

WALK FOR YOUR LIFE SCHEDULE

August 2018 - Walk Schedule

The Federal Way Senior Center is located at 4016 S. 352nd Street, Auburn WA 98001

- A rating 1 is easy with minimum elevation gain, and is 3-4 miles long.
- A rating 2 has a more uneven path and some elevation gain.
- A rating 3 has a several hundred foot gain and an even more uneven trail surface.

WE LEAVE AT 9:00 AM TUESDAY MORNING! (See Exceptions for August)**

****Exceptions: Sunrise on 8-07, Paradise on 8-14, and Greenwater lakes on 8-28 We leave at 8:30. (Be at the center by 8:00 so we can be all signed and and leave at 8:30.)**

If you have not yet filled out a waiver form (attached) please download & fill out or be at the center by 8:30 to complete one.

These must be completed to participate in the Walking Group participate in the Walking Group (No Exceptuons)

****8-07: SUNRISE–Mt. Rainier - NOTE: LEAVE AT 8:30AM**

Please be on time so we can calculate the price and be on our way by 8:30 am,

We will walk to **Shadow Lake** via **Sunrise Camp** (1.6 miles) and return via the lower trail to the parking lot. This Loop has 200-ft elevation change. High point: 6400-foot elevation. For those who don't want to walk that far, the **Silver Forest Trail** is shorter & easier and there are picnic tables on the hill above the restrooms.

Rating: 3 Lunch: Sack (On our return home we will stop at Wapiti Woolies, Greenwater, for coffee, ice cream)

****08-14: Paradise – Mt. Rainier - NOTE: LEAVE AT 8:30AM**

This is an open walk with a stroll through the flower fields & includes Myrtle Falls, on return we may go on to the Nisqually Vista trail.

Rating: 2 Lunch: Sack or buy (food may be bought at the lodge) (On our return home we will stop at Copper Creek Inn, for coffee, pie, or ice cream)

08-21: Franklin Falls :

The walk is off I-90 a few miles before the pass, and follows a forest trail up the Snoqualmie River to the falls and back via a pioneer wagon trail. This is approx a two-miles round trip, We will drive to the Asahel Curtis Nature Trail and have lunch in the picnic area.

Rating: 2

Lunch: Sack

****08-28: Greenwater Lakes - NOTE: LEAVE AT 8:30AM**

This two plus mile hike to Greenwater Lakes is a delight for hikers of all ages. In addition to the lakes (also known as Meeker Lakes) see mossy cliffs with pockets of licorice ferns, the Greenriver in all its moods and big trees. (r/t approx 4 miles.)

miles round trip, 426

Rating: 2

Lunch: Sack (On our return home we will stop at Wapiti Woolies, Greenwater, for coffee, ice cream)

For Information Contact: Federal Way Senior Center (FWSC) :
Phone: 253-838-3604 - E-mail: www.federalwayseniorcenter.org