



MANISTEE RIVER TRAIL TEST HIKE



DATE: SUNDAY, SEPTEMBER 12, 2010

TIME: 7:30 am. RIM to RIVER to RIM candidates' **day pack check** and shuttle to the start of the 27.6 mile hike (9-10 HOF)

7:30 am. PLATEAU POINT, WEST RIM and ZION OPTIONAL HIKE candidates' **day pack check** and start of the 20.9 mile course (7-8 HOF)

FINAL TEST HIKE: This TEST HIKE is MANDATORY if you wish to be a candidate for any **below the rim** hikes. **Please be at the trail head on time.** This TEST HIKE cannot be made up and you will not be permitted to start early or late. Set two alarm clocks, electric and battery, and secure reliable transportation. It is always a good idea to have a friend call to double check if you are up and going. Candidates **must finish this TEST HIKE strong and in the time allotted** in order to qualify for a **below the rim** hike. We have **your safety in mind** and wish to maintain our perfect record of successful hikes below the rim. This test hike has proven to measure well the fitness level required for your successful hike at the Grand Canyon.

RIM TOPPERS: I highly encourage our hikers who plan to do one of the rim hikes to attend this hike. We can make arrangements to drop you off at **16.3. 11.2 or 5.6 miles** to go. Or you can do an out and back hike starting at the finish. One of the neat aspects of this group is the **fellowship and camaraderie** that is developed on these outings. We will have a **reception** the night before and **all Manistee hikers are encouraged to attend.**

RECEPTION: The reception for all hikers and support staff will be held at the Days Inn on **Saturday from 5 - 6:30PM.** I hope that everyone will join us during this exciting time on the eve of our big hike. [Sneak preview of the unique Manistee T-shirt]



Ron Gunn's Cairn Stone Adventure Tours

Grand Canyon VII 2010

July 14, 2010

T-SHIRTS: Although there is no way to duplicate the conditions for the *below the rim* hikes in the Grand Canyon, the Manistee River Valley is an excellent venue for our final test hike. In appreciation of your extra effort in getting to this test hike, we are awarding **custom T-shirts to all Mountain Sheep** at the finish of the course. This hike has been very well received the last six years. It is a beautiful hiking experience and is well worth the trip.

HOST HOTEL: Our host hotel is a 5 Sunburst Rated **Days Inn** complete with complimentary breakfast, pool, and Jacuzzi. It is very conveniently located in west Cadillac on the isthmus between Lake Cadillac and Lake Mitchell. This is a nice tourist area and it is the closest nice hotel to the test hike trail head. They will give our group a **\$80.00 rate** (plus tax). To reserve a room call **231-775-4414**, or click the blue link above for the web site, identify yourself as a member of the **Grand Canyon Hiking Group**. This rate is also good for **Sunday night** for those who wish to stay over.

The Day's Inn is located on M-115 just north of M-55 [NOTE: This map link is correct but some map programs incorrectly show the Inn location south of M55 and the lakes – it is located just north of the lakes].

TEST HIKE LOCATION: We will meet at the **Hiker's parking lot** just off of Coates Hwy about one mile west of the Coates Hwy Bridge across the Manistee River. The DNR does not want us to park in the lot at the bridge. Please drive up the hill about a mile and look for us on the right side. Those staying at the host hotel can follow me or one of the veteran hikers.

DIRECTIONS: (<--click for Map Link)

- **Take M-51 north to I-94**
- **Take I-94 east to US-131**
- **Take US-131 north to M-115** (just south of Cadillac)
- **Take M-115 west to M-55** (about 3 miles)
- **Take M-55 west to Warfield Rd.** (about 13 miles; 2 miles after M-37 intersection)
- **Take Warfield Rd. north to Coates Hwy.** (about 4 miles)
- **Take Coates Hwy. west about 3 miles to the Hiker's parking lot** (about 1 mile west of the Manistee River)



RESERVATIONS, RSVP & CARPOOL: **1)** Reserve your room now, the block rate will expire sometime in August. **2)** RSVP to Thom the distance you plan to hike, he will let Coach know so that he can plan. **3)** Everyone is responsible for their own transportation. However, this is a great car pool opportunity. If you want a ride or have seats available [email](mailto:thomaspjanssen@aol.com) Thom, also indicate 1 or 2 nights at Days Inn – he will coordinate. thomaspjanssen@aol.com



Ron Gunn's Cairn Stone Adventure Tours

Grand Canyon VII 2010

July 14, 2010



A COURSE ORIENTATION with maps will be held following the shuttle to the start. **All hikers will log in at the start.** There are **no restrooms** at the start and **no water** source. There is water and a restroom in the parking lot just across the bridge at the Manistee River. **Fill water bottles and bladders prior to arrival.** Please do not drain our water supply at the start. Carry a **full day pack** as you plan to load it for the canyon hike to meet the test requirements. Refer to the [Day pack Check List](#) to verify that you have everything required. [[Email](#) Thom if you need the login info]

CHECK POINTS: There will be **three checkpoints** for all the *Rim to Rim* candidates and three checkpoints for the *Plateau Point, West Rim and Narrows* candidates.

CHECKPOINT **BLUE** will be at: **16.3 miles to go.**

CHECKPOINT **GREEN** will be at: **11.2 miles to go.**

CHECKPOINT **YELLOW** will be at: **5.6 miles to go.**

Hikers will log in at each checkpoint and refill with water. **Colored day pack tags** will be handed out at each checkpoint. You must place these bands on your day pack and **show them at the finish** on *Mt. Manistee* to receive your custom t-shirt.

- ◆ **All hiker's physical condition will be monitored at each checkpoint.**
- ◆ **We would like all hikers off the course by 6:30 pm.**

This is a tremendous training opportunity that will allow all candidates to evaluate and prove their conditioning level to your coach, but more importantly to yourself.

