

Up-Chuck Hikes for 2010

On the following dates Up-Chuck AA meetings will be held on Mt. Pilchuck at 10:00 a.m. All Upchuck meetings will be held on a Sunday.

- **June 27**
- **July 25**
- **August 22**
- **September 19**

The meeting will last 1 hour so you'll have plenty of time for exploration and taking in the sights. The meeting location will be near, but below the look-out. Watch for the 'Up-Chuck' sign and/or a friend of Bill W.



Some things to consider:

- It takes about 1.5 hours from Everett to the Mt. Pilchuck trail-head parking lot.
- This is a strenuous hike gaining 2,224' in 3 miles. Depending upon your physical condition it can take 1 to 2 hours to reach the meeting destination. Plan accordingly so you can take the time you need to reach the destination. Coffee will be waiting at the meeting! Be prepared for various weather conditions, so dress and pack accordingly and don't forget to bring water for the hike up (and down).

Driving access from either north or south:

Take I-5 to Snohomish-Wenatchee exit 194. Drive east on Highway 2 for six miles and then north on Highway 9, following signs to Granite Falls. Continue east on the Mountain Loop Highway 11 miles to Verlot.

From the Verlot Forest Service Ranger Station, travel one more mile east on the Mountain Loop Highway and turn right (south) onto Forest Service Road 42. Continue 6.9 miles to the trailhead.

What can bring to the meeting?

- A willingness to share your AA experience, strength and hope
- A newcomer, your sponsor or sponsee(s), friends
- Goodies to share – coffee will be provided
- Your smile and laugh!

Important: A Northwest Forest Pass is required for each vehicle parked at the trailhead. To purchase a pass on-line visit: <http://www.fs.fed.us/r6/passespermits/>

A little note about our meetings: Up-Chuck meetings are open to all interested in recovery from Alcoholism. We suggest that sharing be focused on experience, strength and hope regarding recovery from Alcoholism.