

Hike Acadia with EMHS!

Sponsored by EMHS Total Health
Hosted by Paul Bolin

When: September 16, 2017. Arrive no later than 10:45 am.

Where: We will meet in the north parking area of the Jordan Pond House. **Carpooling encouraged!**

Hike time: Anticipate 4+ total hours of hiking for the full, 5-mile loop, though hikers are free to break off at any time

Drivetime: Will vary

Who: The first **50** employees/guests to sign up. Employees may bring one guest

Sign up: Contact eclayton@emhs.org to sign up and for a liability waiver

Course: Penobscot and Sargent Mountain, Acadia National Park

Leader: Paul Bolin

Recommended Gear:

- Comfortable pack
- Sturdy footwear
- Absorbent liner socks and outer socks
- Layers of clothing, to include rain or wind gear
- Cap and gloves
- High energy lunch and snacks
- Full water bottles (approximately two quarts -- do not rely on streams for your water source)
- Small first aid kit (band-aids, tape, aspirin, Tylenol)
- Flash light or head lamp
- Sunscreen/bug spray
- Camera/binoculars

About the trail

The full hike features varied terrain with some steep hills, some moderate rock climbing and some stretches of gradual uphill/downhill -- something for everyone.

Participants are always free to stick with the group or break off on their own at any time for a shorter day or to hike at their own pace. For those who want a more rigorous day, the full loop is 5-miles.