



Welcome to the Fall 1989 season of the U.C. Hiking Club! This special edition of Bear Tracks was prepared especially for you, the new or prospective member, to give you some idea of what the U.C. Hiking Club is and what we do. Keep in mind that our name has been retained on strictly historical grounds; the Club these days is involved in backpacking, day hiking, car camping, mountaineering, rock climbing, X-C skiing, downhill skiing, snow camping, road biking, mountain biking, hot tubbing, fine dining, and good times. We are open to all members of the campus community, students and non-students alike. Included in this edition is a calendar of upcoming events and trips. Look it over and come along on a trip that sounds interesting. In fact, try to go on as many as you like. Membership is only \$5.00 for the semester, and trips cost usually less than \$20 for a weekend because you pay for only food and gas. For more information, come to our Fall slideshow on Thursday, September 7th, 7:30 pm in 155 Dwinelle, or to any of our Wednesday meetings, every week at 7:00 pm, 605A Eschleman Hall. Come get to know us! It'll be worth your time!

Best wishes for a successful semester!

-Bones,

BEAR TRACKS editor

### A General Description of the Club

The U.C. Hiking Club is a social and recreational organization designed to bring people together who enjoy outdoor activities. Through the Club, students are given the opportunity to visit unfamiliar areas of California and try many new outdoor activities. The U.C. Hiking Club is a misleading name for the group in that we are involved in many more activities than just hiking. This year our trips will include backpacking, day hiking, mountaineering, rockclimbing, cycling, mountain biking, backcountry skiing, snow camping, downhill skiing and ultimate frisbee games. Our social activities include barbeques, slide shows, parties, dinners, hot tubs, dancing and our weekly meetings. The Club is composed of undergrads, graduate students, and alumni of U.C. Berkeley and other universities. Most Club members begin with little or no experience in outdoor activities, thus members are encouraged to participate in learning new activities. The club allows individuals interested in trying something new to overcome many common problems such as lack of transportation, lack of equipment, lack of information, and lack of companionship. So, if the intense atmosphere of the Berkeley campus is getting you down, join us and get away from it all!

### How Trips Operate

A \$5.00 membership fee entitles you to participate in all U.C. Hiking Club trips for one year. The only other expenses involved are those which you incur yourself (equipment you might need to rent, your share of the food, your share of the gas). On average, if you have your own equipment, a weekend trip usually costs less than \$20. Transportation to all U.C. Hiking Club trips is by carpool. We try to limit trip size to 12 members. We feel that it is very important to teach a respect for the natural areas we visit, and so we strive to follow the guidelines for minimum impact. If more than 12 members wish to make a trip on a weekend, we will go in two or more groups to different locations.

An important point to remember is that we are not tour guides, nor do we lead a tour service. Members are encouraged to participate as much as possible in the planning of trips. Creativity is always welcome and when possible, preliminary planning is kept to a minimum in order to encourage spontaneity and active participation of all members. For this reason, the quality of the experience gained by participation will depend greatly on what you individually contribute to the trip.

### Membership has its Priviledges

As mentioned above, membership entitles you to participate in all Club activities. Members also receive copies of our monthly newsletter, Bear Tracks. Also, the Club provides a roster listing the phone numbers and interests of all members. This helps members to plan trips and to keep in touch with each other after trips. The Club has access to many resources which make trips easier, less expensive, and safer for members, such as tents, cabins, and first aid kits. As a service to our members, we also have an extensive map collection, a library of books on outdoor activities, log books of previous adventures, a photo album and a collection of slides from many Club trips. Also, Official U.C. Hiking Club T-shirts will be available soon. All of these resources are available to you when you become a member of the U.C. Hiking Club.

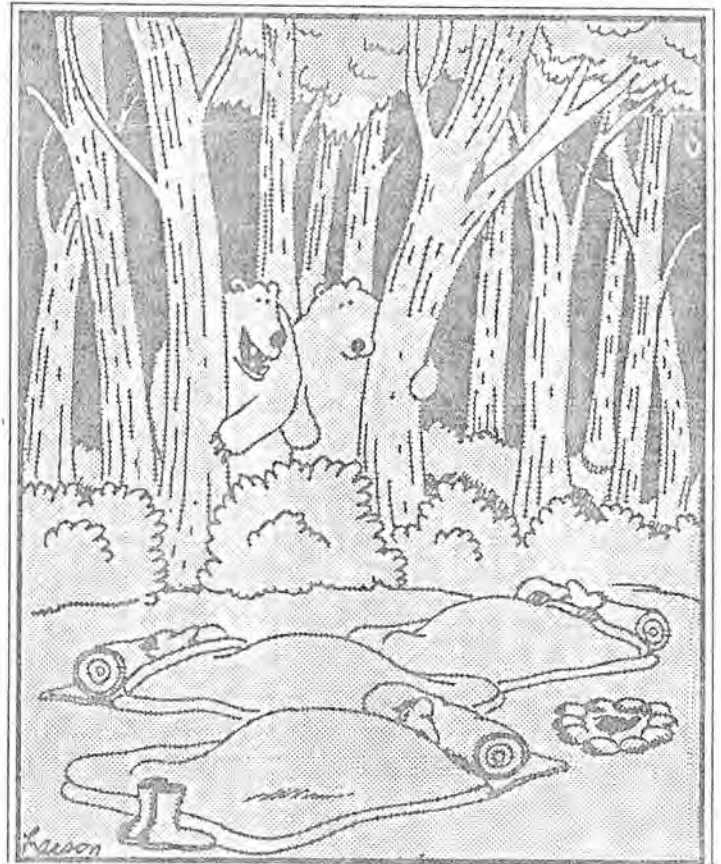
### Club Affiliations

The U.C. Hiking Hiking Club is affiliated with several local organizations. Cal Adventures provides us with equipment available for rental at student rates. They also provide leadership training for all of our official trip leaders. Hiking Club leaders have completed the wilderness first aid course offered by Cal Adventures and have American Red Cross standard first aid and C.P.R. certifications. All official U.C.H.C. trips have at least one certified leader participating. The Sierra Club of California supports us and provides us with local news of Sierra Club activities. And finally, the U.C.H.C. supports the Mono Lake Committee, an organization to protect the wilderness area in the Mono Lake Basin.

### How to get Involved

Since the Club is socially oriented, the best way to get involved is to get to know us. Come to one of our weekly meetings. Meetings are very informal and often we show slides from the most recent trips.

Meetings are held every Wednesday at 6:00 pm in our office in 605A Eschleman Hall. There you can sit around on our couch and boulders and meet people who have participated in past Hiking Club adventures, as well as get information on upcoming trips. If you can't make it on Wednesdays, you can meet us Fridays at 5:30 pm at our frisbee field at Willard Park on the corner of Derby and Hillegas. We play ultimate frisbee every week, rain or shine, then converge upon someone's house for dinner and a party. If you can't make it on Wednesday of Friday, you can find the latest news and trip announcements in Bear Tracks, the official Hiking Club Journal. Copies are usually available outside our office on the bulletin board at 605A Eschleman Hall. A calendar of upcoming trips is also posted on the Bridge Board on Sather Gate Bridge. If all else fails, call the U.C.H.C. Hotline at 642-XXXX for the latest trip information.



"Sandwiches!"