

## South Coast Striders - 2015 Schedule of Healthy Hikes revised: 12/18/14

Date	Trail	Short hike	Long hike	Meeting Place
Jan 9-11	Redwood Romp	Participants can return early on their own to shorten hikes. <b><u>Except on off-trail hike.</u></b>	Several hikes in Jedediah Smith SP. and surrounding area on Sat & Sun including off-trail hike to see more giant trees.	<b>5:00 pm Friday - Jan 9</b> caravan to Crescent City, CA from Coos Bay Visitor Center. <a href="mailto:southcoaststriders@gmail.com">southcoaststriders@gmail.com</a> to <b>reserve a spot.</b>
Jan 31	Walkable North Bend	2 mile historical tour of North Bend with Dick Wagner. Moderate	5.5 - 6 mile loop of Sawmill & Tribal Trail and North Bend paths. 2 & 3 mph pace. moderate to difficult .	<b>9:45am</b> - Off Hwy 101 on north end of North Bend next to NB Visitor Center - Former Site of Coos Historical & Maritime Museum and Simpson Park
Feb 7	Bandon Dunes Resort Trails	There are several opportunities to shorten your walk and return to the starting point.	6 mile scenic loop trail with woodlands, dunes, wetlands and a side trip to the beach at Bandon Dunes Resort. rated moderate	From 101 turn at main entrance to Bandon Dunes Resort. Continue past guard station, turn right at stop sign then follow signs to the main lodge. Turn into parking lot on right and go to North end.
Mar 21	Golden and Silver Falls	4.8 miles moderate hike to upper falls and back with local history and wildflowers..	7.8 miles moderate hike to upper falls and homesteads above the falls.	From Coos Bay – Follow signs to Allegany. Cross Bridge in Allegany then continue 7.4 miles on E. Fork Rd/ Hwy 241 then turn left on Glen Crk Rd. – 2.7 mi
April 12	Sweet Creek	Walk .5 mile and two 1.6 mile hikes for 3.7 miles moderate.	Hike all 4 sections for a total of 5 miles moderate.	<b>7:15 am</b> leave Coos Bay Visitor Center or <b>8:00am</b> leave Reedsport Visitor Center then caravan.
May 9	Let's Walk and Talk Together	Take laps around Mingus Park Lake.	Take 1.5 mile hike around Mingus Park on Wooded trails.	You need to register next to the stage at Mingus Park from 9 to 9:30am. Music - Fun - Prizes - Health Fair - Zumba & More
May 17	Rocky Peak	3.0 miles along ridge and meadows of Rocky Peak with Reg Pullen.	Difficult 4.4 to 5 miles round trip with 1280 elevation gain.	<b>8:00am</b> leave Coos Bay Visitor Center or <b>9:30am</b> leave Battle Rock Visitor Center in Port Orford then caravan to trailhead.
May 23	Euphoria Ridge	4 mile hike with Don Ivy of the Coquille Tribe. *Limited to 30. <b>Leave Bridge Store 9:30am</b>	8 miles one way with shuttle from Euphoria Ridge to Bear Pen Creek. <b>Leave Bridge Store 9:00am.</b>	Take Hwy 42 through Myrtle Point then 10 miles east to Bridge Country Store. <a href="mailto:southcoaststriders@gmail.com">southcoaststriders@gmail.com</a> to <b>reserve your spot on Don Ivy's hike.</b>
May 30th & May 31st	Hanging Rock - Panther Ridge to Rogue River	2.5 miles moderate round trip to Hanging Rock and back. Or continue on Panther Ridge to Clay Hill for 7 mile.	Continue hike 4.5 miles on Clay Hill trail down to Rogue River to camp for the night. Continue 6.5 miles to Big Bend Trail head next day. <b>Limited to 20</b>	We will meet and caravan from County Extension Office at 631 Alder St. <b>at 7:15.</b> Hwy 42 to Myrtle Point. Right on Ash St. then right on 6 <sup>th</sup> to Alder. <b>Reserve a spot</b> <a href="mailto:southcoaststriders@gmail.com">southcoaststriders@gmail.com</a> -
June 6	Oregon Coast Trail & Strider's Picnic	Arago Point to Simpson Beach 2.6 mi. one way. Self shuttle required. <b>Start together with tide pooling at South Cove</b>	Arago Point to Simpson Beach then return on combination of the New Perimeter Trail and Arago Pack trail - 7.2 mi.	<b>9:00 am</b> - Arago Point. From Coos Bay follow the signs 12.3 miles through Charleston to Sunset Bay State Park. Continue to covered pavilion..
June 20	Connect the Boardwalk	1.2 mile from Coos Bay Boardwalk to New Coos Historical & Maritime Museum visiting Historical Characters.	3.8 miles from Coos Bay Boardwalk to California St. with Historical Interpretation by Kim Griffin.	<b>9am</b> - Meet at California St. Boat Ramp then ride shuttle to CB Boardwalk to start hike. Shuttle returns short walkers from New Historical Museum to California St.
June 27	Sawmill & Tribal Trail to Clamboree	2.25 miles from John Topits Park Lakeshore Drive entrance to Empire Docks.	5.6 mile hike from the end of Ferry Road in North Bend to Empire Dock.	Meet at Empire Docks at <b>8:30 am</b> then go to John Topits or Ferry Road Park to start of hike. Take Newmark Ave to Empire and turn left on Arago Hwy then right on Michigan Ave to Docks .

- Everyone should check with their doctor before attempting the kind of strenuous activity involved in hiking.
- You must be properly prepared, be physically and mentally fit enough for the activity and sign our Release from Liability/ Assumption of Risk agreement in order to participate. Participants under 18 must be accompanied by parent.
- Details on the Healthy Hikes page at [www.coostrails.com](http://www.coostrails.com) , Bay Area Hospital at 269-8076 or send email to Don Luce at [southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com)
- Hikes leave at **10:00am sharp** unless otherwise noted. **Arrive 15 minutes early for sign in and hike information.**
- Short hikes average 2 mph pace and last 2.5 - 3.5 hours. Long hikes average 2.5 – 3 mph pace and can last 3-6 hours.

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July 11	Cherry Creek Old Growth	0.5 mile out and back on Elk trail to China Wall.	3 miles difficult walk in old growth forest.	<b>8:45 am</b> leave Coos Bay Visitor Center. <b>9:15 am</b> leave Coquille Visitor Center and caravan to trailhead.
July 19	Blacklock Point Floras Lake	4 mile round trip going south along beach from Floras Lake.	8.5 mile trip to Blacklock point and return with Reg Pullen Both hikes leave at <b>9:00am</b>	<b>9:00am</b> - Take Hwy 101 1/2 mile south of Langlois then turn right (West) on Floras Lake Loop. Follow the signs to Boice-Cope County Park.
July 25	Iron Mountain	Additional 1.2 mile hike on Big Tree Trail from Elk Creek Falls following Iron Mtn hike.	2.7 mile hike rated difficult. One way with shuttle.	We will meet and caravan from County Extension Office at 631 Alder St. at <b>7:15.</b> Hwy 42 to Myrtle Point. Right on Ash St. then right on 6 <sup>th</sup> to Alder.
Aug 8	Bandon Historical Hike	If you are not up to 4 miles you can stop after the Old Town portion. 1 mile easy	Reg Pullen leads 4 mile tour of historic sites in Bandon. Rated moderate	<b>9:00am</b> - Meet at Public Parking lot at corner of 2nd ST SE and Alabama Avenue in Old Town Bandon
Aug 16	Kentucky Falls & N Fork Smith	4 mile round trip to Kentucky Falls and back.	9 miles Kentucky Falls to Smith River trail head.	<b>7:30 am</b> leave Reedsport Visitor Center then caravan to Kentucky Falls Trailhead
Aug 23	Dry Creek Wet Hike	The hike is out and back on the same trail. You can go back on your own at any point.	8 mile hike out and back in and along Dry Creek. Wet hike knee to waist deep. Wear tennis shoes.	<b>9:00am</b> - We leave the Sixes Post Office near Hwy 101 and Sixes Rd. <b>Sorry but Dogs are not allowed due to heavy bear activity in the area.</b>
Aug 30	North Spit Trails	2.5 miles through dunes, wetlands & coastal forest	6 miles through coastal dunes, wetlands and forest.	From North Bend, drive north across McCullough Bridge. Follow Trans Pacific Pkwy 4 miles to BLM boat ramp.
Sept 6	Tahkenitch Dunes Threemile Lake	3.5 mile interpretive hike out Tahkenitch Dunes Trail and back.	6.5 mile loop on Tahkenitch Dunes and Threemile Lake trails.	<b>Meet</b> at Tahkenitch Dunes Trailhead 8 miles N of Reedsport near milepost 204 F.S.Rec. pass or \$5 day use fee.
Sept 12	Cape Mtn Trails	3 mile loop - moderate to difficult wooded trail, meadows, views.	6.5 to 7 mile hike rated difficult Wooded trail, beautiful meadows.	<b>8:30am</b> - Leave North end of Fred Myer Parking in Florence at and caravan to Dry Lake Trail head.
Sept 27	Barklow Mountain	3.7 mile hike to Summit and back rated difficult.	8 mile hike to Summit then to E end of trail and return rated most difficult	Meet in NW corner of Ray's Grocery in Bandon and leave at <b>7:30am</b> . From South leave 101 / Elk River Rd by <b>8am</b>
Oct 3	Dellenback Dune & Tenmile Creek	2.5 mile loop trail with short trip onto dunes.	9 miles-Dellenback Dune Trail to 10 Mile creek.	<b>10 am</b> meet at Dellenback Dunes Trailhead 10.5 miles S of Reedsport on Hwy 101. \$5 day use fee.
Oct 17	Eel Lake Hike	2 miles along lake and return for 4 mile round trip.	5 mile out and back along lake.trail. Option to paddle half and hike half.	From Coos Bay Visitor Center go 18 mi. N on Hwy 101 to Tugman State Park on right..
Nov 28	Blossom Gulch And Beyond	Hikers can cut trip short and return from peak of Radar Hill - <b>3 miles steep</b>	Blossom Gulch Trail up to the Microwave Towers to Libby Rd then back to Blossom Gulch. <b>7 mi. difficult</b>	We will leave from the Blossom Gulch Elementary School at <b>9:00am</b>
Dec 26	Winter Yardanging on the Dunes	3 mile moderate to difficult hike out on dunes from Hall Lake at a slower pace.	6.5 mile hike out to beach from Hall Lake then return on Dellenback Dune Trail. Drop car at Dellenback	Both hikes will start from Hall Lake at <b>9:00am</b> . 10 mile S of Reedsport on 101. Turn left on Wildwood across from Tugman State Park and follow signs.

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