

# Outdoor Recreation

## Before you go... some things to know

Pack what you need and leave valuables at home. Please don't bring anything of value to leave on the bus.

When you imagine yourself hiking a remote trail or on a pristine mountain, there are some things to keep in mind for the safest, most enjoyable trip.

For experienced walkers and flat trail hikers, remember that higher elevations mean more physical demands with less oxygen. For your first hike outing, choose a 1-2 star hiking trip. If you have lung or heart concerns, consult your doctor first.

For your safety you need to wear hiking boots for foot protection and ankle support. Athletic shoes are not permitted. Your boots should be broken-in before you go — don't plan to wear brand new boots. You may need to use waterproof boots to keep feet warm and dry.

If you have any questions about the outdoor program please contact Janet Sigler at 425-670-5056. Leave a message for questions about equipment, trips, and which activity is right for you.



Please arrive  
**15 minutes** before  
departure time on  
all outdoor trips.

## Hike Difficulty Key

♥ **Easy;**  
flat trail paved or unpaved

♥♥ **Moderately easy;**  
slight elevation gain  
with some hills

♥♥♥ **Moderate;** some difficult  
terrain & elevation gain; you  
must be steady on your feet

♥♥♥♥ **Moderately difficult;**  
steeper elevation gain with  
switch backs or steps; rocks,  
roots & challenging footing

♥♥♥♥♥ **Difficult;**  
challenging distance,  
elevation gain, and terrain  
*\*Hiking poles strongly suggested*

## Winter Urban Hikes



### – PREREQUISITE –

If you are new to the hike program, you must register for a two heart hike and successfully complete it prior to signing-up for a three+ heart hike.

### January Hikes – (Call or search on-line for details)

*Sign-up ongoing. Ask about current registration availability.*

**Jan 10** Penny Creek, Mill Creek ♥♥♥♥

**Jan 24** Smith Island, Everett ♥♥

### Japanese Gulch, Mukilteo

♥♥♥♥ – ♥♥♥♥♥

This trail, built by volunteers, follows a ravine below the flight path of Paine Field. You will enjoy walking along a babbling brook and watching planes fly above. Portions of the trail descend down steep stairs—you must be steady on your feet. You will continue on to downtown Mukilteo for lunch on your own or you can bring your sack lunch and eat at the Rosehill Center. Trails are both paved and gravel.

- Upper trail 4 mile round trip; 400 foot elevation gain
- Lower trail 1 mile one way; 150 foot elevation loss

**64037** Tue Feb 7 10am - 2:30pm

*Sign-up Date: Jan 20*

*\$14 / \$20 NM*

### Silver Lake, Everett ♥♥

The City of Everett built a recreational trail that borders half of Silver Lake. The other half of the trail meanders through neighborhoods. There will be paved, gravel and some dirt trails. We will make a detour to a well-known French Bakery for a treat on your own.

- 2 mile round trip
- 50 foot elevation gain

**64038** Tue Feb 21 10am - 1pm

*Sign-up Date: Jan 20*

*\$14 / \$20 NM*

### Carkeek Park, Seattle ♥♥♥

This is a popular park among locals and Seattleites, who visit for the trails and beach. The main trail follows Piper Creek down to Carkeek beach for a great view of Puget Sound. There are a lot of paved and gravel side trails to explore. Bring some money for Dick's Drive-In or a sack lunch.

- 2.5 mile round trip
- 400 foot elevation gain

**64039** Tue Mar 7 10am - 2:30pm

*Sign-up Date: Feb 17*

*\$14 / \$20 NM*

**Hike registration fees  
include sales tax.**

## Winter Urban Hikes



### Kirkland Trails ♥ - ♥♥♥

On this trip, you will get to visit four parks in Kirkland. Your trekking adventure begins at Juanita Beach Park. Enjoy a boardwalk that loops around a favorite swimming spot for the locals. You will continue on to Juanita Bay Park where there are a lot of wintering ducks and other birds. There is a bird species list at the information kiosk for you to check off the feathery fowl you see. Then you'll jump on the bus to the artsy district of Kirkland to have lunch on your own and browse the art galleries. Burn off calories you ate for lunch by continuing our walk to Marine Park and to Heritage Park. All parks offer a fantastic view of Lake Washington.

- **Juanita Beach and Bay Park:**  
1.5 mile round trip; 25 foot elevation gain
- **Kirkland Marina and Heritage Park:**  
1 mile; 50 elevation gain

**64040** Tue Mar 21 10am - 2:30pm  
Sign-up Date: Feb 17 \$14 / \$20 NM

### Whatcom Falls Park ♥♥♥

Begin the day in Bellingham by viewing a waterfall and visiting a fish hatchery. This community park features rolling hiking trails that include some stairs. One of the trails leads into the haunted Bayview Cemetery where you will visit pioneer tombs.

- 6 mile round trip
- Up to 250 foot elevation gain and loss

**64920** Wed Apr 5 9am - 4:30pm  
Sign-up Date: Mar 17 \$28 / \$34 NM

### Padilla Bay, Skagit Valley ♥♥♥

Find out about Skagit Bay wildlife at the Breazeale Interpretative Center. See what is down under The Puget Sound by viewing their awesome aquariums. Step outside and take the trail that leads from the Center down to Bayview Dike trail. This level trail allows you to view Padilla Bay Estuary up close. After the hike, enjoy a ride home through the Skagit tulip fields.

- **Padilla Bay Interpretative Center:**  
1 mile; 50 foot elevation loss
- **Bayview Dike:**  
2.2 mile; mostly level

**64921** Tue Apr 11 9am - 3:30pm  
Sign-up Date: Mar 17 \$28 / \$34 NM

### Dungeness Spit, Sequim ♥♥♥♥♥

Visiting one of the longest spits in the world, you will get a workout on this beach walk. When you make it to the end you will be rewarded by seeing the Dungeness Light House up close. Bring your camera and binoculars to view the abundant wildlife in this area. Bring your Golden Age Pass or \$3 for the entry fee. Ferry trip fare included.

- 11 miles round trip
- 500 foot elevation gain

**64922** Wed Apr 19 8am - 7:30pm  
Sign-up Date: Mar 17 \$38 / \$44 NM



## Pedal Pusher 2017 Season Kickoff

Come to this session to jump-start your biking season. Learn what you need to start off safe and secure. Haven't ridden in a while? Our group will help you get back on the saddle.

**64990** Tue Apr 18 3pm - 4:30pm  
Sign-up Date: Mar 3 Free

### Dungeness Recreation Area, Sequim ♥♥♥♥

This time we will try some trails above the Spit. The hike starts on a bluff overlooking the Strait of Juan De Fuca and continues through a wetland area before we make our way down to the beach. On the way to the beach, you will pass through a forested area that has signs explaining the wildlife in this area. This area is popular for birdwatchers as this is a migration stop for many birds. There will be some time for beachcombing before we head back to the bus. Bring your Golden Age Pass or \$3 for the entry fee. Ferry trip fare included.

- 500 foot elevation gain
  - 3 mile round trip
- 64923** Tue Apr 25 8am - 6:30pm  
Sign-up Date: Mar 17 \$38 / \$44 NM

### Hiking Essentials

- ✓ whistle
- ✓ a sit pad
- ✓ cell phone
- ✓ sack lunch
- ✓ extra socks
- ✓ bug repellent
- ✓ plenty of water
- ✓ layered clothes
- ✓ good hiking boots
- ✓ hat and rain jacket
- ✓ hiking or ski pole
- ✓ plastic bag for garbage
- ✓ money for bakery stops
- ✓ sunscreen & sunglasses
- ✓ tissue and/or mole skin

# Outdoor Recreation

## Winter Recreation Trips



### Winter Trip Registration

Register through the Lynnwood Senior Center at (425) 670-5050, or the Lynnwood Recreation Center at (425) 670-5732. Fees include transportation and sno-park passes. Equipment rental costs and Nordic Center passes are not included. Pass fees range from \$13 – \$17 per person per day. Snowshoe rental is available through the Senior Center on a first-come basis for an additional charge. Weather conditions may require itinerary changes.

### January Winter Recreation – (Call or search on-line for details)

Sign-up ongoing. Ask about current registration availability.

- Jan 4 Pacific Crest Trail, Stevens Pass Snowshoe ♥♥ – ♥♥♥♥
- Jan 13 Summit Nordic Center, I-90 Snowshoe ♥♥ – ♥♥♥♥
- Jan 20 Stevens Pass Nordic Center Snowshoe ♥♥♥♥
- Jan 28 Mt Rainier National Park Snowshoe ♥♥ – ♥♥♥♥♥♥

### Snowshoe Trip Difficulty Key

- ♥ **Easy;**  
slight elevation gain,  
short distance
- ♥♥ **Moderate;**  
some elevation gain,  
distance up to three  
miles round trip
- ♥♥♥ **Moderately difficult;**  
some difficult terrain &  
elevation gain; you must  
be steady on your feet

### Cabin Creek Sno-Park, I-90

This popular and well-groomed sno-park offers trails for all levels of cross-country skiers and snowshoers. Bring a sack lunch and plenty to drink. No lodge or equipment rental facilities at this location. Those who want minimal elevation gain can snowshoe on a road that is shared by cross-country skiers. Just a reminder that snowshoers must stay off cross-country tracks at all times.

#### Snowshoe ♥♥ – ♥♥♥♥

- **Road Trail:** 2 mile round trip; 100 foot elevation gain
- **South Loop:** .75 mile; 150-300 foot elevation gain

**64050 Wed Feb 1 9am - 5pm**

Sign-up Date: Jan 20 \$26 / \$32 NM  
64065 Snowshoe Rental: \$10 / \$15 NM

### Trollhaugen Sno-Park, I-90

Go where the Norwegians like to play in the snow. For a \$10 fee (on your own) you can warm up in the Sons of Norway Lodge. Erling Stordahl ski area has a variety of groomed Nordic ski trails for all abilities. There is a 50 foot elevation gain to the lodge.

#### Snowshoe ♥♥ – ♥♥♥♥♥♥

- **Loop one:** 4 mile; 200 foot elevation gain
- **Loop two:** 2 mile; 50 foot elevation gain

**64049 Fri Feb 10 9am - 5pm**

Sign-up Date: Jan 20 \$26 / \$32 NM  
64068 Snowshoe rental: \$10 / \$15 NM

All trip registrations include a \$6 non-refundable deposit.

## Winter Recreation Trips



### Make Up Winter Recreation Trip

Sometimes we have to cancel a trip due to Mother Nature and this will be another chance to get to your destination. This day is set apart to repeat one of our favorite sno-parks or to make-up a trip. Details will be announced at sign up.

- Mileage and elevation gain will be announced at sign up

**64058** Fri Mar 3 TBA

Sign-up Date: Feb 17

\$26 / \$32 NM

64057 Snowshoe Rental: \$10 / \$15 NM

### Leavenworth Winter Sports Club

The Leavenworth Winter Sports Club grooms up to 8 km of trails that go through the woods, over bridges, across open meadows and along the Icicle River. Snowshoers will enjoy trails that feature art sculptures, a fish hatchery, and a tromp along the riverside. There will be some time after our winter fun to enjoy browsing the shops in Leavenworth. Trail pass on your own.

#### Snowshoe ♥ - ♥♥

- 2 mile round trip
- 100 foot elevation gain

**64067** Fri Feb 17 9am - 7pm

Sign-up Date: Jan 20

\$26 / \$32 NM

64064 Snowshoe rental: \$10 / \$15 NM

### Big Four Ice Caves, Mountain Loop Highway

Follow Mt Loop Hwy for over two miles until you reach the historical area of the Big Four Picnic Area. If the Mt Loop Hwy is open we'll snowshoe at Big Four Meadows. Large mountains loom over the Meadows and popping out of the snow are the remnants of a fireplace that once belonged to the historical Big Four Lodge. There is a picnic shelter to enjoy your lunch. No lodge or rental facilities are available at this location. 1-3 hearts depending on road access on the Mt Loop Hwy.

#### Snowshoe ♥♥ - ♥♥♥♥♥

- 2-5 mile round trip
- 500 foot elevation gain

**64062** Fri Feb 24 9am - 6pm

Sign-up Date: Jan 20

\$26 / \$32 NM

64061 Snowshoe Rental: \$10 / \$15 NM

### Winter Essentials

- ✓ hat & gloves
- ✓ whistle
- ✓ ski or hiking poles with baskets for snowshoeing
- ✓ fanny or day pack
- ✓ gaiters
- ✓ extra socks
- ✓ layered clothes
- ✓ sunscreen & sunglasses
- ✓ hand warmers
- ✓ moleskin
- ✓ plenty of water
- ✓ sack lunch
- ✓ a pad to sit on
- ✓ money for bakery stops
- ✓ \$10 for park entrance or Golden Age Pass
- ✓ tissue and/or hand wipes
- ✓ plastic bags for garbage and wet boots
- ✓ cell phone
- ✓ allergy and other personal medications

#### Know before you go!

Pack what you need and leave valuables at home.  
Please don't bring anything of value to leave on the bus.

The City of Lynnwood Senior Center trips are **fragrance-free.**

Please refrain from wearing perfumes or colognes.