



Be a Part of the Active Big Bear Community!

Joining the Active Big Bear groups is the ideal way to stay informed on what is happening in Big Bear among the fitness enthusiasts. There are two different ways to join this free online community:

1. Yahoo! Groups - a moderated group (only members can post messages) that allows you to set your message receiving preferences.
2. Facebook - a group connecting Facebook users. If you're unfamiliar with Facebook, ask a high school student about it.

Instructions for joining both online groups can be found on the web site.

www.SevenSummitsOfBigBear.org

What is the Seven Summits of Big Bear?

The Seven Summits of Big Bear is a challenge to the residents and visitors to the Big Bear Valley to climb seven of the highest peaks surrounding this beautiful area and to experience the valley and our own health in a whole new way. Last year was the first year, a huge success with 150 people participating! It's great that you're going to do it this year.

How it works:

Orienteering punches at the top of each summit prove that you made it. Each punch holds a unique pattern of needles that you will stamp into the gray box for each peak on the right. You can laminate your punch card (this whole sheet or just the righthand portion of it) at any of the local copy shops for around \$2.00, or you can simply protect it with a good old ziplock bag.

As each punch is set up at the top of its respective peak, it will be noted on the web site along with a description of the hike and directions to the trailhead.

While you can climb to any of the summits at any time you wish, there will be at least one group hike to each summit throughout the summer.

Group Hike Schedule

1. Bertha Peak Saturday, May 2, 9:00am
2. Grays Peak Saturday, May 16th, 9:00am
3. Gold Mountain Saturday, June 27th, 9:00am
4. Sugarlump/Bear Peak Sunday, July 19th, 1:00pm
5. Delamar Mountain Saturday, August 1st, 9:00am
6. Sugarloaf Mountain Saturday, August 22nd, 8:00am
7. San Gorgonio Saturday, Sept 19th, TBD

NOTE: Dates and/or times are subjected to change. Stay informed by checking the web site and being a member of the Active Big Bear community.

2009

SUMMITS



Bertha Peak

Grays Peak

Gold Mountain

Sugarlump / Bear Peak

Delamar Mountain

Sugarloaf Mountain

San Gorgonio



Participation in any of the Seven Summits or Active Big Bear is completely voluntary and participating in any of the activities is done at your own risk. Please evaluate your own ability to participate safely in the activities that are posted on any of the Active Big Bear Informational sites. Always consult your physician prior to participating in any new exercise. The moderators of the Active Big Bear information are not responsible to any person or entity for any errors on the participating websites or for any special, incidental, or consequential damage caused or alleged to be caused directly or indirectly by the information contained within.