

*Sign up below for the wait list for  
your Red River Gorge adventure!*



Explore the Red River Gorge's remarkable rock formations & beauty.

Name: \_\_\_\_\_

Cell phone: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_

City: \_\_\_\_\_

State/Zip: \_\_\_\_\_

Choose your preferred 2020 trip dates:

\_\_\_ Oct. 18-23

\_\_\_ Oct. 25-30

\_\_\_ First Available

**Mail this form to:**

Trailbound Trips, 533 S. Summit Street, Barrington, IL 60010 (Make check payable to Trailbound Trips)

**\*\*\* IMPORTANT: We all want this trip to be a great "fit" for you. \*\*\***

So, below are fitness levels you'll want to reach in order to enjoy these gorgeous hikes & to keep pace with the other hikers.

- \* Walk 5 miles with an elevation gain of 250 feet
- \* Cover an elevation gain of 450 feet over 1 mile
- \* Hike over rocky & "rooty" terrain
- \* Walk along drop-offs (while never unsafe, these drop-off might frighten those very afraid of heights)

If you feel a hike is too difficult for you, feel free to relax at our lodge, or our guides can recommend another activity. For more info about the hikes, their difficulty, and your ability level, contact us at [TrailboundTrips@gmail.com](mailto:TrailboundTrips@gmail.com). In addition, we'll mail you a trip booklet in advance, which has more trip information and training tips.

**Questions?** Contact our office manager, Renee Mueller, at [NorthwoodsGirl64@gmail.com](mailto:NorthwoodsGirl64@gmail.com)

*"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do ... Explore. Dream. Discover." ~Mark Twain*