

Hiking Club Resources

In addition to boosting physical well-being, hiking can bring a sense of calm and peace. It can also lead you to some incredible sites and natural wonders.

The list below includes resources for hikers. Some are focused on specific regions of Oregon; others encompass the whole state.

Take precautions to ensure you have a safe hike!

- Check if you need a parks pass to enter a park.
- Hike with a buddy or group and let someone know where you'll be hiking.
- Stay on the trail!
- Wear protective and weather-appropriate clothing, shoes with tread, and sunscreen as needed.
- Hydrate before, during, and after your hike.
- Pack healthy snacks.
- Practice the [7 Leave No Trace Principles](#)



Remember: “We need the tonic of wilderness. We can never have enough of nature.”
– Henry David Thoreau

Resource List

www.oregonhikers.org/tools/hikefinder/hike_finder.php – Online tool for finding different types of hike; sort by region, difficulty, distance, elevation, and type

www.oregonhikers.org/field_guide/Main_page – Lists of hikes by region of Oregon

www.oregonlive.com/travel/index.ssf/2017/05/12_family-friendly_hikes_around.html

– Family-friendly hikes

www.thatoregonlife.com/2016/06/18-oregon-hiking-trails – 18 scenic trails around Oregon; various difficulty levels

www.onlyinyourstate.com/oregon/easy-hikes-bucket-list-or – 11 scenic hikes around Oregon

[Resource List Continued](#)

www.travelportland.com/article/kid-friendly-hikes - Kid-friendly hikes in the Portland area

www.onlyinyourstate.com/oregon/waterfall-hikes-or – 10 waterfall trails around Oregon

www.eugenecascadescoast.org/7-waterfalls – 7 waterfall trails between Florence and eastern Oregon; various difficulty levels, some family-friendly

www.huffingtonpost.com/brittany-wilcox/the-10-most-beautiful-spring-hikes-in-oregon_b_7074596.html – Scenic hikes around Oregon; various difficulty levels

