

A person wearing a yellow jacket, a blue and white baseball cap, and a backpack is kneeling on a dirt path. A golden retriever is standing next to them, looking towards the right. The background features a body of water, distant mountains, and a sky with soft, golden light from the setting or rising sun. The overall mood is peaceful and adventurous.

Hiking Essentials

Melissa Weatherall Balanced Wellness

#LiveOutside



HIKING **ESSENTIALS**

DAYHIKE

A day hike refers to a hike that can be completed in a single day.



TOP FIVE TRAILS

According to Alltrails.com

1. **Centennial Ridges.** Algonquin Provincial Park
2. **Lion's Head Loop** Via Bruce Trail. Lion's Head Provincial Park
3. **Hilton Falls Trail** Hilton Falls Conservation Area
4. **Waterdown Trail** to Smokey Hollow. Burlington
- 5 **Niagara Glen Trail.** Niagara-on-the-lake

HIKING **ESSENTIALS**

COMPASS
AND GPS

SUNSCREEN
& LIPBALM

JACKET &
GLOVES

FLASHLIGHT
& BATTERIES

MATCHES &
LIGHTER

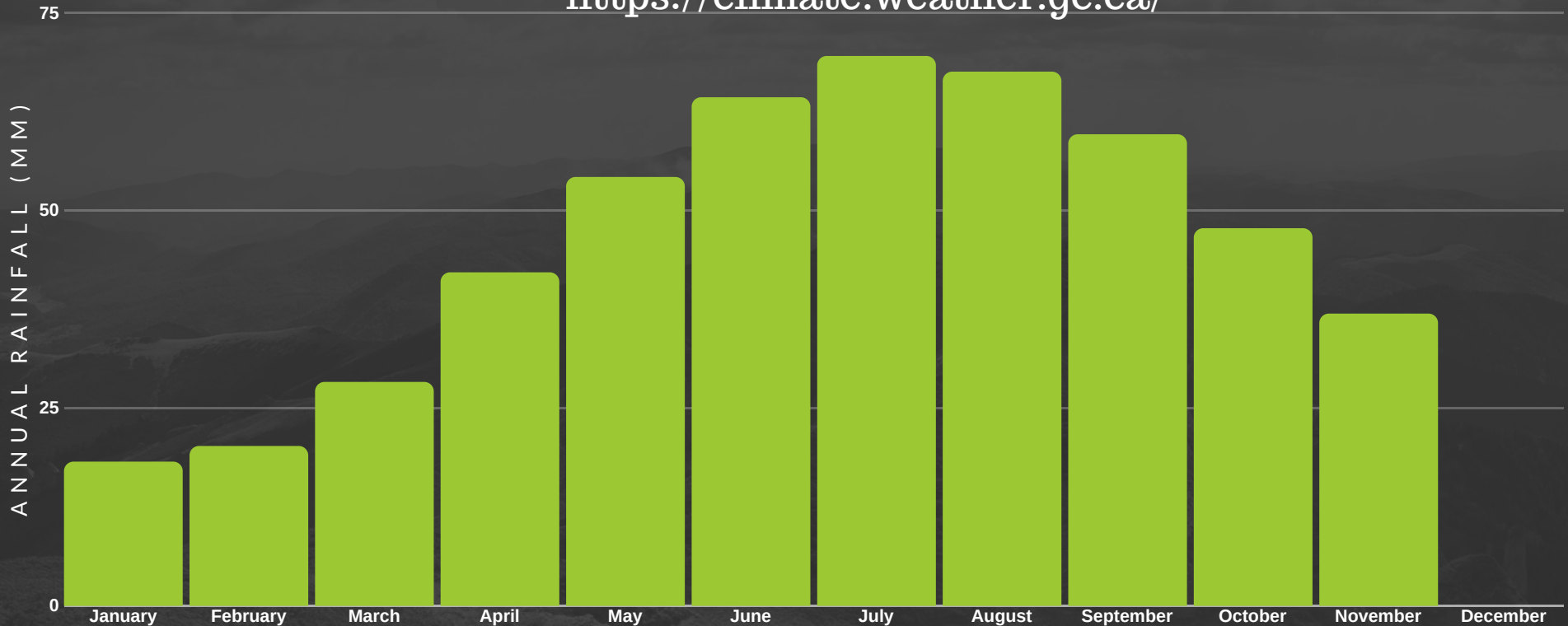
FIRST-AID KIT
& WATER

BENEFITS OF HIKING

- Lowers your risk of heart disease significantly
- Improves your blood sugar and blood pressure
- Lowers your risk of early death by 40%
- Helps with weight control

HIKING ESSENTIALS

Average Temperature in Barrie Ontario Deg (F) according to
<https://climate.weather.gc.ca/>



**Based on records,
Barrie Ontario
temperatures never
average over 70F**

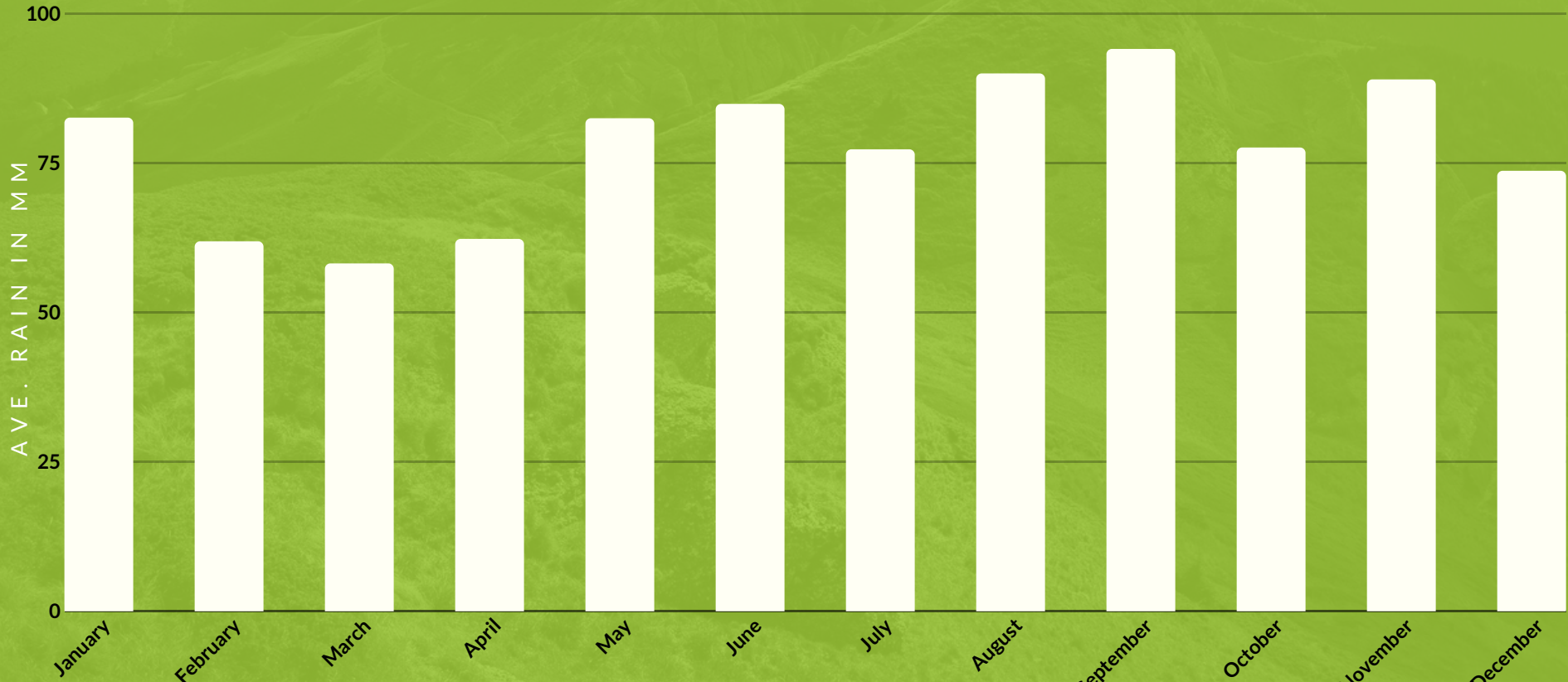
Cool weather can be great for hiking and Ontario has its share. In Barrie Ontario temperatures never average over 70F even in the summer. July sees the warmest weather reaching a max temperature of around 80F

HIKING ESSENTIALS

AVERAGE PRECIPITATION IN BARRIE ONTARIO

Ontario see very consistent levels of precipitation throughout the year. If you want to stay dry check the forecast. March has the lowest level of precipitation, so if you can find a nice temperature head out for a hike. You might also want to consider some snow shoes for the winter months when at least the precipitation is a little dryer.

[HTTPS://CLIMATE.WEATHER.GC.CA/](https://climate.weather.gc.ca/)





HIKING ESSENTIALS

**Only if you have been in the
deepest valley, can you ever
know how magnificent it is to
be on the highest mountain.**

RICHARD M. NIXON

SOME TIPS:

- Always try to hike in a group. Going alone is risky.
- Stay hydrated! Carry enough water to last a day.
- Leave a map of the trail you're taking with someone back home.
- Keep your pack as light as possible. Trust me.





HIKE WHILE YOU CAN

#LiveOutside



www.melissaweatherall.com