

## Outdoor Recreation



Parks & Recreation offers classes and trips to engage individuals in adventure experiences in the great outdoors.

[Register for Classes & Activities](#) [CLICK HERE](#) FOR ALL OUTDOOR RECREATION CLASSES/TOURS

### **REGISTER NOW! Cross-Country Skiing Saturday, March 14th Class #10899**

Join us in the winter wonderland as we team up with Adventures Without Limits and snowshoe a beginning 3-mile adventure while seeing all the beauty Mt. Hood has to offer.

### **Local Tours with [Park Ranger Ben](#)**

Go on nature walks with Park Ranger Ben! He has trail maps, wildlife photos, and fun activities to help you explore Lake Oswego's Parks. **Next tour is the Luscher Farm Walking Tour (led by Ranger Ben), March 14th, class #10976.** Can't make that one? Here is another offered this spring: George Rogers Park Tour, April 25th, class #10980

### **[Hikes & Rambles](#) information**

**Lace up your shoes..winter walks have started.** Coordinated by local volunteers, this program offers weekly hikes and rambles within a two-hour drive from Lake Oswego, Tuesdays and Thursdays, January-mid-November. Hikes: For hikers of intermediate ability. Rambles: A more leisurely-paced hike, great for beginning hikers. 5-7 miles with comfortable elevation gains and good trail conditions. Hikes and Rambles are not canceled due to rain, but leaders may change location if driving/hiking conditions are hazardous. Please check the website for updated information. Leaders may refuse to take anyone not properly equipped or who is determined to be incapable of making a specific trip. Participants accept responsibility for their personal safety. No animals permitted.

### **NEWS FLASH: Alder Creek coming to Lake Oswego this summer!**

Lake Oswego Parks and Recreation welcomes Alder Creek Kayak and Canoe to Lake Oswego. Summer 2015 - Alder Creek will offer kayak, stand-up paddle board and canoe rentals right on the Willamette River in Lake Oswego. More info coming soon.

Get on the water and set off on your Northwest adventure! Lake Oswego Parks and Recreation teams up with **Alder Creek Kayak and Canoe in Lake Oswego** offering programs such as Basic Skills Kayak, Basic Canoe Skills, kayaking tours, youth camps and the latest craze of Stand Up Paddle Board - and register early for this one: Stand Up Paddle Board Yoga. Alder Creek offers world class coaching, guiding, and instruction from highly skilled and certified coaches. Their staff maintains the most current, best practice and employs the most up to date

## Outdoor Recreation

Published on City of Lake Oswego Oregon Official Website (<http://ci.oswego.or.us>)

---

teaching techniques. **New in 2015 is the kayaking class: Edging and Bracing.** Already an experienced paddler? No problem, we've got you covered for your next adventure. As Alder Creek says "the best rescue is one that never had to happen". One of their most popular classes, Edging and Bracing, is being offered four times this winter & spring, one each month January through April. Don't worry, these classes are held in an indoor pool! **March 4, class #11259. April 1st, class #11260.** New to kayaking? No problem, we've got you covered. Alder Creek is offering a **Basic Skills Kayak Class on April 18th, class #10902.** This class establishes the foundations that all paddlers need.

### [Swim Park](#)

Open during July and August, Swim Park entry is free and available to residents of Lake Oswego. Certified lifeguards are on duty at all times during open hours. The Swim Park features diving platforms, water sprayers, inner tube water polo games, outdoor showers, and lounge chairs. For more information, visit <http://www.ci.oswego.or.us/parksrec/lake-oswego-swim-park>

### [Water Sports Center for Rowing](#)

The Charlie S. Brown Water Sports Center (WSC), located on the scenic Willamette River in Roehr Park (350 Oswego Pointe Drive, Lake Oswego, OR). Lake Oswego Community Rowing offers youth and adult programs in partnership with the City of Lake Oswego Parks & Recreation. Visit [www.lakeoswegorowing.com](http://www.lakeoswegorowing.com) for more information.

### **Raft, climb, cave, kayak, snowshoe, or backpack with Adventures Without Limits**

Lake Oswego Parks and Rec teams up with **Adventures Without Limits** to offer some of the best outdoor activities found in the Northwest. Activities for people of all ages and ability levels. 2015 brings us outdoors with some of the best adventures in the Northwest. AWL doesn't sit inside in the winter months, instead they offer beautiful adventurous escapes for your enjoyment. Later in the month, AWL takes you on a **beginning cross-country adventure** which is sure to please **March 14, class #10899.** Don't sit inside watching the April showers, get out on the rapids and stay warm in gear provided by AWL while you **raft the Sandy, Santiam or Nehalem River on April 25th, class #10900.** In addition to registering for Adventures Without Limits programs through Lake Oswego Parks & Recreation, Adventures Without Limits requires a registration form and liability release for their programs. Please print, fill out, and bring the following forms to the first day of class:

- [Registration Form](#)
- [Liability Risk Form](#)

### [Skate Park](#)

The Lake Oswego Skate Park is a membership based park supervised by Parks & Recreation staff. The park is open to all ages for Skateboarders and In-Line Skaters from Spring Break through mid-October. For more information, please visit <http://www.ci.oswego.or.us/parksrec/lake-oswego-skate-park>

**Click any thumbnail image to view a slideshow**

## Outdoor Recreation

Published on City of Lake Oswego Oregon Official Website (<http://ci.oswego.or.us>)

---



### Supporting Documents

 [Adventures without Limits Liability Risk Form](#)

 [Adventures without Limits Registration Form](#)

Source URL (retrieved on 03/06/2015 - 8:21pm): <http://ci.oswego.or.us/parksrec/outdoor-recreation>