



Creekside Christian Church Women's Hiking Club

2017 Hiking Schedule

Destination, Dates and Details of Hikes Are Subject to Change

Hike Date	Trail	Miles	Difficulty
Apr 22	Auburn Regional Park [Auburn]	5.6	Moderate
May 20	Audubon Canyon Trail [Pt Reyes]	5	Challenging
Jun 17	Winnemucca Lakes Trail [Strawberry]	4	Strenuous
Jul 22	Loch Leven Lakes Trail [Yuba Gap/Big Bend]	3	Challenging
Aug 19	Jenkins Lake Trail [Sly Park]	5	Moderate
Sep 16	Smittle Creek Trail [Lake Berryessa]	4	Moderate
Oct 28	Audubon Trail [US Davis]	4.4	Easy

Easy - little or no elevation changes | distance 4.5 miles or less

Moderate - moderate elevation changes | distance 6 miles or less

Challenging - elevation changes that make the heart rate go up, yet not so strenuous as to create difficulty for someone in reasonably good health | distance 8 miles or less

Strenuous - elevation over 7,000 feet or substantial elevation changes or distances of 9 miles or more

For more information or to be added to the email list, please contact Karen at karens@fbceg.org. Details for each hike are sent out about 1 week prior to each hike and RSVPs are requested for each hike. Children are welcome as long as they don't slow the group down; men are welcome as long as they don't jeopardize propriety guidelines.



In His presence there is fullness of joy!
Psalm 16:11