

Registration:

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

REGISTER BY PHONE, IN PERSON, OR ONLINE:

Marshall or Firstenburg Centers.
360-487-7100 or 360-487-7001
vanparksrec.org

COST PER DAY HIKE:

\$16 Resident/\$18 Non-resident.
Hikes @ 70 miles + \$17/\$19.

Lunches

For all hikes, bring a lunch to eat on the trail, water, high energy snacks, and money for a beverage/snack stop.

Hiking Experience:

All hikes are designed for hikers with experience. You must be able to maintain a pace of a 20-minute mile on fairly level ground with little elevation gain. Please check the skill level rating on the hike and pay consideration to the distance and elevation gain. Many hikes are located in distant wilderness areas.

Hiking Skill Level Rating:

- **EASY** 4-6 miles with an elevation gain of up to 600 feet.
- **MODERATE** 4-6 miles with an elevation gain of up to 1500 feet.
- **DIFFICULT** 6-8 miles with an elevation gain of up to 2500 feet.
- **EXPERT** 8+ miles with an elevation gain of 2500+ feet.

Miles & elevation gain are approximate and may vary.

NOTE: Moderate, Difficult and Expert hikes may include slopes, narrow paths, steep areas, and/or drop offs. Difficult and Expert hikes involve harder climbing and are only for those who are fit enough to hike these ratings. NO exceptions.

Questions? Please call 360-487-7084 or email Kelly.Lund@cityofvancouver.us.

Hike departure:

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



Hike times: 8:30 a.m.—5:30 p.m. unless specified otherwise. Return time is approximate.

Hike locations: Subject to change or cancellation if weather, trail, road or other conditions warrant.

We recommend:

- Sturdy hiking boot or hard shoe.
- Illumination—flashlight.
- Signaling—whistle and small mirror.
- Water—minimum (1 liter/winter-2 liters/summer).
- Hiking stick/s.
- Layered clothing—moisture wicking lightweight 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.
- Navigation and fire starter carried by hike leader.
- In case of bad weather or cancellations please call 360-487-7065.

Please note:

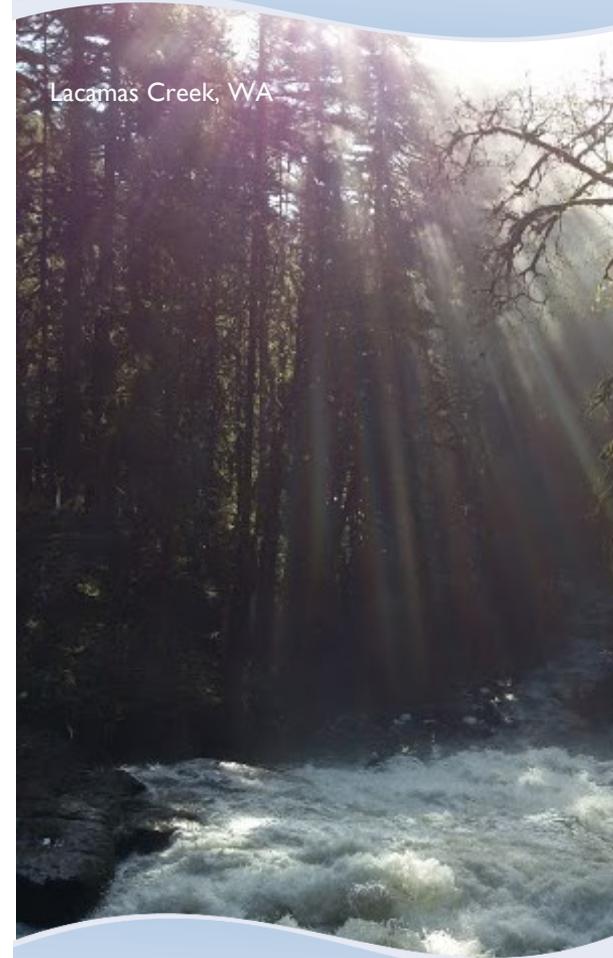
- Make sure your contact information is current with the Parks and Recreation registration system.
- Please keep cell phones turned off or on vibrate during course of hike outing; emergency use only requested.
- Do not begin ahead of the group. Wait at trailhead until hiking guide has given instructions.

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.

50+ Forever Young Tuesday Hikes

Lacamas Creek, WA



May—August 2017



Please join us on Tuesdays for our year-round adventures through the great Northwest; from the Columbia River Gorge to the beaches of the Pacific Ocean. A great way to stay active, meet new people, and have fun!

We leave Luepke Center promptly at 8:30 a.m. and arrive back at approximately 5:30 p.m. (unless noted otherwise). 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, 12–3:30pm

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.

Hummocks/Coldwater Lake, WA –Easy

5 miles, minimal elevation gain. 6114 5/2

7:30am departure. Gain an appreciation of the devastating effects of the eruption of Mt. St. Helens and to marvel at the vitality of nature's return. This trail passes small ponds, the North Fork Toutle River and hummocks mounds up to 500 feet high. Interpretive signs along the way.

Larch Mountain Crater, OR –Moderate

6 miles, 1300-ft. elevation gain. 6122 5/9

Hike through an old-growth forest, with seasonal meadows of marsh marigolds, a mossy creek and on to a view of five mountain peaks.

Dry Creek, OR –Difficult

8 miles, 400-ft. elevation gain. 6254 5/16

This scenic, rolling hills out an back trail is just north of Carson, WA adjacent to the Trapper Creek Wilderness.

Dog Mountain Augsburg, WA –Expert

6 miles, 2800-ft. elevation gain. 6263 5/23

Alpine like slopes, seasonal wildflowers and spectacular Columbia River Gorge views are all found on this vigorous hike. Although the trail is steep and sometimes crowded, this hike is worth the effort. Poison oak along the trail so wear long sleeves and pants.

Memaloose State Park, OR –Moderate

5 miles, 1300-ft. elevation gain. 6268 5/30

The perfect hike for old growth tree lovers, fern feelers and those who appreciate lakes and the smell of Lysichitum Americanum

Smith Rock Misery Ridge, OR –Difficult \$17/\$19

3.7 miles, 600-ft. elevation gain. 6269 6/6

Zam departure. Watch climbing parties as you pass Ship Rock and Red Wall. Once at the summit get a great view of the Smith Rock Monument area and the Crooked River as it meanders below.

Smith Rock Perimeter Trail, OR –Difficult \$17/19

7 miles, 1,000' elevation gain. 6270 6/6

Zam departure. This hike is a combination of 4 trails that surrounds Smith Rock State Park. It includes the Wolf Tree trail, Burma Road trail, Summit trail and the River trail.

Beacon Rock/Hamilton Mountain to Rodney Falls State Park, WA –Moderate

5 miles, 1000-ft. elevation gain. 6273 6/13

Beacon Rock is an 848' basalt rock core left over from an ancient volcano. You will walk on rock, small patches of cement paving, concrete platform and wooden bridges. The entire trail is a series of continuous switchbacks which is lined with handrails. Also hike Hamilton Mountain to see waterfalls, craggy cliffs and superb Columbia River Gorge views.

Sheep Canyon to Loowit Trail, WA –Expert

11 miles, 2400-ft. elevation gain. 6299 6/13

This trail goes along the edge of the Mt. St. Helens blast zone among conifers, huckleberries, bear grass and alders then enters the woods with canyons on either side.

Mosier Plateau, OR –Easy

3 miles, 600-ft. elevation gain. 6315 6/20

Hike through the forest climbing to beautiful views of the Columbia River Gorge. Seasonal wildflowers and interesting terrain throughout the hike.

Fort Stevens Columbia River State Park, OR –Easy

4 miles, minimal elevation gain. 6453 6/20

A beach, a lake and lots of history combine to make this an interesting and enjoyable adventure.

Columbia Hills/Dalles Mountain, WA –Moderate

7 miles, 800-ft. elevation gain. 6508 6/27

Located on the site of a former Native American village this 3,300 acre State Park is along the rolling hills of the Columbia Gorge. Expansive Gorge views, farming and homesteading history and a landscape bursting with spring color. Get out and take in up close what the rolling hills of the eastern Columbia River Gorge are all about.

Cape Lookout State Park, OR –Moderate \$17/\$19

6 miles, 1200-ft. elevation gain. 6514 6/27

7:30am departure. A lushly vegetated sand spit and a densely forested headland make the Cape.

Multnomah Falls to Angels Rest, OR –Difficult

8 miles, 2100-ft. elevation gain. 6515 7/11

The trail to the top of Angels Rest is one of the most popular in the gorge; with a mix of exercise and outstanding scenery.

Bull of the Woods, OR –Moderate

7 miles, 1200-ft. elevation gain. 6516 7/11

The Bull of the Woods lookout perches at the end of a ridge overlooking three basins: Pansy, Mother Lode, and Dickey Creek. The views from here are wide and the knoll where the lookout stands supports blooming rock gardens in the summer.

Molalla Bluffs, OR –Expert

9 miles, 1500-ft. elevation gain. 6584 7/18

7:30am departure. Fabulous views from a bluff near Molalla, OR. Some height exposure and rock scrambling.

Bird Creek Meadows, WA –Moderate \$17/19

6 miles, 920-ft. elevation gain. 6585 7/18

7:30am departure. Bird Creek Meadows is a beautiful subalpine area with seasonal flower-packed meadows, numerous glacial streams and waterfalls. Views of Mt. Adams, Mt. Hood and the Hellroaring Canyon.

Harts Cove, OR –Moderate \$17/19

5.5 miles, 900-ft. elevation. 6586 7/25

7:30am departure. This trail on the Oregon coast leads to High Cliff, overlooking several waterfalls that cascade into the Pacific Ocean (sea lions may be heard from below). After half a mile, you will cross Cliff Creek bridge. The creek seems to mark the boundary between second growth forest and old growth. Some of these trees are over 250 years old.

Mt. Rainier Panorama Point, WA –Difficult \$17/19

6 miles, 2200-ft. elevation gain. 6587 7/25

7:30am departure. Hike up the steep meadow trail behind the climbers lodge. Hike through meadows, thin tree cover and views of Rainier on clear days. The trail parallels Nisqually Glacier and crosses a flat bench named Glacier Vista. Panorama Point has grand views of the mountain and the serrated ridge line of the Tatoosh Range. The rocky spires of the Goats Rocks Wilderness and Mt. Adams are visible on clear days.

Tomlike Trail, OR –Moderate

6 miles, 900-ft. elevation gain. 6588 8/1

Tomlike mountain is the high point on Woolly Horn Ridge, a treeless prominence between the East and West forks of Herman Creek. Take in views of the Columbia Gorge, Mt. Hood, Mt. Adams, Chinidere Mtn and Tanner Butte.

Coldwater Lake Loop, WA –Expert

11 Miles, 2,100-ft. elevation gain. 6589 8/1

Take a ridge hike above Coldwater Lake, which was not a standing body of water before the 1980 eruption of Mt. St. Helens. Climb moderately, then more steeply through a shady willow forest with the crater of St. Helens in the background. The area is frequented by herds of elk.

Bay Ocean Spit, OR –Easy

6 miles, 50-ft. elevation gain. 6590 8/8

Once referred to as "The Atlantic City of the West Coast", this was a thriving city with hotels, bowling alleys and the world's largest indoor saltwater swimming pool. In time it became consumed by the Pacific Ocean, leaving the spit wiped clean of its former city.

Astoria Historic Loop/Columbia-Slough, OR –Easy \$17/19

6 miles, 600-ft. elevation gain. 6591 8/8

The Astoria Column offers great views of Astoria and beyond. We will enjoy Astoria's salty and historic past with the Victorian Mansion, fish cannery and downtown business district.

Portland Heights to Council Crest, OR –Moderate

6 miles, 1100-ft. elevation gain. 6592 8/15

Exclusive neighborhood hike to Council Crest, with a great view of the city. This point is thought to be the highest in Portland.

Neahkanie Mountain, OR –Moderate \$17/19

6 miles, 1900-ft. elevation gain. 6593 8/15

7:30am departure. The trail goes through an old growth Sitka spruce forest to the summit 1600 feet above the beach. Great views of the Pacific ocean on a clear day.

Saddle Mountain, OR –Difficult \$17/\$19

6 miles, 1600-ft. elevation gain. 6594 8/22

7:30am departure. A good hiking challenge, this prominent landmark near the Oregon coast offers a variety of attractions and wildflowers. Great views of the major cascade peaks, as well as the Pacific Ocean.

Flag Mountain, OR –Difficult

5 miles, 1200-ft. elevation gain. 6595 8/22

Steep initial ascent followed by moderate elevation gain. Old growth Western cedar and hemlock, with views of Mt. Hood.

Stahlman Point, OR –Moderate

5 miles, 1350-ft. elevation gain. 6596 8/29

Climb above Detroit Lake to a former lookout site. Hike along a creek in dense second growth Douglas-fir; then climb gently for a ways until the final ascent to the lookout (steep and rocky). You will have spectacular views of French Creek Ridge, Mt. Jefferson and the upper drainage of the Santiam River.

Owl Point, OR –Easy

5 miles, 500-ft. elevation gain. 6597 8/29

Owl Point is a rocky viewpoint that features a spectacular view of the entire north face of Mt. Hood. The point is named for the Great Horned Owls that nest here.