



# TRACKS

## hiking program comparison



### THURSDAY PARK WALKS

- Low intensity
- Mostly flat
- One mile or less
- 50+



### TUESDAY TRAILS

- Moderate Intensity
- Some gradual hills
- 2-4 miles
- 50+



### CASCADE HIKING CLUB

- High Intensity
- Often steep hills
- 3-6 miles
- 18+

Transportation is provided for all programs  
Contact: [tracks@bellevuewa.gov](mailto:tracks@bellevuewa.gov) | [@bellevuetracks](https://www.instagram.com/bellevuetracks)



정보 Information 情報  
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