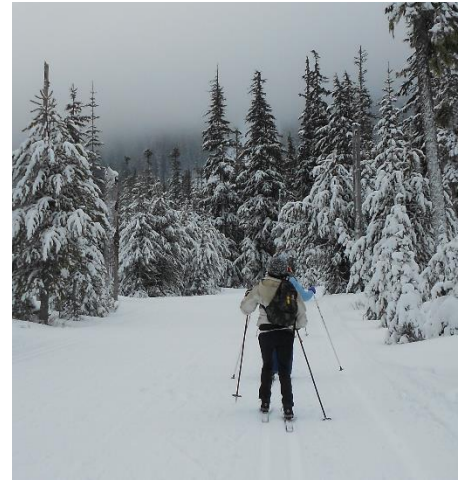


OUTDOOR HIKE, WALK, SNOW SPORTS GROUPS

Below are links to outdoor clubs and groups that sponsor Boomer-friendly outdoor activities.

- [Bergfreunde Ski Club](#). Outdoor activities include hiking, snowshoeing and cross-country skiing.
- [Cascade Prime Timers](#). Age 50+ actives who hike, ski, snowshoe, kayak, cycle, and travel.
- [Friends of the Columbia River Gorge](#). Nature advocates who sponsor hikes.
- [Mazamas](#). A mountaineering education club that sponsors walks, hikes, ski, snowshoe events.
- [Oregon Nordic Club](#). Promotes cross-country skiing.
- [Oregon Sierra Club](#). Environmental advocates; also sponsors hikes.
- [Oregon Wild](#). Advocate for Oregon wildlands; also sponsors hikes, ski, snowshoe events.
- [Portland Walking Tours](#). Offers specialty themed walking tours of unique places around Portland. Fee.
- [Positively Portland](#). Walking tours that explore the architecture, history and culture of the Portland area.
- [Racewalkers Northwest](#). Practices the racewalking technique for fitness and competition.
- Running Clubs. Running clubs that invite walkers to share their running routes: [Clark County Running Club](#), [Oregon Road Runners Club](#).
- [Ten Toe Express](#). Free guided walks held from May through September, sponsored by City of Portland.
- [Trails Club of Oregon](#). Year-round outdoor activities include hiking and snow sports.
- Volkssport Clubs. Area clubs organize free 5K and 10K non-competitive walks in scenic and historic areas and sponsor Year Round Walks, self-guided walks around the area. [Columbia River Volkssport Club](#); [Rose City Roamers](#), Portland SE; [Cedar Miles Volkssport Club](#), Beaverton; [Vancouver USA Volkssporters](#); [All Weather Walkers](#), Vancouver.
- [Wonders of Walking](#). Sponsors walking programs, training, fitness walking, clubs, for all levels. Fee.
- [Uniquely Portland](#). Walking tours and day trips in and around Portland. Fee.



Examples of walk and hike Meetups and that may appeal to boomers are:

- [Beaverton Nature Walks](#)
- [Eastside Women's Fitness](#)
- [Multiple Outdoor Activities for Boomers \(MOAB\)](#)
- [Oregon City/Beavercreek Women's Hiking/Outdoors](#)
- [PNW Women's Outdoor Group, Hiking in the Pacific Northwest](#)
- [Portland Veggie Hikers](#)
- [PDX Metro Pack Walks \(w/dogs\)](#)
- [River West Village Senior Walks](#)
- [Rose City Wanderers](#)
- [Walking Oregon and SW Washington](#)
- [Walk with Friends Hillsboro](#)
- [Wannabe Wanderers](#)
- [Why Not Fitness](#)

Meetups come, go and change. Find current meetup descriptions and schedules at [Meetup.com](#). Search by city, then by interest such as fitness, exercise, walking, hiking, etc. Sign up and show up.

Help Us Stay Current

Please contact BOTLPORTLAND@gmail.com whenever you spot something we need to change, add or delete.