

VESTIGES of Lands End

TO TRAMP. TRAMP IS THE LATEST HEALTH FAD WITH THE GIRLS

Tramping

Tramping -- known today as hiking -- became a health fad for women in the late 1800s. Tramping encouraged physical exercise, outdoor recreation, and independence from chaperoned leisure, all innovative ideas for women of the time.

A contemporary San Francisco Call newspaper article sums it up: "The tramping girl... is strong, healthy, and nature-loving... she is independent of man." The "tramping costume" created a stir in women's fashion, rejecting constrictive and uncomfortable clothing such as corsets and long full skirts in favor of more relaxed blouses, shorter skirts, and heavy high-topped boots.

Lands Ends' hills, beaches, rocks for climbing, and dramatic views made it a favorite spot for tramping.



A drawing of a "tramping girl" published in the *San Francisco Call* newspaper, 1900.