

## Missoula Movers Coffee Walks

Discover the beauty of Missoula's conservation lands, parks, and trails with a friendly group of both new and familiar faces. Join us for fresh air, exercise, and great company!

Walks are approximately 50 minutes out and 45 minutes back. After each walk, we'll gather for coffee from local shops and great conversation.

Pre-registration recommended; transportation provided for the first 14 registrants. Participants may also meet group at the trailhead for any of the walks. **Does not meet Dec. 29, Jan. 19, or Feb. 16.**

**\*Feb. 9 and Apr. 6—Meet at trailhead only; no transportation available.**

	Transportation to Trailhead Included	Meet at Trailhead
<b>Meets</b>	Mondays at 9:00 a.m. at Currents Aquatics Center in McCormick Park	Mondays at 9:15 a.m. at trailhead shown below
<b>Fee</b>	\$8 in 2025, \$9 in 2026	\$5

DATE	WALK/HIKE	WHERE TO MEET	DIFFICULTY	DESCRIPTION	SECTION
Nov. 17	Kim Williams		Easy	Dirt	<a href="#">3262600</a>
Nov. 24	Greenough Park		Easy	Dirt, flat	<a href="#">3262600</a>
Dec. 1	Fort Missoula		Easy	Gravel, flat	<a href="#">3262600</a>
Dec. 8	Marshall Canyon Rd (Upper)		Moderate	Dirt, incline	<a href="#">3262600</a>
Dec. 15	Rattlesnake		Easy	Dirt, mostly flat	<a href="#">3262600</a>
Dec. 22	Sunlight Trail/North Hills		Moderate	Dirt, incline	<a href="#">3262600</a>
Jan. 5	Tower Street Open Space		Easy	Flat, rocky	<a href="#">1262600</a>
Jan. 12	Fort Missoula	Pavilion by soccer fields	Easy	Gravel, flat	<a href="#">1262600</a>
Jan. 26	Council Grove State Park	Trailhead	Easy/Moderate	Dirt, little rocky	<a href="#">1262600</a>
Feb. 2	Greenough Park	Pavilion by playground on Monroe	Easy	Dirt, flat	<a href="#">1262600</a>
Feb. 9*	Marshall Canyon Rd (Upper)	Base area parking or near green gate	Moderate	Dirt, incline	<a href="#">1262600</a>
Feb. 23	Rattlesnake	Pocket park on Lincolnwood	Easy	Flat, dirt	<a href="#">1262600</a>
Mar. 2	University	Bonner Park by tennis courts	Easy	Flat, dirt/gravel	<a href="#">1262600</a>
Mar. 9	Waterworks/North Hills	Trailhead off Greenough Dr	Moderate	Dirt, incline	<a href="#">1262600</a>
Mar. 16	Big Sky Park	Baseball fields off Spurgin Rd	Easy	Flat, dirt	<a href="#">1262600</a>
Mar. 23	Marshall Canyon Rd (Lower)	Base area parking or near green gate	Moderate	Dirt, incline	<a href="#">1262600</a>
Mar. 30	Grant Creek	Rocky Mtn Elk Foundation	Easy	Paved	<a href="#">1262600</a>
Apr. 6*	Sunlight Trail, North Hills	Trailhead	Moderate	Dirt, incline	<a href="#">1262600</a>
Apr. 13	Bluebird Preserve Trailhead	Trailhead at Grant Creek Rd	Moderate	Dirt, incline	<a href="#">1262600</a>
Apr. 20	The L Trail	Trailhead	Difficult	Rocky, dirt, incline	<a href="#">1262600</a>
Apr. 27	Milltown State Park Overlook	Off of Deer Creek Rd	Moderate	Dirt, incline	<a href="#">1262600</a>
May 4	Inez Trail	Trailhead	Moderate	Dirt, incline	<a href="#">1262600</a>
May 11	Jumbo North	Trailhead	Moderate/Difficult	Dirt, incline	<a href="#">1262600</a>
May 18	Waterworks/North Hills	Trailhead at I-90/Orange St exit	Moderate	Dirt, incline	<a href="#">1262600</a>

# Missoula Movers Plus!

## Winter outdoor adventure awaits

Join us every-other-week for cross-country skiing or showshoeing outings, depending on snow and weather conditions. Each trip will explore a scenic local trail at a relaxed pace, perfect for adults aged 55+ who want to enjoy Montana's winter beauty with good company.

Led by knowledgeable Parks and Recreation staff, Missoula Movers Plus is ideal for anyone looking to enjoy the outdoors in a supportive and relaxed setting. No experience necessary; equipment available upon request.

### What to expect

- 2+ hours of winter adventures, locations TBD.
- Trailside conversation, community, and beautiful views.
- Routes chosen for snow conditions.
- Will hike if no snow
- Frequent rest breaks and plenty of time to enjoy the scenery.
- 1-1.5 hours of driving, round trip.

### What to bring

- Snowshoes or cross-country skis, if you have them. Equipment available upon request.
- Warm, winter clothing layers for changing weather.
- Water bottle and snack.
- Hat and warm gloves.

Transportation provided, pre-registration required.

Activity #	1262601	
Fee	\$25/22 with CityCard	
Day & Time	Wednesdays, 10 a.m.–2 p.m.	
Meets	Currents Aquatics Center Lobby	
Ages	Geared to 55+, but all adults are welcome!	
DATE	SECT#	LOCATION
Jan. 14	01	Check City website for location updates at <a href="http://www.ci.missoula.mt.us/1837/Active-Adults">www.ci.missoula.mt.us/1837/Active-Adults</a> — posted Friday before meeting day.
Jan. 28	02	
Feb. 11	03	
Feb.25	04	
Mar. 11	05	
Mar. 25	06	

# Forest Bathing Saunters

## Slow down. Breathe deeply. Immerse yourself in Nature.

Join ANFT-certified Nature Therapy Guide Sylke Laine for a 90-minute mindful saunter, designed to help you tune out the noise of daily life and return to your senses. Inspired by the Japanese practice of Shinrin-Yoku (forest bathing), these guided walks invite you to notice, wander, and connect with nature in simple but powerful ways.

Benefits of this unique blend of mindfulness and nature include stress reduction, a boosted immune system, and attention restoration. Each outing is a unique 1.5-hour journey, amplifying the season’s themes and maximizing the session’s restorative effects.

You don’t need any special gear or fitness level, just a willingness to slow down and receive what the forest offers you that day. Expect to leave feeling grounded, refreshed, and more deeply connected to yourself and the natural world.

Registration closes 24 hours before each outing.

Activity #	1252601	
Fee	\$25/session	
Ages	18+	
DATE & TIME	EVENT & LOCATION	SECT#
Mar. 21 at 2–3:30 p.m.	Spring Equinox at Tower Street	01
Apr. 18 at 5–6:30 p.m.	New Moon & Near Lyrid Meteor Shower at Maclay Flats	02

