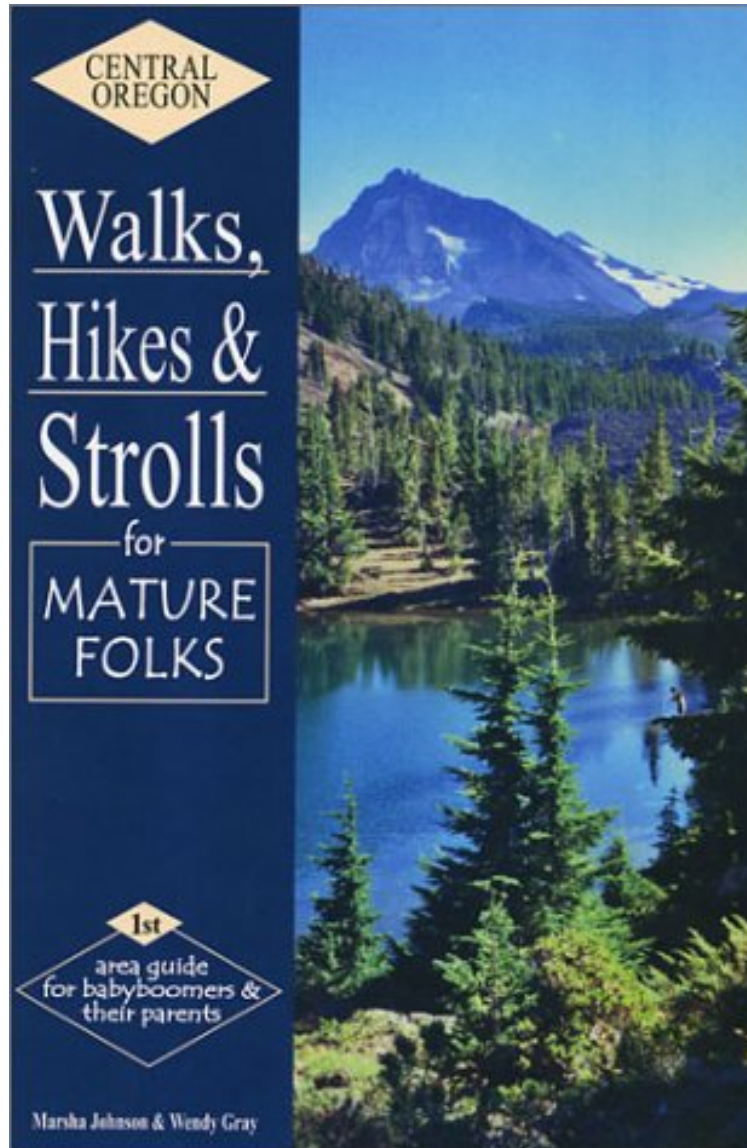


(Ebook free) Central Oregon Walks, Hikes Strolls for Mature Folks

## Central Oregon Walks, Hikes Strolls for Mature Folks

*Marsha Johnson, Wendy Gray*  
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**Marsha Johnson, Wendy Gray : Central Oregon Walks, Hikes Strolls for Mature Folks** before purchasing it in order to gage whether or not it would be worth my time, and all praised Central Oregon Walks, Hikes Strolls for Mature Folks:

5 of 5 people found the following review helpful. Walks and hikes for everyoneBy Larry GilbertAs a lifelong hiker and adventurer, I highly recommend Johnson and Gray's "Walks, Hikes and Strolls". When I am on a hike, I want to be enjoying nature, focusing on the beauty around me and appreciating the inner peace that comes with this

experience. "Walks, Hikes and Strolls" better allows me to relax and get what I want out of a hike because of its simplicity, clarity, and its common-sense approach. This book will allow young and old alike to enter nature with a feeling of security and with the knowledge needed to make the most of the experience. The Fact Finder in the left hand column gives valuable information on miles, elevation, permits needed, trail timeframes and where to obtain maps. The Feasibility Gauge in the right hand column consisely tells trail conditions, facilities, type of exposure and types of use that the trail has. I can't wait to try out the hikes that are listed! 2 of 2 people found the following review helpful. This is the Best of the Hiking Guides By Larry Bloomquist With many of the hiking guides lining my bookshelf, this one stands out with its unique, user-friendly format. All of the most important information regarding selection of a trail are on easy-to-reference columns of stand-out font along each side of the pages. The supporting narratives fill the remainder of the pages with plenty of detail to give you a clear understanding of exactly what you can expect to encounter, plus ensure that you fully enjoy and appreciate each hike. Despite the title, this book is for all hikers and I would especially recommend it for families with young children. I certainly hope that these authors are considering more publications to cover other areas throughout the Northwest. 2 of 2 people found the following review helpful. Get Out and Enjoy Central Oregon! By Kathy Thompson I thoroughly enjoyed this book on 'little' outings in Central Oregon. It is a thoughtful approach to walks and hikes in that area with those folks in mind who are not able to do the rigorous hikes that most hiking books focus on. The authors remind us that we need to enjoy the things that we can do rather than bemoan the things that we cannot do. The book is well written and accurate. Having taken several of the hikes myself, I can say that with confidence. The book needs to be taken along on the walk as a good 'tour guide'. I enjoyed the enthusiasm and the humor of the authors. It is a great resource for those with small children, older parents or handicapped friends or family.

This guidebook describes fifty outings within fifty miles of Bend, Oregon, for folks age 50 and up. Eighteen strolls, fourteen walks and eighteen hikes are included along with maps and photographs. The user-friendly layout affords instant access to pertinent facts, enabling mature folks to assess the outing's feasibility for their fitness level. Besides showing off some of the area's most scenic spots, the fifty featured outings offer something for every fitness level, including 9 wheelchair accessible strolls. Locals and visitors need never again lack for ideas for a rewarding activity on a day off.

Informative! Impressive! Inspiring! This strollers', hikers' guide to the Central Oregon Cascades is designed to meet the needs of Seniors. -- Dick Perrin, Minister to Seniors, Eastmont Church, Bend, Oregon This guide makes a valuable contribution to the existing body of literature about the region's amazing wealth of outdoor opportunities. -- Bend Bulletin, May 29, 2002 From the Publisher Finally, a user-friendly guide for seniors and families wanting to visit the best spots in Central Oregon. This is destined to become the favorite guidebook to the Central Oregon outdoors. Here you'll find 50 reasons to get off the couch, get a little exercise AND enjoy it. From the Author Our guide provides specific information to facilitate a safe and enjoyable outing for mature folks of varying ability and fitness levels. The layout affords instant access to pertinent facts with Fact Finder and Feasibility Gauge columns. We describe very short outings for folks who are time- or fitness-challenged, as well as medium and longer length outings to please walkers and fit hikers. We include a section of group outings that lists three or more activities with a common staging area, allowing families and groups of folks at different fitness levels to have suitable choices for each member. With this guide, we seek to meet a need of mature folks and families to have adequate information before they go to choose and prepare for an appropriate and safe outing.