



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HIKE WITH FRIENDS

## Hiking Club

### JOIN US ONE SATURDAY EACH MONTH FOR A BEAUTIFUL AND LIVELY HIKE!

This program is for anyone who loves a brisk walk, hills and being outdoors with wonderful friends! Please bring water, a cap/visor and sturdy walking shoes (trail running shoes or light hiking boots are recommended—the footing is often uneven).

### UPCOMING 2016 HIKING DATES

**April 9 • May 7 • June 18** – Almost-Full-Moon Hike.\* It's all about the moon!

**July 23 • August 13 • September 17** – Shore-to-Shore hike\*\*

**October 1 • November 5 • December 3**

\*The June Almost-Full-Moon Hike departs at 5:00 pm from the YMCA.

\*\*The September Shore-to-Shore hike departs at 2:30 pm from the YMCA. The Y bus will drop us off at Torrey Pines Reserve and we'll walk on the beach to La Jolla Shores. The bus will take us back to the Y after a fun picnic at La Jolla Shores. You **MUST** sign up for this hike to reserve your spot on the bus. The fee for this hike is \$10 members, \$15 non-members.

**FREE for members • Non-members pay the appropriate day use fee.**

Most hikes will depart from the YMCA at 8:00 am, but put yourself on the hiking mailing list to receive information about each month's hike. Some hikes leave at different hours. We usually travel to a trail within an hour of the YMCA, and the hikes are about 1.5 hours long. Participants on the "hiker/walker" email list will be sent a notice the week before each hike with details about the upcoming hike and directions to the trailhead. To join this confidential list, please contact Sue Grant.

**For more information, or to join the email list, please contact Sue Grant at 760.942.9622, ext. 18040, or [sgrant@ymca.org](mailto:sgrant@ymca.org).**

