



MANISTEE RIVER TRAIL TEST HIKE



DATE: SUNDAY, SEPTEMBER 11, 2011

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 host hotel on **Saturday from 5:00-6:30PM.** I hope that everyone will join us during this exciting time on the eve of our big hike. [Sneak preview of the unique Manistee Test Hike T-shirt at the reception.] **Get Fired Up for Manistee; [2010 Photos](#)**



Ron Gunn's Cairn Stone Adventure Tours

Grand Canyon VIII 2011

September 7, 2011

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 training 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 seven years. It is a beautiful hiking experience and is well worth the trip.

HOST HOTEL: Our host hotel is beautiful [Holiday Inn Express](#) complete with complimentary breakfast, pool, and Jacuzzi. It is conveniently located in near downtown Cadillac and 5 minutes from the isthmus between Lake Cadillac and Lake Mitchell where we will take Highway 55 to the trail head. They will give us a **\$89.00 rate** (plus 8% tax) if we pay as a group. Send your check to Cairn Stone Tours for Saturday and if you want an extended stay for Friday and/or Sunday night stay.



The Holiday Inn Express is [located](#) on **S. Mitchell street (Bus. 131) just north of US131, exit 177** [NOTE: Directions to the hotel, favorite restaurants and the trail head].

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. We will caravan to the trail head from the host hotel.

DIRECTIONS: (<--click for Map Link showing hotel, restaurants and trail head)

- **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, GOAL & CARPOOL: **1)** Reserve your room now, send your check to save \$25/night (see below). **2)** Email Thom your hike distance goal, he will let Coach know so that he can plan drop offs, etc. **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](#) Thom; he will help riders and drivers get in touch.

(if the above email link does not work type: thom@cairnstonetours.com)

Checks to: Cairn Stone Tours for \$96.12/night (add a roll away bed \$10.80/night)

Mail to: Ron Gunn, 142 Conifer Trail, Dowagiac, MI 49047 **Note** in comments: Holiday Inn



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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.

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 1 **YELLOW** will be at: **16.3 miles to go.**

CHECKPOINT 2 **GREEN** will be at: **11.2 miles to go.**

CHECKPOINT 3 **BLUE** 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.

