

## OLLI HIKING SPECIAL INTEREST GROUP (SIG)

### GUIDELINES for MEMBERS

Thanks so much for considering the OLLI Hiking SIG! We are delighted to have you join us. Here is some information on how the program and website work.

#### Pre-requisites

- Love the outdoors!
- Hikers must be an OLLI member with membership dues current.
- Hikers must be physically mobile and be able to meet the minimum standards indicated in the description of each hike.

#### How to sign up for the SIG

- Log in to OlliHikingSig.org (not case sensitive).
- Complete the registration information.
- Check the box indicating a current OLLI member (If you are not, please update your membership first by contacting OLLI directly 828.251.6140 olli@unca.edu).
- Check the box to indicate if you are interested in being a hike leader. Submit.
- This will take you to the waiver page. Please read and sign electronically. You can print off the TIPS page if you wish. Submit.
- The next page will take you to scheduled hikes. You can review and/or click to “attend.”

#### Ongoing hikes

- Log in using the email and password previously selected
- Choose hikes to join, or cancel reservations as you wish. You will receive email confirmations.
- Questions regarding individual hikes should be directed to the hike leader. Their information will be in your confirmation email and on the website.

#### Hike Descriptions

- Level 1: Half day, < 4 miles and <700 feet elevation, little technical difficulty
  - Should be able to walk 3 miles on uneven terrain
- Level 2: Half day, < 5 miles and < 1000 feet elevation, some technical difficulty
  - Previous hiking experience and able to walk 3-4 miles
- Level 3: Full day, 5-7 miles and < 1500 elevation, moderate technical difficulty
  - Previous hiking experience, walk >4 miles and up to 1000 feet elevation
  - Additional descriptions of the terrain are listed in each hike.

#### Cancelled Hikes

- If you are registered for a hike, and the leader needs to cancel, you will receive an email.
  - Decisions will be made at least 2 hours in advance of the hike.

#### Other:

- Please write down emergency contact information and have it somewhere with you on all hikes.

- Sorry, guests and pets are not permitted.
- You must sign up to attend a hike: walk-ons cannot be accommodated.
- Your hike leader will provide guidance around gas reimbursement if appropriate.
- Many trailheads have limited parking, so the meet up location will be indicated for each hike.
- HAVE FUN!

QUESTIONS: Contact [OLLIHikingSIG@gmail.com](mailto:OLLIHikingSIG@gmail.com) or call Marcia at (631) 987-7451 March 2022