



## **Bend View Hike and Camp-Out (9 Miles)**

*Saturday, March 4th at 11:00AM through Sunday, March 5th at 10:00AM*

Want the adventure of a backpacking trip without carrying all your gear? Enjoy the crisp fresh air as you hike 9 miles over two days on the Towpath Trail along the banks of the mighty Maumee River. Along the way, we'll be treated to scenic river views and watch for wildlife, such as bald eagles, herons, and songbirds. We will start at Bend View Metropark, hike to Farnsworth Metropark and back to the Bend View Shelter overlooking the river where your gear awaits you. We will make a yummy campfire dinner and camp overnight. In the morning, we will have a light breakfast and hike 1.5 miles back to the Bend View parking lot.

This Experience Includes:

- Guided hiking experience with a naturalist
- Campfire cooked dinner and Dutch oven dessert
- Exclusive overnight access to the open-air Bend View Shelter
- Continental breakfast Sunday morning, including coffee and tea
- Unforgettable Metroparks memories

We will be hiking 9 miles on various surfaces including dirt, pavement, gravel, sand and some roots.

Fee: \$45 per guest. Tents, sleeping pads and sleeping bags are available to borrow. Please indicate your interest in the registration system. Program fees include facility, dinner, breakfast, and equipment.

Because of the intense planning for this trip, 50% of the fee is considered a non-refundable deposit per the refund policy. If you need to cancel for any reason, please call Ashley Smith at 419-265-2920. Anyone who would like to cancel their trip due to concerns related to COVID-19 may do so with no financial penalty.

The following packet contains information and resources you need to prepare for the trip including the trip agenda, packing list, and food suggestions for the trip. Please feel free to reach out to your trip leader with any additional questions.

Alissa Caple: [Alissa.Caple@MetroparksToledo.com](mailto:Alissa.Caple@MetroparksToledo.com) or 419-280-9235



### Tentative Schedule

This is our desired plan however it could be subject to minor changes. Please note that daily mileages are approximate.

Saturday, March 4th	<ul style="list-style-type: none"><li>• 11:00AM: Start hike from Bend View</li><li>• Hike about 4.5 miles</li><li>• Lunch at Farnsworth– water refill and restrooms</li><li>• Hike about 3 miles</li><li>• 4:00PM: Arrive back at Bend View Shelter, setup camp and relax</li><li>• Campfire cooking dinner</li><li>• Settle in for the night</li></ul>
Sunday, March 5th	<ul style="list-style-type: none"><li>• 8:00AM: Wake up and pack up</li><li>• Breakfast</li><li>• Hike back to Bend View parking lot</li><li>• 10:00AM: Depart</li></ul>

**Total mileage: 9 miles hiking**

### Food Plan

For the hike you will need to pack a lunch for Saturday, snacks and a refillable water bottle and/or water bladder (Camelbak). Plan to carry about 2 liters of water and we can refill at lunch. Dinner and breakfast will be provided. If you have food allergies or dietary preferences, please contact your host Alissa Caple.

### Sample Meals

**Lunch:** select 1 or more, supplement with bars, trail mix, dried fruit, jerky etc.

- Bagels or tortillas with peanut butter and jelly or honey
- Tuna or chicken packets with crackers
- Sandwich

**Snacks:** Plan for a morning snack and an afternoon snack between lunch and dinner. Snacks also make good supplements to meals. Many people find they prefer to bring a mixture of both salty and sweet snacks. Popular snacks include: goldfish, Cheez-its, chips, jerky, granola bars/protein bars/energy bars, dehydrated fruit, trail mix, fruit snacks, teddy grahams, cookies, and nuts.

**Dinner:** We will be cooking together over an open fire.

- Pie Iron pizza sandwiches
- Foil packet veggies
- Dutch oven dessert

**Breakfast:** A light breakfast will be provided.

- Bagels with peanut butter or cream cheese
- Fruit
- Coffee/Tea

### **Hike Profile**

We will be hiking on a few different surfaces including dirt, pavement, gravel, but the towpath is primarily gravel. The terrain will be relatively flat.

### **Packing List**

Please pack everything into a duffel bag for the night and a day pack for the hike.

### **Sleep system**

- Sleeping bag (available to borrow)
- Sleep pad (available to borrow)
- Tent (available to borrow)
- Pillow

### **Clothing**

- Hiking clothing: shirt and pants/shorts: 1 set, quick dry, non-cotton recommended.
- 1 pair good hiking shoes/boots, well broken in.
- Bandana (for sweat catching, hand wiping, etc.)
- Camp shoes (optional but recommended to let feet breathe) Crocs or sandals.
- 1 pair light/medium weight wool hiking socks.
- 1 set clean underwear per day
- Sports bra (women)
- Sleep Clothes (can double as your clothes for Sunday)
- Packable rain gear such as Frogg Toggs (\$40 at Walmart or online). Jacket and pants. If you opt to use a poncho, make sure to bring rain pants as well for your lower half.
- Wool sweater or fleece jacket (when paired with your rain gear this should be suitable for most weather conditions). No cotton jackets.
- Wicking base layer (tops/bottoms) Optional.

### **Miscellaneous**

- Pocket knife or multi-tool.
- Headlamp or lightweight flashlight (extra batteries)
- Lip balm (with sunscreen recommended)
- Sun protection: hat with brim, sunscreen, sunglasses
- Toothbrush and toothpaste
- Wet wipes and/or deodorant to freshen up
- Personal first aid items: Staff will have a full first aid kit, but we cannot administer medications. Please bring a personal supply of your pain reducer of choice in case of sore muscles, headache, etc. (a small supply of ibuprofen, antacids such as Tums, Tylenol and aspirin should cover most inconveniences that may occur).
- Feminine hygiene items
- Hand sanitizer

### **Water**

- Water bottles



- **OR** 1 bladder water system and one water bottle (for ease of drinking in camp/when your pack is off).

### Optional

- Camera
- Whistle
- Note pad/pencil
- Watch

### Group gear

*Group gear will be provided for you by Metroparks.*

- Camp Soap
- Group first aid kit provided (you still need to bring your own first aid basics listed above)
- Camp shovel/trowel provided

### Frequently Asked Questions

1. What do I do with my trash on the trail? Will there be garbage cans?
  - a. When we are not near trash cans, we will pack in and pack out all trash and practice Leave No Trace on the trail. For an overview of Leave No Trace (LNT) outdoor ethics: <https://lnt.org/>
  - b. When we are near park trash cans you are welcome to use them as normal.
2. What if I am a beginner?
  - a. This trip is perfect for beginners!
3. What will the campsite be like?
  - a. We will be camping inside the Bend View Shelter which is a three-sided stone structure. It has one open room with fire places and picnic tables. Your guide will provide good clean drinking water. There is an outhouse less than ¼ mile down the trail from the shelter.
  - b. Check out the website for more details: <https://metroparkstoledo.com/features-and-rentals/bend-view-shelter/>
4. Not to get into the dirty details, but what does trowel/cat-hole system mean? We will usually be near restrooms, but sometimes on the trail nature calls. How do we go #1 and #2 on the trail?

- a. #1 should be aimed at rocks if possible. Animals are often attracted to the salts and minerals in urine will chew on bark – damaging trees. Using the rock also prevents eroding loose soils.
    - Used TP for drying purposes should be packed out.
  - b. #2 needs to be buried in a cat-hole. We have trowels, but the waste does not touch this tool. Use a stick to push the waste in the hole if your aim is not true. Please do not use the trowel to move the human waste.
5. Ok, now that I know that, what if I am on my period?
- a. Similarly, all products, before and after use, will need to go in your bear bag. You cannot bury any products. Multiple ziptop or doggie bags are recommended for this.
  - b. Please be prepared as several factors like tenting with others, altitude, or exertion can bring on a menstrual period even if it is not scheduled.
6. Why all the info? This is overwhelming.
- a. None of this information is intended to scare off potential participants but it is very important to make sure you have a full understanding of this trip. Our hope is that you either have all the information you need or feel comfortable asking us the hard questions! We are very excited about the planning and execution of this trip and hope to fulfill some adventure dreams!

## Going in the Woods

Please follow these simple steps when nature calls:

1. Find a spot at least 200 steps from any water source
2. Dig a hole 6-8 inches deep and bury human waste
3. Pack out used toilet paper



When people are not responsible going in the woods they contaminate the water you swim in, fish from, and drink. Bacteria and viruses found in human feces are known to cause hepatitis, blue baby syndrome, salmonella, giardia, and other gastro-intestinal diseases. Remember, the water in the rivers and lakes you visit may flow into your own drinking water supply.