



CLIFFSIDE / RIVERSIDE LOOP

Dates: Friday, October 9, 2009

Start Point: Red dirt parking lot just past Juniper Day Use Area

Start Times: 12:00 Noon - 1:30 pm

Finish Time: 4:30 pm

Distances: 5K, 8K or 10K

Rated: 2+ (5K is 1+)

Highlights: Get a feel for the canyon from below the cliffs and along the river.

Trail Description: We begin on the Riverside Trail and return via the Cliffside Trail for a nice loop.

Worker's Walk: Wednesday, Oct. 7th @ 1:30 pm.
Red dirt parking lot just past Juniper Day Use Area
★★★ For volunteers who walk both the 8:30 and 1:30 worker's walks on Wednesday, the club will provide a complimentary PB&J sandwich between walks.

Directions: From Canyon, head east on 4th Ave/TX-217. Follow TX-217 to Palo Duro Canyon State Park. Enter park and follow signs to Juniper Day Use Area at the other end of the park on your left. Restrooms are available at the start point.

WINE AND CHEESE PARTY

IN APPRECIATION OF OUR VOLUNTEER WORKERS AND NEW MEMBERS

Meet & greet at our complimentary wine & cheese social.

When: Friday, October 9, 2009 @ 6:00 pm

Where: Holiday Inn Express
2901 4th St., Canyon • 806-655-4445 .



LIGHTHOUSE / GSL LOOP

Dates: Saturday, October 10, 2009

Start Point: Chinaberry Day Use Area.

Start Times: 8:30 am - 9:30 am

Finish Time: 4:00 pm

Distances: 5K, 12K, 14K or 20K

Rated: 3

Highlights: Lighthouse, a pink flamingo, great views, Spanish Skirts and other unique rock formations.

Trail Description: We follow the Lighthouse Trail to the Lighthouse with views of Castle Rock. After visiting the Lighthouse, the 12K will retrace their steps back to the finish. The 20K will return via Givens, Spicer & Lowry Running Trail and Little Fox Canyon Trail. The 14K will not go to the Lighthouse.

Worker's Walk: Thursday, Oct. 8th @ 8:30 am
Chinaberry Day Use Area.

Directions: From Canyon, head east on 4th Ave/TX-217. Follow TX-217 to Palo Duro Canyon State Park. Enter park and follow park road to Chinaberry Day Use Area on your right. Restrooms are at the start point.

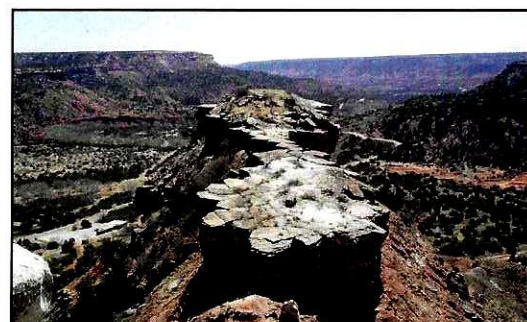
DINNER AND MEETING

Pre-registration is required to guarantee you a seat for dinner.

When: Saturday, October 10, 2009 @ 7:00 pm

Where: Alumni Hall, West Texas A&M University
26th St. & Russell Long Blvd., Canyon, TX

Menu: Buffet of Chicken Cordon Bleu, Beef Burgundy, Garden Salad, Roasted Garlic Mashed Potatoes, Vegetable Medley, Iced Tea and Key Lime Pie.



C.C.C. TRIASSIC TRAIL

Dates: Sunday, October 11, 2009

Start Point: Pioneer Amphitheater

Start Times: 8:30 am - 9:30 am

Finish Time: 2:00 pm

Distances: Easy 5K, more difficult 5K, 8K, or 10K

Rated: 3 (easy 5K is rated 2)

Highlights: Views from Table Rock & the Overlook. Cross bridges built by the C.C.C.

Trail Description: The trail begins on the easy Sagebrush Trail and Pioneer Trail, then heads up the hill on the C.C.C. (Triassic) Trail. The trail forks to Table Rock and returns to the main trail where it heads off to the scenic overlook at the Visitor's Center. The 8K leaves off the first easy portion of the trail.

Worker's Walk: Wednesday, Oct. 7th @ 8:30 am.
Pioneer Amphitheater Parking Lot.

Directions: From Canyon, head east on 4th Ave/TX-217. Follow TX-217 to Palo Duro Canyon State Park. Follow park road to The Pioneer Amphitheater on your right. No restrooms at start but trail will go by restroom within 10 minutes. Restrooms at checkpoint too.

HIKING RECOMMENDATIONS

1. You must carry prescribed amounts of your own water. Minimum of 2 quarts for 20K and 1 quart for 10K. We recommend more. No water available on the trail.
2. We recommend hiking boots with lugged soles.
3. Dress in layers as weather can change quickly.

PRE-REGISTRATION FORM

One per person

- MUST BE POSTMARKED BY SEPT. 10, 2009 -

Events:	Price
☐ Friday Hike	\$3.00
☐ Saturday Hike	\$3.00
☐ Sunday Hike	\$3.00
☐ Friday Night Wine & Cheese	FREE
☐ Saturday Night Dinner	\$22.00
☐ 2009 Palo Duro Patch	\$6.00

Total: _____

Volunteer Opportunities:

- | | | |
|---|-------------------------------|---------------------------------------|
| ☐ Friday Event | ☐ Ckpt | ☐ Start/Finish |
| ☐ Saturday Event | ☐ Ckpt | ☐ Start/Finish |
| ☐ Sunday Event | ☐ Ckpt | ☐ Start/Finish |

Name: _____

Address: _____

Phone: _____

email: _____

I have read the trail description and the requirements and certify that I am in sufficiently good health to undertake the walks of the nature described. I understand the sponsors, the AVA or Palo Duro Canyon State Park cannot be held responsible for any lost or stolen articles, accident, or injury of any kind. Reasonable efforts will be made to make the events safe and enjoyable. I understand that I am responsible for carrying all water, snacks and refreshments that I may need on the trail. I understand the West Texas Trail Walkers have the right to change routes or distances at any time.

Signature _____

Check payable to: West Texas Trail Walkers

Mail pre-registration form & check to:
Linda Fields, West Texas Trail Walkers
3200 Clawson Rd., Austin, TX 78704