

## 2010 Appalachian Trail (AT)

### Conditioning Schedule – Troop 778



#### November:

NOVEMBER:	Day	Time/Notes	Where?
14 <sup>th</sup>	Saturday	1pm (time approximate after Scouting For Food bag drop off). Will have Hot Dogs and chips after 3+ mile hike. Back by 4:30-5pm	Rockwood Reservation (44 to 109, go N about 2 miles to entrance)
DECEMBER:			
13 <sup>th</sup>	Sunday	10am – Leave Stanton. Hike approx 6-8 miles. Back at 5-6pm	Hawn State Park (55 to highway 32 W. towards Farmington approx 8 miles)
JANUARY	2010:		
17th	Sunday	9am- Leave Stanton. Hike approx 6-8 miles. Back at 3-4 pm	Washington State Park (Highway 21 S, past Desoto, MO)

<b>FEBRUARY</b>	<b>2010:</b>		
6 <sup>th</sup>	Saturday	9am – Leave Stanton. Hike approximately 10 miles. Back @ 4-5pm	Green Rock Trail (outer Road, west of Six Flags) end at Rockwood Reservation near Highway 109
20 <sup>th</sup>	Saturday	8am – Leave Stanton. Hike approx 8 miles. Back @ 4-5pm	Meramec State Park (Highway 44 West to Sullivan)
<b>March</b>	<b>2010:</b>		
9 <sup>th</sup>	Tuesday	5:30pm – Meet at Fenton Park. Hike until almost dusk	Fenton Park thru to Fabick and back.
10 <sup>th</sup>	Wednesday	6pm – Bring fully loaded packs for pack “shakedown” before the troop meeting at Stanton	
12 <sup>th</sup>	Friday	2pm – Meet at Stanton. (Lindberg and Rockwood on a ½ day schedule with Spring Break all next week). Arrive at approximately 4pm. Begin hiking. Camp Fri evening, hike all day Saturday, camp, hike ¾ day on Sunday. Home by 5pm	Berryman Trail (West of Potosi on Highway 8)
25 <sup>th</sup>	Thursday	5:30pm – Meet at Chubb Trail – WEST TRAILHEAD. Hike until almost dusk	Chubb Trail WEST TRAILHEAD – (44 West to Lewis Road exit, close to Beaumont)
30 <sup>th</sup>	Tuesday	5:30pm – Meet at Lauemeir Sculpture Park. Hike until almost dusk	Lauemeir Sculpture Park (44 east to Rott Road, hang right, next stop sign, hang left, then another quick right soon after to entrance)

April	2010:		
1 <sup>st</sup>	Thursday	5:45pm – Meet at Castlewood. Hike until dusk	Castlewood (Highway 141 to Big Bend, hang left, go approximately 5 miles to Reiss Road. Left, then another 2 miles to entrance, hang left)
4 <sup>th</sup>	Sunday	7am – Meet at Stanton. Drive to park, arrive at 9:30am. Hike approx 8-10 miles. Back @ 5pm	Trail of Tears State Park (Highway 55 S to Jackson/Fruitland)
6	Tuesday	5:30pm – Meet at Lower Budder. Hike until dusk	Lower Budder Park (Highway 141 N to N Outer Road - just N of Highway 44, hang right, right again at stop sign, cross RR tracks, first right to the parking lot net to large, open field.
13 <sup>th</sup>	Tuesday	5:30pm – Meet at Fenton Park. Hike until almost dusk	Fenton Park
22 <sup>nd</sup>	Thursday	5:30pm – Meet at Chubb Trail – EAST TRAILHEAD by LONE ELK PARK ENTRANCE. Hike until almost dusk	Chubb Trail EAST TRAILHEAD – (by Lone Elk Park entrance)
24 <sup>th</sup>	Saturday	BSA CENTENNIAL HIKE – Details to follow once known	
27 <sup>th</sup>	Tuesday	5:30pm – Meet at Lauemeir Sculpture Park. Hike until almost dusk	Lauemeir Sculpture Park
30 <sup>th</sup>	Friday	5:45pm – Meet at Stanton. Arrive at destination approx 7:30pm. Setup camp. Begin hiking next day. Camp Saturday evening, hike 1/2 day on Sunday. Home by 4pm	S-F Scout Ranch, West Three Notch Trail

May	2010:		
		2pm – Meet at Stanton. (Lindberg and Rockwood on a ½ day schedule with Spring Break all next week). Arrive at approximately 4pm. Begin hiking. Camp Fri evening, hike all day Saturday, camp, hike ¾ day on Sunday. Home by 5pm	Berryman Trail (West of Potosi on Highway 8)
6 <sup>th</sup>	Thursday	5:30pm – Meet at Chubb Trail – WEST TRAILHEAD. Hike until almost dusk	Chubb Trail WEST TRAILHEAD – (44 West to Lewis Road exit, close to Beaumont)
11	Tuesday	5:30pm – Meet at Fenton Park. Hike until almost dusk	Fenton Park
June	2010:		
4 <sup>th</sup>	Friday	ScoutQuest 100 – Forest Park	
12-19 <sup>th</sup>	Saturday through Saturday	<b>HIGH ADVENTURE – Appalachian Trail, 35-40 miles, 5 days of hiking 1 day whitewater rafting. Meet at Stanton 8am. Arrive Hot Springs, NC approximately 6pm. I'll have more details later. Expect to be back June 19<sup>th</sup>, late, late evening</b>	<b>APPALACHIAN TRAIL – Hot Springs N.C. (begin) towards Davensport Gap, TN.</b>