



Senior Outdoor

These classes are designed for ages 50+, but any adult can participate in most activities. More activities for ages 18-118 are in *Adult Outdoor*, pages 58-62.

Bicycling

May Is Bike Month

Celebrate Eugene and National Bike Month with this fun series of events. More events can be found at webikelane.org.

Free Adapted Bike Rentals

Free rentals the entire month of May. Available after initial fitting or assessment. *For more information see page 7.*

Hilyard Community Center
 By appointment; available M-F 9a-5p
 Free half hour to full day #6858

Bike Riding for Fun & Fitness Special Edition

Join this weekly bike group for older adults on a special ride. Rides are typically 10-20 miles at a leisurely pace. Bring your own bike. Helmets are required.

Meet at Campbell Community Center
 May 6 W 10a-12p Free #6864

Stormwater Mural Bike Tour

Did you know Eugene has a series of murals created to get people to think about what goes down storm drains? Go on a bike tour of some of Eugene's unique public art. We'll stop to see other murals along the way. Bring your own bike. Helmets are required. Dress for the weather.

Meet at Campbell Community Center
 May 12 Tu 10a-12p \$5 #6860

Free Coffee for Bicyclists

Campbell Community Center will offer free coffee to bicyclists as part of National Bike to Work Day.

Campbell Community Center
 May 15 F 8:30a-4:30p Free #6862

Get Your Bike Ready for Summer

This basic maintenance class will teach you these skills to get ready for summer riding: six-point safety check, repairing tires, brake tuneups and repair and adjusting shifters. Come for these plus other maintenance tips. Bring your favorite bike and dress to get grubby.

Campbell Community Center
 May 18 M 5:30-8:30p \$18 #6861

Hiking

What better way to enjoy Oregon than visiting scenic locations and walking trails. Hikes vary in length and difficulty. The intention is to give everyone, no matter their physical stamina, an opportunity to be in nature.

Silver Falls South & Lower South Trail 3

Silver Falls is the largest state park in Oregon. It is a treasure trove of waterfalls. This hike will take us 2.8 miles out and back to two falls, one of which allows the visitor to walk behind the cascading water.

Meet at Amazon Community Center
Jan 28 Tu 9a-4:30p \$35 #6851

Winter Beach Hike 3/4

The beach can be surprisingly sunny or invigoratingly stormy on a winter day. Either way, you'll enjoy a day at the coast walking 2-3 miles at the water's edge. Bring rain gear – it's Oregon after all!

Meet at Campbell Community Center
Feb 3 M 9a-5:30p \$32 #6869

Meet at Petersen Barn Community Center
Feb 3 M 9:15a-5:15p \$32 #6870

Saint Perpetua Trail 3

This is a 1.7-mile out-and-back hike with 700 feet of elevation gain. The trail leads from the visitors center at Cape Perpetua through spruce woods and up to a panoramic view of the coast.

Meet at Amazon Community Center
Feb 25 Tu 9a-5p \$35 #6852

Cabell Marsh Trail 3

This 2.1 mile out and back trail takes a raised walkway through the marshy lowlands of Finley Wildlife Refuge to a viewing platform where in winter we should observe flocks of migrating birds.

Meet at Amazon Community Center
Mar 24 Tu 9a-5p \$35 #6853

Spring Beach Hike 3/4

It could be rain or shine, but spring is a great time to go hiking on the beach. Bring lunch, water and hiking shoes and dress for the weather.

Meet at Campbell Community Center
Apr 14 Tu 9a-5:30p \$32 #7498

Meet at Petersen Barn Community Center
Apr 14 Tu 9:15a-5:15p \$32 #7499

Mary's Peak Trail 3

See the view from the highest point in the Coast Range. This is a 5.2 mile out and back hike.

Meet at Amazon Community Center
Apr 28 Tu 9a-5p \$35 #6854

Thurston Hills 3

Explore this new local trail system. Find out about its history. Bring water and hiking shoes and dress for the weather.

Meet at Campbell Community Center
Apr 30 Th 12-3p \$12 #7500

Kentucky Falls 4

Three of the Coast Range's most spectacular waterfalls nestle in this remote valley. Bring good hiking shoes, lunch, water, layered clothing and rain gear.

Meet at Campbell Community Center
May 4 M 9a-5:30p \$32 #7501

Larison Creek Trail 4

This hike is 3 miles out-and-back through a forest setting. The first half follows the north side of a reservoir.

Meet at Amazon Community Center
May 12 Tu 9a-5p \$35 #6855

Activity Level Ratings

Level 1 Little walking. OK for those with walkers, wheel-chairs or walking difficulties.

Level 2 Moderate walking. Similar to that at a shopping center or large museum.

Level 3 Walking of 1-2 miles (1 to 1.5 hours), as on a walking tour of gardens or the zoo. May be steps or hills.

Level 4 Walking of 3-6 miles on moderate trails. May be rough, hilly or at higher altitude. Access to medical help may be limited.

Level 5 Long hikes of 5+ miles. May be very rough, hilly or high altitude. Access to medical help may be limited.

Consult your physician before participating in any trips/activities to be sure they are appropriate for you. Weather and/or trail conditions may change unpredictably. These levels are approximations only; your experience may vary.

Trip Policies

Fees include bus transportation, leadership and insurance, unless noted otherwise. Meals and admission to venues are not included in the fee unless noted otherwise in the description. Every attempt is made to follow the itinerary; if circumstances beyond our control do not allow that to happen, no refunds will be given.

If needed, please request a lift-assisted bus at the time of registration.



Kayaking

Flatwater Kayak Safety in the Pool

This class teaches people with flatwater or recreational kayaks about techniques to paddle safely. Practice tipping over in a swimming pool, learn some techniques to get back in the boat and practice ways to keep from tipping. Kayaks will be provided or bring your own.

Sheldon Pool & Fitness Center
Apr 12 & 19 Su 8-10p \$41 #6606

Try Flatwater Kayaking

Flatwater kayaking combines an active experience, a peaceful trip into some of Oregon's natural areas and a great day with other folks. Our top-notch guides will teach you everything you need to enjoy this popular outdoor sport. Equipment and transportation are provided.

Meet at Campbell Community Center
May 12 Tu 10a-5p \$47 #6602

Meet at Petersen Barn Community Center
May 12 Tu 10:15a-4:45p \$47 #6605

Siltcoos River Flatwater Kayak

Go on an early spring trip on this unique coastal water trail. Bring water, lunch, water shoes and extra, warm clothes.

Meet at Campbell Community Center
Mar 19 Th 9a-5:30p \$57 #6551

Lower Siuslaw Kayak

Enjoy an early-season float on the wildlife-rich Siuslaw River. The trip won't go through rapids, but paddlers will experience wind, waves and current. Bring water and lunch and dress for the weather.

Meet at Campbell Community Center
May 21 Th 9a-5:30p \$57 #6601

Snowshoeing

Snowshoeing is easy to learn, good exercise and a great way to get out in the winter. Experienced guides know the best trails in the area and will do all of the driving. Furnish your own equipment, lunch, water and a pack to carry it in. No experience is needed.

Try Snowshoeing

Learn the basic skills needed to be safe and have fun snowshoeing in the Cascades. The trip includes free snowshoe and snowboot rental at Berg's Ski & Snowboard Shop.

Pretrip Jan 9 Th 5:30-6:30p at Campbell Center
Trip Jan 15 W 9a-5:30p \$52 #6865

Snowshoe to an Alpine Shelter

Snowshoe to a beautiful alpine snow shelter and enjoy a cup of hot chocolate. Bring your own snowshoes.

Meet at Campbell Community Center
Jan 28 Tu 9a-5:30p \$52 #6866

Valentine's Day Snowshoe

Spend Valentine's Day with a friend or loved one snowshoeing in the beautiful Oregon Cascades. Bring your own snowshoes.

Meet at Campbell Community Center
Feb 14 F 9a-5:30p \$52 #6868

Snowshoe to Salt Creek Falls

Snowshoe to the second tallest waterfall in Oregon. Bring your own snowshoes.

Meet at Campbell Community Center
Feb 19 W 9a-5:30p \$52 #6867



Walking

Boxed numbers **1** indicate activity levels, see key on page 91.

First Saturday Park Walks **2/3** All ages

Explore the ecology and management of Eugene's beautiful parks with Eugene Rec and Parks and Open Space staff. This year these free interpretive walks are themed to highlight the diversity of parks in the City and showcase improvements driven by the 30-year Parks and Rec System Plan and the 2018 Parks and Rec Bond and Levy passed by voters. No registration is required; please meet at the location listed in the walk description.

Tugman Park/Amazon Parkway

Visit Tugman Park and the Amazon Parkway to learn about recent park renovations, prairie and woodland habitat work and waterways management. Meet at the Tugman Park picnic shelter off Hilyard Street.

Feb 1 Sa 9-11a Free Drop-in

Mt. Baldy (Ridgeline)

Check out recent trail renovations and habitat work on the Ridgeline Trail. Catch a glimpse of spring wildflowers in bloom. Meet at the Dillard East Trailhead parking lot on Dillard Road.

Mar 7 Sa 9-11a Free Drop-in

Amazon Park

Experience rare wet prairie habitat and plants in south Eugene. Learn about upcoming trail and stream habitat work. Meet in the Amazon Station Park and Ride shelter off Amazon Parkway.

Apr 4 Sa 9-11a Free Drop-in

Maurie Jacobs to Razor Park

Stroll the banks of the Willamette River and find out about ongoing habitat work, the importance of riparian trees and local natural history. Meet in the parking lot at the end of Fir Lane off River Road (150 Fir Lane).

May 2 Sa 9-11a Free Drop-in

Suzanne Arlie Park Walking Tours **3**

A free guided walking tour of Suzanne Arlie Park in southeast Eugene. This is the largest park in the City's system and is currently in the master planning process to establish conservation priorities and opportunities for nature-based recreational activities and facilities. See the wildfire fuels reduction and habitat restoration work that has been done and take a walk along a portion of the route proposed for the eastward extension of the Ridgeline Trail network.

Meet at the gate at the end of Gonyea Road, near Lane Community College Parking Lot C, for shuttle to park; LCC can be accessed by public bus, bike path or private vehicle
Feb 8 Sa 1:30-3p Free Drop-in
May 30 Sa 1:30-3p Free Drop-in

More walking activities are on page 88.



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