



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM HIKING

Member Guide

MEMBER GUIDE

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WHAT IT IS, AND WHO IT'S FOR

Keep Calm Hiking is part of the Keep Calm community for English speakers in Barcelona, a not-for-profit, volunteer-run group built on inclusivity, reliability and collaboration. We head out into Catalonia together roughly once a month for a full day on the trail: real distance, real elevation, and a shared lunch at some point along the way.

This is a genuine hike, not a stroll. Typical routes run 10 to 20km with 300 to 800m of elevation gain and take 4 to 6 hours, so it's worth checking the numbers on each announcement and being honest with yourself about your own fitness before signing up. Every hike, every announcement, every group is 18+.

HOW WE PICK A HIKE EACH MONTH

We used to decide each hike by hand a few days before it happened. We now run the whole process a month ahead through two WhatsApp polls in the Keep Calm Hiking group, so there's proper time to sort transport and get ready. Here's exactly how it works.

Step 1: the route poll

At the start of the month, we post a poll with a shortlist of hike options, each with its distance, difficulty and general area, but **no date attached yet**. There's always a "None of the above" option too, so the group can say no to the whole shortlist if nothing appeals.

Voting stays open for a week. Whichever option has the most votes when it closes wins (if there's a tie, it's broken randomly). If "None of the above" wins instead, we don't book a route that month; we post a short "we'll try again" message and run a fresh poll the following week with a different shortlist.

Step 2: the route announcement, and the weekend poll

Once the route poll closes, we post the winning route as the confirmed destination for that month, and in the same message launch a second poll asking which day suits people best: **every Saturday and Sunday in the target month**. (A small number of routes only have workable Sunday transport, so those hikes offer Saturdays only. This is called out in the poll itself.)

This poll also stays open for a week. The day with the most votes wins, and that's the date we lock in.

Step 3: the event goes up, and registration opens

Once the date is set, we create a native WhatsApp Event with the real meeting time and location, and post a short confirmation alongside the already-pinned route announcement. Tap **Going** on the event to let us know you're planning to join, and to get any updates automatically.

Alongside the event, we also post a short Google Form. **This is a required extra step, not optional** - tapping Going tells us you're interested, but the form is what actually confirms your place: your name, a con-

tact number, and the same safety and data agreement described in our policies. It's also where you can let us know if you've done the route before and would be up for helping guide the group on the day.

Step 4: reminder

A few days before the hike, we send a reminder to everyone who tapped Going: a nudge to sort your train or bus ticket, and to pack the basics (water, sunscreen, proper shoes).

Step 5: thank you, and the next vote

After the hike, we post a thank you to everyone who came along, and open the floor for photos, feedback and whatever's next. The very next month's route poll follows the same rhythm, so there's always another hike on the horizon.

In short: roughly one week to vote on the route, roughly one week to vote on the date, then a few weeks of lead time before the hike itself. Watch the Keep Calm Hiking WhatsApp group for both polls each month, and vote in each one, since your vote is what actually decides where and when we go.

WHAT TO EXPECT ON THE DAY

- **Morning meeting**, usually 8:00 to 9:00am, to make the most of daylight.
- **Train or bus journey** out to the trailhead, typically 1 to 2 hours.
- **The hike itself**, 4 to 6 hours depending on the route, at a pace that keeps an eye on the back of the group, not just the front.
- **Shared lunch** partway through: everyone brings something to share, pasta salad, sandwiches, fruit, snacks, whatever you fancy. It doesn't need to be fancy, just don't turn up empty-handed expecting to eat everyone else's food.
- **Return journey** back to Barcelona in the late afternoon or evening, sometimes followed by dinner or drinks together.

Free to join beyond your own train or bus fare, usually somewhere between €6 and €14 for the round trip (often already covered if you hold a T-Mobilitat travel card).

HOW TO JOIN

Join the Keep Calm Hiking WhatsApp group at keepcalm.fit/whatsapp/hiking, then watch for the monthly route poll and vote when it lands. Voting itself needs no form, just your vote in WhatsApp - the registration form only comes in later, once a date's confirmed and you're joining that specific hike (see Step 3 above).

SAFETY AND INCLUSIVITY

These are real hikes with real distance and elevation, and everyone hikes at their own responsibility. A few concrete things that make that workable:

- **Check the numbers before you vote.** Every route in the poll comes with its distance and difficulty, and the full announcement spells out exactly what you're signing up for. If you're not sure whether a route is right for you, ask in the group before committing.
- **The group doesn't leave people behind.** Pace is kept inclusive, with people checking on whoever's at the back, not just pushing ahead at the front.
- **You can bail out.** If a route follows a train line or has a station partway along, it's fine to peel off early and head back under your own steam if it's not working out for you on the day, just let the organiser or your co-lead know first.
- **Tell someone if you're struggling.** The organiser (or whoever's leading on the day) is there to help, not to judge, so speak up early rather than pushing through quietly.
- **Weather calls are made properly, not guessed.** The organiser makes the go/no-go call on genuinely dangerous conditions ahead of time; light rain with an improving forecast isn't a reason to cancel. Whoever's leading on the day makes any real-time safety calls once the hike is underway.

For the full safety, data and conduct policies that apply across every Keep Calm activity, see keepcalm.fit/policies.

RULES AND ETIQUETTE

- **If you tap Going and fill in the form, be there.** If you can't make it after all, say so in the group as early as you can, it helps us get an accurate headcount for transport and lunch planning.
- **Be on time.** Trains don't wait, and neither can the group, so arrive at the meeting point at the stated time.
- **Be honest about your fitness.** Struggling mid-hike slows the whole group down and can turn into a real safety issue, so check the route details and ask first if you're unsure.
- **Come prepared:** plenty of water, proper hiking shoes (not trainers or sandals), layers, a rain jacket even if the forecast looks fine, sunscreen and a hat.
- **Bring something for the shared lunch,** and help with group photos along the way.
- **Stay with the group** and follow the lead of whoever's guiding the route.

These add to, rather than replace, Keep Calm's community-wide rules on [WhatsApp conduct](#), [event participation and cancellations](#) and [safety and liability](#).

FAQ

Do I need to be an experienced hiker? No, but you do need to be realistic about the specific route. Distances and elevation vary hike to hike, and the poll and announcement always state both, so read them before you vote.

How do I actually pick which hike happens? By voting. The route poll each month decides the destination, and the weekend poll right after it decides the date, both by simple majority among whoever votes. If you don't vote, you're leaving the decision to everyone who does.

What if I can't make either day in the weekend poll? There's always next month, since we run this cycle every month with a fresh shortlist and a fresh date vote.

Do I need to fill in a form as well as tapping Going? Yes, once you're joining a specific hike. Voting in the monthly polls needs no form, just your vote. But once a date's confirmed and you tap Going on the event, there's a short Google Form to fill in too, covering your name, a contact number, and our standard safety and data agreement. It's mandatory, not optional, for everyone joining that hike.

Do I need to book transport myself? Yes. Keep Calm hikes are reached by public train or bus, never a chartered vehicle, so it's on you to sort your own ticket once the date's confirmed, usually a few euros each way.

What if nobody votes for any of the shortlisted routes? "None of the above" is always an option in the route poll. If it wins, we skip that round and post a fresh shortlist the following week rather than forcing through an option nobody wanted.

LINKS

- [Group rules](#)
- [Community policies](#)
- Join the group: keepcalm.fit/whatsapp/hiking

Catalonia's trails are calling, see you out there 