



2017 Conditioning Hiking Series

This course is designed to prepare seasoned hikers currently experienced at the upper easy/moderate level for the challenges of strenuous, long-distance day hiking. It provides a group-trip environment in which hikers can build friendships by hiking with some of the same people on each trip. Two required hikes per month with increasing mileage and elevation gain from April-August, a graduation hike in September, and a fun day of conservation work will take you from short, easy hikes to being able to participate in the longer, moderate-to-strenuous level hikes that will get you out to the stunning vistas and trails that surround us. We hope you'll join us in the mountains this summer!

For additional information, please visit the following link on the Mountaineers website:

[Conditioning Hiking Series - Seattle - 2017](#)

Course Fee: \$125.00

Key Dates for 2017:

- Feb 1-10: Signups open to new course members and prior course non-graduates
- Feb 11-28: Signups open to all
- March 1: CHS Mixer at the Seattle Mountaineers Program Center (optional, new members + alumni)
- March 11: CHS Orientation (mandatory for 2017 course participants)
- March 18: Pacing Hikes
- April –August: 2 hikes per month, plus 1 day of trail maintenance or stewardship activity
- April 29-30: Coast Cleanup Weekend (optional)
- May 27-29: Columbia Gorge Weekend (optional)
- June 24-25: Eastern Washington Weekend (optional)
- July 29-30: Mt. Rainier Campout Weekend (optional)
- August 26-27: Olympics Campout Weekend near Lake Quinault (optional)
- September: Graduation Hikes
- October 7: Graduation Party and Certificates Awarded

Questions? Feel free to contact the course administrators Jim Souza, Kari Durr, and Arin Sharkey at [CHS Admins](#). Happy Trails!

