



TREKS, RENTALS, EDUCATION,
AND DEVELOPMENT

Day Hiking Cataract Trail in Marin County

Date: July 1, 2012

Location: Cataract Trail, Mount Tam, CA

Price: \$25 (students/staff/faculty), \$35 (public)

Registration Deadline: Friday, June 22nd, 2012 by 3:30p

Pre-trip Meeting: Friday, June 29th, 2012 @ 3:30p (Mandatory) in the SRC Fitness Center lobby.

Trip is limited to the first 12 people who register and pay. A minimum of 5 people are required for this trip.

**Note: all trip costs are estimates and are subject to change without notice.*

Of all the waterfalls in Marin County, Cataract Falls is probably the most popular. Cataract Trail, which runs along Cataract Creek and the waterfalls, can play a part in a loop hike, but most people prefer to visit the falls on an out and back trek.

Personal Preparation

TREAD Outdoors trips are designed for both beginners as well as people that may be more than experienced. We advise people to take their physical condition seriously. Trips can be very physically demanding. In order for everyone to get the most enjoyment out of the trip, being physically fit is a crucial part of this experience.

Transportation

Rental vehicles will be used as transportation to and from the activity site, and transportation is included in the price of the trip. We will depart from and return to the SRC Fitness Center.

Expedition Behavior

Expedition behavior means taking care of yourself and other group members. It means staying hydrated, not unnecessarily endangering yourself, and communicating personal concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Proper expedition behavior can be the difference between an average experience and a great one!

Participant Responsibilities

We expect our participants to complete all health forms and sign all waivers. Participants are required to attend all Pre-Trip meetings. Be prepared mentally and physically for the trip, even though most people only think of the trip being physically hard it can be mentally just as hard. The TREAD Outdoors staff also expects that all participants will obey all policies set forth by the Land Management Agencies (State Parks, National Parks, National Forests, BLM), the Student Code of Conduct as well as policies made by our staff for your safety. As a participant of a TREAD Outdoors trip, you agree to respect others that may be on the trip. And most of all we expect that each participant has an amazing trip that is full of fun and great memories.

Smoking, Alcohol & Cell Phones

In the spirit of expedition behavior, please do not bring alcohol or illegal substances or items on the trip. Cigarettes are acceptable at established areas but are not allowed to be used in vehicles. We would encourage you not to smoke on this trip and to respect other participants if you choose to smoke. Further, please be respectful of other participants with cell phone use. We ask that cell phones not be used in vehicles or at the activity site and when used, please use away from the group.

What is provided by TREAD Outdoors?

TREAD Outdoors provides all transportation, park entrance fees, and leadership. The trip cost does not include personal clothing or meals traveling to and from the activity site.

Cancellation Policy

All trip balances are due at sign-up. Notice of registration cancellation must be in writing one business day prior to the registration deadline in order to receive a refund. Refunds will be less 20% of the full registration fee or \$20.00 (greater amount) as a cancellation fee. No refunds will be issued after the registration deadline. Requests to transfer from one trip to another will be considered a cancellation.

Contact Us

StanRec TREAD Outdoors

209.667.3705

<http://www.csustan.edu/src/outdooradventure.html>

Personal Gear Checklist

- Synthetic clothing for hiking
- Sturdy hiking shoes
- Lunch
- Sunglasses & Sun/baseball cap
- Possible change of clothing for vehicle ride home
- Camera
- Journal pencil or pen
- Personal toiletry needs
- Small backpack to put all belongings in
- Sunscreen
- Hand Sanitizer
- Snacks for drive
- Lip balm with sunscreen
- Prescription glasses, contacts and case, if necessary
- Water Bottles (2 Liters)
- Money/Credit Card
- Personal medications/prescriptions/first aid

Packing Considerations

When packing for this field experience bring only what is necessary for a day trip. There is limited space in the vehicles.

Cotton Clothing

What's the deal with cotton clothing? While super comfortable, cotton is not a good choice for active clothing or for enduring a rain shower. When wet from perspiration, rain, or snow, cotton does not dry quickly or maintain its thermal properties like synthetic clothing. Wearing wet cotton clothing can easily lead to hypothermia which is a dangerous condition. While synthetic clothing can be expensive, there are affordable options. Having synthetic clothing on this trip is highly recommended.

Itinerary ***Note*** All times are estimates and are subject to change.

7:15 AM Arrive to load into the van at the SRC

7:30 AM Depart SRC

11:00 AM Sack lunch at trailhead

11:30 AM Start hiking

2:30 PM Depending on everyone's energy level, Depart Cataract trail for Turlock

4:00 PM Stop for food

6:00 PM Arrive Back at SRC Fitness Center