

## 50+ FOREVER YOUNG HIKERS

Get outdoors, enjoy the region and make new friendships. Hikes are led by a guide and volunteers and are for experienced hikers who can maintain a 20-minute mile pace. Check the difficulty rating, distance and elevation gain. Hiking boots, a water bottle and a walking stick are recommended. Arrive 15 minutes early at LC. Transportation is provided. Pre-registration is required.

### Difficulty ratings:

**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.

### Hike Orientation Class

If you are new to our hiking program, an orientation is required prior to participation. Free admission.

W 6-7pm 1/4, 2/1, 3/7, 4/4

### LC Alcoa Room

Th 12:30-2pm 1/5, 2/2, 3/1, 4/5

### LC Conference Room

#### Tuesday Hikes LC Lobby

9am-4pm 1/3-3/6 \$15

Bring lunch money

8am-5pm 3/13-4/24 \$16

Bring lunch money

#### Alameda Ridge Loop, OR

Moderate. 4.7 miles, 250-ft. elevation gain

**88518** 1/3

#### Oregon City Loop, OR

Moderate. 5 miles, 900-ft. elevation gain

**88519** 1/10

#### Tryon Creek, OR

Moderate. 6 miles, 100-ft. elevation gain

**88520** 1/17

#### Crystal Springs (Johnson Crk Trail), OR

Easy. 5 miles, 100-ft. elevation gain

**88521** 1/24

#### Mystery Hike

Moderate. 5 miles, 200-ft. elevation gain

**88522** 1/31

#### Council Crest, OR

Moderate. 4.5 miles, 600-ft. elevation gain

Bring \$4 for surprise activity.

**88523** 2/7

#### Washington Park to Rose Garden, OR

Moderate. 5 miles, 200-ft. elevation gain

**88524** 2/14

#### Bloom and Soap Lake, OR

Easy. 5 miles, 150-ft. elevation gain

**88525** 2/21

#### Warrior Rock, OR

Easy. 6.5 miles, no elevation gain

**88526** 2/28

#### Mosier Twin Tunnels, OR

Moderate. 5.6 miles, 500-ft. elevation gain

**88527** 3/6

#### Silver Falls State Park, OR

Moderate. 7 miles, 300-ft. elevation gain

**88528** 3/13

#### Neahkahnie Mountain, OR

Difficult. 8.6 miles, 900-ft. elevation gain

**88529** 3/20

#### Deschutes River, OR

Moderate. 7 miles, 500-ft. elevation gain

**88530** 3/27

#### Hood River Mountain, OR

Moderate. 6 miles, 500-ft. elevation gain

**88531** 4/3

#### Shellberg Falls, OR

Moderate. 6.7 miles, 1,200-ft. elevation gain

**88532** 4/10

#### Saddle Mountain, OR

Difficult. 6 miles, 1,500-ft. elevation gain

**88533** 4/17

#### Columbia Hills, WA

Moderate. 6 miles, 1,000-ft. elevation gain

**88534** 4/24