

**ALPINE HIKE LEADER SCHEDULE
OPEN HOUSE EVERY SUNDAY AT ALPINE LODGE**

Sunday April 3	9:30 AM	Tom Dewey	510-381-8188	2B
Sunday April 10	9:30 AM	Pete Sager	415-472-1275	2B
Sunday April 17	9:30 AM	Bill Mayers	415-785-3516	2B
Sunday April 24	9:30 AM	Rob Freinkel	415-608-7938	2B
Sunday May 1	9:30 AM	Carol Bodtker	415-884-0850	2B
Sunday May 8	9:30 AM	Open		2B
Sunday May 15	9:30 AM	Open		2B
Sunday May 22	9:30 AM	Margy Eller	415-383-7307	2B
Sunday May 29	9:30 AM	Open		2B
Sunday June 5	9:30 AM	Bill Mayers	415-785-3516	2B
Sunday June 12	9:30 AM	Lynn MacDonald	510-525-3843	2B
Sunday June 19	9:30 AM	Open		2B
Sunday June 26	9:30 AM	Jock MacDonald	415-381-2870	2B

Contact Information for hike leaders:

Pauline MacDonald (415) 381-2870 luddite48@comcast.net
 Edie Nelson (831) 331-1754 Mayme (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 9:30am. These hikes are 7-10 miles and up to 2,000 feet in elevation gain.

Informal, slower paced "1A" hikes depart Sunday at 9:45am (contact Edie Nelson or Mayme Harris, or meet us at the lodge). This hike is 5-6 miles and up to 1,000 feet.

Occasionally we offer "1B" hikes, which are 5-6 miles and up to 1,000 feet in elevation gain.

If you're interested in leading a hike on May 8th or 15th call Pauline MacDonald.

All hikers should have prior hiking experience and be able to hike at a moderate pace (i.e., approx. 2 miles per hour). We suggest bringing a sandwich, fruit and at least one liter of water.

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.