# Lake Oswego Parks and Recreation Hike & Ramble Schedule for Fall 2026

**General Information:** This document lists hikes planned for Fall 2026. Join us on group Hikes, easier Rambles, or mid-level Easy Hikes, planned and led by volunteers. Priorities are to enjoy healthy activity in beautiful natural surroundings with friends. Outings are planned for Tuesdays and Thursdays, most within two hours' drive of Lake Oswego. Pets are not permitted. **If you have a cough, fever, shortness of breath, feel unwell or have been in contact with anyone with these symptoms in the last 24 hours, please refrain from participating in Hikes and Rambles.**

**Updates:** This preliminary schedule should be used for planning purposes. Weather, road and trail conditions may necessitate changes at the time of a hike. On rare occasions, hikes may need to be canceled due to region-wide hazardous conditions, such as wildfires, etc. In addition, hikes and rambles may be canceled if the Lake Oswego Parks & Recreation Department has an emergency closure; see www.ci.oswego.or.us/parksrec. These changes are posted in the LOHikes website, www.lohikes.org as soon as possible. Each hike is scouted by its leaders shortly before hike day and updates are posted the weekend before the hike on the LOHikes website, and in the weekly, emailed newsletter. To subscribe to the newsletter, please send a request with your name and preferred email address to lohikesnews@gmail.com.

**Meeting Places, Times & City Fees:** All hikes and rambles leave from Lake Oswego Westlake Park (WP), at the WEST parking lot. Individual hike descriptions may include second meeting times and places (see the table below for standard 2nd meeting place locations). No pre-registration is required. Departure times and round-trip drive miles are listed at the bottom of each hike description. Please arrive at least 15 minutes before the departure time to pay a $1 Parks & Rec fee and sign the hike roster. You will also be asked to sign a liability release once each year. You may want to participate in carpools and/or get driving instructions. We leave promptly at the stated times. Return times will vary, depending on hiking and driving distances.

**Carpooling & Diver Donations:** Carpools may be arranged among participants at the meeting places. **Please note that a driver may require that passengers wear a mask while in their car**. For those who have arranged to share a ride, suggested carpool donations to your driver, based on round-trip mileage to the trailhead, are listed in parentheses ($ from 1st meeting place/$ from 2nd meeting place) at the bottom of each hike description. Exact change is appreciated. Bridge tolls and entrance or parking fees per car are listed separately and are shared among car occupants. Hike descriptions also specify if Park passes are required and drivers are responsible for obtaining these prior to the hike. The most common Park passes can be obtained online.

- A Northwest Forest Pass (NWFP) may be required for each vehicle at selected trailheads in National Forests. NWFP can be purchased online at: store.usgs.gov/forest-pass.
- In lieu of a NWFP, seniors can purchase a yearly or lifetime America the Beautiful pass online at: nps.gov/planyourvisit/passes.htm#senior-passes
- A Washington Discover Pass (WDP) is required on most Washington state-owned land. WDP can be purchased online at: discoverpass.wa.gov.
- An Oregon State Day-Use Park Pass (OSPP) (Daily or Yearly) can be purchased online at: store.oregonstateparks.org. OSPP may also be available at REI and at some Oregon State Park trailheads.

**What to Wear/Bring:** Leaders may refuse to take anyone judged not properly equipped or prepared. Participants accept responsibility for their personal safety. Wear clothes suitable for weather conditions. Breathable, moisture-wicking layers are ideal. Sturdy, lug-soled, waterproof walking shoes or boots are recommended. Bring a daypack containing lunch and trail snacks, sufficient water, sun protection, extra jacket or vest, rain gear or umbrella, a face covering and personal items such as sunglasses, insect repellent, first aid kit, compact space blanket, whistle and flashlight. Bring extra shoes and a plastic bag to put muddy items in for the return trip. (Your driver will thank you.) Hiking poles are often helpful, but optional. Ticks and poison oak may be encountered.

| KEY | MEETING LOCATIONS DESCRIPTION |
|---|---|
| **WP** | **W**estlake **P**ark, 14165 Bunick Dr, Lake Oswego - WEST parking lot. From Kruse Way, turn north on Westlake Dr., turn right (east) on Melrose St, and then take the first right into the parking lot. |
| **AWHD** | **A**irport **W**ay **H**ome **D**epot, 11633 NE Glenn Widing Dr, Portland, SW corner of parking lot (Exit 24-B off I-205, Exit 13 off I-84) |
| **CFM** | **C**lackamas **F**red **M**eyer, 16301 SE 82nd Dr, Clackamas, north lot near Elmer's (Exit 12-A off I-205) |
| **JBT** | **J**antzen **B**each **T**arget, 1555 N Tomahawk Island Dr, Portland, SE corner of parking lot (Exit 308 off I-5, left on N. Hayden Island, left on N Parker) |
| **L&C** | **L**ewis and **C**lark State Recreation Site, 1 Jordan Rd, Troutdale (Exit 18 off I-84) **OSPP Required** |
| **NS** | **N**ewberg **S**afeway, 1140 N Springbrook Rd, Newberg, OR, SE corner of lot (From OR-99W, turn north onto Springbrook Rd, then right into Springbrook Plaza. Park facing OR-99W) |
| **SPS** | **S**unset **P**laza **S**afeway, 13485 NW Cornell Rd, Portland, SE corner of lot (Exit 67 off US 26W, north on NW Murray) |
| **WT** | **W**ilsonville **T**arget, 25925 SW Heather Pl, Wilsonville, NW corner of parking lot (Exit 286/Elligsen Rd. east off I-5) |

# Lake Oswego Parks and Recreation Hike & Ramble Schedule for Summer 2026

### 9/1 (Tue) - Easy Hike: Tryon Creek Quadruple Bridge Loop (Portland/Valley)

Leader: Anne S
3.5 miles, elev. gain 534 ft.
This will be a cool walk in Lake Oswego's own local State Park. Starting from the Tryon Creek Nature Center, we will take the Old Main and Red Fox trails south to the Red Fox Bridge. Then, we'll take the Cedar Trail, Hemlock Trail, and Englewood Horse Trail west to the Park Creek Bridge. From there, we'll go north on the West Horse Loop to High Bridge before continuing on the Lewis & Clark Trail to the Terry Riley Memorial Bridge and up to the North Horse Loop. Finally, we'll take the North Horse Loop south to the Middle Creek and Maple Ridge trails and east to the Nature Center. Don't blink, or you may miss some of these bridges!
Drive: 10 miles round trip. Leave from WP at 8:30 am. Arrive at destination (Tryon Creek Nature Center, 11321 S Terwilliger Blvd, Portland) at 9:00 am. ($1/$0) Oregon State Park Pass required

### 9/8 (Tue) - Ramble: Bull Mountain from Progress Ridge (Portland/Valley)

Leaders: Helen M, Jeanette H
4 miles, elev. gain 450 ft.
This in-and-out ramble includes a walk in the woods on gravel, mulched, and dirt trails as well as on the neighborhood paved sidewalks. Some of these could be muddy after a rain. If you use poles, they can be useful in short spurts. There are great territorial views from Sunrise Park. The neighborhood at the top features a funky house with a gargoyle and many interesting plants. If it is a clear day, we will have a beautiful view of Mt. Hood. Bathrooms are available only at the New Seasons where we meet to begin our ramble.
Drive: 14 miles round trip. Leave from WP at 8:30 am. Arrive at destination (Progress Ridge Town Square at SW Barrows Rd & Horizon Blvd, Beaverton) at 9 am. ($2/$0)

### 9/10 (Thu) - Easy Hike: Steigerwald Lake National Wildlife Refuge (SW Washington)

Leader: Maureen B
6 miles, flat
Enjoy this beautiful flat walk around Steigerwald Lake to the Columbia River. The trail is packed gravel. It may be very windy.
Drive: 71 miles round trip. Leave from WP at 8:30 am. Leave from AWHD at 9 am. ($7/$3)

### 9/15 (Tue) - Easy Hike: Canby Logging Trail and Eco Park (Portland/Valley)

**LATE DEPARTURE 9 am**
Leader: Susannah F
5 miles, flat
We will walk along part of the former Molalla Forest Road, originally used by logging trucks to transport timber to the Willamette River. We'll see the river and walk through fields and forested areas. Bring snacks for the hike and afterwards. Those who wish can eat lunch in Canby.
Drive: 38 miles round trip. Leave from WP at 9 am. Arrive at destination (Eco City Park, 1314 NE Territorial Rd, Canby) at 9:40 am ($4/$0)

### 9/17 (Thu) - Hike: Red Rock Pass to Butte Camp (Mt St Helens) (SW Washington)

Leaders: Terry M, Grier W
7 miles, elev. gain 1,500 ft.
This out-and-back hike includes climbing to and crossing a lava field and hiking through a forest to a meadow with views of Mt St Helens.
Drive: 160 miles round trip. Leave from WP at 8 am. Leave from JBT at 8:30 am. ($16/$12) NWFP or America the Beautiful pass required

# Lake Oswego Parks and Recreation Hike & Ramble Schedule for Summer 2026

**9/17 (Thu) - Ramble: Graham Oaks Nature Park (Portland/Valley)**
**LATE DEPARTURE 9 am**
Leaders: Jan M, Anneliese E
3.1 miles, flat
Metro opened the 250-acre Graham Oaks Nature Park in 2010. The park has 3 easy miles of trails to explore. The largest oak standing is known as the elder oak, which is estimated to be 150 - 200 years old and is well-protected. It is a part of the Oak Savannah. At this time, most of the other trees are saplings that may take as long as 100 years to get to maturity. There is much more to see, including hundreds of different trees, flowers, and wildlife. This ramble is one of those "it feels so good to be hiking with friends" while enjoying an early fall day in September. There are good places to eat, so bring lunch or snacks.
Drive: 25 miles round trip. Leave from WP at 9:00 am Leave from WT at 9:15 am.($3/$2)

**9/22 (Tue) - Hike: Falls Creek Falls (SW Washington)**
Leader: Grier W
6.3 miles, elev. gain 1,445 ft.
Hike to one of the most beautiful waterfalls in the Pacific Northwest. We'll hike along Falls Creek to the falls, then return to the connector trail and hike to two additional viewpoints before returning to the trailhead.
Drive: 160 miles round trip. Leave from WP at 8 am. Leave from L&C at 8:45 am. ($16/$11 + $6 shared bridge toll) NWFP or America the Beautiful pass required

**9/22 (Tue) - Ramble: Cooper Mtn Loop (Portland/Valley)**
Leader: Linda F
3 miles, elev. gain 300 ft.
Cooper Mountain is a loop hike starting at the Nature Center. There has been extensive work to restore the oak savannah habitat. The ramble starts at higher elevation, so be prepared for an uphill climb back. Beware that poison oak has been reported. Restrooms are available at the Nature Center.
Drive: 20 miles round trip. Leave from WP at 8:30 am. Arrive at destination (Cooper Mtn Nature Park, 18892 SW Kemmer Rd, Beaverton) at 9 am.($2/$0)

**9/24 (Thu) - Ramble: Washington Park (Portland/Valley)**
**LATE DEPARTURE 9 am**
Leaders: Jeanette H, Laurie G
3-4 miles, elev. gain 120 ft.
We'll explore the sites in the east end of the park, including sculptures, views of Mt. Hood, the Holocaust Memorial, and the International Rose Test Garden. We'll walk on paved and well-maintained dirt paths, some stairs, and a short segment of ballast pavers (which may be slippery when wet). Bring snacks to enjoy at our rest stop above the rose garden. Lunch is on your own; you can take advantage of the many restaurants nearby.
Drive: 20 miles round trip. Leave from WP at 9 am. Arrive at destination (229 SW Wright Ave, Portland) at 9:30. Assemble near the brick restroom building at the south edge of the Holocaust Memorial. There is free street parking on SW Wright Ave. and SW Park Pl. ($2/$0)

**9/29 (Tue) - Easy Hike: Tryon Creek Perimeter Loop (Portland/Valley)**
Leader: Anne S
4.8 miles, elev. gain 577 ft.
Tryon Creek State Park, formed in 1970, spans both Portland and Lake Oswego and offers a network of hiking trails. The park is named after Socrates Tryon, Jr., who owned these 645 acres in the mid-19th century before selling to the Oregon Iron Company in 1874.The area was logged until the 1960s, but the 50-100-year-old tree canopy is now dense and lush. This hike is a loop that travels the outer perimeter of the park. Expect gentle inclines and moderate terrain. The Terwilliger Trail is a paved bike path that should be hiked in single file. Restrooms are available at the Nature Center.
Drive: 10.8 miles round trip. Leave from WP at 8:30 am. Arrive at destination (11321 South Terwilliger Blvd, Portland) at 8:45 am.($1/$0) Oregon State Park Pass required

# Lake Oswego Parks and Recreation Hike & Ramble Schedule for Summer 2026

**10/1 (Thu) - Hike: Thomas Lake to Blue Lake (SW Washington)**
**EARLY DEPARTURE 7:30 am.**
Leader: Grier W
6.8 miles, elev. gain 900 ft.
Hike through forest and meadows and past eleven named mountain lakes as well as a number of anonymous tarns in the Indian Heaven Wilderness.
Drive: 182 miles round trip. Leave from WP at 7:30 am. Leave from L&C at 8:15 am. ($18/$13 + $6 shared bridge toll) NWFP or America the Beautiful pass required

**10/1 (Thu) - Ramble: Estacada Artback Murals (Clackamas Foothills)**
Leader: Helen H
3-4 miles, flat
Enjoy a walking tour of Estacada's art murals and a short walk in the woods.
Drive: 80 miles round trip. Leave from WP at 8:30 am. Leave from CFM at 9 am. ($8/$4)

**10/2 (Fri) - MEETING: Winter-Spring 2027 Planning Meeting**
Time: 8:45 AM -11:00 AM
AT: LO Adult Community Center, 505 G Ave, Lake Owego, Room TBA.
Bring your ideas to help us plan wonderful hikes and rambles for January-April 2027.

**10/6 (Tue) - Ramble: Multnomah Village (Portland/Valley)**
**LATE DEPARTURE 9:30 am**
Leader: Liliana M
4.5 miles, flat
Explore the iconic landmark in a former 1908 electric railway station building that now functions as a massive craft beer and wine destination. Visit Shops and Boutiques, including independent stops like Annie Bloom's Books and Thinker Toys. Step into The French Quarter, which is a dedicated outdoor food cart pod, to find roughly ten diverse food and drink carts. Make a short trek over to the 89-acre Gabriel Park via the paved neighborhood paths to see the community gardens and open green fields.
Drive: 8 miles round trip. Leave from WP at 9:30 am. Arrive at destination (Multnomah Village Cultural Center, 7688 SW Capitol Hwy, Portland) at 9:45 am. ($1/$0)

**10/8 (Thu) - Easy Hike: Washington Park Loop (Portland/Valley)**
Leader: Anne S
3.5 miles, elev. gain 410 ft.
This loop follows some of the most popular and beautiful trails in Washington Park and connects many sites and attractions within the area. We will start at the Hoyt Arboretum Visitor Center before taking the Fir Trail to the Wildwood Trail, the Redwood Trail, and many others, including the Vietnam Veterans Memorial Trail. Hopefully, the autumn leaves will be at their peak at this time. There are restrooms at the Visitor Center and there is free parking along SW Fairview Blvd. There is also a pay-to-park lot near the Visitor Center.
Drive: 26 miles round trip. Leave from WP at 8:30 am. Arrive at destination (4000 SW Fairview Blvd, Portland) at 9 am. ($3/$0)

**10/13 (Tue) - Easy Hike: Moulton Falls via East Fork of the Lewis River Trail (SW Washington)**
Leader: Grier W
5.3 miles, elev. gain 298 ft.
In Moulton Falls Regional Park, we'll walk along the Lewis River on a paved trail, then a well-groomed forested trail to the East Fork High Bridge, which is a dazzling vantage point over the river gorge. We'll take detours to see Lucia Falls and Big Tree (Yacolt) Falls.
Drive: 100 miles round trip. Leave from WP at 8:30 am. Leave from JBT at 9 am. ($10/$6)

**10/15 (Thu) - Hike: Lewis River Falls (SW Washington)**
**EARLY DEPARTURE 7:30 am**
Leader: Grier W
8.1 miles, elev. gain 1,240 ft.
We will hike in a shady forest along the Lewis River to see three gorgeous waterfalls before returning to the trailhead.
Drive: 200 miles round trip. Leave from WP at 7:30 am. Leave from JBT at 8 am. ($20/$16) NWFP or America the Beautiful pass required

# Lake Oswego Parks and Recreation Hike & Ramble Schedule for Summer 2026

**10/15 (Thu) - Ramble: Lake Oswego Art Walk (Portland/Valley)**
**LATE DEPARTURE 9 am**
Leader: Molly D
2 miles, elev. gain 100 ft.
We'll focus on the 8 new sculptures in the Lake Oswego Gallery Without Walls. These were unveiled in September 2026 and are concentrated in the downtown area, which makes for a nice walking tour of around 2 miles, including some elevation and staircases. As well as examining the 8 new sculptures, we'll point out some others that remain from previous years. We'll also stop at the Art Council office and view its indoor gallery. We will finish well before lunch. Lots of opportunities to share coffee or lunch afterwards. Many restrooms are available.
Drive: 8 miles round trip. Leave from WP at 9:00 am. Arrive at destination (corner of 1st and Evergreen St. in downtown Lake Oswego) at 9:15 am.($1/$0) Park and meet at the fountain in Millennium Park

**SUBSTITUTE HIKE: 10/20 (Tue) Easy Hike: Sandy River Delta**
Leader: Anne S
4 miles, elev. gain 55 ft
This trail through the Sandy River Delta offers a variety of landscapes, including meadows, wetlands and wooded areas. We will start from the Sandy River Parking Area and proceed northeast along the boundary trail to the Columbia River and the Maya Lin Sandy River Confluence Bird Blind. The bird blind is an open-air oval composed of 10-foot-tall vertical slats made from locally sourced (invasive) black locust trees. The slats are engraved with the names and conservation statuses of 134 animal species recorded by Lewis & Clark. From there we will walk west along the East Channel before returning to the parking area. Restrooms are available at the parking area and picnic tables are scattered throughout the park.
Drive: 53 miles round trip. Leave from WP at 8:30 am. Leave from L&C at 9:15 am. ($5/$0)
A NWFP is required to park in the Sandy River Parking Area. An OSPP is required to park at L&C.

**10/20 (Tue) - Ramble: Champoeg State Park (Portland/Valley)**
**LATE DEPARTURE 9 am**
Leader: Liliana M
4 - 5 miles, flat
Champoeg features a unique combination of history, nature, and recreation. This is the site where Oregon's first provisional government was formed by a historical vote in 1843. It is situated on the south bank of the scenic Willamette River.
Drive: 40 miles round trip. Leave from WP at 9 am. Leave from WT at 9:15 am. ($4/$3)
Oregon State Park Pass required

**10/22 (Thu) - Easy Hike: L L Stub Stewart Park Loop (Coast/Coastal Mountains)**
Leader: Anne S
4.3 miles, elev. gain 561 ft.
L. L. "Stub" Stewart Memorial State Park is a 1,654-acre Oregon State Park in Washington County near the community of Buxton. When the park opened in 2007, it was the first new full-service state park in Oregon since 1972. Our loop trail is generally considered to be a moderately challenging route and is a popular trail for birding. We will start the hike from the parking lot near the Welcome Center, where there are restrooms.
Drive: 76 miles round trip. Leave from WP at 8:30 am. Leave from SPS at 9 am. ($8/$6)
Oregon State Park Pass required

**10/27 (Tue) - Easy Hike: Silver Falls (Santiam Foothills)**
Leader: Susannah F
5.5 miles, elev. gain 800 ft.
A fall favorite enjoying waterfalls, trees, and good company! We will most likely walk the winter falls loop but will make a final decision when we see the weather and conditions. Sturdy boots and poles (for those who use them) are highly recommended.
Drive: 102 miles round trip. Leave from WP at 8.30 am. Leave from WT at 9 am. ($10/$9)
Oregon State Park Pass required

# Lake Oswego Parks and Recreation Hike & Ramble Schedule for Summer 2026

**10/29 (Thu) - Ramble: Bauman's Harvest Festival Pumpkin Patch (Portland/Valley)**
**LATE DEPARTURE 9 am.**
Leader: Nicole R
2-3 miles, flat
We can walk through two or three corn mazes and around the festival grounds.
Drive: 50 miles round trip. Leave from WP at 9 am. Leave from WT at 9:30 am. ($5/$4)
There is no fee to shop at Bauman Store, but $15.00 for seniors to enter the Harvest Festival (subject to change).

**11/3 (Tue) - Ramble: Nob Hill Nature Park (Portland/Valley)**
Leaders: Yvonne J, Anneliese E
3-4 miles, elev. gain 200 ft.
We will explore a lovely little park near St. Helens, walking along the banks of the Columbia River and then a short walk into the town of St. Helens.
Drive: 76 miles round trip. Leave from WP at 8:30 am. Arrive at destination (Nob Hill Nature Park, S 6th St, St Helens, OR) at 9:30 am. ($8/$0)

**11/5 (Thu) - Ramble: Mary S Young Park (Portland/Valley)**
**LATE DEPARTURE 9 am**
Leader: Kathi N
4-5 miles, mostly flat
Enjoy this 128-acre forested park along the Willamette River. Trails are both paved and natural. Restrooms are available in the park.
Drive: 15 miles round trip. Leave from WP at 9 am. Arrive at destination (19900 Willamette Dr, West Linn) at 9:20 am. ($2/$0)

**11/10 (Tue) - Ramble: Willamette River Greenway Trail (Portland/Valley)**
Leader: Molly D
4 miles, flat
This will be the inaugural ramble on the newly completed section of the Willamette River Greenway Trail that connects Foothills Park, Roehr Park, and George Rogers Park. We will start at Foothills Park, rambling south to George Rogers Park, and return to Foothills Park. The short connecting stretch of this path has been long awaited. The trail is completely along the Willamette River.
Drive: 9 miles round trip. Leave from WP at 8:30 am. Arrive at destination (Group Picnic Pavilion, 199 Foothills Dr., Lake Oswego) at 8:45 am. ($1/$0)

**11/12 (Thu) - Ramble: George Rogers Park to Cedaroak Boat Ramp (Portland/Valley)**
**LATE DEPARTURE 9 am**
Leader: Terry M
5 miles, flat
This is a popular fall ramble along the Willamette River with fall foliage colors. We will walk on a tarmac path and streets. Dress warmly and appropriately for possible rainy weather. We will turn around at the boat ramp at Cedar Oak Drive, weather permitting.
Drive: 28 miles round trip. Leave from WP at 9 am. Arrive at destination (Lower parking lot at George Rogers Park, 611 S. State St Lake Oswego) at 9:15 am. ($3/$0)

**11/17 (Tue) - MEETING: ANNUAL POTLUCK**
Time and location: TBD