



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	Inez Creek	10514 Miller Creek Rd	Moderate	Inez Creek 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 Adventure Trips 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 Bison 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

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. Please bring your own equipment, if possible. Pre-registration encouraged but not required. 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	\$5 per person		
Activity #	2251701		
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	August 23	12
06	July 12	August 30	13
07	July 19		