

FORM 3

WELCOME TO LINCOLN HILLS HIKING GROUP

HIKE INFORMATION AND GUIDELINES

PURPOSE: To conduct hikes to various locations within a 2+-hour radius of Lincoln Hills.

HOW HIKES ARE RATED:

EASY: up to 5 miles distance, up to 500 feet elevation gain

MODERATE: 5-8 miles distance, 500 to 1500 foot elevation gain

DIFFICULT/STRENUOUS: 8-12 miles distance, 1500 to 2500 foot elevation gain.

1. **WEB SITE:** <http://lincolnhillshikers.org>
2. **MEMBERSHIP:** To join the Hiking Group, decide if you are fully capable and prepared to participate in the described hike. Attend 3 hikes of your choosing (start with a relatively easy hike), and then you can become an “official” member by signing the Membership Roster and Hiking Guidelines Acknowledgment (indicating you have read and are informed of all the hiking information and guidelines). Call Fred Crofut (408-1850) with questions.
3. **HIKE DAYS:** Normally the 1st Tuesday and 3rd Thursday of each month, with one easy and one moderate to strenuous hike each month. Exceptions to this schedule are common – there may be additional hikes, including some on weekends. Hike descriptions will be posted on the web site as soon as available, usually one month ahead of the hike date.
4. **HIKE CANCELATIONS:** Certain weather conditions—extreme heat, heavy rain, fog, etc. may cancel a hike. **BE SURE TO CHECK THE WEB SITE THE MORNING OF THE HIKE** If a hike is cancelled, it may be rescheduled on the next available opportunity (Tuesday, Thursday, or weekend) at the discretion of the hike leader.
5. **ON HIKE DAYS:** Meet at the designated time at the Orchard Creek Lodge Fitness Center parking lot near the blue mail box. Check each hike description for the meeting and leaving times. Times will vary, based on weather and driving distance—but most hikes meet at 7:45 AM and leave at 8:00 AM. Be on time for the hike—**very important or you'll be left behind.**

6. **TRANSPORTATION:** We travel in our own cars. Decide ahead of time if you want to drive or ride. Riders pay driver to help offset driving costs.

Up to 20 miles (each way), total contribution asked is \$3
Up to 40 miles (each way), total contribution asked is \$6
Up to 60 miles (each way), total contribution asked is \$9
Up to 80 miles (each way), total contribution asked is \$12
Up to 100 miles (each way), total contribution asked is \$15
Over 100 miles (each way), total contribution asked is \$18

Be prepared to take turns driving and not always choosing to be a rider.

7. **RELEASE FORM:** SEE ATTACHED

8. **STANDARD HIKING EQUIPMENT:** Hiking boots (**not tennis shoes**), hat, daypack or fanny pack, sufficient water and lunch, sunglasses, sunscreen, mosquito repellent, windbreaker, layered clothing (depending on weather) trekking poles (**always recommended**), moleskin (for blisters). Bring more water than you think you need. Our local climate is arid, and our hikes can be hot and dry.

MUDDY OR DUSTY BOOTS—**always** bring 2 pairs of shoes when hiking: your hiking boots in a plastic bag on a second pair of street shoes. Wear your clean street shoes to the trailhead, change into your boots, and after hiking change back into your clean street shoes. Put your muddy/dusty boots into your plastic bag. This routine will be a great courtesy to your driver.

9. **GUIDELINES FOR HIKING: - IF YOU HAVE ANY MAJOR HEALTH ISSUES, PLEASE CONSIDER YOUR CONDITION BEFORE HIKING.**

BRING YOUR ID (DRIVER'S LICENSE) AND AN EMERGENCY CONTACT NAME AND NUMBER WITH YOU ON THE HIKE.

- Our motto: Hike at your own pace. Our hikes are not a race, neither are they a stroll. Hikers should know their own ability and be capable of maintaining a reasonable speed. Every hike has a sweep, who must stay behind (and encourage) the slowest hiker.
- Stay behind leader.
- Hike Leader has a first aid kit in case of minor injury. We are not responsible for any injuries (minor or serious). See [release form](#).
- Bring an ample supply of water—staying hydrated is very important.

- Be aware of hiking risks: poison oak, mosquitoes, high altitude (on some hikes), rocky terrain, dusty trails, stream crossings (where hiking poles can be very useful), heat/cold. The hike leader will inform hikers of risks at beginning of hike or in the hike description.

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