

**Registration:**

PRE-REGISTRATION IS REQUIRED on all hikes and requested at least 5 days prior to hike.

**REGISTER BY PHONE, IN PERSON, OR ONLINE.**

[www.vanparksrec.org](http://www.vanparksrec.org)

Marshall Center: 1009 E McLoughlin Blvd.  
 Firstenburg Center: 700 NE 136th Ave.  
 360-487-7100 or 360-487-7001

**COST PER DAY HIKE:**

\$13 Resident/\$15 Non-resident.

**Lunches:**

Bring a **lunch and snacks** to eat on trail and money for a beverage/snack stop.

**Hiking Experience:**

You must be able to maintain a 20-minute mile pace on fairly level ground with little elevation gain.

**EASY MONDAYS:** 3-5 miles with an elevation gain of up to 300 feet.



Lacamas Lake, WA

Questions? Please call 360-487-7084 or email [Kelly.Lund@cityofvancouver.us](mailto:Kelly.Lund@cityofvancouver.us)

**Hike departure:**

All hikes leave by van from 1009 E. McLoughlin Blvd., Vancouver, WA



**Hike times:** 9:30 a.m.—2:30 p.m. Return time is approximate.

**Hike locations:** Hikes are subject to change or cancellation if weather, trail, road and/or other conditions warrant.

**We recommend:**

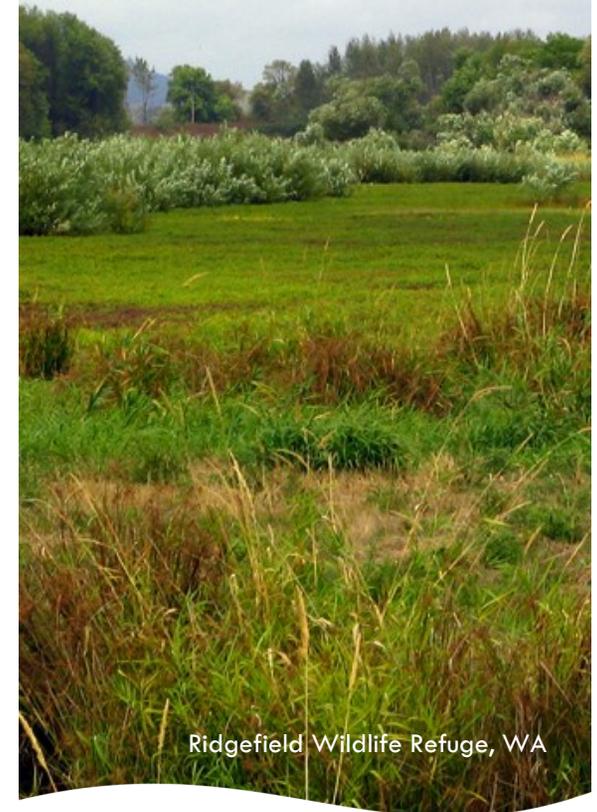
- Sturdy hiking boot or hard shoe.
- Illumination—flashlight.
- Signaling—whistle and small mirror.
- Water—(1 liter/winter-2 liters/summer).
- Hiking stick/s.
- Layered clothing—moisture wicking light weight synthetic fabrics (cotton is not recommended).
- Sun protection/insect repellent (seasonal).
- First aid (include personal medications).
- Emergency shelter—33 gallon black plastic garbage bag or emergency blanket.
- In case of bad weather or cancellations please call 360-487-7065.

**Please note:**

- Make sure your contact information is current with the Parks and Recreation registration system.
- Please keep cell phones turned off, or on vibrate during the course of hike outing; emergency use only requested.
- Do not begin ahead of the group. Wait at the trailhead until hiking guide has given instructions.

# 50+ Forever Young

## Easy Monday Hikes



Ridgefield Wildlife Refuge, WA

May–August 2017



## **MONDAY EASY HIKES**

Please join us on **MONDAYS** for our easy hiking adventures through the Pacific Northwest. A great way to stay active, meet new people, and have fun!

We leave Luepke Center promptly at 9:30 a.m. Please arrive at Luepke Center lobby 15 minutes prior to hike departure. Please note return time is approximate due to traffic conditions or unexpected delays.

The 50+ Forever Young Hike program is operating under a Special Use permit for Gifford Pinchot National Forest, Mount Hood National Forest and the Columbia River Gorge National Scenic Area.

## **ORIENTATION CLASS & EASY HIKE**

Bimonthly on the first Thursday.

Free Admission ~ no pre-registration necessary.

*Marshall Center, 12–3:30 pm*

June 1 and August 3

A combined orientation/easy hike is required prior to participation and registering for hikes. Learn difficulty categories, what to bring and what to wear.

The orientation/hike will include approximately one hour of classroom time and a 1-2 hour easy hike from Luepke Center to the river and along the Waterfront Trail and back. This hike is 3-4 miles and must be completed on orientation day. We will have several volunteer hike guides on this hike to evaluate the ability of new hikers. Once you have successfully completed

the orientation and hike, a barcode will be added to your customer account, which will qualify you to register for more hikes. Please bring a bottle of water, high energy snacks, and wear appropriate hiking clothes and hiking shoes/boots for walking 3-4 miles.

*Please note return time is approximate and may vary.*

## **Skamania Lodge Trails –WA**

*EZ Monday Hike. 6011 5/8*

Hike the trails around Skamania Lodge.

## **Milo McGyver State Park –OR**

*EZ Monday Hike. 6013 5/22*

A beautiful hiking trail along a ridge of land above the Clackamas River. Also home to a wide variety of bats.

## **Forest Grove Historic Loop –OR**

*EZ Monday Hike. 6019 6/12*

Hike through a portion of historic Forest Grove, founded in 1842, then on to old College Hall, the oldest building in continuous education in the Pacific Northwest and located on the Pacific University Campus.

## **Oaks Bottom Wildlife Refuge –WA**

*EZ Monday hike. 6020 6/26*

Oaks Bottom Refuge is known for observing migrating birds and local amphibians. A great easy hike within minutes of metropolitan Portland.

## **A Tree Hike in Portland –OR**

*EZ Monday hike. 6021 7/10*

A city hike in Portland learning about different trees.

## **Washington Park to Rose Garden –OR**

*EZ Monday Hike. 6041 7/24*

Washington Park is Portland's centerpiece of monuments, parklands, gardens, old reservoirs and a stretch of natural forest. Hike through the park to Portland's world-renowned International Rose Test Garden.

## **Ridgefield Refuge to boat dock –WA**

*EZ Monday Hike. 6042 8/14*

A hike through the Ridgefield National Wildlife Refuge is always satisfying. The area is home to a wide array of wildlife and migratory birds. We will check out the newly extended trail to the boat dock.

## **Strawberry Island/Ft. Cascade –WA**

*EZ Monday Hike. 6090 8/28*

Enjoy nature on this hike through woods and wetlands. We may see double-crested cormorants and ring-billed gulls feeding in the river. We will then explore Fort Cascades below Bonneville Dam.

## **VOLUNTEER HIKING GUIDES**

Geoffrey Fowler, Judy Fowles, Greg Glass,  
Lloyd Goodlett, Larry Hansen, John Harris,  
Mary Jo Hoffman, Doug Martel, Billie Shank,  
Duke Silva, and Sandy Winters.