



Senior Outdoor

Canoeing, Kayaking & Rafting

Lint Slough (Waldport) Kayak

Join us for an Earth Day paddle along this backwater of the Alsea River Estuary. This is a shorter paddle that brings you to an area with many bird and fish species.

Meet at Campbell Community Center
Apr 22 M 8:30a-5:30p \$65 #27067

Leaburg Lake Canoe

Enjoy this nearby lake that is created by a dam on the McKenzie River. The Leaburg Dam is scheduled to be decommissioned in the future and will return the lake to a river channel. Work as a team and explore the banks and the Leaburg Fish Hatchery from the 29-foot Spirit of Eugene canoe.

Meet at Campbell Community Center
Apr 30 Tu 9a-4p \$55 #27071

Fern Ridge Kayak

Starting at Perkins Peninsula, we will attempt to make it to Coyote Creek through the grasslands full of bird species. Expect a 4-5-mile paddle along this local waterway.

Meet at Campbell Community Center
May 13 M 9a-4p \$55 #27082

Try Flatwater Kayaking

Enjoy an active and peaceful trip into some of Eugene'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 will be provided.

Meet at Campbell Community Center
May 28 Tu 10a-4p \$50 #27060

Willamette River Raft

Eugene has a beautiful river running right through town. Enjoy a spring day by rafting from Island Park in Springfield through small rapids under the Interstate 5 bridge and the Autzen footbridge and finish at the River House Outdoor Center. Bring lunch, water, clothes and shoes that can get wet and dress for the weather.

Meet at Campbell Community Center
Jun 6 Th 10a-3p \$45 #27079

Hiking

Heceta Head Hike **3** Ages 50+

This 3.6-mile trail has it all for a true northwestern classic. Coastal views, fern-covered forest, a lighthouse and beautiful beach can all be expected as well as any type of weather. Please bring sturdy shoes and dress for coastal conditions.

Meet at Campbell Community Center
Mar 19 Tu 9a-5:30p \$35 #26927

Sweet Creek Falls Hike **3** Ages 50+

The April showers make this hike more spectacular. View multiple waterfalls from the trail on this out-and-back hike near Mapleton. Expect roots and uneven terrain with little elevation change. About 3 miles.

Meet at Campbell Community Center
Apr 2 Tu 10a-4p \$30 #27073

Bake Stewart Park Stroll **2** Ages 50+

Explore Bake Stewart Park at the junction of Row River and Dorena Reservoir near Cottage Grove. This former campground is being restored to oak savanna and features a flat gravel path. Bring a picnic lunch and walk 1-2 miles.

Meet at Campbell Community Center
Apr 19 F 10a-2p \$25 #27069



Snowshoeing

Snowshoe Trips at Campbell Center

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.

Meet at Campbell Community Center
Feb 13 Tu 9a-5:30p \$65 #26752
Mar 12 Tu 9a-5:30p \$65 #27657

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 (1-1.5 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.

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City of Eugene's Energy Assistance