

Dear Westerner:

Welcome to the Sedona Westerners Hiking Club. For over 50 years the Westerners have responsibly hiked the Red Rock Country, and we look forward to sharing our experience with you. Our hiking season runs from September to May, and over that time you will have a variety of hikes and ability levels to choose from:

Amblers (Thursday): Easiest, with less mileage and elevation
Rustlers (Saturday): Half-day hike, a step up from the Amblers
Dogies (Tuesday): More challenging distance and elevation
Mustangs (Thursday): More distance, elevation, and exposure
Roughriders (Saturday): Most challenging
Drovers (Sunday): Shorter (half-day), can be challenging
Tracker (Wednesdays): Educational hikes and events

My best advice is to start with some of the less challenging hikes to see how you feel. Hikes at the level of Mustangs, Roughriders and Drovers will be at a pace established by the hike leader. You are responsible to know your own ability and be able to keep up with the pace of the group. Always check the schedule for distance, elevation, and comments, and if you have questions you can contact the Trail Boss. We all have the most fun when we are hiking at an appropriate level for our abilities. Remember we are all volunteers and are not professional hike leaders.

Just a few quick words about safety:

1. Always bring enough water (at least two liters). You'll be surprised how much fluid you will require.
2. Wear the best, most durable hiking boots you can find. Our rocks and cacti can chew up cheap boots very quickly.
3. A good hat, and a rain poncho or jacket should be with you. We get surprised often by changes in the weather.
4. Carry a First Aid kit which should include: Band-Aids, blister pads, and antiseptic pads with you. In the high desert everything wants to scrape or puncture you.
5. Hiking poles can provide stability, and many of our members routinely hike with them.

Please take the time to visit the web-site often (sedonawesterners.org) and read about the Club; our rules, history, and relationship with the local Forest Service. Changes in the schedule do occur and will be posted including cancellations.

One last thing: our monthly meetings are listed on the schedule and we hope you'll take advantage of them. We encourage you to attend to meet more of your fellow hikers and learn from our speakers. It's traditional to wear an item of Western clothing to our meetings, which are at the Sedona Methodist Church, 100 Indian Clifts Rd. in their fellowship hall.

We hope you will enjoy being a part of the Sedona Westerners. We're delighted to have you as a member.

Barbara O'Connor
Trail Boss 2017-2018