

Classic Cardiac Hill Route – 10km

START/FINISH: WEIMAR INSTITUTE WELCOME CENTER, WEIMAR, CALIFORNIA

BEFORE STARTING ON YOUR WALK, PLEASE FILL OUT THE LOG SHEET AND THE START CARD. CARRY THE START CARD AND EVENT INSTRUCTIONS WITH YOU. FOLLOW THE DIRECTIONS CAREFULLY AND ENJOY THE BEAUTIFUL SCENERY.

1. Exit *WELCOME CENTER* to the RIGHT> onto the institute grounds.
2. <LEFT on *Loop Road* along the road past the cafeteria to opposite the *Chapel*.
3. <LEFT to wire fence and gate (parking lot on left, then fenced garden).
4. Thru the gate, over the flume (intersection #2) the <LEFT then bearing RIGHT> downhill.
5. Follow *Frontier Trail* going **past intersections** #3, 4, & 5.
6. RIGHT> on *Meadow Vista Trail – Intersection #6*.
7. <LEFT on *Bobcat Run*. You will come to a road going left and right, *Owls Roost Road*.
8. RIGHT> on *Owls Roost Road*.
9. <LEFT *Lower Pond Road*. At the end of the road, go straight ahead on the trail that leads to *Deer Path*.
10. Follow Deer Path straight ahead **past intersection #16** to the Fire Bowl.

THIS IS CHECK POINT #1!

TAKE OUT YOUR START CARD. MARK DOWN THE NUMBER OF LONG LOGS AROUND THE FIRE BOWL. ENJOY A REST IF YOU'D LIKE.

11. Exit Fire Bowl, Turn RIGHT> on Frontier Trail at **intersection #7**. (From the fire bowl the trail is along the right side of the meadow into the woods on the far side). Stay on Frontier Trail walking up Cardiac Hill.
12. At Frontier and Buckeye Trails (**intersection #8**), pause and look for the "WALKERS WELCOME SIGN".

THIS IS CHECK POINT #2!

TAKE OUT YOUR START CARD AND MARK DOWN THE TELEPHONE NUMBER ON THIS SIGN.

13. Resume Your walk by turning RIGHT> on Buckeye.
14. At **intersection #15** bear <LEFT on Coyote Creek Trail. Remain on Coyote Creek past Sugar Pine Trail.
15. Take a sharp <LEFT to Mountain Misery Trail. Note that the trail bears <LEFT off this road/trail just as the road turns right and starts up steeply.
16. Keep RIGHT> to Frontier Trail at **intersection # 9**. Near the top of the hill on
17. the left and right, under the bushes and in the open, note the cemetery - TB Victims.
18. RIGHT> on Manzanita Trail (**intersection #10**). **DON'T EXIT GATE!!**
19. <LEFT on Coyote Creek (**intersection #13**) which takes you to a Paved Road.
20. RIGHT> on the Paved Road towards the Finish.
21. After passing the RV Park, walk up the hill between the RV Park and the Playground to the Store which sells healthy goodies! Then a short walk to the Welcome Center and Finish.

IF YOU HAVE WALKED FOR AN AWARD OR CREDIT PLEASE INDICATE YOUR CHOICE AND, IF APPLICABLE, ENCLOSE YOUR REMITTANCE AND INSERT THE COMPLETED AND SEALED REGISTRATION/START CARD THRU THE SLOT ON THE METAL BOX, ALSO, IF YOU NEED A NEW IW ACHIEVEMENT BOOK, INSERT THE PAYMENT IN THE ENVELOPE. NOTE THE PURCHASE ON THE LOG SHEET. IF WALKING FOR AN AWARD, IT WILL BE MAILED TO YOU. COMMENTS ARE WELCOME.