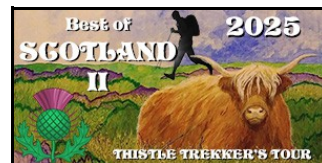




CAIRN STONE 2025 NEWSLETTER



TO: CAIRN STONE ALUMNI & KEEP INFORMED LIST
FROM: COACH RON GUNN
DATE: January 23, 2025
574.215.4779

Ron@CairnStoneTours.com

OUR ROAD WARRIORS DISPLAYED GOOD HUSTLE AT LOVE CREEK!

LOVE CREEK: I scheduled our inaugural hike at Love Creek because we have a wonderful, fired up rookie class and it was important to have our orientation in a warm, sheltered environment. This session went very well, and actually the hike also went very well as my *weather luck* held out. Special thanks go to Kathy and Marty Flynn, and Gary, "*not apple cider*," Kachur. I appreciated everyone who came and supported Love Creek in the Jog Pot.

GRAND MERE: Our next hike will be this **Saturday, January 25** at **Grand Mere State Park** near Stevensville. We'll meet at North Lakes Park and hikes will start at **10:00AM** with distances ranging from 6.4 (low level elevation gain) to 15.7 miles. With the challenging hikes of Scotland fast approaching it is important for me as a coach to get in some challenging hilly courses in our training.

When it comes to hiking in Scotland two words come to mind; ASCEND and BOG! It's a beautiful country but you have to be ready for their breathtaking hikes. Saturday's weather forecast is clear with a high of 32°. Less challenging hikes distances are available for those not training for the elite hikes in Scotland, I can advise of several course modifications.

DIRECTIONS: North Lake Park, 3600 Grand Mere Road, Stevensville, MI. (I-94 exit 22, W 1,800')

REHYDRATION: Round Barn Public House, 9151 1st Street, Baroda, MI (just 11 min. from our hike).

2025 THISTLE TREKKERS: IMPORTANT – To travel you must have an ETA in addition to your passport. Go to our **Scotland web page** for instructions [In the menu under *Hiking Tours*]

