



Hearthstone Hikers Club General Information

- Regularly scheduled hikes are on the **2nd and 4th THURSDAY** of each month (Except during break periods, in July & December.)
- \$10.00 for members/\$15.00 for non-members. Registration fee includes transportation. (Fees do not include additional activities or lunch.)
- Transportation is pre-approved for the big bus/small bus whichever is needed.
- All hike departures are from Central Park (2300 Keith Bridge Road) at approximately 8:00 AM. (Times can vary depending on where and how far the trail is.)
- Parking lot is located on your left at the top of the hill (past the tennis courts) then turn right into the parking lot near the big old Oak tree.
- Please check your email the day before your hike for specific hike information. (Including lunch specifics, restaurant or picnic, trip departure and return times, and trail details.)
- Please call 770-781-2178 press option #3 or stop by Hearthstone site to register for hikes.
- Inclement Weather – hikes may be cancelled due to weather projections. The cancellation will be made no later than 3:00 PM the Wednesday prior to the hike. (With approval hikes may be re-scheduled at another time with-in that season or next season).
- Hikes may be cancelled or changed due to trail and other real-world conditions.
- Questions? Please call Hearthstone Lodge at 770-781-2178 press option #3 or email Rane Pattison at rapattison@forsythco.com.
- *Always remember to hike safe – layer clothing, bring water and be aware of your surroundings!*

Interested in leading a hike? Lead Hiker Responsibilities

- 1.) Survey the hiking location with a pre-hike within 7-10 days before the scheduled hike.
- 2.) Map directions for the driver.
- 3.) Make sure there is ample big/small bus parking and inquire about parking fees and/or permits.
- 4.) If hike is a point to point hike the bus driver must have specific drop off and pick up point directions.
- 5.) Check out pre-planned lunch location (picnic or restaurant?) If eating at a restaurant lead person is responsible for ensuring big/small bus parking.
- 6.) Hike Leader must be in contact with Rane regarding potential weather hazards or any last minute changes.
- 7.) Rane is always available to help with any planning or questions!

We look forward to seeing you on the trail!

Tips for safe hiking

- 1.) Start out slowly, gradually increasing your pace and distance traveled.
- 2.) Let the slowest person in your hiking party set the pace.
- 3.) Plan the trip ahead of time and assign tasks that people enjoy.
- 4.) Take turns leading the group and share decision making responsibilities.
- 5.) Hike only on marked trails in wilderness areas.
- 6.) Hike in groups.
- 7.) Leave your itinerary with a friend or family member. Don't forget to check in!
- 8.) Mountain weather is generally cooler, cloudier and windier than lowland areas. For every 1000 feet the temperature often drops three to five degrees. Thunderstorms are more likely to happen in the afternoons.
- 9.) Wear sunglasses and a hat or visor when you hike.
- 10.) Always bring sunscreen.
- 11.) Develop an emergency plan before you start your trip. Make sure everyone knows what to do if they become lost.
- 12.) Carry a whistle.
- 13.) Take frequent rests or vary your pace to recover from strenuous activity spurts. A steady pace works best.
- 14.) Drink plenty of water.
- 15.) Pack carbohydrates – energy bars, candy, fruit and nuts all provide an instant pick me up on the trail.
- 16.) Bring a 1st aid kit tailored to your outing.
- 17.) Dress in layers – synthetic fibers trap warm air and wick body moisture away. Cotton can be deadly in cold conditions.

What should I bring?

- 1.) Phone, map or guidebook
- 2.) Water & snacks
- 3.) Pocket Knife
- 4.) Flashlight
- 5.) Insect repellent
- 6.) Compass (If you know how to use one!)
- 7.) First aid kit, hand warmers
- 8.) Sun protection (Sunscreen, lip balm, hat with visor, sunglasses.)
- 9.) Toilet tissue (in plastic bag)
- 10) Proper footwear and poles or walking stick