JOIN US FOR A LINCOLN NATIONAL FOREST INTERPRETIVE HIKE/ACTIVITY

Summer 2016

Hikers must sign up for specific hikes/activities ahead of time by coming to the Sacramento Ranger District Office or calling the office at 575-682-2551. **If you have signed up for a hike/activity and find that you cannot attend, please notify the office as soon as possible so someone on the waiting list can participate.**

FOR EACH HIKE, HIKERS WILL FIRST MEET AT THE SACRAMENTO RANGER DISTRICT OFFICE located at #4 Lost Lodge Rd (on Hwy 130, 1 mile south of Hwy 82) AT 8:30 A.M *unless stated otherwise on the schedule* (such as the May hikes that begin at 8:00 to avoid the heat at lower elevations and the August 20 hike which has a longer drive to the trailhead).

After a brief orientation at the district office, hikers will provide their own transportation to the trailhead. **Please do not drop someone off at the district office and leave, as they will then have no way to get to the trailhead.** If you are picking someone up at a trailhead after the hike please try to estimate their return time and be there waiting, as the volunteers will not be able to take them back to the district office when the hike is over.

Hikers must:

- -Wear appropriate hiking shoes— no flip flops
- -Come prepared with any needed supplies (water, a snack, rain gear, …) and appropriate clothing
- -Provide their own transportation to and from the trailhead
- -Be accompanied by a parent, guardian, or responsible adult if under age 16
- -Be in good enough physical condition to complete the hike and keep up with the group at a moderate pace
- -Be prepared to carry young children if they are unable to complete the trail. Rough trail surfaces are not suitable for use of strollers.
- **-Participate in a Tailgate Safety Meeting and sign the Tailgate Safety Meeting form PRIOR to the hike.**

Groups will be limited to 12 hikers. An individual's participation is at the discretion of the hike leader. If the hike leader feels that the individual is not prepared or physically fit enough to complete the hike or has not participated in or signed the safety meeting form, then he/she may be ask not to participate.

There are no restrooms or trash containers on the trails. Please plan accordingly.

No pets, smoking, or alcohol are allowed on the guided hikes/activities.

Hikes are **subject to cancellation due to inclement weather, forest closure, or other unforeseen circumstances**. Call the district office to check on the status of a scheduled hike or upcoming hikes.

Most hikes will take 2 1/2 to 3 hours (not including orientation and travel time to trailheads) depending on the physical condition and age of hikers, number of rest stops, etc. The August 20th hike/tour will take 5 to 6 hours and includes a break for lunch (hikers provide their own lunches).