

## DEFEAT Cancer Hiking 2009



July 29, 2009

Hello Everyone ...

DEFEAT's fifth activity of the 2009 season is all set for August 8.

**Where?** Hike into the Green Lakes

**When?** Saturday, Aug. 8 - 9:00 am

**Who?** DEFEAT Cancer attendees, caregivers, family members, dogs on a leash

**What?** Water, daypack, walking shoes / boots, lunch for the trail, rain gear, jacket, hat, and other usual Central Oregon stuff. There are restrooms near the trailhead. Great views. Bring a camera, possibly binoculars.

Distance? About 9 miles round trip. It's an "out and back" hike.

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

**Time on the Trail?** Probably about 6 hours

**Directions to the Trailhead:** Head up the Cascade Lakes Highway. Continue on past the Mt. Bachelor ski area. When opposite the meadow of Sparks Lake turn right to the Green Lakes Trailhead at milepost 26.

GPS / Google Earth Waypoints: Trailhead Parking: 44 degrees 1.759 minutes North and 121 degrees 44.133 minutes West



The sign by the trail that you can't wait for. The uphill is all over.



Three miles in and one to go.



Broken Top from the shore of one of the Green Lakes



This is where we eat lunch. The view is free !!