



# **PENTICTON ADVENTURERS CLUB**

## **Information Sheet**

The Penticton Adventurers Club is for persons 50 and over. The club activities focus on hiking. Hikes are scheduled for Wednesdays and on weekends with rambles scheduled on Wednesdays. In addition, social activities include dine outs, pot luck suppers, picnics, wiener roasts, bocce and an annual 3-4 day trip.

Guests are welcome to participate in two events before they are required to become a member. Membership is \$20.00 a year.

A general meeting is held for club members and guests on the first Tuesday of every month at 7:00 pm at the **Seniors Drop-In Centre, 2965 South Main Street, Penticton** where a schedule of the month's hikes, rambles and events is available. The executive and members discuss new and old business and upcoming events; hike leaders give members a description of their hikes - the area, distance and elevation.

### **Non Hiking Club Activities**

Bocce Ball: Bocce players meet at Lakawanna Park every Thurs at 3:00 p.m. from May to Sept.

Dine Outs: Dine-outs arranged by a club member at various restaurants are held at 5:30 p.m. on the last Tuesday of the month. There are sign-up sheets at the monthly meetings.

Pot Lucks: Pot luck suppers are held on the third Tuesday of the month at 6:00 p.m. Diners bring a dish to share and their own drinks, plates and cutlery.

Speakers: At the monthly meeting once club business is concluded, occasionally speakers are engaged to speak on topics of general interest to club members.

Coffee and Conversation: After the monthly meetings, members are encouraged to stay for coffee, treats and conversation.

Special Events: The club has wiener roasts during the warm weather, club picnic during the summer, occasional day-long bus excursions and a Christmas party at a restaurant.

### **Rambles, eHikes, mHikes and sHikes**

Hiking is the central focus for many members of the Penticton Adventurers Club. The Club offers a variety of hiking opportunities. Currently we offer, rambles (easy), eHikes (easy), mHikes (moderate) and sHikes (strenuous).

Hikes are often assigned a DoD (Degree of Difficulty) rating from 2 to 16 or more. (The grading of hike difficulty is discussed below.)

An average moderate hike is between 3 – 4.5 hours in duration, plus lunch and driving time; 6 - 12 kilometers in length and 500 - 1,000 + feet in elevation and a DoD rating from 6 to 9.

All hikes and rambles **start with car-pooling from the Seniors Drop-In Centre, 2965 South Main Street**. Start times vary with the season (between 8:00 am and 9:30) and are published in the monthly schedule. Hikers and ramblers arrive 15 minutes early to organize car-pooling. There is a gas expense paid to the driver.

The following table summarizes the four types of hiking activities as well as when they are scheduled. See below for an explanation of the DoD (degree of difficulty) rating.

	<b>Ramble</b>	<b>eHike</b>	<b>mHike</b>	<b>sHike</b>
<b>Duration</b>	2.0-2.5 hours rambling, plus snack & driving time Total: 3.0-4.0 hours (Back between noon & 1:00 pm)	3.0-4.0 hours hiking, plus snack, lunch and driving time Total: 4.0-5.0 hours	3.0-4.5 hours hiking, plus snack, lunch and driving time Total: 4.0-5.5 hours	May exceed 5 hours hiking, plus snack, lunch and driving time Total: 5.0-7.0 hours
<b>Lunch</b>	No	Yes	Yes	Yes
<b>DoD</b>	2 to 5	3 to 6	6 to 9	10 plus
<b>Footing and Slope</b>	<b>Mostly</b> well-defined trails, including KVR & roadways. Mostly flat or moderate slopes with occasional short steep slopes.	<b>Mostly</b> well-defined trails of some sort, with some irregular footing and single file walking. Mostly moderate slopes with occasional steep slopes.	<b>Mostly</b> trails of some sort, with some irregular footing and single file walking. Generally moderate slopes with possible long <b>or</b> steep slopes.	Large variety of trails and off trails routes. Footing can often be less than ideal. Slopes vary greatly, with possible long <b>and</b> steep slopes.
<b>When</b>	Wednesdays ( <b>leader &amp; location NOT pre-assigned</b> )	Weekends in rotation with mHikes & sHikes Wednesdays ( <b>leader &amp; location NOT pre-assigned</b> )	Weekends in rotation with eHikes & sHikes Wednesdays ( <b>leader &amp; location NOT pre-assigned</b> )	Weekends in rotation with mHikes & eHikes

Many hikes in the 5 to 7 DoD range can be done as an eHike or a mHike. The difference is the result of the pace set by the leader on grades and the quantity and length of rest times. A mHike rated at DoD 9 can be quite challenging, but the pace on long grades or in rough terrain tends to be more leisurely than on a sHike.

### **Hike Leaders**

Hike leaders often provide a brief oral description of the hike at the monthly club meeting. The description usually includes an assessment of the difficulty and might include trail length, elevation gain, and difficulty of footing or peculiarities in the terrain, together with highlights. The leaders are volunteers: they take time to scout the trail, not only to find the way but also to judge the difficulty. They also make judgments on when to have rest stops, snack breaks and lunch (often helped by vocal advice from hikers on hike day). The objective is to have an enjoyable day in the open, to exercise and to take in the sights. The hike is never intended to be an endurance test so there are frequent stops on steep sections or in rough terrain. We strive for fresh air, sunshine, interesting hikes, and good views. We don't necessarily achieve all of these but we do always enjoy the good company of fellow hikers.

### **Grading of Hikes (DoD)**

**Grading of hikes is always subjective:** a hike of moderate difficulty for one person may be easy for a second and difficult for a third person. New hikers find their individual comfort levels by joining us on different hikes.

We keep a record for many of our hikes for which a degree of difficulty (DoD) has been calculated based on data from a GPS. The DoD is measured using a range of 2 and above. DoD values of 2 & 3 indicate a walk on a mostly flat surface. Hikes with a DoD value of 6 or below are considered easy; 6 through 9 values indicate a moderate hike and values of 10 and above indicate a strenuous hike. The DoD value rises with increased length, total ascent and elevation changes, steeper slopes **and/or** irregular footing.

**Please remember that the (DoD) rating is only a guide, based on a GPS track.**