

LOCATION INFORMATION

PARKING

- Marine Park has two free parking lots (recommended starting point).
- Wintler Park has one parking lot and day use fees may apply.
- All lots have accessible parking.

RESTROOMS

- gender-designated, multi-stall restrooms open seasonally (April to October) at Marine Park and Wintler Park

WETLANDS WALK (blue route):

- begin at Marine Park and follow paved path to wetlands viewpoint
- route is flat and accessible
- about 0.75 mile total out and back

RIVERFRONT WALK (black route):

- walk the entire trail between Marine Park and Wintler Park
- route is flat and accessible
- about 3.0 miles total round trip

WATER RESOURCES CENTER

4600 S.E. Columbia Way

- learn about water resources and aquatic habitats through exhibits at the Water Center
- explore the Backyard Wildlife Garden

PLEASE TOUCH

Everything in nature has a shape, texture, and temperature. Engaging our sense of touch is an important part of any nature exploration.



Find a tree that you can get close to. Gently feel the bark. Notice whether it feels thick or thin, rough or smooth. Look for any patterns in the surface of the tree bark.

NATURE SOUNDS

There is a symphony of sounds around us when we are in nature. Taking time to listen can be relaxing and calming for our body and mind.

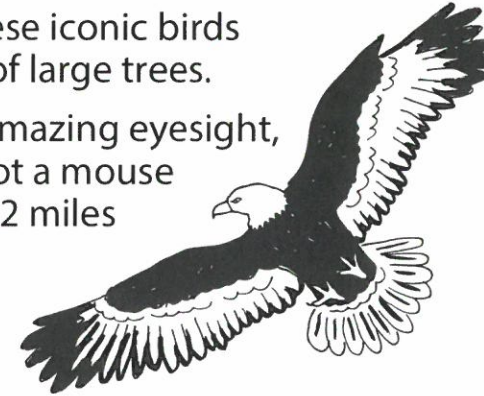


Find a comfortable place to stop and listen. Notice any bird sounds you might hear. Do they sound loud or soft, fast or slow? Are the birds repeating their calls?

WATCHING FOR BIRDS

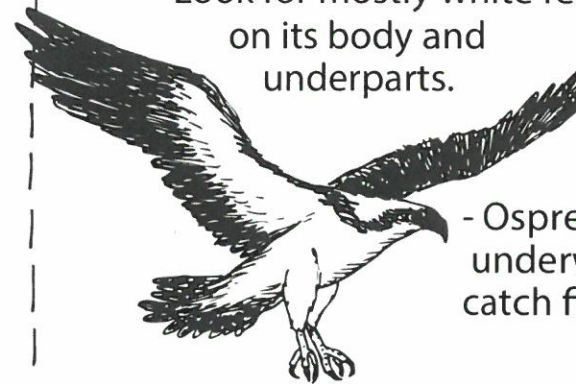
BALD EAGLE

- Look for these iconic birds in the tops of large trees.
- With their amazing eyesight, they can spot a mouse from nearly 2 miles away.



OSPREY

- Look for mostly white feathers on its body and underparts.



- Osprey can dive underwater to catch fish.

GREAT BLUE HERON

- Look for these tall birds hunting for fish along the river's edge or in wetlands.
- Despite their size, these birds only weigh about 5 or 6 pounds.



HOPE WALKS

Columbia River Trail

Marine Park to Wintler Park
VANCOUVER, WA



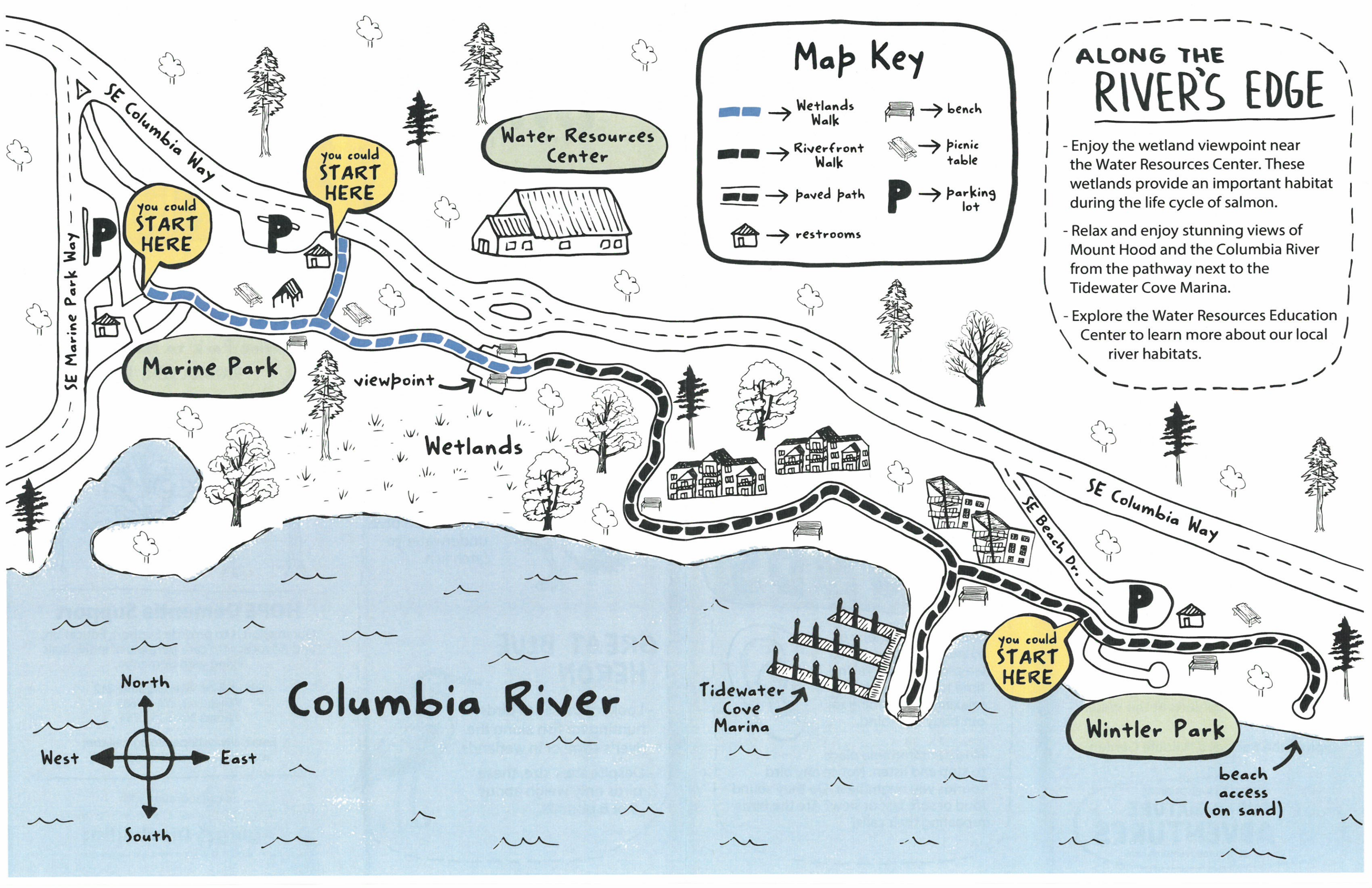
HOPE Dementia Support

Our mission is to provide Support, Education, and Advocacy for care partners of individuals living with dementia.







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www.hopedementiasupport.org

in collaboration with
AREA AGENCY ON
Aging & Disabilities
OF SOUTHWEST WASHINGTON



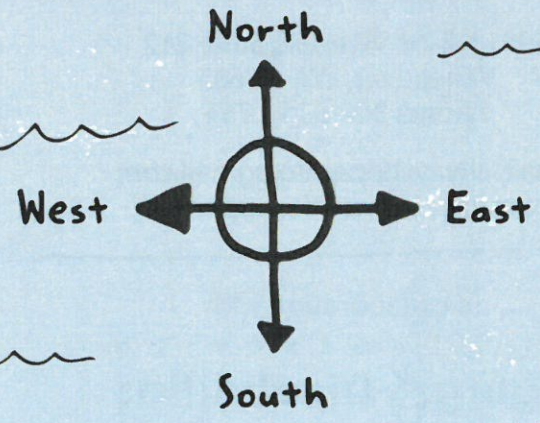
Map Key

-  → Wetlands Walk
-  → Riverfront Walk
-  → paved path
-  → restrooms
-  → bench
-  → picnic table
-  → parking lot

ALONG THE RIVER'S EDGE

- Enjoy the wetland viewpoint near the Water Resources Center. These wetlands provide an important habitat during the life cycle of salmon.
- Relax and enjoy stunning views of Mount Hood and the Columbia River from the pathway next to the Tidewater Cove Marina.
- Explore the Water Resources Education Center to learn more about our local river habitats.

Columbia River



Water Resources Center

Marine Park

Wintler Park

Tidewater Cove Marina

viewpoint

Wetlands

beach access (on sand)

you could START HERE

you could START HERE

you could START HERE

SE Columbia Way

SE Marine Park Way

SE Beach Dr.

SE Columbia Way