

IMPORTANT HIKING INFORMATION

Hike locations may change based on the trail conditions and return times are approximate. Please plan accordingly.

Hikes on July 7 - 13

Sign-up Date: On-going

Hikes on July 21 - Sept 7

Sign-up Date: July 2

Additional pickup points for outdoor recreation may be available at Marysville, Granite Falls, Preston, Sultan and Black Diamond. Call the front desk for more information; 425-670-5050.

HIKING TRIPS



Goat Lake Hike, Mt Loop Hwy ♥♥♥♥♥

This trail is up to 10 miles round-trip and by hiking both the upper and lower trails it can be made into a loop with a waterfall along the way. We will hike based on what time allows.

- 10 miles round trip with some climbing over and under fallen trees
- 1,300 feet elevation gain

33252 Wed Jul 7 8am - 8pm

Instructor: Janet Sigler

\$18/23 NM

Big Four Flora and Fauna

♥ - ♥♥♥

Hiking trails are full of color this time of year. Our guide Ette Matza will teach you about the flora and fauna on the way up to the Ice Caves. We will not go to the entrance or in the ice caves but view them from afar. At the end of the day enjoy watermelon and lemonade.

- 2.2 miles round trip
- 200 feet elevation gain

33254 Tue Jul 13 9am - 4:30pm

Instructor: Louis Martinez

\$20/\$25 NM

Lake 22, Mt Loop Hwy ♥♥♥♥

The trail follows Twenty-Two Creek the entire way, climbing continuously, through an old-growth forest. Beautiful waterfalls trickling down to an alpine lake await you at the top.

- 6 miles round trip
- 1,500 feet elevation gain

33255 Wed Jul 21 9am - 6:30pm

Instructor: Janet Sigler

\$18/23 NM

Lake Wenatchee Trails

♥ - ♥♥♥♥

This scenic lake offers some nice shoreline hikes that follow the Naches River. Then hike to another picturesque lake above Lake Wenatchee.

- Naches River Trail up to 3 miles mostly flat.
- Hidden Lake two miles round trip with an elevation gain of 200 feet.

34009 Tue Jul 27 9am - 6:30pm

Instructor: Louis Martinez

\$18/23 NM

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

*Hiking poles highly suggested

Before you go... some things to know

When you imagine yourself hiking a remote trail in 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, think about choosing the Tuesday hiking trips. If you have lung or heart concerns, see 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 — you 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. She is available on Tuesdays and Thursdays, and is glad to talk with you about equipment, trips, and which activity is right for you.



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

Hiking Essentials

- ✓ whistle
- ✓ a sit pad
- ✓ cell phone
- ✓ sack lunch
- ✓ extra socks
- ✓ bug repellent
- ✓ plenty of water
- ✓ layered clothes
- ✓ Golden Age Pass
- ✓ 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
- ✓ duct tape and/or mole skin

* Please don't wear cotton or denim.

Outdoor Recreation



Hurricane Ridge ♥ - ♥♥♥♥♥

Spend the day walking and hiking along the splendors of Hurricane Ridge. Wildflowers should be spectacular. Throughout the day there are nature hikes with the park's naturalist. Bring your Golden or Eagle Pass or \$5 for park entrance. Bring a sack lunch and something to drink or money for their café. Cost includes ferry fee.

- There are trails for every hiking level on this trip.

34018 Sat Jul 31 8am - 7:30pm
 Instructor: Louis Martinez \$26/\$31 NM

Wildflowers & Lakes, Mt Baker Hwy ♥♥♥♥

Enjoy the wildflowers on way to Damfino Lakes near Mt Baker. After eating lunch at the lakes, you hike along the Canyon Ridge trail to take in the views. 6-7 miles round trip with a 1,000 foot elevation gain.

- 6-7 miles round trip
- 1,000 feet elevation gain

34174 Wed Aug 4 9am - 7:30pm
 Instructor: Janet Sigler \$18/23 NM

Cascade Trail & Minkler Mansion Tour, Lyman ♥

Start the day with a guided tour of the Minkler Mansion Tour. After the tour walk an abandon railroad trail. This trail strolls along the Skagit farmlands, the Skagit River and past Minkler Lake.

- Trails are mostly level
- Up to 5 miles round trip

34175 Tue Aug 10 9am - 4:30pm
 Instructor: Louis Martinez \$18/23 NM

Railroad Grade, Mt Baker ♥♥♥♥♥

This is the Schreibers Meadow access to Mt Baker. Some of this trail consists of steep switchbacks, a suspension bridge and a lot of rocks to maneuver over. The reward will be close up view of Mt Baker, fields of wildflowers and huckleberries.

- 6 miles round trip
- 2,000 feet elevation gain

34176 Wed Aug 18 8:30am - 7:30pm
 Instructor: Janet Sigler \$18/23 NM

Pedal Pushers Bicycling

Join us on Thursdays for 15 – 25 mile group bicycle rides. We ride on trails, on-street bike lanes and low-traffic roads to bakeries, parks, and community centers. First Thursday of the month is always a trail ride for new-comers. Bring water, a snack or lunch, your bike and your helmet. We take a break part way through the ride and it's often near places where food and beverages may be purchased.

All bike rides are on Thursdays at 10am. Please arrive at 9:45am.

Helmets are required. Distances are round-trip approximate.

Ride Leaders Debby Grant & Warren Bare.

33391	Jul 1 Meet at Ballinger Golf Course. Ride to Alderwood Mall on Interurban. 11 miles
33392	Jul 8 Meet at Log Boom Park. Ride to Lake Union on the Burke Gilman. 22 miles
33393	Jul 15 Meet at North Myrtle Edwards Park – Seattle. Ride to West Seattle & Alki Point. 22 miles
33394	Jul 22 Meet at Log Boom Park. Ride to Redmond Town Center via Bothell. 25 miles
33395	Jul 29 Meet at Edmonds Yost Park. Ride to the French Bakery at Silver Lake. 22 miles
33396	Aug 5 Meet at Log Boom Park. Ride to Matthews Beach Park on the Burke Gilman Trail. 10 miles
33397	Aug 12 Meet at McCollum Park. Ride to Silver Lake and do an Everett Loop. 26 miles
33398	Aug 19 Meet at Rotary Park in Everett. Ride to Snohomish & Beyond. 28 miles
33399	Aug 26 Meet at Paine Field Park. Ride to Silver Lake and do an Everett Loop. 25 miles

Teed Off Seniors Golf

The Lynnwood Senior Center sponsors this fun social group on alternating Thursdays throughout the spring, summer and early fall at the Ballinger Golf Course. Play is rain or shine unless thunderstorms are imminent. Pay green fees at the course. You may rent pull carts, clubs and driving carts for additional cost at the course.

33466 Thu Jul 8, 22 9am - 1pm

33467 Thu Aug 5, 19 9am - 1pm

Contact Bob Hackney (425) 355-9101 with questions and to arrange your tee-times.

Meet at the golf course for all events and games. Check in is half an hour before tee time.

**23000 Lakeview Dr
 Mountlake Terrace, WA
 (425) 697-4653**



Lake Wilderness, Maple Valley ♥ - ♥♥

Smell the flowers and learn about the plants with a guide at the Lake Wilderness Arboretum. After the tour hike through their 26-acre forest reserve.

- Up to 5 miles round trip
- Trails are mostly level

34177 Tue Aug 24 9am - 5pm
Instructor: Louis Martinez \$18/23 NM

Artist Point, Mt Baker ♥♥♥

On a clear day you'll get to view Mt Baker and Mt Shuksan up close. One of the most beautiful places on earth. There are a variety of easy hikes to enjoy.

- Bagley Lakes is a 2 mile round trip hike with 100 feet elevation gain.
- Artist Ridge is 1 mile round trip and level.

34178 Sat Aug 28 8:30am - 7:15pm
Instructor: Louis Martinez \$18/23 NM



Mt Pilchuck Huckleberry Hike

♥♥♥♥ - ♥♥♥♥♥

Huckleberries should be abundant this time of year. There will be some time to pick berries. Bring a container to put them in. Although this hike won't make it to the lookout tower, it will go to a lookout with a great view.

- Up to 5 miles round trip
- 1,900 feet elevation gain

34180 Wed Sep 1 8:30am - 7:30pm
Instructor: Janet Sigler \$18/23 NM

Stimpson Family Nature Hike, Bellingham ♥♥

Discover two loop trails that meander through wetlands filled with wildlife.

- Up to 4 miles round trip
- 300 feet elevation gain

34181 Tue Sep 7 9am - 5pm
Instructor: Janet Sigler \$18/23 NM

ISLAND KAYAKING TRIPS

Join other kayak enthusiasts and explore local waterways. Leave the driving to us. An experienced leader will accompany all trips. Most trips we use double kayaks- to use a single kayak you must have completed a self-rescue course successfully. Knowledge of swimming is recommended to sign up for kayak trips.

Anderson Island Kayaking

Explore a sheltered cove on Anderson Island. View marine wildlife up close. Bring a sack lunch. Kayak rental fees are on your own. Cash and Check only for rental fees. Fee includes ferry transportation.

33443 Fri Jul 16 9am - 7:30pm
Instructor: Janet Sigler \$20/\$25 NM
Sign-Up Date: On-going

Vashon Island Kayaking

Start the day with a ferry ride to Vashon. Once on the Island you'll have a chance to have lunch and shop on your own at Village Green. After lunch enjoy a two hour paddle in a protected harbor. If time allows you may have the opportunity for a little more sightseeing before we catch the ferry. Fee includes the ferry.

33449 Fri Aug 13 9:30am - 7pm
Instructor: Louis Martinez \$22/\$27 NM
Sign-Up Date: July 2



What to Wear and Bring Kayaking

- ✓ water shoes
- ✓ light color fleece or polypro clothing
- ✓ sun hat & glasses with retainer
- ✓ sunscreen & bug juice
- ✓ sack lunch in waterproof container and at least quart of bottled water
- ✓ binoculars & camera (waterproof)
- ✓ raingear (top & pants if needed)
- ✓ a cushion or towel that can get wet for back support if you'd like
- ✓ change of socks, shoes & pants
- ✓ tissue and/or hand wipes
- ✓ allergy and/or medicine you use

* Please don't wear cotton or denim.