



TAKE A HIKE



PROGRAM IMPACT REPORT

April 2025

THE PROGRAM

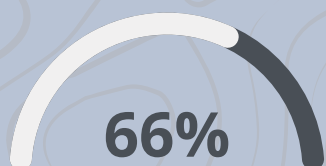
Program Description

In 2025, our Take a Hike program served 10 equity-deserving youth. We explored themes like mindfulness, preparedness, and curiosity, and ended the program with an outdoor meal celebration. Participants deepened their relationship with nature and their peers and mentors, creating a lasting impact that will be felt beyond the program.

Our Goals are to...

1. Use outdoor activity to experience presence and mindfulness.
2. Enhance physical health through outdoor activity.
3. Improve confidence, resilience, and emotional regulation.
4. Strengthen social connections and reduce isolation.

Demographics



of program participants identified as a member of the BIPOC community, including Indigenous and Métis youth



of youth accepted into the program were on a full scholarship, meeting eligibility criteria such as being from low-income families, in foster care, or identifying as Indigenous

MORE THAN JUST HIKING

Connecting with the Land

Youth learned to identify some of the species who call the Okanagan home. From plants to animals, and the insects in between, they practiced the names of local flora and fauna, and deepened their connection with their environment.



Celebrating with Style



This year we wanted to find a way to celebrate the end of the program in a hiking appropriate manner: cooking outside! Youth learned the recipe for making Bannock Beaver Tails and had the opportunity to cook them in the open air in a Ponderosa Pine forest, overlooking beautiful Okanagan Lake.



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THE IMPACT

Moving the Needle



of youth reported making a new friend in the program, strengthening social connections



10%

increase in confidence (ie. reported ability to trust themselves when making decisions)



10%

increase in emotional regulation (ie. ability to listen to others' opinions in a group setting)

Participants love Take a Hike Because...

"I feel it has made me want to go hiking a lot more and go to new places."

"It was fun and I made new friends."

"It made me go outside and enjoy nature and realize how lucky we are to have this beautiful place to go and explore."

"Made me more joyful and happy."

And volunteers shared that...

"Programs like this are so needed, they create belonging and give youth an experience that they may not have had before. Watching the youth connect with each other and the volunteers while enjoying being outside together appreciating nature was amazing." - Donna K.



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GALLERY



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THANK YOU!

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Thank you for all that you do! To continue to support this
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