

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

Hike Leader Coordinator: Maryellen Buckley, [mebuckley113@gmail.com](mailto:mebuckley113@gmail.com) or 415-713-0903  
Support: Rani Davadesan, [putri525@aol.com](mailto:putri525@aol.com) or 415-947-5568

The Sunday hike program continues to attract a lot of hikers, a number of hikes are either full or almost full. Please see the Meetup site at <http://meetup.com/CAC-outings> to see what is scheduled and to sign up.

We have also been reaching out to CAC members who either have been hike leaders in the past or are interested in joining the program as leaders. We are also interested in volunteers who might be able to help on hikes as sweeps, helping with any kinds of emergencies that might occur and with setting up for socializing on the back deck.

As we have noted in previous Trails, we continue to explore offering different kinds of hikes- such as slower or less mileage or elevation; more strenuous hikes; hikes for families or teenagers, for example.

**Marabeth Grahame** is now offering a monthly hike which returns to the Homestead Valley Land Trust to explore the changes in the seasons.

Unfortunately, as of this week, we are now again required to wear masks inside the Lodge (consistent with Marin County regulations).

<b>Date</b>	<b>Departure</b>	<b>Hike Leader</b>	<b>Email</b>	<b>Cell Phone</b>
Sept 5	Alpine Lodge	Sue Karp	<a href="mailto:suekarp@prodigy.net">suekarp@prodigy.net</a>	415-367-5050
12	Alpine Lodge	Tim Warden	<a href="mailto:TimothyEBDAS@yahoo.com">TimothyEBDAS@yahoo.com</a>	510-773-4034
16	Mill Valley/Laverne	Marabeth Grahame	<a href="mailto:marabethg@gmail.com">marabethg@gmail.com</a>	415-595-5507
19	Rock Spring	Bob Harlow	<a href="mailto:bob@harlow.com">bob@harlow.com</a>	415-302-7960
26	Alpine lodge	Mark Sapiro	<a href="mailto:mark@msapiro.net">mark@msapiro.net</a>	415-515-8120

If you have any questions, please contact the Hike Coordinator at [mebuckley113@gmail.com](mailto:mebuckley113@gmail.com) or 415-713-0903.  
**Maryellen Buckley, Hike Coordinator**