

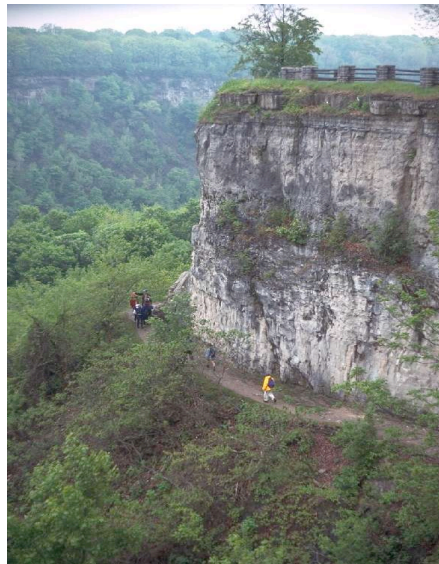


## Long Distance Hiker Awards

Hike Ontario has a mandate to encourage hiking for all ages and all athletic levels throughout Ontario. The Long Distance Hiker Awards celebrate dedicated hikers who have logged long distances on multiple Ontario trails.

### Red Pine Award

The red pine is noted for its two needles, representing two trail systems to be hiked extensively. You must hike a total of 550 kilometers. You must hike at least 150 kilometers on at least two trails.



Niagara Gorge

### Trillium Award

The trillium is Ontario's provincial flower, with three petals. These represent three trails you must hike for at least 150 kilometers. You must log a total of 950 kilometers.



Hockley Valley

### Tamarack Award

The tamarack is known for its multiple needles, representing the multiple trails you need to hike to log the required 1500 kilometers. You must hike at least 150 kilometers on each of at least three trails.

### Awards Process

Keep a hiking log, and submit it to Hike Ontario. You may use the one on the back of this flyer.

Get your log verified by an executive member of an Ontario hiking club.

The cost of the badge \$15.

Application to be approved by Hike Ontario.

