

# ACCESSIBLE HIKING GUIDELINES

The guidelines contain practical practical advice on how to make hiking routes and nature trails accessible to different groups in society, based on solutions that have been tested in practice. They serve as a practical guide for trail planners, municipalities, and tourism organizations, as well as for trail and route visitors themselves, helping to create an inclusive and safe hiking experience. The guidelines are based on the example of the long-distance hiking trails Baltic Coastal trail and Forest trail.



Baltic Coastal trail and Forest trail are two long-distance hiking routes in the Baltic States that extend the European long-distance hiking trail network.

[www.baltictrails.eu](http://www.baltictrails.eu)



## WHEELCHAIR USERS

Use of Specialised Wheelchairs in Outdoor Activities



## PEOPLE WITH VISUAL IMPAIRMENTS

Development of Hiking Routes and Trails with Audio Guides for People with Visual Impairments



## SENIORS, PEOPLE WITH YOUNG CHILDREN, SCHOOL-AGED YOUTH

Placement of Webcams on Hiking Trails



## FAMILIES AND PEOPLE WITH YOUNG CHILDREN

Accessible Hiking Guidelines for Developing Family-Friendly Hiking Trails



## SCHOOL-AGED YOUTH

Guidelines for Self-Guided Hikes for School-Aged Youth



## PEOPLE FACING LANGUAGE AND CROSS-CULTURAL BARRIERS

Accessible Hiking Guidelines for Foreigners and Cross-Cultural Social Groups



## DISABLED PEOPLE

Tour Guide's Handbook. Principles and Recommendations



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