

**From:** Health Promotion  
**Sent:** Tuesday, May 24, 2016 3:40 PM  
**To:** All City Employees; All Water  
**Subject:** June "Trail" Challenge

**The weather is beautiful and it's time to get outdoors. For June's "Secret Challenge" the Health Promotion Team is encouraging you to visit two of the many beautiful trails and hiking areas we have in Oregon.**



**\*\*Meet the challenge requirement simply by visiting two trails during the month of June, snapping a photo or two, and sending your photos to [health@cityofmedford.org](mailto:health@cityofmedford.org). You can check the box on your Goal Sheet (Goal #24 Secret Challenge) and your name will be entered into the drawing to win a Grand Teton Hiking Backpack.\*\***

Some of our local trails include:

- Roxy Anne Peak
- Upper Table Rock
- Lower Table Rock
- Britt Trails
- Grizzly Peak Trail
- Crater Lake

Or visit any of the links below for some great ideas 😊

#### Waterfalls:

<https://www.google.com/maps/d/viewer?mid=z4WySp02WELc.kEp4-fZRwVcM&hl=en&ie=UTF8&msa=0&ll=43.313062%2C-122.928086&spn=1.974462%2C3.515625&z=8>

#### Cycling:

[http://traveloregon.com/see-do/listing/?type%5B%5D=recreation&type%5B%5D=cycling&location\\_text=&latLng=&location%5B%5D=all-cities&location%5B%5D=All&date\\_start=&date\\_end=&date\\_all-on](http://traveloregon.com/see-do/listing/?type%5B%5D=recreation&type%5B%5D=cycling&location_text=&latLng=&location%5B%5D=all-cities&location%5B%5D=All&date_start=&date_end=&date_all-on)

#### Hiking:

<http://traveloregon.com/see-do/recreation/hiking/>  
<http://alltrails.com/us/oregon/medford>  
<http://www.statesmanjournal.com/outdoors/hikes>

To Your Health,



Health Promotion Team  
City of Medford  
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