

GRASSROOTS HEROES



Carla Khouri (she/her)



A BIT ABOUT ME





**MERRELL
HIKING CLUB**





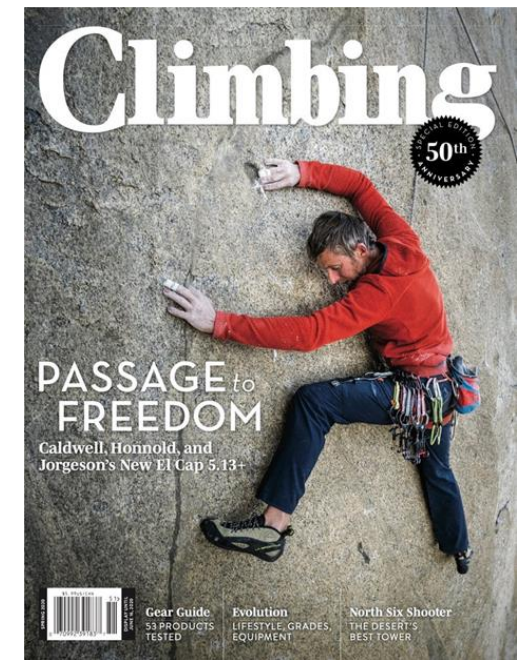
THE INSPIRATION FOR FORMING BGH



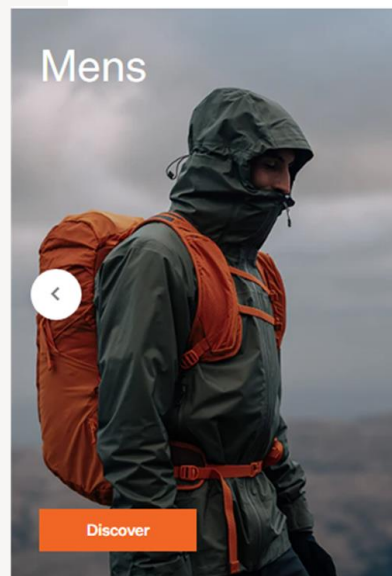
Rhiane Fatinikun
Black Girls Hike



"No one is stopping you from getting outside"



"What do you need a special group for?"



"The outdoors is for everyone"

UNDERSTANDING RACIAL DISPARITIES IN HIKING

The **lack of representation** and inclusivity in outdoor communities contributes to lower participation rates among black women and girls, highlighting the **need for targeted initiatives** that promote diversity and create welcoming environments in outdoor recreation.



THE NEED FOR SAFE SPACES FOR BLACK WOMEN & GIRLS

Pros

- Increases participation rates
- Fosters community support
- Encourages empowerment and builds confidence
- Promotes cultural expression
- Enhances mental wellbeing

Cons

- Challenges in accessibility
- Limited funds available – need for ongoing fundraising
- Risk of tokenism
- Backlash from others

BGH GOALS AND OBJECTIVES

PROMOTE DIVERSITY IN THE OUTDOORS

BGH aims to create an environment that encourages participation from Black girls and women, ensuring they feel welcomed and represented in outdoor activities across various landscapes.

EMPOWER THROUGH EDUCATION

The organisation focuses on providing educational resources and workshops that equip members with essential skills, safety knowledge, and environmental awareness, fostering confidence in their outdoor pursuits.

BUILD COMMUNITY CONNECTIONS

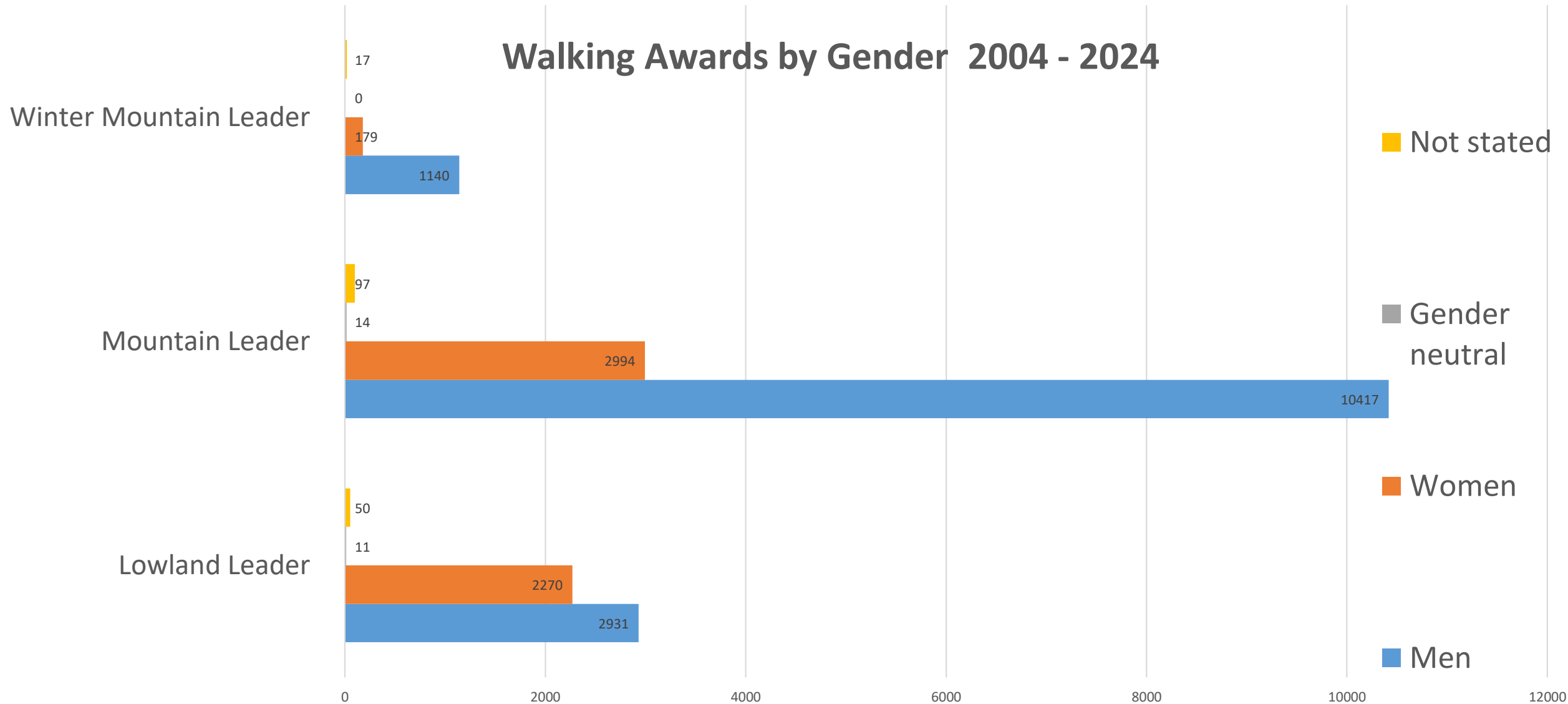
Through group hikes and events, BGH seeks to strengthen community bonds among participants, facilitating networking opportunities and support systems that enhance the overall outdoor experience for black women and girls.



BGH AND MOUNTAIN TRAINING

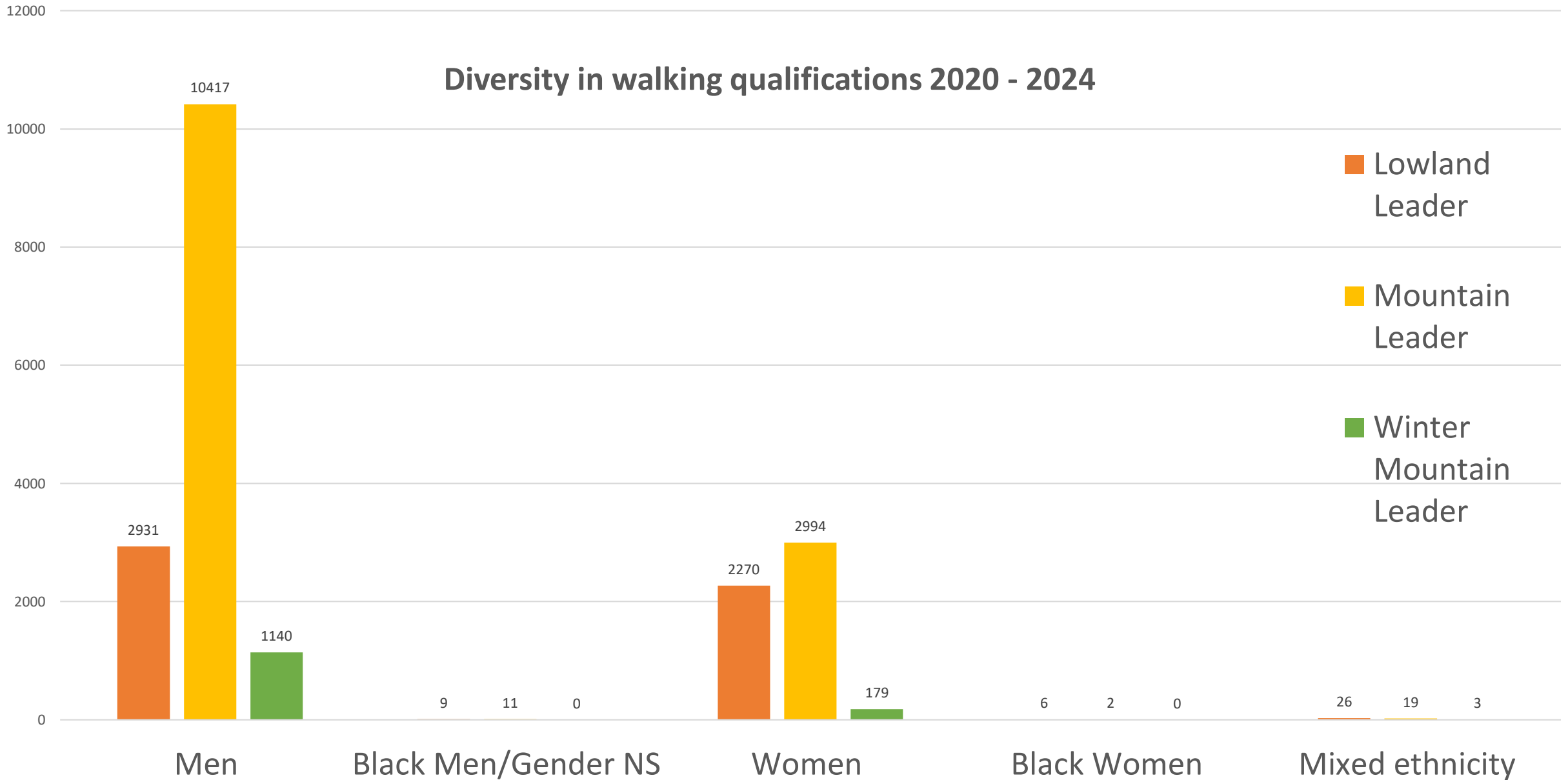


OUTDOOR LEADERSHIP QUALIFICATIONS



OUTDOOR LEADERSHIP QUALIFICATIONS

Diversity in walking qualifications 2020 - 2024



BGH TIMELINE

BGH FOUNDED

2019



OTHER OUTDOOR
ACTIVITIES

2021



FUTURE?

2024 -



NATIONWIDE
VOLUNTEER WALK
LEADERS

2020



MOUNTAIN TRAINING
PROVIDER

2022





"BGH IS MORE
THAN A WALKING
GROUP: WE'RE
CHALLENGING
STEREOTYPES"
RHIANE FATINIKUN



@BGH_UK



@CARLARUNSONPLANTS