

# DEVIL'S LAKE TEST HIKE 2016

**DATE:** Saturday, June 4, 2016

**TIME:** 7:45 am Tour participants will leave the hotel for the bus trip to Devil's Lake.

8:30 am Meet at the Devil's Lake State Park – See detailed itinerary.

**DIRECTIONS:** For those meeting us at Devil's Lake directions are in the detailed itinerary.



**MANDATORY QUALIFIER:** This *Test Hike* is mandatory for all participants who want the opportunity to advance to the final *Test Hike* at Manistee. Your cooperation with the high standards set for this program is greatly appreciated.

**GROUP TRIP:** Just as past years, a group trip with transportation has been organized at a very fair price. The *Test Hike* is mandatory for everyone considering going on one of the Mt. Hood Paradise or Zig Zag Canyon hikes. However, the group tour is not mandatory and participants may choose to travel to Devil's Lake on their own. Devil's Lake is a super destination in itself and I expect some non-Oregon/Washington people to attend this as a destination hike.

**COURSE:** The course is a very worthy test hike site. It is beautiful, challenging, and it will give participants a good feel for where they are in their training for a challenging Mt. Hood hike. Maps complete with narrative will be distributed at our pre-hike orientation. The hike distances are listed below:

<u>DISTANCE</u>	<u>HOF</u>	<u>CHK PTS</u>	<u>YOUR HIKING GOAL</u>
17.8 miles	7 - 8 ½	4	MT. HOOD PARADISE PARK LOOP
15.0 miles	5 – 6 ½	3	ZIG ZAG CANYON HIKE
8.1 miles	N/A	0	LITTLE ZIG ZAG CANYON HIKE
6.7 miles	N/A	0	SILCOX HUT HIKE
2.1 miles	N/A	0	MT. HOOD NATURE TRAIL

**CHECK POINTS:** There will be four (4) check points on the 17.8 mile hike and there will be three (3) checkpoints on the 15.0 mile hike. Hikers will log in at each check point and will be given a colored day pack tag for each station. All hikers' physical condition will be monitored at each checkpoint. The finish will be at the Chateau Lodge on the North Beach (See Devil's Lake Park map below). This is a beautiful setting for our wonderful re-hydration station that welcomes all finishers. This is really the start of our amazing galvanizing experience for our 2016 team! Our bus will then take us on our 40 minute ride back to our hotel for a hot Jacuzzi, therapeutic swim, and a *Spotted Cow* in the lounge before our awards celebration in the courtyard. We will have one bus and one car on site.

**EQUIPMENT:** Equipment needed for the test hike includes a well packed day pack , hiking shoes, performance underwear, shirts and pants, rain jackets, electrolytes and trekking poles. The trekking poles should have rubber tips available. Cell phones are also a good idea, but two way radios may work better (we will use channel 7.7) and is good practice for our trip. **Cairn Stone veterans will do a day pack inspection** and award the first tag prior to the hike. Your bag should be packed as it will need to be for your Mt. Hood hike. Use the checklist on the [Lecture Notes](#) page under *TEAM LOGIN* on the web site. **[You must use powdered or tablet electrolytes by now. Email Thom if you have log in issues. Thom@CairnStoneTours.com]**

**CELL PHONE LIST:** I will give you a master cell phone list of all check point inspectors and participants. This is for safety reasons. However, reception can be hit or miss. The good news is that this is not Mt. Hood as far as remote wilderness is concerned. The park is surrounded by county roads and you won't perish in the back country if you become lost or injured.

**AWARDS:** All participants will also be awarded a custom performance long sleeve tech shirt at the reception in the courtyard at the hotel.

**RECEPTION:** Our hotel has an over sized Jacuzzi and a large indoor swimming pool. This will allow for an excellent recovery. A lounge and courtyard are adjacent. This weekend will be great for building team spirit!



## HANDY INFO LINKS

### WEB SITE LINKS:

[DEVIL'S LAKE PARK MAP](#)

[MAP TO BAYMONT INN](#)

[BIAGGI'S RISTORANTE ITALIANO](#)

[ABOUT DEVIL'S LAKE PARK](#)

[GREENWAY STATION](#)

[FONTANA SPORTS](#)

[BAYMONT INN](#)

[JOHNNY'S STEAKHOUSE](#)

[STATE STREET PEDESTRIAN MALL](#)

### COOL VIDEOS:

[PARFREY'S GLEN FROZEN](#)

[VIEWS OF DEVIL'S LAKE](#)