



HOW TO



make this



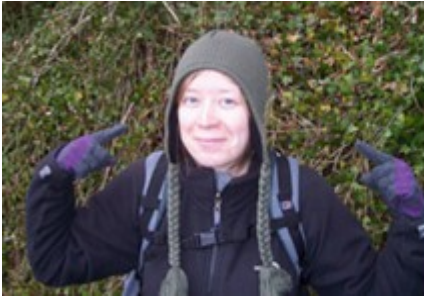
your best



HIKING YEAR



EVER



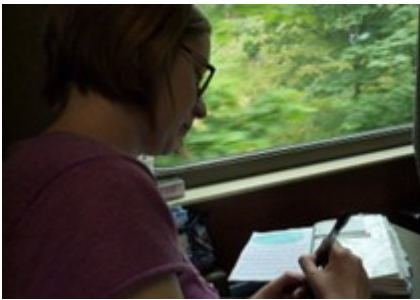
Step 1

Brainstorm it

Put down everything you'd ideally like to do.
 Don't overthink it, don't worry about being realistic, just get some ideas down. What has been on your 'bucket list' for ages?

	Regions / National Parks I'd love to explore		Mountains or hills I'd love to climb
1.		1.	
2.		2.	
3.		3.	
4.		4.	
	Trails or paths I'd love to complete		Places or things I've always wanted to see
1.		1.	
2.		2.	
3.		3.	
4.		4.	
	Skills I'd like to learn		Goals I'd like to set myself
1.		1.	
2.		2.	
3.		3.	
4.		4.	

(Watch the videos in the *5 Day Crash Course in Britain's Best Hiking* for ideas!)



Step 2

Schedule it

Take the best ideas from your brainstorm and schedule them in.
Do not worry about HOW you will do it yet. Just commit!

MONTH	GOAL	Days*
January		
February		
March		
April		
May		
June		
July		
August		
September		
October		
November		
December		

*Put in how many days you need to complete your goal.

(You might not need as many days as you think! In *Walk Your Weekends* I share how to have fantastic weekend walks in some of Britain's best hiking areas in a weekend.)



Step 3 Declare it

Tell at least one other person your hiking goals and ask them to keep you accountable!

Or come over to the [London Hiker Facebook](#) page and share your goals with us!





Step 4

Research it

Start investigating how to achieve your goal!

You can get started with the resources I'm going to send you next. :)

Free 5 Day
Crash Course
in Britain's
Best Hiking
where to go - what to do

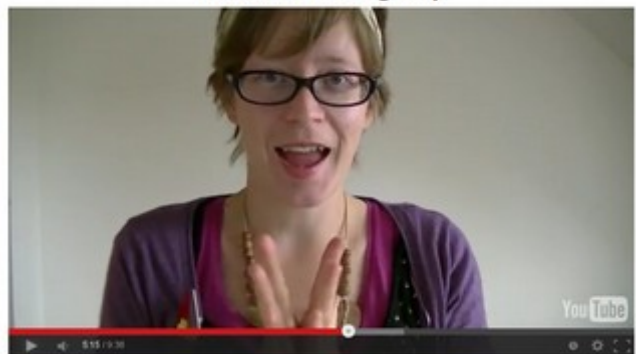


RESOURCE GUIDE

My Top 7 Must Have Resources For Planning a Hike in Britain

(HINT: all but one of them are free!)

Three "Es" You Need to Know Before Going on a Weekend Hiking Trip



These are coming your way soon!