

CAIRN STONE ADVENTURE TOURS

TO: PNW Trekkers & Training Partners
FR: Coach Ron Gunn
RE: Manistee River Valley TEST HIKE
DT: May 6, 2023



574.215.4779

CAIRNSTONEADVENTURETOURS.COM

Ron@CairnStoneTours.com

DATE: **Saturday, August, 19 2023.**

TIME: **8:00AM - 8:15AM**

WHERE: **Meet at the hiker's parking lot** on Upper River Road just off Coates Hwy., one mile west of the Red Bridge over the Manistee River. [MAP link in email]

DISTANCE: The range of test hike distances and shorter non-test distances will be explained at the lecture.

Test Hike qualifying distances and associated PNW destination hike:

24.7 Complete loop of Hummock's to Coldwater Lake Education Center

22.6 Hummock's to Coldwater Peak back to Johnson Ridge

17.8 Johnson Ridge to Coldwater Peak to Johnson Ridge or Hummock's

COSTS: There will be no charge for our *PNW Trekkers* or *2023 Training Partners*. There will be a \$30.00 charge for guests.

4 CHECKPOINTS Start/Finish at Hikers Parking Lot: Day Pack check (Yellow Tag) - Little Mac Bridge (Green Tag)- Slagel Road (Blue Tag) - FINISH (Stars & Stripes Tag)

4 AID STATIONS: Coates Hwy. - Sweet Ravine Road - Little Mac Bridge - Slagel Road

RECEPTION: FRIDAY NIGHT - A pre hike reception will be held at our host hotel from **5:30 to 6:15PM**. Everyone is urged to attend.

HOST HOTEL: Our host hotel is the **Comfort Inn in Cadillac**: [1650 S Mitchell St , Cadillac, MI 49601 (Take US-131 Business exit north)] Block rate is \$219/night (plus 11% tax), 2 night min. (Rates are higher than last year due to the pre-Labor Day timing)

RESERVATIONS: **Book direct online** [link in the email] OR Call **231-779-2900** for reservations and ask for **Cairn Stone Hiking Club** rate. [Rooms will go fast, but call Coach if no rooms available, he may be able to expand the block of rooms.] 574-215-4779

REGISTRATION: **EVERYONE** are asked to complete the form below and mail **no later than August 5, 2023**. [This helps with logistics, thank you!]



-----CLIP HERE & MAIL-----

MANISTEE RIVER VALLEY TEST HIKE DECLARATION & TECH SHIRT FORM

NAME(S): 1) _____ T-SHIRT 1: S M L XL XXL

2) _____ T-SHIRT 2: S M L XL XXL

HIKING DISTANCE 24.7 22.6 17.8 NOT TESTING, enjoying a shorter hike

STATUS: PNW Trekker (\$0) 2023 Training Partner (\$0) Guest hiker (\$30)

SHIRT: PNW (\$0) TRAINING PARTNERS/GUESTS shirt(s) @ \$20.00 = \$ _____

CELL PHONE(S) 1) _____ 2) _____

EMAIL(S) 1) _____ 2) _____

T-Shirt Note: PNW Trekkers - shirt quantity is 0 if you received a shirt at *Jordan River Valley* hike.

AMT ENCLOSED: \$ _____ Check payable to: Cairn Stone Adventure Tours

MAIL BY AUG 5 TO: Manistee Hike, c/o Tim Calhoun, 437 Dune Ridges, St. Joseph, MI 49085