

GFC Women's Hiking Club



Skyline Reginal Park

2nd and 4th

Saturday Mornings @ Sunrise

November - April

(Weather permitting)

Not sure what to wear or bring?

Here are some recommendations:

1. Lightweight hiking/workout clothes
2. Hiking boots
3. Backpack or waist pack
4. Water, water, water!
5. Sunscreen
6. Sunglasses
7. Basic First Aid Supplies & Snacks

Some other options:

1. Sunhat
2. Thick socks
3. Hiking Stick

Note: Although there are trails marked as “easy,” please know that hiking is an **endurance sport**. Thus, we request that if you have any medical issues that may possibly put you at risk, please be sure to consult with your physician **first**. Thank you!

Got additional questions? Contact **Lisa Suggs** at 623-399-0485 or lgsuggs@cox.net

To Join the Club – Get Hiking Schedule – See Skyline Park Trail Map

Go to:

<https://graceinbuckeye.com/womens-ministry/>