

## **TEMPLATE FOR POSTING POTOMAC CHAPTER OUTDOOR ACTIVITIES ON THE AMC ACTIVITIES DATABASE**

**TITLE:** Include the general location and AMC difficulty rating (e.g., Moderate hike in Little Bennett Park)

### **INTRODUCTION:**

e.g., (amount of detail at the leader's discretion)

Come on Out and Join Us for a Trek in this Very Biodiverse Area.

Our hike plan is a moderate loop through stream valleys and several forest types and includes a most pleasant trek along Little Bennett Creek along with a stop at an old restored schoolhouse.

This splendid hike offers Washington, DC, and Montgomery County urbanites an almost instant retreat from the city. Located about 20 miles northwest of Washington, Little Bennett Regional Park is an excellent hiking venue. It's Montgomery County's largest park, covering almost 3,650 acres (a small piece also juts into Frederick County). A park since 1975, it has the county's largest expanse of continuous woodland, splendid scenery, much wildlife, a trail network, and even better, few human users. [*this type of information can be gotten from the Park's web page*]

[*Then insure the following four paragraphs are added as is written.*]

***To ensure your safety and enable you to join us on this hike, you must register here on the AMC Activities Database web site, complete the liability waiver form, and have your registration confirmed by this activity's AMC Potomac Chapter Leader. You will be notified by email when you are confirmed as a participant. ANYONE NOT RECEIVING A REGISTRATION CONFIRMATION FROM THIS ACTIVITY'S LEADER WILL NOT BE ALLOWED TO JOIN THE GROUP AT THE TRAILHEAD.***

**AN RSVP ON MEETUP IS NOT CONSIDERED BEING REGISTERED FOR THIS ACTIVITY – THAT CAN ONLY BE ACCOMPLISHED HERE ON THE AMC ACTIVITY DATABASE WEB SITE.**

***In the event that social distancing (6 feet) cannot be maintained during this activity, every participant must have a suitable medical or cloth mask made of two layers of fabric with them which covers their nose and mouth that they can use.*** [These three paragraphs are required!]

**DESCRIPTION OF THE ACTIVITY:** (optional, but recommended)

e.g., Transition Hike – This is an excellent hike for those interested in transitioning from easy to moderate hiking! It is not too long but has some steepish hills to help develop your hiking legs.

**ACTIVITY TYPE:** Hiking

**LENGTH:** e.g., 6 total miles total

**ELEVATION GAIN:** e.g., Several decent uphill sections

**TRAIL TYPE:** e.g., Loop

**TRAIL INFORMATION:** e.g., Mostly dirt, plus some gravel, grass, pine needles; rocky, muddy in places. There is a stream crossing that can get you wet after rain.

**SCENERY:** (optional) e.g., Wooded hills, meadow vistas, stream valleys, old tobacco barn, restored old schoolhouse.

**DIFFICULTY RATING:** [REQUIRED TO USE AMC RATINGS, COPY RATING AND RATING DESCRIPTION]

e.g., Moderate: Fitness level and/or past experience to sustain the activity at a moderate pace is required. Expect to be active up to 4-6 hours per day. Reasonable breaks in the action.

**LOCAL CONTACTS:** Little Bennett Regional Park, [hyperlink or telephone number to park visitor center, etc.]

**MAPS:** (optional)

**FACILITIES:** (bathrooms, etc.)

e.g., None at the trailhead; phone at Hawks Reach Activity Center; roadside toilets, water, phone near campground's loop C; toilets on Purdum Trail.

**PARK ENTRY FEE:** e.g., There is a park entrance fee of \$5, you must pay in cash using the honor system at the park entrance, unless you have a park pass.

**GEAR SUGGESTIONS:** (gear, water, etc.) Each participant must have hand sanitizer that contains at least 60% alcohol or a means to wash their hands with soap and water.

**ARE DOGS ALLOWED?** [Yes or no, lease required, etc.]

e.g., A Well-Mannered, Leashed Fido is Welcome on this Hike!

**WEATHER INFORMATION:**

e.g., We hike rain, snow, or shine.

**DIRECTIONS TO THE TRAILHEAD:** (supply directions to the Trailhead)

**MEET & GREET AND SIGN-IN:** 9:45-9:55 a.m.

**The Hike is at 10:00 a.m.**

**CARPPOOLING:** Due to the inherent risk from the COVID 19 virus, carpooling is not recommended at this time. *[This statement is required at this time. If you are leading an activity where public transportation to the trailhead is possible, that is also not recommended and should be stated here.]*

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**SCENERY:**

**DIFFICULTY RATING:**

**LOCAL CONTACTS:**

**MAPS:**

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