

hiking as a feminist practice

A DIY-trail

80 km

to nearby
nature

Preview test-version September 2025

riot
don't
diet

trails
not
scales

Preview test-version September 2025



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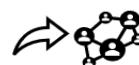
Hiking skills and conditions



Emotional part



Knowledge (+)



Alone but together— Share and/or read more

1. FOREWORD

solitary hiking as a feminist practice



riot don't diet
trails not scales

I wrote this slogans deep into my bones.

With my feet, with my body. Through hiking.



Solitary hiking as a feminist practice: For empowerment, body-liberation and joy.

This is what this trail-guide is about.

Some quotes as introductory thoughts:

Dreams.
In a forest
With snow
Down a path
I ask,
"If a person is alone in a forest
Do they have a gender?"¹

"Further, mental wellbeing benefits (of outdoor recreation) include reduced depression, stress relief, improved quality of life, higher self-esteem, higher life satisfaction, tranquility, and a greater feeling of belonging. Further, the existing studies surrounding female outdoor recreation indicate that these benefits may even be greater for women than for men and can drastically increase feelings of empowerment and self-reliance in women specifically. If women who recreate outdoors experience all these benefits, why are women still participating at a lower rate than men?" (Khajavei, 2017 p. 6)

„I didn't want to be female in society; I wanted to be free. I spent the next three and a half months pedaling down North America's grizzly-filled coast from Anchorage to San Francisco. Out there in that rugged expanse, with my body in motion and my heart unfurled, I found boundless joy. And that joy did make me a little more free. When I'm out in nature, I become a body on nature's terms, free from social context. This freedom also feels like security: I return home to my deepest self.“ (Killingbeck 2024)

This DIY-trail consists of 5 hiking days. Every day has additionally its own topic. In the process of working and reflecting on how a solitary feminist hiking project could work in theory and practice, I always found myself coming back to these following topics. For me they are all connected in between and also with this trail. Every chapters consists of quotes as base for inspiration and reflection as well as of a concrete practical link to hiking on this trail and to our daily lives. You will always find a QR-code where you find possibilities to share and connect with others on the topic.

1. Alone

sets the base for solitary hiking with thoughts on *being alone* as female socialized persons. You will find a list with reason to go hiking alone.

2. But together

takes a look at the obstacles women face hiking alone, especially at fear and how to deal with it. Further more it explores different ways of experiencing and creating connection while hiking alone. From just an emotional level to practical concept suggestions how you can hike "alone but together" in a group on this trail.

3. Through walking

asks what hiking is, looking at the wide spectrum of walking. On this concrete trail as well as in our daily lives. Take with you on the trail how feminists like Simone de Beauvoir described their rambling or how astonishingly Rebecca Solnit can bring the means of walking to the point.

4. Through writing

shows the deep connecting of walking & writing through the perspective of different women* throughout history (with a focus on Virginia Woolf) and gives concrete ideas for your hiking journal on this trail.

5. Towards body-liberation

from the means of riot don't diet & trails not scales towards a wider view on body-liberation through hiking connected with daily life. From understanding gender after Judith Butler as performative, showing the tongue to gender norms, calling like Elisabeth Lechner for a revolution of unruly bodies towards [an utopia of understanding] the body as a medium that gives [us] access to the world, allowing us to experience our surroundings with all our senses (Lechner 2021, p. 10)

A DIY-TRAIL

Discovering the unlimited adventures of nearby-nature shaped by the seasons



"In this paper, I have tried to show how as individuals, and in our work as teachers, we might pay more attention to what is going on places around us by seeking out the extraordinary in the seemingly ordinary and the unfamiliar in the seemingly familiar. We do not have to travel to remote wilderness areas to do so because a lifetime of learning and action awaits just outside our homes and our schools." (Nicol, 2020, p. 183)



This is a DIY-trail, meaning I planned it by myself **and it's not marked**. If you hiked before on marked hiking-trails, this will be fore sure a **different experience**, as you cannot follow signs along the way, but **you have to orientate on your own**, what adds an extra challenge to hiking. A challenge—or seen from another perspective—an new skill. I also enjoy just following a marked trail, but with this DIY-trail I hope to share with you the freedom, independence and various possibilities DIY-trail hiking could bring to your future hiking practice.

So why a DIY-trail? Some aspects:

- My perspective on hiking is shaped by long-distance hiking, hiking on marked trails in Finland, hiking off trail in the wilderness areas of Lapland and more and more by going on self-planned hikes out of my own door. Additionally I learned to organize and guide group hikes while studying to become a nature guide. Although I liked the idea to work as a hiking-guide, having a group of maybe 8 people and bringing them to national parks or 1000 km up north to the wilderness-areas of Lapland felt completely wrong for me. I personally found joy and empowerment especially through hiking alone, a lot of aspects what makes hiking for me special, I couldn't share in a group hike. Additionally I want to see hiking more as a daily practice, exploring it's low-threshold dimension. Spending time, money and energy on traveling first to a place more far away is not what I want to reproduce as a premise for hiking. I wanted something else.
- **Out of your own door, exploring the unlimited adventures of nearby nature through the seasons:** I concepted this trail, by planning a hike starting at my home and also leading back to it. It offered me the possibility to explore my nearby nature as well as the area in general. I hiked it several times enjoying and learning about the effect of the different seasons throughout the year. Of course for you it wont be "hiking out of your own door", but will give you hopefully inspiration to maybe also create a hike around your own home. **If you live in Helsinki** I guess this trail could be still seen as exploring nearby nature. **If you maybe come from abroad** visiting Helsinki and Finland, this trail will bring you to a wide variety of Finnish nature environments. **There is no marked trail around Helsinki, what combines these nature experiences:** From off trail parts in wild swamps, along the shore-line of several lakes, hidden forest ponds, unlikely paths following power lines, river environment, several hills—one even with a almost 360 C° view, and hiking alone the sea-shore.
- **Wild sleeping spots:** A lot of people go hiking in the two national parks near Helsinki, where it is only allowed to camp at the official fire spots. Meaning you might not be alone, even surrounded by people listening to music. Something what I really want to avoid while hiking. Additional to the possibility to chose on Day 1 and Day 4 also a official camping spot, you can hike this trail also completely with wild sleeping spots. This trail-guide shares and describes 10 wild spot areas along the way (and of course you can also search your own.)
- Additional to the various sleeping spot option, the trail also **has several alternative routes**, what makes it possible to structure it differently. On the one hand, this makes it possible to adapt the trail from the summer time to the short days of November on the other hand it emphasises the unlimited options a DIY-trail to nearby nature can have. Another reason is that you can use these information to build up your own adventure, due to your needs and interests. If you hike with a group, the different options offer the possibility to hike "alone but together".

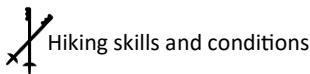
The trail is about 80 km and located only 45 minutes away with a bus-ride from the center of Helsinki:

1. **Silence & Solitude on swamp walks—An interplay of excitement and calmness 14 km**
2. **Unlikely trails—Rambling along powerlines towards wild river sides 12 km**
3. **Ascending hills and traversing cultural and historical landscapes 23 km**
4. **The rhythm of walking and thinking—On dirt roads towards the sea 16 km**
5. **Along the shoreline—Time for rest and playful steps 13 km**

On page 32 you find a detailed overview. The trail also has various alternative routes. The most make only a small impact.

Beside for chapter 1/2 you will find a more detailed description of an alternative structure, what is explained additionally to in between the trails description also in a summary on page 60-61.

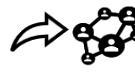
Structure of the Trail-Guide—How to use it



Emotional part



Knowledge (+)



Alone but together— Share and/or read more

This booklet is concepted as an interactive trail-guide, for beginners and advanced hikers, who go alone as well as for groups testing out the “alone but together concept”. As experienced hiker familiar with Finnish nature you might just download the GPS-trail on your phone or GPS-device, make some notes of places you want to see, check the water and food situation and that’s it. As beginner you can pick all the basic hiking information you need and for example choose to stick to the easier route option. Before the trail description starts, you will find the “**pre adventure-information**” part. It should not only have the function to share basic hiking skills in connection with this trail, but make you step by step more familiar with the trail. This should help you to create your own adventure. You will find the trail described through different kind of maps, focusing on different information, as well as through pictures, lists and descriptions. On the right side you see the first step. If you turn back on the first page, you see the blank map. Now there is a trail-line!

How to get there and risk & emergency information and **Everyone’s rights: official rules and responsible hiking** give you basic information on the location as well as what official rules apply to the area plus “how to poop in the woods”.

Nature on the trail introduces you not only to the different nature environments on the trail (forests, swamps, hills and water-environment) and where they are located along the way, but makes you familiar with reading the terrain map. This should improve your feeling for the trail and help you orienteering later while hiking. Additionally you will find information about the different nature types. A special focus lies on swamps and explains how to move on them, with what kind of boots.

Impact of the seasons gives an overview over the conditions from April to November and how to adapt the trail due to the different months.

How to orientate explains how the trail description for every chapter is structured and how you orientate while hiking.

Food and water gives you a practical example how you could structure your food supplies on the way and where to find water as well as basic information on filtering water. Throughout the trail description you will also find information on water spots and they are marked in the maps.

How to find sleeping spots explains what are the basic things to keep in mind, when searching for a tent spot and beyond the technical aspects you will find a more emotional perspective on choosing sleeping spots. Although there are some official sleeping spots, this guide focuses on wild sleeping spots. Additionally you will find a detailed list with descriptions of 13 different spots along this trail and a map with their location. Again this should improve your picture of the trail and offer various ways to structure your day. If you go in a group the various spots make also hiking alone possible,

3-Season Packing List example Here you will find a packing list example with a qr-code to my homepage, to read more (or borrow gear).

With the following symbols, what you will find throughout the guide, I do not only hope to give a clearer structure to all this information but also emphasise that hiking is not only about gear and techniques, but so much more! And that the way you hike, what you want to know, what is important for you etc. will be so individual. Although a lot is of course influenced by my own experience and style of hiking, there are so many other ways to do these things and I want to encourage you to follow your own way.



Hiking skills and conditions: Here you find more objective basic information like technical requirements for a tent spot, how to navigate, what kind of hiking terrain you will find etc..



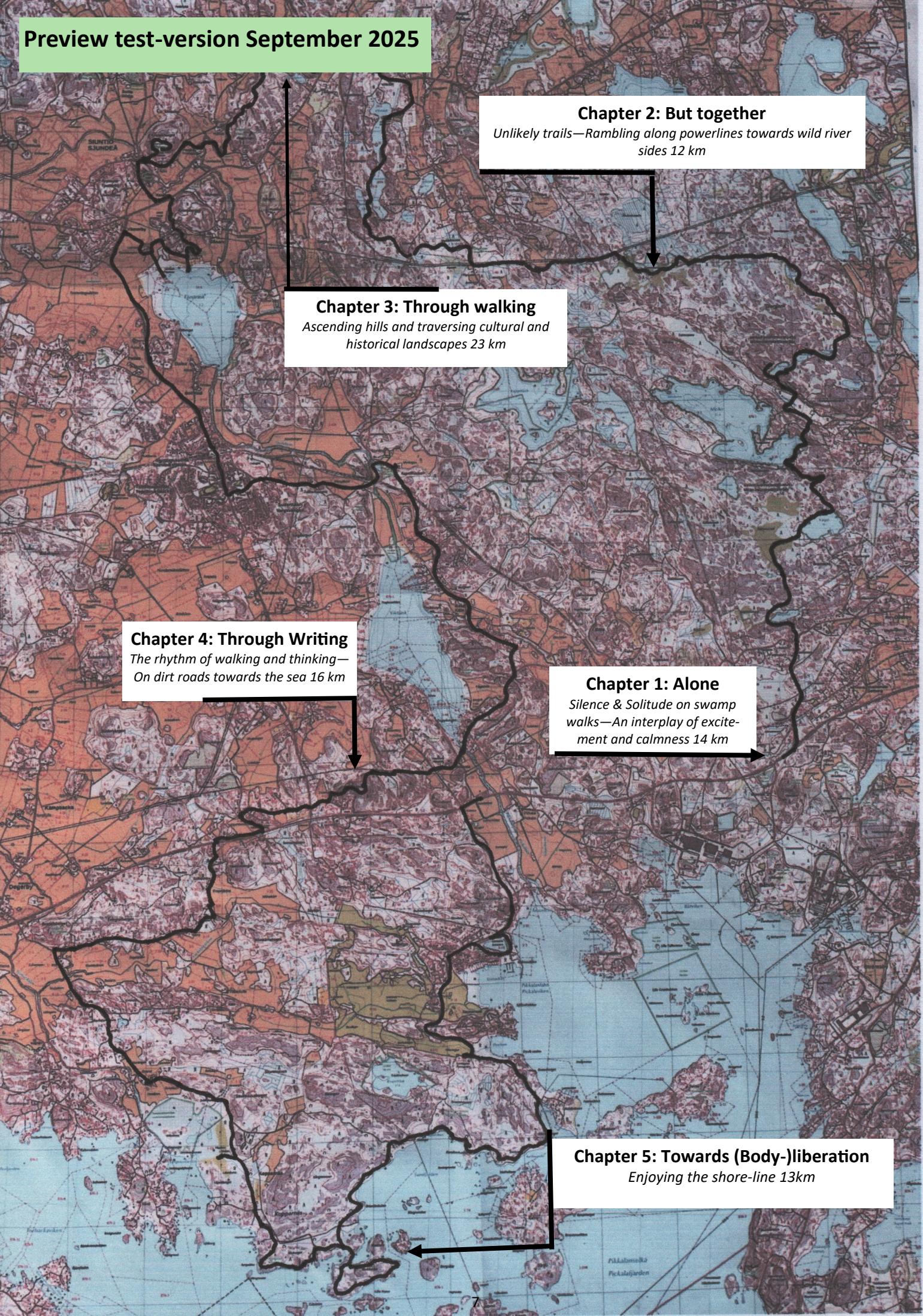
Emotional part: Here you find more subjective information, personal views and experience and a more emotional perspective. From myself and also for you to reflect on your own. Topics like “nature connection”, emotional side of choosing a sleeping spot, own rhythm and needs while hiking



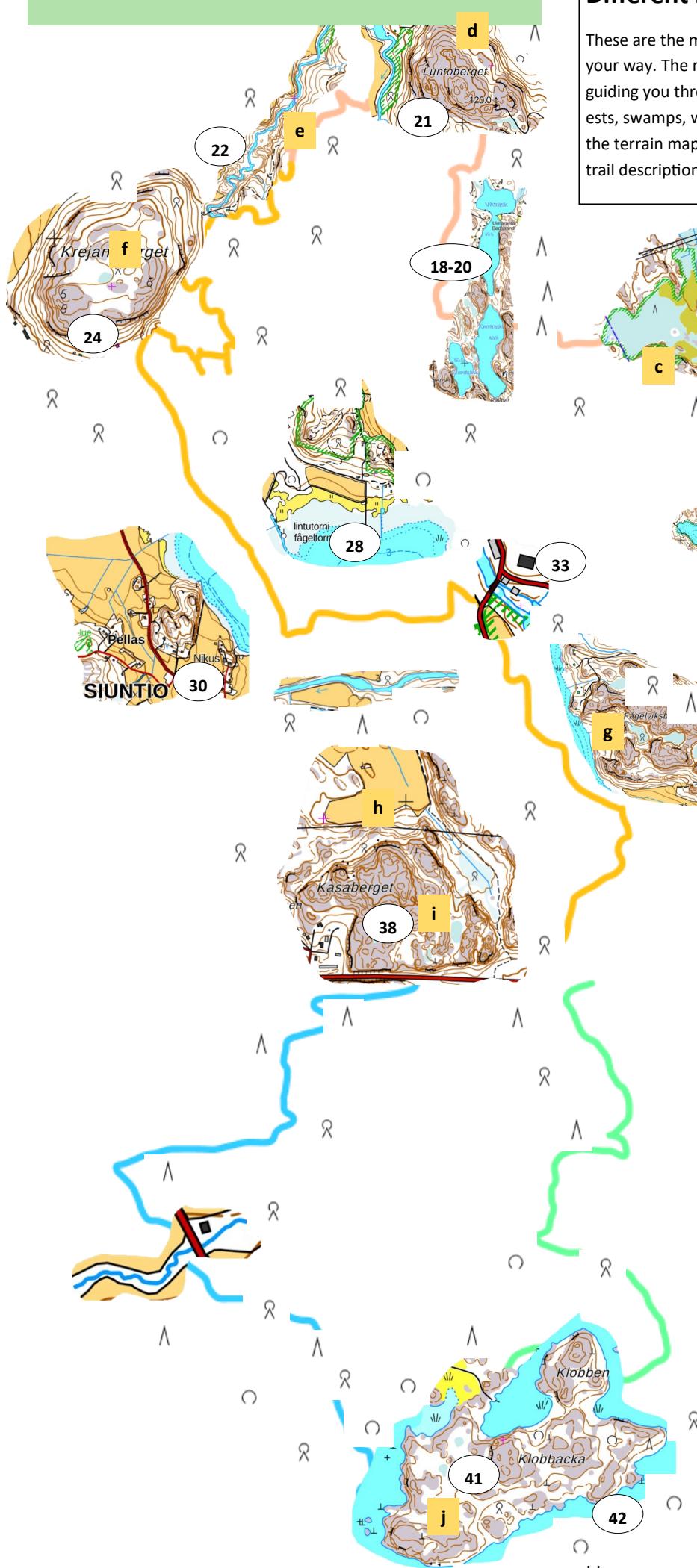
Knowledge (+): Some kind of “extra” knowledge surrounding the trail, like information on birds and plant as well as theory background to hiking as a feminist practice



Alone but together— Share and/or read more: Here you will find an QR-code leading to the riottrails website. There will be different topics on what you can read more, share your own thoughts and connect. Something what I imagine to develop and grow throughout the years. Collecting more and more different experience and voices from hikers on the trail. I started giving a frame with this feminist solitary trail-guide and I am curious how the project and the trail itself will develop, through **you** taking part.

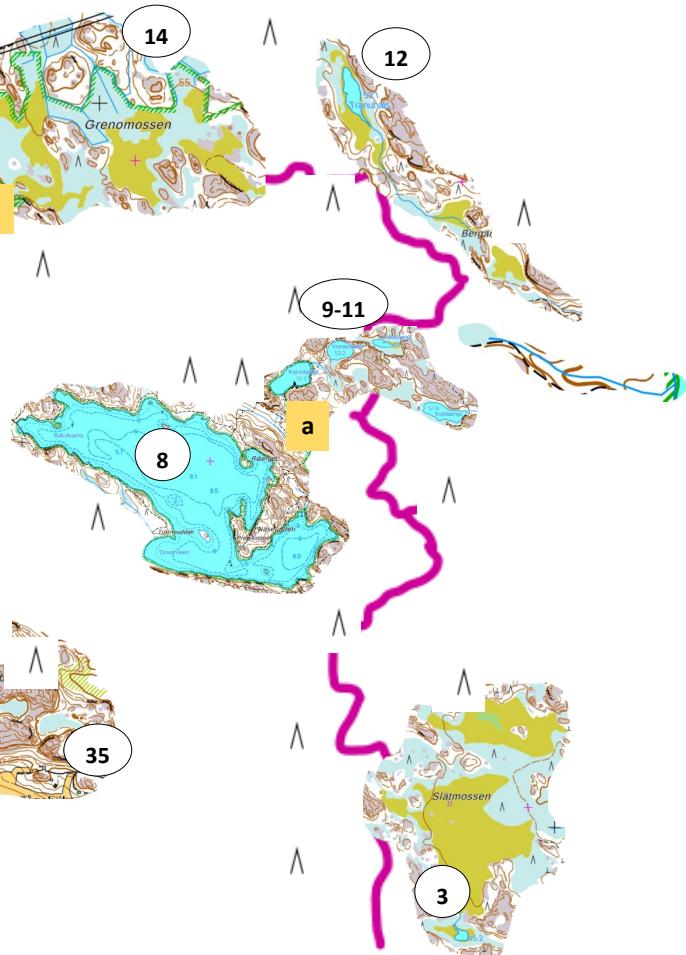


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Different nature environments along the trail

These are the main different nature environments, what you will cross on your way. The numbers are part of the overview of the “point of interests” guiding you through every chapter. The next pages take a closer look at forests, swamps, water-environments and hills. While this chapter focuses on the terrain map and description, you will find pictures of these places in the trail descriptions of every chapter.



1. Forests



2. Swamps and how to move on them



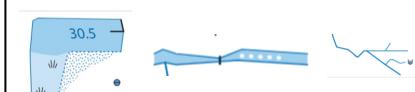
3. Hills



And fields:



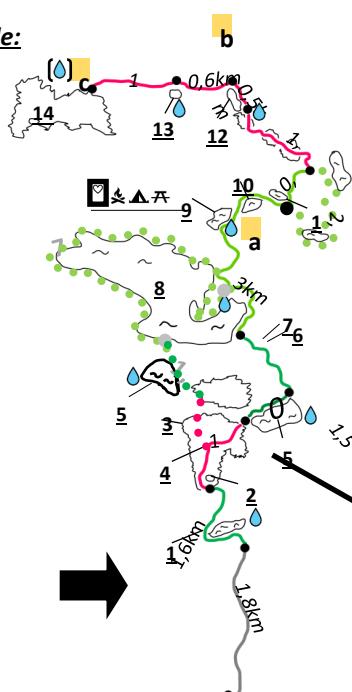
4. Water environments (Lakes, ponds, river, creeks, sea)



2.5 How to orientate

As this is not a marked trail, finding your way will be a mix of following the GPS track and orienteering with an terrain map -app. My descriptions of every chapter should help you to get a feeling for the trail.

This is how to read this trail-guide:



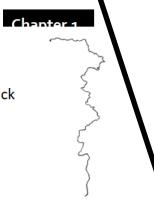
As kilometres don't really tell much about how much time you will need, without knowing if you have a marked forest trail to follow, going off-trail or walking a street, this overview should help you to get a feeling, what comes ahead of you (km-time-relation → p. 34)

Chapter 1: Alone

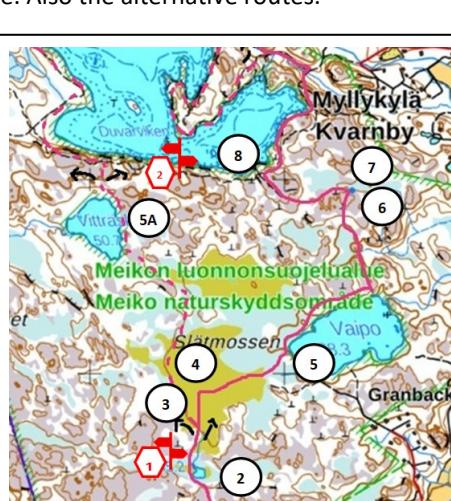
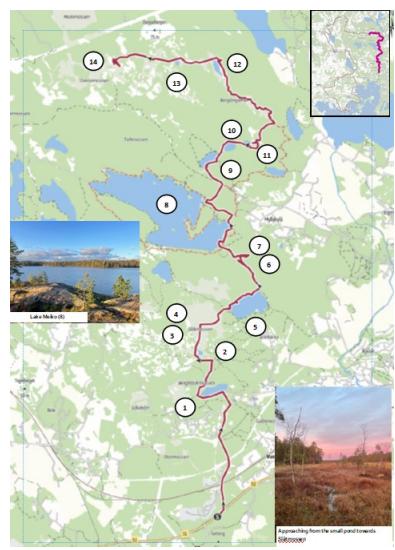
Slow down around wild swamps and hidden ponds
14 km



- 1 Meiko nature reserve area
- 2 Little nameless swamp pond
- 3 Swamp Slätmossen
- 4 Small swamp hut
- 5 Lake Vaipo
- 6 Bunker leftovers
- 7 Spring
- 8 Lake Meiko
- 9 Pond Korsolampi, WC, fire, picnic
- 10 Pond Immerlampi
- 11 Pond Kakarlampi
- 12 Pond Tränuhals
- 13 Pond Kommeleppi
- 14 Swamp Grenomossen



1. Every part starts with a drawing of the trail and the **numbers** tell different point of interest. This should give you an overview of the chapter, before exploring the trail on a detailed map. As you can see, the trail is colored differently and to the **different color parts** have the amount of kilometers of the distance.



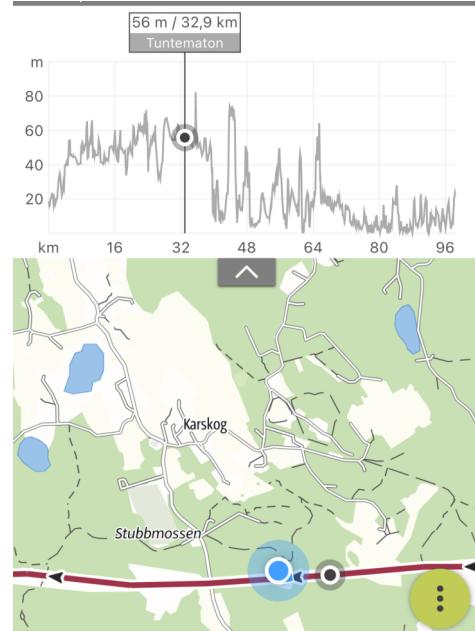
2. The next step is an overview of the chapter as you will see it in "Outdoor active". On the right picture you see the main trail drawn in pink and an alternative trail drawn as dash line. I also added the different colors, telling you what type of trail to expect.

 This sign tells you, that here you can decide for an alternative trail. In the text description you will also find this sign with the connected number, so you can read more about the alternative and make your own choice.

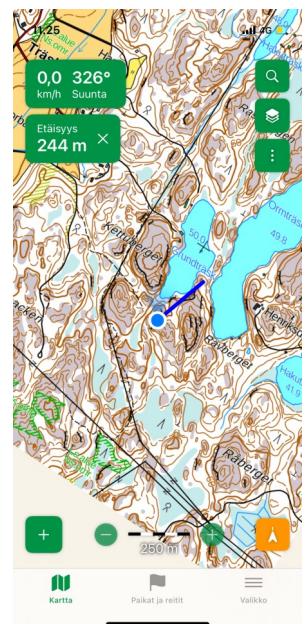
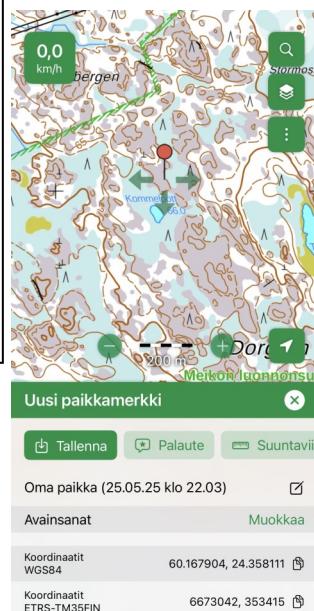
3. Every chapters also contains a detailed terrain map. The trail is marked there in pink, the alternative trail a pink dash line and point of interests are also added. Especially for the off-trail parts this should help you to orientate. Basically you can find the trail, just following the GPS line, but reading a bit the terrain map can support you and I can imagine, that you will find it also interesting and maybe get curious to discover new places!

For concrete orientation, I recommend you to use:

1. **Outdoor-Active app:** You can find as well as the whole trail, also all single chapters as trails in the app. You can also check them on a computer as desktop version. You can just use the whole trail, or if it helps you more to orientate, use only the trail for every day. When you use the app, you can see where you are at the moment and move a point on the trail line, so that you see how many kilometers you have already hiked. (picture on the right) Using the app is free, and if you are more used to the app "komoot", you can just download the gps data and upload them in your "komoot" app.
2. Karttaselain app: This is a Finnish terrain map app for your phone. Especially for the off trail parts it is really useful. You can see where you are and also in what direction you are moving/looking.



Another useful feature is the function "suuntaviiva" (pictures on the right). You can search a destination on the app and by clicking on it the menu on the right will open. Choose "suuntaviiva" and a blue line will occur, telling you the distance. It's stays while you are moving, so if you are pretty unsure you can keep the app open and you will see how you come closer or if you have to change direction. I definitely use that in between of off trail parts!



On the picture above you can see how to orientate with the app. In front of me is an treeless swamp (green) and after this some rocks (grey) and forest (white) coming. On the next page you will also find the terrain map explanations.

3. A GPS-device: You can also easily find the trail using the outdoor-active app and the terrain map app. The advantage of an GPS device is, that its running by batterie, so you can save the batterie of your mobile phone. If you have your own, you can just download the GPX data from outdoor active. I like to use it, but for example, when I want to check quickly details of the ground map, I use the kartta selain app, as it's more faster. If you don't have one, you can borrow one from me, with the trails already uploaded on the device.

It will look like this:

This is how the GPX data looks on the GPS device. The colors are set according to the chapters, to give orientation, the red lines are the Alternative routes. You can also make them vanish in the settings, if they confuse you.

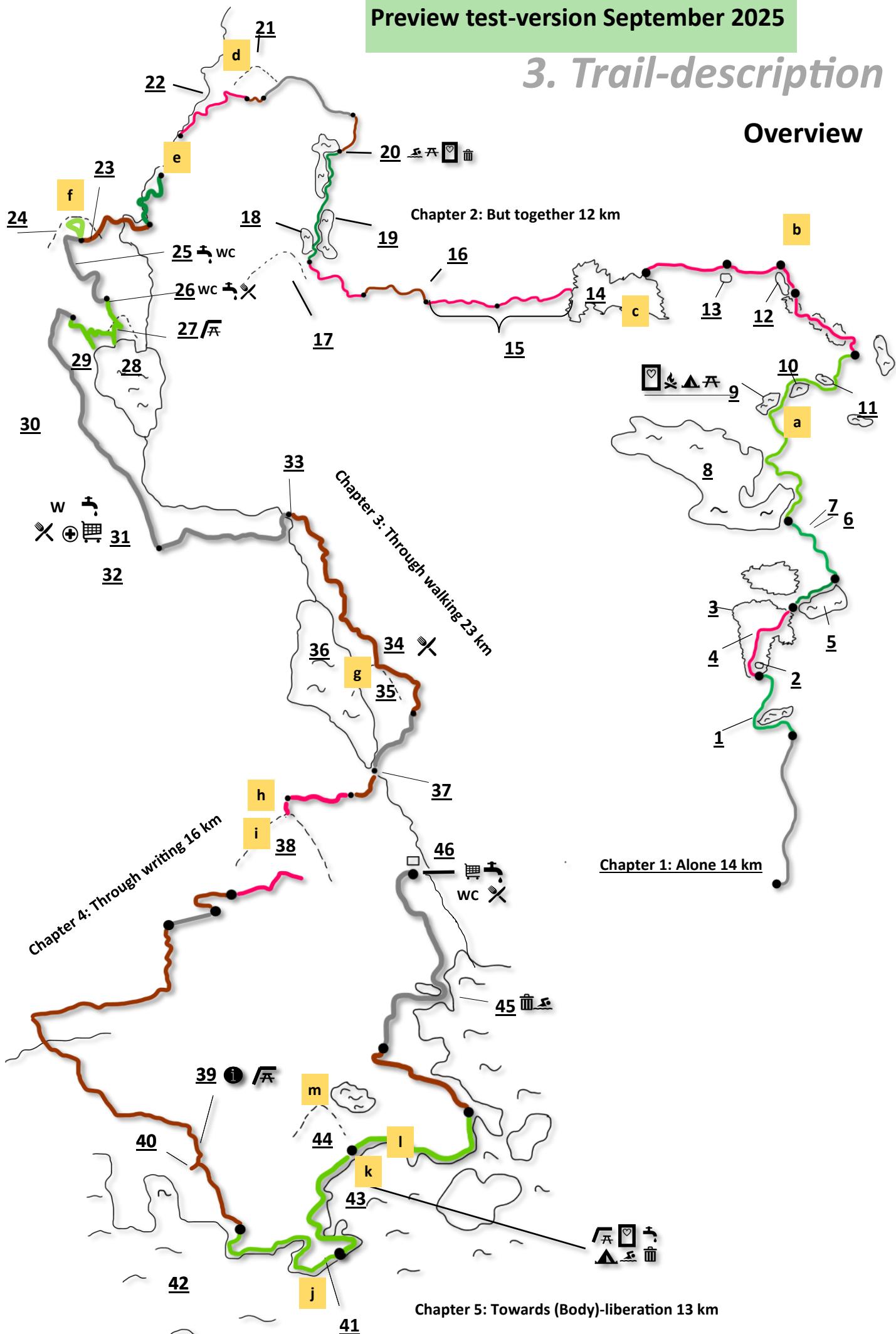


Here you can see for example where the two different options on Chapter 1 are splitting.

5. Additionally you could take a compass with you. In the case all your electronic devices give up and you are somewhere off trail, but you have this trail guide with the maps with you, the compass would tell you the direction where to go to the next street. Of course you can use it also in between. On page 46 you find instructions how to orientate with the compass from Tränuhals to Grenomossen.

3. Trail-description

Overview

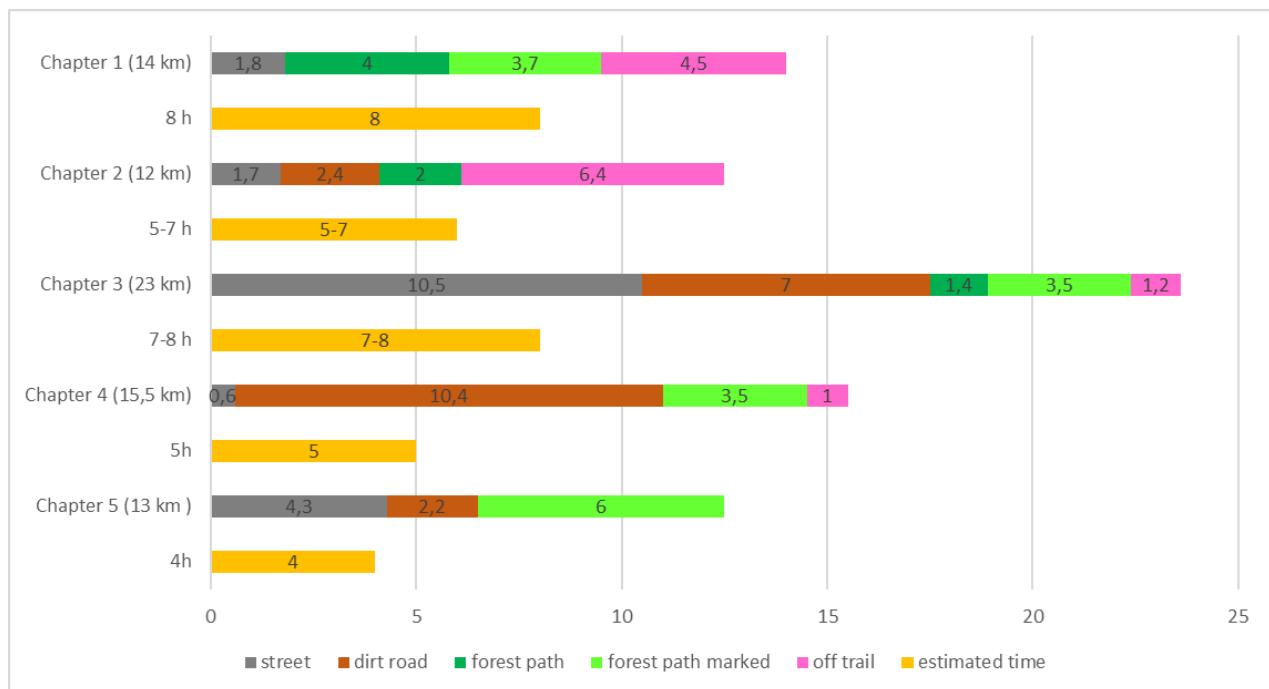


As described in the chapter 2.5 "How to orientate", kilometres don't say too much about the time you will need.

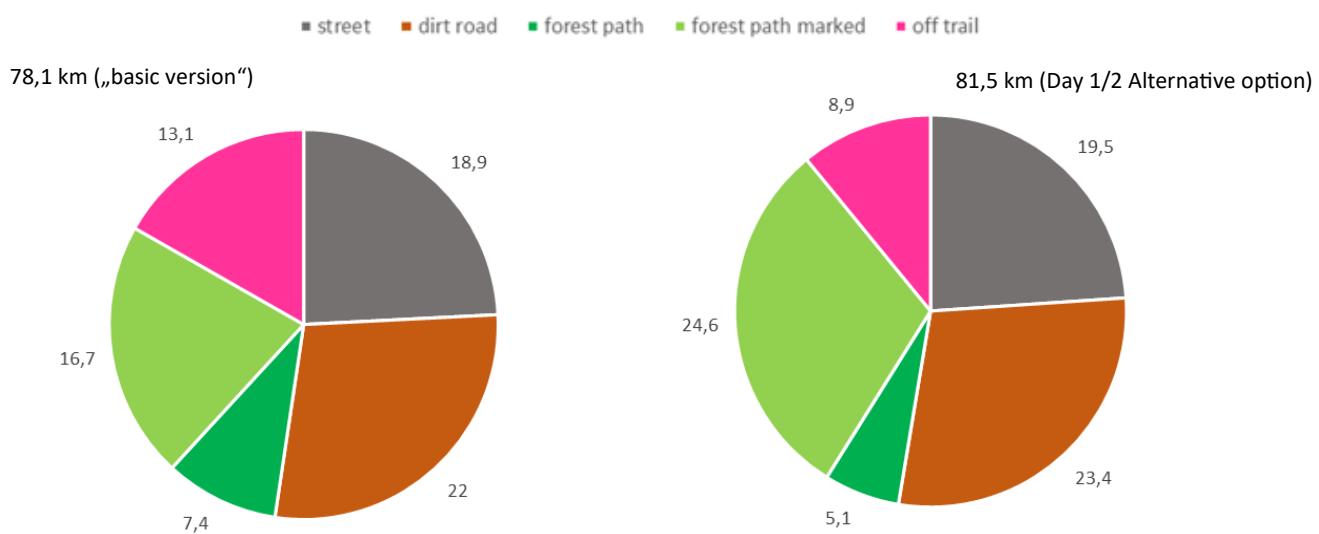
Generally a guideline could be the following:

Streets/dirt roads: Up to 4 km/h (-)		
Forest path marked 3 km/h (+)		5
Forest path (unmarked) 3km/h (-)		
Off-trail 1 km/h (+)		

- Comparing the off-trail parts from chapter 1 and 2, I estimated less time for the off-trail parts on chapter two, as for example following power lines, may have difficult terrain, but you don't need time to orientate
- Generally these are just estimations, but I hope they help to at least see the different parts in relation to each other



The trail offers different options to add or skip parts, what will be explained in every chapter. The most impact have the alternative options on day 1 and day 2. The following graphics show the different composition of the trail types summed up on the whole trail and how the compositions changes due to the alternative routes of day 1 & 2.



On page 58-59 you find a summary on the differences from chapter 1/2 and the alternative structure, what should help you decide, what route you want to choose.



Chapter 1 alternative



Chapter 2 alternative



Chapter 4: Through writing

The rhythm of walking and thinking—On dirt roads towards the sea 16 km

„And why don't you write? Write! Writing is for you, you are for you, your body is yours, take it“

„Censor the body and you censor breath and speech at the same time. Write yourself. Your body must be heard“

Hélène Cixous

“So utterly has writing about walking been dominated by men that Rebecca Solnit has described it, with some bitterness, as a kind of club, “not one of the real walking clubs, but a kind of implicit club of shared background”, where the members “are always male.”” (Andrews 2020, p.18)

“it's an examination of the philosophy of various thinkers for whom walking was central to their work - Nietzsche, Rimbaud, Kant, Rousseau, Thoreau (they are all men; it's unclear if women don't walk or don't think”. (Carole Cadwalladr, cited by Andrews 2020, p.18)

“This time in the hills made me happy. My body liked being fit and tired. The walks themselves created a shape and narrative for each day.” (Maitland 2008, p. 240)

“Language is like a road, it cannot be perceived all at once because it unfolds in time, whether heard or read.

This narrative or temporal element has made writing and walking resemble each other.” (Solnit 2022, p. 268)

“Romantic silence, as I experienced it in Gallaway, sharpened my memory and generated stories”. (Maitland 2008, p. 245)

„Virginia Woolf famously taught us that every women writer needs a room of her own. She didn't know the half of it, in my opinion. I need a moor of my own.“ (Maitland 2008, p.1)

“Carter walked imaginatively with her friends, either taking their literary works with her, or holding their conversation in her thoughts. [...] such powerful imaginings of community are brought into being by Carter's solitary walking: walking with actual company would require no such exercise of her intellectual or creative facilities. **It is by writing of such solitary to her female friends that Carter is able to create and habit the sororal community she craves.**” (Andrews 2020, p.42-44)

“Writing without walking was, for Woolf, inert, dead, inanimate. Only by placing her body into physical animation did she feel capable of animating her words, of giving life to sentences”. (Andrews 2020, p. 161)

“But I like going from one lighted room to another, such is my brain to me, lighted rooms & the walks in the fields are the corridors.” [...]On foot, Woolf walks out into the fields and into her mind. So enmeshed were walking and writing for Woolf that she came to see working on a novel as a form of walking. [...] For Woolf, without the vocabulary of walking to shape and contain how she imagined the world, writing would have been impossible. [...] Woolf quickly settled down into a rhythm of walking, thinking, reading, and imagining that would be the pattern for much of her life, where walking became the fuel that sustained and fired all her mental activities. (Andrews 2020, p. 165)

“That walking was integral to Woolf is beyond doubt: it was through the language of walking that she came to understand the ways in which her own mind functioned, and the physical world through which she walked served as an important pattern into which her internal world could be fitted, enriching her experiences of both. During periods of mental ill health, Woolf walked herself back to well-being, finding ways as her corporeal body trod well known paths to render the internal topography of her mind familiar again. **And as a writer Woolf saw herself as an intrepid explorer of an invisible network of routes connecting her mind with others:** the charting of this complex, unsettling and thrilling psychogeography that underpinned so much of what Woolf sought to achieve as a writer and as a human being would have been impossible **without her life-long walking of the physical world.**” (Andrews, 2020, p. 175)



Although I wrote occasionally diary before in my life, I found a deeper connection and sense in writing through hiking. Last year I read some books about “writing”, as I was curious, what it is, what makes me feel so good about it. I read the book “The true secret of writing” from Natalie Goldberg. Her writing practice what she is teaching in her retreats is about “**walk, sit, write**”. I’m not the person who would ever go on a retreat, but I had to smile, isn’t it exactly what you do while hiking? And although I write nowadays in daily life about 2 pages per day in my journal, there is no bigger joy than writing on a hike. Maybe because automatically the own thoughts are surrounded by the description of nature observations? Or because it’s leisure time? Holiday? These I have also in my writing practice when I spend 3 weeks at the cottage in the woods. So it must be the *walking*. *Walking* along the storyline of a trail. **Somehow a frame, a script, but still evolving step by step, day by day**. I start my hiking journal already the day before, I write what I am going to do, what are the conditions and how I feel about it. I love the feeling of knowing, that while writing these sentences, some things might come different, and although the trail is my storyline, there is so much unknown on the way. I’m curious about all the things I will see, the animal encounters, my new sleeping spots, as well as which old memories, new thoughts and ideas will come up.

Hiking alone, you can not only enjoy following your own eating rhythm or pace or walking, but also find and follow your **own rhythm of writing**. Hiking alone your diary can be your own special company. The following list is about ideas and thoughts about a writing practice while hiking. No matter if you are already writing or not, I hope the quotes about walking & writing make you curious to try it out, and the list might give some inspiration/idea how to start or trying something new:

- the hiking diary itself: Do you want use an extra one only for hikes? Or include the memories in the journal you use on a daily basis? Saving weight and just taking a light and small notebook with you? Or a heavier and stable one with exactly the kind of paper you love for writing?
- Write a “foreword” before the hike: What kind of hike will it be? The weather forecast? What are you looking for? What will be new or challenging? How did the preparation feel? How do you feel?
- Give it a basic structure, for example write for every day a header with the basic information:

Day 1, 26.08.2025, Isosuontie —> Korsolampi, 8°C/15°C rain, cloudy, sunset 20:45, sunrise 06:01

Additional: km per day, moon, starting time, arriving time, etc..

If you write between the day, start the line with writing the time and the place, where you are

15:30 shore of lake Meiko.....

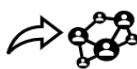
- Take your time to describe your sleeping spot. Was it easy to find? How did setting up the tent work? What do you see around? How do you feel there? What do you smell and here? How is the evening atmosphere? The weather? How do you feel before going to sleep? How was the night? How did you sleep? What did you hear in the night? Moonlight? Darkness?

On my first hikes, I just had the routine to write in the evening or in the morning in the tent, in the case I just fell asleep after dinner. Nowadays a lot of writing happens in between the day (if the weather and season allows it):

- If you make a break anyway for eating or drinking coffee, you can use the moment to describe the last hours before as well as the place where you are resting.
- If you get astonished by some landscape or you have an animal encounter, and maybe also made a picture or a video of it, don’t continue but write the fresh experience down if possible. If it’s the beauty of the place, enjoy to stay for a while longer, observe it and picture it with your words. In my experience, when I read these notes a half year later, they bring me on a much more intense level back to this moment, than watching the pictures on my phone
- But of course follow your own rhythm, if your feet want to move on, let them!

Additional/alternative writing ideas

- Write a letter to someone, telling about your hike. Maybe a close friend, or even your future self. A letter to your body. If it’s a real person, it also doesn’t mean, that you have to send it, it might just help to describe, as you have in mind that the other person isn’t experiencing the hike. If you send it, maybe copy it before. Or write only on the last day a letter.
- Draw in between, maybe always your tent and the sleeping spot?
- Write poems, for example a “Haiku” a Japanese type of poem, what is often used for describing nature/the seasons: It consists of three lines. The first has 5 syllables the second 7 and the last one again 5 syllables. (3 lines, 575). Maybe also an option to describe always the sleeping spot?



Here you will find writing pieces from this trail. From other hikers, as well as my own. And maybe your want to share yours too? You can share anonymously or with your name. A story from the whole trail, one day, a special moment, a poem, etc. (Planned also as audio files, so you could listen to them in your tent!)

Andrews, Kerri (2020): Wanderers - A history of women walking

Andrews, Kerri (2021): Way makers - An Anthology on women's writing about walking

Cixous, Helene (2013): Medusan Nauru ja muita ironisia kirjoituksia

Cole, Elen jne (1994): Wilderness Therapy for women. The power of adventure

Diehl, Sarah (2023): Die Freiheit allein zu sein. Eine Ermutigung

Frasl, Beatrice (2025): Entromantisieren euch! Ein Weckruf zur Abschaffung der Liebe

Goldberg, Natalie (2014): The true secret of writing. Connection life with language

Jamie, Kathleen (2022): Foreword in: Andrews, Kerri (2020): Wanderers - A history of women walking, page 9-10

Khajave,i Naiyear (2017): Women and the Wilderness: a Review of Barriers to Participation, Current Coping Strategies, and Guidance for Future Programs

Jokiranta, Juntti, Ruohonen, Räinä (2019): Metsä meidän jälkemme

Killingbeck, Laura (2024): A Woman Who Left Society to Live With Bears Weighs in on "Man or Bear" (online article)

Kivilä, Saonegin (2023): Hillasuolla kaikki on toisin.

Lechner, Elisabeth (2021): Riot don't diet. Aufstand der widerspenstigen Körper

Maitland, Sara (2008): A Book of Silence.

Mattila, Päivi; Saloriutta, Teemu (2023): Retki suolle

Mina Tolu (Book: Nonbinary Lives)

Nicol, Robbie (2020): Deepening our attachment to nature through place-based education. In: Karppinen, Marttila, Saaranen-Kauppinen (2020): Seikkailukasvatusta Suomessa - pedagogisia ja didaktisia näkökulmia

Salonen, Kirsu (2010): Mielen luonto. Eko- ja ympäristöpsykologian näkökulma

Solnit, Rebecca (2022): Wanderlust. A history of Walking.

Summer Michaud Skod (2022): Fat Girls Hiking. An inclusive guide to getting outdoors at any size or ability

Woolf, Virginia (2023): Ein Zimmer für sich allein.

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 empowerment, body-liberation and joy