Manistee River Trail

Backpacking Trip

Trail
23 mile loop along river
No permit required
Free camping
4-12 people per group

Itinerary for 2 night trip

Hike to waterfall
Day 1 (Fri night) Begin at Red Bridge and hike in 1 miles
Day 2 (Sat) hike 5 miles to waterfall and backtrack 3 miles to sleep
Day 3 (Sun) hike back to car 3 miles
Miles in total=12

LNT (Leave No Trace)
Camping is allowed as long as tents are 200 feet from the trail or any source of water.
Directions and Time
From Grand Rapids,

- Take US 131 north to Cadillac
- Follow MI 55 west for 20 miles
- Turn right on Warfield Road.
- After 5 miles, turn left on Coates Highway
- Red Bridge Access parking lot is 2 miles ahead on the left just after the bridge.
- Trailheads are across the road.
- It takes 2 hours and 20 min from Calvin College

When to go?

<table>
<thead>
<tr>
<th>Reasons To go</th>
<th>Temperatures (avg in F)</th>
<th>Rain fall in Inches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Summer Swimming</td>
<td>70s</td>
<td>3.4</td>
</tr>
<tr>
<td>Fall Fall colors</td>
<td>60s</td>
<td>3.5</td>
</tr>
<tr>
<td>Spring New blossoms</td>
<td>50s</td>
<td>3.0</td>
</tr>
<tr>
<td>Winter Solitude</td>
<td>30s</td>
<td>1.6</td>
</tr>
</tbody>
</table>

Group Equipment
Map/compass
First aid
Matches/lighter
Extra food and water
Tarp
Fuel
Stove
Water purification
Pots
Tent
Stakes
Utensils
Toilet paper
Mini shovel
Zip lock bags
Trash bags
Duct tape
Cost
Food for 1 person = $2.50 X 6 meals = $15
Gear rental+ $5 backpack + $5 tent + $1 sleeping pad+ $5 sleeping bag= $16 a person
Gasoline $40 for 1 car

Minimum personal equipment List
Backpack
20 degree sleeping bag
Sleeping pad
Synthetic layers (limit cotton)
Rain coat
Long underwear
2 pairs of wool socks
Hat and gloves
Hiking boots or running trail shoes
1 garbage bag to line backpack
Insulated mug
Bowl and spoon
Hydration system (at least 2 liters) (ex. 2 Nalgene bottles)
Sunscreen
Glasses/ extra contacts
Headlamp/ flashlight
Toiletries
Journal and Bible
Hand sanitizer
Knife or multi-tool
Cash
Sample Meal
Breakfast: granola and powdered milk
Lunch: PBJ/ Nutella and Tortilla
Dinner: Trail Pizza

To get food from the dining hall just go to the link below and order a week in advance! http://www.calvin.edu/admin/food/retreat.html

Food Protection
1. Put your food in a stuff sack.
2. Tie one end of the rope to the stuff sack.
3. Tie the other end of the rope around a rock
4. Find tree with a sturdy branch about 15 feet off the ground and 10 feet from tree
5. Throw rock up and over the limb and pull food up
6. Tie off end of rope to another tree

Highlights
• Spectacular views of river
• 8 foot high water fall
• Groomed and marked trails

Emergency Contact numbers
Hospital: West Shore Medical Center in Manistee (231) 398-1000
Ranger: 1-800-821-6263