

## "TUESDAY MORNING" CONDITIONING

Tuesdays 10am

This series starts the first Tuesday after the Spring Equinox. It is an eight-week conditioning series to get ready for the bigger mountains in The Whites. Each week we add more distance or elevation or both.

All the hikes are in the Blue Hills and mostly we hike sections of the Skyline Trail. This is a fast, hilly, rocky, steep, several-hours-long "conditioning hike".

For more information contact [Paul Brookes](#)

