

Making longer lives, better lives.

September and October 2019 Hiking Schedule

Days, times and facilitators vary.

Carpooling: If you are able, there may be times that you are asked to drive others. If you are driving yourself, please make sure you plan ahead and get to the trailhead on time. 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.
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- ✓ 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.

September

Date	Facilitator(s)	Level of Difficulty
Tuesday, September 10	Ann Reichert 231-941-0938	Easy/Moderate
Pelizzari Natural Area		
Meet at the Senior Center at 9 a.m. for carpooling and 9:30 a.m. at the trailhead. Up Center Road on the right, on Old Mission Peninsula, before McKinley Hill Road (about 1.6 miles from Front/Garfield). This is an open meadow walk along with woods almost reaching East Bay. There is some elevation and 100 year old Hemlock trees. No restroom facilities.		
Date	Facilitator(s)	Level of Difficulty
Tuesday, September 24	Ann Reichert 231-941-0938	Moderate
Kettles Trail		
Meet at the Senior Center at 9 a.m. for carpooling and 11 a.m. at the trailhead. Explore the newest trail in Sleeping Bear Dunes, the Kettles Trail. The 3 mile trail has some significant slopes through unique glacial topography including kettle moraine terrain with steep hills, valleys, ponds and bogs. bogs, lakes and scenic views. The area is also one of the best areas of the park to view spring wildflowers. Directions: take M-72 west towards Empire for appropriately 14 miles. Continue straight on S Coleman Rd (the corner where M-72 makes a sharp left) and turn left onto Baatz Rd, about 1 mile north of M -72. The trailhead is just west of Fritz Rd. Fritz Rd at Baatz Rd jogs and the trailhead is halfway between the two Fritz Roads. No restrooms. Difficulty is moderate/difficult. A national park pass is required for parking.		

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October

Date	Facilitator(s)	Level of Difficulty
Tuesday, October 1	Ken Beck 313-969-1158	Moderate
Old Indian Trail National Lakeshore Meet at the Senior Center at 11 a.m. for carpooling and 12 p.m. at the trailhead. There are two scenic loops of flat to gently rolling trails, each about 2.5 miles, through a forest of evergreens and hardwoods. The trail leads to a view of Lake Michigan and a wide expanse of low beach dunes. Follow M-72 W to Empire, turn south on M22, after approximately 13.8 miles the trailhead will be on the right, just north of Sutter Road. If you see Sutter Road, you've gone too far. The National Lakeshore charges a visitor's fee of \$20 per vehicle for a seven day pass or \$40 for an annual pass.		