

Alpine Lodge Sunday Hike Leader Schedule

All Hikes are 2-B

If you are interested in leading a Hike, please contact Maryellen Buckley at mebuckley113@gmail.com for Sunday hikes and Ernie Castiaux at erniecastiaux@icloud.com for Saturday Sorties.

We are implementing a reservation system on CAC Meetup.com for all hikes. This will keep the group sizes to no more than 10 hikers due to the public health mandate.

- Whether a Saturday Sortie or staying closer to the Mountain on a Sunday hike, you will first need to register in advance on Meetup.com or contact the leader to reserve your spot. If you are not member of the CAC outings Meetup group, please join at <https://www.meetup.com/CAC-outings/members>.
- Please cancel at the Meetup site if you unable to attend so, the person on the waitlist may take your spot.
- On the day of the hike, hikers will be greeted with a new protocol for signing in. The leader will provide a brief health questionnaire and a waiver to be completed and signed by hikers before heading out. You must sign the forms to be allowed on the hike. These precautions are necessary for the Club to be able to operate responsibly while the pandemic is unchecked. The usual hiking protocols, including the pandemic guidelines (face covering and social distancing) will be observed.
- Saturday Sortie departure points, timing and details can be found on Meetup.com.
- The Sunday hikes will leave from the Alpine Lodge at 9:30 am. Check-in begins at 9:15am and typically finishes between 2 to 3 PM. Hikers should have some experience and be capable of a moderate pace (i.e., approximately 2 miles per hour) for 7-10 miles, with an elevation gain of up to 2,000 feet. Bring hand sanitizer, a light lunch and at least one liter of water.
- The South side door, hall, deck, and toilet next to the social hall are the only areas that will be open for use by hikers.

Date		Start Time	Leader	Phone Number
Jul	26	9:30 am	Robert Freinkel	415-608-7938
Aug	2	9:30 am	Bob Harlow	415 302-7960
	9	9:30 am	Mark Sapiro	415-515-8120
	16	9:30 am	Karen Ulring	415-252-9885
	30	9:30 am	Fred Waldman	415 342-1759

