

Guidance for Choosing a Monday Hiking Group

Although it is not a BWAG practice to exclude anyone from a hike of their choice, consideration for everyone's safety and well-being is definitely important while on the trails. Since the Monday TrailSeekers have multiple hiking categories, these guidelines are recommended for your consideration and are in the best interest of those choosing to hike with the Monday group. BWAGs are responsible for using all of the information provided (and any other info available) to make the best determination for a safe and fun outing for everyone!! The groups that hike on Tuesdays often do not plan hikes in advance, so new members should contact the Tuesday coordinators for more details before participating with those groups.

Information on the Monday summer schedule (see note below) and weekly hike summaries attempt to indicate the skill level necessary for each trail. Each hike is assigned a relative difficulty rating based on a combination of length of hike, pace, elevation, elevation gain and average gain in ft/mile. To assist in determining which of the Monday hiking groups initially best fits your hiking interest and ability, general attributes have been summarized below. Anyone new to hiking or unsure of their stamina level is strongly advised to start with the short group. A recommendation for others having trouble on the hikes is to try moving one group (or hike difficulty) down until they get a better idea of the level of hiking that is the best fit for them as part of the group. Keep in mind that even though the same hike may be on the schedule for more than one group, the higher-level group usually goes at a faster pace.

SHORT group: normally up to 4 mile hikes with an early afternoon finish, typical drive time is 20 min-1 hr; low to high elevation gains but a shorter distance and a slower pace (~1-2 mph)

MEDIUM group: normally between 5-8 mile hikes with a mid-afternoon finish; typical drive time is 30 min-1.5 hrs; medium-high elevation gains at a medium pace (~2 mph)

LONG group: normally 9-14 mile hikes with more elevation gain; pace will be moderate (~2-2.5 mph) across the length and elevation of the hike; hikes are normally all day with a typical drive time of 30 min-2 hrs

**** NOTE:** the Monday hiking schedule distributed in May and posted at bwags.org is created in the spring and some details may change during the hiking season based on weather, trail conditions, etc. **The initial schedule will not be updated when there are changes during the hiking season.** Therefore, it is important to get on the weekly Monday hike summary distribution list to get the current/updated information if you plan to participate on the Monday hikes (contact Debi @ debiherren@gmail.com).