



Healthy Resolutions Group Hike
Colton Seventh-day Adventist Church
Cougar Crest Trail –
Big Bear Lake Area

Date & Time: Saturday afternoon, August 19, 2017
4:00 PM (please arrive a little early)

Starting Point: Cougar Crest Trailhead Parking Lot
(Approx. 0.5 miles west of Big Bear Discovery Center,
across the highway from Serrano Campground)
North Shore Dr (SR 38), west of junction w/North Shore Ln
Fawnskin, CA

Group Leader: Jerry Johnson, cell phone (909) 534-4925

Walk Description:

Surroundings – This hike goes uphill on a designated hiking trail, traversing the Bertha Peak ridge just to the north of Big Bear Lake. Numerous switchbacks eventually lead to the top of the ridge, with wonderful views of the surrounding area. Occasionally dense pine forest.

Terrain – Per National Forest website (www.fs.usda.gov), "On the Cougar Crest Trail you will walk through a wide variety of natural environments. The first mile is a gentle uphill climb, but after a mile or so you will realize you are gaining altitude. The Cougar Crest Trail ends at the juncture of the world famous 2,650-mile Pacific Crest Trail." Per alltrails.com: 5.4 miles round-trip (the group may choose to shorten the hike), 895 ft elevation change, moderate difficulty, moderately used trail, dogs OK.

Difficulty – Moderately Difficult (rated "3B", mainly for elevation).

Length – About 5.4 miles round-trip (time: approx. 4 hours, including breaks).

Expected Temperatures – Upper 70's to Low 80's, sunny, dry weather, approx. 25% humidity

Accessibility – Not acceptable for wheelchairs or strollers

Dogs – Welcome to come; must be on LEASH at ALL TIMES (NO exceptions), and owner must clean up after pet.

Public Amenities – Restrooms available at trailhead parking lot (pit-style toilets).

Driving Directions: (East-bound from Colton) Take I-10 east; at Redlands, turn north on SR-210. At City of Highland, veer left onto northbound SR-330 (into the mountains). At Running Springs, merge onto eastbound SR-18 (toward Big Bear). At the Big Bear Lake dam, turn left on SR-38. About 5 miles down the road, just after passing through the small town of Fawnskin, turn left into the parking lot for the Cougar Crest trailhead. Forest Adventure Parking Pass required for trailhead parking lot!!! Acquire a pass in advance or you may expect to be cited!!! (Contact Jerry in advance if you need help obtaining a pass.)

Be Sure To Bring ...

- Hat or cap
- Drinking water
- Good walking shoes
- Walking stick
- Light jacket or windbreaker, and umbrella (just in case)
- Any snacks/food you may wish to carry (none will be provided)



Blessings and good health to you and your family!



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