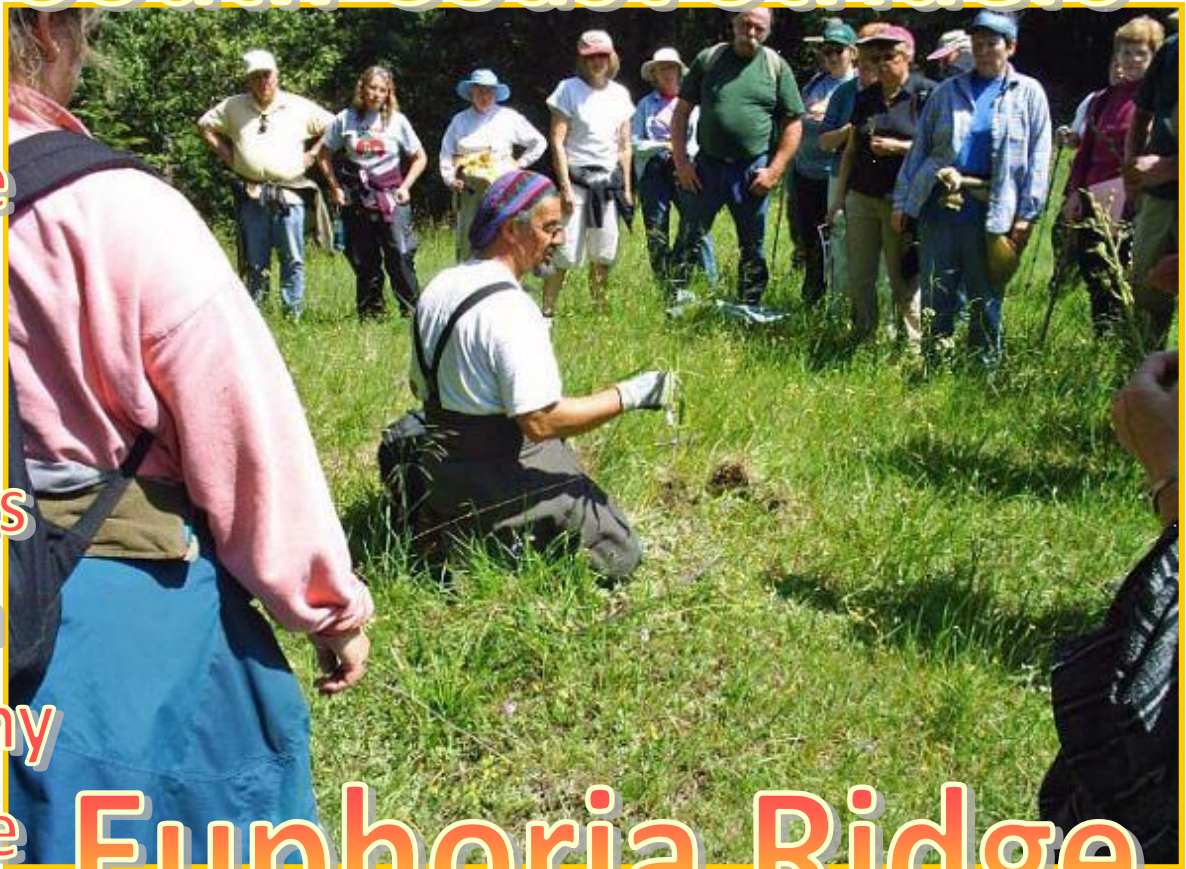


South Coast Striders

Invite
you
to
join us
on a
Healthy
Hike



Euphoria Ridge

Saturday, May 19, at 9:00 and 9:30 am

We will meet to caravan from the Bridge Country Store.

Don Ivy, cultural resources program coordinator for the Coquille Tribe will lead us on a hike through a beautiful rocky meadow and give us some insight into how native people lived and interacted with the land and its resources and how they are managing those resources to support traditional uses today.

Hike is a moderate 3.5 miles. Plan on 3 hours.

*** This hike leaves the Bridge Country Store at 9:30 and is limited to 30 people.**

Email Don Luce at southcoaststriders@gmail.com to reserve your spot.

Reg Pullen & Dave Gray will lead an 8 mile hike from Euphoria Ridge to Bear Pen Creek. The hike will go through 4 trails sections from meadow to mature alder forest to old growth with old roads connecting them. This hike is rated difficult and a shuttle set up is required to make it one way.

*** We leave the Bridge Store at 9:00 sharp in order to set up the shuttle and leave ahead of the next group.**

Plan on 4 hours.

Dress for the weather and walking through tall wet grass. Don't forget water, it can get hot.

Driving Directions: From Myrtle Point, head east on Hwy 42. Go approximately 9 mi., turn right into parking lot of the Bridge Country Store. Reg Pullen's group will leave here at 9:00am. Don Ivy's group at 9:30am.

Suggested carpool sites and departure times: Bay Area Visitor Center - 7:45 or 8:15, Coquille Visitor Center - 8:15 or 8:45, Rays in Bandon - 7:45 or 8:15.

**Sponsored by the Bay Area Hospital,
& The Coos County Women's Health Coalition**

For information go to the Healthy Hikes page at www.coostrails.com

Email Don Luce at southcoaststriders@gmail.com or call Bay Area Hospital at (541) 269-8077