

“Theamata” (things to be seen) Hikers – July 2008 Schedule
(Meet outside the Akasaka Recreation Centre, Hoppe Avenue, Grande Cache)

Date	Departure Time	Trail
Sat. July 5 th	9:00 am	* Grande Mountain (17.4 km, 5 – 6 hours, 2520 ft gain) – Lunch at the top
Sat. July 12 th	9:00 am	* Ambler Mountain (7.6km, 4 – 5 hours, 1250 ft gain) – Lunch at the top NB**4-wheel drive may be needed to go up Beaver Dam Road. If you don’t have a 4-wheel drive vehicle, please call to ensure you get a ride.
Sat. July 19 th	9:00 am	* Mount Louie (13km, 4 – 5 hrs, 2375 ft gain) – Lunch at the top
Sat. July 26 th	9:00 am	* Goats Cliffs (7 km, 4 – 6 hrs, 2690 ft gain) – Lunch at the top

* Weather and trail condition permitting

* Destination may change depending on trail condition or availability of person guiding the hike

- Waiver form will need to be signed on your first hike with the group. It will be available from the hike leader.
- Dogs are welcome **however** they must be on a leash at mealtimes.
- **You are responsible to carry adequate water & food, and wear appropriate clothing & footwear**
- You are responsible to provide or make arrangements for your own “appropriate” transportation (i.e., 4-wheel drive on some hikes). Limited car pooling may be possible.

For more information, please call or email

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