



MANISTEE RIVER TRAIL TEST HIKE 2014

DATE: SUNDAY, SEPTEMBER 7, 2014

TIME: 7:30AM Caravan departs from the Holiday Inn parking lot to the hike trail head.
8:15AM. All Hikers meet at the trail head parking for a **day pack check**.

LONG HIKERS

8:30 am. Plateau Point Trail hikers will leave the parking lot for the 21.6 mile course. (7-8 HOF)

8:35 am. Rim to River to Rim & South to North hikers will leave the parking lot for the 25.6 mile course. (8-10 HOF)

SHORTER HIKE OPTIONS

8:40AM 16.6 miles – Shuttle to your trail head.

9:00AM 11.2 miles – Shuttle to your trail head.

9:20AM 5.6 miles – Shuttle to your trail head.

BELOW RIM HIKERS: This **TEST HIKE** is **MANDATORY** if you wish to be a candidate for any **below the rim** hikes. Please be at the trail head on time. This **TEST HIKE** cannot be made up and you will not be permitted to start early or late. Set two alarm clocks, electric and battery, and secure reliable transportation. It is always a good idea to have a friend call to double check if you are up and going. Candidates **must finish this TEST HIKE strong and in the time allotted** in order to qualify for a **below the rim** hike. We have **your safety in mind** and wish to maintain our perfect record of successful hikes below the rim. This **test hike** has proven to measure well the fitness level required for your successful hike at the Grand Canyon.

RIM TOPPERS: I highly encourage our hikers who plan to do one of the rim hikes to attend this hike. We can make arrangements to drop you off at **16.3, 11.2 or 5.6 miles** to go. Or you can do an out and back hike starting at the finish. One of the neat aspects of this group is the **fellowship and camaraderie** that is developed on these outings. We will have a **reception** the night before and **all Manistee hikers are encouraged to attend**.

RECEPTION: The reception for all hikers and support staff will be held at the host hotel on **Saturday from 5:00-6:30PM**. I hope that everyone will join us during this exciting time on the eve of our big hike. [Sneak preview of the unique Manistee Test Hike T-shirt at the reception.]

Get Fired Up for Manistee; [Photos from previous hikes](#)

T-SHIRTS: Although there is no way to duplicate the conditions for the **below the rim** hikes in the Grand Canyon, the Manistee River Valley is an excellent venue for our final training hike. In appreciation of your extra effort in getting to this **test hike**, we are awarding **custom T-shirts to all Mountain Sheep** at the finish of the course. This hike has been very well received the last nine years. It is a beautiful hiking experience and is well worth the trip. (NOTE: We use the shirt size on your GC X sign up form)

HOST HOTEL: Our host hotel is beautiful [Holiday Inn Express](#) complete with complimentary breakfast, pool, and Jacuzzi. It is conveniently located in near downtown Cadillac and 5 minutes from the isthmus between Lake Cadillac and Lake Mitchell where we will take Highway 55 to the trail head. They will give us a **\$105.00 rate** (plus 8% tax) please call 231-779-4656 to make your reservation. Our block is reserved under **Cairn Stone Hiking EGI**. All rooms have 2 Queen size beds.

The Holiday Inn Express is [located](#) on S. Mitchell street (Bus. 131) just north of US131, exit 177 [NOTE: Driving directions on page 2 to the trail head].



Ron Gunn's Cairn Stone Adventure Tours

Grand Canyon X 2014

July 16, 2014

TEST HIKE LOCATION: We will meet at 8:15AM in the Hiker's parking lot just off of Coates Hwy about one mile west of the Coates Hwy Bridge across the Manistee River. The DNR does not want us to park in the lot at the bridge. Please drive up the hill about a mile and look for a sandy drive on the right side.

DIRECTIONS: (<--click for Map Link to hotel, restaurants and trail head)

- Take M-51 north to I-94
- Take I-94 east to US-131
- Take US-131 north to M-115 (just south of Cadillac)
- Take M-115 west to M-55 (about 3 miles)
- Take M-55 west to Warfield Rd. (about 13 miles; 2 miles after M-37 intersection)
- Take Warfield Rd. north to Coates Hwy. (about 4 miles)
- Take Coates Hwy. west about 3 miles to the Hiker's parking lot (about 1 mile west of the Manistee River)



YOUR ACTION ITEMS - RESERVATIONS, GOAL & CARPOOL:

- 1) Reserve your room now; Call Holiday Inn Express (231-779-4656). [*Cairn Stone Hiking EGI*]
- 2) Email Thom your hike distance goal, he will let Coach know so that he can plan drop offs.
- 3) Everyone is responsible for their own transportation. If you need a roommate, a ride or have seats available in your car email Thom@CairnStoneTours.com; he will help you make contact.

A COURSE ORIENTATION with maps will be held at the start. **All hikers will log in at the start and the finish. Fill water bottles and bladders prior to arrival.** Carry a **full day pack** loaded as you plan for the canyon hike to meet these test requirements. Refer to the *Day Pack Check List* (in [Lecture Notes](#)) to verify that you have everything required. You will rely on your day pack for this hike as you must in the Canyon.

CHECK POINTS: There will be **three checkpoints** for all the long hike candidates.

CHECKPOINT 1 **YELLOW** will be at: **16.3 miles to go.**
CHECKPOINT 2 **GREEN** will be at: **11.2 miles to go.**
CHECKPOINT 3 **BLUE** will be at: **5.6 miles to go.**

Hikers will log in at each checkpoint and refill with water if needed. **Colored day pack tags** will be handed out at each checkpoint. You must place these bands on your day pack and **show them at the finish** on *Mt. Manistee* to receive your custom t-shirt.

- ◆ **All hiker's physical condition will be monitored at each checkpoint.**
- ◆ **We would like all hikers off the course by 6:30 pm (10hrs HOF).**

This is a tremendous training opportunity that will allow all candidates to evaluate and prove their conditioning level to your coach, but more importantly to yourself.

