

Hiking for Seniors with Roy Pierog & Cy Bernard roypierog@hotmail.com
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Fridays, 1:00 for one to three hours in Sackville and area. Meet at the reservoir gate on Walker Road for the first hike.

5 weeks starting on April 29, 2011

No maximum

Storm Policy: No classes when schools are closed in Sackville

Walking for Fitness, Fun and Adventure

There are five hikes planned for the Sackville area. The hikes will start at 1:00pm on Friday afternoons and the outings will last about two or three hours on quite a variety of terrain. A certain level of fitness on behalf of the participants would be beneficial. The meeting place for the first hike will be at the reservoir gate on Walker Road on April 29.

Clothing: light, comfortable hiking boots, clothing of breathable fabric (if possible), dress in layers, a hat, sunglasses

Accoutrements: a fanny pack or small knapsack, sunscreen, cell phone, bug spray, a walking stick or Nordic walking poles, toilet tissue

Nutrition: water/sports drink, energy snacks

Medical/survival kit: will be provided by the leaders

Following is a list of suggested hikes (modifications/adjustments are always possible)

1. April 29 – From Walker Road using ski trails and ATV trails
2. May 6 – From Mahoney Road to camp and ski trails/roads
3. May 13 – Frosty Hollow to Dorchester Cape
4. May 20 – From King St. north on the snowmobile trails
5. May 27 – Dikes of West Sackville marshes

Instructor Bio:

Both Roy and Cy are hikers, bikers and cross-country skiers

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tscordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place. Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!