



# Outdoor Enthusiasts of Fredericton

## Information for new members

### **Our Motto:**

Sharing the joy of companionship in the great outdoors.

### **Our History:**

Founded in 1994, we are one of three outdoor enthusiast groups in New Brunswick.

The others are in Moncton and Saint John.

### **Our Organization in 2023:**

We have a board of directors elected from the membership early each year at our Annual General Meeting.

President: Neil Livingstone

Vice President: David Suttie

Secretary: Angela Leaman

Treasurer: Gail Wilson

Membership Chair: Sharon Suttie

### **How it works:**

Generally we hike established trails to scenic locations within a couple of hour's drive of Fredericton.

Most of our hikes are fairly easy 5 – 8 km walks, but we also do the odd multi day backpacking trip. We also try to schedule one or two more leisurely weekend cabin or car camping trips each year.

We try to accommodate various levels of fitness by having a hike leader at the front, a sweeper at the rear, and by periodically pausing to let hikers group up again.

When an event is rated as challenging, please check with the hike leader if you have any doubts about being able to keep up with the group. Going extremely slowly on a challenging hike, or not being able to finish the hike at all, will affect the whole group.

Most of us are just regular hikers, not super athletes, so don't hesitate to join in some hikes.

Still, it's a good idea to begin with easier hikes, and work your way up to the challenging ones.

Our hiking year is divided into 4 quarters, and we have a planning meeting every 3 months to plan our events for the next quarter.

There is an event schedule produced each quarter, available on both our Facebook site and our website.

Each hike is also created as an event on Facebook, and a hike reminder email is sent out to each member about midweek.

Every hike has a leader who decides the meeting time, place etc. and those details are available in the Facebook event and in the weekly email. Contact the hike leader in advance with any questions.

If you plan to go on a hike, please notify the hike leader either by phone or email, or by clicking “[going](#)” in the Facebook event. That way the leader has an idea of how many hikers to expect.

Generally we hike once per week on Saturday or Sunday, but the odd midweek evening walk pops up when conditions are right. These midweek walks are weather dependant, so they happen on short notice. Check Facebook or email.

We normally meet-up at a good parking area in the city, and then carpool to the start of the hike.

When carpooling, please share the driving costs with whoever you are traveling with.

Plan to arrive at the meet-up spot a few minutes early. We usually leave shortly after the published time.

There is an event risk waiver to sign at the beginning of each hike, with a checkbox for when you finish the hike.

Non-members are welcome to go on a hike or two with us before joining the club.

**Things to bring on a hike: [\\*check with your fellow hikers for more information.](#)**

Medicare card + any special medications that you may need.

Water and a snack

Good hiking boots or trail runners

Day pack

Light rain jacket with a hood (to keep in your pack)

Small first-aid kit

Compass

Lighter

Head lamp/flashlight.

Bug net/insect repellent in bug season

Icers + snowshoes for winter walking

Hiking Poles \*optional

Hunter’s orange vest for fall hiking

**Other information:**

[OEF Email Address](#)

[OEF Facebook Site](#)

[OEF Website](#)