

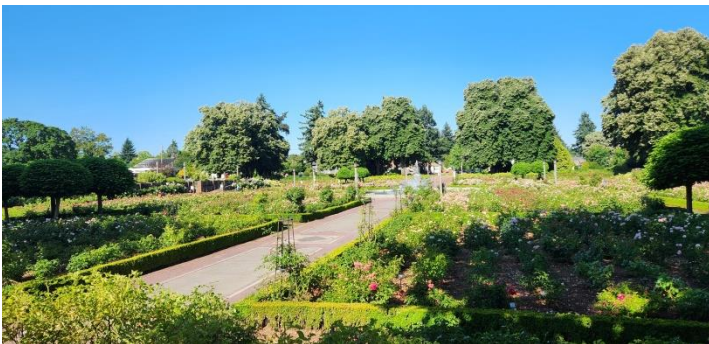
JULY 2026 Newsletter



Schedule of Club Events

22 July - Peninsula Park Rose Garden – 9:30 to 9:55 AM

This is a Traveling Group walk starting at the Rose Gardens then going through older but nice neighborhoods and going into Arbor Lodge Park and Columbia Park. If you can't make it at this time, let Dick know and arrangements can be made so you can participate in this walk



Peninsula Park Rose Garden

12 August – General Meeting – 6:00 to 8:00PM

The is our annual bring your own picnic meeting held at the outdoor patio next to the cafeteria at the Adventist Health Portland, 10123 SE Market St, Portland, OR 97216

Index

Page 1	General Club Info
Pages 2 & 3	Walks in July
Page 4	Walks in July and August

We meet on the second Wednesday in February, April, June, August, October, and December. Currently most of our meetings are held remote using the internet except for the August PICNIC Meeting which is normally held at the outdoor patio next to the cafeteria at the Adventist Health Portland, 10123 SE Market St, Portland, OR 97216

2026 Club Officer Directory

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**JUL 1 @ 9:40 TO 9:55 AM (WEDNESDAY)
TUALATIN, OR**

Floor and Décor, 8515 SW Tualatin-Sherwood Hwy - Meet in Parking Lot

Ice Age Walk – YRE 1431

The walk is along the scenic Tualatin River on the Ice Age Trail and to Browns Ferry Park. You will see a Mammoth Skeleton that was uncovered in Tualatin and a cave bear skeleton

5 and 10 km rated 1A (easy)

**JUL 2 @ 9:30 TO 10:00 AM (THURSDAY)
ABERDEEN, WA**

Walmart parking lot, West End, 909 E Wishkah Street

Aberdeen Waterfront Town Walk – (TGW)

A peaceful walk along multiple city parks and the harbor waterfront, through town where you can see murals and quirky art, moderate stair and hill climbs to see old "timber-barron" homes, then on up for views from the hill-tops of the harbor and Mt. Rainier on a clear day. Descend down to various levels of the city via several sets of "secret stairs".

5 and 7 km rated 1A

**JUL 2 @ 8:30 TO 9:00AM (THURSDAY)
SPOKANE, WA**

South Perry Pizza 1011 S Perry St.

South Perry District Walk - (TGW)

We will walk a 5k loop through the South Perry District. We expect the weather to be warm. Please bring water. Please park on the street adjacent to South Perry Pizza.

5km rated 2A (moderate)



Wed Walkers –Butler Creek - 10 Jun 2026

**JUL 4 @ 8:00 TO 11:00AM (SATURDAY)
VANCOUVER, WA**

Esther Short Park on Columbia St. between 6th & 8th Streets

July 4th - 250 Year Celebration – Event

Enjoy an Independence Day walk at the site of the oldest military fort in the Old Oregon Territory. Esther Short Park is the oldest public park in WA. Explore Historic Ft. Vancouver & Historic Uptown. Two 5 km loops. Group walk leaves at 9 am

5 and 10 km rated 1A (easy),



**JUL 4 @ 9:00 TO 10:00 AM (SATURDAY)
SEATTLE, WA**

SEATAC Community Center, 13735 24th Ave. S

Independence Day Walk – Event

Walk in parks and green space in Tukwila and thru the lovely gardens at the Sea-Tac Community Center. 10K will also do the Miller Creek Trail.

5 km and 10 km – rated 2B (moderate)

**JUL 8 @ 9:40 TO 9:55 AM (WEDNESDAY)
FAIRVIEW, OR**

Fred Meyer, 22855 NE Park Lane, Wood Village.

Register for the walk then drive about 2 miles to the Start

Blue Lake Group Walk – YRE 2249

Walk on Street shoulders and sidewalks in nice residential areas then circle the inside of Blue Lake Park. (NOTE: Dogs are not allowed in Blue Lake Park so if you bring your dog you would have a 15 to 20 minute wait until we finish the inside Blue Lake Park.) 6 km returns to start and the 10km circles Fairview Lake and the many beautiful new homes.

6 km & 10 km rated 1A (easy)

**JUL11 @ 8:00 to 11:00AM (SATURDAY)
PUYALLUP, WASHINGTON**

Clarks Creek Park, 1800 12th Ave. SW.

Daffodil 40th Anniversary Walk - Event

The 10K will go up the hill to the Community Gardens, continue on the 5-mile loop trail, through neighborhoods to the Puyallup Saturday Market, and around the DeCoursey Park pond. The 6K will walk through neighborhoods to and from the Puyallup Saturday Market and around the Decoursey Park Pond.

6 km rated 1A (easy) and

10 km rated 2B (Moderate)

**JUL 14 @ 9:45 TO 10AM (TUESDAY)
ALBANY, OR**

Lakeshore Lanes, 5444 Pacific Bld.

Wellness Trail Walk – (TGW)

A walk along the area of the Oak Creek watershed with trails through stands of trees and along the Calapooia River named for the local Native Americans of the area. This trail will also take you around the campus of Linn Benton Community College local residential areas.

5 and 10 km rated 1B (easy)



Wed Walkers –Felida 24 Jun 2026

**JUL 15 @ 9:40 TO 9:55 AM (WEDNESDAY)
PORTLAND, OR**

Holiday Inn Parking Lot,
909 N Hayden Island Dr,

Hayden Island Group Walk – YRE 754

2 five km loops. The east loop is on a path along the Columbia River with great views including Mt Hood on sunny days. The second loop is to the west into the shopping mall and along the river.

5 & 10 km are rated 1A (easy).



**Find the Butterfly OTSVA 2026 Challenge
–Felida Walk - 24 June 2026**

**JUL 16 @ 8:45 TO 9:00AM (THURSDAY)
KEIZER, OREGON**

Keizer Rapids Park, 1900 Chemawa Rd North

Keizer Rapids Park Walk – (TGW)

10k includes walk in the forest mostly on asphalted path before going to area with attractive housing by Willamette River plus 3 other parks. 6k doesn't go into the forest but does the nearby neighborhood & 1 other park. Walk is on paved pathways.

6 and 10 km rated 1A (easy)

**JUL 21 @ 9:30 AM TO 10:00 AM (TUESDAY)
BEVERLY BEACH, OR**

Beverly Beach Park Day Use Parking
198 NE 123th Street, Newport

Beverly Beach Walk – (TGW)

The walk will be on trails in the park and mostly on the beach

5 km & 10 km – rated 2B (moderate)

**JUL 21 @ 5:45 TO 6:00 PM (TUESDAY)
OLYMPIA WA**

Briggs Community YMCA, 1530 Yelm Hwy SE.
Park on street

Ward Lake - Deschutes River Walk- (TGW)

Walk through south Olympia and north Tumwater neighborhoods visiting a small lake with fishing access and Pioneer Park along the banks of the Deschutes River.

5 and 10 km rated 1B (easy)

**JUL 22 @ 9:30 TO 9:55 AM (WEDNESDAY)
PORTLAND, OR**

Rose Garden at Peninsula Park (SE Corner) located at Kerby Ave and Ainsworth St

Peninsula Park Rose Garden Walk – (TGW)

The walk will start at the Peninsula Park Rose Gardens going through the gardens then walk in older but nice neighborhoods to Arbor Lodge Park and Columbia Park

5km and 10 km rated 1A (easy)

**JUL 23 @ 8:45 TO 9:00 AM (THURSDAY)
SALEM, OR**

Union Pacific RR pedestrian bridge
550 Water St NE

West Salem Walk – (TGW)

Walk starts at the historic Union Pacific RR pedestrian bridge to go to West Salem. Older and newer neighborhoods are explored

6km and 11 km rated 2A (moderate)



Wed Walkers – Wilsonville 17 Jun 2026

**JUL 29 @ 9:40 TO 9:55 AM (WEDNESDAY)
CAMAS, WA**

Lacamas Heritage Park, 303 NW Lake Rd.

Lacamas Lake Group Walk – YRE 364

Walk along Lacamas Lake on Natural trails in a mostly wooded area with a section of very beautiful homes

5km and 10 km rated 1B (easy)

**AUG 5 @ 9:40 TO 9:55 AM (WEDNESDAY)
VANCOUVER, WA**

Safeway, 408 NE 81st St. Use parking lot away from the main store entrance

Hazel Dell Walk – (TGW)

The walk will be mainly in residential areas going through some parks and school grounds. It will not go up/down steep hill from the greenway.

5km and 10 km rated 1A (easy)

**AUG 6 @ 9:45 TO 10:00 AM (THURSDAY)
OCEAN SHORES, WA**

Ocean Shores IGA,
101 E Chance a La Mer NE

Bayside/ Oyhut Walk – (TGW)

Relatively crowded at entrance with families, fishermen, surfers, kite surfers. But you usually only see walkers or birders or photographers once you get away from the crowd. Most of the route is between shoreline and dunes except for the remnant of the road you entered on that once connected to a (long vanished) picnic area on the dunes. The 11k begins at Oyhut Bay resort which has a restaurant, restrooms and a small market. It meets up with the 5/8k routes at the entrance to Damon Point.

Normally there are no weather related issues, but you want to avoid this walk at times of high winds and storms- especially in conjunction with high tides - as it is possible for water to wash over narrow sections, cutting off access back to mainland.

5km, 8km and 11km rated 1C (may be difficult)

**AUG 12 @ 9:40 TO 9:55 AM (WEDNESDAY)
PORTLAND, OR**

Floyds Coffee House & Wine Bar,
1996 SE Ladd Ave (Meet in front – this day only)

Old Portland Walk – YRE 2480

Walk through a uniquely laid out neighborhood with huge shade trees, historic homes & traffic circles with rose gardens. You will see some very small statues placed on rocks.

5 & 10 km rated 1A (easy)