



GORGE LOOP TRAIL FITNESS STATIONS

Station 1: Strength Training
 Exercise Activities: Vault-Over, Sit-Up, Push-Off

Station 2: Flexibility Training
 Exercise Activities: Heel Flex, Toe-Reach, Hip-Flex, Toe-Touch, Knee Grip, Arm-Stretch

Station 3: Strength Training
 Exercise Activities: Leg-Flex, Body-Tuck, Body-Pull

Station 4: Strength Training
 Exercise Activities: Leg-Over, Arm-Walk, Hop-Over

Station 5: Cool Down
 Exercise Activities: Heel-Flex, Leg-Kick, Beam-Walk, Straddle-Jump

Additional beginner, intermediate, and advanced fitness trail workouts available at the front desk.



CREEK LOOP TRAIL

Forest Hike | Level: Moderate | Distance: 1.5 Miles

- Start near the Golf Shop
- Follow Orange Trail signs
- Cross over two foot bridges
- Shared return with Lake Loop Trail
- Views
 - Lilly Pad Lake
 - Wildlife



LAKE LOOP TRAIL

Forest Hike | Level: Moderate | Distance: 1.75 Miles

- Start near the Golf Shop
- Follow Blue Trail signs
- Go along service road
- Shared return with Creek Loop Trail
- Views
 - Wy'East Lake
 - Lilly Pad Lake
 - Red Bluff Mountains



GORGE LOOP FITNESS TRAIL

Forest Hike with Hilly Terrain | Level: Challenging | Distance: 0.9 Miles

- Start near Waterleaf Spa and playground
- Follow Green Trail signs
- Stop at 5 fitness stations with equipment
- Views
 - Ziplines overhead
 - Columbia River
 - Bridge of the Gods