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hiking for beginners the ultimate 101 guide for new hikers Nov 18 2022 web jan 10 2023 as a beginner i recommend looking for a trail that is under 5 miles with minimal elevation gain think about it like you re on a treadmill a 1 mile hike with 500 ft of elevation

gain has an average grade of 10 look for beginner hikes with less than 250 feet of elevation gain per mile

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