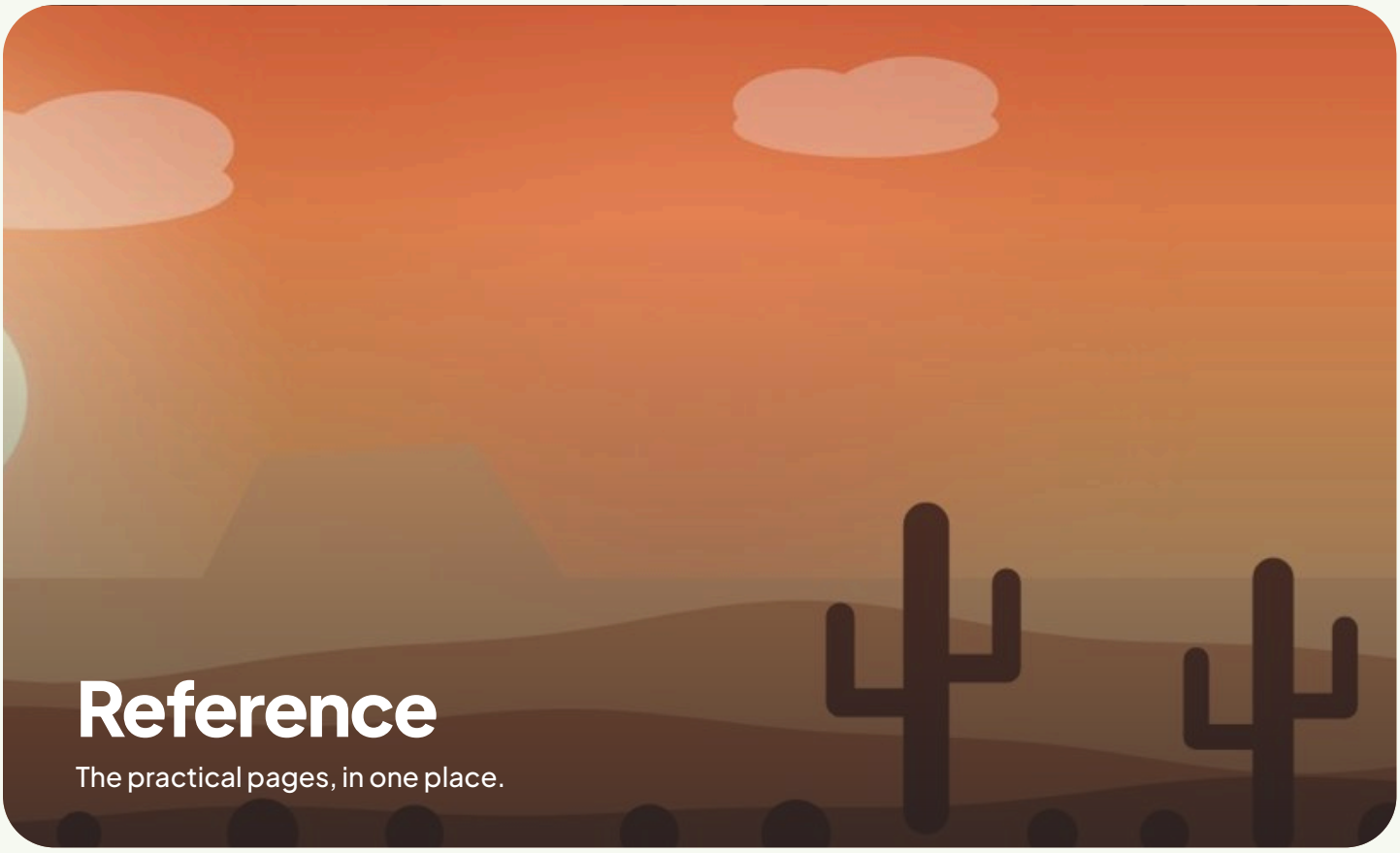
A mistake I learned from

Gear I loved

Gear I did not need

A skill I improved

My goal for next year



Reference

The practical pages, in one place.

What this section is for

Quick references to flip to on the trail or at the planning table: how hard a hike really is, how long it will take, how to stay safe, what to do in an emergency and what the hiking words mean in different places.

Tips for a good entry

- ✓ Learn the effort scale so your ratings mean the same thing next year.
- ✓ Fill in the emergency card before your next hike.
- ✓ Read the Ten Essentials once a season.
- ✓ Use the glossary when a trail description confuses you.

Prompts when you do not know what to write

Which of the Ten Essentials do I not own yet?

What is the emergency number where I hike most?

Do I know how to read contour lines?

Could I walk out if my phone died?

Rate it right

Use the same scale every time and your journal becomes a record you can trust.

Effort scale

How hard it felt for you today. Your fitness and the weather change the number.

1. **Stroll.** Flat, easy, you can chat the whole way.
2. **Easy.** Gentle hills, little effort, no need to rest.
3. **Steady.** Some climbing. You breathe harder but can talk.
4. **Hard.** Steep or long. Short sentences, regular breaks.
5. **All-out.** Very steep, very long or both. You are glad it is over.

Countries use their own difficulty grades too, such as the Swiss Alpine Club hiking scale (T1 to T6). Note the local grade if there is one.

How long will it take?

Naismith's rule is an old rule of thumb for a fit walker on good ground. Walk at 5 km per hour and add 1 hour for every 600 m of climbing. In miles and feet: 3 miles per hour plus 1 hour for every 2,000 ft.

Example. 12 km with 900 m of climbing is 2.4 h walking plus 1.5 h climbing: about 3 h 54 min.
In miles. 7.5 mi with 3,000 ft of climbing is 2.5 h plus 1.5 h: about 4 h.

Add time for rests, heavy packs, rough ground, heat, altitude and photo stops. Treat the answer as a minimum.

Quick converter

Miles to kilometres

1 mi	**1.6 km**
2 mi	**3.2 km**
3 mi	**4.8 km**
5 mi	**8.0 km**
10 mi	**16.1 km**
15 mi	**24.1 km**
20 mi	**32.2 km**

Kilometres to miles

1 km	**0.6 mi**
5 km	**3.1 mi**
10 km	**6.2 mi**
15 km	**9.3 mi**
20 km	**12.4 mi**
30 km	**18.6 mi**

Feet to metres

1,000 ft	**305 m**
3,000 ft	**914 m**
5,000 ft	**1,524 m**
8,000 ft	**2,438 m**
10,000 ft	**3,048 m**
14,000 ft	**4,267 m**

Celsius to Fahrenheit

0 °C	**32 °F**
10 °C	**50 °F**
20 °C	**68 °F**
30 °C	**86 °F**
40 °C	**104 °F**

My usual pace: km or mi per hour _____

My pace uphill _____

Calories I burn on a day hike _____

Safety essentials

Good habits keep trails open and people safe, anywhere in the world.

The Ten Essentials

- [ ] Navigation: map, compass or offline GPS
- [ ] Headlamp with spare batteries
- [ ] Sun protection: hat, sunglasses, sunscreen
- [ ] First-aid kit
- [ ] Knife or multi-tool
- [ ] Fire: lighter or waterproof matches
- [ ] Shelter: emergency blanket or bivy
- [ ] Extra food
- [ ] Extra water or a way to treat it
- [ ] Extra clothes for weather changes

Leave No Trace

Seven principles for low-impact outdoor use, from the Leave No Trace Center.

1. Plan ahead and prepare
2. Travel and camp on durable surfaces
3. Dispose of waste properly
4. Leave what you find
5. Minimize campfire impacts
6. Respect wildlife
7. Be considerate of other visitors

Check the source

Closures, permits, fire and river conditions come from the local land manager.

Tell someone

Share the route and your return time. Check in when you are back.

Watch the weather

Mountain weather can change fast. Turn back early, not late.

Plan for no signal

Download maps and carry a power bank. Know the route without a phone.

Know your limits

Choose a hike for the slowest person and the shortest daylight.

Stay found

If lost, stop, stay calm, retrace your steps or stay put and call for help.

This journal is a logging and planning tool. It is not a navigation guide or safety instruction, and hiking carries real risk. Use your own judgment and check current conditions where you hike.

Emergency card

Fill this in once and photograph it. Tear it out and keep a copy in your pack.

If I need help

Name

Date of birth

Emergency contact 1: name and phone

Emergency contact 2: name and phone

Allergies

Medical conditions

Blood type (optional)

Medication I carry

Doctor or insurer and policy number

Local emergency number where I hike

Mountain rescue or park office number

Emergency numbers differ

The number is different in different countries. 112 is the standard emergency number across the EU and works on many mobile networks elsewhere, but do not rely on it. Look up the local number before you go and write it above.

If something goes wrong

- [ ] Stay calm and stop moving
- [ ] Make sure you are safe from further danger
- [ ] Call the local emergency number
- [ ] Share your exact location
- [ ] Stay warm and visible
- [ ] Conserve phone battery

Hiking words around the world

The same activity, many names. Check spellings before you use them in print.

United Kingdom

walking, hillwalking, rambling

Hills over 3,000 ft in Scotland are called Munros.

Australia

bushwalking

Bush tracks and national park trails.

New Zealand

tramping

Often with simple huts along the route.

Germany, Austria, Switzerland

Wandern

Mountain huts, called Hütten, are part of the culture.

France

randonnée

Marked long-distance routes are called GR trails.

Spain and Latin America

senderismo

Pilgrim routes such as the Camino are walked by many.

Italy

escursionismo

Rifugi are staffed mountain huts.

Nepal and the Himalaya

trekking

Tea houses offer food and beds along many routes.

North America

hiking, backpacking

Trail markers are often called blazes.

Learn three words before every new country

Trail. Water. Thank you. It costs nothing, and people notice.

Country	Trail	Water	Thank you

Hiker’s glossary

Words you will hear at trailheads and in trail descriptions.

Terrain and navigation

Trailhead
Where a trail begins, usually with parking and a sign or map.

Switchback
A zigzag turn that makes a steep slope easier to climb.

Scree
Small loose rocks on a slope that slide under your feet.

Talus
A slope of larger broken rocks. Go slowly and test each step.

Cairn
A stack of stones marking the route. Leave existing ones alone and do not build new ones.

Waymark
A marker, such as paint, a sign or a post, that shows the route. In North America often called a blaze.

Col or pass
The low point between two peaks that lets you cross a ridge.

Saddle
A dip between two high points along a ridge.

False summit
A high point that looks like the top, until you see more climbing ahead.

Treeline
The altitude above which trees stop growing.

Contour lines
Lines on a map joining points of equal height. Close together means steep.

Bearing
A compass direction, measured in degrees, that you follow.

Elevation gain
The total amount you climb over a hike, which is not the same as the highest point.

Scramble
Steep terrain where you use your hands as well as your feet.

Ford
To wade across a stream or river.

Tarn
A small mountain lake, often left behind by a glacier.

Routes and hiking styles

Out-and-back
You hike to a turnaround point and return the same way.

Loop
The route brings you back to the start without repeating ground.

Lollipop
You walk out on a stem, hike a loop, and return along the stem.

Point-to-point
You start and finish at different places, so you need transport.

Day hike
A hike you finish in one day, with no overnight stay.

Section hike
Hiking a long trail in separate pieces over time.

Thru-hike
Hiking a long trail from one end to the other in one continuous effort.

Peak bagging
Collecting summits, often from a list.

Hut-to-hut
Multi-day hiking that uses mountain huts instead of tents.

Tea house trek
A trek in Nepal where you sleep and eat in lodges along the route.

Via ferrata
A protected route with fixed cables, ladders and rungs. It needs the right gear and training.

Munro
A Scottish mountain over 3,000 feet (914 metres).

Bothy
A basic, open shelter in remote parts of the UK hills.

Hiker’s glossary, continued

Gear, slang and the weather words.

Gear and camp

Base weight
What your pack weighs without food, water and fuel.

Ten Essentials
A classic safety checklist. See the Safety essentials page.

Bear canister
A hard container that keeps food away from bears. Some areas require one.

Cathole
A small hole for human waste, dug 6 to 8 inches (15 to 20 cm) deep and about 200 feet (60 m) from water, camps and trails.

Cowboy camping
Sleeping outside without a tent.

Dry camp
A campsite with no water nearby, so you carry in what you need.

Resupply
Restocking food and supplies during a long hike.

Gaiters
Covers for the ankle and lower leg that keep out debris, mud and snow.

Bivy
A minimal shelter, such as a waterproof bag or a very small tent.

Trail culture and slang

HYOH
Hike your own hike. Everyone sets their own pace, style and goals.

Trail angel
A person who helps hikers with rides, food or a place to rest.

Trail magic
An unexpected kindness on the trail, like snacks or a cold drink.

Trail name
A nickname that hikers take or are given on the trail.

Zero day
A day on which you hike zero miles, usually to rest.

Nero
A near-zero day with only a few miles of hiking.

Hiker hunger
The enormous appetite that arrives after days of heavy hiking.

Beta
Insider information about a route, its conditions or its water.

Bonk
A sudden crash of energy, usually from not eating or drinking enough.

Alpine start
Leaving before dawn to beat afternoon heat or mountain storms.

Bluebird day
A clear, cloudless, blue-sky day.

Weather and light

Alpenglow
Pink and orange light on mountain peaks around sunrise and sunset.

Golden hour
The hour after sunrise or before sunset with soft, warm light.

Inversion
Cold air trapped in a valley. Above the cloud, summits can be sunny.

Whiteout
Snow or cloud so thick that you cannot judge distance or direction.

Postholing
Sinking deep into soft snow with every step.

High water
Fast, cold river flow during snowmelt or after rain, which can make crossings dangerous.

Blowdown
Trees knocked across a trail by wind or storms.

Burn scar
Land changed by wildfire. Watch for falling trees and flash floods.



About this journal

Made for the trail

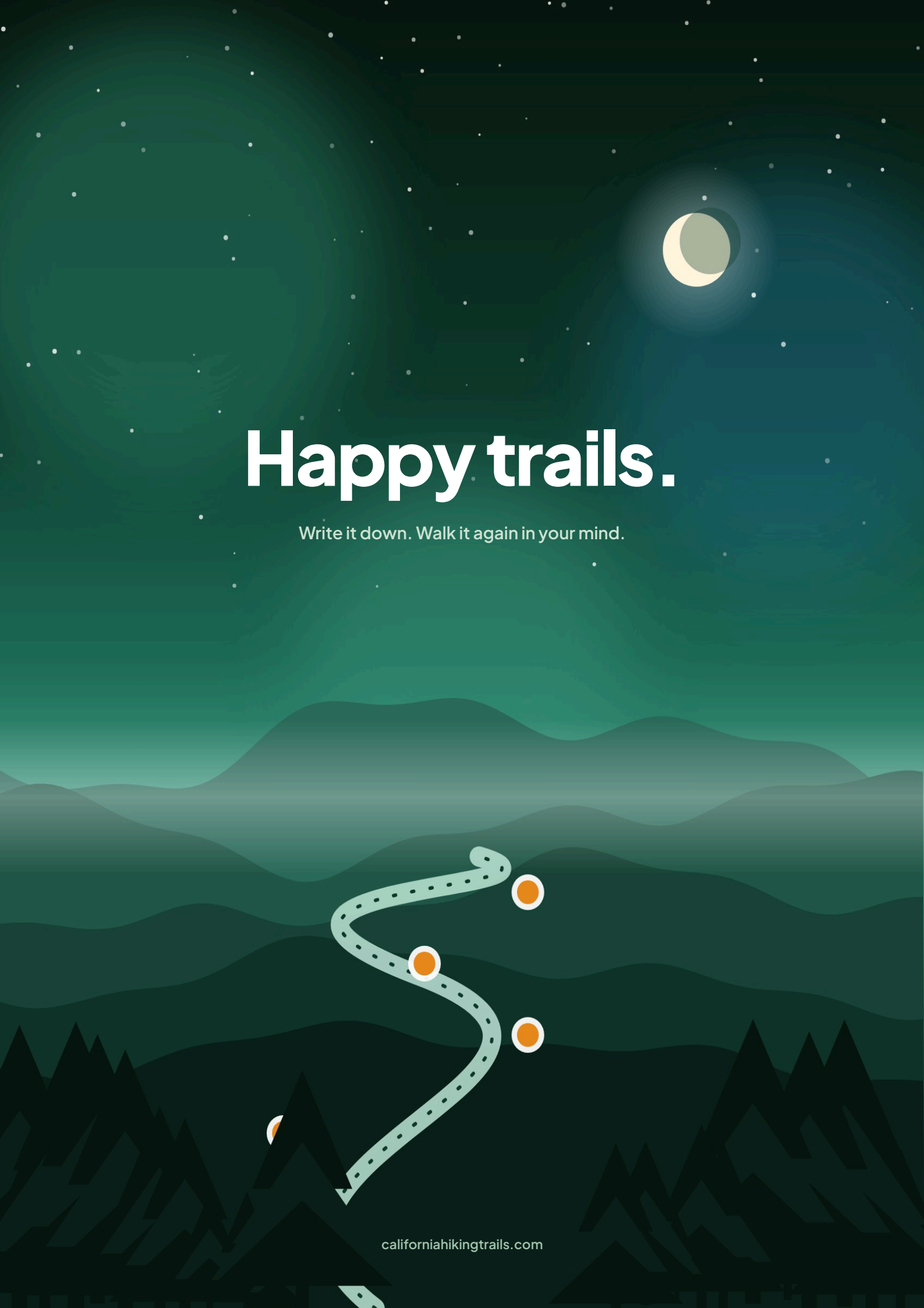
The Adventure Journal is a blank logbook for hikers of every kind. It has no named trails because it is meant to hold yours.

We designed it to be useful on a busy weekday and rewarding after a long trek. Everything is simple to fill in and designed to be looked back on.

It was created by the team behind californiahikingtrails.com, a trail guide built around official sources and honest information. This journal grew out of that work, and we hope it helps you remember your own.

Hike safely, leave no trace, and write it all down.

californiahikingtrails.com
Trail guides and updates for this journal.


Happy trails.
Write it down. Walk it again in your mind.
californiahikingtrails.com