

CAIRN STONE NEWSLETTER

TO: Utah Trekkers and 2021 Training Partners
FROM: Coach Ron Gunn
DATE: August 12, 2021
574.215.4779

CAIRNSTONEADVENTURETOURS.COM



CAIRN STONERS NAIL IT AT LOVE CREEK!

LOVE CREEK: A great turnout built strength and cardio for Utah on a beautiful day for training. Thank yous go to Kathy Flynn, Jay and Kate Crouch, Larry and Terri Lies, and Jim and June Brandner for their help on the course. Also a big salute to head ranger Derick and his staff for their cooperation. They were very appreciative of the very generous Jogpot! Thank you to all who contributed!

MADLINE BERTRAND: Our next training hike will be at **Madeline Bertrand Park in Niles, Michigan** this coming **Saturday, August 14**. We will have a social distance start between **8:00AM and 8:30AM** over an all trail course that features hikes of 7.3, 10.0, 20.0 and 22.1 miles. Our 22.1 mile hike will be our longest before the TEST HIKE at Manistee. This hike includes a 2.1 spur to a cool, haunted cemetery. Technically part of it is on *quiet, paved road*. There will be no Jogpot as everyone will be required to pay at the entrance (\$3/car Berrien county residents or \$5/car all others). They have modern restrooms. We are going to start to taper at Lawless Park, our next scheduled hike before Manistee.

DIRECTIONS: Madeline Bertrand Park, 3038 Adams Rd #4115, Niles, MI 49120

REHYDRATION: I suggest *Front Street Pizza Pub*, 510 N, Front St, Niles, MI 49120

MANISTEE TEST HIKE: We have a corral of *fillies* and *thoroughbreds* ready to go at our final TEST HIKE over the iconic Manistee River Valley course. If you haven't declared yet it would greatly help my planning. This is my favorite Cairn Stone event and I look forward to seeing everyone.

UTAH UPDATE - WILDERNESS PERMITS: Because of logistics we must pickup all back country permits on day 2 of our itinerary. There is simply no way to get to the park with reasonable time to get our hikers to the ranger station before they close at 5pm. I am sorry that all three of our hikes requiring permits and/or shuttle will be on the same day. With so many people getting out to travel things are crazy in Zion right now. I like Cairn Stone veteran hiker Jim Brandner's comment, "Don't worry about it Ron. I've never seen a bad hike in Zion!"

The *Narrows, Top to Bottom* and the *Subway, Bottom Up* hikes both require a permit. The *West Rim Trail* and the *Narrows, Top to Bottom* hikes also require successful completion of the Manistee TEST HIKE. Day 3 on our itinerary is the only day possible to do any of these three hikes. I will arrange all shuttles and will need a headcount for each hike.

WEST RIM TRAIL: For those who qualify for the *West Rim Trail* hike the cost of the shuttle from *Zion Adventure Company* to the trailhead will be \$45. No trail permit is needed for this as a day hike.

NARROWS TOP TO BOTTOM: For those who qualify for the *Narrows Top to Bottom* the shuttle cost is \$50 and a backcountry trail permit is required. The September hike permit reservations are available starting August 5 and the October hike reservations are available starting September 5. The online reservation is \$5 and the permit has an additional fee when you pick it up. The backcountry permit fee varies according to group size (\$15 each or less).

SUBWAY, BOTTOM UP: Due to the logistics with getting a permit this hike is moved to day 3 on our itinerary. Due to the extreme popularity of this hike on August 5 no online permit reservations



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were available but there will be 20 walk-in permits available on day 2 of our itinerary. The backcountry permit fee varies according to group size (\$15 each or less). The shuttle cost is \$65.

NARROWS BOTTOM UP: No qualification or permit required for a *Narrows* hike going up and back. This is an iconic hike I urge everyone to experience and is available to all of our Utah Trekkers. If you are doing one of the three above hikes you may want to plan this for your day 2 hike.

DAY 2: Take the free Springdale shuttle to Zion Adventure Company early in the morning to watch the required safety video and rent water shoes, staff and waterproof bags on your way to the park to get your permit for your day 3 hike. Take the park shuttle to the last stop at *Temple of Sinawava* then walk one mile to where the canyon narrows and you must enter the river. Hikes as far as you like and then return and shuttle back to return the rented equipment. In one mile you will begin to leave the unprepared hikers behind and in 3 miles you will reach Wall street and begin seeing the best sights in the Narrows. You can hike as far as 5 miles up river without a permit.



SHUTTLE SYSTEM: Free shuttles run every 15 to 20 minutes morning to night in Springdale and in the park. Our hotel is located 0.4 miles from Zion Adventure Company and the park entrance just 0.6 miles further. The park shuttle will get you to a smorgasbord of hikes and the Springdale shuttle will get you to shopping and wonderful dining choices – there are no franchise restaurants allowed in Springdale.

TRIP WAIVER: My lawyer has strongly suggested that because of the pandemic that I have everyone sign a waiver. I have worked very hard over the past two years to keep everyone safe but still training at a high level. We are soon going to enjoy the fruits of our labors. I am very enthusiastic that everything is going to go well as we have three buses full of fully vaccinated fired up hikers. Masks will be optional on our buses but we urge everyone to be extremely careful when in restaurants, hotels and other places where we will encounter people outside of our group. If anyone is interested in travel insurance with COVID coverage please see the INSURANCE page of my website. **Please print, sign and return** the attached waiver to me at this or the next hike. If you prefer you may mail it to me; Ron Gunn, 142 Conifer Trail, Dowagiac, MI 49047

“The Test Hike to me is the quintessential expression of the true spirit of the goals of a Cairn Stone hiker! Achieved through dedicated, intense and unbridled training!”

Coach Ron Gunn