

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

COST PER DAY HIKE:

\$12 Resident/\$14 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.



Burnt Bridge Creek, WA

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



Moulton/Lucia Falls, WA

January—April 2017



Questions? Please call 360-487-7084 or email Becky.Anderson@cityofvancouver.us

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, 12–3pm

February 2 and April 6

An orientation is required prior to participation and registering for hikes. Learn difficulty categories, what to bring and wear. The orientation will include approximately one hour classroom time and approximately a one hour easy hike from Luepke Center to the river and along the Waterfront Trail and back. This hike is about three miles and will qualify participants as their completed easy hike. We will have several volunteer hike guides on this hike to evaluate the ability of new hikers. Once you have successfully completed the hike orientation and easy hike, a barcode will be added to your customer account, which will qualify you to register for more hikes. Bring a bottle of water, and wear appropriate hiking clothes and hiking shoes/boots for walking three miles.

Kenton/Columbia Slough, OR

This paved trail runs north and then west to travel above the Columbia Slough on the south, with views of Portland International Raceway to the north. Songbirds, frogs and herons are native to the area.

5597 1/9

Kalama Boat Basin, Columbia River, WA

Scenic hike along the Columbia River; passing totem poles and the Kalama Marina. Ideal hike for beginners.

5598 1/23

Mt. Tabor Park Loop, OR

Mt. Tabor is a city treasure of over 600 acres, with trails, wide-open spaces and great views. We will pass by three famed reservoirs, which received national Historic Landmark status in 2004.

5599 2/13

Peninsula to Bybee Lakes Wetland, OR

This hike connects urban neighborhoods with natural areas, including the Willamette Cove, which is spotted with local art sculptures, as well as a wetland area with bird and mammal habitat.

5600 2/27

Salmon Creek/Klineline, WA

Salmon Creek Greenway is one of the largest watersheds in Clark County. The trail winds along the banks of Salmon Creek with wildlife interpretive areas, duck nesting boxes and restored habitat. Bring binoculars.

5601 3/13

Willamette Greenway and Tillicum Bridge, OR

A great trail along the Willamette River leading to a close up view of the new transit bridge.

5602 3/27

Crystal Springs Rhody Garden/Johnson Creek and Reed College, OR

Enjoy a walk through the neighborhood of Reed College. We will also include Tideman Johnson Park, Crystal Springs Rhododendron Gardens and part of Reed College in our adventure.

5603 4/10

Mt. Talbert, OR

Mt. Talbert is another extinct volcano butte in SE Portland; similar to Mt. Tabor and Rocky Butte. This is a protected area with various loop trails.

5605 4/24

VOLUNTEER HIKE GUIDES

*Patricia Coulthard, Geoffrey Fowler,
Judy Fowles, Lloyd Goodlett, Larry Hansen,
John Harris, Mary Jo Hoffman, Doug Martel,
Billie Shank, Duke Silva, Rod Tadlock, and
Sandy Winters.*