

Making longer lives, better lives.

September 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 questionnaire online or in person within 24 hours 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

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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Go to our website and click on the [COVID-19 Health Screening and Waiver tab](#) to complete your Health Screening Questionnaire (required within 24 hours of every hike) and the COVID-19 Waiver (one time signature.)

September 2020

Date	Facilitator(s)	Level of Difficulty
Tuesday, September 1	Debie Horn 517-582-2161	Easy
Timbers Recreation Area (Old Girl Scout Camp) - 7997-7825 Timbers Trail TC. From TC go east on N. Long Lake Rd. (don't stop at Moomer's yet) past Long Lake Elementary, turn left/south on Timbers Tr. Stay to the left to enter the parking area. 250 Acre parcel with 2000 feet of Long Lake frontage and 4500 feet of Fern Lake. No restrooms. Difficulty: Easy		

Date	Facilitator(s)	Level of Difficulty
Tuesday, September 8	Debie Horn 517-582-2161	Moderate
Lake Ann Pathway Take US 31 to Chum's Corner. Turn right (west) toward Interlochen. Stay on 31 through Interlochen Corners west to Reynolds Rd. Thru right (north) on Reynolds and continue about 4 miles to the parking lot on the right. East loop is 1.8 miles with a longer option on the west side. State Park plate or pass required , pretty woods. No restrooms. Difficulty: Moderate		

Date	Facilitator(s)	Level of Difficulty
Tuesday, September 15	Debie Horn 517-582-2161	Moderate
Old Indian Trail - 4349 N. Scenic Hwy. Honor, MI. Take M-72 west, turn L/South onto Co Rd 677/S. Benzonia Tr. Go Right/west onto Co Rd. 610/Fowler Rd. turn Left onto M22 S. Trailhead is about 9 miles down on the right. The Old Indian Tr. has two loops of about 2.5 miles. Most trails run through maple-beech forest and there is a short hike through the dunes to Lake Michigan. No restrooms. Difficulty: Moderate. National Park Pass Required.		

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Date	Facilitator(s)	Level of Difficulty
Tuesday, September 22	Debie Horn 517-582-2161	Easy
Pelizzari - 6852 Center Rd. TC. From Front St. take Peninsula Dr. north and keep right onto M-37/Center Rd. Parking area is on the right. The nearly 3 miles of trail meanders through wide open fields & former orchards, quiet forests with giant hemlocks. Difficulty: Easy. No restrooms.		

Date	Facilitator(s)	Level of Difficulty
Tuesday, September 29	Debie Horn 517-582-2161	Easy
High Banks Roll Way From TC drive south on M-37 to Buckley. Turn Left/east at the flashing light to N17, turn right on N17. At road W4 (stop sign) turn left. Continue about 3 1/2 miles straight onto dirt road (do not take paved curve to the left). Parking area is at the end of the dirt road. This is a very scenic part of the North Country Trail so hikers can elect whatever distance they are comfortable with. Difficulty: Easy. No Restrooms.		