

FOREVER YOUNG HIKERS

Get outdoors, enjoy the region, and make new friendships along the way. Hikes are guided by Rod Cusic and our team of volunteers. For detailed hike descriptions, pick up a Forever Young Hike brochure or visit vanclarkparks-rec.org. Pre-registration is required.

50+ Forever Young Hiker Orientation Class

If you are new to our hiking program, a one-hour orientation class is required prior to participation. Learn difficulty categories, what to bring and wear. Questions will be answered by the program guide. Luepke Center Conference Room.

Th 12:30-2pm 1/6, 2/3, 3/3, 4/7 FREE

50+ Forever Young Hikers

These Tuesday hikes are for experienced hikers, who can maintain a pace of a 20-minute mile. New hikers must attend an orientation class before hiking. Check the rating on the hike and note the distance and elevation gain. Hikes are approximately 4-8 miles round-trip. A short, second hike may be added if time permits.

Easy – Able to walk a 20-minute mile on fairly level ground with little elevation gain.

Moderate – May include slopes and/or steep areas.

Difficult – Harder climbing, rocky terrain, possible steep and/or narrow paths.

Hiking boots, a water bottle and a walking stick are recommended. Arrive 15 minutes early at Luepke Center. Transportation is provided. Bring money for a beverage/snack stop. Pre-Registration required.

T 1/4-3/28 9am-4pm \$15 Bring lunch money

T 4/5-4/26 8am-5pm \$16 Bring a lunch

Sacagawea Park, Longview WA

Easy 4 miles, minimal elevation gain

81159 1/4

Reed College and East Moreland Park, Portland, OR

Easy. 4.5 miles, minimal elevation gain

81160 1/11

Hoyt Arboretum to OHSU, Portland, OR

Moderate. 5.6 miles, 500-ft. elevation gain

81161 1/18

Woodburn Outlets & Wilsonville Memorial Park, OR

Easy. 6 miles, 100-ft elevation gain

81162 1/25

Forest Grove Historic Loop, OR

Easy. 4.1 miles, minimal elevation gain

81163 2/1

Mt. Talbert, OR

Moderate. 4.5 miles, 300-ft. elevation gain

81164 2/8

Cottonwood Beach & Steigerwald Trail, WA

Easy. 6 miles, minimal elevation gain

81165 2/15

Oxbow & Dabney Parks, OR

Easy. 6 miles, 500-ft. elevation gain

81166 2/22

Baskett Slough & State Capitol, Salem, OR

Easy. 2 mile loop, 200-ft. elevation gain

81167 3/1

Dry Creek Falls, OR

Easy/Moderate. 6 miles, 700-ft. elevation gain

81168 3/8

Astoria Historic District & Column, OR

Easy. 5.6 miles, 590-ft. elevation gain

81169 3/15

Ferry Springs, Deschutes River, Wahkeena Falls, OR

Moderate, 4.4 miles, 560-ft. elevation gain

81170 3/22

Swale Canyon, WA

Moderate. 8 miles, 300-ft. elevation loss

81171 3/29

Cherry Orchard, Lyle, WA

Moderate. 5 miles, 1,000-ft. elevation gain

81172 4/5

Columbia Hills State Park, WA

Moderate. 7 miles, 800-ft. elevation gain

81173 4/12

Silver Falls State Park, OR

Moderate, 7 miles, 700-ft. elevation gain

81174 4/19

Chenoweth Table, OR

Moderate. 7 miles, 300-ft. elevation gain

81175 4/26

For info about the "Get Out There Hikes" on Saturdays, see the Family Activities and Events section on page 9 .