



FAQ's

Who are the Lead Ambassadors?

Ash Bailey, Tammy Lambert, Sherry Beaver, & Valerie Radu

How do I know who is an Official GWHTN Ambassador?

You can find photos and bios of our current Official GWHTN Ambassadors in a post in the Announcements Tab AND the Media Tab - Album labeled "CURRENT GWHTN Ambassadors".

What is the difference between an Ambassador and a Lead Ambassador?

Our Lead Ambassadors volunteer their time and efforts to handle the in and outs and overall organization/admin functions of the group while also creating events/hikes. EX - Membership, Merch Sales, Onboarding New Ambassadors, Heading up our NonProfit Status, Networking with our sister groups and other outdoors organizations, and more...

Our wonderful GWHTN Ambassadors create events and hikes just for you! They are also volunteer only and take time from their lives to invest in this amazing group! We wouldn't be here today without them!

Are events open to anyone or only GWHTN Official Members?

The majority of GWHTN Hikes & Events are open to any woman, regardless of Official Membership. If an Event Title says, "GWHTN OFFICIAL MEMBER ONLY", that event is ONLY for Official Paid Members.

What is the difference between being a GWHTN Member & being a GWHTN Official Member?

Any woman, 18+, can join our facebook group and is essentially a "Member of GWHTN" for free.

However, we also offer Official Membership! Official Membership comes with a yearly fee and Official Member Perks!

What are the Perks of GWHTN Official Membership?

Paid members receive a WELCOME PACKET after signing up. Included in the Welcome Packet is - 5 Punch Card for free merch, a GWHTN sticker, a GWHTN patch, a special card just for you with your Member Information on it.

Other Perks are:

Special Members Only Merch

Members Only Events

Exclusive Giveaways

Quarterly Newsletter (this is being revamped now)

Official Members get to vote on our TN State Park Fund Winners at the end of the year.

Can I belong to other hiking groups in addition to GWHTN?

Of course! Being active in other hiking and outdoors groups is no problem!

What is the average hiking pace?

Every Ambassador will keep a different pace to accommodate the group. Some Ambassadors share that they hike faster or slower in the event description, so be sure to read it fully before registering for a hike or event.

Do you have events for me- I have medical issues and cannot hike for a long time or a quick pace?

Yes! WE have 22 Ambassadors leading hikes throughout the state of Tennessee. Please feel free to reach out to an admin if you need help finding a hike in your area for your specific needs, we will do our best to find a good fit for you!

What's the deal with collecting donations for state parks?

Girls Who Hike Tennessee is a NON PROFIT group! Our goal is to empower women on the trail, in the great outdoors and also to support our Tennessee State Parks. We do challenges, take donations, and do special events to raise money for our State Parks and at the end of that cycle, we let our Official Members vote for the State Park of their choosing!

Which state park was selected last year for the GWHTN state park fund?

Last years parks were:

West - Big Hill Pond State Park

Middle - South Cumberland State Park

East - Rocky Fork State Park

What if our hike is in a national park- why should we still donate to the GWHTN state park fund?

We encourage hikes ALL over the place! National Parks, State Parks, Private Trails, wherever you can get outdoors, we love it! We have decided, as a Non Profit, our goal will be to support and fundraise for our TN State Parks. If you would personally like to donate to a National Park, that is wonderful!

Do we have to stay together on the trail?

Yes! We can't stress this enough. For your safety and for the safety of the WHOLE group, you should stay together within sight of the person in front and behind you at all times. Our Ambassadors are trained on safety protocols and they can't help you if you don't stay with the group and they can't help others if they're trying to find "lost" group members.

Can we have a standing once a month event so that I can get off from work easier? Sort of like an 'every 3rd Tuesday or something?

That is dependent on the Ambassadors in your area and their schedules. GWHTN Ambassadors are ALL Volunteers with work schedules and families of their own. GWHTN Ambassadors want to offer hikes and events that appeal to their local hikers, so find your Ambassadors and reach out to them! They would love to know your thoughts, even if they can't accommodate every request.

Can we have some sort of volunteer crew to help with trail maintenance, litter cleanup, etc?

Yes! This is a great event idea and we have done these in the past. If you're interested in this idea, reach out to your local Ambassador to see if they can coordinate a clean up event in your area.

How do I sign up to become an Official Member?

Official Membership is open January, April, July, & October. During these months, you can find the link for Official Membership in the ANNOUNCEMENTS section of our Facebook Group.

How can I join in on ambassador led group hikes?

To join an Ambassador led Hike or Event, go to the ANNOUNCEMENTS section of our Facebook Group and find the Calendar. Here you will find GWHTN Ambassador led Events & Hikes. Click the links to Register & fill out the Liability Waiver.

What is the difference between "unofficial" and "official" events?

A GWHTN Official Event or Hike is Ambassador led. An Unofficial Event or Hike is peer led. Only GWHTN Official Events & Hikes are listed in the Events Page and on our GWHTN Calendar on our Facebook Group.

Where does the profit from sales go?

Any profits made from Merchandise or Official Membership go to keeping the group running and to our TN State Parks Fund.

How old do you have to be to become an Official Member?

At GWHTN, we want to encourage our younger generations to get outdoors as well! Young ladies ages 12+ can become Official Members with an adult guardians signature. However, we only allow 18+ to join our Facebook Group as there is sometimes adult only language and topics.

How do I cancel an RSVP for an event when I'm not able to attend?

Contact the Ambassador leading your Event or Hike as soon as you know you're not able to attend.

I'm interested in classes that encompass survival skills, backcountry safety, emergency response, CPR, navigation, etc. Where can I go for these classes?

GWHTN occasionally offers workshops on The 10 Essentials, Hiking Safety, Beginner Backpacking, Leave No Trace, etc

I'm 55+ and I'm afraid the young hikers might leave me in the dust!?

GWHTN has FIRM Safety Rules in place for our Ambassadors, the slowest hiker sets the pace and NO ONE is ever left behind on a hike.

If you are ever on a hike where a GWHTN Ambassador leaves you behind, please promptly get in touch with a Lead Ambassador and let them know about your experience and who your Ambassador leading the hike was. We do not tolerate this rule being broken as it is a safety hazard and it does the OPPOSITE of the goal of GWHTN which is empower women in the outdoors.

Is there a beginners hiking list of essential items?

Yes! Look in the FILES tab at the top of our Facebook Group - The 10 Essentials

How can I find hikes near me?

When you go to our Events Page or Calendar, located in the announcements section in our Facebook Group, the region is listed in the title of the hike or event. Ex - GWHTN Official Hike **(WEST)**: Parsons Loop (this tells you the hike is in WEST TN before you even click on the event)

Can I post my event to the page or make my own event to invite members to hike with me?

While we absolutely want you to hike with other members, we do not allow outside events besides those by our state parks. If you want to organize a group hike with our members, you can do so but only with a post in the page instead of making an event page. This is to prevent confusion from members who may think they are attending an official GWHTN event led by an ambassador simply because it's posted in the group.

I want to attend a group hike, but am needing a specific kind (such as dog friendly, kid friendly, beginners, on a specific day of the week) but haven't seen anything in my area that meets my needs. What can I do?

You can reach out to any ambassadors in your area and request a certain kind of hike if you want!