

Angel Gomez, Club Director of Sales
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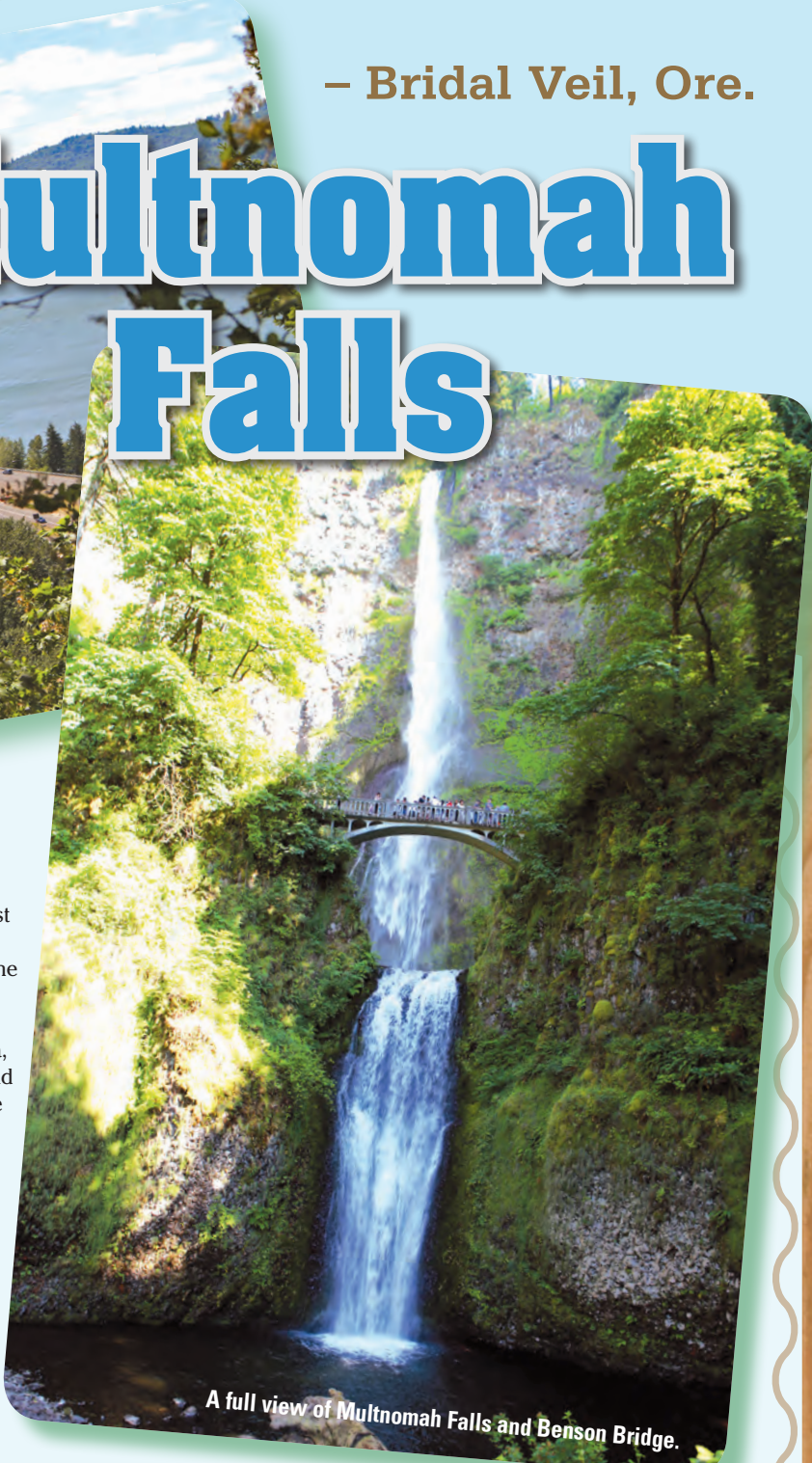
Be Alive!

– Bridal Veil, Ore.

Multnomah Falls



A wonderful view of the Columbia River Gorge.



A full view of Multnomah Falls and Benson Bridge.



The Larch Mountain Trail.

Hi again, everybody! For this month's *Be Alive!*, we traveled to Oregon. This was a last-minute trip. I am hoping you can get a feel for just how breathtaking this area really is.

We stayed with my sister-in-law on the Washington side of the Columbia River Gorge in a small city named Camas. We could not wait to start exploring the area, so we decided to go out and drive up and down the gorge area. Along the way, we saw many beautiful views and hiking trails. Multnomah Falls is a moderate hiking trail up to the famous waterfall, which is on the Oregon side of the Columbia River Gorge. It has amazing views!

Everyone should take a trip up here and just enjoy the great outdoors. Let's begin!

The Hike

The trail begins at the Multnomah Falls Lodge, a historic building. The lodge was originally built so automobile travelers would have a place to stop in the 1920s. The lodge has a restaurant, gift shop and tourist center inside; in 1981 it was listed on the National Register of Historic Places.

Getting back to the trail, the first part is nice and easy, and then you will find yourself walking on the Benson Bridge. Simon Benson, one of the original builders of the old highway, built the bridge in 1914. (*Be Alive!* trivia: The bridge is probably the most photographed piece of architecture in Oregon.) If you are traveling with someone in a wheelchair, you can go up to this point (Benson Bridge).

Continuing up the trail, you will ascend up the trail going up a lot of switchbacks, at least 10 or more. While walking up the trail you will see the Columbia River and the awesome views. Once you get to the top, about an hour later, there will be a balcony-type area for you to rest, take pictures, enjoy the views and look down at the lodge. Please take a

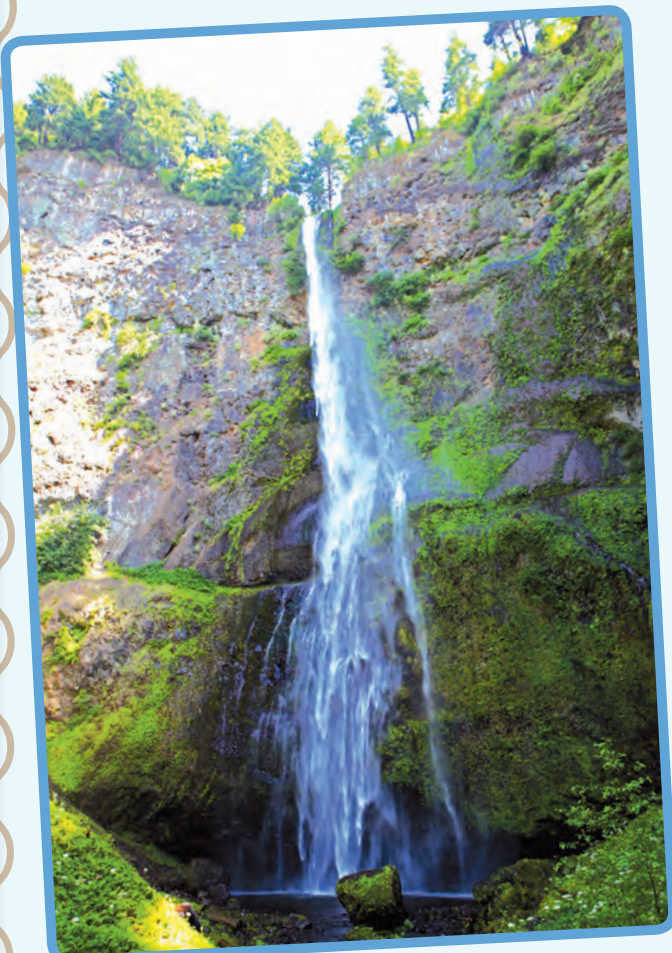
moment here because, guess what? You will have to walk all the way back down to the lodge, the second hike of your day. By the time you reach the bottom you will have walked at least 2.6 miles.

I really liked this trail; it was challenging at times, but hey, we were out to get some much-needed exercise and of course enjoy the great outdoors.

If you are ever visiting Oregon, you need to visit this trail and the lodge. I wish we had more trails like this one in California. Every time I think about Oregon and Washington, I realize how much I miss all the trees and wonderful landscapes right outside any window in both states. If you visit these two states, please take a day to drive along the Columbia River and stop by any of the trails. You will be amazed at all the beauty 360 degrees around you.

Don't forget to bring your camera and take plenty of photos and send them to me at agomez@cityemployees-club.com. Bring water, snacks and maybe some sunscreen.

As always, be safe and Be Alive!, Angel



A closeup of Multnomah Falls.

Multnomah Falls

5000 E. Historic Columbia River Highway
 Bridal Veil, OR 97101

Distance: about 2.6 miles round trip
Elevation gain: 700 feet

Difficulty rating: Moderate to strenuous, with lots of switchbacks

Hike time: about two hours

Trail condition: some paved areas and a dirt trail

Hours: 8 a.m. to dusk

Parking: Day pass, \$10

Directions: I-5 North to I-84 East, then take exit 28 toward Bridal Veil Road. Continue onto E. Historic Columbia River Highway. This trip is about 1,000 miles from Los Angeles.



Aden and Angel Jr. in front of the Multnomah Falls sign.



Kathy and I at Multnomah Falls.