

Why is Wilderness Heals an all women event?

The Elizabeth Stone House was founded on the belief that by working together, women can help one another overcome great obstacles. Wilderness Heals embodies this same mission—that by working together, the hikers will be able to conquer the challenges that the wilderness presents and by coming together in their support for the women of the Elizabeth Stone House, they will be stronger and their efforts will reach farther. Around New England, women hike so that women of the Elizabeth Stone House may heal.

How can men help?

Men can support the Hike in a variety of ways. They may sponsor a hiker, sponsor the event in general, or volunteer throughout the recruitment season by posting flyers, tabling at events, and encouraging all of their female friends and family members to take part in Wilderness Heals.

Friends and family are also welcome to come to the hike reception at the Highland Center on Sunday, July 17, 2011.

For information on the Elizabeth Stone's Network of GentleMen please call (617) 409-5417 or email jmay@elizabethstone.org

What is the age requirement for Wilderness Heals?

The minimum age for those participating as a mother-daughter team is 12, and mother daughter teams may only participate in the front country option of the hike. For those participating as an individual in any of the hike options, the minimum age requirement is 18.

Are there showers at the huts?

There will be showers for those who choose the Front Country option. There will be no showers on all other routes, but the huts are equipped with solar powered lighting, cold-running water, and composting toilets.

I'm not much of an athlete. Can I still hike?

Of course! Wilderness Heals is designed so that women of all backgrounds and athletic abilities may participate; in previous years, women as young as 18 and as old as 70 have hiked. Regularly scheduled training hikes throughout the spring allow hikers to test their equipment—and their muscles! And once you register, the Stone House will provide a pamphlet of recommended training activities that will prepare you for the Hike.

How much of every dollar raised directly benefits the women and children of the Stone House?

Wilderness Heals raises 6.5 percent of the Stone House's annual budget. While the cost of the hike can fluctuate from year to year, approximately 25 percent of every dollar raised goes towards administrative costs of the agency, including but not limited to Wilderness Heals.

I don't live in Boston. May I still participate in Wilderness Heals?

Absolutely! Women throughout New England take part in Wilderness Heals. While most hikers live around the Boston area, others live in Western Massachusetts, New Hampshire, Maine, Vermont, Rhode Island and even New York City! You can live anywhere in the world and participate as long as you can meet the requirements of the event.

How will I get to New Hampshire?

The Elizabeth Stone House provides round-trip transportation to New Hampshire from Boston on the first morning of the three-day Hike. A bus departs from the Riverside T stop outside of Boston at exactly 6 a.m., and the Stone House provides complimentary bagels, coffee, and juice. All hikers are required to ride the bus to New Hampshire. The ride provides an opportunity for teammates to get to know one another and allows hikers to discuss any questions or concerns with their team leaders. Although teams will have the chance to meet each other the week prior at the final Prep & Pep gathering, coming together Friday morning allows team leaders to do the all important pack check, last minute safety rules and review final logistics of the event.

While hikers must provide their own transportation to the training hikes, many hikers from the Boston area carpool the morning of the Hike. In addition we have had local hikers host non-local hikers the Thursday night before to ease that early morning departure.

What are the Appalachian Mountain Club huts?

There are eight Appalachian Mountain Club (AMC) huts located in New Hampshire's White Mountains. Huts are owned and operated by the Appalachian Mountain Club, (www.outdoors.org), an organization committed to promoting the protection, enjoyment, and wise use of the mountains, rivers, and trails of the Northeast outdoors. Located in spectacular locations above tree line or near mountain lakes or waterfalls, the huts provide a unique backcountry adventure for novice and experienced hikers alike. Visitors stay in comfortable, shared bunkrooms and enjoy family-style dinners and full breakfasts prepared by the hut staff members. For more information about the huts, visit www.outdoors.org/lodging

I've never raised money for charity. How will I do this?

Raising money for a cause is not nearly as difficult as you might think. Although for many women who participate in the Hike for the first time, it in fact seems like a daunting task. However, upon registering the staff at the Elizabeth Stone House provides hikers with a plethora of material to aid in this process, including sample letters, sponsorship forms, donation tracking logs and a fundraising booklet. In addition, we discuss a number of different ways hikers can fundraise at our Informational Hiker meetings.