

The Creaky Knees Guide Oregon: The 80 Best Easy Hikes

Seabury Blair

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Here are Oregon's best low-impact hikes, perfect for aging boomers, families with children and anyone looking for more of a stroll than a climb. The Creaky Knees Guide Oregon covers 100 of the best easy hikes throughout the state, dividing the trails into regions. Grouped according to difficulty--from "Stroll in the Park" to "Knee Punishing"--this helpful hiking guide also includes urban hikes, overall hike rating, and best season(s) to hit the trail. Written in a wry but informative tone by veteran hiker Seabury Blair Jr., The Creaky Knees Guide Oregon is an accessible resource anyone can use to explore the beauty of the Northwest.



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