

LWVA Hiking Club



The **LWVA Hiking Club** was formed in the fall of 2008 for residents and friends who want to enjoy an outdoor event each month, and to augment the many Lansdowne walking trails with more challenging hikes in the many parks and hiking sites in the surrounding Washington Metropolitan area.

Depending on the locations hikes will have varying degrees of difficulty.

- **Easy hikes** are usually flat, easy walking, of a distance ranging from 3 to 6 miles. Many of these hikes may be tailored by the hiker to shorten the distance. For example: We may have a group that hikes 6 miles and a group that hikes 3 miles. Typical Easy hikes are the C&O Canal (White's Ferry, Great Falls, MD and Monocacy Aqueduct), Burke Lake and Huntly Meadows Park.
- **Medium hikes** have some up and down hills (elevation changes) and distances of 4-5 miles on paths that may be in the woods and curvy. Typical Medium hikes are Blue Ridge Center for Environmental Stewardship, Riverbend Park, and Wild Cat Mountain.
- **Moderate hikes** have elevation, rougher trails, may be somewhat rocky, distances of 4-5 miles. Hiking sticks are suggested. Typical Moderate trails are Sky Meadows, Sugar Loaf Mountain, Hollow Brook Trail (860ft of elevation), and Great Falls Park.

Après Hike: A real high-light of every outing is the "Après Hike", where the club gathers at a restaurant near the hiking area for lunch and discussion of the hike. Some even say that the club is really a gourmet group that hikes just to work up an appetite for the lunches.

Logistics: We recommend that hikers wear appropriate hiking attire and good shoes. Although most of the trails are wide enough to allow shorts in summer, good solid walking/hiking shoes are always recommended. Also, walking sticks are very effective where there is elevation, rough trails and most importantly for maintaining balance. The Club uses the "buddy system" meaning that no one is permitted to hike alone, and we have a Cell phone list of all hikers so we can keep in contact. **Also, there are no dues, but the club asks that the riders in the car pool contribute \$2.00 to the drivers for gas and tolls.**

Hike Locations: The club carpools from 30-60 minutes to travel to one of the many hiking sites in the 4 state area (VA, MD, WVA, & WDC). We meet at the lower entrance to the LWVA clubhouse and drive to a location to hike from 3 to 6 miles over paths and trails ranging from easy to medium to moderate in degree of difficulty. Some of the hiking areas will be versatile enough to allow both Easy and Medium or Moderate hikes. That information will be part of the hike announcement.

Times: The Club hikes on the 3rd Saturday of each month at 8:30AM (Summer) or 9:00AM (Winter)

For more info go to: http://www.lwva.org/link/linkshow.asp?link_id=452760&assn_id=20750

If you are interested in joining the Club, or want additional information, please contact one of the following:

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