



7th Annual Full Moon Hike

Hiking by the light of the moon with Trailbound Trips

- When:** **Friday, Oct. 6, 2017 from 8:30-10:00 pm.** (Arrive by 8:15 pm)
- Cost:** Free. We are harvesting non-perishable food items for a Palatine food pantry. See the next page for suggestions on what the pantry most needs.
- Who:** Trailbound women and their friends.
- Meet:** Parking lot at Citizen's Park in Barrington, IL (See directions on the next page. Please note this is not the entrance off of Cuba Road.)
- Hike:** 3-mile route through Cuba Marsh Forest Preserve (on a crushed gravel trail).
- Bring:** Flashlights required by the forest preserve. You might also want to bring water and a hiking stick.
- Sign-in:** At the card table in the parking lot, please put a check mark next to your name when you arrive, and when you finish. (So we leave no hikers behind!)
- Rain:** We'll hike in light mist if it's warm enough, but not in rain/storms. If we need to cancel the hike, I'll send out an email by 5 pm that day.
- Potty:** Flush toilets at the parking lot and pit toilets at the half-way point.
- RSVP:** Our full-moon hike is now filled, but we encourage you to sign up for our wait list. We will contact you if we have an opening. Click here for the wait list:
<http://events.constantcontact.com/register/event?llr=6dzjijjab&oeidk=a07eeesrbn393c9d04a>

Looking forward to a great evening!

Carol Ruhter, Cell: 847-707-9377



Driving directions to the Full Moon Hike Meeting Point: Citizen's Park, Barrington, IL

From the intersection of Route 14 and Lake-Cook/Main streets in Barrington:

- Head north about $\frac{1}{2}$ mile on Rt. 14/Northwest Highway to Lake Zurich Road (where Rt. 14 curves, 1st right turn past the library)
- Head right (east) onto Lake Zurich Road for less than 1/10 mile to the 1st entrance on the right. (If you go over the railroad tracks, you've gone too far.) This entrance leads to the Park's Treehouse, Lodge, playground, tennis courts, and basketball courts, as well as Hospice and Pepper Construction.
- Head right on this entrance road for about 2/10 of a mile, passing Hospice and Pepper. Park in the large lot near the Treehouse and the Lodge.



Suggestions of what our food pantry especially needs...

- Hygiene Products (men's and women's) - soap, toothbrushes, toothpaste, toilet paper, deodorant, razors, shaving cream, shampoo, conditioner (not travel sizes), combs, brushes
- Canned Fruit (fruit cocktail, pineapple & mandarin oranges go super fast)
- Syrup
- Pancake Mix
- Granola Bars
- Juice Boxes
- Bottles of Juice (cranberry, orange, etc.)
- Ketchup, Mustard
- Peanut Butter

Please, no canned veggies at this time.

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.