Before you go… some things to know

Pack what you need and leave valuables at home. Please don't bring anything of value to leave on the bus.

When you imagine yourself hiking a remote trail or on a pristine mountain, there are some things to keep in mind for the safest, most enjoyable trip.

For experienced walkers and flat trail hikers, remember that higher elevations mean more physical demands with less oxygen. For your first hike outing, choose a 1-2 star hiking trip. If you have lung or heart concerns, consult your doctor first.

For your safety you need to wear hiking boots for foot protection and ankle support. Athletic shoes are not permitted. Your boots should be broken-in before you go — don't plan to wear brand new shoes. You may need to use waterproof boots to keep feet warm and dry.

If you have any questions about the outdoor program please contact Janet Sigler at 425-670-5056. Leave a message for questions about equipment, trips, and which activity is right for you.

Please arrive ***15 minutes*** before departure time on all outdoor trips.

Hike Difficulty Key

♥ ***Easy;*** *flat trail paved or unpaved*

♥♥ ***Moderately easy;*** *slight elevation gain with some hills*

♥♥♥ ***Moderate;*** *some difficult terrain & elevation gain; you must be steady on your feet*

♥♥♥♥ ***Moderately difficult;*** *steeper elevation gain with switch backs or steps; rocks, roots & challenging footing*

♥♥♥♥♥ ***Difficult;*** *challenging distance, elevation gain, and terrain*

**Hiking poles highly suggested*

Winter Urban Hikes

– PREREQUISITE –

If you are new to the hike program, you must register for a two heart hike and successfully complete it prior to signing-up for a three+ heart hike.

October Hikes – *(search on-line for details)*

Sign-up ongoing. Ask about current registration availability.

Oct 4-6 Kalaloch Lodge Overnight ♥♥ – ♥♥♥

Oct 11 Scenic HWY 2 Trails ♥♥

Oct 19 Rattlesnake Ledge, I-90 ♥♥♥♥♥

Oct 25 River Meadows County Park, Arlington ♥♥ – ♥♥♥♥

Nisqually National Wildlife Refuge ♥♥

If you are a birder, this hike is for you. At the mouth of the Nisqually River is a diverse and rich estuary teaming with birds of all kinds, so make sure you bring your binoculars. Before the hike, enjoy their visitor center which includes interpretive exhibits of the refuge and a gift shop. You will walk along the Nisqually Estuary Boardwalk that goes over the tidal flats of the Nisqually. There is a viewing platform at the end of the boardwalk which provides a 360-degree view, including McAllister Creek, the Olympics, Mount Rainier and several islands in Puget Sound. Continue on to a pair of old barns where you might find birds of prey hanging out. Please bring your Golden Age Pass if you have one.

- 5 miles round trip
- minimal elevation gain

62513 *Wed Nov 2 9am - 5:30pm*

Sign-up Date: Oct 21 *$26 / $32 NM*

Narbeck Wetland Sanctuary, Everett ♥♥

See where Boeing workers like to take a break from their office. This wetland located near the Everett Boeing Plant offers two loop trails. The inner loop is a boardwalk that circles a series of ponds. The outer gravel loop winds its way through a forested area that is home to a few mischievous beavers. After our hike, we will scout out a local ice cream parlor for a sweet treat on your own.

- 2 miles round trip
- 380 foot elevation gain

62523 *Tue Nov 15 10am - 2:30pm*

Sign-up Date: Oct 21 *$14 / $20 NM*

Hike registration fees include sales tax.

Winter Urban Hikes

Lord Hill, Snohomish ♥♥♥

Named after Mitchell Lord who was a homesteader in this area, this nature preserve is filled with a lot of trails to explore. Trails lead through a forest filled with ponds and marshes. You will get to hike up to a hill that has views of the Cascades and the Snohomish River Valley. Trails are shared by horses and mountain bikes. After the hike, treat yourself to ice cream at Snoqualmie Gourmet.

- 4.5 miles one way
- 200 foot elevation gain

62522	***Tue Nov 29 10am - 3pm***

Sign-up Date: Oct 21 ***$14 / $20 NM***

Everett Waterfront ♥–♥♥

Do you wonder where those landslides are that stop the trains in their tracks? Pigeon Creek Trail on the Everett waterfront gives you a great view of Mother Nature's damage at a safe distance. Other great views include the Puget Sound, U.S. Navy Fleet and the Port of Everett. After your walk, enjoy some window shopping or lunch on your own in downtown Everett.

- 2-3 miles round trip
- 75 foot elevation gain

62521	***Tue Dec 13 10am - 3:30pm***

Sign-up Date: Nov 18 ***$14 / $20 NM***

Elliott Bay Trail, Seattle ♥

On this special walk you get to start out at Olympic Sculpture Park where you will see fascinating sculptures. After viewing the art, we will continue down to the Elliott Bay Waterfront Trail. On this trail, you will get to view some more sculptures and the beautiful bay. You will finish at a marina where you will hop on the bus and head for Dick's Drive In for ice cream on your own.

- 2.5 miles one-way
- minimal elevation gain

62520	***Tue Dec 27 10am - 3pm***

Sign-up Date: Nov 18 ***$14 / $20 NM***

Penny Creek, Mill Creek ♥♥♥

There are some wonderful trails hidden in Mill Creek. We will start the morning with coffee on your own. After our caffeine fix, we will leave the city behind as we hike in a wooded ravine that follows a salmon creek. Some of the trails you need to be steady on your feet. We end the day with lunch on your own at Mill Creek Town Center. Trails are paved and gravel.

- 3 mile round trip
- 200 foot elevation gain

64035	***Tue Jan 10 10am - 2pm***

Sign-up Date: Dec 16 ***$14 / $20 NM***

Smith Island, Everett ♥♥

Walk a path the follows Snohomish River and loops back following the Union Slough. We will be starting on the paved Langus Riverfront trail and making our way through an estuarine complex filled with birds and other wildlife. After our walk, we will drop by the Carl Gipson Senior Center in Everett for a cup of coffee and a treat. Trails are paved and gravel

- 4 mile loop
- mostly level

64036	***Tue Jan 24 10am - 2:45pm***

Sign-up Date: Dec 16 ***$14 / $20 NM***

End of the Year Outdoor Recreation Potluck

Join us at a gathering for everyone participating in outdoor programs: Hiking, biking kayaking, golfing, cross-county skiing, and snowshoeing. Bring a potluck item and we'll provide dessert. There will be a display table for you to bring and share the photos you have taken throughout the year. You are invited to stay for the Winter Recreation Preview following the potluck. Call or stop by the Senior Center to register.

62524	***Fri Nov 18 12pm - 1pm***

Free / $5 NM

Hiking Essentials

- ✓ whistle
- ✓ a sit pad
- ✓ cell phone
- ✓ sack lunch
- ✓ extra socks
- ✓ bug repellent
- ✓ plenty of water
- ✓ layered clothes
- ✓ Golden Age Pass
- ✓ good hiking boots
- ✓ hat and rain jacket
- ✓ hiking or ski pole
- ✓ plastic bag for garbage
- ✓ money for bakery stops
- ✓ sunscreen & sunglasses
- ✓ tissue and/or mole skin

Winter Recreation Trips

Winter Essentials

- ✓ hat & gloves
- ✓ whistle
- ✓ ski or hiking poles with baskets for snowshoeing
- ✓ fanny or day pack
- ✓ gaiter
- ✓ extra socks
- ✓ layered clothes
- ✓ sunscreen & sunglasses
- ✓ hand warmers
- ✓ moleskin
- ✓ plenty of water
- ✓ sack lunch
- ✓ a pad to sit on
- ✓ money for bakery stops
- ✓ $5 for park entrance or Golden Age Pass
- ✓ tissue and/or hand wipes
- ✓ plastic bags for garabage and wet boots
- ✓ cell phone
- ✓ allergy and other personal medications

Winter Recreation Preview

This meeting is for anyone interested in participating in cross-country ski and snowshoe trips. We'll discuss plans for the upcoming season and how you can join in. If you've never been snowshoeing, don't miss the free lesson and demo. Be sure to bring your questions and suggestions.

62525 *Fri Nov 18 1pm - 2pm*

Free / $5 NM

Pacific Crest Trail, Stevens Pass

Enjoy snowshoeing on part of the PCT near Stevens Pass Ski Resort. On this quiet, wooded trail, see wildlife tracks and a snowy mountain range across the valley. Afterwards, warm up with hot cocoa on your own in the Stevens Pass Ski Resort Lodge.

Snowshoe ♥♥ – ♥♥♥

- 2 mile round trip
- 75 foot elevation gain

64045 *Wed Jan 4 9am - 5pm*

Sign-up Date: Dec 16 *$26 / $32 NM*

64059 Snowshoe Rental: $10 / $15 NM

All trip registrations include a $6 non-refundable deposit.

Summit Nordic Center, I-90 – Ski & Snowshoe

The Summit at Snoqualmie Pass offers great trails for cross-country ski lovers. To access the main trail there is a climb up and a steep descent down; novice skiers are not advised. Snowshoe around the lodge or join us as we go across I-90 to Gold Creek Pond. Bring your skis or rent them at the Summit. Lunch, snacks and hot drinks may be purchased on your own at the cafe. Ski rentals and trail pass fee are not included in the trip fee. Gold Creek snowshoers — you must bring your own lunch.

Snowshoe Gold Creek ♥♥♥

- 3.5 mile round trip
- 100 foot elevation gain

64046 *Fri Jan 13 9am - 5pm*

Sign-up Date: Dec 16 *$26 / $32 NM*

64063 Snowshoe Rental: $10 / $15 NM

Winter Recreation Trips

Stevens Pass Nordic Center – Ski & Snowshoe

This Nordic Center features a slew of trails with elevation gain for the intermediate and advanced skier. Snowshoe trails wander up and down through the woods and alongside a frozen creek. Novice skiers and snowshoers are not advised. Ski rentals, food and hot drinks are available at the lodge. Rentals and trail pass are on your own.

Snowshoe ♥♥♥

- 3-5 mile round trip
- 200 foot elevation gain-rolling hills, must be steady on your feet

64047	***Fri Jan 20 9am - 5:30pm***

Sign-up Date: Dec 16 *$26 / $32 NM*
64054 Snowshoe Rental: $10 / $15 NM

Mt Rainier National Park

View the mighty Mt Rainier up close while snowshoeing at Paradise or at Longmire. Road conditions will determine the location. After snowshoeing, you'll have a chance to warm up in the lodge with a hot beverage on your own. Bring your Golden Age Pass or $10 park fee.

Snowshoe ♥♥ – ♥♥♥♥

- **Nisqually Loop:** 1.5 mile; up to 200 foot elevation gain
- **Myrtle Falls:** .5 mile round trip; 100 elevation gain
- **Longmire Loop:** 1 mile; 50 foot elevation gain

64048	***Sat Jan 28 9am - 5pm***

Sign-up Date: Dec 16 *$29 / $35 NM*
64069 Snowshoe Rental: $10 / $15 NM

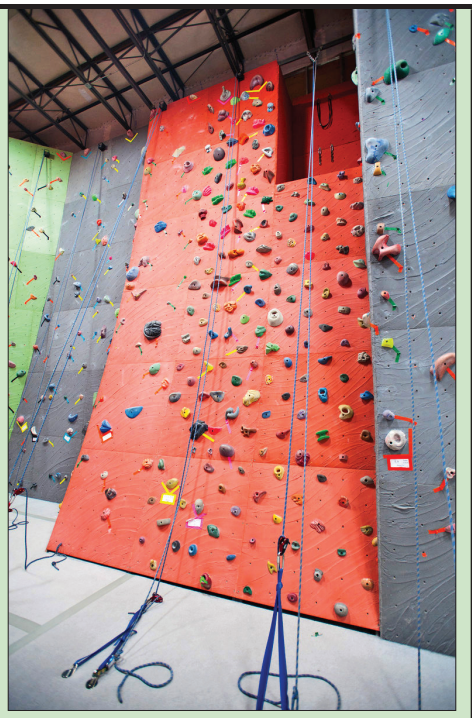
The City of Lynnwood Senior Center trips are **fragrance-free.** Please refrain from wearing perfumes or colognes.

Snowshoe Trip Difficulty Key

♥ ***Easy;*** *slight elevation gain, short distance*

♥♥ ***Moderate;*** *some elevation gain, distance up to three miles round trip*

♥♥♥ ***Moderately difficult;*** *some difficult terrain & elevation gain; you must be steady on your feet*



Learn To Climb at Vertical World, Redmond

Try a new adventure by climbing in the comfort of an indoor gym. Staff will belay and assist as you navigate some easy routes on the climbing wall. You'll have so much fun — it'll be like being a kid again. Before we head to the gym, you will get to have lunch on your own at the Redmond Town Center. Gear and instruction are included. Please dress comfortably and wear no jewelry.

62526	***Date & Time TBA at Nov 18 sign-up***

Sign-up Date: Oct 21 *$38 / $44 NM*

Winter Trip Registration

Register through the Lynnwood Senior Center at (425) 670-5050, or the Lynnwood Recreation Center at (425) 670-5732. Fees includes transportation and sno-park passes. Equipment rental costs and Nordic Center passes are not included. Pass fees range from $13 – $17 per person per day. Snowshoe rental is available through the Senior Center on a first-come basis for an additional charge. Weather conditions may require itinerary changes.