

WALK FOR YOUR LIFE SCHEDULE

May 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.

****** If **[Sack Lunch]** is indicated, please bring your lunch with you.

COME 15 MINUTES EARLY TO SIGN IN (8:45 am).
WE LEAVE AT 9:00 AM TUESDAY MORNING!

Waiver Form

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 (No Exceptions)

May 01: Lake Hills Greenbelt, Bellevue **** [Sack Lunch]**

Lake to Lake (Larson Lake to Phantom Lake Trail) via mostly paved and gravel trails.

Sack lunch in shelter at Pea Patch Garden.

Distance: 3 miles round trip.

Rating 2 Lunch: Sack

May 08: McLean Creek – Mimi Mounds **** [Sack Lunch]**

The Mclean Creek Nature Trail consists of a series of beaver ponds with trails through surrounding coniferous forests, deciduous woods, open areas, marshes and swamps.

The Mimi Mounds are a strange collection of mounds in a native prairie with coniferous and deciduous forest on two sides. **Bonus:** wildflowers and butterflies. Trails are fairly level, mostly dirt and gravel.

Distance: 3 to 4 miles Round Trip

Rating: 2 Lunch: Sack

May 15: Sumner Link Trail

A level paved trail, along White River; with views of the valley.

Distance: 3 to 4 miles Round Trip

Rating 1

Lunch: Buy

May 22: Indian Trail - Three Tree Point, Burien ** [Sack Lunch]

This is an easy hike along a section of an historic Native American trail. Native peoples traveled from the south end of Puget Sound to the north. Now you can enjoy a section of the same, complete with views of Mount Rainier, the Olympics, Puget Sound and Vashon Island. Trail: Gravel path.

Then we drive a short distance north, to Seahurst Park for a short walk along beautiful shoreline and eat lunch in picnic area there. Path: paved

Distance: 3 miles Round Trip

Rating: 1

Lunch: Sack

May 29: Soos Creek – North ** [Sack Lunch]

The Soos Creek Trail features a gentle grade in a natural setting suitable for leisurely strolls, bicycle rides and horse rides. The trail is paved and follows the Soos Creek in a north-south direction. we will walk a portion of the trail from Gary Grant Park, south, and have a picnic lunch at the park upon return.

Distance: 3 to 4 miles Round Trip

Rating: 2

Lunch: Sack

For Information Contact: Federal Way Senior Center (FWSC) :

Phone: 253-838-3604 - E-mail: www.federalwayseniorcenter.org