

ALPINE HIKE LEADER SCHEDULE
OPEN HOUSE EVERY SUNDAY AT ALPINE LODGE

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|------------------|---------|----------------------------|--------------|----|
| Sunday June 5 | 9:30 AM | Bill Mayers Poetry Hike | 415-785-3516 | 2B |
| Sunday June 12 | 9:30 AM | Lynn MacDonald | 510-525-3843 | 2B |
| Sunday June 19 | 9:30 AM | Mark Sapiro | 415-388-8910 | 2B |
| Sunday June 26 | 9:30 AM | Jock MacDonald | 415-381-2870 | 2B |
| Sunday July 3 | 9:30 AM | Open | | 2B |
| Sunday July 10 | 9:30 AM | Tom Dewey | 510-381-8188 | 2B |
| Sunday July 17 | 9:30 AM | Open | | 2B |
| Sunday July 24 | 9:30 AM | Open | | 2B |
| Sunday July 31 | 9:30 AM | Open | | 2B |
| Sunday August 7 | 9:30 AM | Rob Freinkel | 415-608-7938 | 2B |
| Sunday August 14 | 9:30 AM | Open | | 2B |
| Sunday August 21 | 9:30 AM | Open | | 2B |
| Sunday August 28 | 9:30 AM | Open | | 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 long and up to 2,000 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 9:45am. These hikes are 5–6 miles and up to 1,000 feet elevation gain.

If you are interested in leading a 2B hike shown as open, please email 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 2:00–2:30pm.

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.