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Trail Running Oregon: Northwest and Central Oregon's Classic Trail Runs (Trail Running Series)

Lizann Dunegan

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Trail Running Oregon has 65 classic trail runs and is the first book written on Oregon that is specifically geared for trail runners. This book is designed for seasoned trail runners as well as newcomers who want to join in the experience. The trails selected for this guide were chosen based on their fun-factor, adventure potential, technical challenges, wildlife viewing, and spectacular scenery. This book includes information with each route that is runner-specific including: percentage of sun exposure; trail surface (smooth or rocky); water and nature-break sources; specific trail hazards such as bridgeless creek crossings; where the best views are; where the most running thrills can be found; and where to get the best food and drink after the run. The trails in this book are varied and the scenery diverse--runners will find trails ranging from urban areas winding through cool, lush forests through those leading up high peaks with endless views. The vast majority of the trails in this book are pure dirt. However some of the urban trails include sections of pavement. Many of the routes are easily within an hour's drive of some of Northwest and Central Oregon's major cities including: Portland, Salem, Corvallis, Eugene, Hood River, Redmond, Bend, and Tillamook, and are open year round. Most of the routes in this book average from 3 to 8 miles and vary widely in their level of difficulty, but all are guaranteed to be fun. For long distance trail running enthusiasts, there are also routes included that are marathon length.

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