



# CABIN FEVER HIKING CHALLENGE



HIKE #3 (APRIL 1- 21, 2021)

**Location:** Al Foster Memorial Trailhead located at 225 Grand Ave., 63038

**Start/Finish:** At the Al Foster Trailhead; where the mini railroad track crosses Grand Ave.

**Amenities:** Restrooms available at the parking lot near the start/finish; picnic tables and shade structures at the parking lot; over 104 parking spots at the trailhead. No potable water available

**Distance:** Seven (7) mile round trip

**Time:** At an average walking pace it will take approximately three (3) hours.

**Difficulty:** Easy, to moderate, then back to easy. The natural surface single track type trail composes most of the hike. It will be somewhat hilly with several switchback sections. Always watch your footing!

Remember...drag your toe, and down you'll go!

**Scenery:** If you're paying attention and enjoying the hike, the scenery is endless! Depending on the time of the year, there are hillsides of ferns and wildflowers, there are huge natural rock gardens (look for Sperm Whale Rock), you travel from the normal deciduous trees to a cedar forest, there are valleys, huge and small, and many trail switch backs. In the spring and summer, it seems you have the trails and woods to yourself and in the fall and winter you can see for miles and realize how far you have climbed.

**Equipment:** Sturdy/Comfortable shoes; water always a good idea; insect repellent highly recommended; & energy snacks or a sandwich may come in handy.

## ROUTE:

Enter the Al Foster Memorial Trail and make a left turn (east); Travel a short distance on the chat trail (.35 miles) and look for a sign and natural surface single track trail on your left (Bluff View Trail). Take this trail for a very short distance until you come to a trail post and make a right turn. You are now on the Bluff View Connector Trail, and another chat trail that you will follow until it takes you into the woods on a natural surface single track type trail. Follow this section of trail until you come to a 90 degree right turn over a creek bed.

Follow this section of trail, always staying to the right (two trails will come up on the left) until you come to the asphalt Rock Hollow Trail, make a left turn (north) for a very short distance. You will cross the mini railroad tracks and the Zombie East Trail will be immediately on the right. Make that right turn and you will on the Zombie East Trail for the next 3.1 miles. It will be all natural surface single track trail. The only potential confusion will come after a steep decent on the *Lombard Street Switchbacks*, a set of short switchbacks that take you to a valley and emergency exit to the Rock Hollow Trail. There will be a trail post at the bottom. To complete the Zombie East hike, go to the right. From this point it is virtually impossible to get lost. You will come to a point where the trail splits. Go to the right and you'll navigate the upper Zombie East...to the left it will be the lower Zombie East. Both trails will take you to the same place and they are both just about the same distance (the upper is maybe a tenth or two longer). You will come off the Zombie East Trail on the asphalt Rock Hollow Trail. Make a left turn and walk down the asphalt trail until you come to the mini railroad tracks crossing the asphalt. Ignore the trails on either side of the trail at the tracks and proceed to the next trail entry point on your right. Take this trail back to where you started.

## FUN FACTS:

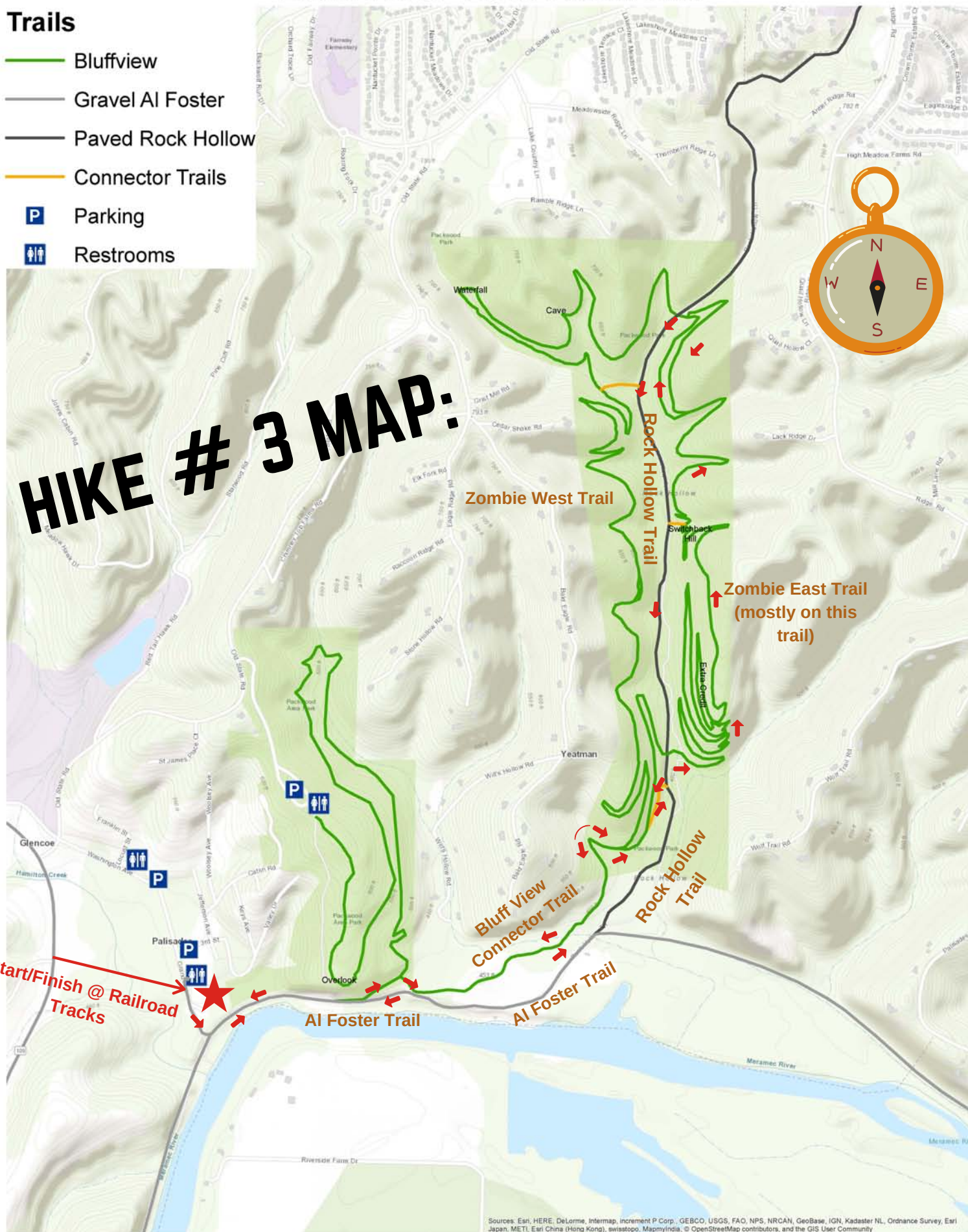
- The Bluff View Trail System is composed of four (4) separate trails. They are: The Bluff View Trail, The Bluff View Connector Trail, Bluff View East or Zombie East, and Bluff View West or Zombie West.
- The City hosts an annual night time run called the Shivering Shadows 7K, in October, along these trails.
- The trail gets its "Zombie" name from a variety of urban legends taken from unsubstantiated stories occurring around, or in close proximity, to the Old Lawler Ford Road, now the Rock Hollow Trail. The trail has been studied/investigated by a variety of paranormal groups over the years and, surprisingly (tongue in cheek), no verifiable results were ever produced.

# Bluffview Trail Network

## Trails

-  Bluffview
-  Gravel Al Foster
-  Paved Rock Hollow
-  Connector Trails
-  Parking
-  Restrooms

# HIKE # 3 MAP:



Sources: Esri, HERE, DeLorme, Intermap, increment P Corp., GEBCO, USGS, FAO, NPS, NRCAN, GeoBase, IGN, Kadaster NL, Ordnance Survey, Esri Japan, METI, Esri China (Hong Kong), swisstopo, MapmyIndia, © OpenStreetMap contributors, and the GIS User Community