

Take a Healthy Hike

with
the



Photo by Carol Young

South Coast Striders Rocky Peak

Saturday, May 26th

We will leave from Battle Rock Visitor Center in Port Orford at 9:30 am

The Really Tough Hike: Reg Pullen will lead us on an exploration of this little known area of high rocky ridgeline habitat with views that reach from the Pacific Ocean to the Kalmiopsis Wilderness. This 2.3 mile section of the old Asa Carey trail (circa.1870) climbs 1300 feet to a rocky outcropping at 3029 feet. 4.6 mile round trip.

The full hike up to Rocky Peak has some very steep grades and is rated most difficult.

The Slightly Less Difficult Hike : You will have the option to cover the first moderate to difficult portion of the Rocky Peak trail for some nice views and some interesting flora. We will stop at an overlook for lunch. You can rest or do a little exploring in some of the nearby meadows and wooded areas and then we follow our new and "Kinder" path that the local deer were taking back up to the road before returning to the trailhead for a total of 3 miles. You can thank Dave Gray for the kinder trail. Dress in layers, bring water and lunch.

A good breakfast, sturdy shoes and walking stick will help.

Directions: We will leave from the Coos Bay Visitor Center at 8:00am or travel S on Hwy101 51 miles to the Battle Rock Park Visitor Center in Port Orford where we will leave to caravan to the trail at 9:30 sharp.

Suggested Carpool Sites & departure times: Bay Area Visitor Center—8:00, Rays in Bandon-8:35, Coquille Visitor Center—8:05, Battle Rock Park Visitor Center—9:30

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

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

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