

55+ JABBER WALKIES

LEISURE HIKING PROGRAM



Join IVGID Senior Programs for a relaxed 2.5-5 mile stroll focused on connection, fresh air, and enjoying the moment. These walks are at a slower pace with minimal elevation and perfect for those looking to ease back into activity, recovering from injury, or simply wanting to get out, meet new people, take photos, and smell the roses.

***We adjust the trail length and pace based on participants' comfort and ability, so all are Welcome!**

9/15- Sagehen Creek Loop (Truckee)	4 - 5 miles	213 ft. elev gain
9/22- Johnson Canyon Overlook (Truckee)	2.5 - 4 miles	410 ft. elev gain
9/29- Pam Emmerich Pine Drop Trail (Kings Beach)	2.6 miles	137 ft. elev gain
10/6- Tahoe Rim Trail via Rose Meadow (Incline Village)	3 - 5 miles	450 ft. elev gain
10/13- Historic Donner Pass Train Tunnels (Truckee)	3 - 5 miles	250 ft. elev gain
10/20- Emerald Point (Emerald Bay, Tahoma)	3 - 5 miles	528 ft. elev gain

Fee: \$15 or \$12 w/IVGID PASS (includes guides and transportation)

Must Register 3 days in Advance

Mondays, beginning May 12th - through October
Meet in the Rec Center Lobby @ 8:15am for prompt 8:30am departure
(Some hikes may require more or less time)

***Bring water, bug repellent, snacks, sunglasses, hat, sunscreen, and hiking poles.**
Wear appropriate shoes and clothing.
All hikes are weather permitting when safety is affected.

Adults 55 + & their 21+ companions are welcome!



REGISTER.YOURTAHOEPLACE.COM

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INCLINERECREATION.COM • 775-832-1310

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