

## South Coast Striders - 2012 Schedule of Healthy Hikes revised: 02/12/12

Date	Trail	Short hike	Long hike	Meeting Place
Jan 28	Walkable North Bend	2 mile historical tour of North Bend with Dick Wagner. Moderate	5 mile loop of Sawmill & Tribal Trail and North Bend paths. 2 & 3 mph pace groups. moderate to difficult.	Coos Historical and Maritime Museum – Off Hwy 101 on north end of North Bend next to Historical Museum and Simpson Park <b>9:45am</b>
Feb 25	Seven Devils to Whiskey Run	2.3 miles. Hike on beach to 5 mile point and back with interpreter. Rated easy to moderate. <b>9am</b>	Hike south onto Whiskey Run Beach and return along Oregon Coast Trail - 5.4 mile - rated difficult. <b>8am</b>	<b>8am long hike, 9am short</b> meet at Seven Devil's Wayside. From Hwy 101 go W on W. Beaver Hill - go 1.6 m. then left on Whiskey Run - go 2.6 then right on Seven Devil's Rd. - Wayside is 1.6 miles on left.
Mar 31	Golden and Silver Falls	2.8 miles moderate hike to upper falls and back with local history and lots of wildflowers.	6.5 miles moderate hike to upper falls and along Frog Creek.	From Coos Bay – Follow signs to Allegany. Cross Bridge in Allegany then continue 7.4 miles on E. Fork Rd/ Hwy 241 then turn left on Glen Crk Rd. – 2.7 mi
April 15	Sweet Creek	Walk .5 mile and two 1.6 mile hikes for 3.7 miles moderate.	Hike all 4 sections for a total of 5 miles moderate.	<b>7:15 am</b> leave Coos Bay Visitor Center or <b>8:00am</b> leave Reedsport Visitor Center then caravan.
May 12	Let's Walk and Talk Together	Take laps around Mingus Park Lake or a 1.5 mile guided hike.	Eat lunch then return at <b>12:30</b> for Coos Bay City Trails tour. 6 mile big loop - 2 & 3 mph groups	You need to register next to the stage at Mingus Park between 9 and 9:15am. Music - Fun - Prizes - Health Fair - Zumba & More
May 19	Euphoria Ridge	4 mile hike with Don Ivy of the Coquille Tribe. *Limited to 30. <b>Leave Bridge Store 9:30am</b>	8 miles one way with shuttle from Euphoria Ridge to Bear Pen Creek. <b>Leave Bridge Store 9:00am.</b>	Take Hwy 42 through Myrtle Point then 10 miles east to Bridge Country Store. <a href="mailto:southcoaststriders@gmail.com">southcoaststriders@gmail.com</a> to reserve your spot on Don Ivy's hike.
May 26	Rocky Peak	3.0 miles along ridge and meadows of Rocky Peak.	Difficult 4.4 to 5 miles round trip with 1280 elevation gain.	<b>8:00am</b> leave Coos Bay Visitor Center or <b>9:30am</b> leave Battle Rock Visitor Center in Port Orford then caravan to trailhead.
June 9 & 10	Hanging Rock - Panther Ridge to Rogue River	2.5 miles moderate round trip to Hanging Rock and back. Or continue on Panther Ridge to Clay Hill for 7 mile.	Continue hike 4.5 miles on Clay Hill trail down to Rogue River to camp for the night. Return 4.5 to Panther Ridge the following morning.	We will meet and caravan from County Extension Office at 631 Alder St. at <b>7:15</b> . Hwy 42 to Myrtle Point. Right on Ash St. then right on 6 <sup>th</sup> to Alder.
June 23	Oregon Coast Trail & Strider's Picnic	Arago Point to Simpson Beach 2.6 mi. one way. Self shuttle required.	Arago Point to Simpson Beach then return on Arago Pack trail - 5.3 mi.	<b>9am</b> - Arago Point. From Coos Bay follow the signs 12.3 miles through Charleston to Sunset Bay State Park. Continue to covered pavilion at end of loop.
July 8	Kentucky Falls /N Fork Smith	4 mile round trip to Kentucky Falls and back.	9 miles Kentucky Falls to Smith River trail head.	<b>7:30 am</b> leave Reedsport Visitor Center then caravan to Kentucky Falls Trailhead.
July 14	Cape Mtn Trails	3 mile loop - moderate to difficult wooded trail, meadows, views.	6.5 to 7 mile hike rated difficult Wooded trail, beautiful meadows.	Leave North end of Fred Myer Parking in Florence at <b>8:30am</b> and caravan to Dry Lake Trail head.
July 22	Bandon Historical Hike	If you are not up to 4 miles you can stop after the Old Town portion. 1 mile easy	Reg Pullen leads 4 mile tour of historic sites in Bandon. Rated moderate	Meet near Old Town in the public parking on the east side of Hwy 101 across the highway from "The Station" restaurant by <b>9:45</b> .
Aug 11	Blacklock Point Floras Lake	4 mile round trip going south along beach from Floras Lake.	8.5 mile trip to Blacklock point and return with Reg Pullen	<b>8:45 am</b> leave Coos Bay Visitor Center and caravan to Boice-Cope County Park - Floras Lake. Take Hwy 101 1/2 mile south of Langlois then follow the signs.
Aug 26	Barklow Mountain	3.7 mile hike to Summit and back rated difficult.	8 mile hike to Summit then to E end of trail and return rated most difficult	We will meet in the parking lot at Ray's Grocery in Bandon and leave there at <b>7:30am</b> . From S. Oregon meet us at 101 & Sixes River Rd at 8am.
Sept 8	Blue Ridge Trails	2 mile hike combining Slugfest and portions of the NCCC trails. Moderate.	Don Luce will lead a 5 mile loop hike combining 5 trails. Rated Moderate.	<b>9:15 am</b> leave Coos Bay Visitor Center - caravan to trailhead.
Sept 16	Cape Blanco	3.5 miles easy/moderate Hughes House to Castle Rock along beach, over headland then return.	7 miles moderate/difficult continue along S. Cape Trail to S. Beach and back.	Travel Hwy 101- 46 miles S of Coos Bay to Cape Blanco State Park. Park beyond Hughes House by Sixes river.
Sept 22	North Spit National Public Lands Day & SOLV Beach cleanup	Let's give something back! 9:00am – 12:30pm Tools, water and snacks provided by the BLM	Volunteer crews will work on various conservation projects on North Spit along with a beach cleanup.	Drive north on Hwy 101 across McCullough Bridge. Turn left (west) at the Horsfall Dune Beach sign. Follow the TransPacific Parkway 4 miles to BLM ramp. To reserve a spot call 756-0100 or email Don Luce at <a href="mailto:southcoaststriders@gmail.com">southcoaststriders@gmail.com</a>
Oct 6	Hall Lake and Shuttpez Lake	2 miles around both lakes and a short walk out onto the dunes	3.5 miles around both lakes and out to the deflation plain and back.	Hall & Shuttpez Lakes are 10 miles S of Reedsport. Take Hwy 101 then West on Wildwood Drive to day-use area. Across Hwy from Tugman State Park.
Oct 21	Tahkenitch Dunes Threemile Lake	4.5 mile interpretive hike out Threemile Lake trail and back.	6.5 mile loop on Tahkenitch Dunes and Threemile Lake trails.	Meet at Tahkenitch Dunes Trailhead 8 miles N of Reedsport near milepost 204 F.S.Rec. pass or \$5 day use fee.
Dec 22	Empire Lakes	1.5 mile paved route easy with interpreter on Sawmill Tribal Trail.	3.5 mi loop around both lakes and college. Moderate route.	From Hwy 101 in Coos Bay go W. on Newmark Ave. past Wal-Mart. Turn right on Hull St. and follow signs to lake.

- Check Healthy Hikes at [www.coostrails.com](http://www.coostrails.com) , Bay Area Hospital at 269-8077 or Don Luce at [southcoaststriders@gmail.com](mailto:southcoaststriders@gmail.com)
- Hikes leave at 10:00am sharp unless otherwise noted. **Arrive 15 minutes early for sign in and hike information.**
- Short hikes average 2 mph pace and last 2.5 - 3.5 hours. Long hikes average 2 – 3 mph pace and can last 3-6 hours.