

Guidelines for Hiking with the Carriage Park Ramblers

1. We schedule hikes every week of the year. Hikes are scheduled on Tuesdays. The first hike of the month is Easy or Easy-Moderate, and usually suitable for beginning hikers. (Note that these are still *hikes*, not *walks*.)
2. All Carriage Park residents and lot owners, as well as relatives and guests, are welcome to join us on our hikes. The only formal requirement for participation in Ramblers hikes is the expected ability of the hiker. See 10 below.
3. Hike leaders are responsible for planning their hikes, scouting the hikes a week or more prior to the hike (usually with other leaders), and sending a hike announcement to interested residents. During the hike, the leader will have maps, a first aid kit, emergency satellite communicator, and other associated equipment necessary to assure that each hike can be completed safely and efficiently.
4. Our hike schedule is listed in the CPHA website Calendar. Normal meeting time for all hikes is 8:20am to leave promptly at 8:30am.
5. We meet at the Clubhouse parking lot (upper end) for optional carpooling to our hike destination.
6. All hikers must sign the Personal Liability Disclaimer Form prior to each hike. This form will be circulated by the hike leader at the Clubhouse parking lot before departing for the hike.
7. Each hike leader will email a hike announcement a week or so prior to their hike. Please read this announcement carefully as it may contain additional information for that particular hike. You can always call the hike leader on questions regarding that hike.
8. Our hikes are rated as: Easy, Easy-Moderate, Moderate, Moderate-Strenuous, Strenuous or Very Strenuous. Ratings are objectively based upon distance and elevation change, and subjectively based on terrain, trail conditions and other such factors.
9. Choose your hikes carefully, based on your own abilities. Hiking on mountain trails is not a walk in a park; footing is sometimes difficult, and ascents may be steep! If you're not an experienced hiker, it is strongly recommended that you prepare for participation with the Ramblers by regular walks in Carriage Park. When you are able to complete one lap around Carriage Park Way, a distance of 2½ miles with an elevation change of about 500 feet, you are probably ready to participate in moderate hikes. Strenuous hikes generally require a higher level of fitness.
10. The hike leader is authorized to refuse to allow any person to participate in a Ramblers hike if the leader determines that person is inappropriately equipped or physically unable to complete the hike. If you have questions about your readiness for a hike, contact the leader prior to the hike.
11. Always pack a lunch unless the hike announcement indicates something different (such as visiting a restaurant after the hike). It is essential to bring an ample supply of water, especially in warm weather; inadequate hydration can lead to a multitude of troublesome symptoms!
12. Always wear proper hiking gear, including hiking boots — sneakers are strongly discouraged because they offer little support. Sandals are never allowed. Due to the uncertainty of weather conditions in the mountains, it is advisable that all hikers carry rain gear.
13. Hiking poles are recommended for those that need them. Many hikers find that using one or two hiking poles improves their balance and helps to prevent falls and injuries.
14. Optional equipment: Cameras or cell phone – most hikes offer photo opportunities. GPS, compass and maps – the leader is responsible for navigating the trail, but other hikers may want to monitor progress and location. Whistles – Leaders and sweeps are expected to have whistles for communication purposes, but other hikers sometimes find it useful to signal the group about problems.
15. Sunscreen and insect repellent are suggested according to each hiker's sensitivities.
16. On the trails, always stay behind the hike leader and in front of the sweep. At his/her discretion, the leader may give permission for one or more hikers to take the lead. When someone is injured or cannot maintain the group's pace, the sweep and/or other designated hiker(s) will accompany that person according to the leader's recommendations.

17. We stop at restrooms prior to the start of the hike whenever possible. During the hike, we will take restroom breaks (called “trail breaks”) as requested.
18. No pets are allowed on our hikes.
19. Tobacco and alcohol are not permitted on our hikes or during the ride to/from the trail head.
20. Firearms and other weapons are not permitted on our hikes and cannot be transported to/from the trail head.
21. Unless you receive an email from the hike leader canceling the hike, we will meet at the usual place and time stated in the announcement. If the weather looks questionable for that day’s hike, a “go/no-go” decision will be made at the Clubhouse parking lot that morning. Please do not call the hike leader regarding weather cancellations.
22. As a courtesy to those driving to/from the trail head, please bring a change of shoes for the ride back to Carriage Park.
23. **Ride Sharing Policy:** Each rider will pay his/her driver \$5 to help defray the costs of fuel and other vehicle operating expenses.
24. **Emergency Satellite Communicator:** All regular (once a month or more frequently) hikers are expected to contribute to the annual subscription of this important component of Ramblers hikes. The amount is usually \$5-\$10 per hiker per year.

This is a **fun** hiking club, so come out and join us and enjoy this beautiful area we live in.

Jay Frank, Hike Coordinator
Carriage Park Ramblers
828-696-4333
jayfrank39@gmail.com

Updated: Oct. 5, 2022