

## **Colourful Fall Hikes with Roy Pierog and Cy Bernard**

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**Fridays, 1:00 for approximately 3 to 4 hours in Sackville and area**

**See below for the meeting place for the first hike.**

**5 weeks starting on Sept 30, 2011**

No maximum

**Storm Policy: No classes when schools are closed in Sackville**

**Note: This class starts on Sept 30, 2011**

This course will cover "Going light; what to take; proper food; tips and techniques.

- (1) Second Westcock Hill to Lookoff to Shepody Mt.  
(meet at entrance to second west cock hill Rd) 1pm
- (2) Crooked Tree & Twisted Creek Trails
- (3) Two Camp Hike.
- (4) Fairfield Road/ Old CN Reservoir Road.
- (5 )Amherst Bird Sanctuary

Each student must have hiking shoes or boots and a small pack.

### **Instructor Bio:**

Both Instructors 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 [tsccordinator@nbnet.nb.ca](mailto:tsccordinator@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!**