

Sunday Morning City Hike

July 14th at 9am

Meet at Forest Hill Park picnic shelter #2 at the end of the road near the trailhead.

Let's take a hike on the Buttermilk trail. We will stay on the Buttermilk trail, head to the service road at the Nickel Bridge, back to Reedy Creek, and on to our starting point at Forest Hill Park. Meet at the Forest Hill Park parking lot at picnic shelter #2 at the end of the road at 9 am. I have shortened the hike to 4 miles to account for the summer heat. Bring water to keep hydrated. We should be finished by 11 am.

HIKING DISTANCE: 4 miles (Approx 2 hours depending on # of stops required and trail conditions)

TRAIL TERRAIN: A little of everything – mostly dirt, rocks, & gravel, with a little pavement, a lot of tree roots, and even a few stream crossings. Depending on the weather, the trail can be a little muddy and slippery in places so dress accordingly.



DIFFICULTY: Moderate-to-Difficult. *We are in the city, but the trail is challenging in areas.*



WHAT TO BRING: Sturdy, broken-in shoes; water, and snacks. Dress in layers depending on the weather.

Meet in the parking lot at picnic shelter #2 in the very back of the parking lot.

For more information or details please contact Brenda Bird at brenann0812@gmail.com (804-437-3609)

Optional Brunch at O'Toole's on Forest Hill afterwards.

This is a rain or shine event. I will hike in the rain. Hike will be cancelled if Thunderstorms are in the forecast.

Remember to practice good trail etiquette and yield, move to the side for the mountain bikers.

Please RSVP so that we have your contact information in case the hike is cancelled for any reason.

NO PETS PLEASE!

"A body in motion stays in motion"