

ALPINE HIKE LEADER SCHEDULE
OPEN HOUSE EVERY SUNDAY AT ALPINE LODGE

Date	Start	Leader	Phone Number	Level
Sunday October 2	9:30 AM	Open		2B
Sunday October 9	9:30 AM	Rob Freinkel	415-608-7938	2B
Sunday October 16	9:30 AM	Carol Bodtker	415-884-0850	2B
Sunday October 23	9:30 AM	Margy Eller	415-383-7307	2B
Sunday October 30	9:30 AM	Bill Mayers	415-785-3516	2B
Sunday November 6	9:30 AM	Jenny Bruyn	415-456-1877	
Sunday November 13	9:30 AM	Lynn MacDonald	510-525-3843	2B
Sunday November 20	9:30 AM	Open		2B
Sunday November 27	9:30 AM	Open		2B

Contact Information for hike leaders

2B Hikes - Pauline MacDonald 415-381-2870 luddite48@comcast.net

1A Hikes- Edie Nelson (831) 331-1754 or Mayme Harris (415) 924-3819 maymeharris@cs.com

Different Hikes for Different Types: Our weekly tradition for Sunday Hiking

The 2B hikes depart from the Alpine Club at 9:30 AM. These hikes are 7-10 miles long and up to 2000 feet elevation gain. On days shown as leaderless, the hikers will decide on their own route after convening at the Alpine Club.

Informal, slower paced 1A hikes depart from the Alpine Club at 9:45 AM. These hikes are 5-6 miles and up to 1000 feet elevation gain.

If you are interested in leading a 2B hike shown as open, please e-mail Pauline MacDonald. For information on the 1A hikes call Edie or Mayme

We suggest bringing a sandwich (or something) for a trailside lunch and a liter of water. All hikers should have prior hiking experience and be able to hike at a moderate pace (i.e., approx. 2 miles per hour). The hikes usually finish at the Alpine Club around 2.00-2.30 pm.

Note - If you hike in front of the leader and are not at the stated destination when the leader arrives, the leader will consider you are no longer on the hike.