

Quote of the Month

"After a day's walk everything has twice its usual value."

~ George Macauley Trevelyan

THE HIWASSEE HIKER

Please note that the Club has a web page and I will be getting the news letter posted on it each month, the web address will be www.hiwasseehikingclub.org.

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Hiking 101: Ticks! Ticks! Ticks!

Summer brings warm weather and great hiking. Unfortunately, ticks thrive during the summer and pose a serious threat to hiker health. Though ticks themselves seldom cause medical problems, hikers should still take precautions against tick-borne-illness:

To all members: **September 6,**

2008 Saturday

Club meeting will be held at the home on Ron and Esther Nunley for a Hot Dog roast and covered dish meal. Directions are given below. Bring your own hot dogs people like different kinds.

September 20-John Muir trail segment. Meet at 9a.m. at the vacant lot at Route 30 and 411. Hike leader, Ruth Gaffod,

November 1-Cumberland Trail, Rock Creek Loop. Hike leader, Esther Nunley.

CHEROKEE HIKING CLUB

2008 HIKING/OUTDOOR ACTIVITY SCHEDULE

Note. On all hikes that you plan to attend. Please call the Hike Leader in advance for Special instructions and questions. Check with the Cherokee and Sequoyah web page for their schedule @ cherokeehikingclub.org.

Club notes: Remember to contact either Ron or Esther if there is any problem with the newsletter delivery or if you hear of anyone else not getting their newsletter.

Sequoyah Hiking Club web page.

www.sequoyahhikingclub.org

