

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 at <http://www.meetup.com/CAC-outings>.

Date	Leader	Location	Email	Phone
November				
1	Jordan Hermann	Miller International	Jordanzona2@gmail.com	510-520-9782
8	Bob Harlow	Rock Spring	bob@harlow.com	415-302-7960
15	Karen Ullring	Alpine Lodge	kullring@earthlink.net	415-940-6202
22	Mark Sapiro	Alpine Lodge	mark@msapiro.net	415-515-8120
29	Tim Warden	Alpine Lodge	TimothyEBDAS@yahoo.com	510-773-4034
December				
6	Bob Harlow	Rock Spring	bob@harlow.com	415-302-7960
13	Robert Freinkel	Rock Spring	tamalpais101@yahoo.com	415-608-7938
20	Tim Warden	Alpine Lodge	TimothyEBDAS@yahoo.com	510-773-4034
27	Mark Sapiro	Alpine Lodge	mark@sapiro.net	415-515-8120

Questions: Contact Hike Coordinator,
Maryellen Buckley – 415-713-0903, mebuckley113@gmail.com

