

## Doug's Hiking and Snowshoeing Outings

- Some of the routes are intentionally difficult so please read the listing carefully to make sure it is right for you.
- Many outings require both core and cardiovascular fitness. The main group are fit people.
- Many routes feature off-trail sections involving scrambling and navigation. Participants need to be comfortable with this kind of hiking and to stay in touch with the group since there is no trail to keep us on track.
- We prefer to keep the group together, but sometimes the group gets strung out which is okay as long as the slower hikers can keep in touch with the lead group. Similarly the lead group has to stay in touch with the rest of the group.
- Doug does not want people heading off on their own. This is a group hike and Doug is responsible for all the members of the group. Some parallel exploration is fine and some small departures are fine as long as the group communicates these plans to each other.
- Doug prefers to keep the group moving and to schedule only one break at the halfway point. Frequent stops makes the muscles go cold and the group loses its momentum. This is especially true on the way up.
- Doug expects all participants to be well-prepared and to be self-sufficient on an outing.
- Honesty and good communication are required if health, injury, or fitness is an issue.
- Please do not register and cancel frequently. No-shows are definitely not appreciated and will guarantee follow-up.
- Doug enjoys dogs, but doesn't want them to be a problem for the event.
- Guests are welcome but since they are an unknown quantity some discussion is appropriate, especially for the more difficult outings.
- Generally speaking, leading events is a positive experience for the volunteer hike leaders. We appreciate ensuring that this remains the case for all events.