

## 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.

## Hike 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 hand wipes
- ✓ duct tape and/or mole skin

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

Sept. - Nov. Hike Sign-up Date: On-going

## Senior Hikes

### Snoqualmie Trails, I-90 ♥

Before you hit the trail you will have a chance to tour the North Bend Senior Center. The mostly level Snoqualmie Valley Trail follows the South Fork Snoqualmie River for several miles. Hiking distance is up to you.

29858 Tue Sep 1 9am - 4:30pm

Instructor: Louis Martinez \$16 / \$21 NM

Sign-up Date: On-going



### Washington Park, Anacortes ♥ ♥

Explore 200 acres of trails throughout this park. See fantastic views of the Rosario Strait and the San Juans. There is a nice 4.5 mile loop with elevation gain up to 250 feet.

29860 Tue Sep 15 9am - 5:30pm

Instructor: Louis Martinez \$16 / \$21 NM

Sign-up Date: On-going

### Chain Lakes Loop, Mt Baker ♥ ♥ ♥ ♥

Our first stop to enjoy the views is Artist Point. The bus will drop you at Chain Lakes trail head and pick up at Bagley Lake. About seven miles round trip – 1,500' elevation gain.

29859 Wed Sep 23 8:30am - 7:30pm

Instructor: Janet Sigler \$16 / \$21 NM

Sign-up Date: Waitlist available

### Dungeness River Audubon Center ♥

Sequim is a great area to view the bird migration. Learn about the wildlife in this area from an Audubon expert. Enjoy a nice stroll along the mostly level Olympic Discovery Trail. Distance is up to you. Ferry and guide included with fee.

29861 Tue Sep 29 8am - 7pm

Instructor: Louis Martinez \$26 / \$31 NM

Sign-up Date: On-going



## 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
- ♥ ♥ ♥ ♥ **Extremely difficult;** steep elevation gain; difficult footing; for advanced hikers only

# Outdoor Recreation

## 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 fees.

Contact Myrtle Guild (425) 743-1795 with questions and to arrange your tee-times.

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

23000 Lakeview Drive -  
Mountlake Terrace  
(425) 697-4653



October 1st

## 3rd Annual Season's End Field Day

Finish the Teed Off season with a Best-Ball Scramble, Closest to the Pin competition and tee prizes for all. As always, this field day promises fun for everyone. Pay green fees at the course.

Complimentary coffee and donuts at 9:15am – please arrive on time to make sure our foursomes “move along”.

After the game, replay your winning shots and highlights while savoring buffet lunch in the club house. Call or stop by the Senior Center to register!

31307 Thu Oct 1 12pm - 1:30pm

Lunch Fee \$8 / \$10 NM



## Warm Beach ♥♥

Warm Beach Campground has a variety of trails to explore. Enjoy a three mile round trip while you hike around a dike and nature area. You should be able to view a lot of migrating birds. Very little elevation gain.

29862 Tue Oct 6 9am - 4:30pm

Instructor: Louis Martinez \$16 / \$21 NM

Sign-up Date: On-going

## Tonga Ridge ♥♥♥

Autumn is the best time to view all the colors on this hike. Hike along a mountain ridge at a 600 foot elevation gain. Up to 9 miles round trip.

29863 Wed Oct 14 9am - 6pm

Instructor: Janet Sigler \$16 / \$21 NM

Sign-up Date: On-going

## Seward Park Audubon Center ♥♥

Seward park is situated on Lake Washington. Due to its location birds are attracted to this area. An Audubon guide will accompany us on this hike to help you identify birds. There are various hiking trails throughout this park totaling up to six miles. Some trails have a small elevation gain with dirt paths and there are level and paved as well. Guide fee is included.

29864 Tue Oct 20 9am - 3pm

Instructor: Louis Martinez \$19 / \$24 NM

Sign-up Date: On-going

## Mud Dam, Enumclaw ♥♥

Hike along a bluff overlooking the magnificent Mud Mountain Dam. In the 1940s this was the highest dam in the world. The second part of the trail is down along the scenic White River. 6.5 miles round trip with an elevation gain 500 feet.

29865 Wed Oct 28 9am - 6:30pm

Instructor: Janet Sigler \$16 / \$21 NM

Sign-up Date: On-going

## Winter Recreation Preview

This meeting is for anyone interested in joining our winter cross-country ski and snowshoe program. Come find out what we are planning for the upcoming season. Learn how to get started in our winter recreation program. Bring your questions and suggestions. Sign up for some winter trips after the meeting. Come 15 minutes before the meeting to learn how to use snowshoes.

29857 Fri Nov 20 1pm - 3pm

Instructor: Janet Sigler

Free

## Reifel Bird Sanctuary, Lander, Canada ♥ - ♥♥♥

Our first stop is at the Reifel Sanctuary where the snow geese should be arriving from up North. Next we visit the O.W.L. reserve for a presentation on orphaned wildlife followed by a tour. Bring a sack lunch and drink and any pictures you took during this hiking season. Passports or enhanced driver's license are required for the border. Bring money for a fast food dinner on the way home. Entry fees are included.

29866 Wed Nov 4 7am - 7pm

Instructor: Janet Sigler \$21 / \$26 NM

Sign-up Date: On-going, Waitlist available

