



## Forsyth County Senior Services

### Hikers Club General Information

- **Hike Schedule:** Regularly scheduled hikes are on the **2nd and 4th Wednesday** of each month except during break periods, in summer and December.
- **Registration:** \$20 for members/\$25 for non-members. Activity fee includes transportation. Fees do not include additional activities or lunch. Household discount available, ask staff for more details. Call (770) 781-2178, visit our website or stop by to register.
- **Departure:** Hikes depart from Central Park (2300 Keith Bridge Road) or Sexton Hall (2115 Chloe Road) at approximately 8:00 a.m. Times can vary depending on trail location.
  - **Central Park:** 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.
  - **Sexton Hall:** Please park away from the building to reserve closer spots for people utilizing the facility during the day.
- **Pre-Hike Information:** Please check your email the Monday before the hike for hike information including hiking gear specifics, lunch information, trip departure and return times, departure location and trail details.
- **Attire:** Proper hiking attire and footwear are required for all hikes. Hiking poles are recommended for moderate to strenuous hikes, no walking sticks.
- **Hike Cancellations:** Hikes may be cancelled due to weather projections, trail conditions or other reasons. The cancellation will be made no later Tuesday at noon.
- **Questions?** Please call Senior Services at (770) 781-2178, option 2 or email Rane Pattison at [rapattison@forsythco.com](mailto:rapattison@forsythco.com).

### Hike Rating Scale

**Easy Hike:** Great for newcomers who are ready to move. Distances up to 4 miles, elevation change of less than 500 feet and paved or compact surfaces.

**Moderate Hike\*:** Participants should be experienced hikers ready for a challenge. Distances of 3-5 miles, elevation changes up to 1000 feet and flat to uneven surfaces.

**Strenuous Hike\*:** Participants should be in good physical condition and should be experienced hikers. Distances of up to 6 miles, elevation changes up over 1000 feet and flat to uneven surfaces.

**\*Participants who want to join a moderate or strenuous hike must complete a Qualifying Hike.**

*We look forward to seeing you on the trail!*

Center at Charles Place | Sexton Hall Enrichment Center

2115 Chloe Rd. | Cumming, Georgia 30041 | (770) 781-2178 | (770) 781-2149 fax | [forsythco.com/seniors](http://forsythco.com/seniors)