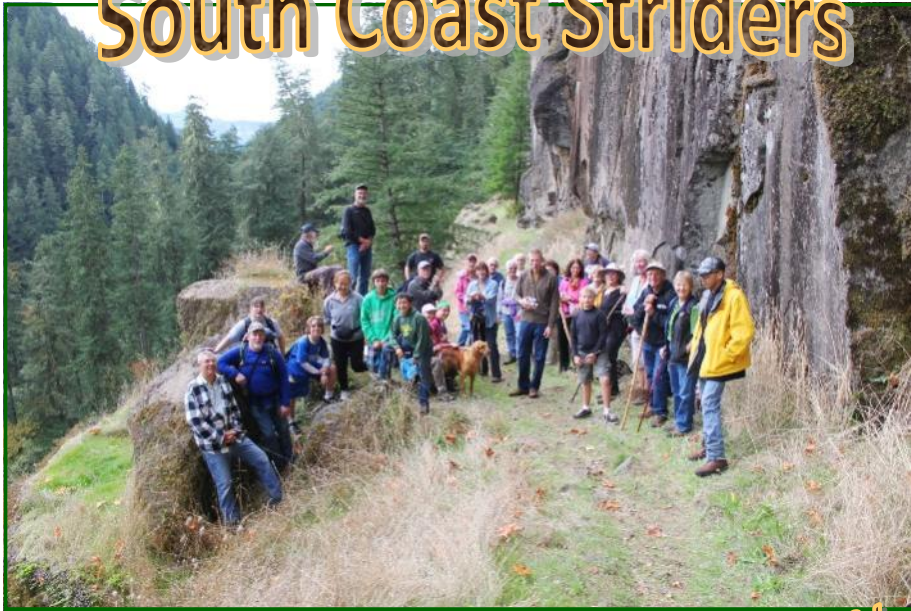


South Coast Striders



Golden & Silver Falls Trail

Saturday March 31st -10:00am

Hike Description: Local author and historian; **Lionel Youst**, will meet us at the trail head and give a short talk about the life and times of the people who lived "Above the Falls" in the Upper Glenn Creek Valley. Following the presentation by Mr. Youst we will head up the trail. The 2.8 mile roundtrip hike climbs a switchback trail through old growth forest of Douglas Fir, Big Leaf Maple and Oregon Myrtle trees up past two beautiful waterfalls both of which are over 100 ft. Early spring is the best time to see lot's of the early wildflower varieties like the Chocolate Lily.

For those wanting a longer hike we will be continuing another 1.7 miles beyond the falls for a 6.2 mile total trip. We will visit an old homestead site and then hike along Frog Creek where we will stop for lunch. So pack a lunch and plan to sit back above the falls and drink it all in. There are pit toilets and picnic tables next to the parking area at the beginning of the hike.

Driving Directions: From the Coos Bay Visitor Center take Hwy 101 south. Turn left on Newport Ave/ Coos River Hwy. Continue for .5 mile - cross the bridge then bear 90 degrees left onto 6th Ave/Coos River Hwy. The road will make another 90 degree turn to the right and you will pass the Coach House Restaurant on your right shortly after that. Continue for .5 mile and turn right onto D Street/Coos River Hwy at the stop sign. **You are following the signs to Allegany.** Continue .8 mile and bear left across the bridge onto S. Coos River Hwy. Continue 1.5 mile then turn left on East Fork Millicoma Rd. and cross bridge. After bridge turn right and continue on East fork Millicoma Rd. for 19 miles through the town of Allegany before turning left onto gravel Glen Creek Rd. Continue on Glen Creek Rd for 3 miles to parking area.

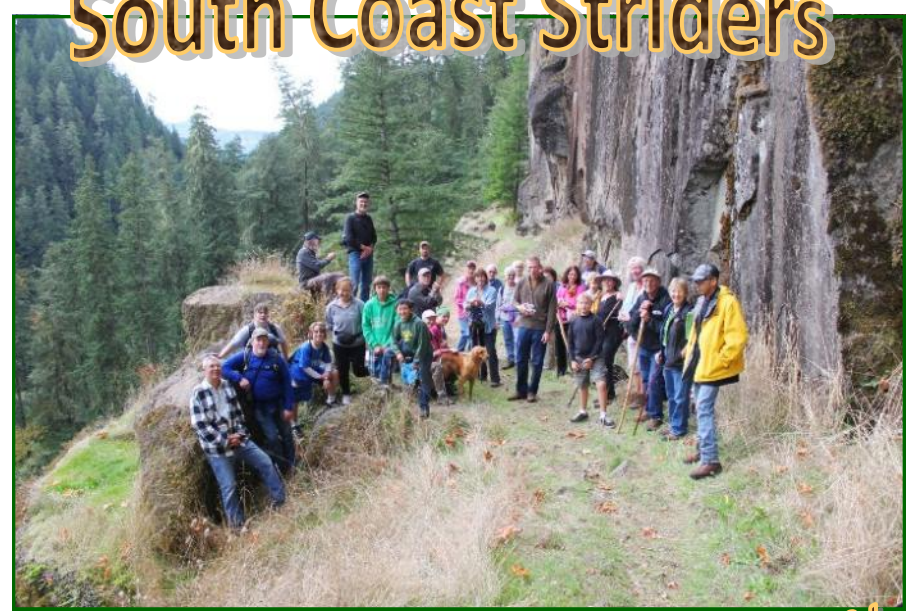
Suggested Carpool sites and departure times: Coos Bay Visitor Center—8:45, Coquille Visitor Center—8:20, Ray's in Bandon—8:10, Dunes Information Center in Reedsport—8:00, Battle Rock Park Visitor Center—7:30.

**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

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