

Stretch & Hike, Orchard Creek Trails (Lincoln Hills)

Tuesday, February 25, 2025

DIFFICULTY: Easy/moderate

ELEVATION GAIN: About 340 feet, mostly gradual grades with one set of easy steps

HIKE DISTANCE: 6.5 mile loop

Pace: Moderate

LOCATION: Orchard Creek Hiking Trails

DESCRIPTION: We will meet at the O.C. Parking Lot, Row 14, at 8:45 AM to sign in, and will proceed to the outdoor Amphitheatre for a 30 minute, customized Stretch Routine, presented by Danielle Merrill, OC Fitness Manager. Please bring your hiking poles for the stretch class, we'll have a few extra if you don't have any. The hiking poles will only be needed for the stretch class, not necessary for the hike. At the completion of the stretch session, we'll have a short bathroom break and time to return the hiking poles to our cars.

The 6.5 mile hike will begin at 9:45 AM. The hike will start in the breezeway outside the Fitness Center. We'll walk along Sun City Blvd, to Andover, across to Hidden Hills trails & will follow the trails to Blue Heron Loop where we'll stop for a snack or light lunch. From Blue Heron we'll follow the trails to Mallard Pond to enjoy a brief visit with the ducks, and will then continue to follow the hiking trails to Secret Lake Loop and back to the Orchard Creek parking lot.

HIKE LEADER/SWEEP: Marilyn McCullough/Gay Mackintosh

SPECIAL NOTES: There are no restroom facilities once we begin our hike. We'll have a stretch class, presented by Danielle from the Fitness Center prior to the hike, at 9:00 am, a quick bathroom break, and the hike will begin at 9:45am

- 1) Bring a copy of your ID (driver's license), health card, and emergency contact name and phone number with you on the hike.
- 2) Bring water and snack or lunch. Hiking poles for the stretch exercises – we'll have a few extra if you don't have them.

QUESTIONS: Call Marilyn 916-899-3432 or Gay at 916-209-3628.

MEETING LOCATION: Meet at Orchard Creek Parking Lot, row 14, 8:45 AM

MEETING TIME: 8:45AM for check-in...Stretch class will begin at 9:00 am in the Outdoor Amphitheatre, and the Hike will begin at 9:45 AM

RAIN CANCELS HIKE!