



OUR FAVORITE SOUTHERN OREGON HIKES

We have done all but one of these hikes with our families (Emmy's kids are now 9 & 11 and Haley's are 13 and 16). We love exploring along the way and both have family traditions while on the trails. Several of these also have geocaching options if you have younger kids which can help keep them engaged if they are newer hikers!)

We love to explore Southern Oregon and beyond. We often give tips and education on how to fuel yourself and your family best to perform on and off the trails.

Some Favorites:

- ▶ Highway 138 Waterfalls
- ▶ East Applegate Ridge Trail (E.A.R.T)
- ▶ Mount Scott
- ▶ Grizzly Peak
- ▶ Pilot Rock
- ▶ Boy Scout Tree Trail
- ▶ Sterling Ditch Mine
- ▶ Mt. Bailey
- ▶ Frog Pond Loop Trail
- ▶ Seven Lakes Basin
- ▶ Mt. Thielson
- ▶ Mt. Ashland Trail
- ▶ Table Rocks
- ▶ Rogue River Trail
- ▶ Garfield Peak
- ▶ Northfork Applegate Trail



Helping you repair your metabolism, crush your goals, get back your mojo, and increase your general kick-assery!
Let us know if we can help!

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