



**2024 DAY HIKE AT IRON MOUNTAIN
SATURDAY, JANUARY 20
OR SUNDAY, JANUARY 21**

WHERE? In Google Maps, paste the following coordinates for Iron Mountain: **32.978215,-116.972593** or **CLICK ON [THIS LINK](#)**.

I. Purpose of the Day Hike

- A. THE WBC Day Hike is a relatively short trail hike to provide feedback regarding the level of conditioning of this year's WBC students.
- B. The time duration of each student's hike will be recorded, then all times will be anonymously plotted to generate a bell curve graph.
- C. Students will be able to easily see where their time falls on the graph and gauge their hiking conditioning relative to the other students in the class.
- D. **The day hike is mandatory for all students.** All students are required to carry 15 lbs. in their daypack for the hike. We require that you finish the day hike in 80 minutes or less. If you are unable to finish the day hike in that time, we will encourage you to return for WBC next year, after further conditioning and preparation.
- E. Your time on the day hike will guide you in what difficulty level trips you should sign up for.
 - 1. It will also help trip leaders evaluate your compatibility with the difficulty level of their trips.
 - 2. Please do the hike as an individual, even if you are part of a group that is taking the class together. WBC needs individual times that reflect the individual capability of each student. 😊
- F. Educational benefits:
 - 1. Whether you are a beginning or an experienced hiker, every hike can provide useful feedback regarding your gear and clothing selections, nutrition decisions, and body condition.
 - 2. Feedback regarding your body condition: How did you feel at the end of the hike? Winded? Under-challenged? Sweaty? How much longer could you have hiked at the same pace? This is all useful feedback.



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II. Hike Description

A. Iron Mountain trailhead

1. The trailhead is at a Park and Ride lot at the East End of Poway Road where it intersects with Highway 67.

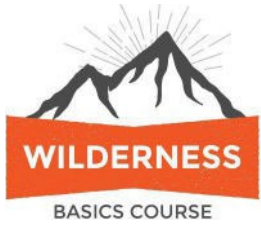
B. Route

1. This hike does not go all the way to the summit of Iron Mountain. It ends ½ mile north of the saddle that is to the North of the peak (there is a large green trail sign at the saddle itself). The end point is the junction with the spur trail to the Ramona Overlook trail, as shown on the maps and in the AllTrails app (links and QR codes- page 10).
 1. Length: About 2 miles from the trailhead to the end of the timed hike.
 2. Elevation Gain/Loss: About +670 feet with some ups and downs
 3. Before you start the hike is a good time to use the restrooms in the parking lot.
 4. From the parking lot, you will cross the footbridge to the sign-in table to check in. We will record your start time on your WBC Student Card, so remember to bring it!
 5. Proceed through the double row of oak trees
 6. At about the ½ mile point, there is a trail intersection to the right. There will be a WBC sign at this point. Turn right (southward) here and follow this trail loop until it meets up with the main trail again about ½ mile later.
 7. Then proceed up the main trail to the saddle/T where the large green trail sign is and turn left (northward).
2. Proceed approximately ½ mile to the end point of the hike, which is the junction with the spur trail to the Ramona Overlook trail, as shown on the maps and in the AllTrails app (look for the hike named “WBC San Diego Eval Hike”).
 8. This is the end of the hike. On the day of the timed hike, and there will be WBC volunteers shortly past this spot, where the trail widens, to greet you and record your time.
 9. You can clearly see the route on Google Maps, Apple Maps or MapQuest satellite image of the area.

C. Conditions

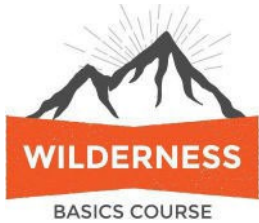
1. Weather

- a. Check the weather online the day before your hike (over the course of the class, this will become a good



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- WBC prep habit!)
- b. Anticipate possible conditions, wear layered clothing.
 - c. **RAIN DOES NOT CANCEL!** If you don't have rain gear, a trash bag works in a pinch.



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2. Trail
 - a. Dirt trail, can be dry or muddy or both, gravel, some loose cobbles, step-able rocks (no scrambling), irregular stairs and varying trail widths.
 - b. You're not likely to encounter poison oak in this ecosystem or rattlesnakes this time of year – but never say never!

III. What to Bring

A. BRING YOUR WBC STUDENT CARD!!!

B. Clothing

1. Dress in layers so you can adjust as conditions change
2. Boots: See the online lecture notes from the first class

C. Day Pack

1. Pack your [10 Essentials](#)
2. The 10 Essentials are to help you survive an unplanned night out in the wilderness.
3. Your loaded daypack for this hike should weigh a minimum of 15 pounds (full backpacks will weigh 30+/- pounds)
4. Minimum 1 quart of water
5. Secure your car keys deep within your pack or pockets so they don't accidentally fall out when you get something else out. Keys lost along the trail can be very hard to find.

- D. If you bring your cell phone, please silence it. Reception is spotty along the route, but if you have an emergency, it can come in handy.



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IV. Pace

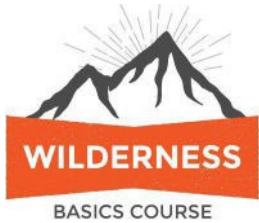
- A. “Winded Conversational” – deep breathing
- B. We don’t want you to run the trail. We need you to complete your time while hiking this route.
- C. We want you to have a pace that you can sustain for a while because at some point during the class you will be hiking longer distances.
- D. If you are out of breath and need to rest a bit, that’s fine. But it’s also not a casual stroll. Don’t dawdle or stop to pet dogs, chat, or take pictures. If you want, you can do these things as you’re coming down the mountain after your time has been recorded at the end of the hike. You might stop briefly to take off or put on a layer of clothing if you get warm or cold.
- E. Hike times usually vary between 30-80 minutes, more or less.



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V. Event Organization/Process

- A. We're going to have 150 students do this hike in two days, so we'll have quite an impact on the mountain.
- B. Please do not bring your friends, family, pets, etc.
- C. **REMEMBER TO BRING YOUR WBC STUDENT CARD!!!**
- D. Arrive 15-20 minutes early to find parking and prep for the hike (use restrooms, stretch, adjust gear/clothing, hydrate, eat a banana, etc.).
- E. Start times are at 15-minute intervals from 7 am to 8:30 am. Early start times are typical for WBC class trips.
- F. Staff will be there setting up at 6:30 so we will be ready to sign you in at 7 am.
- G. The sign-in table will be just inside the conspicuous tall wooden trailhead entrance.
- H. When ready to start hiking, proceed to the sign-in table. Staff will weigh your daypack and record your start time on the WBC master sheet as well as your student card. Then off you go!
- I. There will be WBC staff stationed halfway along the route to cheer you on or offer aid if you need it.
- J. Most of the WBC staff working this event have some level of basic first aid training. Staff at the bottom, midway and top will have walkie-talkies (cell phone service is spotty along the trail route).
- K. Staff will be awaiting your happy arrival at the end point of the timed portion. Staff will both scan your WBC card with their phone in order to record your time in the WBC Timed Hike app, and will write down your end time on the WBC master sheet.



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- L. Once your end time has been recorded, you are officially done with this WBC event. Note that we will not be checking to make sure you got off the mountain.

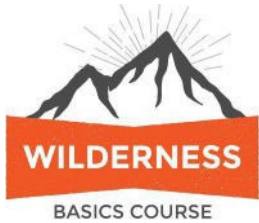
VI. Venue

A. Public/Private

- 1. In some areas, lands adjacent to the parking lot and the trails are privately owned. Do not trespass. Stay in designated public areas and on designated trails.

B. Parking: (Don't leave valuables in your vehicle!)

- 1. The lot typically fills up on nice weather weekend mornings by 8am.
- 2. We are doubling the load on the parking lot, therefore, **CARPOOLING** is strongly encouraged, though the WBC cannot organize them on your behalf for liability reasons.
- 3. Parking can get creative. Please follow the normal rules – don't box anybody in, don't park where signage prohibits it, and don't squash any plants.
- 4. Parking along the shoulder of Hwy 67
 - a. East side (Northbound traffic) is safer
 - b. If you park on the West side (Southbound traffic), cross at the traffic light – please don't run across six lanes of highway traffic!
 - c. If you want to do more hiking in the area, consider relocating your car to the Ellie Lane trailhead, which is ¼ mile north on Hwy 67.
- 5. Pit toilets are on site
 - a. Toilet paper is provided, but no water.
 - b. If it didn't go through your body, don't put it in the potty (except for TP).



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VII. Event Etiquette

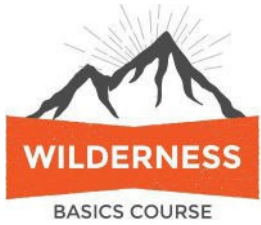
A. Trail Rights-Of-Way

1. Be courteous
2. Do not insist on the right-of-way
3. Downhill hikers yield to uphill hikers
4. Bicycles yield to everyone
5. Pedestrians yield to horses - move to downhill side of horses if possible
6. Watch out for dogs & their leashes
7. Remember, not all people are familiar with trail right-of-way rules

B. Please follow 'Leave No Trace' Ethics

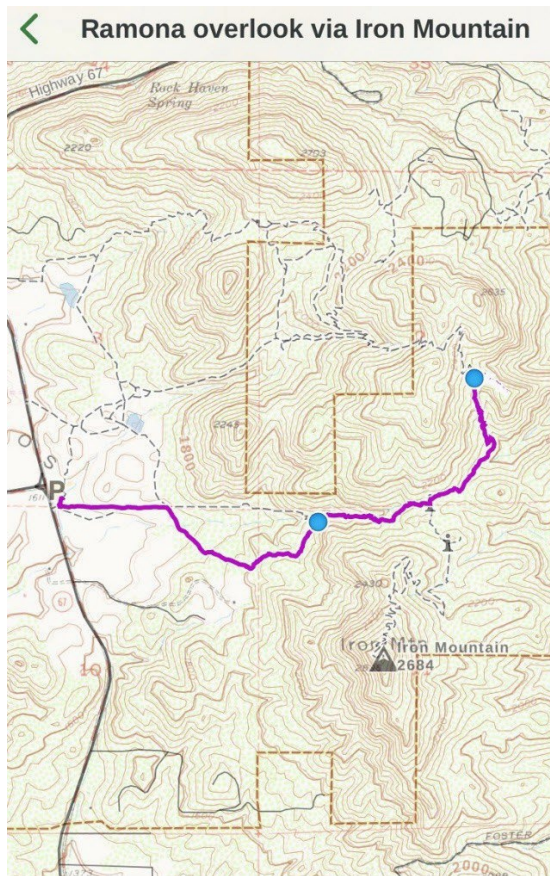
1. Take only memories, leave only footprints
2. Pack it in, pack it out – this includes TP (yes, even biodegradable TP). Carry out all your trash, and don't leave food waste, such as fruit peels.
3. Don't cut the switchbacks! This causes erosion, and damages the habitat.
4. Turn off any sound-generating devices.
5. No firearms or illegal substances.
6. Do not pee or poop near waterways or drainages (poop talk is next week).
7. Please do not feed or try to pet wildlife.
8. After your end time has been recorded, we ask that you please come back down the trail and vacate your parking space for someone else to use.

C. Each one of us represents the Sierra Club and the WBC when we do this hike. We model a legacy of stewardship and caring for the wilderness by our actions on and off the trail. Thank you for carrying the torch!



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RAMONA OVERLOOK



Hike route junction with
Ramona Overlook Trail- look for
the rock cairn by the log



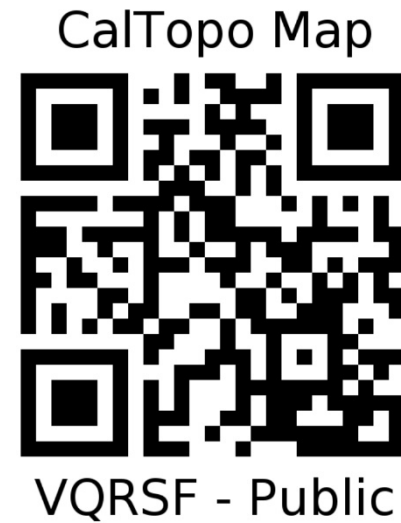
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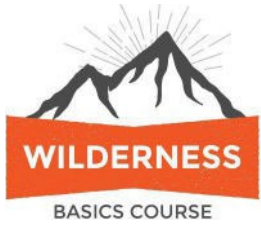
Additional Resources

[QR code for AllTrails map:](#)



[QR code for CalTopo map:](#)

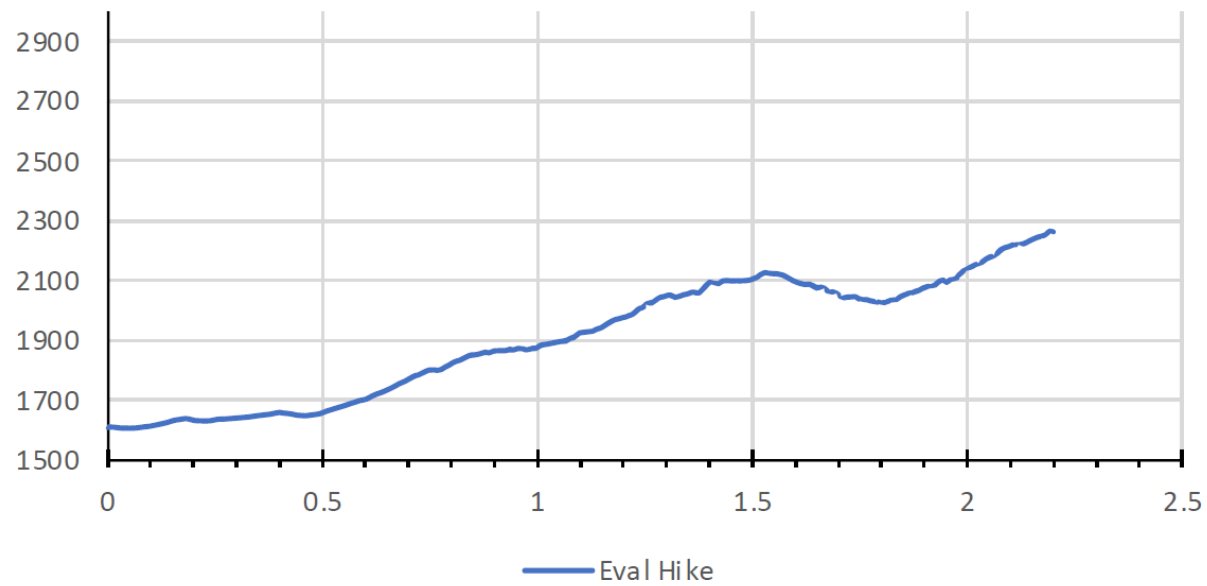


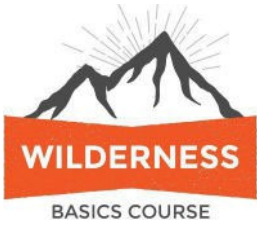


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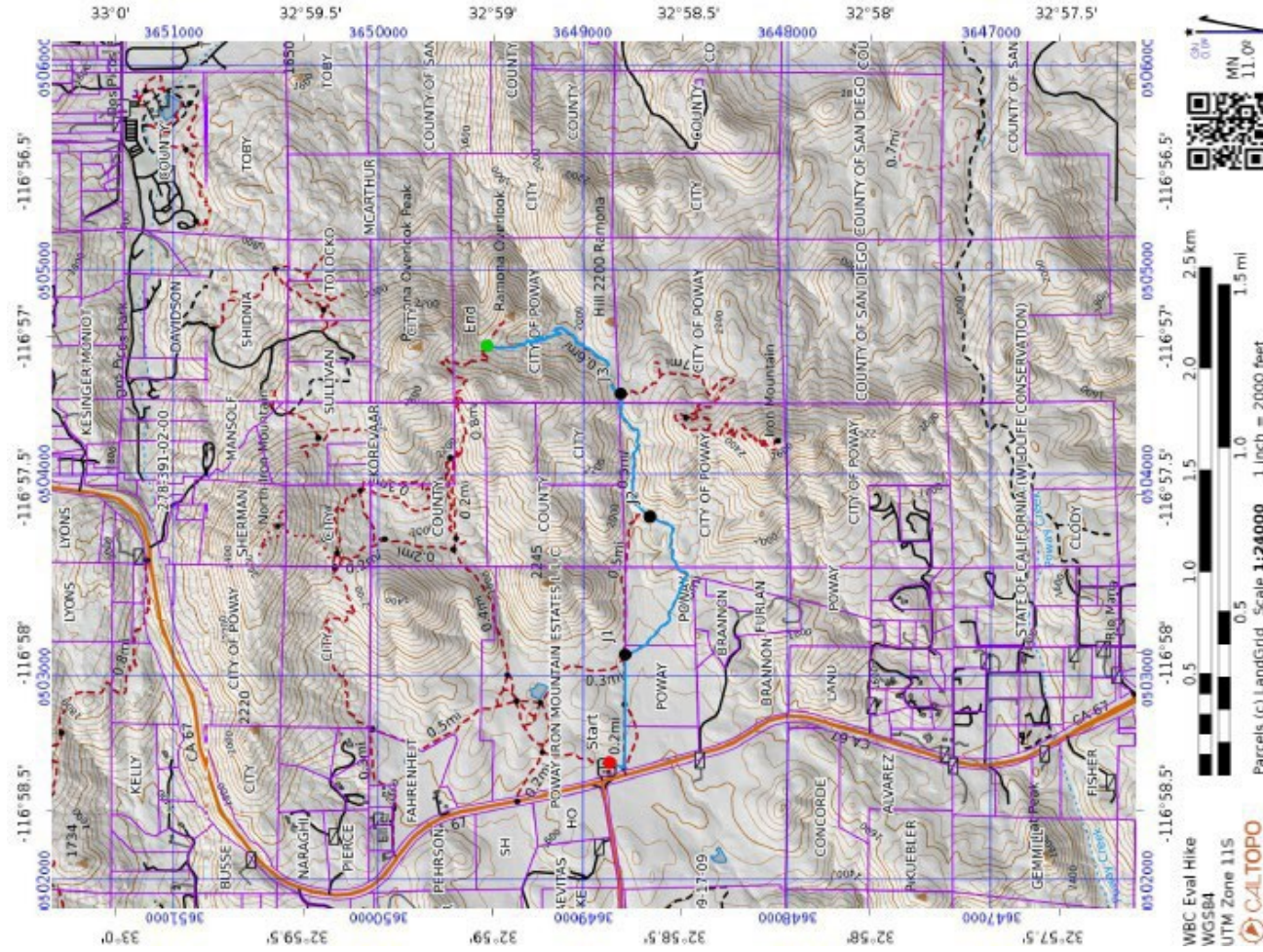
Hike profile

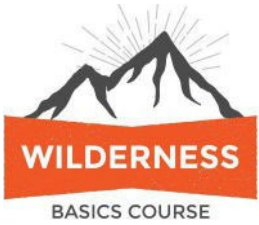
Eval Hike





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