



Chingona Hike Club Guidelines

Chingona Hike Club was created to bring women together through movement, connection, and community. As our group continues to grow, these guidelines help protect the heart of what we've built while keeping our hikes safe, respectful, and welcoming for everyone.

1. Leadership Team

Chingona Hike Club was founded and is led by Erica Marie Najar, who serves as the lead organizer and oversees the vision, structure, and overall safety of the group.

Erica is supported by trusted Trail Leaders who help guide routes, support members on the trail, and help maintain a positive and safe group environment.

Please be respectful of their guidance and follow their lead when it comes to pace, directions, and safety while on the trail.

Current Trail Leaders:

Erica • Claudia • Yvonne • Vanessa

2. Our Community

Chingona Hike Club was created with Chicanas and Latina women in mind, but our hikes are open to women of all backgrounds, ethnicities, sizes, and fitness levels who respect the spirit of the group.

Our goal is to create a supportive space where women can move their bodies, connect, and build community together.

Minimum age: 16+

3. New Member Trial Period

All new hikers complete a 1-month trial period. This helps new members build consistency, learn group expectations, and decide if the club is a good fit.

After the trial period, hikers may be welcomed into the official group chat and become active members of the club.

4. Member Group Chat

The Chingona Hike Club group chat is reserved for active members of the club. This helps keep communication organized and focused on hikes, scheduling, and club updates.

New hikers will be added to the group chat after completing their trial period and becoming active members.

5. Member Merchandise

Chingona Hike Club shirts and merchandise are reserved for active members of the club. These items represent the community we've built together and are meant for those who regularly participate in the group.

6. Dues

All active members contribute to the club through a simple dues system:

\$20 one-time membership fee

\$5 monthly dues

Dues help cover things such as:

- Flyers and planning tools
- Emergency and safety supplies
- Occasional snacks
- Parking costs for trail leaders or shared carpools when needed

No one will be turned away for lack of funds. If needed, please speak with Erica privately.

7. Snack Rotation

We will continue our weekly Snack Rotation. Members take turns bringing something small and nourishing to share with the group.

Dues help fill in the gaps when needed, but this is meant to be a shared effort that helps build community.

8. Promptness

We meet at 5:45 PM and begin hiking at 6:00 PM sharp.

Please respect the time of the group and arrive early. If you arrive after the group has started, you may need to hike on your own.

9. Trail Pace

Our group is generally moderate, but we hike at your own pace.

All paces are welcome and nobody gets left behind. Choose the trail and pace that works best for your body while staying mindful of the group and trail leader guidance.

10. Trail Leader Guidance

For safety reasons, hikers are asked to follow the guidance of the designated Trail Leader during group hikes. This includes staying with the group and following the planned route.

Please avoid hiking far ahead of the group or changing the route without checking with a Trail Leader first. This helps ensure everyone stays safe and the group moves together.

If you choose to hike ahead or take a different route, it will be considered hiking independently rather than part of the group hike.

11. Guests

Members may occasionally bring a friend to hike. Please make sure all guests complete the liability waiver before attending their first hike.

12. 420-Friendly Environment

This group is cannabis-friendly for those who choose to partake.

Please be mindful and respectful of others when doing so. Participation is never expected or required.

13. Come As You Are

This is a space where women can hike, laugh, cry, connect, and support one another.

Come exactly as you are and help create a welcoming space for others to do the same.

14. No Pets Allowed

Due to park regulations, dogs and pets are not allowed on the trails during our group hikes.

15. Kids Policy

This group is primarily a space for women to connect and recharge.

Because some hikes can be physically demanding and the group is 420-friendly, children are generally not encouraged on hikes.

16. Leave No Trace

Please help us respect the trails by cleaning up after yourself.

Leave the trails better than we found them.

17. Photos & Social Media

Photos and videos may occasionally be taken during hikes and shared on social media.

If you prefer not to be photographed or recorded, please let a trail leader know and

we will always respect your wishes.

18. Respectful Boundaries

To keep the space welcoming for everyone, please avoid deep discussions about politics or religion during hikes.

Our time on the trail is meant to be peaceful, grounding, and supportive for all.

Membership Dues

Venmo: @Erica-Najar-CS

Thank you for helping keep the club thriving.

Every step we take together helps build something powerful. Let's continue showing up with love, intention, and respect on and off the trail.