

South Coast Striders

invite you



To Take A Healthy Hike

Kentucky Falls & N Fork Smith River

Sunday, Dec 18th—7:30am

We will caravan from the Dune Information Center in Reedsport

Our first hike is to Kentucky Falls and back. Kentucky Falls area offers views of 3 waterfalls two of which drop over 100 feet. This hike is 2 miles down to falls then 2 miles back on switchback trail. It is rated moderate to difficult. Plan on 3.5 hours to complete the hike with plenty of time to relax, eat lunch and enjoy the falls.

The falls should really be roaring this time of year.

For those who want a more challenging hike join Kim Griffin and Dave Gray as they continue another 6.5 miles down along the N. Fork Smith River trail. The trail winds back and forth over several rustic bridges through old growth forest of Douglas Fir, Hemlock, Western Red Cedar and Big Leaf Maples. Expect to see spawning salmon “reds” in the stream.

This hike is rated most difficult and participants should plan on 6 hours for the total 9 miles of hiking.

Bring lunch and water and raingear, dress in layers, and wear sturdy waterproof boots.

From Coos Bay Visitor Center in downtown Coos Bay travel 26.6 miles N on Hwy 101. Visitor center is on left directly opposite the turnoff for Hwy 38. We will leave from the Dune Information Center at 8:00 and reach the Kentucky Falls trail head at 9:30. Some gravel roads and deep pot holes are on our route but we will go easy.

Suggested carpool sites & departure times: Reedsport Visitor Center - 7:30, Bay Area Visitor Center—6:45, Rays in Bandon—6:10, Coquille Visitor Center—6:10, Battle Rock Park Visitor Center—5:20

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

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