

Hiking Trips FAQ

1. Can I still participate if I've never been hiking before?

Yes. Some hiking trips are designed more for beginners, and others for the more adventurous. Choose a trip that best fits your physical fitness, ability and comfort levels.

2. Are there bathrooms available?

It depends on where we're hiking, but for the most part, I wouldn't rely on them being available. We will teach you how to go in the woods, following the 'Leave No Trace' guidelines.

3. Are your guides qualified?

Yes. The LP Adventures Director is a certified Wilderness First Responder through the WMA (Wilderness Medical Associates) and has many years of experience working with groups in a wilderness setting. The other guides have been trained to perform specific duties in case of an injury or medical emergency. The level of training required to guide a specific trip, is directly correlated to how long it will take outside help to reach us in the event of an emergency.

4. What if I don't meet all of the physical health requirements for the trip?

We may be able to make some modifications in order for you to participate. Feel free to contact us so we can discuss some potential solutions.

5. If I don't have all the items listed on the checklist, can I still participate?

It depends on what you are missing. Please contact us prior to the trip, so we can determine if you can still come. Never show up to a trip unprepared. If you're missing something vital, you may not be allowed to participate.