

MEMBERSHIP AND HIKING GUIDELINES

WELCOME TO THE LHHWG

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

1. 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.

The Hiking Group strives to conduct a variety of hikes, ranging from “easy” to “moderate” to “strenuous,” and with varying commute times and distances.

2. WEB SITE: <http://lincolnhillshikers.org>

At the website you can peruse the calendar of upcoming hikes. Open the link to each hike to review its description and characteristics until you find one that meets your criteria for length and endurance. For new hikers, it is always a good idea to call the Hike Leader for a more personal evaluation of the hike difficulty. It is recommended that new hikers start with 2 or 3 easy and/or moderate hikes.

3. MEMBERSHIP:

a) To join the Hiking Group, decide if you are fully capable and prepared to participate in the described hike.

b) Be aware of and agree to follow these two policies:

1) Safety of an individual hiker as well as the group is our first priority and responsibility. New hikers are strongly recommended to attend at least 2 or 3 easy and/or moderate hikes before trying a strenuous hike.

2) Hike leaders as well as hiking club officers have the responsibility and authority to make decisions that an individual hiker or the group is REQUIRED to follow when it affects the safety of that individual and/or the entire group.

c) You become a member by paying your dues to the Hiking Group treasurer and by signing the LH Hikers & Walkers Club Event Release and Membership Form. This form is maintained in the club records. Call the club president if you have any questions.

4. HIKE DAYS:

Hikes are typically conducted weekly, on either a Tuesday or Thursday. 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.

5. HIKE CANCELLATIONS:

Certain weather conditions—extreme heat, threat of thunderstorms, 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.

6. ON HIKE DAYS:

Meet at the designated time in the Orchard Creek parking lot in row “14”. Facing the Fitness Center, this is the last row to the right. Check each hike description for the meeting and leaving times. Times will vary, based on the weather and driving distance. Be on time for the hike —**very important or you'll be left behind.** At the meeting place we sign in on the registration form, set up carpools, and pay our contribution to our driver for gas.

BRING YOUR ID, HEALTH CARD AND AN EMERGENCY CONTACT NAME AND NUMBER WITH YOU ON THE HIKE. It is suggested you make a copy of your Driver's License, Health Insurance Card and contact name and number and keep them in your hiking pack.

7. TRANSPORTATION:

We travel in our own cars. Decide ahead of time if you want to drive or ride. Riders are requested to pay driver to help offset driving costs (including the cost of Day Passes at California State Parks.) Hikes are frequently conducted at California State Parks and the cost of the Day Pass (\$10 to \$12) will be prorated among the occupants of the car. If the driver has an Annual Park Pass each passenger should pay an additional \$3 per passenger to reimburse the driver.

Guidelines for driver reimbursement are shown the [Transportation Costs](#) document.

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

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, moleskin (for blisters). Bring more water than you think you need.

MUDDY OR DUSTY BOOTS—always bring an extra pair of shoes when hiking: Bring your hiking boots in a plastic bag. 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. DO NOT get your driver's car dirty by wearing your dirty boots on the drive home. This routine will be a great courtesy to your driver.

9. GUIDELINES FOR HIKING:

- * **IF YOU HAVE ANY HEALTH ISSUES, PLEASE CONSIDER YOUR CONDITION OR CHECK WITH YOUR DOCTOR BEFORE HIKING.**
- * Don't forget to bring a copy of your ID (driver's license), Health Card, and an emergency contact name and number with you on the hike.
- * Safety of all hikers is paramount! Hence hikers are **REQUIRED** to follow directions or decisions of the hike leader or hiking club officer when there is an issue regarding safety.
- * 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 stays behind the group and maintains contact with the leader regarding any issues, such as pace, a slow hiker, or an injured hiker.
- * Stay behind the hike leader and in front of the sweep.
- * Hike Leader has a first aid kit in case of minor injury. We are not responsible for any injuries (minor or serious). See Club Release and Membership form in: [Membership Form](#)
- * Bring an ample supply of water - staying hydrated is very important. See How Much Water? in: [How Much Water](#)

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 the beginning of the hike or in the hike description.

Revised 6/12/2022