

TRANSFORMATIONAL TREKKING

Train, Trek, Transform!
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Trek Training Important Dates to Put on Your Calendars

Weekly Training Sessions (arrive 15 minutes prior to each session)

Tuesday: 8:00AM – 9:30AM – Yost Park of Edmonds
Tuesday: 10:30AM – 12:00PM – Lower Woodland Park
Wednesday: 10:00AM – 12:00PM – Alternating Parks (see below)
Thursday: 8:00AM – 9:30AM – Lower Woodland Park
Thursday: 10:30AM – 12:00PM – St. Edward's State Park

Wednesday 2-Hour Local Park Training Hikes (arrive 15 minutes prior to each hike)

Sept. 9 – Shoreview and Boeing Creek Parks
Sept. 16 – Ravenna and Cowen Parks
Sept. 23 – Richmond Beach Salt Water Park
Sept. 30 – Golden Gardens
Oct. 7 – Carkeek
Oct. 14 – Arboretum
Oct. 21 – Discovery Park
Oct. 28 – St. Edward's State Park
Nov. 4 – Seward Park
Nov. 11 – Hamlin Park
Nov. 18 – Yost Park
Nov. 25 – Shoreview and Boeing Creek Parks
Dec. 2 – Ravenna and Cowen Parks
Dec. 9 – Japanese Gulch Trail or Meadowdale Park (TBD)
Dec. 16 – Magnuson Park

Bi-Monthly 3-4-Hour Training Hikes: (hike destinations could change due to weather and trail conditions, arrive 15 minutes before the start of each hike)

Sunday Sept. 13 – Cedar Butte - (3.5 miles, 900 ft elevation gain)
Friday Sept. 25 – Dirty Hairy's Balcony - (4.4 miles, 1300 ft elevation gain)
Sunday Oct. 4 – May Valley Loop Trail to Bullitt Fireplace (6.6 miles, 1684 ft elevation gain)
Friday Oct. 16 – Boulder Garden Loop + Douglas Fir Trail to Mount Si trail to Talus Field and back– Starts at Little Si (6.1 miles)
Sunday Nov. 1 – Margaret's Way + Debbie's Lookout (7 miles round trip - 1500 ft elevation gain)
Saturday Nov 21 – Lime Kiln Trail (7 miles 625 ft elevation gain)
Friday Dec 4 – Ravenna Park to Park Trail (7 miles)

*To participate in the group hikes off the I-90 corridor you must bring the 10 – Essentials. Refer to the Bi-Monthly Hike Handout for the 10-Essentials and more.

Zoom Monthly Wednesday Happy Hours 4:00PM-5:00PM

Sept. 16 – Introductions – Getting to know each other!

Oct. 21 – Trekker’s Pumpkin Carving Contest – details to come!

Nov. 18 – Gratitude Attitude – what have you been thankful for during these COVID-19 times? How are you celebrating Thanksgiving in the time of COVID-19?

Dec. 16 – Season ending review and celebration!