



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 72-77.

Bicycling

Campbell Bike Week

Coinciding with National Bike to Work Week, Campbell Bike Week is a collection of bike-related events to get you ready and excited for a full summer of bicycling.

All events meet at Campbell Community Center

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 flat tires, brake tune-ups and repair and adjusting your shifters. Come for these plus other maintenance tips. Bring your favorite bike and dress to get grubby.

May 13 M 5:30-8:30p \$18 #2653

Bike Touring with Bruce Steinmetz

All ages
Come back with us to the '80s and travel behind the Iron Curtain with a wandering cyclist as he experiences machine gun-toting border guards, toxic local beverages and boundless local kindness. Surprise destination: Eugene.

May 14 Tu 6-7:30p Free #4435

Free Cup of Coffee for Bike Riders

Coming to Campbell Community Center? Bike and you can enjoy a cup of coffee or tea on us – no registration needed.

May 15 W 8:30a-4:30p Free Drop-in

Bike Riding for Fun & Fitness – Special Edition

Have you been looking for a bike group to join? Try out the Campbell Bike Group. Riders go 10-20 miles at a relaxed pace. Helmets required.

May 15 W 10a-12p Free Drop-in

Eugene Bike Mural Tour

See the best of Eugene's public art. We will go to see the latest 20x21 EUG Mural Project murals on bicycle. Bring your own bike and helmet.

May 16 Th 10a-12p \$11 #4525

Not Your Parent's Bike Day

Recumbents? Tricycles? Hand cycles? Electric assist? Bike Share? Try all these at this bike demo. Try out our amazing fleet of bikes for people who can't or don't want to ride standard bike frames.

May 17 F 9:30a-1p Free Drop-in

Hiking

Alsea Falls Hike 3/4

See two beautiful falls in one trip through lovely coast range forests. Dress for the weather and wear good hiking shoes. Bring lunch and water.

Meet at Campbell Community Center
Jun 12 W 9a-5:30p \$32 #4780

Tamolitch Blue Pool Hike 4

Famous for its color, Tamolitch Falls – also known as Blue Pool – is a popular destination. The hike is 3.7 miles out-and-back. The hike is near McKenzie Bridge and features a waterfall. Elevation gain is 305 feet. Bring lunch and water.

Meet at Amazon Community Center
Jun 22 Sa 9a-5p \$35 #3692

Shotgun Creek Hike 3

Hike this local trail that offers a stroll through the forest along a burbling creek. A cut back to the parking area allows for a short 1.5 mi. hike. The more active can continue along a second loop for a total of 4.7 miles. Dress for the

weather and wear good hiking shoes. Bring lunch and water.

Meet at Campbell Community Center
Jun 27 Th 10a-5p \$25 #4781

Summer Beach Hike 3/4

Avoid the crowds and see one of the world’s most beautiful spots on this mid-week hike. Dress for the weather and wear good hiking shoes. Bring lunch and water.

Meet at Campbell Community Center
Jul 15 M 9a-5:30p \$32 #4746

Meet at Petersen Barn Community Center
Jul 15 M 9:15a-5:15p \$32 #4747

Fall Creek Hike 3/4

This local classic follows a beautiful creek through an amazing forest and into a recovering burn area. Dress for the weather and wear good hiking shoes. Bring lunch and water.

Meet at Campbell Community Center
Aug 8 Th 9a-4:30p \$26 #4783

Tidbits Mountain Hike 4

This 4.4-mile hike leads you through groves of large trees up to a peak where you can take in the view from Mount Hood to Diamond Peak. Dress for the weather and wear good hiking shoes. Bring lunch and water.

Meet at Campbell Community Center
Aug 21 W 9a-5:30p \$32 #4782

Twin Buttes Hike 5

Twin Buttes is a 2.3-mile out-and-back hike with a lot of elevation – 1,148 feet to be precise. Located near Cascadia, the payoff of the climb is a great view. Bring lunch and water.

Meet at Amazon Community Center
Aug 31 Sa 8:30a-5p \$35 #3733

Crabtree Lake Hike 4

Crabtree Lake Trail is a 4.1-mile out-and-back hike located near Gates. The trail bends two-thirds of the way around the lake through a deep wooded setting. Elevation gain is 928 feet. Bring lunch and water.

Meet at Amazon Community Center
Sep 6 F 8:30a-5p \$35 #3670

Clear Lake Hike 4

This 4.6-mile loop trail circles a small gem of a lake just off Highway 126 as one heads to Sisters. Views include the headwaters of the McKenzie River. Elevation gain is 226 feet. Bring lunch and water.

Meet at Amazon Community Center
Sep 17 Tu 9a-5p \$35 #3699

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.

Paddle Sports

Dorena Lake Big Canoe

Dorena Lake sits in a beautiful wooded valley east of Cottage Grove. There are inlets and marshes to explore in our 29-foot canoe. The canoe is stable and easy to paddle.

Meet at Campbell Community Center
Jun 24 M 10a-5p \$47 #4736

Fern Ridge Big Canoe

See this beautiful, natural area in our 29-foot, 10-person canoe. Experienced guides will steer the boat, you just help paddle and enjoy the coast range scenery and bird life on the lake. Activity suitable for a wide variety of abilities.

Meet at Campbell Community Center
Jul 18 Th 10a-5p \$47 #4741

Waldo Lake Big Canoe

Waldo Lake is a high mountain gem, among the purest lakes in the world and more than 4 miles long. We'll enjoy views of Diamond Peak, Waldo Mountain and other nearby peaks. We'll take our 29-foot canoe, which is stable and can hold up to 10 people.

Meet at Campbell Community Center
Aug 19 M 10a-5p \$57 #4740

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 provided.

Meet at Campbell Community Center
Jun 10 M 10a-5:30p \$49 #4710

Meet at Petersen Barn Community Center
Jun 10 M 10:15a-5:15p \$49 #4712



Dorena Lake Kayak

Explore the shoreline of this lake near Cottage Grove nestled in wooded hills. This reservoir has some beautiful arms to explore and a short walk up to a covered bridge.

Meet at Campbell Community Center
Jun 18 Tu 9a-5:30p \$57 #4730

Larison Cove Kayak

Paddle this ruggedly beautiful cove in the upper reaches of the Willamette watershed. Follow up your paddle with a visit to Oakridge's Brewers Union Local 180.

Meet at Campbell Community Center
Jun 20 Th 9a-5:30p \$57 #4716

Siuslaw River Flatwater Kayak

Enjoy a float on the wildlife-rich Siuslaw River.

Meet at Campbell Community Center
Jul 22 M 9a-5:30p \$52 #4717

Mercer Lake Kayak

Mercer Lake, just north of Florence, is a well-protected and pleasant destination. You'll explore the arms of the lake while learning new skills and polishing old ones. New paddlers welcome.

Meet at Campbell Community Center
Jul 25 Th 9a-5:30p \$57 #4731

Waldo Lake Kayak

Sitting above Willamette Pass, Waldo Lake is one of the purest lakes in the world. We will explore the lake with views of surrounding peaks.

Meet at Campbell Community Center
Aug 6 Tu 9a-6p \$62 #4721
Aug 27 Tu 9a-6p \$62 #4723

Clear Lake Kayak

Celebrate summer with a beautiful, low-key paddle on this crystal-clear lake. Find the springs where the McKenzie River starts and enjoy the views of the High Cascades. We'll stop for ice cream on the way back.

Meet at Campbell Community Center
 Aug 9 F 9a-5:30p \$57 #4724

Moving Water Safety for Recreational Kayaks

This class will teach you about safely paddling your flatwater kayak in moving water (up to Class II). Learn ferrying, eddy turns, peel outs and rescues. Wet suits are recommended for the on-the-water sessions. Boats, life jackets and paddles provided. For more information call Tom at 541-682-6393.

Pretrip Jul 1 M 6-7p at Campbell Center
 Trip Jul 8, 10 MW 10a-6p \$150 #2883

Willamette River Raft

Eugene has a beautiful river running right through town and this is your chance to enjoy it! Enjoy a summer day by rafting from Island Park in Springfield through small rapids under the I-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
 Jul 16 Tu 10a-3p \$41 #4784

McKenzie River Raft

Explore the beautiful McKenzie River from Finn Rock to Helfrich Landing. The scenery is spectacular, the water is crystal clear and the rapids are thrilling. Designed for active older adults who aren't afraid to get wet and have fun. Bring water, lunch, shoes that can get wet and extra clothes.

Meet at Campbell Community Center
 Jul 24 W 9a-5p \$57 #4785
 Aug 12 M 9a-5p \$57 #4786

Sailing

Fern Ridge Evening Sail

Sail with an experienced captain as the sun goes down, the moon rises and the breeze picks up. If you wish to meet at the lake, call 541-682-5318.

Meet at River House Outdoor Center
 Jul 27 Sa 4:30-9p \$45 #2885
 Aug 10 Sa 4:30-9p \$45 #2891
 Aug 24 Sa 4:30-9p \$45 #2892

Evening Sail & Fireworks

Participants should bring water/non-alcoholic drinks, dinner and extra, warm clothes including a windbreaker.

Meet at River House Outdoor Center
 Jul 4 Th 5-10:30p \$50 #2884

There's always something happening at the

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OPEN to the PUBLIC

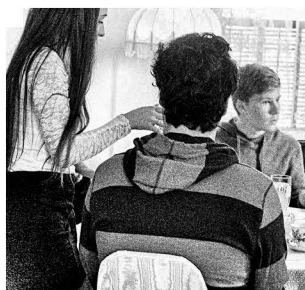
Tuesday - Friday
 10 a.m. to 1 p.m.
 Weekends 1 - 4 p.m.

Cleopatra Tea with
 Ballet Fantastique
 May 11th
 11 am

Spring Tea
 May 18th & 19th
 1 pm

June Tea
 June 8th
 1 pm

Reserve for teas and other events
 online at smjhouse.org/smjstore



Ask Us About...

Volunteer Opportunities
 & Internships



Victorian Finishing School
 Summer Camp
 June 25th-27th & July 9th-11th

541-484-0808 303 WILLAMETTE ST. EUGENE, OR SMJHOUSE.ORG

Walking

Boxed numbers **1** indicate activity levels, see key on page 98.

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

Explore the ecology and management of Eugene's beautiful parks. Naturalists lead these free, interpretive walks.

Oak Hill

From the intersection of Royal Avenue and Greenhill Road, go 1 mile west on Royal, turn left on Oak Hill Cemetery Road. Park at dead end.

May 4 Sa 9-11a Free Drop-in

Owens Rose Garden

Take Jefferson Street north toward First Street. Park where street ends at parking lot and bike path.

Jun 1 Sa 9-11a Free Drop-in

Wild Iris Ridge

Take Bailey Hill Road south past 18th Avenue, turn left on Warren Street, right on Summit Terrace Drive and right on Baily View Drive. Meet at the end of Bailey View Drive.

Jul 6 Sa 9-11a Free Drop-in



Delta Ponds

Meet behind Valley River Center at the downriver corner near the bike path along the river.

Aug 3 Sa 9-11a Free Drop-in

Meadow Lark Prairie

Drive down West 11th Avenue to Greenhill Road. Turn right onto Greenhill and meet at Meadowlark Prairie parking lot.

Sep 7 Sa 9-11a Free Drop-in

More walking activities are on page 95.



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