



THE 8TH TRAIL HIKING COMMUNITY

MEMBER'S HANDBOOK

2ND EDITION 2026

HANDBOOK VALIDITY:

THE SECOND EDITION OF THE 8TH TRAIL HANDBOOK IS VALID FOR THE PERIOD BETWEEN SEPTEMBER 1, 2026 TO MARCH 30, 2026.

THIS HANDBOOK IS SUBJECT TO BEING UPDATED FROM TIME TO TIME AS CHANGES TAKE PLACE IN THE 8TH TRAIL HIKING COMMUNITY'S LIFE AND AS CERTAIN MATTERS ARISE. THE SECOND EDITION OF THIS HANDBOOK REPLACES THE FIRST EDITION WHICH EXPIRED ON JUNE 30, 2026.

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**THE 8TH TRAIL HIKING COMMUNITY
+260971121078 | +260969550698| +260979561038
LUSAKA, ZAMBIA
FACEBOOK: The 8Th Trail
INSTAGRAM: The 8Th Trail**

Website: <https://www.8thtrail.co.zm>

Email: info@8thtrail.co.zm



MEMBER'S RESPONSIBILITIES:

**1. TO KEEP FIT FOR THE TRAIL –
HIKING IS A SPORT, IT REQUIRES
THE FITTEST VERSION OF ME IF I
HAVE TO TAKE PART IN IT. I
PROMISE TO KEEP FIT IN MY
DAILY LIFE.**

**2. TO EXERCISE GOOD
COMRADESHIP WITH MY
FELLOW HIKERS**

**3. TO CARE FOR NATURE AND THE
ENVIRONMENT**

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1.0. INTRODUCTION

This handbook provides essential and helpful information about the 8th Trail Hiking community, its nature, objectives, vision, mission, and other organizational information. Information about the community's life, rules, marks and other matters relating to its identity are also given. Information about how to affiliate oneself to the community, how to get involved in its activities and selected technical information about the same is also given.

2.0. ABOUT THE COMMUNITY

THE 8TH TRAIL HIKING COMMUNITY is a linkage of hiking and outdoor enthusiasts who want to meet and collectively enjoy their enthusiasm for physical activity and the outdoors with other people as a community through group hiking and camping. The community acts as a hub to promote the linkage of hiking and outdoor enthusiasts, especially those that are interested in the types of hikes that 8Th trail does.

2.1. WHAT WE DO:

We hike and camp in natural settings and also occasionally participate in other physical activity that improve our endurance for the outdoors.

2.2. OUR AIMS

1. To be a hub where hiking and outdoor enthusiasts that enjoy a certain type of hiking experience can meet, connect, explore, and find fulfillment.

2. To be a hub that fulfills the need for hikers from various walks of life that enjoy a certain type of hiking who want to be a part of a community and crave for a sense of belonging.

2.3. OBJECTIVES

1. To make the hiking sport accessible and affordable to all hiking enthusiasts that enjoy a certain type of hiking experience who want to hike for sport, as frequently as possible, and not just occasionally for recreation.

2. To be a platform where hiking enthusiasts that treat hiking as a sport and what to hike frequently can hike sustainably and frequently.

3. To be a useful agent and tool in environmental protection and conservation, community service and the promotion of the common good, especially in areas that directly and indirectly relate to the hiking world and places where our activities touch.

2.4. UNDERSTANDING THE ROLE OF THE COMMUNITY

The main purpose of the community and its leadership is to act as a hub, a convener and administrator of a network of hiking enthusiasts guided by a defined mission, governed by prescribed rules, and sustained by organized activities.

The community acts as a 'gathering point' and performs the role of 'community organiser'

The responsibility of the community and its leadership are to create the rules and laws that bring the community into existence, govern the community, organize hiking and other outdoor events, foster

community building, and promote the good will of community members.

3.0. UNDERSTANDING 8TH TRAIL HIKING COMMUNITY'S HIKING ACTIVITIES

3.1. THE KIND OF HIKES WE DO

Our motto is "UNBOUNDED PURSUIT OF ADVENTURE"

Which means that we exist to do the hikes, treks, backpacking, mountaineering and other types of outdoor excursions that other groups might be too cautious to do and often avoid. We thrive in doing the hikes that will give the outdoor enthusiast the highest level of outdoor fulfillment without compromising safety and putting the lives of hikers in danger.

We do the easiest hikes on relatively flat terrain for the beginners all the way up to the most advanced and physically challenging hikes for the most advanced hikers. Our hiking activities cater for hikers with the zeal for both extremes of hiking difficulty and in-between.

Our hikes are rated in difficulty out of 5. With 1/5 being the easiest, 2/5 being intermediate, and anything above 3/5 being advanced.

3.2. WHERE WE HIKE

Our aim is to be found where nature is at her best – unaltered and raw – and where the highest fulfillment of outdoor adventure can be experienced. Our favorite locations are virgin forests and hills, we love

places with rivers and water whenever we can find them; we hike in countrysides and valleys; next to rivers and sometimes across them; and any other stunning place where nature shows her magnificence far away from civilization, and where her therapeutic effect strikes the most.

3.3. WHERE WE CAMP

We are not a 'glamping' group. We believe in the power of nature to heal, restore, and transform. We see nature as an escape from civilization and the hustle of urban life. Our aim is to experience nature in its rawest form. We care about silence, simplicity, nature's elements, and every other factor that will make our experience with nature worthwhile and deeply recreational. Our aim is not hospitality, our aim is to experience adventure in the most unurban settings of wilderness and simplicity.

4.0. INFORMATION ABOUT THE COMMUNITY'S IDENTITY

4.1. ABOUT THE NAME 8TH TRAIL

From time immemorial, armies, expeditions, legions, and other field groups have been named after numbers (The 8th German Panther Division; the 5th Roman Legion; The 2nd Battalion of the Zambia Army; the 4th Republic; the 17th Cavalry Regiment, etc.). There is that spirit of military-like brother/sisterhood about people who are likely to die together in one spirit of conquest, fraternity, and history-making that is about field groups that are meant to be immortalized (it is to say, we have come together to form our own little hiking army of

sorts: with our own history of trails we have conquered, our own colours, our own fondness of one another, etc, Just like Stalin's Red Army, Roosevelt's 54th Airborne division, and Kenneth Kaunda's 2nd Battalion) it is all about drawing from such a tradition of being named after a number.

8 is a symbolic and benevolent number. It is not claiming to be first and "experimental" like 1, nor saying it is second to something like 2, nor claiming it is part of a trinity of other things like 3, nor saying it has come out 4th and failed like 4: 8 is feminine, evokes motherliness, and represents fertility and nature. But we are the eighth what? Legion, movement, expedition, explorers? Trail was found fitting because it resonated with hiking: we hike on trails, and hiking is about trails; "trail" is one of the top three key words in the world of hiking. It is also about having a unique nomenclature not part of the conventional "urban-influenced" way many other nature-inclined groups are named. So the early members settled for the name and we all adopted it. We are the 8Th Trail Hiking Club.

4.2. OUR VALUES

Nature – To love nature, to conserve and preserve nature, and to aim to experience nature to the fullest.

Adventure – To be led by, and to always keep the spirit of adventure that makes us explore, want to go to places, and live life to the fullest.

Fraternity – to keep a sense of family and fraternal communion with our fellow hikers through the common interest we share.

5.0. COMMUNITY ACTIVITIES

Our community activities are restricted to hiking and camping in natural settings for recreation and fitness – these activities may, however, have other social activities infused in them from time to time such as games, film viewing, and braais.

5.1. WHEN WE HIKE

At the time of release of the Second Edition of this handbook, The community has hikes available at least three times a month: two on Saturdays and one on Sunday.

5.2. HIKING CALENDAR

Our community administration draws a hiking calendar that runs at least three months ahead with the proposed hiking venues, hike difficulty levels, and estimated drive distances from Lusaka showing. The Hiking calendar is a useful tool to plan ahead for hikes one is interested in attending. The Hiking calendar can be found in the community whatsapp community as well as on the community website.

5.3. PROPOSING ACTIVITIES TO BE ADDED TO THE CALENDAR

Community members are free to suggest locations that can be added to a subsequent hiking calendar for consideration by sending a request through community secretary or any member of the community administration. Suggested locations are only considered if they align with 8th Trail's nature, mission and culture.

5.4. WHEN WE CAMP

We camp at least once every quarter with the camp dates also showing on the hiking calendar.

5.5. OFF-CALENDAR ACTIVITIES

Off-calendar activities may occur from time to time in response to overwhelming membership demand, an invitation to collaborate with other entities, or other special situations.

6.0. SUBSCRIPTION

6.1. AGE RESTRICTIONS

Our activities are restricted to people who are 18 years and above, or minors above the age of 13 under the responsibility of an attending adult.

6.2. AFFILIATION CLASSES

1. Guest – You can participate in the community activity as a guest. Any individual who has not paid the bi-annual subscription fee falls under this category.
2. Subscribed Member - You become a full member by attending 2 hikes and paying the club bi-annual subscription fee. You lose your full-membership status when your membership subscription expires.

6.3. SUBSCRIBED MEMBER PRIVILEGES:

- a) Members can hire available club gear at zero cost or at a discounted cost on first-come-first-serve basis
- b) Members will enjoy a very discounted participation fee in community activities.
- c) Members are able to enjoying goodwill and benevolence in various ways from the community.
- d) Members participate in the full life of the club including being eligible for awards and to play leadership roles in the community.
- e) Members have access to being in community virtual platforms such as Whatsapp groups.

6.4. WHAT SUBSCRIPTION DOES NOT INCLUDE

- a) Political activism and confrontation:
Members are encouraged to use the right channels to give feedback, suggest improvements and offer themselves for service.

6.5. SUBSCRIPTION AND LOYALTY POINTS

- a) Each subscription lasts for a 6 months period
- b) When you pay your subscription fee, you automatically get a 20% discount on all hikes during the subscription period.
- c) Loyalty points: every hike of the first four hikes one does in their subscription period earns them five (05) loyalty points each. Each 5 loyalty points adds a 5% discount to their already existing 20% as a

subscriber until they reach their maximum 40% discount during the subscription period.

6.6. PAYING YOUR SUBSCRIPTION:

To pay your subscription, go to the club website,

<https://www.8thtrail.co.zm>

and navigate to the “subscribe” icon.

6.7. INDEMNITY

By choosing to become a subscribed member, choosing to participate in any 8Th Trail activity, and being part of the club virtual groups such as the WhatsApp community, I fully understand that when I participate in any of the 8th Trail Hiking Club's activities, I do them by my own free will and that I am responsible for my own actions during the activities. The 8th trail hiking club, its members and its executive, will therefore not be held liable for any eventuality resulting from the said activities. I also fully pledge to act responsibly and to be cooperative with activity guides and activity guidelines on safety and best activity practices during the said activities.

7.0. PARTICIPATION IN CLUB ACTIVITIES

SIGNING UP FOR A HIKE

Because of the large number of the club membership, it is not practical for the entire club population to go hiking at once without very special arrangements.

The Club therefore provide a hike sign-up platform through an internet link for members who would like to participate in an upcoming activity to express their intention of showing up for that activity. This sign up is closed when the number of participants who have registered reaches the maximum acceptable practical number.

HIKE FEES

Members and non-members who sign up for an activity also have to contribute a hike fee for that particular event. Membership fees mainly go to the administration and developmental costs of the club. Event costs such as access per head to hiking sites, guide fees, scouting costs, and other event-related fees are covered by the particular hike fees for the event.

The aim of the club is to ensure these hike fees are as low as practically possible to enable the club fulfill its mission to make the hiking sport as accessible as possible to anyone passionate about the sport.

HOW TO SIGN UP FOR A HIKE

The sign up link is traditionally posted on the club's online platforms, especially its Whatsapp groups and Social media profiles. All one has to do is click on the link and fill in their details and consent to the terms and conditions of the event sign up then pay the prescribed hike fee for the event.

TRANSPORT TO AND FROM SITE

Participants in club activities can either reach the hiking or camping site by using their own transport or by using transport means provided by the club such as carpooling or the bus option.

1. Carpooling

This is where club members who are self-driving offer to carry other members in their vehicles when they have free seats in their vehicles at a general fee the club prescribes for each event accounting for distance to the hiking site and other factors. The club administration arranges carpooling space on behalf of members. All a member has to do is pay the prescribed carpooling fee while signing up for the hike and they will be allocated a vehicle on the activity day. The fees received for carpooling are then sent to the respective drivers based on the number of seats they indicated and availability of hikers who intend to carpool. Members who are carpooling are allocated seats during the morning gathering at the designated meeting point on the actual day of the hike. To put up your vehicle for carpooling, all you have to do is indicate the same during sign up in the fields provided.

CAMPING

The club encourages its members to have their own gear. In as much as the club may have general use equipment such as camping site lights, extra tents, etc, members are encouraged to identify as having embraced the camping and outdoor hobby by investing in their own personal outdoor and camping gear.

COMPULSORY HIKING GEAR:

Members and participants must have the following compulsory hiking gear to attend hikes:

1. HIKING SHOES OR HIKING BOOTS WITH GOOD GRIP

We hike in rough terrain and trails that require the appropriate footwear for safety and in order to manage the trail. Do not come hiking in the wrong footwear.

2. OUTDOOR CLOTHES SUITABLE FOR HIKING

Such clothes must be breathable and allowing the hiker a proper degree of flexibility as well as protection from thorns, grass blades and insects.

3. OUTDOOR BAG

An appropriately sized outdoor bag or rucksack to carry hiking supplies such as water, trail snacks, food and first aid.

4. GPS TRACKER

A Garmin watch, smartphone application, or any suitable device to help you navigate, find your way back to safety when you are lost and to keep track of your movements in the wild.

OPTIONAL HIKING GEAR:

1. SUN HAT
2. RAIN COAT
3. HIKING STICK
4. PERSONAL FIRST AID KIT

COMPULSORY CAMPING GEAR:

1. CAMPING TENT
2. CAMPING LIGHT
3. HEADLIGHT
4. SLEEPING BAG
5. CAMPING CUP, PLATE, SPOON
6. BACKPACKING RUCKSACK
7. CAMP CHAIR

OPTIONAL CAMPING GEAR:

1. CAMPING STOVE
2. CAMP TABLE
3. HAMMOCK

WHAT TO CARRY ON A HIKE:

WATER, TRAIL SNACKS, SUN SCREEN (OPTIONAL), PACKED LUNCH IF ITS A FULL DAY ACTIVITY

GENERAL CLUB RULES DURING CLUB ACTIVITIES

1. No Smoking
2. No alcohol
3. No drugs
4. No pets
5. No public playing of music
6. No discussions on sex, religion, politics, or ethnic- and gender-sensitive topics.

8.0. CLUB COMMUNICATION

Official club communication to the membership is done through the club whatsapp group. Members are advised to join the club whatsapp community to not miss such member-restricted notices.

Members are also free to contact the club executive directly in case of any queries:

Harrison Mwenda – Club Chairperson: +260969550698

Daniel Mwaba – Vice Chairperson: +260971121078

Sarah Nalungwe: Club Secretary: +260979561038