

FOREVER YOUNG HIKERS AND FOREVER YOUNG WALKERS

Get outdoors and enjoy the Northwest by putting one foot in front of the other and make new friendships along the way. All hikes and walks are guided by Rod Cusic and our team of volunteers.

50+ Forever Young Hiker/Walker Orientation

If you are new to Luepke Center's hiking or walking 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.

Th 12:30-1:30pm 1/7, 2/4, 3/4, 4/1 **FREE** Luepke Center Alcoa Room

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 4-6 miles round-trip.** A short second afternoon 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 for dirt trails. Arrive 15 minutes early at **Luepke Center** – transportation is provided. Bring money for a beverage/snack stop.

Pre-Registration Required

T	1/5-3/9	9am-4pm	\$15	Bring lunch money
	3/16-4/27	8am-5pm	\$16	Bring a lunch

Tryon Creek Park, OR: Easy
73300 1/5 6 miles, 500 foot elevation gain.

Cooper Mountain Nature Park & Jenkins Estate, OR: Easy
73282 1/12 6 miles, 300 foot elevation gain.

Springwater Corridor Gresham to Boring: Moderate
75674 1/19 6 miles, 100 foot elevation gain.

East Bank Esplanade & Old Town Portland, OR: Easy
75675 1/26 4.5 miles, minimal elevation gain.

Moulton Falls, Yacolt, WA: Moderate
75676 2/2 6 miles, 500 foot elevation gain.

Washington State University Campus and LaCenter Bottoms: Easy
75677 2/9 5 miles, 50 foot elevation gain.

Mystery Hike, Portland, OR: Easy
75678 2/16 5 miles, 200 foot elevation gain.

Marshall Park Canyon to Cemeteries Loop: Easy
75679 2/23 4.5 miles, 350 foot elevation gain.

Milwaukie Trolley Trail, Portland, OR: Moderate
75680 3/2 6 miles, 100 foot elevation gain.

West Hayden Island, Portland, OR: Easy
75681 3/9 6 miles, no elevation gain.

Silver Lake - Sequest Trail, Castle Rock, WA: Easy
75682 3/16 6 miles, 100 foot elevation gain.

Columbia Hills State Park, Dallesport, WA: Moderate
75683 3/23 6 miles, 800 foot elevation gain.

Swale Canyon, WA: Moderate
75684 3/30 7.5 miles, 270 foot elevation gain.

Tom McCall Preserve, OR: Moderate
75685 4/6 5.6 miles, 1,100 foot elevation gain.

Eagle Creek, OR: Moderate
75686 4/13 6 miles, 600 foot elevation gain.

Wasco Butte, OR: Moderate
75687 4/20 6 miles, 1,000 foot elevation gain.

Hood River Mountain, Hood River, OR: Moderate
75688 4/27 3 miles, 600 foot elevation gain.

For detailed hike and walk descriptions, please pick up a Forever Young Hike or Walk brochure or visit vanclarkparks-rec.org. Pre-registration is required.

Forever Young Walkers

Walks range from 2-4 miles on fairly level local trails. Please arrive 15 minutes early at the Luepke Center. You provide your own transportation from the center to the trailhead. Lunch with the group is optional. Bring money for lunch.

Pre-Registration is required.

W 9am-noon \$5

Frenchman's Bar: 3 miles
75841 1/13

Salmon Creek Greenway: 4 miles
75842 1/27

Burnt Bridge Creek Greenway: 3 miles
75843 2/10

Cottonwood Beach Dike Walk: 4 miles
75844 2/24

WA State University Cougar Trail: 3 miles
75845 3/10

Burnt Bridge Creek Greenway: 3 miles
75846 3/24

Fort Vancouver Historic Reserve: 3 miles
75847 4/14

Esther Short Park/Uptown Village Vancouver: 3 miles
75848 4/28

For more Outdoor Adventure Classes such as sailing, mountaineering, kayaking and cross country skiing please see page 63 in this catalog.