



Day Hiking 101 with the LA Hikers



What is Day Hiking 101?

A fun & interactive 2 hour workshop for any Girl Guide member in 6th grade and older (and adults). Then you are qualified to join the LA Hikers on day hikes!!

Who are the LA Hikers.

Young and "young at heart" adults yearning for adventure

Girls can come on their own; this is not a whole unit activity.

Trained chaperones and transportation is provided too.



Day Hiking 101 workshop is open to individual Girl Guides and/or whole units.

Come find out what great fun it is to hike and hear about the 'Whats'

- What To Wear
- Clothing & Footwear
- What to bring
- The Ten Essentials and other stuff that is helpful
- What to eat other than chocolate
- What kind of pack is best
- What is -Leave No Trace

Session One: Sunday, November 2, 2008 1 pm to 4 pm

Location: Loughheed Lodge at Camp Kanaka

Bring: A personal health form

Backpacking 101 sessions will be held in the spring of 2009.

Hiking schedule and photos to be posted on the Loughheed Area website:

www.girlguidesloughheedarea.org

RSVP to Adele Cooshk by October 31, 2008 if you wish to attend the Hiking 101 session on Sunday, November 2, 2008



By email: acooshk@sfu.ca

Be sure to put LA Hikers in the subject line.

Or Phone: (778) 866-2473

