

HIKE WITH MAREE

HIKER ETIQUETTE & EXPECTED BEHAVIOUR ON TREK

To ensure everyone's safety, enjoyment, and a positive group experience, all hikers are expected to follow the guidelines below. These rules are **non-negotiable**.

1. Guide Authority

Maree and Fiona are your guides.

If we say **NO** or ask you **not** to do something because it is unsafe, you are expected to respect that—**regardless of tone**.

Please do not argue, ignore, or push boundaries. Safety always comes first.

2. Cliff Safety – ZERO Exceptions

All hikers must stay **2–3 metres back from EVERY cliff edge** at all times.

There is always *one hiker* who thinks they can push this boundary—**please do not be that hiker**. If we have to pull you up for dangerous behaviour, it affects the whole group and is extremely upsetting for us as guides.

Back chat, smart comments, or ignoring instructions from Maree or Fiona is **not okay**.

3. Break Times

Only Maree or Fiona will advise when breaks finish and when we walk off again.

- The break timer starts **after the last hiker sits down**
- We always respect hikers who arrive last and need time to rest
- No hiker is to pressure the group to leave early

Respect those who are doing it tougher than you.

4. Start Together, Finish Together

This is a **guided hike**.

You start with us and you finish with us.

There is **no walking off early** or altering the schedule.
Please plan work, family, and personal commitments around the hike dates and times provided.

All schedules and details are shared well in advance—**read all files** in the *Hike With Maree* Facebook group.

5. Group Pace & Hiking Order

This is a **walking holiday**, not a race.

- Faster hikers are asked to walk **towards the back**, take photos, and enjoy the surroundings
- The slowest hiker walks directly behind the front guide
- This keeps the group tight and prevents anyone getting lost on **pig pads**

After lunch:

- One guide leads the **fast group** (tight formation, no spreading out)
- One guide brings in the **steady/relaxed group**

By this time of day, everyone just wants to reach camp, drop packs, and get into their things—this system works best for everyone.

6. Mindset on the Trail

This is **not** a marathon or an army march.
Slow your mind down. Be present. Enjoy where you are.

Tell yourself throughout the day:
I am amazing. I am strong. I am awesome.

Trust us—we will get you into camp at a comfortable time every day. We follow a proven plan and schedule.

7. Communication & Feedback

We do **not** want hikers dictating, contradicting, or overruling us during the hike.
That behaviour is mentally exhausting and not respectful.

We are very open to:

- Questions
- Concerns
- Problems on trek — please come directly to us

Feedback (positive or negative) is welcome **after the hike**.

8. Respect Our Experience

We have been guiding hikers for **over 12 years** and have completed this walk multiple times.

Please do not attempt to overrule how we guide or manage the hike.
We need clear headspace to keep everyone safe.

9. Hygiene on Trek

All hikers are required to clean themselves **daily** using:

- Hiker wet wipes, or
- A water bottle and wilderness soap

Please also:

- Air hiking clothes in the sun daily
- Keep personal and camp hygiene respectful

This keeps camp fresh and comfortable for everyone.

10. Be Ready at Walk-Off Time

Walk-off time is given each evening and written in the schedule.

- It is your responsibility to be ready
- Set your alarm **at least two hours before walk-off**
- If you feel stressed when countdowns begin, you need to **get up earlier and organise better the afternoon before** (tough love)

Water bladders must be filled **the afternoon before**.

If you are running behind and someone offers help—**accept it** and give them a task. The whole group will appreciate it.

Final Word

When everyone follows these expectations, the result is a **safe, happy, positive hike**—and that's exactly what we all want.

Thank you for taking this seriously.
We truly appreciate it.

**Thanks for hiking with
HIKE WITH MAREE**

Now get ready for the adventure of a lifetime—**fun times await!** 📄 🗺️

CLASS THIS UP JUST SLIGHTLY