

THE HIKER

OUTINGS SCHEDULE— Summer 2019

DATE(S)	PLACE	TYPE	LEADER(S)	SD	NC
July 6	San Jacinto via the Tram Moderate/strenuous day hike to peak. Distance: 11 miles, Gain/Loss: 2,300 ft	DH	Chuck Banker	June 10	June 12
July 13	Kayak - Liberty Station 2 hour paddle, starting and ending at Point Loma's Liberty Station. Lunch afterwards.	Adv	Rhonwyn & Cookie	July 8	July 10
July 21 Sunday	Rose Canyon Open Space Park Easy 5 mile loop in the heart of UTC that offers sage scrub & chaparral an oak woodland and a rare riparian habitat. Lunch at Leucadia Pizzaria on Regents road afterward.	DH	Nora Crist	July 8	July 10
July 27	Coronado Hike 6 Mile walking tour around scenic Coronado Island. Lunch afterwards.	DH	Lynda Fouts	July 8	July 10
August 3	Founder's Day Annual Picnic Enjoy good friends, food, drink and a swimming pool.	Party	Dan and Marlene Kestly	July 8	July 10
August 10	Mt. Woodson Mt. Woodson/Potato Chip Rock via Fry-Koegel Trail is a 7 mile out and back trail - rated as moderate. +/- 1624 ft.	DH	Frank Cannataro	July 9	July 11
August 17	Murals of La Jolla 3.25 mile easy urban hike to view 13 murals painted on buildings along the route.	DH	Lynda Fouts	Aug 12	Aug 14
August 24	Las Pulgas to San Clemente 27 mile bike ride along the coast with lunch near the San Clemente Pier	BR	Rhonwyn Curtis-Nicholson	Aug 12	Aug 14
August 25 Sunday	Black's Beach Hike Cookie's annual summer beach hike. Plus or minus 7 miles, 330' descent then relatively flat; lunch afterwards	DH	Cookie Cairnes	Aug 12	Aug 14
Aug 29-Sept 1	Labor Day Backpack - Kearsarge Pass A moderate to strenuous 2600' elevation gain in 4.7 miles from Onion Valley to Kearsarge Pass and another 1 mile to Kearsarge Lakes. Two day hikes on the JMT/PCT.	BP	Fred Goossens/Tony Devine	Aug 12	Aug 14
Sept 8	San Diego Zoo Walk Easy 4-5 miles with lots of exotic plants and animals along the route. Lunch at Alberts in the park	DH	Nora Crist	Aug 12	Aug 14
Sept 15 Sunday	Bike Ride - Coronado to Imperial Beach 25 mile bike ride mostly on the Coronado Strand bike path with lunch in Coronado after the ride.	BR	Tony Devine	Sept 9	Sept 11
Sept 21	National Cleanup Day An opportunity to take action and clean up a local outdoor space. Exact location and time TBD.	Adv.	Nora Crist	Sept 9	Sept 11
Sept 22 Sunday	Del Mar Mesa Preserve 4.5 mile moderate hike on a flat mesa home to some vernal pools	DH	Rhonwyn Curtis-Nicholson	Sept 9	Sept 11
Sept 28	Upper Santa Ysabel Truck Trail to Sutherland Dam Approx 11.5 miles to Dam, ~1500 ft elevation gain along undulating trail with beautiful views and diverse habitat.	DH	Sue Burchett/ Mary Hart	Sept 9	Sept 11

Please call the Leader to cancel whenever you are signed up for a hike and cannot make it.

If you are on the waiting list, it is your responsibility to call the Leader to confirm. The Leader will not call you.

Please share the cost of gas when carpooling.

BP-Backpack, CC-Car Camp, DH-Day Hike, SD-San Diego Chapter, NC-North County Chapter, EH- very early morning hike, Adv Trip-Adventure trip, BR-Bike Ride