

Hiking

Frequently asked questions

- ***What should I bring when I go hiking ?***
 - Wear comfortable hiking shoes over the ankles for protection on rocky trails.
 - Bring protective clothes against rain and wind and spare dry underlayers
 - Bring sun protection, a cap, sunglasses and sun screen
 - Bring sufficient amounts of water since it can be hard to come across any, especially in the hot summer months.
 - Bring some energy bars or dextrose for instant energy.
 - Bring a comfortable bag like a rucksack
 - Bring some basic first aid material like bandages, gauzes, plasters and a disinfectant like Betadine
- ***How fit do I need to be for hiking?***

For the kind of hiking Mystery Tours office a basic level of fitness is sufficient. Nevertheless, especially for people past their forties we recommend some fitness preparations (for instance in your local gym) before commencing a hiking holiday.
- ***Is hiking dangerous?***

Hiking is not a dangerous sport. The risks that have to be taken into account are the standard ones for outdoor sports; heating or cooling of the body because of sunshine or wind an rain, and traffic. Always bring warm and spare dry clothes and protection against the sun and the rain. Stay on the marked trails!

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