



**SIERRA
CLUB**

**Dallas Sierra Club's
Hill Country Explorapalooza**

Friday, May 26 – Monday, May 29, 2017

An action-packed tour of the Texas Hill Country

This is an outing for people who like exploring the outdoors at an easy pace. We'll have an outstanding time discovering Texas history, geology, and biology on our trip to the Texas Hill Country. A comfortable motor coach will transport us to the Hill Country towns of Burnet and Fredericksburg. The weekend will be spent hiking, spelunking, bird watching, and rediscovering all that Texas history you may have forgotten. Lodging options include camping at Inks Lake State Park, air-conditioned cabins at Inks Lake, or staying in the town of Burnet in a mid-range hotel. Depart on the Friday morning of Memorial Day weekend and return to Dallas on Memorial Day (Monday) night after four days and three nights of adventures.

WHEN, WHAT, WHERE?

Friday, May 26:

Depart Dallas (IH 635 and Midway Road) at 8:00 AM



Lunch at the Lady Bird Johnson Wildflower Center
Guided tour of the Wildflower Center
Camp or Cabin at Inks Lake State Park
Or stay at the Comfort Inn and Suites Burnet
Dinner at a restaurant in Burnet

Saturday, May 27:

Hike, swim, relax at Inks Lake State Park
Lunch provided in the park
Tour Longhorn Caverns State Park
Dinner at a restaurant in Marble Falls
Camp/cabin at Inks Lake State Park
Or stay at Comfort Inn and Suites Burnet

Sunday, May 28:

Tour the Texas White House and the rest of the LBJ Ranch

Lunch in Luckenbach, Texas

Option of a guided tour of the Museum of the Pacific War

or

Wander the grounds of Wildseed Farms and then taste Texas wines at the Four Point Cellars in Fredericksburg

Dinner in Fredericksburg

Camp/cabin at Inks Lake State Park

Or stay at Comfort Inn and Suites Burnet



Monday May 29:

Explore Balcones Canyonlands National Wildlife Refuge

Lunch in Round Rock

Tour of the new Waco Mammoth National Monument

Return to Dallas

CAMPING: We've reserved six water-only campsites at Inks Lake State Park. It's a short walk to nice bathrooms with flush toilets, hot water and hot showers. All sites have picnic tables, and a water spigot nearby.



Cabins: Leave your tent at home, sleep in a real bed with air conditioning! We've reserved two cabins at Inks Lake State Park; each sleeps four in bunk beds. The bathrooms with hot showers are a short walk from the cabin. This is our form of glamping!

Comfort Inn and Suites Burnet: For those of you who want even more amenities, a room block at the Comfort Inn in Burnet has been set aside for us. Once your registration has been accepted, the trip coordinator will email you details on how to reserve your room.

SIGHTS: Our first stop will be at the **Lady Bird Johnson Wildflower Center**. Founded in 1982, the Wildflower Center is a research facility run

by the University of Texas that aims to preserve the native flora and educate the public about conservation and sustainability. We have a guided tour of the grounds arranged, and we'll be free to wander the gardens on our own after the tour.

Inks Lake State Park is known for its distinguished geology-it has some of the best examples of pre-Cambrian geology in the state. At Inks Lake State Park, we'll have a short group hike to a waterfall. There is also a swimming beach to cool off in the water, bird blinds, and fishing.

When the sun gets hot on Saturday we'll retreat underground to **Longhorn Caverns State Park**. Once used as a source of bat guano for ammunition during the Civil War, Longhorn Caverns was carved in limestone by water for 280 million years.

Sunday morning, we will use our comfy motor coach to tour the **LBJ Ranch**. Lyndon B. Johnson was born here, lived here throughout his life, died here and was buried here. We have a group tour of the Texas White House arranged, and will tour the rest of the ranch at our leisure.



Sunday afternoon gives Explorapaloozaers an option of activities. We've arranged a guided tour of the **National Museum of the Pacific War** in Fredericksburg or take a visit to **Wildseed Farms** and a local winery. The National Museum of the Pacific War chronicles the history of the Pacific front of WWII. Wildseed Farms is a family owned wildflower nursery just outside Fredericksburg.

After checking out of our respective lodgings Monday morning we will hike and bird-watch at the **Balcones Escarpment National Wildlife Refuge**. This refuge was established to protect the nesting grounds of the Golden-cheeked Warbler and the Black-capped Vireo. It harbors over 245 different species of birds throughout the year.

We'll cap off our wonderful weekend in Waco at the brand-new **Waco Mammoth National Monument**. Established in 2015, this is the only discovered site of a Columbian Mammoth nursery herd.

TRANSPORTATION: The Dallas Sierra Club has chartered a coach bus with a professional driver to provide all transportation. This is not the sleeper bus we routinely charter for overnight trips, but a newer bus seating more passengers. The bus is equipped with a toilet.

Our coach will depart promptly at 8:00 AM on Friday, May 27 from the Walmart parking lot at the southwest corner of LBJ Freeway (IH 635) and Midway Road, between Sam's and Walmart. Arrive early to load your gear. The bus will not wait for late arrivals, so allow time for holiday weekend traffic. The bus will be available for boarding by 7:30 AM. If you leave your vehicle at Walmart, hide valuables. Neither the Sierra Club nor Walmart are responsible for the security of your car or its contents. We have left vehicles at Walmart for multiple days on many occasions and have never experienced theft or vandalism. The bus will return to the Walmart at around 6:00 PM on Monday, May 29.

COST: The price per person is **\$300** for complete registrations received by Wednesday, May 3 or \$360 for later registration, if available. The price includes:

- All transportation from the pick-up point at Midway and IH 635 and back to the same point;
- All beverages served on the bus;
- All admissions to scheduled sights;
- State Park daily entrance fees and campsite fees;
- Box lunch at the Lady Bird Wildflower Center
- Picnic lunch Saturday at Inks Lake;

Items not included in the trip price are:

- Five restaurant meals (Friday dinner, Saturday dinner, Sunday lunch and dinner, and Monday lunch). These will be at local restaurants likely to accommodate our group with reasonable menu variety and speed.
- Three breakfasts to eat in camp. Hotel campers have breakfast included in their room rate
- Lodging at Comfort Inn and Suites Burnet
- Lodging in the cabins at Inks Lake State Park

The Sierra Club has reserved a block of fifteen rooms at the Comfort Inn and Suites in Burnet. There are several rooms with two queen beds for \$102 a night (plus tax) and a few rooms with one king bed for \$94 a night (plus tax). If you plan to stay at the motel, please indicate so on the Participant Preference Form. Once your Participant Preference Form has been received, the trip coordinator will contact you with instructions on reserving your room through the hotel website. Our room block is held until May 5. If our room block is filled, trip participants may still book rooms at the Comfort Inn if any are available. If you need to cancel your room reservation, you must do so before Tuesday May 23.

We have reserved two cabins at Inks Lake State Park. They are air-conditioned but have no bathroom or plumbing. (You walk to a shared bathroom.) Each cabin sleeps four in two bunk beds. No linens are provided. If you wish to specify your cabin roommates, we will do our best to honor those requests. If no requests are made, then the trip coordinator will arrange roommates on a first-come first-served basis. The cost of a bed in the cabin is \$42 per person for the whole weekend.

The trip price has been set for break-even with 30 participants. With more participants, the trip will yield income for pursuit of Dallas Sierra Club conservation and outings programs.

CANCELLATION POLICY: Notify the Trip Coordinator if you must cancel. There is a \$60 fee for cancellations through May 3. There will be no refunds for cancellation after that date. See the Travel Insurance paragraph below. On rare occasions the Dallas Sierra Club must cancel or change trips. If this occurs, our responsibility is limited to a refund of any trip fees you have already paid. The Dallas Sierra Club is not responsible for expenses you incur that are a consequence of a trip cancellation or change.

REGISTRATION: After carefully reading this complete trip description:

1. Complete the **Medical Form**.
2. Complete the **Participant Preference Form**.
3. Sign the **Release of Liability**. A parent or guardian must sign for a minor. Minors eight years or older may ride on the bus with at least one parent per child. Sorry, only original signatures are acceptable on the Release of Liability. We cannot accept copies or emailed releases.
4. Mail the three forms and a check or money order payable to "**Dallas Sierra Club**" to Trip Coordinator **Annie Wilson, 906 Delk Drive, Arlington, TX 76013**. You are registered after these forms and your check have been received and your participation has been approved by the Trip Coordinator. If your acceptance has not been confirmed, you may contact the Trip Coordinator to inquire.

TRIP INSURANCE: We encourage you to purchase travel insurance to cover non-refundable expenses in the event you or the Dallas Sierra Club cancels a trip, medical expenses incurred on a trip and possible medical evacuation from a trip. The Sierra Club recommends Travelex <https://www.travelexinsurance.com/>

CST 2087766-40: Registration as a seller of travel does not constitute approval by the State of California. (California has a law called the California "Seller of Travel" Law. (Because the Sierra Club is a California non-profit corporation, we are required to post this notice.)

PREPARATIONS, RULES AND CAUTIONS:

Bus Rules and Comfort Tips: These rules are important for safety and courtesy to your fellow passengers:

- **Leave your cooler at home.** With gear for so many people, we cannot accommodate coolers for individuals or eating groups. Avoid items that require refrigeration. The only meals campers will need to provide at the State Park are breakfasts for Saturday, Sunday, and Monday. The Sierra Club will provide bottled water, chilled soft drinks and beer for consumption on the bus.
- **Glass containers are not allowed** on the bus. They can break, causing a hazard and mess.
- No perfume or cologne, please. Some people are highly sensitive to scents.
- Smoking, pets and firearms are not allowed.
- Electronic devices are fine if with earphones that don't leak sound.
- Phone calls on the bus should be limited to urgent and short messages.

You may stash a crushable bag (up to 8 inches high by 12 inches deep) in either an overhead bin above your seat or under your seat. Larger items must go in the cargo bins below the bus interior. You may leave gear on the bus. Temperatures on a parked bus can get hot, so be cautious about leaving electronic devices. A rain jacket in the overhead bin may be smart if rain is a possibility.

Experience and Conditioning: Walking is required at each destination. Walking distance at the Longhorn Caverns will be about 1.5 miles on uneven terrain. Participants should be able to walk comfortably at normal adult speed. Campers should be capable of pitching their tent and preparing their own simple breakfasts.

Gear: Each camper is responsible for bringing his or her own camping equipment (tent, ground cloth, sleeping bag, etc.) Arranging to share with a friend is fine. Pack gear in a backpack or duffel bag to keep it together. Luggage is okay for the motel option. Bring linens or your sleeping bag if you are staying in a cabin. Contact the Trip Coordinator before departure if you'd like advice about gear.

Clothing: Lightweight, versatile layers are key to comfort. Days are hot and nights are cool. You'll definitely need a hat, sunglasses and sunscreen for UV protection. Bring swim gear for the lake. Wear comfortable shoes for walking the grounds of the Wildflower Center, Fredericksburg, and elsewhere. Bring rain gear. We don't want to have to use it, but our spring weather has been crazy already.

Food: Bring food for breakfasts in camp for three days. Due to space limitations in the bus cargo areas, don't bring coolers, sticking with food items that require no refrigeration. Bring a small, lightweight burner with fuel for cooking, if you plan to cook. A ban on fires could be in effect. Bring cash for meals at five restaurants.

Water: Potable water will be available at faucets in the State Park. Bring a bottle that you can fill with water to drink while away from camp.

Medical: Our trip leaders have wilderness first aid training, but they are not medical professionals. Participants are encouraged to bring first aid supplies and a basic knowledge of how to deal with medical emergencies. If you have medical training, tell the leaders so she or he can use your skill in an emergency. Inform the leaders if you have a medical condition that could require special treatment (controlled diabetes, heart problems, allergic reactions, etc.) in an emergency. Carry any necessary medications for those conditions on your person at all times and tell others where you store them. If you are extremely allergic to bee stings, poison ivy or anything else we could encounter, ask your doctor if you should carry an antidote kit.

Group = Safety: It's important for safety to follow the directions of the Trip Coordinator and other designated Sierra Club leaders. By failing to obey the leader's instructions, you assume the risks that result. The group should stay together to minimize the chance of someone getting lost or an injured person going unaided. If you leave the group, you do so at your own risk. Participants who leave the led group against leader advice will be asked to sign out of the trip and are no longer part of the trip. Don't expect the group or the leader to do more than notify authorities if you do not return. The leader's responsibility is to those who are following him or her, not to those who choose to follow a different route or schedule.

If you get lost, don't wander aimlessly. Stop and wait on a trail. When leaving camp for even a moment, especially at night, be careful to stay oriented and not lose your way back.

QUESTIONS about the trip or your acceptance may be directed to the Trip Coordinator, Annie Wilson, 682.232.4980 or annie_c_wilson@hotmail.com.



Please fill in this form as accurately as possible. It is essential for leaders to evaluate individual and group health needs as part of trip planning, and for use during emergencies. After reviewing this form, the leader may contact you to discuss whether the trip will be safe and enjoyable for you considering your medical history.

We will keep the information on this form confidential. It will be seen only by leaders, medical personnel, or others who know and understand its confidential nature. This form will be destroyed following the trip. If you choose not to go on the trip, this form will be destroyed immediately.

General Information

First Name: _____ Last Name: _____ Nickname: _____

Address: _____ Gender: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Email Address: _____ Date of Birth: _____

Height: _____ Weight: _____ Blood Pressure: _____ / _____ Resting Heart Rate: _____ bpm

Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Secondary Emergency Contact: _____ Relationship: _____

Home Phone: _____ Work Phone: _____ Mobile Phone: _____

Evacuation and Medical Insurance Information

We strongly encourage you to have medical and evacuation insurance and to bring your insurance card or other documentation with you on the trip.

Evacuation Insurance	Medical Insurance
Company Name:	Company Name:
Policy Number:	Policy Number:
Contact Phone Number:	Contact Phone Number:

Allergies

Include medicines, foods, animals, insect bites and stings, and environment (dust, pollen, etc.). NONE

Allergy	Reaction	Medication Required (if any)

Continued on next page . . .

Medical History

Please list all prescription, over-the-counter, and natural medications you are taking. Use a separate sheet if necessary.

Medication Name	Dosage	Frequency	Side Effects (known & potential)	Reason for Taking

Do you currently have, or have a history with, the following conditions (explain in blank and use separate sheet if necessary):

- Yes No Respiratory problems, Asthma, Do you smoke _____
- Yes No Diabetes _____
- Yes No Gastrointestinal problems _____
- Yes No Cardiac problems, Hypertension _____
- Yes No Neurological problems, Seizures _____
- Yes No Vision or Eye problems _____
- Yes No Hearing problems _____
- Yes No Bone, Joint, Muscle problems _____
- Yes No Head trauma, Traumatic Brain Injury _____
- Yes No Substance Abuse, Anxiety, Depression _____
- Yes No If female: Are you pregnant _____
- Yes No Have you had an illness within the last 12 months _____
- Yes No Have you had surgery or been hospitalized in the last 12 months _____
- Yes No Have you ever had problems related to exposure to altitude _____
- Yes No Any other health complaint or medical issue that would affect your participation in this trip _____

If YES, please explain _____

Date of last tetanus immunization: _____ Date of most recent physical: _____

Physician's name: _____ Phone number: _____

Address: _____

Please have physician sign if your leader requires a physical prior to trip

Physician's signature: _____ Date: _____

The information provided here is a complete and accurate statement of any physical and psychological conditions that may affect my participation on this trip. I realize that failure to disclose such information could result in serious harm to myself and other participants. I agree to inform my trip leader should there be any changes to my health status prior to the start of the trip. I understand the outing may require vigorous activity that is both physically and mentally demanding in isolated areas without medical facilities. **I am fully capable of participating on this trip.**

Trip Name: Hill Country Explorapalooza **Trip Dates:** May26-29, 2017

Signature (required): _____ **Date:** _____

Print Name: _____

RELEASE OF LIABILITY

Outing: Hill Country Explorapalooza	Date(s): May 26-29, 2017
Trip Coordinator: Annie Wilson	Additional Leaders: TBD

Acknowledgment of Outing Member Responsibility, Express Assumption of Risk, and Release of Liability

I understand that during my participation in this Sierra Club Outing, I may be exposed to a variety of hazards and risks, foreseen or unforeseen, which are inherent in each Outing and cannot be eliminated without destroying the unique character of the Outing. These inherent risks include, but are not limited to, the dangers of serious personal injury, property damage, and death (“Injuries and Damages”) from exposure to the hazards of travel and the Sierra Club has not tried to contradict or minimize my understanding of these risks. I know that Injuries and Damages can occur by natural causes or activities of other persons, animals, trip members, trip leaders and assistants or third parties, either as a result of negligence or because of other reasons. I understand that risks of such Injuries and Damages are involved in adventure travel such as Sierra Club Outings and I appreciate that I may have to exercise extra care for my own person and for others around me in the face of such hazards. I further understand that on this Outing there may not be rescue or medical facilities or expertise necessary to deal with the Injuries and Damages to which I may be exposed.

In consideration for my acceptance as a participant on this Outing, and the services and amenities to be provided by the Sierra Club in connection with the Outing, I confirm my understanding that:

- I have read any rules and conditions applicable to the Outing made available to me; I will pay any costs and fees for the Outing; and I acknowledge my participation is at the discretion of the leader.
- The Outing officially begins and ends at the location(s) designated by the Sierra Club. The Outing does not include carpooling, transportation, or transit to and from the Outing, and I am personally responsible for all risks associated with this travel. This does not apply to transportation provided by the Sierra Club during the Outing.
- If I decide to leave early and not to complete the Outing as planned, I assume all risks inherent in my decision to leave and waive all liability against the Sierra Club arising from that decision. Likewise, if the leader has concluded the Outing, and I decide to go forward without the leader, I assume all risks inherent in my decision to go forward and waive all liability against the Sierra Club arising from that decision.
- This Agreement is intended to be as broad and inclusive as is permitted by law. If any provision or any part of any provision of this Agreement is held to be invalid or legally unenforceable for any reason, the remainder of this Agreement shall not be affected thereby and shall remain valid and fully enforceable.
- To the fullest extent allowed by law, I agree to **WAIVE, DISCHARGE CLAIMS, AND RELEASE FROM LIABILITY** the Sierra Club, its officers, directors, employees, agents, and leaders from **any and all liability** on account of, or in any way resulting from Injuries and Damages, even if caused by **negligence** of the Sierra Club its officers, directors, employees, agents, and leaders, in any way connected with this Outing. I further agree to **HOLD HARMLESS** the Sierra Club, its officers, directors, employees, agents, and leaders from any claims, damages, injuries or losses caused by my own negligence while a participant on the outing. I understand and intend that this assumption of risk and release is binding upon my heirs, executors, administrators and assigns, and includes any minors accompanying me on the Outing.
- I have read this document in its entirety and I freely and voluntarily assume all risks of such Injuries and Damages and notwithstanding such risks, I agree to participate in the Outing.

Name (print clearly): _____

Signed: _____ Date: _____

If you are a minor (under age 18), your parent or legal guardian must sign this Agreement on your behalf.

I hereby agree and consent to the foregoing Agreement on behalf of the minor below.

Print Name and Age of Minor: _____ Age: _____

Signature of Parent or Guardian: _____ Date: _____



SIERRA CLUB

PARTICIPANT PREFERENCE FORM

Dallas Sierra Club
Hill Country Explorapalooza
May 26-29, 2017

Return this form, your Medical Form, the Release of Liability and your check payable to "Dallas Sierra Club" to the Trip Coordinator, **Annie Wilson, 906 Delk Drive, Arlington, TX 76013.**

PARTICIPANT NAME (Please print): _____

Sunday May 28: I would like to do (circle one)

Pacific War Museum

Wildseed Farms and Wine Tasting

TENT CAMPING VERSUS MOTEL OPTION FOR NIGHTS OF MAY 26, 27, 28:

I prefer to camp at Inks Lake State Park.

I would like a bunk bed in a cabin at Inks Lake State Park. Email the trip coordinator to ensure available space, then add \$42 to your trip fee (make your check out for \$342 instead of \$300)

I prefer to stay at the Comfort Inn and Suites Burnet. The Trip Coordinator will contact you with instructions on booking your room. The hotel will require a credit card to reserve your room. Hotel charges should be handled directly between you and the hotel.

Please contact me if there's an opportunity to share a room with someone else.

I plan to share a room with _____

GENERAL INFORMATION:

How did you learn about this trip? _____

Have you participated in a previous Dallas Sierra Club trip? _____ if so, where and when was your most recent trip with the DSC?

Food allergies/preferences: If you have specific dietary requirements, please list them here:

By signing below, I certify that I have read the trip description, rules and cautions and I understand the described conditions and risks associated with the trip. I am responsible for any evacuation and medical costs that may be incurred, should I need medical attention.

Signature of Adult Participant _____

Date _____