

Outing Details:

- The main meeting place is the Apple Bowl Stadium parking lot on Burtch 15 minutes prior to the start of the activity.
- Alternate meeting places may be available for some of the activities; these are outlined in the description for the activity.
- Carpooling is recommended for environmental concerns and cost. Suggested driver contributions are outlined in the description for the activity.
- It is the personal responsibility of each participant to ensure that they are physically fit for the field conditions that exist and for any unexpected conditions that may occur and be able to keep up with their group.
- Members and guests are responsible for their own medical requirements including medications. If anyone has a special medical need/requirement that others should be aware of, it is their responsibility to share that information with the leader before the activity. Activity leaders are **not** responsible for a participant's medical needs.
- It is the exclusive right of CONC leaders to refuse to allow anybody in their activity if, in his or her opinion, the participant is inadequately equipped or physically unfit.
- Further hiking- and cycling-specific details are below.

Hiking-specific Details

- The hikes are rated using a three-character code, an uppercase letter followed by a number, followed by a lowercase letter. The first refers to cumulative elevation gain. The second refers to the distance walked. The third relates to the trail surface.
- Bring water and your lunch, and appropriate clothing for the day. Hiking footwear with good tread is **mandatory** and hiking poles are recommended. Bring rain gear depending on the forecast. And don't forget to bring adequate first aid supplies.

<u>ELEVATION GAIN:</u>	<u>DISTANCE:</u>	<u>TRAIL SURFACE:</u>
A = Less than 300 m	1. = 10 km or less	a = Easy walking. All/mostly level paths
B = 300 m to 600 m	2. = 10 km to 20km	b = Paths can be narrow with some uneven terrain
C = 600 m to 1000 m	3. = 20 km or more	c = Obstacles in paths and/or uneven terrain. Steeper grade requiring agility

		d = Very Steep, insecure footing. Long hike. Good physical condition needed
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Hikers are responsible for checking the website for changes prior to leaving home to go to the meeting place for the hike.

Cycling-specific details

- Cycling trips are rated using a three-character code, an uppercase letter followed by a number, followed by a lowercase letter. The first refers to cumulative elevation gain. The second refers to the distance ridden. The third relates to the surface conditions.
- Bring water and your lunch, and appropriate clothing for the day. Bring rain gear depending on the forecast. And don't forget to bring adequate first aid supplies, both for you and for your bicycle.

Cumulative Elevation Gain: (total of all the ups) A = Less than 300 m (1,000 ft.) B = 300 to 600 m (2,000 ft.) C = 600 to 900 m (3,000 ft.)	Distance Ridden: 1 up to 30 km. (20 mi) 2 30 to 60 km. (40 mi) 3 more than 60 (more than 40 mi)	Surface Conditions: a = Generally paved b = Gravel or dirt
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Hikers and cyclists are responsible for checking the calendar on the CONC website for all activity details including start times, locations, and descriptions. Emails will only be sent out if unforeseen circumstances force an activity location either to be changed or cancelled unexpectedly – e.g. heavy rain or a forest fire. Note – the calendar on the website will reflect these changes. Details for some of the activities may be minimal but these details will be updated on an ongoing basis.

Calendar Details

- The number 8 or 9 shown before the name of the activity on the calendar is the start time for the activity.
- Click on the name of the activity to view the “when”, “where” and “description” details for the activity.

- If the “where” details of the activity has an associated **map**, clicking on the map will illustrate the vicinity for the start of the activity.
- Clicking on this icon on the left side of the map  and entering “Apple Bowl Stadium” will display the directions, driving distance and driving time to the start of the activity. (Note – this feature is not available for all the activities.)