



TAKE A HIKE



PROGRAM IMPACT
REPORT

April 2026

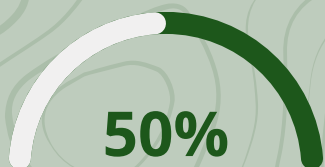
THE PROGRAM

Program Description

In 2026, 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.
5. Receive positive feedback from participants, caregivers, and partner organizations, demonstrating the project's impact.



of program participants identified as female



of youth were returning participants who had completed at least one other program, allowing us to create deeper impacts.



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MORE THAN HIKING

Mindful Moments

Youth took their time exploring local trails and practicing mindfulness as they connected with the land. We introduced different exercises, such as body scans, box breathing, and environmental auditory immersion to help youth develop emotional regulation.



Celebration

For a second year in a row, we chose to celebrate the end of our program by 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.

THE IMPACT

Moving the Needle

17%

average increase in connection, showing that new friendships were made and a sense of inclusion was fostered



of participants reported above average improvements in perseverance, self-esteem, and resilience.

In their own words...

"I want to express my sincere gratitude to you and the entire team at Elevation Outdoors. My son had an absolutely amazing time this month on the hikes! We are so grateful for everything you do. We especially appreciate how you make these incredible outdoor adventures so accessible to the community. It is clear how much heart you put into it, and that means so much to our family. We truly appreciate everything you and your team do for teenagers. Your support, time, and dedication make a real difference, and your contribution is invaluable."

"I felt included because the whole group was always connected in some way like making bannock, sharing ideas, or just hiking."



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GALLERY



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THANK YOU!

None of this would be possible without supporters like you. Thank you for all that you do! To continue to support this work in your community, visit: elevationoutdoors.ca/donate

With special thanks to the:

Martell Legacy Foundation



Want to see the fun we had?
Check out our Instagram [here!](#)