

Info for Tuesday Hike Leaders and Others

POSTING YOUR HIKE

Mary Moriarty is the Tuesday hike email communicator. She sends hike information to the Tuesday email list. Prior to Covid 19 she also posted your hike online. Now you will be responsible for posting your own hike.

CONTACTS

Chief E-mailer: Mary Moriarty, mmoriarty@crocker.com 413-534-1320

Winter Coordinator: Deb Shea, wgarchives@aol.com 917-902-1712

Spring Coordinator: George Leary, geleary@comcast.net 203-943-9461

Summer Coordinator: Kathy Martin, katmartin@comcast.net 413-977-9112 or 568-5078

Fall Coordinator: Peggy McLennan, pmclennan2@verizon.net 413-568-2199

HIKE DESCRIPTION TEMPLATE

Description:

- Date and location
- Description of the hike: where it begins and ends, mileage, terrain (steep, rock scramble, wet, rolling, along a ridge, lots of ups and down, flat, forested, etc.) and elevation change
- Whether it is a car spot or loop hike
- May include brief items of interest
- Approximate time hike will finish
- Link to online map if available
- Photo of the hike if available

Requirements: Use attached boiler plate.

Rating: Use the new AMC scale to rate your hike.

*A new rating scale is going into effect beginning in January 2020. The information on the new scale is below but for most Tuesday hiking the rating will be **EASY or MODERATE**. We will no longer use the number and letter system.*

Meeting Time and Place: Time and location of the meeting place.

- GPS Coordinates. To find the GPS coordinates, find the location on Google maps. Right click on it. A short menu appears, click "What's here?" The street address and GPS coordinates appear. Copy and paste under Meeting Time and Place.
- For a Show and Go Hike the GPS location is for the physical location where you are meeting and that might not be where you are hiking.

Directions to Meeting Location: Driving directions from a well-known location. Since many people use online maps and GPS to locate the hike, include a searchable destination nearby and give directions from that location. If you need help, contact the coordinator.

Leader: Leader's and co-leader's names (if any) and phone number and/or email.

Cancellation Policy (Boiler Plate cut and paste): If the hike is canceled, individuals on the Tuesday Hiker email list will be notified by 7 a.m. Call the leader if there are any questions.

HIKE DAY

1. Include in your trail head talk that we stop at all intersections, that we stay together so the leader can usually see the sweep, that we take separation breaks, a snack break at around 11 am and a lunch break. Ask to inform leader privately of any medical concerns.
2. If it's cold, keep the trail head talk, introductions, and counting off brief. Delay announcements until the group has had a chance to warm up.
3. Do not assign a slow hiker to be sweep. Use a strong hiker, preferably a leader.

REQUIREMENTS

TEMPLATE INFORMATION >>>> CUT and PASTE INTO YOUR DESCRIPTION

Fall: Come prepared to have fun!! Please wear warm socks and proper footwear (sturdy, closed-toed shoes, waterproof hiking boots are the best choice), bring snacks and lunch, water (a liter or two should be enough for the average hiker), rain/snow gear (if forecast calls for precipitation), and hiking poles if you use them. Dress in layers. Avoid cotton as it does not dry once wet.

Winter: Come prepared to have fun!! Please wear warm socks and proper footwear (sturdy, closed-toe shoes, waterproof hiking boots are the best choice), bring snacks and lunch, water (a liter or two should be enough for the average hiker), rain/snow gear (if forecast calls for precipitation), and hiking poles if you use them. Some folks like to wear gaiters, others enjoy wearing waterproof or snow pants when the snow is deep. Dress in layers. Dress for cold weather (hats, gloves, etc.). Avoid cotton as it does not dry once wet. When there is snow or ice on the trail, **MICRO-spikes or snowshoes are required**. Please contact the leader if you do not have all the equipment or need information on trail conditions. **During the month of December some hiking locations are open for deer hunting, wearing bright colors or hunter's orange accessories help make you clearly visible.**

Spring: Come prepared to have fun!! To protect your feet and add traction please wear proper footwear (sturdy, closed-toe shoes, hiking shoes if you have them, and as trails are often wet this time of year waterproof hiking boots are recommended), snacks and lunch, water (two liters should be enough for the average hiker), rain gear (if forecast calls for precipitation), and hiking poles if you use them. Dress in layers. While mornings are cool, the exertion will soon warm you up. Avoid cotton as it does not dry once wet. A hat, sunscreen and insect repellent are always useful!

Summer: Come prepared to have fun!! To protect and cushion your feet, please wear proper footwear (sturdy, closed-toe shoes, hiking shoes if you have them), snacks and lunch, water (two liters should be enough for the average hiker, three liters on hot humid days), rain gear (if forecast calls for

precipitation), and hiking poles if you use them. Dress in layers. Avoid cotton as it does not dry once wet. A hat, sunscreen and insect repellent are always useful.

GENERAL INFO

While this language was specifically written for our Show and Go hikes you will find it useful for all your hikes. It can help you effectively communicate with participants. Otherwise, leaders would be flooded with phone calls or emails.

You can always add to the requirements if you are doing something that does not fall within these generic guidelines. If it is a birdwatching hike you must request binoculars or if journaling hike, paper.

While the requirements seem lengthy and commonsense, remember that we are constantly adding novice hikers. Many do not know what they need to have an enjoyable hike.

If you are stopping during the hike to see something or get a sweet or ice cream, put that in the description not the requirements section. The hiker can factor the extra time into their hike expectations. And if they choose to do so, they will bring what is necessary, such as money, to participate.

If you are offering an after-the-hike-is-over activity, such as swimming, eating lunch, getting ice cream, visiting a garden, etc. indicate that it is an optional activity in the description section. Add as much detail as you want such as a menu, or website. It is up to you. Informing folks up front will allow participants to make informed carpooling decisions.

Appalachian Mountain Club Activity Rating System

Appalachian Mountain Club (AMC) activities are rated using a scale of six levels described below. Consult the participant information or trip posting for details including the intended group pace and equipment requirements. Refer to the tables that follow the general descriptions for the miles, speed, and, when applicable, elevation gain. Note that any individual activity may be rated higher by the leader than the tables indicate for several reasons, such as a short distance but very difficult conditions (terrain, steepness, or exposure) or a much longer distance over easier terrain. Activities may also be rated lower at the leader's discretion if instruction in the activity discipline is among the objectives of the program. Some direct experience in the trip activity is required for vigorous and strenuous levels, especially if there are technical skills needed for the activity. This experience threshold may be met at the leader's discretion for hiking and backpacking programs if the participant is able to provide examples of recent similar experience and adequate fitness to participate in a group activity.

1. **Accessible:** Suitable for stroller, wheelchair, or other wheel assisted travel. Paved, hardened gravel, or ADA listed terrain or approach. The distance travelled and anticipated timing of the activity are detailed in the activity description. This rating is employed across activities and is not broken out in each of the tables below. Please direct any inquiries for reasonable accommodation to the trip leader in advance of the trip.
2. **Relaxed:** Suitable for most active participants with full mobility and participants new to the activity described. Expect to be actively on the move for about 3 hours/day. You may be on the trail, slopes or water for a longer time, but there will be plenty of rest breaks.

3. **Easy:** Reasonable fitness for the expected activity is needed, but the trip is designed for those new to the activity. Expect to be active up to 4 hours/day. A bit more active time than the relaxed rating, but with generous breaks.
4. **Moderate:** Fitness level and/or past experience to sustain the activity at a moderate pace is required. Expect to be active up to 4-6 hours per day. Reasonable breaks in the action.
5. **Vigorous:** Suitable for those with recent similar experience and/or demonstrated proficiency, such as being active in sports or often (regular) engagement in vigorous physical activity. Ability to perform at the expected level for back-to-back days for multiday trips. Expect to be active up to 5-6 hours per day, with brief breaks.
6. **Strenuous:** Most physically demanding. Fitness for the specific activity is required with direct experience in the activity highly recommended and potentially mandatory (see the activity description). Expect to be active 6+ hours per day for back-to-back days if it is a multiday trip. Breaks will be shorter/fewer than for other levels of trips.

Hiking/Backpacking/Trekking

Activity Level	Distance (up to __miles)	Daily Elevation Gain or Loss (up to __ feet)
2 - Relaxed	4	500
3 - Easy	6	1000
4 - Moderate	8	2000
5 - Vigorous	12	3000
6 - Strenuous	15	3500+

- For trips involving higher elevations, such as above 7000 feet, may be rated more difficult than mileage and elevation gain might dictate.
- Likewise backpacking and trekking that involve carrying a heavy pack may be rated up a level.
- If you have any question about the level, rate up not down.