

## 5 mi: Warm Heart



When your heart feels as warm as the sun, the miles pass by fast. When the miles feel long, reconnect with your warm heart for new energy.

## 10 mi: Meek Tiger



Tigers are very powerful, yet they walk mindfully and gently through the jungle. After 10 miles, you are starting to watch where you put your paws well.

## 20 mi: Cheerful Snow Lion



Snow lions bound joyfully from mountain peak to mountain peak with unconditional confidence. You are getting good at this, and you can feel it!

## 30 mi: Outrageous Garuda



Garudas are mighty birds that never land, flying beyond all limits. Hiking 30 miles at your age seems outrageous - but thanks to steady effort you have done it!

## 40 mi: Inscrutable Dragon



Dragons fly in the sky, one with the wisdom of the Universe. Your hiking wisdom might make you seem inscrutable to those with less experience. - Be gentle with them!

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