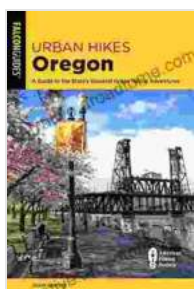


# The Ultimate Guide to the State's Greatest Urban Hiking Adventures

Urban hiking is a great way to get some exercise, enjoy the outdoors, and explore your city. With so many different trails to choose from, there's something for everyone, from beginners to experienced hikers. This guide will help you plan the perfect urban hiking adventure, from choosing the right trail to packing the essentials.

## Choosing the Right Trail

The first step in planning your urban hiking adventure is choosing the right trail. Here are a few things to consider:



### Urban Hikes Oregon: A Guide to the State's Greatest Urban Hiking Adventures by Adam Sawyer

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- **Length:** How long do you want to hike? Trails can range from a few miles to several hours.

- **Difficulty:** How challenging do you want the hike to be? Trails can be rated as easy, moderate, or difficult.
- **Terrain:** What type of terrain do you want to hike on? Trails can be paved, gravel, or dirt.
- **Scenery:** What type of scenery do you want to see? Trails can offer views of the city, the mountains, or the water.

## Packing the Essentials

Once you've chosen your trail, it's time to pack the essentials. Here's a list of what you'll need:

- **Water:** Bring plenty of water, especially if you'll be hiking in hot weather.
- **Snacks:** Pack some snacks to keep your energy levels up.
- **First-aid kit:** Bring a small first-aid kit in case of any minor injuries.
- **Sunscreen:** Protect yourself from the sun with sunscreen.
- **Insect repellent:** Keep bugs away with insect repellent.
- **Map:** Bring a map of the trail in case you get lost.
- **Cell phone:** Bring your cell phone in case of an emergency.

## Staying Safe

Here are a few tips to help you stay safe on your urban hiking adventure:

- **Hike with a friend:** It's always best to hike with a friend in case of an emergency.

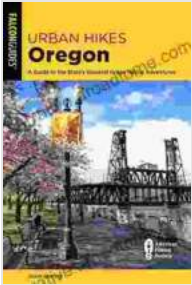
- **Let someone know where you're going:** Tell a friend or family member where you're going and when you expect to be back.
- **Be aware of your surroundings:** Pay attention to your surroundings and be aware of any potential hazards.
- **Carry a whistle:** A whistle can be used to signal for help in an emergency.
- **Follow the trail:** Stay on the trail and avoid cutting switchbacks.

## The Best Trails

Here are a few of the best urban hiking trails in the state:

- **The Urban Trail, Portland:** This 6.1-mile loop trail offers stunning views of the city skyline.
- **The East Coast Greenway, Boston:** This 3,000-mile trail follows the coast of the Atlantic Ocean, offering a variety of scenery.
- **The Wissahickon Trail, Philadelphia:** This 20-mile trail winds through a beautiful gorge, offering a variety of hiking options.
- **The BeltLine, Atlanta:** This 22-mile loop trail offers a unique view of the city, passing through parks, neighborhoods, and historic sites.
- **The San Antonio River Walk, San Antonio:** This 15-mile trail follows the San Antonio River, offering a variety of views and attractions.

Urban hiking is a great way to get some exercise, enjoy the outdoors, and explore your city. With so many different trails to choose from, there's something for everyone, from beginners to experienced hikers. So what are you waiting for? Get out there and start hiking!



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