

SATC

Hike Submission Form

Hike Description Codes

P-T-L Codes (Pace, Terrain and Length/Mileage)

Pace Codes

Leisurely	Nature or historical walk; frequent stops for observation
Average	Steady, 1 to 2 miles per hour (mph)
Brisk	Steady, 2 to 3 mph
Fast	3 to 4 mph; very short breaks; a workout

Terrain Codes

Paved	Solid pavement/sidewalk
Easy	Soft ground / sand / carriage trails; nearly level
Moderate	Hiking trails; some rocks and hills; climbs and descents totaling up to 1000 feet possible
Strenuous	Challenging terrain; steep hills, rocks, individual climbs and descents totaling more than 1,000 feet possible
Extremely Strenuous	Very difficult terrain; some or all of these features possible or likely: non-technical rock climbing, scrambling, bushwhacking; unbridged stream crossings, frequent individual climbs and descents totaling well over 1000 feet
NOTE: Ratings are approximate. There can be variations within each terrain category. Contact hike leader for more information.	

Length/Mileage Estimated by hike/event leader

Publicity Note: Hikes are listed in Trail Mail, *Bushwack Bulletin*, on **SATC's** website and our Facebook page unless otherwise requested by the hike leader.

Participation Restrictions: Hike leaders may list particular restrictions for their hike, i.e. number of hikers, level of experience/skill needed, Covid vaccination required, etc.

HIKE LEADERS: Please note: All hikes or activities submitted must follow all SATC guidelines. If you publicize your hike outside of the SATC structure, (i.e., with another hiking club or meetup.com, etc.), please include the following verbiage in your activity description:

This is a hike/activity with the Susquehanna Appalachian Trail Club and will follow SATC guidelines and Code of Conduct that includes **NO PETS. For a complete list of hiking guidelines with SATC and information about the club, click [here](http://www.satc-hike.org/hikes.html) (www.satc-hike.org/hikes.html)**

Guidelines for completing form: After typing in the right column, either TAB or Down Arrow to move to next ROW. Using the RETURN button will expand the ROW and allow additional text to be seen. Links to meeting place may be transferred from the SATC Meeting Locations form, or if not known or unavailable, Cindy will fill it in.

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Hike Submission Form

Hike #1

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Participation Restrictions:	
Meeting time and place:	
Leader:	
Publicity Restrictions:	

Hike #2

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Participation Restrictions:	
Meeting time and place	
Leader:	
Publicity Restrictions:	

Hike #3

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Participation Restrictions:	
Leader:	
Publicity Restrictions:	

SATC

Hike Submission Form

Hike #4

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Participation Restrictions:	
Leader:	
Publicity Restrictions:	

Hike #5

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Participation Restrictions:	
Leader:	
Publicity Restrictions:	

Hike #6

Day/Date	
Title of Hike	
P:	
T:	
L:	
Driving Miles:	
Description of Hike:	
Meeting time and place	
Participation Restrictions:	
Leader:	
Publicity Restrictions:	