

Invitation to join the next workshop & hike of

## **“riot trails– feminist solitary hiking project”**

in summer 2026

*Workshop on skills to deal with obstacles on hiking alone towards the empowering*

*benefits of solitary hiking*

*as a feminist practice while*

*building up*

*community & connection at the same time.*

*Workshop & hike 45 min away from Helsinki*

*Only for women\*/flinta\**

+ basic hiking skills,

+ gear rent

+ concrete preparation for the 6-day hike with the

“alone but together hiking concept”.

*beginners  
& experienced  
hikers*

**Alone but together - Hike**

**(30.07— 04.08)**

**Pre-hike Workshop 18.7. // Reflection meeting 15.8.**

**taking part is for free**

**I only wish for your feedback & motivation to be part of developing this project**

## Pre-hike Workshop Saturday 18.7.

- In Pikkala, reachable with the bus from the centre of Helsinki in 40 minutes (still HSL region, ABCD ticket)
- Basic hiking skills (theory + practice)
- Skills/reflecting on how to deal with obstacles on hiking/sleeping alone in a tent, like a gendered geographic fear
- You can rent the basic hiking gear. On the website homepage you find already a 3-season packing list combined with the gear rent list, so you could check, what you need to bring on your own. It works also as a little “hiking gear guide” (<https://riottrails.com/packing-list-gear-rent/>).
- Getting familiar with the trail & the alone but together hiking concept. We make together a rough plan, how to do the “alone but together concept” on the hike, adapted to the individual needs of the participants of the group.
- Small group, only 2-3 participants

*About three weeks before the Workshop you will get the trailguide-booklet, what contains the trail description and a detailed “pre-adventure” information.*

*Depending on your resources and needs, you could already get familiar with it before the workshop. Out of curiosity or/and as a first step towards hiking alone.*

*As sharing information & skills can also be a key factor to overcome obstacles on hiking alone and make the threshold lower. Of course we go through everything in the workshop, but I also want to share all the information & skills in a written/printed form via the trailguide-booklet, as it gives you the opportunity to prepare in your own rhythm.*

*The material is in **English**, but the workshops etc. could be also in **Finnish**, depending on the participants.*



## Alone but together - Hike (30.7.— 04.8.)

**DIY—Trail :** „Do it yourself trail“, because I built it up, developed and documented it on my own since October 2024. The trail consists of off-trail parts, forest paths, marked trails, dirt roads and streets. It combines a variety of nature-environments from swamps, old forests, lakes, rivers, the sea-side, hills, and cultural landscapes.

- It has a **wide variety of sleeping spots**, most of them are wild spots, but also official campsite places are part of it.
- **For orienteering** you get a GPS device with the trail on it & you can load the trail on your phone. The trail-guide booklet offers a detailed descriptions of the trail, sleeping spots, hints where you can find water etc.
- **Every hiking day is pretty different**, the distances are not too long, so that you also have time to rest & explore the nature around you. Only day four with about 23 kilometres is a longer one. Though the route is pretty easy, that after the offtrails parts you also get into a “just walking” experience. On this day, you can also fill up your food supplies at a shop.

**Each hiking day has also its own topic.** In the trail-guide booklet you find quotes from other women\* walkers/writers on these topics and some concrete input to take with you on the trail-days. *The chapters deal with the obstacles Flinta\* experience when it's about “hiking alone” as well as the wide spectrum of hiking as a joyful and empowering feminist practice:*



1 Alone



2&3 But together



4 Through walking



5 through Writing



6 Towards body-liberation

On [www.riottrails.com](http://www.riottrails.com) you find lots of pictures of the trail

## What is meant by the “alone but together” hiking concept?

*The concept could be a first step into solitary hiking and/or enable a shared hiking experience although you hike mostly on your own.*

It's adjustable to the needs and wishes of the group members and for a group of three or a hiking tandem it could look like this:



- Hiking the first half day together and then splitting. The first night could be spend next to each other and we could go together through the evening/ morning routines. So you can just focus on getting confident with the gear and the routines, without having the sleeping alone experience at the same time.
- After that you could decide to be the next four nights on your own or choose a night together in between, depending on your needs
- Every evening you share your tent location and a short update with the other hikers through a chat-group, as well as an update in the morning on how your night was and when you are about to continue
- You might still meet sometimes on the day by coincident. This should offer the possibility to have a small chat if you feel like, but then you can continue in your own rhythm. If it's more important for you to not meet while hiking, you could decide on different route options and sleeping spots the trailguide-booklet offers.
- As I will be also hiking the trail & I would be available for support, if needed. From hiking an offtrail part together to setting my tent next to yours. From being at first days more present and then letting you make your own experience step by step throughout the hike. But you can also hike after the first half day completely alone, and I'm only present in the background through the group chat.

## Letters to my solitary hiking sisters\*

### On hiking & feminism

#### Letter Nr. 1

*Testing the „alone but together“ hiking concept  
for the first time in September 2025  
(from Mia)*

*The idea of hiking 6 days on a DIY trail to nearby nature as well as how the “alone but together” concept works in practice, makes you curious, but you are not yet sure, what to think about it?*

On the project homepage in the category “letters to my solitary hiking sisters\*” you can find a longer description how the first time testing the concept in practice with others last year in September 2025 worked out.



*In the future you will also find there the letters from the first test hikers describing the same hike from their own perspective.*



*For now, here are two quotes, to give you an idea how taking part, felt for them:*

—>

## Quotes from the test-hikers from September 2025



*"This was one of the most formative experiences in my life as a woman, a feminist and a hiker.*

*I experience my strength like never before.*

*I experienced solidarity and connection with women through distance but also with two I did not know very well before this trail. They hiked the same way in solitariness, we were "alone but together". Feeling the connection with these women made me even more stronger.*

*I faced my fear sleeping alone in a tent, alone in nature.*

*And I loved it.*

*It feels like something started with that hike. This will not be the last hike, the last night alone in a tent."*



*"I spent the last five days exploring the Finnish nature on my own [...]*

*I slept in the forest, by the river on a mountain top and by the sea.*

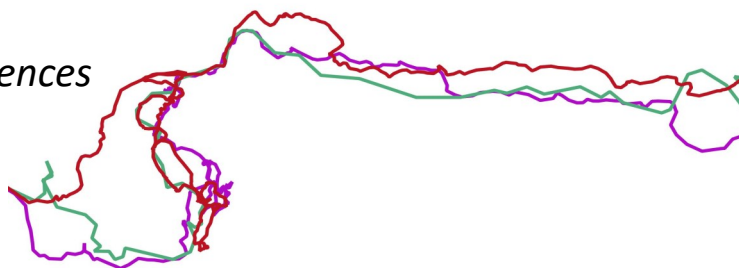
*I walked 89 kilometers.*

*I faced my fear of sleeping alone outside and I discovered the power of solitary hiking, being immersed in nature, in contact with myself and my curiosity. No wanting, do desires. Being empty and full at the same time. Free.*

*I felt supported by my friends, all along the way.*

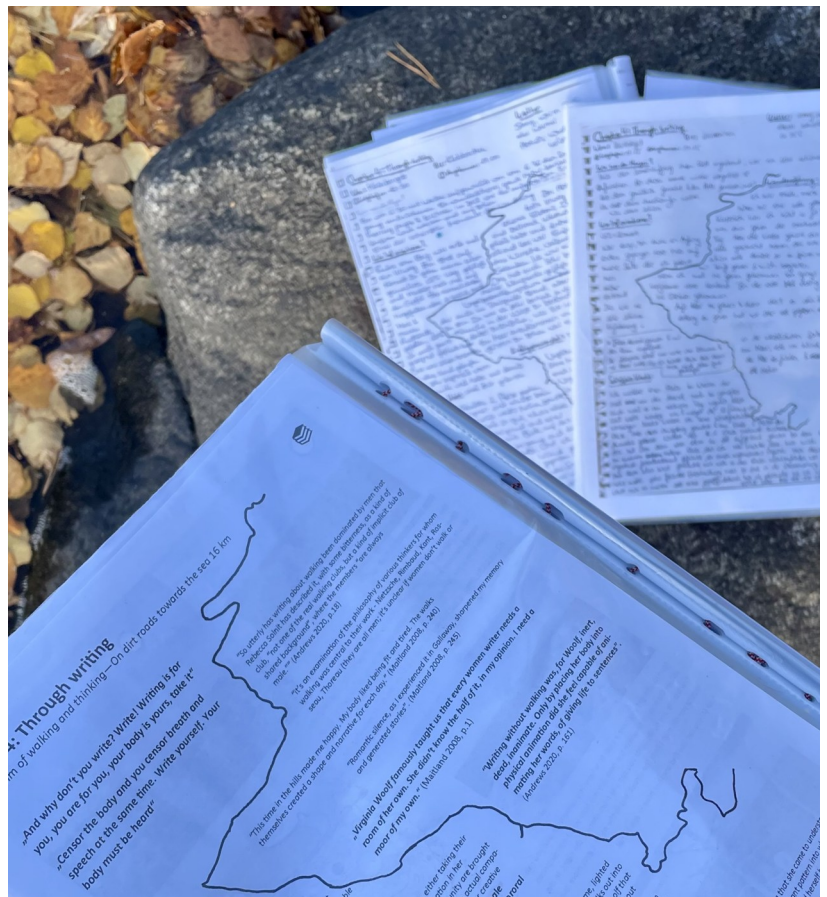
*Alone but together.*

*One of the most empowering experiences of my life. A homecoming."*



## Reflection Meeting 15.8.

- Directly after the hike you will get a reflection template, what you can do alone on your own throughout the next 1,5 weeks.
- The template is the base for our meeting to share thoughts and experience.
- After the meeting you will get a letter template and are invited to join the “letters to my solitary hiking sisters”- idea. You can write your letter, whenever it feels like, directly after the meeting or a half year later.



## How to enrol to the hike? What's next?

- On the homepage you find under “Workshops/hikes” the link for the enrolment formular. Here you can already let me know about your hiking experience regarding hiking skills and if you already have some solitary hiking experience or if you want to make now the first steps through this project , about the things what make you nervous, wishes for the workshop, questions etc.
- If you are not sure, if this fits to you & you have questions, please contact me via mail [riot-trails.hiking@outlook.com](mailto:riot-trails.hiking@outlook.com) or write a message on Instagram.

**Behind:** My name is Mia, I'm a social worker (B.A.) and certified nature guide. This hiking project „riot trails“ is the result of this mix. My view on hiking and offering workshops is strongly influenced by my social work and feminist background as well as my skills as nature guide and own experiences as a solitary hiker.



I studied social work (B.A.) in Munich, Germany from 2014-2018 and worked there for several years as social worker mainly with refugees & girls\* & women\*.

After my first long distance hike through Latvia and Estonia in 2022 I moved in August 2022 to Rovaniemi and started my nature guide studies there (luonto-ohjaaja). I moved to Helsinki and graduated in December 2025 as nature guide at the Helsinki Vocational College and Adult Institute (Stadin Ammattiopisto).

I focused my nature-guide studies on guiding hikes and organized already as a student own workshops & hikes. Beside wilderness/hiking skills and knowledge the physical & mental benefits of nature and adventure education principles are pillars of my work.

On the project website **[www.riottrails.com](http://www.riottrails.com)** you can find the enrolment link to the hike, information on former workshops/hikes, the gear-rent list, impression from the trail from several month, a literature list for reading inspiration & some trailguide insights.

“Letters to my solitary hiking sisters” offers a detailed description of the alone but together hiking experience on this DIY-trail from September 2025.