

# FAITH FIT HIKE



**NOVEMBER**

**16**

**MEET AT 8AM**

We will carpool from  
Faith Lutheran Church  
2265 Garden Drive  
Avon, OH. 44011

## **JOIN US**

As we hike through the Plateau Trail in The Cuyahoga National Forest. We will hike 4.8 miles that will take approximately 3 hours, with 200 feet in elevation change. We will travel through wooded trails, valleys and ponds. Great time to look for wildlife.

## **WHAT TO BRING**

Bring water, a light lunch/snack and wear sturdy hiking boots or shoes. Hiking poles are a great addition if you have them, but not necessary. Dress for weather - layers are preferable.

