

## **Alpine Lodge Sunday Hike Leader Schedule** **All Hikes are 2-B**

To ensure the safety and well-being of our members safety protocols are in place and have been observed by all the hikers. This is a learning process for all of us and we are continuously working to improve the process. All feedback is welcomed. The plans are subject to change as the COVID health situation evolves.

### **Changes**

- Hikes may start at either the Alpine Lodge or at trail head on Mt Tamalpais.
- The group size is restricted to 10.
- Hikers are required to register for the hikes posted at CAC Outings Meetup site. If you're not a member please register at <https://www.meetup.com/CAC-outings/members>. Please ensure you receive confirmation.
- If you need to cancel please do so at the Meetup site or call the hike leader so a person on the waiting list may fill the slot.
- Please do not turn up if you did not receive a confirmation.

Other protocols hikers need to observe are:

- Sign a waiver and a health screening form before starting the hike.
- Wear a face mask.
- Stay six feet apart.
- No sharing food or drinks, and carpooling is not advised.

On the day of the hike, check-in will start at 9:15am.

Hikes depart at 9:30am and typically finish between 1:30pm and 3pm. Hikers starting from the Lodge will come in through the south entrance, sign the waiver and health questionnaire and have their temperature taken. From there, hikers proceed to the deck and depart after a quick welcome from the hike leader.

Hikers starting at trailheads will check in and complete the waiver and health questionnaire with the hike leader prior to starting the hike.

The other usual CAC hiking protocols will apply. Please bring a light lunch and at least one liter of water.

Whether the hike starts at the lodge or trailhead, the rest room (near social hall) and the deck at the lodge will be open for your use upon your return, as long as the hike leader is present.

Hikes will be open for registration at CAC Outings Meetup a week prior to the hike. The following is the hike schedule for September and October:

<b>Date</b>	<b>Departing</b>	<b>Leader</b>	<b>Phone Number</b>
Sept 6	Alpine Lodge	Tim Warden	510-773-4034
Sept 13	Alpine Lodge	Mark Sapiro	415-515-8120
Sept 20	Rock Spring Trailhead	Jordan Hermann	510-520-9782
Sept 27	TBD	Tim Warden	510-773-4034
Oct 4	Rock Spring Trailhead	Robert Frankel	415-608-7938
Oct 11	Alpine Lodge	Mark Sapiro	415-515-8120
Oct18	Bootjack Trailhead	Karen Ulring	415-252-8995
Oct 25	Alpine Lodge	Fred Waldman	415-342-1759

Questions: Contact Hike Coordinator,  
Maryellen Buckley – 415-713-0903, [mebuckley113@gmail.com](mailto:mebuckley113@gmail.com)  
Rani Devadasan, 415-497-5568, [putri0525@aol.com](mailto:putri0525@aol.com)