

September 2025 Newsletter

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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



Schedule of Club Events

17 September –

“Starvation Creek Falls” Traveling Group Walk

Our club sponsored walk. Details on page 3.



Wed Walkers – Hayden Island – 27 Aug 2025

- Photos of The Grotto, Oregon City, and Hayden Island were taken by Ed Hainline

Page 1 – General Club Information

2025 Club Officer Directory

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**SEP 2 @ 5:30 PM TO 5:45 PM (TUESDAY)
OLYMPIA, WA**

8910 Lake Lucinda Dr. SW,
Darlin Creek Preserve Walk – (TGW)

Walk this urban green space to view northwest flora and fauna. See wetlands, birds and beaver dams.
5 km rated 1C (moderate)



**Group Walkers at the Washougal Arts Festival
9 Aug 2025**

**SEP 2 @ 8:45 to 9:00AM (TUESDAY)
MCDOWELL CREEK, OREGON**

43170 McDowell Creek Drive,
Lebanon OR
Looking for Big Foot Group Walk – (TGW)
The walk trail starts near the Lower McDowell Creek Falls, you will then enter terraced stairs and trail to pass by *Royal Terrace Falls, Majestic Falls and Crystal Falls*. Maybe even Bigfoot.
6km rated 2B (moderate)

**SEP 3 @ 9:35 TO 9:55 AM (WEDNESDAY)
RIDGEFIELD, WA**

Davis Park, 300 block of Main St.
Ridgefield Wildlife Trails Walk – (TGW)
The 5 km walk will go down Main St. then enter into the US Fish and Wildlife Refuge area on developed trails. The walk will pass by the reconstructed Plank House and Fish and Wildlife's new facilities. The 10 km will continue into Abrams Park, more trails in wooded areas & nice homes
5 rated 1B (easy) 10 km rated 2B (moderate)

**SEP 4 @ 9:30 TO 9:55 AM (THURSDAY)
ABERDEEN, WASHINGTON**

Walmart parking lot, West End,
909 E Wishkah Street
Mert Turner Memorial 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-baron" homes, then on up for views from the hill-tops of the harbor Descend down to various levels of the city via several sets of "secret stairs" 5 & 7km rated 1A (easy) 10km rated 3B (hard)

**SEP 6 @ 9:00 TO 11:00 AM (SATURDAY)
PURDY, WASHINGTON**

10405 WA-302 NW, Gig Harbor
Gateway Park & 360 Trails Walk – Event
Walk the dirt trails of 360 Park starting from the adjacent Gateway Park. Both parks have been improved since we walked them 10+ years ago.
5km is rated 2B (Moderate)
10km is rated 3C (Difficult)

**SEP 9 @ 8:45 TO 9:00 AM (TUESDAY)
CORVALLIS, OR**

Corvallis Community Center 2601 Tyler Avenue
Witham Hills Group Walk – (TGW)
The walk going through nice neighborhoods through a dog park, trails, Witham Hills. A nice shaded walk on dirt trails and native forest.
5 and 10 km are rated 2B (moderate)



Wed Walkers – Moulton Falls – 6 August 2025

**SEP 10 @ 9:15 TO 9:25 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)

**SEP 13 @ 9:00 TO NOON (SATURDAY)
MT ANGEL, OR**

500 Wilco Hwy NE (Hwy 214)
Start table located North of the Fest Hall

Oktoberfest at Mt Angel Walk – Event

This quaint town comes alive with brews, brats, German music (oompah) and crafts for this annual event. The walk takes you through the craft fair, past the Glockenspiel and up the hill to the Abbey. 5 km (1A) 10 km (2A)



Wed Walkers – Oregon City - 13 August 2025

**SEP 16 @ 8:45 TO 9:00 AM (TUESDAY)
CORVALLIS, OR**

1410 Goodnight Ave.

Crystal Lake Group Walk – (TGW)

This walk starts near the Willamette River, near a nice covered picnic area with Some paved and dirt trails passing by two small lakes and some wetland areas.
5 and 10 km rated 1A (easy)



Wed Walkers – The Grotto 20 Aug 2025

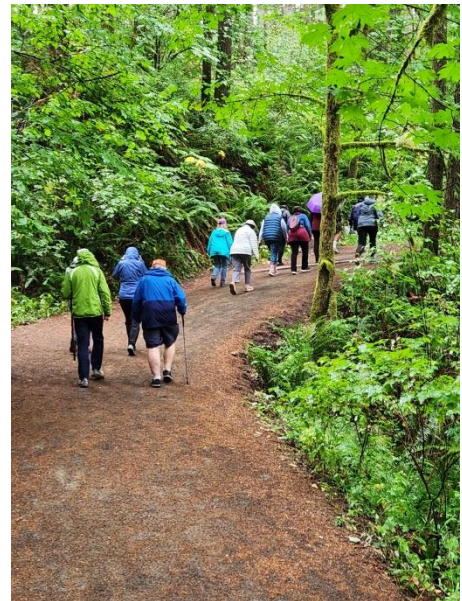
**SEP 17 @ 9:05 to 9:25 AM (WEDNESDAY)
VIENTO STATE PARK, OR**

Viento State Park, I-84 Exit 56

Park on South side (turn right as you exit)

Starvation Creek Falls Group Walk – (TGW)

Enjoy walking past Starvation Creek Falls, Cabin Creek Falls, Hole in the Wall Falls and Lancaster Falls on paved paths with a 2 km section (10 km only) going down to the Columbia River on a gravel road.
Recommend carpooling as it is a longer drive and limited parking
5 & 10 km – rated 1B (easy)



5 km Walkers – Moulton Falls 6 Aug 2025

**SEP 20 @ 9:00 TO 11:00 AM (SATURDAY)
REDMOND, WA**

21760 NE Novelty Hill Road

Wandering in the Watershed Walk - EVENT

Walk on gravel or dirt trails through mossy woods and along streams and ponds in a popular park. Look for birds and enjoy all the shades of green! You'll share some of the trails with horses and mountain bikers, so canine friends will have to stay home.

The 5 and 10 km rated are 2B (moderate)

**SEP 24 @ 9:10 TO 9:25 AM (WEDNESDAY)
PORTLAND, OR**

West Coast Athletic, -7522 N Lombard St.

Register in outside

Univ. of Portland Group Walk – YRE 1298

The walk will go along residential streets with views of the Willamette River, into the University of Portland Campus and pass by or go into three city parks.

The 6 & 10 km walks are rated 1A (easy)

**SEP 27 @ 9:30 to 11:00 (SATURDAY)
WILKESON, WA**

Wilkeson Eagles, 534 Church St.

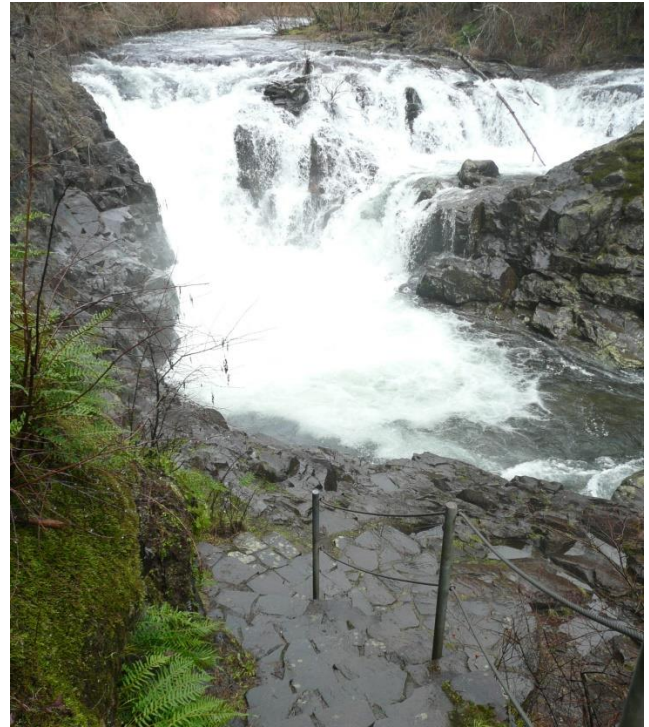
Wilkeson Foothills Trail – (TGW)

The route is a Rails-to-Trails dirt trail to the Carbonado cemetery. This is an out-and-back route passing the eggs & bacon skateboard park and is part of the Foothills Rails-to-Trails system. Walk is mainly in the shade.

5 and 10 km rated 2B (moderate)



5km Walkers at Oregon City overlook – 13 Aug 2025



Yacolt Falls in the winter (Moulton Falls Walk)

**OCT 01 @ 9:40 to 9:55 AM (WEDNESDAY)
PORTLAND, OR**

Glendoveer Golf course NE Parking Lot

Corner of NE 148th & NE Halsey

(This is not the parking at the clubhouse but on the opposite side (NE Corner of Glendoveer))

Glendoveer Golf Course – YRE 173

The walk will take you through quiet neighborhoods on sidewalks and streets, including a two-mile circuit of the Glendoveer Fitness Trail on bark dust around the golf course. Pets are not allowed at Glendoveer
5 and 10 km rated 1B (easy)

**OCT 02 @ 9:45 to 10:00 AM (THURSDAY)
SALEM, OR**

LifeSource Natural Foods, 2649 Commercial St SE

Candalaria Neighborhood Walk (TGW)

The walk goes through a large cemetery then through the lovely, hilly Candalaria residential neighborhood. The 10k continues on natural trails and in forests to the Fairmount neighborhood. The Fairmount route goes past the Governor's Mansion and other attractive mansions and gardens. The 5km does not go by the Governor's Mansion

The 5 and 10 km are rated 3B (hard)