

2022 Summer ~ Fall Hiking Schedule

Monthly hikes on 3rd Wednesdays*

\$3.00 per hike. Bring exact change or purchase a prepaid fitness card.

- * **Summer- Arrive at 8:15 am Fall – Arrive at 9:45 am**
- * *Bring a water bottle and dress appropriately for the weather*
- * *Wear sturdy, comfortable athletic or hiking shoes*
- * *Wear sunscreen and bug repellent if needed*
- * *Hikes feature a guide/leader and a sweep*
- * *All distances are approximate*

Wednesday, June 15 (8:15 am): Phipps Park (3 miles)

Meet at Gate A on the left. 1275 Miller Landing Rd.

Wednesday, July 20 (8:15 am): Lake Overstreet (2 miles with a 4-mile option)

Meet at Forest Meadows Tennis Complex parking, 4750 N. Meridian Rd. (Bring extra \$2 for park fee)

Wednesday, August 17 (8:15 am): Lafayette Heritage Trail (3 miles)

Meet at Lafayette Heritage Trail Park, 4900 Heritage Park Blvd.

Wednesday, September 21 (9:45 am): Phipps Park (3 miles)

Meet at Gate A on the left. 1275 Miller Landing Rd.

Wednesday, October 19 (9:45 am): Miccosukee Greenway, Thornton Rd trailhead, (4 miles) Meet at trailhead corner of Thornton Rd and Miccosukee Rd. 5600 Miccosukee Rd.

Wednesday, November 16 (9:45 am): JR Alford Greenway, Bluebird Trail (3.3 miles)

Meet at 2500 Pedrick Rd. (dead ends into the greenway parking lot)

***NOTE NEW DATE! Wednesday, December 14 (9:45 am): St. Marks Wildlife Refuge, Stoney Bayou 1 Loop trail.** Meet at Visitor Center parking lot. Entrance fee or National Park pass required. Bring Brown bag lunch.

Pre~registration not required. If new, please complete a registration form on site.

For more information about hiking

***[https://www.tallahasseeseniorfoundation.org/outdoor-activities/
Ruth.nickens@talgov.com](https://www.tallahasseeseniorfoundation.org/outdoor-activities/Ruth.nickens@talgov.com)***

For more information about outdoor adventures

***[https://www.tallahasseeseniorfoundation.org/lifelong-learning/
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