

HIKE THE Y CHALLENGE

CHALLENGE: HIKE TO THE Y OR WALK UP 110 FLIGHTS OF STAIRS.

THERE IS AN ELEVATION GAIN OF 1,100 FEET FROM THE TRAIL HEAD TO THE TOP OF THE Y. FOR EVERY 10' GAIN IN ELEVATION, YOU GET CREDIT FOR 1 FLIGHT OF STAIRS. (FLIGHTS OF STAIRS RANGE FROM 8 FT TO 12 FT IN ELEVATION).

