



BeWell

POWERED BY EMMY HEALTH AND PASMD
A BEHAVIORAL MEDICINE PARTNERSHIP

HIKING CHALLENGE

Explore trails near you, from quick strolls to mountain treks.

MEMBER GUIDE

July 1 - September 30

SIGN UP TODAY

Login to your BeWell Portal.

Scan the QR code to get started!



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Complete
20 Hikes

July 1 to
September 30

Track on BeWell
+ AllTrails app

HOW IT WORKS

Hike Tracking

Complete 20 hikes between July 1 and September 30.

01

Download AllTrails

Access driving directions, trail descriptions, tracking tools, maps and more.

02

Hit the Trail

Complete 20 hikes — mix difficulty levels or stay consistent. What matters is getting outside!

03

Choose an Alternate Activity

Not a hiker? Pick from the alternate activities on page 14 to still participate.

04

Go the Extra Mile

Track your 20 hikes — but we encourage you to keep going if you want more!

For more information please visit:

info.emihealth.com/members-hiking

Submitting on BeWell

July 1st – September 30th

- 1 Track your hike using the AllTrails app.
- 2 Take a picture of yourself and your crew.
- 3 Log in to BeWell and navigate to the Hiking Challenge program tab.
- 4 Self-report the date of your hike.
- 5 Optionally, post your picture on the community page.

BONUS

Post your hiking photo on social media and tag EMI Health with #hikewithemihealth — your adventure may be featured on Friday's throughout the challenge!

Stay Energized, Every Step

Eating the right foods energizes your hike and fuels recovery. Follow these simple guidelines for each stage.

Every Day

Eat a variety of healthy foods including whole grains, lean proteins, healthy fats, fruits and vegetables.

Before You Lace Up

Eat a snack or small meal with carbohydrates, protein and fat 1 to 4 hours before hiking. Try Greek yogurt with fruit, a banana with peanut butter, oatmeal with berries, or a turkey sandwich.

On the Trail

Drink about half a liter of water per hour. More if strenuous or hot. Eat snacks like trail mix, jerky, or peanut butter crackers. For longer hikes, pack a protein-rich lunch.

When the Boots Come Off

Eat a snack and a meal 2 to 4 hours after your hike — both with carbs and protein. Try hummus on a whole-grain wrap, string cheese with apple, or a smoothie with Greek yogurt.

Get the Right Gear

The right hiking gear prevents injury, protects from the elements, and keeps you comfortable on any trail.

Boots

For day hikes, choose a low-cut boot that is stiff, breathable, and waterproof. Fit snugly with room to wiggle your toes.

Backpack

Choose a comfortable day pack with supportive straps and 15 to 30 liters of space.

Fabrics

Choose moisture-wicking materials to help keep you dry and comfortable throughout your hike.

Socks

Merino or synthetic wool socks wick away moisture and prevent blisters.

Layers

Warm weather: shirt and shorts. Cooler weather: add pants, tights, gloves, a hat, and a rain jacket.

Visibility

Choose bright colors and clothing with reflective accents to be seen by other trail users.

Healthy Hiking Tips

Follow these tips to stay safe, healthy, and comfortable under any hiking conditions.

Find the Right Trail

Consider current trail conditions, your fitness level, trail distance, elevation gain, and allotted time.

Bring the 10 Essentials

Always carry: map, headlamp, sun protection, first aid kit, knife, lighter, emergency shelter, food, water, and extra clothes.

Hike with Friends

If you hike alone, tell a friend where you are going and how long you plan to be gone.

Know the Weather

Always be prepared with proper gear. Cancel a trip if the weather is unsafe — especially in canyons or at high elevations.

Leave No Trace

Pack out all trash, food scraps, dog waste, and anything else you bring into nature.

Live in the Moment

Quiet your mind and take in the scenery. Hiking relieves stress, lowers blood pressure, and improves heart health.

Post-Hike Stretches

Stretching should be part of every hike. Once off the trail, try these to cool down and improve flexibility.

Quads

Grab the top of your left foot from behind and gently pull your heel toward your left buttocks, keeping knees touching. Repeat with the other leg.

Calves

Step your right leg forward and bend it. Keep your back leg straight with both feet forward. Push the back heel into the ground. Repeat with the other leg.

Hamstrings

Stand with your right leg just in front of the left and put hands on hips. Bend at the waist keeping the back leg straight, toes pointed up, then bend the front knee. Repeat other side.

Lower Back

Lie on your back with knees bent and feet flat. Pull your right knee to your chest until you feel a stretch. Hold 15 seconds, repeat left, then pull both knees together for 15 seconds.

SUGGESTED HIKES

Utah Trails

Trail Name	Miles	Elev.	Location	Diff.	
Bridal Veil Falls	1.4	114	Provo	Easy	☐
Silver Lake Loop	0.9	55	Big Cottonwood	Easy	☐
Bountiful Lake Loop	1.3	6	Bountiful	Easy	☐
Old Mill Bike Path	1.9	141	Cottonwood Hgts.	Easy	☐
Porter Rockwell	2.0	43	Draper	Easy	☐
Rocky Mouth Falls	0.7	282	East Bench	Easy	☐
Twin Lakes Trail	2.3	2	Big Cottonwood	Mod	☐
Willow Heights Overview	2.8	698	Big Cottonwood	Mod	☐
Parrish Creek Pictographs	1.1	347	Centerville	Easy	☐
Alien Tower via Highland Blvd	2.5	538	Corner Canyon	Mod	☐
Gloria Falls	2.2	534	Little Cottonwood	Mod	☐
Stewart Cascade to the Falls	3.4	646	Aspen Grove	Mod	☐
Centerville Canyon via Deuel Creek	4.3	1312	Centerville	Mod	☐
Waterfall Canyon	2.4	846	Ogden	Mod	☐
Jacks Mountain	2.4	1430	East Bench	Mod	☐
Living Room Outlook Trail	2.4	971	U of U	Mod	☐
Horsetail Falls Trail	4.6	1617	Alpine	Hard	☐
Cecret Lake from Albion Basin	4.5	1213	Alta	Mod	☐
Holbrook Canyon	6.2	1751	Bountiful	Hard	☐
Desert Peak	7.4	3595	Grantsville	Hard	☐
White Pine Lake	7.7	1391	Little Cottonwood	Hard	☐
Dog Lake via Big Water Trail	4.8	1276	Millcreek	Hard	☐



Easy



Moderate



Hard

SUGGESTED HIKES

Arizona Trails

Trail Name	Miles	Elev.	Location	Diff.	
Lookout Mountain Summit	0.9	469	Lookout Mountain	Mod	☐
Discovery Park Loop	1.5	6	Gilbert	Easy	☐
Hawes Ridge Loop	3.0	321	Usery	Mod	☐
Warpaint Loop	2.2	147	South Mountain	Mod	☐
Butler's Pass Trail	1.2	150	Phoenix	Easy	☐
Salt River Trail	1.3	16	Usery	Easy	☐
Saguaro Trail	2.4	472	Tonto National For	Mod	☐
Treasure Loop	2.3	534	Superstition Mount	Mod	☐
Ma Ha & Crosscut Loop	1.7	396	South Mountain	Easy	☐
Sunrise Summit	1.5	321	Thunderbird Park	Easy	☐
Marcos de Ninza & Pima	1.7	331	South Mountain	Easy	☐
Shadow Mountain Trail	2.6	426	Phoenix Mountain	Mod	☐
Turnbuckle Loop Trail	4.0	823	Skyline Regional P	Mod	☐
Estrella Mountain	4.8	538	FINS Estrella Ranc	Hard	☐
Verrado Lost Creek Trail	4.0	626	Buckeye	Mod	☐
Coach Whip	4.9	524	Thunderbird Cons P	Hard	☐
Cholla Loop	3.5	567	Thunderbird Cons P	Mod	☐
Horse Tale Trail	4.3	495	Tonto National For	Mod	☐
Inspiration Point	5.6	1125	McDowell Mountains	Hard	☐
Shaw Butte Loop	4.5	931	Phoenix Mountain	Mod	☐
"Two Bit" Raddle Saddle TR	5.1	1289	Phoenix Mountain	Hard	☐
Goldmine Trail	4.7	1017	San Tan Mountain	Hard	☐
Mesquite Canyon Trail	8.0	1561	White Tank Mountai	Hard	☐
Deems Hills Inner Loop	4.8	882	Deem Hills Rec. Ar	Hard	☐



Easy



Moderate



Hard

SUGGESTED HIKES

Idaho Trails

Trail Name	Miles	Elev.	Location	Diff.	
Edson Fichter Pond: Short Loop	0.8	3	Edson Fichter	Easy	☐
Schwabacher's Landing Trail	1.8	22	Grand Teton Nt. Pa	Easy	☐
Russ Freeman Park Loop	1.6	45	Idaho Falls	Easy	☐
Caves Trail	1.8	75	Craters of the Moo	Easy	☐
Kings Bowl to South Grotto	2.0	75	American Falls	Easy	☐
Scout Mountain Nature Trail	0.7	75	Pocatello	Easy	☐
Cherry Springs Trail	1.5	114	Pocatello	Easy	☐
Wagon Rut Trail	4.2	226	American Falls	Mod	☐
Cress Creek Trail	1.3	311	Ririe	Easy	☐
Portneuf Rd	2.0	396	Inkom	Easy	☐
North Crater Trail	3.5	666	Craters of the Moo	Mod	☐
ID. Centennial Trail via Lava Hot	2.2	790	Lava Hot Springs	Mod	☐
Chalis National Forest Natural Arc	2.0	994	Salmon-Chalis Fore	Mod	☐
West Fork Mink Creek	7.2	1066	Pocatello	Hard	☐
Mount Moh Trail	2.0	1167	Lava Hot Springs	Mod	☐
Wolverine Canyon Loop	2.9	1230	Firth	Mod	☐
Goodenough Campground Trail	4.7	1433	McCammon	Hard	☐
Pebble Creek Ski Area	3.0	1883	Inkom	Mod	☐
Arco Peak	4.1	2234	Arco	Mod	☐
Slate Mountain Loop	9.7	2339	Pocatello	Hard	☐
Mount Mimosa via Big Southern Butt	9.8	2555	Arco	Hard	☐

Easy
Moderate
Hard

SUGGESTED HIKES

Texas Trails

Trail Name	Miles	Elev.	Location	Diff.	
Texas Buckeye Trail	2.1	9	Dallas	Mod	☐
Spring Creek Interpretive Walking	0.9	13	Spring Creek Fores	Easy	☐
Hermann Park Loop	2.1	19	Hermann Park	Mod	☐
Magnolia Loop	1.0	26	Lake Houston Wilde	Easy	☐
Lemmon Lake via Trinity Forest TR	3.5	32	Joppa Preserve	Mod	☐
Cardinal and Blue Jay Trails Loop	2.4	36	Terry Hershey Park	Mod	☐
Green Ridge Trail	2.5	52	Memorial Park	Mod	☐
Coloneh Trail	1.2	75	Huntsville State P	Easy	☐
Elm Lake & Horseshoe Lake	6.1	88	Brazos Bend State	Hard	☐
Piedmont Ridge Trail	1.3	104	Gateway Park	Easy	☐
Oak Cliff Yellow Loop	3.0	118	Oak Cliff Nature P	Mod	☐
Arbor Hills Mountain Bike Loop	2.1	121	Arbor Hills Nature	Mod	☐
White Rock Lake Trail	9.2	180	White Rock Lake Pa	Hard	☐
Trinity River Trail: Oakmont Park	5.6	187	Oakmont Park	Hard	☐
Buffalo Bayou Loop	4.8	206	Buffalo Bayou Park	Hard	☐
Rocky Point Trail	4.0	219	Knob Hills Park	Mod	☐
Cedar Brake TR via Cattail Pond TR	2.7	265	Cedar Ridge Preserve	Mod	☐
Fossil Ridge Loop Trail	4.1	344	Cleburne State Par	Mod	☐
Sister Grove Park Trail	7.6	377	Blue Ridge Park	Hard	☐
Quanah Hill Full Loop	6.7	534	Weatherford	Hard	☐
Cedar Ridge Outer Loop	5.4	682	Cedar Ridge Preserve	Hard	☐

Easy
Moderate
Hard

SUGGESTED HIKES

Georgia Trails

Trail Name	Miles	Elev.	Location	Diff.	Bookmark
Sweetwater Creek Red Trail	2.0	111	Sweetwater State P	Easy	☐
Iron Hill Trail	3.4	141	Red Top Mt State P	Mod	☐
DeSoto Falls Trail	1.9	160	Dahlonega	Easy	☐
Anna Ruby Falls Trail	0.9	219	Tray Mountain Wild	Easy	☐
Amicalola Falls	0.3	242	Amicalola Falls St	Easy	☐
Providence Canyon Perimeter	2.1	252	Providence Canyon	Mod	☐
Stone Mountain Cherokee Loop	5.1	390	Stone Mountain Par	Hard	☐
Brasstown Bald Trail	1.4	426	Brasstown Wilderne	Mod	☐
Hemlock Falls Trail	1.1	469	Cloudland Canyon S	Mod	☐
Indian Seats Trail Loop	3.2	479	Sawnee Mountain Pr	Mod	☐
Tennessee Rock Trail	2.2	561	Black Rock Mt St P	Mod	☐
Tallulah Gorge & Cascade Falls	2.5	564	Tallulah Gorge St	Mod	☐
Raven Cliff Falls	5.8	564	Raven Cliffs Wilde	Hard	☐
Stone Mountain Walk-up	2.2	567	Stone Mountain Par	Mod	☐
High Shoals Falls	2.6	577	Chattahoochee-Ocon	Mod	☐
Pine Mountain Summit via West Loop	2.1	623	Cartersville	Mod	☐
Island Ford Trail	5.4	629	Island Ford Park	Hard	☐
Cloudland Canyon West Rim Loop	4.8	731	Cloudland Canyon S	Hard	☐
Sitton's Gulch Trail	4.8	1007	Cloudland Canyon S	Hard	☐
Pigeon Hill to East & West	5.6	1135	Kennesaw Mt Nt Bat	Hard	☐
Blood Mountain via Bryon Reece Trail	4.4	1456	Blood Mountain Wil	Mod	☐

 Easy

 Moderate

 Hard

NOT A HIKER?

Alternate Activities

If hiking is not your activity of choice, pick from the following. Take a picture, track the activity if applicable, and submit it just as you would any hike.

Amusement Park

Golf (18 Holes)

Four-Wheeling

Motorcycling

Paddle Boat

Kayak or SUP

Tennis

Pickleball

Snowboarding

Snowshoeing

Volleyball

Mountain Biking

Camping

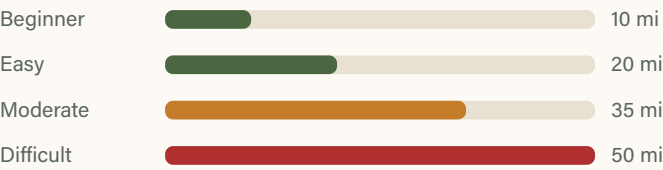
Skiing

Swimming

Boating

SUGGESTED DISTANCES

Cycling



Running / Jogging

