

DEFEATcancer Hiking, 2010

Saturday, April 17

April 6, 2010

Hello Everyone ...

DEFEAT's first hike of the 2010 season is all set for April 17.

Where? The Badlands Wilderness Area

When? Saturday, April 17 - 9:00 AM

Who? Defeat people, caregivers, family members

What? Water, daypack, walking shoes / boots, lunch for the trail, rain gear, jacket, hat, and other usual Central Oregon stuff

Distance? About six miles, easy trail conditions, no real hills, sandy

Why? Diet, Exercise, Family, Education, Attitude, Thriving = DEFEAT

Directions to the Trailhead: We will be hiking to Flatiron Rock in the Badlands Wilderness east of Bend. Beginning at the intersection of Bend's 27th Street and Highway 20 (Barnes and Noble, Safeway, the Shell station where the guy flew his lawn chair to Idaho) take Highway 20 east for 13.7 miles. The trailhead is to the left of the road, just opposite milepost 16. We meet at 9:00 AM.

Trail Conditions: The trail to Flatiron Rock is relatively flat and mostly sandy. The distance out is about three miles. That makes the round trip six miles. We will eat lunch at Flatiron Rock.

Total Time: If you take your time, you will return to the car by 1:00 PM. If you are in a hurry, you can return by noon. There are no restroom facilities at the trailhead. Parking is free. I visited the trailhead on April 1 and saw no evidence of the change to Federal Wilderness status.

Photos for you:



The Trailhead for Flatiron Rock



Milepost 16 is exactly opposite the dirt road (50 yards) to the trailhead.



Happy DEFEAT people in April, 2008 on the Flatiron Rock trail.



Flatiron Rock area / Lunch break !!



Flatiron Rock area. Lunch is 100 yards away.

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