

Making longer lives, better lives.

July and August 2020 Hiking Schedule

Days, times and facilitators vary

Hikes: All hikes begin at 9 a.m. There will be no carpooling from the Senior Center. Please make sure you plan ahead and get to the trailhead on time. The facilitator will meet you at the trailhead. If you get lost on the way to the trail head, please call the facilitator's cell phone. The facilitator will begin hikes on time unless there is an emergency.

Cancellation: If misting or raining that morning, there is a good chance the walk will be cancelled for safety - even if it stopped raining. Even with a little rain, the trails can become slippery or muddy. When the walk is cancelled there is no make-up scheduled. If the walk is cancelled, we will call registered participants as soon as we can. All the hikes will take approximately 1 ½ to 2 hours, approximately 3-4 miles in length. They might cover sidewalks, river walks, or dirt paths. We probably average 3 mph.

Checklist of Personal Responsibilities

- ✓ I have received medical permission for these hikes.
- ✓ I understand that my choosing to hike is voluntary.
- ✓ I wear foot wear appropriate for hiking stability and comfort, suitable attire and sunscreen.
- ✓ I remain hydrated and nourished.
- ✓ I choose the pace and distance that I can tolerate.
- ✓ I choose the weather conditions I will hike in.
- ✓ I carry ID and emergency information.
- ✓ I protect myself from bug bites, i.e.: mosquitos, deer ticks
- ✓ I acknowledge that whether walking/hiking on dry or wet cement, asphalt, dirt, etc. there is an inherent risk of tripping and/or falling.

Rules

- ✓ All hikers must be senior center members - No exceptions
- ✓ All hikers must complete the health screening online or in person BEFORE the hike departs
- ✓ Hikers who don't feel well are asked NOT to participate
- ✓ All hikers must sign a COVID19 waiver required by Grand Traverse County
- ✓ All hikers must have a reservation in advance
- ✓ All hikers from different households, must maintain physical distance of six feet from others
- ✓ All hikers are asked to adhere to CDC recommendations related to travel. If you have traveled out of the area or had guests from out of the area and engaged in unsafe distancing, you are asked to self-quarantine for 14 days before joining our program
- ✓ All hikers are asked to cooperate with the facilitator and adhere by all safety precautions as directed
- ✓ Wear face covering if able or directed otherwise by physician

Go to our website and click on the [COVID-19 Health Screening and Waiver tab](#) to complete your Health Screening (required for every hike) and the COVID-19 Waiver (one time signature.)

801 E. Front Street
 Traverse City, MI 49686
 Phone: 231-922-4911



E-mail and Website:
 lwells@grandtraverse.org
 www.grandtraverse.org/scn

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July 2020

Date	Facilitator(s)	Level of Difficulty
Tuesday, July 28	Debie Horn 517-582-2161	Easy - Moderate
Miller Creek Nature Trail The 66-acre Miller Creek Nature Reserve can be found behind the Grand Traverse Crossings Mall on South Airport Road. The trails pass through a former red pine plantation, skirt the edges of open meadows, wind through beautiful beech forests, cross boardwalks through cedar swamps, and follow Miller Creek, a tributary of the Boardman River. There is more than one parking area/trail entrance nearby so please park directly behind the Aldi store at Grand Traverse Crossings to hike... Approx 3.5 miles with options to shorten. No water or restrooms available.		

August 2020

Date	Facilitator(s)	Level of Difficulty
Tuesday, August 4	Debie Horn 517-582-2161	
TBD – Election Day		

Date	Facilitator(s)	Level of Difficulty
Tuesday, August 11	Debie Horn 517-582-2161	Moderate
Grand Traverse Commons Natural Area Meet at the trailhead for a 9:00 a.m. start. Park at the Botanic Garden at Historic Barns Park (1490 Red. Dr.) on the old state hospital grounds. Trails go up into the hills. Difficulty: moderate. Water and indoor restrooms are available.		

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Date	Facilitator(s)	Level of Difficulty
Tuesday, August 18	Debie Horn 517-582-2161	Easy
Hickory Meadows Meet at the trailhead for a 9:00 a.m. start. Go to Division St. (US 31 South) and turn right (west) almost immediately on Randolph St. Follow this street to the end. Hickory Meadows is just before you get to the ski hill. This 117 acre property has several trails and we'll do them all. Difficulty: easy. No restrooms.		

Date	Facilitator(s)	Level of Difficulty
Tuesday, August 25	Debie Horn 517-582-2161	Easy
Lost Lake Pathway Meet at the trailhead for a 9:00 a.m. start. This trail is SW of Traverse City in the Lake Dubonnet area. Take US 31 south to Chums Corner. Turn right (west) and drive past the turn (M-137) to Interlochen and continue to Gonder Rd. Turn right (north) on Gonder Rd. and go about 1 mi. Large parking lot on the left just before Wildwood Rd. We will pass water & rest rooms at the campground. This 6.3-mile trail system is broken into 2 loops, the south loop 2.4 miles and the north loop 3.9 miles. Both trails are considered easy. State Park license plate or pass required.		