



Day Hike in the Wichita Wildlife Refuge

Description: Take a break from left-overs and shopping for a day at the Wichita Wildlife Refuge. We'll explore upper Mount Scott, check out the visitor center, and hike along the Narrows Canyon. This trail is rocky in several areas near the water and can be narrow along the side of the canyon. We will be taking the trail at a leisurely pace with stops to admire the scenery. Difficulty Level: Moderate.

Date: Sunday, November 29, 2009, Activities will run from ~12:45pm to ~4:45pm

Transportation: The Sierra Club encourages car-pooling. For those who would like to caravan or find/offer a ride, we'll meet at **11:00am** at the Gold Dome, 1112 Northwest 23rd Street, Oklahoma City, OK. The going rate for carpool passengers is \$0.10/mile per passenger. **We'll be leaving at 11:15am sharp.** If you would prefer to meet the group on the refuge, we'll be on top of Mount Scott ~12:45pm.

Food: Pack a lunch to eat in the car or on the trail. For those who would like to stick around after the hike, we'll be heading to [Meers](#) for dinner.

Bring:

- Lunch and any desired trail snacks
- Sturdy close-toed shoes that can be laced/strapped tight
- At least 1 liter of water per person and a means of carrying your bottle without using your hands (strap, backpack, bum bag, etc.)
- Sunscreen/Hat/Sunglasses
- Rain equipment appropriate for the forecast
- Walking stick/trekking poles (optional)

Leader: Blair Williams, e-mail engrblair@yahoo.com or call 405-823-8085 (evening only, please) with questions.

Cost: No fees required, however a donation to the Sierra Club newsletter would be greatly appreciated.

Weather: Hike may be cancelled if the forecast calls for significant rain or very windy/cold weather. If you send Blair an e-mail address, you'll be contacted directly regarding a cancellation. Otherwise, check [Sierra Club Outings website](#) for cancellation information.

Liability Waiver: Every participant will be required to execute a [waiver of liability](#) before beginning the outing. The leader will have forms available at the trailhead.

Children: The hike may not be appropriate for small children. Children under the age of 16 must be accompanied by an adult. All attendees under the age of 18 will require a parent signature on the waiver.

[Direction to Refuge](#)