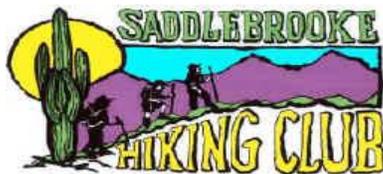


SaddleBrooke Hiking Club

Newcomer's Orientation

General Information



- Newsletters are available via email, online at www.saddlebrooke.org and at the HOA#1 and DesertView fitness centers. Provide an email address to the Membership Coordinator to receive it via email. The newsletter contains hike and program schedules, informative articles, notices, and other club related information.

- Membership is required for SaddleBrooke residents. Members must accompany their guest(s) and all guests will be required to sign a Release Form prior to hiking.

- Call early to reserve a spot on a hike - most hikes are limited in number. Many hikes can be quite difficult due to steepness and/or altitude. Call guide about type of trail, altitude change, and starting altitude if not in newsletter or if you question your ability to do the hike.

Social Hours
Generally held the third Wednesday of each month at the SaddleBrooke Country Club Agave Lounge

Look in the newsletter to verify dates & times



- The time listed for the hike is the departure time. Arrive 10 to 15 minutes before posted time. We meet at the MountainView parking lot.

- The driver donation is a suggested amount and is noted for each individual hike. It is recommended that any payment to the driver be made upon return to MountainView. Some areas require a user/parking fee. Inform guide if you have a pass for the particular area.

Hike Categories

- A hikes: > 14 miles or > 3000 feet climb
- B hikes: > 8 to 14 miles or > 1500 to 3000 feet climb
- C hikes: >4 to 8 miles or > 500 to 1500 feet climb
- D hikes: < 4 to 4 miles and < 500 to 500 feet climb

- Ratings flagged with an "!" indicate special trail conditions that might be of concern to some hikers. Please read the hike descriptions before deciding whether to sign up. Ratings flagged with a smiling face indicate an easier, smoother trail than normal at that rating.

- A tail guide (sweeper person) will be assigned on a hike. That person is at the very back of the group. No one is to get behind them.

Picnics
Held twice annually at nearby parks in conjunction with a Member Meeting

The newsletter will communicate dates & times



- Stay on the trail for ecology reasons, unless bushwhacking is required where there is no trail.

- Carry out what you take in - even apple cores - leave only your footprints.

- When horses are passing, back up and stay on the uphill side of the trail keeping yourself and hiking stick still.

- Snakes/Scorpions - walk around rocks and bushes - not over if possible. Do not put your hand where you can't see.

- Use nature's restroom rather than being uncomfortable. If you are not stopping for a bathroom break, you may not be drinking enough water.

- Keep the person in front of you in sight - let guide know if you are having trouble. The guide should ask how everyone is doing.

- Use good common sense and do not overextend yourself. Know how fit you are today; listen to your body and alert guide ASAP.

- Check with your doctor and know your medical condition/restrictions.

- We stop for viewing and lunch/snacks but we are a hiking club and that is the primary goal.

We look forward to seeing you on future hikes !

Suggestions for Hikers

o Water - drink it! When you begin to take more difficult hikes, take a minimum of 2 quarts. Powdered electrolyte mix or sports drinks replace lost electrolytes. Drink early - water before or at the beginning of a hike is recommended.

o Lunch/snacks - high complex carbohydrates, nuts, trail mix, fig newtons, and other such foods are recommended. Power Gel or Gu are great to have in your pack.

o Carry identification, medication, and alerts.

o Miscellaneous items to have: wide brim hat, sunglasses, bandana, sun block, chapstick, Kleenex/TP, tweezers, fanny pack or back pack, whistle (emergency signal is long/short/long blasts), band-aids, moleskin, ace bandage, emergency blanket, matches (water/windproof), flashlight, insect repellent, camera, binoculars.

o Trekking poles (hiking sticks) are optional. Many members find them very helpful. Flex knees - especially when going downhill.

o Layered clothing works well due to the change in weather conditions possible on hikes. Hiking shorts for warm weather, pants for cold weather or for bushy trails, short or long-sleeved shirt, rain jacket or poncho, fleece jacket or sweater or sweatshirt (zip front is handy). Gloves may be needed on hikes where you will be bushwhacking, rock scrambling or when it is cold.

o Hiking boots are strongly suggested. Toes should not touch the end of the toe box on descents. Hiking boots should be bought in the afternoon - also ask how to tie boots.

o Socks - wool or hiking blends preferred - all cotton may cause blisters. Liners - a thin sock under hiking sock to wick away moisture. Use powder in socks or shoes.

o Places to buy boots and clothing: Summit Hut - great for hard to fit. Also, REI and REI.com, Big 5, and Sports Authority.

o Some people like to bring sandals to change into after a hike, or a change of clothes if you expect to get wet.

Be prepared, well equipped, and safe !