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Central Oregon Walks, Hikes & Strolls for Mature Folks

Marsha Johnson, Wendy Gray

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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.

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