

## Cincinnati Hikes Goals and Challenges 2022



Welcome to the Cincinnati Hikes 2022 Challenges! See the tabs at the bottom for individual descriptions!

Week #	Park	# of Miles (optional)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		
32		
33		
34		
35		
36		
37		
38		
39		
40		

Week #	Park	# of Miles (optional)
41		
42		
43		
44		
45		
46		
47		
48		
49		
50		
51		
52		

Month	Goal	Completed?
Jan		
Feb		
Mar		
Apr		
May		
Jun		
Jul		
Aug		
Sep		
Oct		
Nov		
Dec		



## Cincinnati Hikes Monthly Missions '22

Wanting to add some different types of outdoor experiences to your life in 2022? We are too so let's do it together with our Monthly Missions Challenge!

Each month will feature an activity to try and, if that particular activity isn't your jam, you can participate in a volunteer opportunity or choose your own adventure instead. You can truly make this what you want! Our desire for you is that you meet new people, learn something new, or stretch outside your comfort zone just a bit to experience even more of Cincinnati's outdoor goodness.

January: Let's go winter hiking!

February: Invite someone on a hike with you

March: Upgrade or add at least one item to your hiking gear. New boots? New socks? A rain jacket? Hiking poles? Headlamp? Treat yo self!

April: Hike in the rain

May: Find and attend a class to expand on your knowledge of spending time outdoors (orienteering, backpacking, winter hiking)

June: Attend Trail Fest with us

July: Hike along a river

August: Bring dinner outdoors

September: Camp somewhere (your backyard counts!)

October: Take a selfie while on one of your hikes when you come across something that just makes you smile. Hopefully the photo continues to bring a smile to your face as you come across it in the years ahead.

November: Use the Resource Center to Research and visit one of our local preserves, parks, or organizations to learn about how it came to be and what they have going on now.

December: Donate food, clothing, or a gift to a local charity

If you'd like to get outside with us, please check out our events at: <https://www.cincinnatihikes.com/cincinnatihikesevents>

Please share your progress and adventures in the FB group: <https://www.facebook.com/groups/CincinnatiHikes> or on IG, with the hashtag #monthlymissions so people can see what you've been up to.

Month	Goal	Completed?
Jan		
Feb		
Mar		
Apr		
May		
Jun		
Jul		
Aug		
Sep		
Oct		
Nov		
Dec		



## Cincinnati Hikes Step By Step '22

Let's get our weekly dose of outdoor goodness together-ish with Step by Step! It's a fun goal of getting outside once a week in some way, shape, or form. You can count it towards any personal goals and work towards them with your friends at Cincy Hikes! Share your progress and make 2022 your year to hit the trails!

You can join us on this goal at any time, for any distance, on any trail, and with anyone or alone. The goal is for you to get outside once a week and experience the goodness that is the outdoors.

If you'd like to get outside with us, please check out our events at: <https://www.cincinnatihikes.com/cincinnatihikesevents>

Please share your progress and adventures in the FB group: <https://www.facebook.com/groups/CincinnatiHikes> or on IG, with the hashtag #stepbystep so people can see what you've been up to.

Week #	Park	# of Miles (optional)
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		
25		
26		
27		
28		
29		
30		
31		
32		
33		
34		
35		
36		
37		
38		
39		
40		

Week #	Park	# of Miles (optional)
41		
42		
43		
44		
45		
46		
47		
48		
49		
50		
51		
52		