

POLES practice hike

The East Bay Regional Park District is proud to offer Poles classes taught by Jayah Faye Paley

Please read before day of class

Arrive at least 15 minutes early!

Program Description

You have taken a hiking poles class with EB Parks. To practice what you learned, please join us to review whatever you need to and to refine your skills on the trail. We will work on more advanced techniques to improve your performance and confidence, finesse your form and enhance your capabilities.

POLES PRACTICE HIKE: BOTANIC GARDEN

This is the easiest of the practice hikes offered. Explore the Tilden Botanic Garden in under 2 hours. Terrain includes uneven stairs without rails, bridges, hills, narrow trails.

POLES PRACTICE HIKE PLUS YOGA

Other practice hikes vary in intensity and length. If the practice hike says + Yoga, then you can expect that we will spend some time on the trail with some yoga type stretches and strengthening movements (but we will not be on the ground) so you do not need to bring a yoga mat.

To determine if a practice hike is within your capability, look at the number of hours scheduled. Can you hike for that length of time? Our pace is extremely moderate because we are stopping to review skills and trails.

Some hikes (like Sunol and Black Diamond) include steeper terrain and stream crossings. If you have never been to the park listed or have doubts about your ability to join in a particular hike, then please consider starting with the Botanic Garden hike to feel confident in your ability on the trail.

WEATHER CANCELLATION

If this program is cancelled due to weather, you will be notified as soon as possible and a refund will be issued.

Top Quality POLES Provided

You are welcome to bring your own poles. If you use your own poles, you will not have the opportunity to swap and try other models. Rubber tips are required.

What to Wear

- Comfortable, layered clothing
- Sturdy walking shoes (required)
- Hat & or sun coverage

What to Bring

- Participant Waiver/Emergency form – filled out on BOTH sides and signed before arrival Sturdy walking shoes (required)
- Light lunch and snacks
- Full water bottles
- Sun protection: Sunscreen, Hat
- Daypack to carry water & lunch; fanny pack or back pack *with chest strap* recommended
- Something to sit on as lunch is often out on the trail
- A Pen
- A rag to wipe off poles when done.
- Hand wipes to wipe hands after eating and before handling poles.

RECOMMENDED "Reading"

Instructor Blog: www.AdventureBuddies.net/blog Review DVD Updates section

Instructor has the responsibility to **start the class on time.** Late arrivals will miss crucial instructions.

If you are late, the instructor may recommend you take the class another day if too much has been missed; refunds will not be issued in these circumstances. If you choose to participate, do not expect the instructor to interrupt the class. Provide your completed paperwork and sign in.