

First Baptist Church Women's Hiking Club

2010 Schedule of Hikes

Destinations and Dates of Hikes Subject to Change

HIKE DATE	TRAIL	DISTANCE	DIFFICULTY	DESCRIPTION
Feb 6	Cache Creek Bald Eagle Hike	4	Moderately Strenuous	600 foot climb then relatively level. Dirt. Gentle sloping hills, views of Cache Creek. Docent led.
Mar 13	Laguna Creek Trail Elk Grove CA	2.5	Easy	Paved and packed dirt. Level. Views of Laguna Creek.
Mar 20	Smittle Creek Trail	5.2	Easy	Dirt. Hike along the Lake Berryessa shoreline.
Apr 10	Ritchie Canyon Trail Bothe-Napa Valley State Park	6.5	Moderately strenuous	Dirt. Maple and oak forest, redwood forest, creeks, 1880's homestead apple orchard.
Apr 17	Delta Meadows State Park	2.4	Easy	Dirt, wood sidewalk and pavement. Level. Views of the Delta. And visit to historic city of Locke.
May 1	Codfish Falls Trail	2.8	Easy	Dirt and duff. Some ups and downs but mostly level. Near Auburn. Hike along the North Fork of the American River to Codfish Falls.
May 15	Shingle Falls Trail	4.9	Moderately strenuous	Dirt. Oak Forest, meadows. 100 foot waterfall.
Jun 12	Humbug Trail Malakoff Diggins State Park	2.72	Moderate	Humbug Day \$6.00 per vehicle day use fee. Bring money for lunch and ice cream.
Jun 26	Angel Island	5	Moderately strenuous	Packed dirt. Asphalt.
Jul 10	Calaveras Big Trees North Grove Trail or South Grove Trail	3	Easy	Packed dirt and duff. Level. View of giant sequoias. \$8 per vehicle day use fee.

HIKE DATE	TRAIL	DISTANCE	DIFFICULTY	DESCRIPTION
Jul 17	Point Reyes Arch Rock via Bear Valley Trail	8.2	Moderately strenuous because of distance	Wide packed dirt path through mixed Douglas fir forest and along Bear Valley Creek is sheltered from sun, wind and coastal fog. Arch Rock is an overlook point.
Aug 14	River Bend Majestic Oaks Loop Trail	3	Easy	Packed dirt and duff. Level. Caswell Memorial State Park near Stockton. Views of Stanislaus River. Riparian Oak forests. \$8 day use fee
Aug 28	Muir Woods to Stinson Beach, Dipsea Trail	7.1	Strenuous (Easy trails also at this site).	667 steps, cardiac hill, Redwoods to ocean. \$parking fees – There are also short, easy trails at Muir Woods
Sep 4	Loch Leven Trail	5	Moderately strenuous	dirt. and over granite. Up and back. Stopping by 3 lakes. Beautiful mountain scenery.
Sep 18	Independence Trail West Branch	4.6	Easy	Dirt and duff. Moderate up and down. View of forests, streams, mining flumes.
Oct 9	Bobelain Sanctuary Trail	5.3	Moderately Strenuous	Dirt. Riparian Forest, Views of Feather River. Bird Sanctuary
Oct 16	Jedediah Smith Memorial Trail Loop American River Pkwy	4.2	Easy	Paved. Level. View of the American river.
Nov 25	Elk Grove Del Meyer Park Trail (Turkey Trot)	3	Easy	Paved. Level. Views of creek. Turkey Trot \$20 fee per person. Benefits Courage House.
Nov 27	Deer Creek Preserve	3	Easy	Dirt. Oak covered hills and grassy meadows.

For more information or to be added to our email list, please contact Karen at karens@fbceg.org or Julie at julieagill@gmail.com. We send out reminders and instructions 1 week prior to each hike and ask for RSVP's for each hike.

Children and men are welcome to join us, but each woman must supervise whomever she brings with her. Please make certain any children you bring can handle the distance and will not substantially slow the group down.