

# Trails Overview

After polling what types of trails y'all want to see at IAH 2019, the 700+ responses told us the majority of the pack was going to treat this IAH more like a vacation than a traditional hash event, so we designed our trails accordingly.

Trail types have been split between the two days in Nassau, so folks can do trail on one day and touristy stuff on the other.

**MONDAY:** Shorter, in urban areas, walker and jogger friendly. All use the same ending location.

**TUESDAY:** For the hardcore runners, longer and mostly off-road, some swimming. Unique ending locations.

All trails require each hasher to check in on the pier, located just at the end of the ship's off-ramp. Look for the "IAH Volunteers and Trail" signs. You'll get a colored wristband that matches the flour or chalk used on your trail. Then you'll walk to the pavilions, meet up with the hares for your trail, and they'll lead you through the port security building as a group. Then you'll be on-on!



## Shiggy Meter

COURTESY OF SAVANNAH H3

SHIGGY LEVEL

1

In-town trail. City streets, sidewalks, and green spaces. Friendly to all ability levels.

SHIGGY LEVEL

2

Urban trailblazing. Some off-road, but walker-friendly and you shouldn't need a dry bag.

SHIGGY LEVEL

3

Some pavement, but mostly trails in wooded areas. Your feet will probably get wet. Heavy inclines and climbing likely.

SHIGGY LEVEL

4

Very little road work. Could be forests, swamps, and water you can wade through, probably up to your waist.

SHIGGY LEVEL

5

Anything goes! Thorns, shoe-sucking stinky mud, and plenty of water, some possibly over your head. Beware of animals including snakes and alligators. You should have a trail buddy with you!



# Monday Trails!

NASSAU DAY 1

→ Because Monday's trails are all near the port area, longer and shorter trails may cross. Be aware of your flour/chalk colors to stay on the correct trail.

→ Bring: What you normally carry on trail, plus a bathing suit, beach towel, drinking vessel and/or koozie, sunscreen, and extra cash (in the event of impromptu stops).

→ There will be water at the beer stops, but it is HOT so also carry your own.  
→ No dry bag required.

## ZIPPY TOURIST TRAIL (EARLY)

Hosted by DC Red Tent H3

Distance 2 miles (3.2 km)  
Duration 1.5 to 2 hours  
Capacity 125 hashers

SHIGGY LEVEL  
**1**

→ CHECK-IN 1130 at pier  
→ START 1200



Short, sweet, and to the point. Join your hares – Fuki Suki, Muff'n Man, and Church Lady – for the best trail of the day if you want to see the sights with a cold Bahamian brew. Did we mention there's no issue with walking and drinking in Nassau? A hasher's paradise!

## EAST SIDE TRAIL

Hosted by Over The Hump H4

Distance 4/6 miles (6.4/9.6 km)  
Turkey/Eagle  
Duration 3 to 4 hours  
Capacity 125 hashers

SHIGGY LEVEL  
**2**

→ CHECK-IN 1300 (1:00pm) at pier  
→ START 1330 (1:30pm)



Accidental Discharge and Princess & The Poo will lead you on the perfect trail for walkers, casual joggers, or runners who want to see the historic areas of Nassau's downtown and east side areas. All pavement with great beer stops to rest up. Good opportunities for guerrilla food-shopping-beer checks at various points.

## PARADISE ISLAND TRAIL

Hosted by DC Road Whores

Distance 4 miles (6.4 km)  
Duration 4 to 5 hours  
Capacity 100 hashers per trail

SHIGGY LEVEL  
**1/2**

→ WALKERS CHECK-IN 1130 → START 1215  
→ RUNNERS CHECK-IN 1230 → START 1315 (1:15pm)

START Jimmy Buffett's Margaritaville, 2 Marina Drive, Paradise Island

Walk 15 minutes to the Prince George Wharf and take the water taxi to Paradise Island/Water Ferry Terminal. The ferry leaves every 30 minutes so plan accordingly.

Late Nite Drive Thru and Ass Spelunker will return to the site of their wedding 10 years ago to renew their hash vows, joined by other DCRWs celebrating 20+ years of hashing. Everyone will need to bring cash to purchase a ferry ticket. Whores, anniversaries, and ferries – what more can you ask for?

**WALKERS:** Trail is designed for those who want a leisurely jog with amazing views. You'll share beer stops with the runner's trail. Longer trail time due to a great beach beer stop. **Round trip ferry ticket required (\$8 cash only).**

**RUNNERS:** Minimal shiggy is anticipated, with some sand for eagles. You'll get a scenic run if you want to sweat out some alcohol from Sunday night. **One-way ferry ticket required (\$4 cash only).**



## ZOO TRAIL

Hosted by Drinkers United For Fun (DUFF) H3

Distance 3.8 miles (6.1 km)  
Duration 3 hours  
Capacity 125 hashers

SHIGGY LEVEL  
**2**

→ CHECK-IN 1400 (2:00pm) at pier  
→ START 1430 (2:30pm)



Beer? We got that. Trail? We got that too. Flamethrowers? We told Fucking BYOB no. (He asked.) Join DUFF H3 as they take you fine, upstanding harriers and harriettes on a merry, drunken tour through the city with Fucking BYOB and Yoron Weed as your guides. Seeing as DUFF almost never leaves their bar stools except on rare occasions, you can expect trail to be really easy. You'll be fine. Trust us.

## ZIPPY TOURIST TRAIL (LATE)

Hosted by DC Red Tent H3

Distance 2 miles (3.2 km)  
Duration 1.5 to 2 hours  
Capacity 125 hashers

SHIGGY LEVEL  
**1**

→ CHECK-IN 1430 (2:30pm) at pier  
→ START 1500 (3:00pm)



Short, sweet, and to the point. Join your hares – Test Tube Baby, Knot Race-ist, and Cup Dispenser – for the best trail of the day if you want to see the sights with a cold Bahamian brew. Did we mention there's no issue with walking and drinking in Nassau? A hasher's paradise!

# Tuesday Trails!

NASSAU DAY 2

→ Buses will shuttle hashers from port to all start locations. Due to potential traffic, buses will leave the port on time, so **DO NOT BE LATE**. Buses will not wait for you.

→ A dry bag IS required. All shiggy trails likely have water crossings.  
 → Bring: a change of clothes/shoes, towel, bug spray, sunscreen, drinking vessel and/or koozie.

→ It's still hot, and these trails are longer. Wear a hydration pack if you have one.  
 → Make sure your stuff is easily identifiable before you throw it into the bag vehicle.

## BAHAMAS BALL BUSTER



Hosted by Music City H3 and Syracuse On-On-Dog-A H4

Distance 11 miles (17.7 km)  
 Duration 6 to 7 hours  
 Capacity 100 hashers



→ CHECK-IN 0645 at pier  
 → START 0715 outside Port security building, Bay Street

This is it: the Granddaddy of Trails, the Buster of Balls. Join your hares Barbie's Bitch and Table It as they drag your happy asses across the island for 11+ miles of shiggy fuckery. Expect multiple water crossings and stretches of pavement. Bring a CamelBak or some type of water vessel with you. Shiggy socks are recommended.

## 50/50 SHIGGY TRAIL



Hosted by Mosquito H3

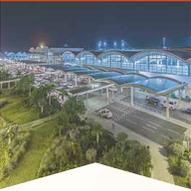
Distance 3.6 miles (5.8 km)  
 Duration 2.5 hours  
 Capacity 100 hashers



→ CHECK-IN 1200 at pier  
 → START 1230 outside Port security building, Bay Street

Not sure if you want to slop through shiggy all day? Well, Donut Holer and Oral Sex have designed this trail specifically for you. Half-pavement/wooded trail, half-shiggy. Great end point. And cold beers throughout. What more could you want from an island trail?

## AIRPORT SHIGGY TRAIL



Hosted by Happy Heretics H3

Distance 6 miles (9.6 km)  
 Duration 4 to 5 hours  
 Capacity 100 hashers



→ CHECK-IN 0845 at pier  
 → START 0915 outside Port security building, Bay Street

Jerkin' it Clean in a Submarine, Cuckoo for Coconuts, and Helen Keller Hand Job are putting on their virgin IAH trail as hares. And the scouting has been intense. Multiple water crossings, some swimming, deep shiggy, gators, snakes, and lions... Oh my! Bring water, a clean up towel, sunscreen, bug spray, and good hash songs; but leave your dignity on the ship.



## CANAL SHIGGY TRAIL



Hosted by Dayton H3

Distance 4 miles (6.4 km)  
 Duration 2 to 3 hours  
 Capacity 100 hashers



→ CHECK-IN 1015 at pier  
 → START 1045 outside Port security building, Bay Street

PHead, More Leggs, and Porkless are your hares du jour for this water-filled adventure. One mile covered per hour? You bet your swimming ass it will take that long to get through this awesome trail. Bring dive gear, spear, bug spray, and unicorn floaties. Just kidding. Or are we?!

## DRAFT PUNK PUB CRAWL



Hosted by Draft Punk H3

Distance 2 to 3 miles (3.2 to 4.8 km)  
 Duration 3 hours  
 Capacity 100 hashers



→ CHECK-IN 1100 at fountain near Linda's Place Woodes Rogers Walk  
 → START 1130 at fountain

Nassau's history is filled with pirates who both used the island as a way station and enjoyed its plentiful adult beverages. Join hares Prince Fungus Among Us and Wet Bush for their reenactment of a drunken, pirate-themed crawl through 4 to 5 bars. **This is a pay-as-you-go trail** with an end location that will not disappoint! (This trail is on Tuesday because Monday is a Bahamian national holiday and some establishments are closed.)