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Give a hand and hike with a friend!

Guide for trekking-hiking



Hungary



<https://www.facebook.com/Give-a-hand-to-become-a-friend-100571664741801/>



<https://giveahand-ka2.rytomok.lt/>





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Hiking backpack

1. Navigation tools such as a map and compass.
2. Sunglasses, suns cream and a sun hat.
3. Hiking boots or shoes.
4. Weather-appropriate clothing (think moisture-wicking and layers).
5. Plenty of food.
6. Plenty of water.
7. Headlamp or flashlight.
8. Knife or multi-tool.
9. First-aid kit.





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REGULAR WALKING





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**Social cohesion
give a hand to become a friend**

Hike number 1

**Enjoy your guided hiking tour on
National Blue trail!**

Hungary has a more than 21.000 kilometres long marked net of hiking trails. Our country has the oldest long distance path in Europe. This fantastic hiking tour gives you a chance to do sports regularly as they walk on the route, and helps to get acquainted with the life and everyday work in different parts of our country and the advance of Hungary. Also helps and inspires you to discover the natural beauties, the history, the geography, the hydrogeology and the various creations of different centuries.

