

Are you interested in taking part for free in...



**an alternative winter hiking course +
5 day hike (~50km) in February 25?**



**Or/and an alone but together 6-7 day
(~90km) hike in May 25 ?**

Learning new skills and focusing on hiking alone?

On a trail 45min away from Helsinki

Safe space—only for women*/Flinta*

Helping with your feedback to develop a feminist
solitary hiking project

Want to hear more?

Join the info
event on:

Tuesday

17.12.24, 20.00



Registration link (info event)

After the information event you can enroll to the hikes

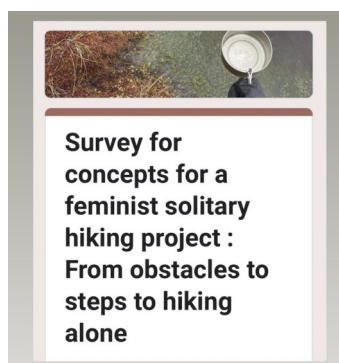
Or send me an E-Mail: riot-trails.hiking@outlook.com

→ You will get the link to the online event some days before (zoom or teams)

→ If you are interested to take part at the hikes, but you can't participate at the info events, just write me an email

About the info event: I will tell more about what's behind these concepts, and give information about the trail and the seasonal conditions. This should help you to find out if these hikes could be interesting for you, as they are a bit different to "typical hiking course/hikes". You can just listen or ask questions.

For developing course concepts, I made this survey in November, I'm happy if you want to answer too (anonymously), I will probably tell some results on the online info event.



More informations about the project
and link to the survey:



riottrails.com



Survey



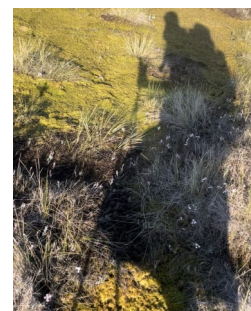
Women*: When writing "women", I use the "gender-star" to symbolize an understanding of gender diversity. Including cis, trans, inter and nonbinary gender-identities.

Mia Pulkkinen
riot-trails.hiking@outlook.com

*female, lesbian, inter, nonbinary, trans, agender

Some basic facts

- Group size: Only 3 participants
- +18 years and only for women*/Flintas
- Both hikes focus on empowering to go hiking alone and depending on the group and conditions we practice this already throughout the hikes
- Preparation together before, flexible support between the hike and possibility to share reflections afterwards together



Who is your hiking “guide”?

My name is Mia, I’m a social worker (B.A.) and nature guide-student. Riot trails is the result of this mix. My view on hiking and offering courses is strongly influenced by my social work and feminist background as well as my skills as nature guide and own experiences as a female solo hiker. I want to find ways to make hiking affordable and low-threshold and empower/inspire women to go hiking alone. Another factor influencing what I want to offer, is my own migration experience.*



What hiking equipment do you need?

Nothing - you can get all equipment from me - You need just the wish to test out hiking alone (and maybe learn new skills) and some motivation to be part of developing a concept for a feminist solitary hiking project with your feedback

What hiking skills are required?

Depending on the hike, the requiring skills are different. I will tell more in the info event and basically I would like to think individually with you, if the hike fits to your level or how I could support you with sharing skills before and in between the hike.



Where?

The hikes and practice days will be near Helsinki, reachable by bus in 45 min from the center of Helsinki. Other meetings are online. The trail is self planned (sea, swamps, forest, lakes, river).

a DIY trail

near Helsinki

90(+/-) km
5-7 days

from
September
to
May

9 different options

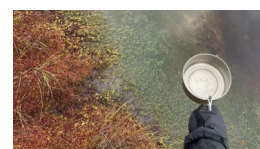


Costs?

Taking part in the hikes is free, as I am going to test these concepts for the first time and they are also a part of my nature-guide studies. You only have to pay the bus ticket and buy your own food.

What language?

To make this project more accessible I decided to use English, but depending on the participants, Finnish is also possible, or a mix (also German).



Women*: When writing “women”, I use the “gender-star ” to symbolize an understanding of gender diversity. Including cis, trans, inter and nonbinary gender-identities.

Mia Pulkkinen
riot-trails.hiking@outlook.com

I will offer in February and May the same course/hike two times, to be able to develop the concept directly in practice:

Alternative winter hike in February

- Minimum requirement is 3-season hiking experience. You can take part to learn and test winter hiking for the first time, but you are also welcome as an experienced winter-hiker trying out how “ultra-light alternative winter-hiking (rulkka)” works in the South of Finland.
- Includes a theory webinar about ultra light and alternative (“rulkka”) winter hiking, a practice training day and a 5 day hike

When?

- Theory Group 1: Saturday 01.02.2025 - Group 2: Sunday 02.02.2025
- Practice day Group 1: Saturday 08.02.2025 - Group 2: Sunday 09.02.2025
- Hike Group 1: 15.02.-19.02. 2025 (winter holiday week)
- Hike Group 2: 22.02.-26.02.2025



Let's go on riot trails

Alone but together

Starting from your own door

**finding safe and solitude places
for cozy and wild nights outdoors**

**Integrating hiking practice
in your daily life**

for Body-liberation, empowerment and joy

Alone but together hike in May

- The basic idea would be, that you already have some hiking experience, but you felt obstacles for hiking alone and you would like to try it out. Still your hiking experience can be between beginner and advanced level. I would be also there to help the first nights with the tent, cooking and filtering water, showing how to read the map etc., so the hike could be a combination for you to learn new skills and try out hiking alone. Or you are already an experienced hiker, but going alone/sleeping alone in the tent is the aspect you want to try out.



- 6-7 days (about 90km +/-) hike (preparation and reflection together online)

When?

- Group 1: 13.05. - 19.05. (or shorter)
- Group 2: 22.05.-28.05. (or shorter)

Women*: When writing “women”, I use the “gender-star” to symbolize an understanding of gender diversity. Including cis, trans, inter and nonbinary gender-identities.

Mia Pulkkinen
riot-trails.hiking@outlook.com