



PRESS RELEASE

**GO HIKING IN 2019:
FOOTPRINT HIKING CLUB RELEASES HIKING CALENDAR**

FOR IMMEDIATE RELEASE

23 January 2019

Footprint Hiking Club released its hiking calendar for 2019 – available on the webpage:
<http://www.footprint.co.za/hikingcalendar2019.pdf>

Everyone is welcome to join! There are hikes for beginners and for the regular hiker.

Hiking is all about taking long walks in nature. It is an enjoyable recreational and social activity with fitness and health benefits. If you enjoy walking then you will love hiking.

The Footprint Hiking Club is a community-based club that offers the public access to the best and widest variety of trails available in Southern Africa. These trails include day walks, weekend hikes from a central camp, backpacking, slackpacking and wilderness trails. Trails are led by the Club's experienced hikers.

Go hiking in 2019 – bookings for hikes are now open:

Email: bookings@footprint.co.za

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