

South Coast Striders



are taking a Healthy Hike in

Walkable North Bend

Saturday, Jan 28th, at 9:45 am

We will meet in the Coos Historical & Maritime Museum parking lot

Explore some of the many paths and trails commonly used by the folks in North Bend along with the recently completed Sawmill & Tribal Trail.

You can join local authors and historians Dick and Judy Wagner on an easy to moderate 2 mile loop under the McCullough Bridge and through the woods to Ferry Park then along Bayview Ave and back up into town before returning to the Coos Historical and Maritime Museum. This hike should last about 2 hours.

OR

Take a 5 mile loop at a little faster pace on the North Bend loop portion of the new Sawmill & Tribal Trail. This walk will head out along the Sawmill & Tribal Trail to post #12 on Pony Creek Rd then up the stairs at Lombard and along McPherson to the North Bend Boardwalk then on to Ferry Road Park before returning to the Coos Historical and Maritime Museum. This hike is rated difficult and should last 3—3.5 hours

We will stop for a half hour lunch/snack break at Ferry Road Park.

Directions – The Coos Historical & Maritime Museum is just off Hwy 101 on the N end of town next to the North Bend Visitor Center and Simpson Park.

Suggested Carpool sites and departure times: Coos Bay Visitor Center—9:20, Coquille Visitor Center—9:00, Ray's in Bandon—9:00, Dune Information Center in Reedsport—9:00

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

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