

# Ft. Rosecrans to Bird Rock Elementary School Hike

## **Family/Friends/Neighbors invited to Join Troop 4 on this Urban Hike**

- When/Location:** **Saturday May 29, 2010**  
This 12-mile hike will be in conjunction with the Service Project at Ft. Rosecrans. The Troop will meet at either Bird Rock Elementary School at 6:30 a.m. arriving at Ft. Rosecrans by 7:00 a.m. The Flag Placement Service Project will conclude by 9:00 a.m. The Hike (#4 in the 2009 Hiking Merit Badge series) will begin immediately following the Service Project arriving back at Bird Rock Elementary School buy approximately 2:30 p.m. **Note: Drivers are needed from Bird Rock to Ft. Rosecrans.**
- We will make a quick stop for Coffee in Ocean Beach and a lunch stop in Pacific Beach.
- Required**
- Parent Permission Slip (for all boys including those with parents attending).
  - In advance complete written sections of Hiking Merit Badge requirements 4 and 5 prior to the hike and have prepared for sign off by Mr. Rodisch on the day of the hike.
- Event/Advancement Fulfillment** 4<sup>th</sup> 10-mile hike in the Hiking Merit Badge sequence of Activities. A fun event for the entire family.
- Hike Route** Relatively flat hike (rolling hills at the beginning and a steep descent into Ocean Beach). This hike will take 5 ½ hours.
- Hike Route from Ft. Rosecrans: Catalina east. Left on Hill Street into Ocean Beach. Sunset Cliffs Blvd. to Ocean Front Street at the beach in Ocean Beach. At Dog Beach follow the bike/hike path along the San Diego River and cross the River at Sunset Cliffs/Sea World Drive (where 8 comes into Ocean Beach). Over bridge take Quivera Way/Road to W. Mission Bay Drive into Mission Beach. Take the Board Walk from Mission Beach to the end in north Pacific Beach. North on Mission Blvd. continuing onto La Jolla Mesa Dr to Bird Rock Elementary (at the from on La Jolla Hermosa Blvd.) turn left and cross bridge.
- The Cost:** No cost for hike. Funds optional: we will be stopping for refreshments along the route and for lunch.
- Food and Water** All participants should plan on carrying a minimum 2 quarts of water which can be refilled along the route. Camelback or Fanny Pack recommended. Sports drinks can be used in place of water. Bring energy bars/snacks as preferred. If not purchasing lunch when the group stops plan on bringing a lunch.
- Clothes/Gear** Musts: Water (or sports drink), Running/Walking shoes (Hiking Boots not necessary), Hat, Sun Screen  
Optional: Compass, Whistle, Walking stick(s), Back Pack, cell phone.
- Come in Class A uniform (required when participating in Ft. Rosecrans service project). Wear a comfortable t-shirt underneath and later remove neckerchief and dress shirt (then you will need to carry or carry in backpack if you bring)
- Scout Leader:** Matt Allen (858) 456-1300 [wavedadd@aol.com](mailto:wavedadd@aol.com)
- Adult Leader:** Jim Rodisch (858) 488-7002 [navigator@sbcglobal.net](mailto:navigator@sbcglobal.net)  
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