

## What, Why & How

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 the area. It demands a great attitude, determination, exploration, and pushing your fitness to new levels. *Congratulations on accepting the challenge!*

Orienteering punches at the top of each summit prove you made it. Each punch holds a unique pattern of needles that you will stamp into box for each peak.

Each summit has a group hike date. While not formally guided, these hikes are a great chance to get out there with some experienced hikers, meet hiking buddies, and generally enjoy the energy of the group effort to get to each summit. Of course, you can also do each hike on your own.

## Group Hike Dates

1. Bertha Peak - 5/29 - 8:00am
2. Grays Peak - 6/5 - 8:00am
3. Gold Mountain - 6/19 - 8:00am
4. Delamar Mountain - 7/10 - 8:00am
5. Sugarlump (Bear Peak) - 7/24 - 8:00am
6. Sugarloaf - 8/7 - 7:00am
7. San Gorgonio - 8/28 - TBA

## Be a Part of the Active Big Bear Community!

Joining the Active Big Bear online community is the ideal way to stay informed on what is happening in Big Bear among fitness enthusiasts.

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

**NOTE:** Hike 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.



**Bertha Peak**

DATE

**PUNCH  
HERE**

**Grays Peak**

DATE

**Gold Mountain**

DATE

**Delamar Mountain**

DATE

**Sugarlump (Bear Peak)**

DATE

**Sugarloaf Mountain**

DATE

**San Gorgonio**

DATE