

Day Hikes

Bring a sack lunch, daypack, and water. Fee includes transportation only.

 Easy

 Moderate

 Difficult

CONE PEAK HIKE

Enjoy breathtaking beauty while viewing over 300 wildflower and 17 tree species. Walk along a gentle grade that leads you through the shade of forest onto an open hillside bursting with flowers. Cone Peak's beauty is considered a must see. Departs: Sr. Ctr.-8am/At Home-8:15am

\$22/\$29
MONDAY, JUNE 28, 8AM-5PM

LOST LAKE

This trail highlights the best of Mt. Hood's beauty, wildlife, unrivalled vistas, old growth forests, and an abundance of wildflowers. You'll want to stop along the way to enjoy the splendid views. Departs: Sr. Ctr.-8am/At Home-8:15am

\$23/\$31
FRIDAY, JULY 9, 8AM-5PM

METOLIUS RIVER

Enjoy the majestic views along the Metolius River trail in Central Oregon, which features gushing springs, beautiful flowers, colorful birds, and a fish hatchery. Departs: Sr. Ctr.-8am/At Home-8:15am

\$23/\$31
FRIDAY, JULY 16, 8AM-5PM

LINTON LAKE & BELKNAP HOT SPRINGS

Wander through the forest and lava flow of the Three Sister's Wilderness Area, offering breathtaking views of Linton Falls. Next, travel to the Belknop Hot Springs where you'll have the opportunity to take a relaxing soak in a mineral hot springs pool, while enjoying many acres of gardens, including the extravagant Secret Garden. If you would like to soak in the hot springs pool, you'll need to bring \$7, as this fee is not included in the trip cost. Departs: Sr. Ctr.-8am/At Home-8:15am

\$25/\$33
FRIDAY, JULY 30, 8AM-5PM

MIRROR LAKE HIKE

Mirror Lake is a staple of casual hiking in the Portland/Mt. Hood area. It's a fairly easy hike, and you get to see a very nice lake. The trail is wide and sometimes can be dusty. When you get to a point just below the lake, you can take the loop trail in either direction. Taking the trail to the right connects you to another trail up Tom,

Dick, and Harry Mountain. This is also the direction to go if you want to get to the view of Mt. Hood quickly. Departs: Sr. Ctr.-8am/At Home-8:15am

\$26/\$35
FRIDAY, AUGUST 13, 8AM-5PM

SANTIAM HOUSE ROCK TRAIL

The Santiam House rock trail starts at Cache Creek toll station outside Sisters and continues west to the Willamette National Forest near Big Lake. This portion of the trail is the most intact piece of the original wagon road, and will provide you with a true sense of early travel. The trail parallels the South Santiam River and winds through lush old growth forests and crosses several tributaries along the way. Enjoy the breath taking beauty while traveling the roads of the early settlers. Departs: Sr. Ctr.-8am/At Home-8:15am

\$22/\$29
MONDAY, AUGUST 30, 8AM-5PM

ALBANY PARKS & RECREATION SPRING 2010 ACTIVITY GUIDE

Whenever my schedule allows, I register for all the hiking trips. Not only do I look forward to each term's selections, I have a lot of fun, and the scenery is exquisite! If you have not taken one of these hikes, you're really missing something! — CECILIA



LAVENDER FESTIVAL & BARN OWL NURSERY

Love lavender? Visit the Barn Owl Nursery in Wilsonville. The test garden will be in full bloom and samples will be available of lavender tea and treats. Fee includes transportation only. All meals will be on your own. This trip is not handicapped accessible. Departs: Sr. Ctr.-10am/At Home-10:15am

\$22/\$29
FRIDAY, JUNE 25, 10AM-5:30PM

ST. PAUL RODEO

Watch bull riding, team roping, barrel racing, bareback riding, steer wrestling, and tie-down roping! All meals will be on your own. Fee includes admission to rodeo and transportation only. Departs: Sr. Ctr-5pm/At Home Furniture-5:15pm

\$43/\$56
THURSDAY, JULY 1, 5PM-11:30PM

SISTERS QUILT SHOW

Nearly 1000 quilts hang from buildings, fences, porches, and windows in this western town! This trip involves a lot of walking so come prepared with comfortable shoes. Meals will be on your own. Fee includes transportation only. Departs: Sr. Ctr.-8am/At Home-8:15am

\$29/\$39
SATURDAY, JULY 10, 8AM-6:30PM

EXCELSIOR RISTORANTE & OBF'S "ELIJAH"

At Ristorante Italiano, you'll enjoy the bounty of the Willamette Valley using the freshest of local, organic ingredients. Menu prices range from \$9-\$20. After lunch, travel to the Eugene Hult Center for Oregon Bach Festival's "Elijah", featuring Mendelssohn's fast-moving story of faith, fearlessness, fight, and flight. Fee includes transportation and admission to show only. Meals will be on your own. Departs: Sr. Ctr.-11:15am/At Home-11:30am

\$66/\$87
SUNDAY, JULY 11, 11:15AM-7PM

WILDLIFE SAFARI

Come face-to-face with hundreds of exotic wild animals roaming free in this drive-through park. Fee includes transportation and admission to park. All meals will be on your own. Departs: Sr. Ctr.-8:30am/At Home-8:45am

\$48/\$63
TUESDAY, JULY 13, 8:30AM-7PM

**WESTERN TRAIN ROBBERY-MT. HOOD RAILROAD**

Travel back in time on the Mt. Hood Railroad to when the wild west was full of excitement. Climb on board and be on the lookout for train robbers looking for loot. Enjoy the splendors of the scenic Columbia Gorge while climbing through the Hood River Valley. Fee includes train ride and transportation only. All meals will be on your own. Departs: Sr. Ctr.-6:30am/At Home-6:45am

\$66/\$87
SATURDAY, JULY 17, 6:30AM-6:30PM

COLUMBIA GORGE STERNWHEELER BRUNCH CRUISE

Experience history, legend, and riverboat hospitality on the Columbia Gorge Sternwheeler. Enjoy the Champagne Brunch Buffet and the history of the Columbia River Gorge. Fee includes sightseeing tour, brunch, and transportation. Departs: Sr. Ctr.-7am/At Home-7:15am

\$80/\$106
SUNDAY, JULY 18, 7AM-5PM

MERIWETHER'S & PORTLAND MUSEUM

Lunch at Meriwether's Restaurant, located on the site of the famous 1905 World's fair. Enjoy a meal prepared with the finest Pacific Northwest selections (menu prices range from \$7-\$18) before visiting the Portland Art Museum. View 42,000 objects, which reflect the history of art from ancient times to today. Fee includes admission to museum and transportation only. All meals on your own. Departs: Sr. Ctr.-9:30am/At Home-9:45am

\$33/\$43
TUESDAY, JULY 20, 9:30AM-5PM

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BRITT FESTIVAL & RED LION HOTEL (MEDFORD, 2 NIGHTS)

Enjoy 3 days full of events and activities including a performance featuring Jamie Cullum, the biggest selling British jazz artist of all time. We'll take a historic trolley ride that travels from one end of Jacksonville to the other, enjoy fine dining, and much more! Fee includes 2 nights lodging at the Red Lion Hotel, admission to Britt Festival, trolley ride and transportation only. All meals will be on your own. Departs: At Home Furniture Only-7/23 at 8am

SINGLE \$354/\$470, DOUBLE \$240/\$332
DEPART- FRIDAY, JULY 23, 8AM
RETURN-SUNDAY, JULY 25, 7PM

ALSEA THYME GARDEN AND LUNCHEON

Hidden in the beautiful coast range mountains between Philomath and Alsea, the Thyme Garden offers the Northwest's largest selection of herbs and useful plants. Tour the greenhouses and gardens before enjoying a great meal with, of course, an herbal focus. Fee includes transportation, tour, and lunch. Departs: Sr. Ctr.-9:30am/At Home-9:45am

\$45/\$59
TUESDAY, JULY 27, 9:30AM-4PM

SILETZ BAY SANDCASTLE COMPETITION

This well known sandcastle competition is a huge tourist attraction on the Oregon Coast. The sand sculptures that people come up with are jaw-dropping. Lunch will be on your own at Mo's Restaurant. Fee includes donation to the competition and transportation only. Departs: Sr. Ctr.-8am/At Home-8:45am

\$24/\$31
SATURDAY, AUGUST 7, 8AM-4:30PM

MO'S, GIANT DUNE BUGGY TOUR & GINGERBREAD VILLAGE

The giant dune buggy tours are exciting scenic ways to see the incredible dunes on the Oregon Coast! Climb aboard and take an informative and fun one-hour dune buggy tour. Lunch will be on your own at Mo's Restaurant. You'll have time to walk along Bay Street to see the shops before heading to the dunes. Our final stop will be at the Gingerbread Village, where you can enjoy an ice cream treat. Fee includes dune buggy tour and transportation. All meals will be on your own. Departs: Sr. Ctr.-8:30am/At Home-8:45am

\$31/\$41
TUESDAY, AUGUST 10, 8:30AM-6PM



NESIKA ILLAHEE POW WOW

Travel with us to Siletz, as we attend the Nesika Illahee's annual Pow Wow. Learn about the history of the Nesika Indians while wandering through an open parade to view a world of teepees, native song and dance, drummers, and other crafts. Try BBQ salmon on cedar planks cooked over an open fire pit in authentic fashion. Fee includes transportation only. All meals will be on your own. Departs: Sr. Ctr.-8am/At Home-8:15am

\$23/\$30
SATURDAY, AUGUST 14, 8AM-4PM

MONGOLIAN BBQ & BROADWAY ROSE THEATRE

Create your own stir-fry using a variety of meats, vegetables, sauces, and spices. Dinner prices range from \$7-\$12. After dinner, watch "A Chorus Line", where 17 dancers have the chance of a lifetime to land a chorus role in a Broadway musical. They put themselves on the line for their dream, revealing their most personal stories of ambition, joy and heartache. Fee includes admission to show and transportation only. Departs: Sr. Ctr.-3:15pm/At Home-3:30pm

\$50/\$66
THURSDAY, AUGUST 19, 3:15PM-11PM

SILVERTON FINE ARTS FESTIVAL

Nestled in sprawling oak trees, you'll find over 80 art vendors, art demonstrations, musical entertainment, and a variety of wonderful food. Fee includes transportation only. All meals will be on your own. Departs: Sr. Ctr.-9:30am/At Home-9:45am

\$18/\$24
SATURDAY, AUGUST 21, 9:30AM-3PM

PORTLAND SATURDAY MARKET

The Portland Saturday Market is the nation's largest open-air crafts market featuring local handcrafted items and homemade foods. Pick up a new set of earrings or a hand-woven basket. Fee includes transportation only. All meals will be on your own. Departs: Sr. Ctr.-9am/At Home-9:15am

\$22/\$29
SATURDAY, SEPTEMBER 4, 9AM-4PM





DEEPWOOD ESTATE GARDEN GALA

Join us at the Historic Deepwood Estate for a lovely 4-course Country Supper in the gardens accompanied by great live folk music. Sunset magazine named Deepwood Estate as one of the four "Best Historic Homes" in its "Best of the West" section. Fee includes dinner and transportation only. Departs: Sr. Ctr.-5pm/At Home-5:15pm

\$69/\$91
SATURDAY, SEPTEMBER 11, 5PM-9:30PM

MT. ANGEL OKTOBERFEST

Dancers, musicians, and over 60 food chalets provide almost continuous amusement and add a special flavor to the festivities. You won't want to miss the Big Bands playing their "oompah" music, the yodeling, and folk dancing. A special highlight will be a harvest festival! Fee includes transportation only. All meals will be on your own. Departs: Sr. Ctr.-10am/At Home-10:15am

\$25/\$33
THURSDAY, SEPTEMBER 16, 10AM-6PM

CLACKAMAS TOWN CENTER SHOPPING

Two floors filled with 185 of your absolute favorite stores! All meals will be on your own. Fee includes transportation only. Departs: Sr. Ctr.-9:30am/At Home-9:45am

\$15/\$20
WEDNESDAY, SEPTEMBER 8, 9:30AM-3:30PM

HARVEST BAZAAR & AUDUBON WILDLIFE CARE CENTER

The Elsie Stuhr Center bazaar features jewelry, clothing, antiques, collectible, house goods, and delicious foods. After the bazaar, we'll travel to the Audubon Center where you can learn about birds, wildlife, and living well with your 'wild neighbors.' Fee includes donation to the care center and transportation only. Departs: Sr. Ctr.-8:30am/At Home-8:45am

\$27/\$35
FRIDAY, SEPTEMBER 10, 8:30AM-5PM

SENIOR SAFARI-OREGON ZOO

Take a walk on the wild side when you join us for lions, tigers, and bears. It's Senior Safari Day at the Oregon Zoo. Join us! Fee includes transportation only. Note: Please make sure that you wear comfortable shoes, as there will be a lot of walking involved. Lunch will be on your own on-site. Fee includes transportation only. Departs: Sr. Ctr.-8am/At Home-8:15am

\$24/\$32
TUESDAY, SEPTEMBER 21, 8AM-4:30PM

ADOBE RESORT SUNDAY BRUNCH & NYE BEACH, YACHATS

The Adobe Restaurant is an award winning restaurant with a beautiful view of the ocean from every table in the restaurant. This peaceful brunch along the rocky Oregon beachside includes bubbling champagne, flaky pastries, and sweet tantalizing fresh fruits. Meal prices range from \$15-\$18. After a great meal, take a walk along one of Newport's most popular and beautiful beaches; Nye Beach. Fee includes transportation only. All meals will be on your own. Departs: Sr. Ctr.-6:30am/At Home-6:45am

\$29/\$39
SUNDAY, SEPTEMBER 26, 6:30AM-4:30PM

