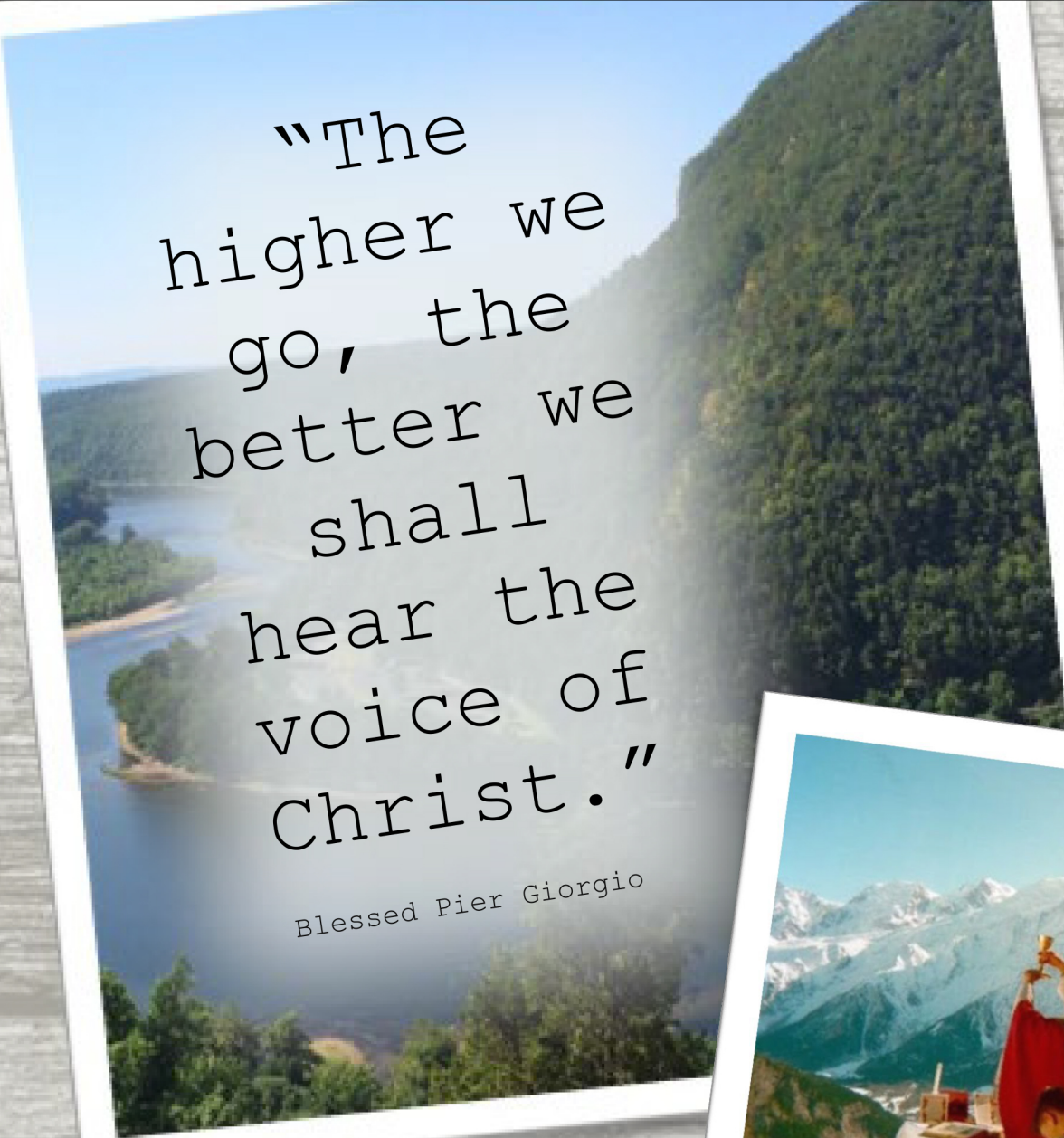


Grow in relationship with God through nature and by celebrating...

Mass on top of the mountain

Men's Group Hike at the Delaware Water Gap



"The
higher we
go, the
better we
shall
hear the
voice of
Christ."

Blessed Pier Giorgio



June 15th
Saturday

5AM - 12 PM

Schedule:

5:00 am – Gather
6:30 am – Arrive at foot of the mountain and start hike
8:30 am – Mass
9:30 am – Eat, sightseeing, take pictures and relax
11:00 am – Head down mountain
12:00 pm – Departure

What to wear:

- Wear the right shoes (comfortable hiking boots) and socks.
- Skip the cotton, instead, go for synthetic, performance clothing.
- Wear layers that you can add or shed as needed.

Things to pack:

- Sun protection (sunglasses & sunscreen)
- First-aid supplies
- Nutrition (food)
- Hydration (water)

For more information or to register your group contact • Josue Arriola (609) 403-7155 • jarrio@DioceseofTrenton.org