

# Wanderbird Hiking Club Guidelines for Hikers

**Please read carefully.**

Welcome to the Wanderbirds Hiking Club! First, a word of caution. The Club conducts weekly hikes throughout the year in a wide area around Washington, DC. You may sometimes find yourself in difficult terrain, in changing weather, and may sometimes encounter plant and animal wildlife that may seem harmless but which could be dangerous. Trails in winter and even at other times of the year may be slippery from ice, snow, or water, and often are steep and rocky. Please use caution and good judgment at all times to protect yourself from injury. You participate in these outings at your own risk and are responsible for your own safety. You must assume all risk and liability for your personal safety on all hikes with the Wanderbirds Hiking Club. ***Club leaders, officers, and representatives shall not be liable for any injuries, illness, loss, or damages to persons and/or property, direct or consequential, arising out of any trips and modes of travel and/or activities of Wanderbirds Hiking Club.***

Please note the following so that all participants in the hike may enjoy the occasion and return safely and on time:

**Shenandoah National Park entrance fee:** (For hikes entering park through manned gates) Please let the leaders know if you are age 16 or under, or have a valid, signed, Interagency-Annual (IA-Annual), IA-Senior (formally Golden Eagle or Golden Age) and Shenandoah Annual pass so you will not have to pay the park entrance fee. All other hikers may be required to pay the entrance fee charged by Shenandoah National Park, which is \$10.00.

**Moderate or long hike?** It is club policy that hikers new to the club must take the moderate hike. This is in the interest of hiker safety and to insure that new hikers will enjoy their outing and return to the bus on time. For repeat hikers, if you are not sure of your own abilities from previous hikes and are not positive that you can comfortably finish the long hike in time to return to the bus by the stated time, *please choose the moderate hike*. One slow hiker can hold up the entire group and possibly run the Club into overtime charges for the bus.

## **On the trail:**

- ☺ Please always stay behind the leader and in front of the sweep.
- ☺ If you must leave the trail for any reason, put your pack on the trail so the sweep will know to wait for you. Otherwise, you may be left behind.
- ☺ If you are not sure of a trail turning, look for blazes of the correct color, red arrows, and consult your map. *Do not guess*. Wait until those behind you or the sweep arrive. This helps avoid lost hikers.
- ☺ If other hikers are close behind you, please let them pass if they wish to. This will allow everyone to hike at his or her most comfortable speed.
- ☺ Please do not litter. Pack out all refuse, **including tissues**.

## **The return bus trip:**

- ☺ To avoid confusion, please take the same bus seat, at least until a head count is made.
- ☺ Beverage payment (\$1.00 for soda and \$2.00 for beer) is on the honor system. Snacks are free. Drinks, snacks, and ice are purchased by the leaders at their own expense on a non-profit basis for your refreshment.

**Smoking is not permitted on the bus or in the toilet**

We are glad you came today and hope you have a most enjoyable day and good hiking!