



Missoula Movers Coffee Walks

Enjoy the company of new and old friends on guided, physically distanced walks through Missoula’s conservation lands, parks, and trails. After the walk, we’ll enjoy coffee from local shops and good company. (Coffee time is outdoors with physical distancing.)

Hikes are approximately 50 minutes out, approximately 45 minutes back.

Meets Mondays at location listed below, 9 a.m. Fee: \$5. Pre-registration is preferred.

| DATE | WALK/HIKE | MEET AT | DIFFICULTY | COFFEE LOCATION | DESCRIPTION | CLASS # |
|--------|------------------------------|-------------------------------|---------------|--------------------------|-----------------------|------------|
| 28-Mar | Jumbo South | Lincoln Hills Trailhead | Moderate | Greenough Shelter | Dirt, incline | 1262600-11 |
| 4-Apr | Milltown State Park Overlook | 1353 Deer Creek Rd | Moderate | Park Overlook | Dirt, some incline | 1262600-12 |
| 11-Apr | Rattlesnake | Lincolnwood Pocket Park | Easy | Lincolnwood Park | Dirt, mostly flat | 1262600-13 |
| 18-Apr | Marshall Mtn Park | Marshall Parking Lot | Moderate | Marshall Mtn Park | Gravel, dirt, incline | 1262600-14 |
| 25-Apr | Greenough | Greenough Park Shelter | Easy | Greenough Shelter | Dirt, mostly flat | 1262600-15 |
| 2-May | University | Bonner Park Shelter | Easy | Bonner Park Pavilion | Flat, paved | 1262600-16 |
| 9-May | Upper Marshall Canyon Rd | 600 Marshall Canyon Rd | Moderate | Marshall Park | Dirt, incline | 1262600-17 |
| 16-May | Fort Missoula Loop | Bella Vista Pavilion | Easy | Bella Vista Pavilion | Flat, paved | 1262600-18 |
| 23-May | Jumbo North | Lincoln Hills Trailhead | Moderate | Greenough Shelter | Dirt, incline | 1262600-19 |
| 6-Jun | Moon Randolph Homestead | Homestead | Moderate | Homestead | Dirt, incline | 2262600-01 |
| 13-Jun | Big Sky Park | Big Sky Park | Easy | Big Sky Park | Dirt, flat | 2262600-02 |
| 20-Jun | The M | The M Trailhead | Moderate/Hard | The M Trailhead | Dirt, incline | 2262600-03 |
| 27-Jun | Kim Williams North | 4981 Deer Creek Rd | Easy | East Missoula Lions Park | Gravel, flat | 2262600-04 |
| 11-Jul | North Hills Sunlight Lands | 4100 Duncan Dr. | Moderate | Sunlight Trailhead | Dirt, incline | 2262600-05 |
| 18-Jul | Sentinel Fire Rd | 600 Pattee | Moderate | Elms Park | Dirt, incline | 2262600-06 |
| 25-Jul | Rattlesnake | Lincolnwood Pocket Park | Easy | Lincolnwood Park | Dirt, mostly flat | 2262600-07 |
| 1-Aug | Marshall Mtn Park | Marshall Parking Lot | Moderate | Marshall Mtn Park | Dirt, incline | 2262600-08 |
| 8-Aug | Milltown State Park Overlook | 1353 Deer Creek Rd | Moderate | Park Overlook | Dirt, some incline | 2262600-09 |
| 15-Aug | Tower Street | Tower Street Trailhead | Easy | Tower Street | Rocky, flat | 2262600-10 |
| 22-Aug | Grant Creek Trail | Rocky Mountain Elk Foundation | Easy | RMEF | Paved, flat | 2262600-11 |
| 29-Aug | Jumbo North | Lincoln Hills Trailhead | Moderate | Greenough Pavilion | Dirt, incline | 2262600-12 |

MISSOULA MOVERS

Weekend Adventures for Active Adults

Meet at McCormick Park 600 Cregg Lane

Pack lunch, water, and snacks for all trips. "Active" clothing and close-toed shoes will make the trips more comfortable.

National Bison Range & Ninepipes Museum

Leaving Missoula to head north we will navigate the road through the Blson Range and hike the trails within this amazing animal refuge. After observing the many native animals we will head to Ninepipes Museum which focuses on the history of early Montana and represents more than a 100 years on the Flathead Indian Reservation.

Garnet Ghost Town and Huckleberry Picking

The historic mining town filled with lore, homes, hotels, and mines will take us back in time. After touring the ghost town we will spend time walking and picking huckleberries in prime season.

Holland Lake SUP and Kayaking

Stand up Paddleboarding is the latest craze in water based travel. For those who prefer to sit our fleet of kayaks are perfect for the water of Holland Lake in the shadows of the Seeley Swan Mountain Range. After a lesson in paddling we will take off for a late morning tour of the lake. Finally if we have time and group consensus we will enjoy a walk to Holland Falls

Biking the Hiawatha Trail

15 miles of gradual declining railroad trail through some of the most historic parts of Idaho make this a fall do not miss trip. We will navigate tunnels (bring a head lamp or bike lights) while enjoying the landscape and stories along the trail. We can supply bikes on a first come first serve basis. We can transport bikes, and helmets are mandatory. A shuttle ride will take us back to our vehicles at the end of our ride.

| CLASS # | DATE | TRIP | TIME | COST |
|------------|---------|----------------|-------------|------|
| 2254100-01 | July 9 | Hiawatha Trail | 8 am - 4 pm | \$60 |
| 2254100-02 | July 23 | Garnet | 9 am - 2 pm | \$40 |
| 2254100-03 | Aug 6 | Holland Lake | 9 am - 2 pm | \$60 |
| 2254100-04 | Aug 20 | Bison Range | 8 am - 4 pm | \$60 |

Yoga in the Parks Ages 12 and up—FREE!

Join skilled yoga instructors to explore yoga basics for all ages and abilities. Yoga is a great way to reduce stress while improving strength and flexibility. Free, no registration needed.

Please bring your own equipment, if possible. A limited number of yoga mats and blocks are available for use each session.

Dates Every Tuesday, June - August

Time 6 - 7pm

Ages All (under 18 must be accompanied by guardian)

Fee FREE! No registration needed.

| Section | Date | Date | Section |
|---------|----------------------------|-----------|---------|
| 01 | June 7 | July 26 | 08 |
| 02 | June 14 | August 2 | 09 |
| 03 | June 21 | August 9 | 10 |
| 04 | June 28 | August 16 | 11 |
| 05 | July 5 canceled | August 23 | 12 |
| 06 | July 12 | August 30 | 13 |
| 07 | July 19 | | |