



REV 16OCT2025

New Revisions in BOLD RED text

2025 CAIRN STONE HIKE TRAINING SCHEDULE

~Test Hike course distance goal for elite Up NorthTrekkers (R column)~

DATE (DAY)	START	COURSE/TRIP (Meeting Location)	Lecture Topic & Comments	Scotland	Up North
JAN 1 (wed)	10AM	ALOHA WALK/RUN (Elk's Lodge, Dowagiac, MI)-----	OPTIONAL RUN/HIKE & POTLUCK	3.2-10.0	N/A
JAN 11 (sat)	tbd-AM	LOVE CREEK PARK, (Berrien Center, MI)-----	TRAINING HIKE	15	6
JAN 25 (sat)	tbd-AM	GRAND MERE PARK (Stevensville, MI)-----	TRAINING HIKE	16	7
FEB 8 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE	17	7
FEB 22 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE	18	8
MAR 8 (sat)	tbd-AM	POKAGON STATE PARK (Angola, IN)-----	TRAINING HIKE	19	8
MAR 22 (sat)	tbd-AM	INDIANA DUNES STATE PARK (Chesterton, IN)-----	TRAINING HIKE	20	9
APR 1-13 (tue-sun)		SCOTLAND TRIP 3			
APR 5 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)-----	TRAINING HIKE	20	10
APR 15-27 (tue-sun)		SCOTLAND TRIP 4			
MAY 3 (sat)	tbd-AM	MADLINE BERTRAND PARK (Niles, MI)-----	TRAINING HIKE		11
MAY 17 (sat)	tbd-AM	POTATO CREEK STATE PARK (North Liberty, IN)-----	TRAINING HIKE		12
MAY 31 (sat)	tbd-AM	ZIG ZAG, LAKESHORE (Mt. Baldy, Saugatuck, MI)-----	TRAINING HIKE		13
JUN 14 (sat)	tbd-AM	ROADRUNNER TRAILS (ELKS, Dowagiac, MI)-----	TRAINING HIKE		13
JUN 28 (sat)	tbd-AM	LAWLESS PARK (Vandalia, MI)-----	TRAINING HIKE		14
JUL 12 (sat)	tbd-AM	INDIANA DUNES STATE PARK (Chesterton, IN)-----	TRAINING HIKE		15
JUL 26 (sat)	tbd-AM	*GRAND MERE PARK (Stevensville, MI)-----	TEST & TRAINING HIKE		16
AUG 9 (sat)	tbd-AM	POKAGON STATE PARK (Angola, IN)-----	TRAINING HIKE / DESTINATION		17
AUG 13 (wed)	tbd-PM	LAWLESS PARK - Hike to view <i>Perseid Meteor Shower</i> -	BONUS HIKE		
AUG 23 (sat)	7:00AM	*LAWLESS PARK (Vandalia, MI)-----	TEST & TRAINING HIKE		18
SEP 6 (sat)	tbd-AM	LOVE CREEK PARK, (Berrien Center, MI)-----	TRAINING HIKE		19
SEP 13-23 (sat-tue)	7:30AM	UP NORTH Trip 1-----	Dowagiac, near Amtrak station		
SEP 27-OCT 7 (sat-tue)	7:30AM	UP NORTH Trip 2-----	Dowagiac, near Amtrak station		
OCT 11 (sat)	9AM	SANDHILL CRANE All Trail Half Marathon, 10k, 5k (Lawless Park)			13.1
OCT 25 (sat)	8:00AM	TREE-MENDUS FRUIT FARM (Berrien Center, MI)-----	OPEN TRAINING HIKE		10
NOV 8 (sat)	tbd-AM	LOVE CREEK PARK, (Berrien Center, MI)-----	OPEN TRAINING HIKE		12
NOV 23 (sun)	1PM	58 th Dowagaic All Trail TURKEY TROT 10k, 5k (SMC campus)			6.2
DEC 13 (sat)	tbd-AM	ZIG ZAG, LAKESHORE (Mt. Baldy, Saugatuck, MI)---	TRAINING HIKE		17.1
JAN 1 (thu)	10AM	ALOHA WALK/RUN (Elk's Lodge, Dowagiac, MI)-----	OPTIONAL RUN/HIKE & POTLUCK	3.2-10.0	N/A

*OPTIONAL: TEST HIKE REQUIRED FOR UP NORTH GRAND ISLAND LOOP 21 mile HIKE.

NOTES: Every course is marked and monitored, and includes shorter options than the MAX distance. NEWSLETTER will go out before each hike with details for that hike. This may be the only announcement of any last minute changes to meeting place or time.