

Take an Epic Hike on the Olympic Coast

Washington TRAILS

A Publication of Washington Trails Association | wta.org

A photograph of a tent at night, with a campfire visible in the background. The sky is dark with some stars. The title 'Washington TRAILS' is overlaid in large white letters across the top half of the image.

Summer
Hiking Is
Coming!

Find Hiking Companions
Improve Trail Performance
Inventory Your First Aid Kit

Mar+Apr 2014

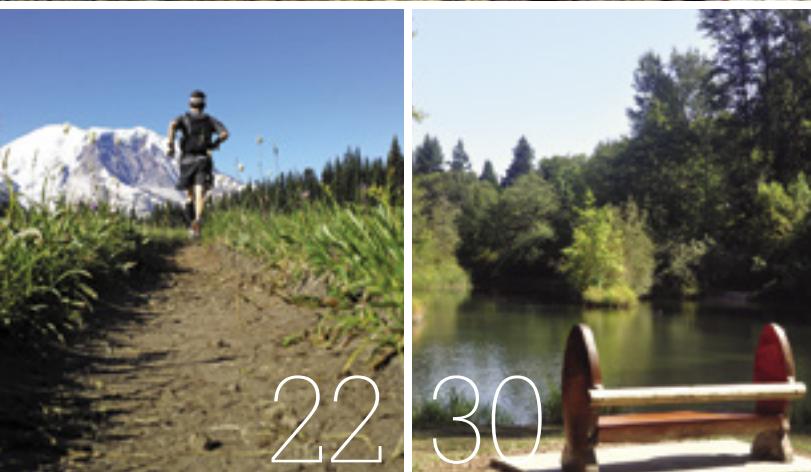
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Mar+Apr 2014



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NW Explorer

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Cover Photo » Second Beach, Olympic National Park

Add this must-do destination to your summer list. Photo by Jake Johnson.

Washington's Leading Hiking Resource and the Nation's Largest Volunteer Trail Maintenance Program

Washington Trails Association is a volunteer-driven nonprofit membership organization working to preserve, enhance and promote hiking opportunities in Washington state. We engage and mobilize a community of hikers as advocates and stewards for our trails statewide. Through collaborative partnerships and grassroots advocacy, WTA focuses on state and federal issues, including trail funding, hiker safety and wilderness protection. WTA is committed to leaving a rich legacy of trails and wild lands for future generations to enjoy.

WTA was founded by Louise B. Marshall (1915–2005). Ira Spring (1918–2003) was its primary supporter. Greg Ball (1944–2004) founded the volunteer trail maintenance program. Their spirit continues today through contributions from thousands of WTA members and volunteers.

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FRONT DESK

Karen Daubert

karen@wta.org

Advocacy for Trails: The Way Forward

Advocating for hikers is challenging, vitally important, and worth every step. Last month I had the pleasure of meeting in Olympia with Gov. Jay Inslee and leaders of other statewide recreation organizations, where we discussed the state of recreation in Washington. It was revealed that the outdoor industry supports more jobs for Washington's economy than the aerospace and technology sectors combined. That translates to influence that we can, and should, use to benefit hikers.

While that news is encouraging, exercising that influence—and reaping the desired results—can still be a big challenge. It reminds me of a long-distance hike where it can feel like there is no end in sight, kind of like the trek up to Camp Muir on Mount Rainier under the weight of a heavy pack. But WTA's efforts will not be discouraged. In the years ahead, our advocacy program will be grappling with some of these challenging and potentially controversial issues:

- ◆ Permanent closure of roads accessing key trails
- ◆ An increasing number of hikers putting pressure on fragile ecosystems
- ◆ Decreasing funding for recreation and trails at state and federal levels
- ◆ Differing interpretations of The Wilderness Act
- ◆ An increase in bootleg trails

None of these are easy issues, and every one of them requires a deep understanding of the history and culture of recreation and trails in the state. They require expertise, relationships, trust and strong communication skills. That is why I am very pleased to announce Andrea Imler as WTA's new advocacy director. Andrea is a long-time hiker and is well known to the recreation and conservation community. She has spent the past six years at The Wilderness Society, working on communications and advocacy for a variety of local recreation and wilderness issues. As part of her work, Andrea has been collaborating with WTA on the Mount Baker-Snoqualmie Sustainable Roads project, the Yakima Basin Integrated Plan and nearly every wilderness-related issue in our state.

This knowledge base will be critical, and Andrea is hitting the ground running on WTA's key advocacy issues for 2014: increasing state funding for trails; renewing the Northwest Forest Pass and Federal Lands Recreation Enhancement Act (see page 15 for more on this topic); and leading WTA's Sustainable Roads Project and other access issues.

Just like that hike with no apparent end in sight, there is ultimately an end goal and reward. Similarly, WTA's advocacy efforts will meet today's challenges head-on, this year, and in the years to come, with the ultimate goal of serving Washington's hikers and improving outdoor recreation for all.

Karen Daubert



TOP: WTA youth ambassadors at an Elk Ridge work party show their support for the Seattle Seahawks.

MIDDLE: Three new youth ambassadors completed a training at the Burlington Community Center in February. They will represent WTA at their respective schools and encourage more youth to volunteer locally.

BOTTOM: Governor Inslee promotes the benefits of outdoor recreation at the Big Tent Outdoor Coalition, hosted by three dozen Washington business, nonprofits (including WTA) and government organizations.

You Need One of These

We all have those extra items that we pack along when we hit the trail—book, iPod, fluffy down pillow. One of my own essentials on every hiking trip I take, from day hikes to long-distance treks, is a **Space All-Weather Blanket**. You've seen them, the red Astrolar fabric on one side and silver foil on the other side. Way back when I first started backpacking, this was one of the first items I purchased for my outfit, and it has been indispensable ever since.

Here are some of the uses I've gotten out of my Space Blanket:

- ★ Tarp for shade
- ★ Weather shelter
- ★ Rain poncho
- ★ Tent footprint
- ★ Tent floor liner
- ★ Tent "patio"
- ★ Picnic blanket
- ★ Seat pad
- ★ Camp cover for packs
- ★ Surface for dumping out all my gear for reorganizing or packing without having to put it all in the dirt
- ★ And the list goes on ...

At less than a pound and under \$20 these things are a great bang for the buck. And they're tough! I've had my current blanket for eight years and hundreds of uses and it's still holding strong. Consider adding one to your own pack.

Taking shelter and waiting out a passing snow flurry in the Canadian Rockies.



Spring Shape Up

As the cover of this issue says, summer is coming. Are you ready?

To help you get ready for all your summer hiking this year, we wanted to load you up with helpful information to make this one of your best hiking seasons ever. Maybe you're looking for a new hiking partner or group, or want to learn a new outdoor skill. You'll find that info on page 18. Now is also the time to take inventory of your first-aid kit and resupply any necessities that might have run down or expired. We've suggested a few more things you might want to add to your kit on page 34. Or, perhaps you haven't been as active this winter and have packed on a few extra pounds you need to lose to get in shape for hiking. We've got you covered for that, too.

We're all guilty of it. During the winter months, when it's cold and wet outside, the days are short and our favorite places are buried in snow, it's often so much easier to stay indoors, warm and cozy, and perhaps catch up on some reading, housework or organizing last summer's photos, while waiting for spring to come along and usher in a new hiking season. But when you pull up your hiking pants you find they're a little more snug than you remember, and when you bend over to tie your hiking boots you have to suck it in a bit. Yes, that winter inactivity has led to a little extra winter "insulation." And that's no good for hiking season.

Take it from me, I don't enjoy working out. There are a million other things I would rather do. But this year I have big Pacific Crest Trail hiking plans and I want to make sure I'm going to be strong enough to see them through. To do so, I started a boot camp workout program at my local community center. Every time I go it kicks my @#%, and I go home sore and exhausted. But later in the day I feel good—not only that I'm getting myself into trail shape, but that I'm taking better care of myself, which can translate into better health and longer life—and hiking—expectancy.

I'm not recommending that everyone run out and do the same, but to help you get in shape for your best hiking season yet, I invited a professional trainer to put together an easy, inexpensive workout plan that you can do at home, at your local gym or community center, or on the trail. The objective is to help you build core strength and muscle to propel you up those steep trails and down those long grinds without stopping to suck air or drain your water bottle. The result will be a stronger, happier hiking you, spending more time enjoying where you're hiking and what you're doing, instead of thinking about how much work it is to get there.

So flip to page 22 and check it out. This selection of basic exercises will get you on the path to feeling good and strong heading into this year's hiking season. And once you make it a habit, start seeing results and feeling better, you'll be knocking out those miles like never before.

A handwritten signature in black ink, appearing to read "Eli Boschetto".

Get Creative. » » Win a Pack!

This summer, WTA will be holding its 11th annual **Hike-a-Thon**. We're looking for a creative new design for this year's event—and we're looking to you!

Create your own unique poster design for Hike-a-Thon that sums up why Washington's trails are worth hiking and protecting. The winning artist will receive a brand new Osprey day pack!

wta.org/poster

Help support WTA and Hike-a-Thon, and enter a design by April 6, 2014.

See website for full details.



Enter a poster design for a chance to win a men's Osprey Talon or women's Osprey Tempest day pack!



Facebook Question:

Spring is the season for restocking your first-aid kit. What goes in yours, beyond the basics?

Fellene Gaylord Tick removal tweezers

Benjamin A. Lawson After a wasp incident year, I've added sting soothing ointment. And a SAM Splint.

Scott Howard Duct tape

Lloyd Braeden A tourniquet and Quik Clot

Chris Lockeman Super glue

Jessi Loerch A wilderness first-aid certification with The Mountaineers.

Jesse Johnson EpiPen

As one of hiking's Ten Essentials, there should always be a first-aid kit with someone in your hiking group. The kit should be supplied with the necessary basics—bandages, gauze, antiseptic ointment, alcohol wipes, aspirin, allergy relief, etc. Additional items can be added based on personal needs, length of trip and extra precautions.

Check out this issue's Gear Closet feature, to see what you might need to add to your kit, and for some extra measures to keep you safe on trail.

Want to join the Facebook conversation?

Visit [Facebook.com/washingtontrails](https://www.facebook.com/washingtontrails) and get trail news, featured hikes and a chance to chime in on our questions of the week.



WTA VOLUNTEER PROFILE: **Patricia Coulthard**

Patricia Coulthard has been a WTA member since 2003, but since retiring in 2012 she's been lending her many talents to help support WTA's southwest regional program in Vancouver. Last year she logged more than 150 volunteer hours doing research, writing, analysis and outreach.

One of Patricia's biggest accomplishments was analyzing the last five years of trail work data in the southwest region. She then dove into trip and trail research, writing up new hikes and reports for wta.org. She even delivered a presentation on local hikes at the Camas Library and helped to plan and coordinate both the Trails and Ales and Southwest Volunteer Appreciation events.

An avid hiker, Patricia enjoys trips with the Vancouver-based Forever Young hiking club, as well as her own adventures. In 2013 she logged more than 300 trail miles and visited Mount Rainier, Rocky Mountain and Denali National Parks, in addition to travels in Europe where she hiked a portion of the Camino del Santiago. Closer to home her favorite places to hike are Mount St. Helens and the Swale Canyon section of the Klickitat Rail Trail.

When she's not on a trail you might find Patricia creating layouts for coffee table books with the photos from her adventures, or at nearby Hough Elementary School where she also volunteers.

We asked WTA's online community to show us in photos what they're most looking forward to for spring hiking. The response: wildflowers, wildlife and hiking with our furry pals.



CLOCKWISE FROM TOP LEFT: Grass widows, by Keri Sprenger; Trillium, by Seth Halleran; Sierra and Mount Rainier, by Jennifer Brantley; Hanford Reach during the spring sandhill crane migration, by Emily White.



Volunteers are the Backbone of WTA

Without **3,400 trail work volunteers** putting in more than **108,000 hours** of service, WTA could never get all the work done maintaining **190 trails** each year.

But there's more to volunteering with WTA than trail work. We also rely on volunteers for **office support, mailing parties, outreach events** and our annual **Hike-a-Thon**.

See more at wta.org/officevolunteer.



Residents Support Plan to Add New Hiking Opportunities in Columbia River Gorge

A new recreation plan looks to add miles of new trails in both Washington and Oregon and expand public transit access to them.

VANCOUVER – A recent survey indicates that a majority of Klickitat County residents would like to see an expanded nonmotorized trail system developed near the town of Lyle. The effort to engage the local community in a trails planning process is part of the Gorge Towns to Trails campaign, spearheaded by the Friends of the Columbia Gorge. If the campaign is successful, hikers may look forward to new trails that could link to the popular Lyle Cherry Orchard Trail, a loop connection to the Klickitat Trail and trails on adjacent state and federal lands.

Last year Friends launched the campaign to develop new hiking opportunities on both sides of the Columbia River. The first year focused on building community support for a system of trails linking Gorge communities to scenic vistas, waterfalls and other points of interest. In addition, the system could ultimately form a Gorge-wide loop trail that would encircle the entire region, an idea originally championed by the Chinook Trail Association.

Such an ambitious vision might be considered pie-in-the-sky were it not for the proven capabilities of local volunteers to build and maintain these trails. The Cape Horn Trail provides one example of how WTA, Cape

Horn Conservancy, the U.S. Forest Service and Friends have worked together to develop a new trail through a combination of volunteer effort, private donations and grants. Additional partnerships, uniting volunteers with these organizations and Northwest Youth Corps and Trailkeepers of Oregon, are focused on even more trail projects.

But the actual trails are only part of the effort to promote hiking in the Gorge. Friends are also partnering with local Gorge businesses to support tourism through their "Play and Stay" program that begins its second year this spring. The program pairs trails and recreation opportunities with incentives to lodge and dine at nearby communities and turn day trips into overnight mini-vacations.

In another exciting development for the area, public transit services will be expanding between Gorge communities, local businesses and trailheads. This is being made possible with financial support from Friends. The expanded service, scheduled to begin this summer, will make it easier for visitors to take public transportation to popular trails like Cape Horn and Dog Mountain and avoid some of the parking congestion seen during the peak season.

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New Rock Trail Opens in Larrabee State Park

BELLINGHAM – There's a buzz in Whatcom County. It's about the completion of the new Rock Trail in Larrabee State Park, part of a trail plan born in the 1990s, tabled, then given new life in the spring of 2011. This combined effort comes thanks to the volunteer efforts from a variety of groups, including the Mount Baker Club, Chuckanut Conservancy and WTA, professional design and construction help from Russ Pfleffer-Hoyt, funding from the Bellingham REI, and the tireless efforts of Ken Wilcox. The result: a stunning new trail from Larrabee's Cyrus Gates Overlook to the South Lost Lake Trail.

This new 1.2-mile hiker-only route descends approximately 100 stairs as it winds through towering sandstone cliffs, house-sized boulders and verdant lowland forest. The effort was an enormous undertaking, achievable thanks to the love affair WTA volunteers have had with this project. Nearly 500 individual trail days and more than 3,000 volunteer hours have been logged by a loyal band of selfless volunteers willing to work through rain, snow and wind. The finishing touches on the new Rock Trail continue, with a grand opening ceremony scheduled for April 26. WTA salutes all who have contributed to the realization of this new trail in one of Washington's most stunning landscapes—and wishes happy hiking to all who will enjoy the Rock Trail for decades to come.



Photo by John Palmer

Obama Administration Supports Green Mountain Lookout

WASHINGTON, D.C. – Last month, the Obama Administration announced its support for legislation to preserve the Green Mountain Lookout in Glacier Peak Wilderness. The legislation, championed by Reps. Suzan DelBene and Rick Larsen, would protect the lookout after a U.S. District Court judge ordered its removal back in 2012.

In the White House statement, "The Administration supports provisions that would allow for the operation of the Green Mountain Lookout in Washington State."

The show of support is welcome in the ongoing effort to protect the lookout, which has been a beloved hiking destination for generations of Washingtonians who value the lookout for the glimpse of Washington's vanishing history that it provides.

However, there is a snag. The legislation was included in a package of controversial public lands bills voted and passed by the House. Many environmental groups oppose the package, as does the Obama Administration, saying that the package contains "a number of provisions that would undermine the responsible balance of interests and considerations in the stewardship of the Nation's lands and natural resources."

Both Reps. DelBene and Larsen opposed the lands package and requested that the Green Mountain legislation be heard as a stand-alone bill. The House Natural Resources Committee has approved the stand-alone legislation and a companion bill has been introduced by Sens. Patty Murray and Maria Cantwell.

As a supporter of the legislation, WTA will be working with conservation and recreation partners to support Reps. DelBene and Larsen in their efforts to protect the lookout.

Stay tuned for ways to get involved in the future of the Green Mountain Lookout. Sign up for WTA's Trail Action Network to keep up to date on this and other important issues. Visit wta.org/tan.



Photo by Jim Kuresman



TRAILS & ALES
VANCOUVER, WA
MEET hikers. TALK Trails.
DRINK Beer.
Join WTA at Dirty Hands
Brewing Company on March 26.
RSVP at wta.org/events

Enchanted Valley Chalet Threatened by East Fork River

A change in the river's course puts the iconic 80-year-old structure's future into question

OLYMPIC NATIONAL PARK – Park officials recently released ground and aerial photographs of Enchanted Valley in the southwestern corner of the park. The images show that the main channel of the East Fork Quinault River has shifted and is flowing within several feet of the historic Enchanted Valley Chalet.

Located in the Quinault Valley, 13 miles from the Graves Creek trailhead, the chalet was built by Quinault Valley residents in the early 1930s, prior to the establishment of Olympic National Park, and served as a lodge for hikers and equestrians. Near the chalet, the East Fork is constantly subject to storms, fallen trees, rockslides and erosion, often causing the channel to migrate across the wide, flat floor of the valley.

"We are very concerned about the future of the chalet, as well as possible impacts to the river," said Olympic National Park Superintendent Sarah Creachbaum. "The chalet has a great deal of local and regional significance and is well-known to anyone who's traveled to Enchanted Valley in the past 80 years."

Park staff are currently working to fully assess the situation and determine the best course of action—which could be limited due to the chalet's location in a remote section of the Olympic Wilderness. A routine monitoring program is keeping park officials abreast of the river's position and the chalet's situation.

"The river was right against the bank beside the chalet," conveyed David Baxter, a WTA trip reporter, following a January hike up Enchanted Valley. "Hopefully it can hold out awhile longer."

No longer a backcountry retreat, the chalet is used as a ranger station and emergency shelter for hikers. The chalet was added to the National Register of Historic Places in 2007.



Photo by David Baxter

WTA Hires New Development Director

This month, Kate Neville will be joining WTA as the new development director. She is replacing Rebecca Lavigne, who was promoted to program director last fall. Kate comes to WTA from the Woodland Park Zoo where she served as their corporate and foundation gifts officer for the past nine years. In addition to being a seasoned development professional, Kate brings to WTA a passion for hiking, and has been a long-time participant in WTA's annual Hike-a-Thon. WTA is excited to welcome her to the team!

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COMING TO SIGNPOST BLOG >>

WILD TIMES ON THE PACIFIC CREST TRAIL, WITH SUSAN ROBB

A Seattle environmental artist will be making her next project out of a solo hike on the 2,650-mile Pacific Crest Trail, and WTA will be following her journey

People hike for all kinds of reasons: exercise, spiritual renewal, escapism and even as a form of art. Susan Robb, a Seattle artist who describes her work as "the ongoing investigation of people, places and our search for utopia," is about to embark on her next project, Wild Times.

The project will be a solo thru-hike of the Pacific Crest Trail (PCT) in order to examine the wildness of both the geographic ideal and the human-made condition, using site-responsive art, social engagement and new media. Robb's vision is that not only will this experience give her the opportunity to explore wilderness, but that through a series of collaborative events, visual prompts and community exercises she can spur a larger dialogue about what it means to be "wild" and how that fits into the modern world.

This is not the first time Robb has used hiking in her art. In 2010 Robb carried out a project sponsored by King County Parks dubbed The Long Walk, which encouraged people to explore the places they think they know and incorporate the regional trail system into their definition of home. By implementing a variety of structured activities, guest artists and the surrounding landscape participants became intimately connected with the region's architecture, topography, each other and themselves.

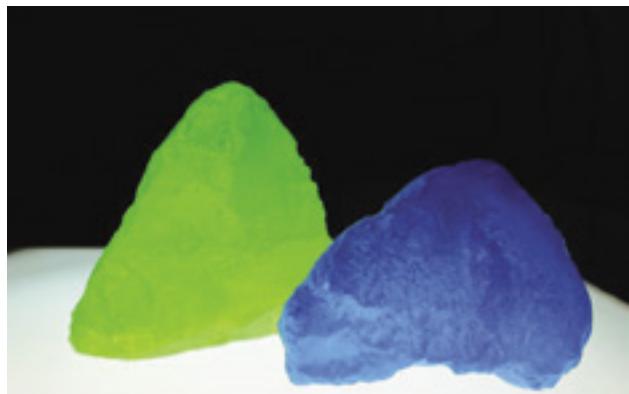
Just after finishing The Long Walk, Robb inadvertently became a "trail angel" upon encountering a thru-hiker who had just completed the PCT. The story of his journey set her mind in motion about how this five-month trek might become a method of exploration for her work. "As a modern society we are constantly connected to our devices. We are losing the wildness in our minds," Robb explains. Wild Times "is about cultivating parts of yourself that are just for you, that you don't share or Snapchat."

Yet technology will be an important part of how Robb carries out her project. She'll be partnering with museums

between California and Washington that will display photos from her hike, use a 3-D printer to re-create land art she creates along the way, show her Instagram feed and host a number of workshops where the community can come together and discuss wildness, solitude, technology and our changing relationship with these concepts.

Want to explore your wildness? Robb encourages you to take a walk and think about it. You can also become a part of the Wild Times community at wildtimesproject.com. Right here in Washington, the Henry, Frye and Tacoma Art Museums will be showcasing pieces or hosting workshops around Wild Times.

Follow Susan Robb's journey on the PCT with WTA at wta.org/wildtimes.



During each day of her journey, Susan Robb will create a 3-D file of a rock she finds along the Pacific Crest Trail. These files will be "printed" in corn-based plastic and used to create a cumulative sculpture: a rock pile the size of her hike. The end result will be approximately 150 rocks, each color coded by the elevation at which it was "collected."

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WTA AT WORK

Trail Maintenance

By Anna Roth



Song of the SAW

“The singing of a crosscut is almost like a soft bell ringing.”

So says WTA volunteer Jim Springberg when asked about the legendary “singing of the saw,” or the sound a vintage crosscut makes once the teeth are fully embedded in a log and both sawyers are in sync with each other. Springberg declares, “My 120-year-old saw sings like crazy.”

With the advent of chainsaws in the 1920s, the voice of the crosscut saw was nearly silenced—that bell-like tone replaced by the loud buzzing of portable motors. Chainsaws now made quick work of trees that would have taken a full day to fell with a crosscut. Logging operations, trail crews and landowners were quick to adopt the new technology.

But the Wilderness Act of 1964 prohibited the use of motors in established wilderness areas and saved crosscuts from almost certain extinction, ensuring that they would continue to sing out on trails across the country. Currently, WTA boasts a crew of 60 certified crosscutters who teach future generations the magic of working with these unique—and antique—tools.

An Ancient Instrument

Crosscut saws have been in use for centuries, with evidence of the tools dating back to ancient Romans. However, it wasn’t until the mid-1500s that the crosscut first enjoyed wide use in Europe. The first North American settlers brought the saws with them across the Atlantic and continued to import them from Europe until the mid-1800s. By then, saw manufacturers had sprung up in America, and crosscuts were used for bucking (cutting up) trees felled by axes. The late 1880s ushered in a golden age for crosscuts, as logging companies

Anatomy of a Crosscut Saw

CUTTER TEETH: Teeth that are offset from each other

RAKERS: Teeth that peel shavings out of the kerf

GULLET: Rounded sections of the blade that gather and remove shavings out of the kerf

KERF: The cut in the tree made by a crosscut saw

SHAVINGS: Fibers of wood created by the cutter teeth and rakers

began using the mighty saws across the nation, and three companies emerged as the leaders in saw manufacturing.

Disston Saw Works of Philadelphia, Pennsylvania, opened in 1872, creating high-quality saws with crucible steel using a Sheffield forging practice. This method combines blister steel with iron and heats the mixture to 1,600 degrees Celsius. Impurities are skimmed off before processing, resulting in the best steel for cutting blades. Disston remained in business until the 1950s, when they could no longer compete with the chainsaw market.

E.C. Atkins & Co. of Indianapolis, Indiana, began crosscut manufacturing in 1857, banking on heavy demand due to the dense forest that surrounded the city. In 1872 they began making Silver Steel Diamond Crosscut Saws. Like Disston, Atkins used crucible steel, but the trademarked Silver Steel was a secret formula and only available in their saws. Atkins & Co. saws won medals at the Chicago World's Fair in 1893 and the Pan-American Expo of 1901.

Simonds Saw and Steel Company of Fitchburg, Massachusetts, didn't begin saw production until 1901, and branched out across the nation with offices in Portland, Seattle and even Canada. Simonds—now known as Simonds International—is the only one of these saw manufacturers still in business; however, they stopped manufacturing crosscuts around the same time as the other two companies. Simonds does still fabricate files for crosscut sharpening.

Today, crosscut saws are available from the Crosscut Saw Company of Seneca Falls, New York—but ask any experienced sawyer, and they'll tell you that a vintage saw is overwhelmingly preferred.

Vintage saws feature high-quality steel and a taper-grind, meaning that the saw is thicker at the teeth than at the back. This prevents the saw from binding, or getting stuck in the cut as sawyers work through a log. The optimal grind is a crescent taper, where the saw is not only wider at the teeth than at the back, but the teeth are equally wide along

the length of the saw. According to the late Warren Miller, author of the U.S. Forest Service handbook, *Crosscut Saw Manual*, a vintage crescent taper provides maximum cutting efficiency with the least amount of effort from the operators. By comparison, modern crosscuts feature a rudimentary flat grind and are made from a lower-quality type of steel.

But vintage saws are rare. They can only be found in antique stores or handed down through generations of sawyers. Because of the scarcity of these quality tools, they are cared for meticulously and highly prized by their owners. The opportunity to work with one is not to be missed.

“The crosscut saw that sings is similar to a fine-tuned instrument. It has to be made of the finest steel, and it should be sharpened by a skilled saw sharpener.”

— Jim Springberg

Working With Crosscuts

Every summer WTA volunteers gain experience using crosscut saws when they head into wilderness areas to clear trails of fallen trees. A team might make quick work of multiple trees in a day, or they may focus on one behemoth, working all day to clear a huge log that has made the trail impassable. In either case, the best, fastest work is ensured by having the right size saw and keeping it sharp.

As a rule, the saw a crew uses should be twice as long as the diameter of the log being cut, so the gullets can dump the shavings out of the kerf, keeping the way clear for the teeth to continue cutting (see *Anatomy of a Crosscut*). Crosscuts used in the Northwest can range from 4 to 12 feet, but a saw is only useful if it's practical to take into the backcountry. If a saw is too long or too heavy, crews might



Last summer, WTA crosscut crews worked at locations across the state clearing blowdown from our favorite trails. Here, a team works on clearing the Mildred Lakes Trail in the Mount Skokomish Wilderness. Photo by Don Abbot.

opt for smaller, lighter models.

George Winters of the Darrington Ranger District describes "Sherman" (a vintage 6-foot Royal Chinook model made by Simonds) as the preferred saw out of the district's saw cache. "Sherman has a good weight for cutting, but he's heavy," Winters explains. "If the project is multiple days away, or there's likely to be smaller stuff, then the choice will be a smaller saw."

The other key in a crosscut's effectiveness is sharpness, and its ability to cut through logs of all varieties. Crosscut sharpening is an art, requiring special files and training, and must be done by hand. Bud Silliman, a WTA volunteer, learned saw maintenance from Miller. In addition to helping maintain WTA's saws, Bud works on up to 20 saws each year for the Forest Service, the Pacific Crest Trail Association and others. According to Silliman, the time it takes to sharpen a saw is variable. "Shorter saws in good condition may take four hours, but a long saw in poor condition could take eight to twelve hours."

Quality crosscuts are never discarded. If a saw is damaged during use but a length of the blade can be salvaged, it will be cut down to a smaller size and put back into use. Sometimes larger, heavier saws will be cut in half for more practical uses as well.

Many volunteers who have worked on crosscutting crews have gone on to become certified sawyers themselves. In 2013, WTA volunteers Rich Tipps and Tom Mix received the President's Volunteer Service Award, a recognition from President Obama, for teaching crosscutting and safe trail practices to WTA volunteers. They emphasize that with crosscutting it's not brawn that gets the job done, but finesse and rhythm (which is why women oftentimes learn the art of crosscutting faster than men).

The unifying quality of a crosscut job well done is truly intoxicating. Gary Zink, a WTA volunteer crew leader renowned for teaching crosscutting, imparts, "My favorite part is to hear [a crew] yell and cheer when a big log they've cut tumbles and crashes off the trail."

PITCH IN & TRAILS

No Experience Necessary

Don't Miss Out

Volunteers are already lining up for WTA's 2014 Volunteer Vacations, Backcountry Response Teams and Youth Vacations. It's not too late to sign up.

Quartz Creek BCRT
► June 19–22, Mount St. Helens

Big Four Ice Caves Girls Youth Vacation
► July 6–11, North Cascades

Shedroof Divide BCRT
► July 31–August 3, Colville National Forest

W. Fork Humptulips Volunteer Vacation
► July 12–19, Olympics

PCT at Dishpan Gap Youth Vacation
► August 2–9, Central Cascades

Wild Sky Wilderness Volunteer Vacation
► August 30–Sept. 6, Central Cascades

And more!

Sign up at wta.org/volunteer

Photo by Roxanne Eve

By Kindra Ramos

WTA Works to Make the Northwest Forest Pass More Effective

In this time of declining government backing, WTA is working to ensure that recreation and trail maintenance funding is not lost in the budget battles playing out at the state and federal levels. One way we are working to help secure appropriate funding for trails on national forests is by reauthorizing and revising a key piece of legislation.

At the end of 2015 the Federal Lands Recreation Enhancement Act (FLREA) will expire. This is the user-fee program that provides funding from passes (such as the Northwest Forest Pass) and entrance fees to U.S. Forest Service and other federal public lands agencies. This is an essential funding source for these agencies, and its reauthorization will present an opportunity to make some key changes that will make it an even more effective resource. But it is going to take some work to both ensure reauthorization and to make improvements to the law.

Fees Collected Stay Local

Funding from the Northwest Forest Pass allows the Forest Service to collect funds for operation, maintenance and capital improvements. One of the biggest advantages of this program is that the money raised from pass sales stays within the district where the pass was purchased. Roughly 80 percent of recreation fees collected are invested back into those sites, with the remaining funds providing vital supplemental funding for additional recreation sites in the district. In 2012, national forests

in Oregon and Washington reinvested \$8.8 million in pass revenue. If the law were not to be reauthorized, the loss of FLREA as a funding source would be one more devastating cut to the Forest Service's ever-shrinking budget.

Room for Improvement

Currently, FLREA allows a user fee to be charged only at recreation sites that feature six standard amenities (see chart). Note that the list does not include trails. WTA will be recommending the addition of a seventh amenity—the trail—and that a majority of the features, rather than the full list, be required at fee sites. This more flexible approach would help ensure that the national forests have the funds to maintain the facilities that draw recreation users. This will also ensure that agencies are not adding unnecessary, and difficult to maintain, features simply so they can require a pass. For example, they could spend pass revenue on maintaining an area's trail rather than a lone picnic table squeezed in next to the parking lot.

How You Can Help

Please contact your U.S. representative (house.gov) and urge them to renew FLREA and help preserve the vital funding provided by the Northwest Forest Pass. Also ask your representative to revise this legislation so that the funding may more easily be applied to maintaining trails.

Currently, FLREA funds can be applied only to recreation sites that feature all six "standard amenities" (1–6). Making the trail the seventh amenity, and requiring only a majority of the features at any fee site, would ensure that the national forests have funds to maintain the facilities that draw recreation users and that agencies do not add unnecessary amenities simply so they can require a pass.



Illustration by Whitney Maass

WTA AT WORK

Youth Program

By Andrew Pringle



WTA-equipped girls from Seattle's WELS program enjoyed a sunny snowshoe on Mount Rainier, while the boys reveled in building and spending the night in a snow cave. Photos courtesy of Highline School District.

Alternative Spring Breaks!

This spring, teens ages 14–18 can earn eight or more service hours with WTA on a spring break work party.

These one-day work parties provide a unique opportunity for youth to learn about the trails in their communities while meeting other young people interested in the outdoors.

- Bellingham area: April 2–3
- Greater Seattle area: April 14–18

Visit wta.org/volunteer/youth

Outdoor Leadership: Providing a Path

On a rare cloudless day this winter, a group of high school girls stopped at an overlook of Mount Rainier. Drier than normal conditions this season have made for thin snow coverage, but beautiful views. The girls had hiked 4 miles the day before, and 2 miles to reach the lookout the next day, even though, for the most part, none of them had ever backpacked or hiked in the snow before.

One of their teachers, Tim Hall, of the Waskowitz Environmental Leadership School (WELS), reflected on the scene. "They played in the snow with the joy of younger kids despite the adult-sized challenges many of them face at home. To see a group of young women find solace in the outdoors for even three days was a true pleasure."

WELS teaches high school students both academic and career skills using the themes of leadership, environmental stewardship and community service. Many of the students enrolled in WELS come from challenging circumstances and face tough obstacles to succeed in their goals. Through coursework and electives, the one-year program creates a pathway for students to take control of their future as scholars, and as social and environmental leaders in their community.

Building Community Partners

Outdoor adventures are a key part of the WELS program, but providing the necessary gear to outfit these adventures often presents a challenge to program coordinators. Recently, WELS teachers learned about WTA's gear lending library and saw an alternative to purchasing gear for infrequent use or leading a trip with unprepared students. Thanks to gear donations from companies like Columbia Sportswear and Timbuk2, and support from others like Merrell footwear and GSI Outdoors, WTA was able to lend the group rain jackets and pants, fleece sweaters, waterproof boots and water bottles for their trip.

This assistance was made possible by WTA's new Outdoor Leadership Training program, funded by a generous gift from WTA members Cynthia and Steve Hammer. The new program is now serving schools and community-based organizations with a free gear lending library, allowing teachers and youth organizations to outfit their groups for similar adventures. The program, which also includes mini-grants for outdoor trips and skills-building workshops for adult trip leaders, serves to increase equitable access to outdoor experiences for youth.

Coming Together on Trail

While the WELS girls' trip benefited from unseasonably sunny and dry weather, a similar boys' trip encountered the more common conditions of a Washington winter. When offered the choice between activities by the warm fire or hiking on the trails in the rain, all 13 boys chose the latter. After a mile of hiking through soaking wet conditions, they were overjoyed to see huge snowflakes from an approaching storm fill the valley. Hall noted that some students hollered, and some were quietly reflective "but the moment brought the whole group closer together."

Three of the students even translated their classroom learning into real-life survival skills by building a quinzee snow shelter near the Copper Creek Hut. The three boys, two of whom had never backpacked before, snuggled in for a memorable night in their cave—despite the availability of a heated hut nearby. With WTA's assistance and the support of its program partners, these boys were able to experience their winter adventure—one that will probably stick with them for years to come.

Learn more about WTA's Outdoor Leadership Training program at wta.org/olt.

Letterboxing

A Great Way to Get Kids Outdoors

This spring, get the kids unplugged and outdoors by exploring a new trail or park and trying out letterboxing, an activity that combines an outdoor treasure hunt with the hobby of rubber-stamping. Think geocaching without expensive gadgets and plastic toys. The prize for finding a hidden letterbox is the opportunity to ink a unique, hand-carved stamp and commemorate it in your own notebook, as well as to leave your own signature stamp in the letterbox's logbook.

Letterboxing's origin dates to the 19th century, but didn't catch on in the U.S. until 1998. Today there are tens of thousands of letterboxes hidden across the country, including several thousand just in Washington. They can be found in city and regional parks, in state parks, along backcountry trails and even inside a few businesses.

Recently, more families are turning to letterboxing as a unique way to encourage outdoor exploration and creativity. Rachael Leedy of Fairhaven has been letterboxing with her husband and two sons for five years. "The wonderful thing about letterboxing is that you don't get candy or trinkets, but instead you are able to take home a print of a beautiful stamp," she said. Her son Kai, ten, added that he most likes "seeing the stamps and how pretty they are." Her older son Blue, twelve, likes walking in the woods.

The treasure hunt aspect of letterboxing is extremely motivating for kids. It's a great way to investigate a familiar park anew, or to explore a place you might not otherwise go. Many families take the activity with them on vacations, finding letterboxes near the grandparents' home or on family camping trips.

Aside from a stamp and ink pad, there are few barriers to enjoying letterboxing. Those who fall for it will want to carve their own signature stamps and may even want to hide their own boxes. Rachael Leedy's kids are currently working on a series of four monster stamps to hide near their home, and they have even made up stories to go with each one.

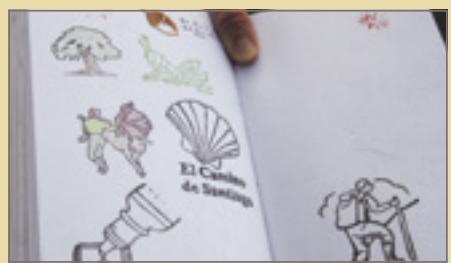
WTA member Ryan Carpenter runs the atlasquest.com website, which hosts an active community of letterboxers and clues to more than 4,300 boxes throughout Washington. He stresses a few important principles:

- ▶ Disturb as little as possible when planting and finding boxes.
- ▶ Be stealthy so as not to draw attention to the box.
- ▶ Never take anything from the box.
- ▶ Rehide the box as well as or better than you originally found it.

Once you have found a letterbox, you can return to the website and record the find. Most of all, Carpenter suggests that people have fun.

ALL YOU NEED

- ▶ Rubber Stamp
- ▶ Notebook
- ▶ Ink Pad
- ▶ Pen or Pencil
- ▶ Clues!



Go Letterboxing

Here are just a few of the many places you can try letterboxing:

Squires Lake, Bellingham

Several series of letterboxes can be found around this 84-acre park.

Kelsey Creek Community Park, Bellevue

Search for a series of seven stamps inspired by Hayao Miyazaki's movies.

Turnbull Nat'l Wildlife Refuge, Cheney

Go birding and letterboxing at the same time along the Pine Lake Loop.

Battle Ground Lake State Park, Vancouver

Several letterboxes dot this park, though a few have not been located for some time.

Search for more letterbox locations at atlasquest.com. And learn more about letterboxing at wta.org/letterbox.

Photos by Susan Elderkin

Who's Your Buddy?

By Cassandra Overby

Like the peanut butter to your jelly, finding the right hiking partner is all about the perfect combination.

Whether you're new to the Pacific Northwest, someone looking for safety in numbers, or simply enjoy laughter and companionship on the trail, finding the right hiking partner or group is one of the best things you can do to improve your experiences on the trail.

As avid hikers—or aspiring avid hikers—we usually invest a significant amount of energy in planning our time in the outdoors. We memorize the Ten Essentials and keep our backpacks stocked with energy bars, extra socks and enough maps to outfit an invading army. We study weather forecasts and plan our hikes by season, hoping that all of our efforts will guarantee great days on the trail—fair weather, breathtaking views and successful summits. And yet, in our quest to remember everything from bandages to blister cream, many of us forget a simple truth: the only difference between a good day on trail and a great day on trail is having the right companions to share it with.

This is never truer in life than in hiking. Let's face it, the outdoors puts true companionship in perspective. A good hiking buddy is someone who

sees you in the most challenging of circumstances—when you're exhausted, dirty and drenched—and can make you smile at the humor of it all. They understand when you need to rest and encourage you to push on just a little more. They are someone with whom you'll reminisce and laugh for years to come, about the time marmots raided your backpack or the midnight rainstorm that flooded your tent.

Whether you're looking for someone to share memories, logistics or expenses, finding the right hiking partner can vastly improve your outdoor experiences. It can give you the opportunity to glimpse the outdoors not only through your own eyes, but through another's as well. Hiking with a companion or group can also offer a sense of security in knowing that should an accident or injury occur, help is nearby.



STEP ONE:

What Kind of Companion Do You Want?

The first step in finding a hiking companion is getting a clear idea of the type of experience you're looking for. Be honest with yourself. Hiking is an exercise in endurance and can test people's patience and character. The more accurate you can be, the better your chances of connecting with a like-minded partner—and the happier you'll both be on the trail. Here are some things to consider.

What hiking companionship have you enjoyed in the past?

Start by analyzing your previous hiking friendships. What did you enjoy, or not enjoy? Determine what to repeat or avoid with your next buddy.

What aspects of companionship are you looking for?

Are you looking for someone who will be strictly a hiking companion, or would you like a broader relationship that includes other hobbies and dating?

What are your preferences for hiking with groups or individuals?

Groups are great for socializing and meeting new people, but may be slower on the trail, while individual partners may offer the potential for deeper friendships.

What kind of experience are you looking for?

Everyone has an objective for getting outdoors. What is yours? Do you want to learn about the environment? Get in shape? Practice photography? Bag summits?

What kind of hiker are you?

This is one of the most important questions to answer honestly. Are you more of a trail chaser or a casual plodder? Do you have kids who could slow a group down? Do you have health conditions or physical limitations that affect your speed?

What kind of hiker do you want to be?

Are you looking to improve your hiking fitness and need to be encouraged? Are you a slow hiker but would like to get faster? Are you a little out of shape and would like to develop muscle tone and improve your endurance?

Once you have determined what kind of hiker you are, and what kind of companion you're looking for, you're ready to move on to step two.

OPPOSITE: Meet fellow hikers by expanding your outdoors resume with a mountaineering or climbing course with The Mountaineers. Photo by John Porter

BELOW: Hiking partners can be found in all walks of life, such as Marine Mom Friends, a group who all have children in the military. Photo by Jackie Lewin



Develop Your Community Through WTA

One of the best ways to meet fellow hikers is to get involved with WTA. Attend a volunteer work party or a local event. Here are just some of the ways that WTA can help you connect with others who love the outdoors as much as you do:

JOIN OTHERS ON TRAIL

Hike-a-Thon

ATTEND SOCIAL EVENTS

Hike the State Trails and Ales

PARTICIPATE IN A COMMUNITY

Share Trip Reports

VOLUNTEER FOR TRAILS

Trail Work Parties
Volunteer Vacations
BCRTs

For more information on all of WTA's community opportunities, visit wta.org.



STEP TWO:

Where to Find Your Next Hiking Companion

Once you identify the kind of hiking experience and companion(s) you're looking for, it's time to browse the organizations, classes and websites currently available to help connect you with your ideal outdoor adventure. There are extensive opportunities across the state to connect with like-minded hikers, ranging from community and fitness groups to hobby and enthusiast meetings. Try several and see what develops.



Make Friends or Find a Hiking Group

Northwest Hikers

Online forum for hikers throughout the Pacific Northwest.

» NWHIKERS.NET

Facebook Groups

Connects people and outdoor activities. Search by location or interest.

» FACEBOOK.COM

Meetup Groups

Expansive website that brings together people who share common interests. Search by your location or activity.

» MEETUP.COM

Evergreen State Volkssport Association

Statewide organization that promotes noncompetitive staffed and self-guided walking, biking, snowshoeing and cross-country ski outings.

» ESVA.ORG

Northwest Adventure Center

Outdoor organization serving families near Joint Base Lewis-McChord.

» JBLMMWR.COM/NW_ADV_CTR.HTML

OutVentures

Outdoor recreation organization for the LGBT community.

» OUTVENTURES.ORG

Learn Something New

REI

National retailer offers free workshops and seminars on the outdoors.

» REI.COM/LEARN.HTML

The Mountaineers

Outdoors nonprofit with instructional courses and guided trips.

» MOUNTAINEERS.ORG

Remote Medical International

Safety organization that offers wilderness first-aid clinics and training.

» REMOTEMEDICAL.COM

Washington Outdoor Women

State program that teaches hands-on outdoors workshops for women.

» WASHINGTONOUTDOORWOMEN.ORG

North Cascades Institute

Nonprofit with youth, graduate and adult education programs.

» NCASCADES.ORG

Mount St. Helens Institute

Dedicated to educating people about and protecting Mount St. Helens.

» MSHINSTITUTE.ORG

Get in Shape

Evergreen Trail Run

Statewide organization for competitive and noncompetitive trail running.

» EVERGREENTRAILRUNS.COM

Fun, Fit and Over 50 Club

Tri-Cities-based club with outdoor and intellectual outings.

» FFOFC.ORG

Your Local Parks and Recreation Department

Many departments host walks, hikes and outdoor fitness opportunities.

» WTA.ORG/HIKINGGROUPS

Pursue a Hobby or Interest

Zooniverse (Citizen Science Alliance)

Scientific research conducted by amateur and nonprofessional scientists.

» ZONIVERSE.ORG

MerGeo

Washington-based orienteering club offering clinics and events.

» NAVRACES.COM

Puget Sound Mycological Society

Organization dedicated to everything mushroom-related.

» PSMS.ORG

Audubon Washington

The state field office of the National Audubon Society.

» WA.AUDUBON.ORG

Take an Epic Trip

Outdoors for All

Providing outdoor recreation opportunities for people with disabilities.

» OUTDOORSFORALL.ORG

Sierra Club Inner City Outings

Volunteer-run groups conduct outdoor outings for urban youth and adults.

» SIERRACLUB.ORG/ICO

Washington Trails Association Work Parties

Help fix your local hiking trails with crews of other great volunteers.

» WTA.ORG/VOLUNTEER

And More!

To see the entire list of groups and organizations that promote hiking in your area, or to suggest one, visit WTA.ORG/HIKINGGROUPS.

LEFT: Hiking companions can be found near and far. Author Cassandra Overby (left), introduced two friends from wine-and-movie girls' night to one of her favorite trails. Now she has two more trail companions. Photo by Cassandra Overby

RIGHT: You can also meet new hiking companions by joining a Meetup Group like Adventure Explorers. This group offers outdoor classes on hiking and mountaineering. Photo courtesy of Adventure Explorers



STEP THREE:

Know Before You Go

You've searched the groups, you've made connections and now you're ready to hit the trail with your new hiking group or partner. To guarantee that things go smoothly on your first outing, here are some things to keep in mind.

1 Do your research and know what to expect on hiking day. A conversation with your new companion or group leader can help avoid first-day awkwardness. Make sure you discuss logistics, including carpooling or contributing money to a gas fund, punctuality, RSVPs and speed or performance expectations.

2 Remember that you alone bear the ultimate responsibility for your own safety and well-being. Hiking with another person, or an entire group, can give you a false sense of security. You should always carry your own Ten Essentials. Also, be prepared for group-think and the possibility that you might need to turn back on your own if a particular section of trail is out of your comfort zone.

3 When you're meeting your group or partner for the first time, avoid conversations on touchy subjects, e.g., politics and religion—unless you're meeting with that specific type of group. Share some of your favorite trails hiked, volunteer experiences, books read or food—everyone loves food.

4 Finally, just be the kind of person that you want to meet. It doesn't matter if you're feeling nervous or shy. Chances are, other people will be feeling the same. Flash your best smile; be friendly and ready to participate in a fun outing. It may not be long before you end up with a hiking companion who's also your best friend.

So whether you're hiking for the first time, fifth time or fiftieth time, and you're looking for a buddy or group to share some quality trail time with, there are an abundance of resources just waiting to help you make those connections. All you need to do is determine what you're looking for and reach out. Chances are, there are quite a few fellow hikers out there looking for the same thing.

So as you get ready for another great hiking season, make this the best one yet by expanding your outdoors community. Before you know it, your time on the trail will be filled with more laughter, more fun and maybe even some homemade chocolate chip cookies. It doesn't get much better than that.

A good hiking partner will have the same relative speed, the ability to carry on enjoyable conversation, and preferably wilderness first-aid knowledge. The single most important characteristic of a good hiking partner is that they bring good food and are willing to share!

—Tami Asars, Guidebook Author

Start Your Own Hiking Group

You don't need to join someone else's hiking group to find new hiking partners. Often, the people in your existing communities—work, church and neighborhood—can make great companions too. Look around where you live and play. You might just find others who have been waiting for an invitation to join you on the trail.

Here are some tips for starting your own hiking group:

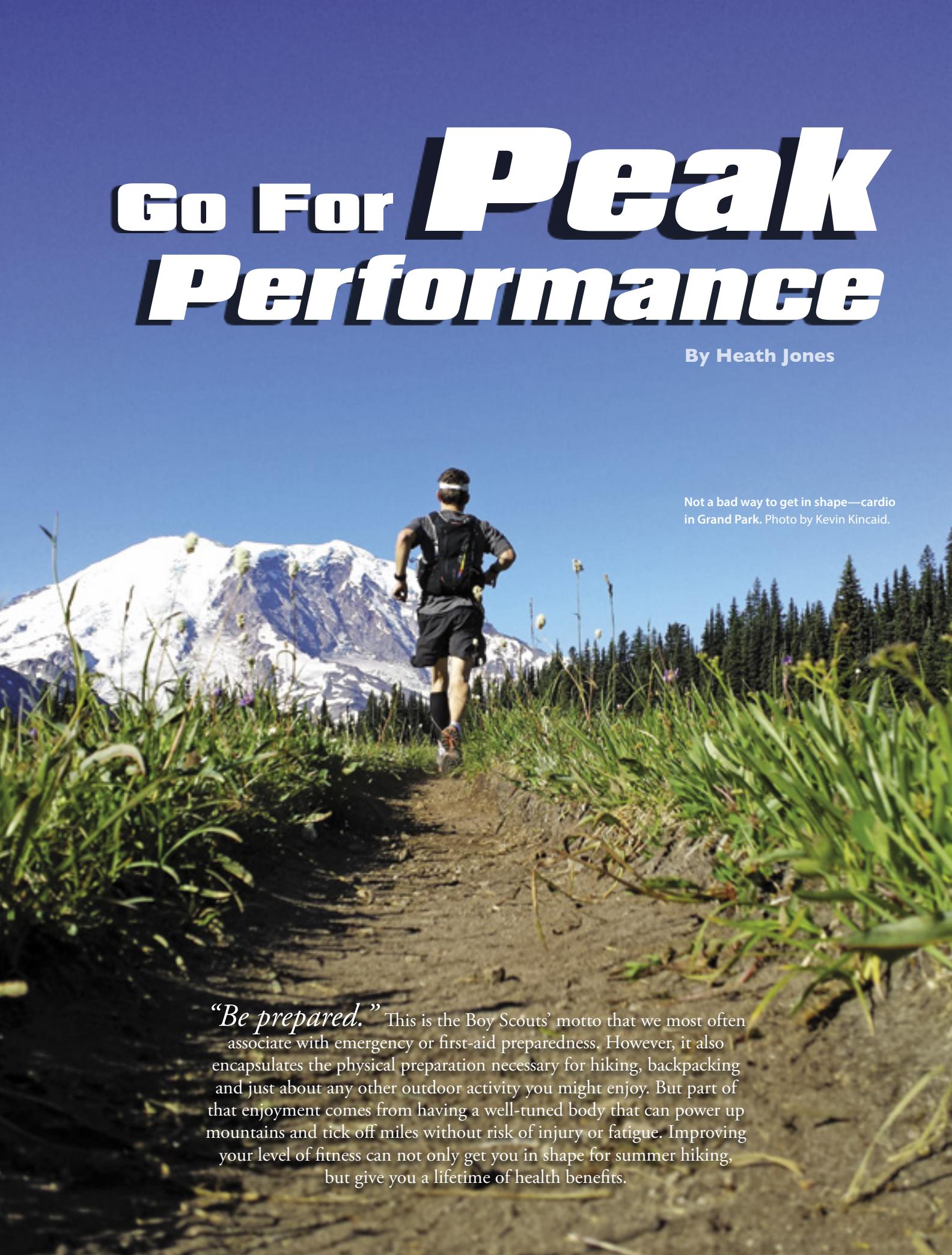
- Invite people who are cooperative and get along.
- Set group expectations together so everyone is comfortable.
- Discuss punctuality, RSVPs, carpooling and a group policy on dogs.
- Determine your collective fitness level and plan hikes accordingly.
- Schedule in advance and hike regularly.
- Take turns with trip planning and logistics.

CASSANDRA OVERBY is a Seattle-based freelance writer who loves to travel and explore the outdoors. Her writing often highlights the adventures and misadventures she gets herself into along the way. Cassandra has a knack for meeting interesting characters everywhere she goes. Her life philosophy is that strangers are just friends waiting to happen. Check out her writing and get inspired to have an adventure of your own by visiting cassandraoverby.com.



Go For *Peak* Performance

By Heath Jones



Not a bad way to get in shape—cardio in Grand Park. Photo by Kevin Kincaid.

“Be prepared.” This is the Boy Scouts’ motto that we most often associate with emergency or first-aid preparedness. However, it also encapsulates the physical preparation necessary for hiking, backpacking and just about any other outdoor activity you might enjoy. But part of that enjoyment comes from having a well-tuned body that can power up mountains and tick off miles without risk of injury or fatigue. Improving your level of fitness can not only get you in shape for summer hiking, but give you a lifetime of health benefits.

Whether you're a day hiker or long-distance trekker, everyone can benefit from a fitness program. Consider some of your past hiking experiences. Was there a particular trail you found overly challenging or difficult? Do you want to hike longer distances? Or perhaps you just don't want to feel like a truck rolled over you at the end of a hiking day? If any of these hit home, you have a starting point and a goal to reach. Taking small steps to improve your fitness will increase your strength, aerobic capacity, endurance and recovery time. Building on these components will then help increase your pace and the level of difficulty you can handle, plus it will make the overall experience more enjoyable. You can notice results in just a matter of weeks.

The main components of fitness are **cardiorespiratory endurance, musculoskeletal fitness, flexibility and nutrition**. Each of these components is important in their own regard. Focusing on your weak areas and continuing to build on your strengths will create a more balanced body. And whether you are training for the first time or the tenth time, the goal is to improve your ability to get up those mountains—and feel good doing it.

Getting Started >>>

Building a strong set of lungs and allowing your muscles to work for a longer period of time will help you at higher elevations and push you farther than before. This is **cardiorespiratory endurance**, and it is the ability of the heart, lungs and circulatory system to supply oxygen and nutrients efficiently to working muscles. Improved cardiorespiratory endurance is one of the

most important benefits of an aerobic training program. Aerobic exercise is recommended five to seven days per week for 30 to 60 minutes. Every workout should include a 5- to 20-minute warm-up and cooldown, including active and passive movements. Active movements use continuous motion to increase heart rate (e.g., walking, jump rope, yoga, etc.), while passive movements are done through the use of external modalities (e.g., foam roller, massage, etc.).

Once you are warmed up, there are two ways to go about aerobic activity. **Continuous training** is how most people exercise, maintaining one continuous aerobic exercise performed at low to moderate intensity, such as walking on a treadmill, using a stair-stepper or riding a bicycle. **Discontinuous training** involves periods of high intensity exercise interspersed with rest periods, such as racquet sports and basketball. Both of these methods are effective in improving cardiorespiratory fitness.

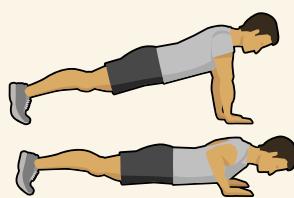
10 Conditioning Exercises for Home, Gym and Trail

4

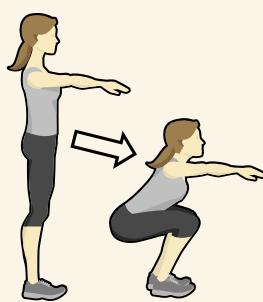
Basic exercises to do at home.



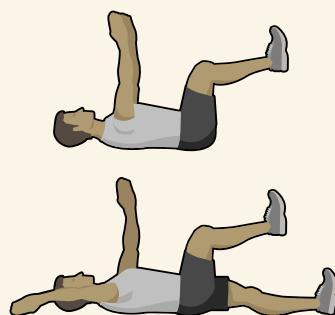
Plank = Core strength/endurance
From your knees or toes, place your forearms on the ground underneath your shoulder joint. Press yourself up off the ground and hold in a straight line. Perform for time instead of repetitions.



Pushups = Core/chest strength
From the ground or an incline position, place your hands in line with your armpits. Lower yourself until you reach just past 90 degrees. Avoid arching your back.



Squats = Leg strength/endurance
Start with your feet hip-width and squat down with hips back and knees behind toes. Adjust feet based on hip mobility and strength.



Dead Bug = Core endurance
Lie on your back with feet in the air and knees/hips at 90 degrees. Alternate each leg to extension until your heel touches the ground. Perform for time instead of repetitions.

12-Week Sample Exercise Program

Mon: Full-body workout

>>> 10 exercises, 2 sets, 12–20 reps

Tues: Low-impact cardio = 30 minutes

Weds: Easy to moderate hike

Thurs: Full-body workout

>>> 10 exercises, 2 sets, 12–20 reps

Fri: Active recovery*

Sat: Challenging hike

Sun: Active recovery*

*Active recovery is any activity that will promote blood flow. This can include light exercise, foam rolling, stretching, massage, hot or cold therapy, or a variety of other options.

Monitor Your Progress >>>

Select a local, moderate hike you can access at the beginning of the season, then return to at the end of the season to compare your progress. Trails like Rattlesnake Ledge, Wallace Falls and Dog Mountain are a great way to test both your speed of hiking and heart rate. You can also monitor your progress using the treadmill at your local gym for the 12-minute walk-run test. After a proper warm-up, set the treadmill for 12 minutes and record how far you can go. Test yourself every couple of months to monitor your progress. Having someone for support, or a hiking or training partner, can help you stick to your goals.

Depending on your level of fitness and activity intensity, it is important to take rest days and incorporate lower impact activities into your routine. Alternating hikes with lower impact training can help to improve hiking condition and allow joint recovery. Activities such as walking, biking, swimming and cross-country skiing are all great lower impact exercises. Whatever you choose to do, make sure you have fun with it and get variety.

Building Strength >>

Strong legs and a solid core will power you up those inclines and allow you to carry more weight in your pack. This is **musculoskeletal fitness**, the ability of your skeletal and muscular systems to perform work. Improving upon this will enhance your bone and tendon strength as well as your endurance.

Strength training is recommended for a minimum of two days per week, at varied intensities. A typical training regimen includes a combination of 8 to 12 exercises for 2 to 3 sets of 1 to 20 repetitions. Utilizing lower repetitions will help to increase power and strength, while higher repetitions will help increase muscular endurance. Rest between sets can be longer (>2 minutes) for power exercises, and shorter (<1 min) for endurance and circuit-training types of workouts. Performing high-repetition exercises in succession with short rest periods can simulate an aerobic type of activity. This can be a great way to get both aerobic and muscular fitness in the same workout.

Do Your Reps >>

When performing repetitive exercise, numbers matter:

Power: 1–5 reps

Strength: 6–12 reps

Endurance: 13–20 reps

You can perform your strength training exercises at home, at your local gym or out in nature. Working out at home can be the most cost-effective method by using many things you already have available (e.g., full water bottles make good weights). You can purchase dumbbells, stretch bands or a DVD workout program. Gyms give you access to equipment and fitness professionals who can help you set a fitness goal and make sure you are performing your exercises correctly. Gyms often require a membership, but other facilities, such as local community or YMCA centers, offer low-cost access to fitness equipment and programs. On the trail you can use your own body weight, rocks, benches and sections of trail to perform exercises like lunges, squats, pushups and step-ups. With a little creativity you can come up with an effective workout program to do just about anywhere for little to no cost.

4 Basic exercises for on the trail.



Lunges = Strengthen legs and increase ankle/knee/hip stability

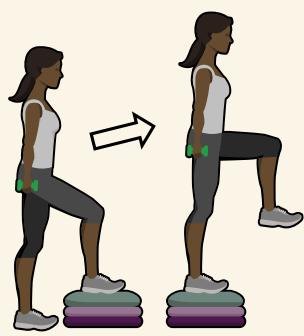
Forward Lunge: Starting with feet hip-width, take a step forward while bending at both knees until lead leg is at 90 degrees. For beginners, or those with bad knees, take a step backward.

Side Lunge: Starting with feet hip-width, step way out to the side, keeping your starting leg straight and bending your lead leg while keeping the knee behind the toes.



Y's/T's/W's = Upper back flexibility/mobility

Stand in a shallow squat position. Place your arms between your legs and raise/pull your arms as far back as possible into the shape of a Y, T and W.



Step-ups = Lower body strength/stability

Start with one foot on an elevated surface. Stand up while lifting opposite leg to a 90-degree position.

Improving Flexibility >>>

Keeping your hips, back and shoulders mobile and loose will protect you from injury and decrease recovery time.

Flexibility is the ability to move a joint fluidly through a complete range of motion. Range of motion may be limited by the size or strength of muscles, ligaments and other connective tissue. Flexibility routines are recommended five to seven times per week, performing a variety of exercises including static and dynamic stretching, foam rolling, massage and hot or cold therapy.

Static stretching is holding a specific muscle through a stretch for 15 to 30 seconds, including the quad, figure-4, chest and standing calf stretch. These stretches are best performed after a workout. **Dynamic stretching** is performed slow and controlled through the full range of motion. These can include floor angels, shallow lunges or squats prior to exercise. Foam rolling and massage can both help to alleviate knots and bring passive heat to the muscles, improving blood flow for both warm up and recovery. Hot and cold therapy can be another alternative to warm-up muscles and joints, while also manipulating blood flow for recovery.

Nutritional Fitness >>>

Having the proper nutrients in your body at all times is essential for hiking, as well as for effective workouts. Staying in **caloric balance** will give you the necessary energy you need while aiding in weight maintenance. A good nutrition plan should include whole foods, a variety of fruits and vegetables, and the correct amount of calories to fuel your activities and avoid "bonking." A certified dietician can give you an individualized nutrition plan.

Different nutrients can provide you with the energy you need to prepare, complete and recover from a workout. Carbohydrates, fats and proteins make up the three main sources of energy we receive from food. Carbohydrates provide our brain and muscles with sugar

that we need to perform shorter bursts of exercise. Proteins promote muscle recovery and sustained energy. Fats provide long-lasting, slow-absorbing energy that also aid in joint health. Depending on the length or intensity of your hike, you are going to want a combination of food sources to give you the energy you need. Energy bars, nut butters, jerky and trail mix will give you a variety of macronutrients to sustain you for several hours of exercise. During high-intensity exercise use more carbohydrates as fuel, whereas during low-intensity exercise—hiking—use more fats as fuel.

The other part of good nutrition is staying hydrated. Regardless of where you are—at home, work, the gym or on the trail—proper hydration can keep the body functioning. Physically active individuals who perform daily exercise should drink 96 ounces of water per day. This is equivalent to 12 glasses of water or three Nalgene bottles. The average hiker loses 16 to 40 ounces of water in an hour of exercise through sweat. Replacing this by regularly drinking water will keep your energy high and your legs underneath you.

Fitness for You >>>

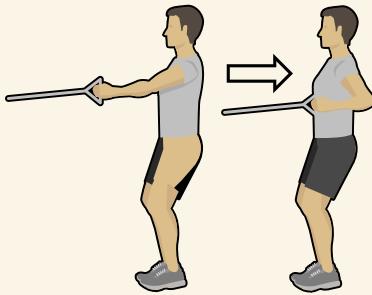
It can be very easy to over-complicate a fitness routine or nutrition plan. The key is to start simple and gradually increase your efforts. This will help you create a routine that you can incorporate into your lifestyle permanently. Planning ahead, making it convenient and finding a hiking buddy or workout partner will ensure you stay consistent. Once you start to see progress, you can up the ante by monitoring your heart rate and body mass index. And by keeping it up, you'll hike higher and farther than ever before.

Always consult a physician before starting a new fitness or nutrition program. For more information on hiking fitness programs, check out the book *Fit By Nature* by John Colver.

HEATH JONES holds certifications through the American College of Sports Medicine and National Strength and Conditioning Association. As an Eagle Scout and outdoor enthusiast, he pushes himself and others to reach their potential. His experience includes more than 7,000 hours of personal training and one season coaching with the Florida Marlins. Currently working for Healthways, Heath helps motivate and support clients with behavioral change and weight management.

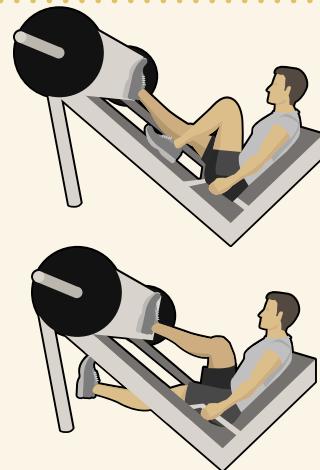


2 Strengthening exercises for at the gym.



Back row = Back & core strength

Stand with feet hip-width in a shallow squat position. Pull arms back until bar reaches belly button.



1-Leg Press = Single leg strength

Place one foot on the pad and lower leg just past 90 degrees. Press through your heel, keeping knees behind toes until near full extension.

Don't forget to Stretch



Chest Stretch = Chest flexibility

While standing, place one forearm on a corner of a wall. Rotate your body away from your arm, keeping forearm stable. Alternate sides.

Figure 4 = Hip flexibility

Lie down on your back with knees bent and feet on floor. Place one ankle over opposing knee and pull your other leg toward you. Alternate sides.





"THE IDEA OF WILDE



Law of the Land WILDERNESS: The

Ghe Wilderness Act of 1964 was the first government legislation in world history to codify and preserve wilderness. In Washington, this act ushered in the state's first three wilderness areas: Mount Adams, Glacier Peak and Goat Rocks. In the years that followed, five more were introduced, including the Alpine Lakes and Pasayten. Building on that success and the value of preserving unique landscapes, the Washington Wilderness Act was passed in 1984 and forever changed the state of wilderness in the Northwest.

As we look back 30 years, we see a process that was the product of successful cooperation in a participatory government, from both Republicans and Democrats, grassroots groups and government agencies. What they did forever protected an abundance of wild lands for future generations.

A New Era for Wilderness

In late 1978, the U.S. Forest Service completed its second congressionally mandated Roadless Area Review and Evaluation, an inventory of Forest Service lands meeting criteria for wilderness—broadly, a size generally greater than 5,000 acres, in a seemingly natural state, and providing opportunities for primitive recreation and solitude. Conservation groups, both statewide and local, began to lobby the public around the state with the intention of creating a Washington Wilderness bill. Meanwhile, elected officials from both parties began to draft wilderness legislation. Their efforts eventually produced the Washington Wilderness Act.

In the lower chamber, House members stumped for areas in their home districts: Democrat Norm Dicks championed the Clearwater Wilderness south of Tacoma, while Republican Sid Morrison pressed for protection of the 150,000-acre Lake Chelan-Sawtooth Wilderness. In the Senate, longtime wilderness proponent Democrat Henry M. "Scoop" Jackson spearheaded the efforts. After Jackson died, while the bill was moving through Congress,

WILDERNESS NEEDS NO DEFENSE, IT ONLY NEEDS DEFENDERS." - *Edward Abbey*



The Mount Baker Wilderness was one of nineteen new areas introduced by the 1984 Washington Wilderness Act.

Photo by Buff Black

Act of Preservation

By Aaron Theisen

Republicans Slade Gorton and Dan Evans shepherded the bill through the Senate. The bill cleared both houses of Congress, and President Ronald Reagan signed the Washington Wilderness Act into law on July 3, 1984.

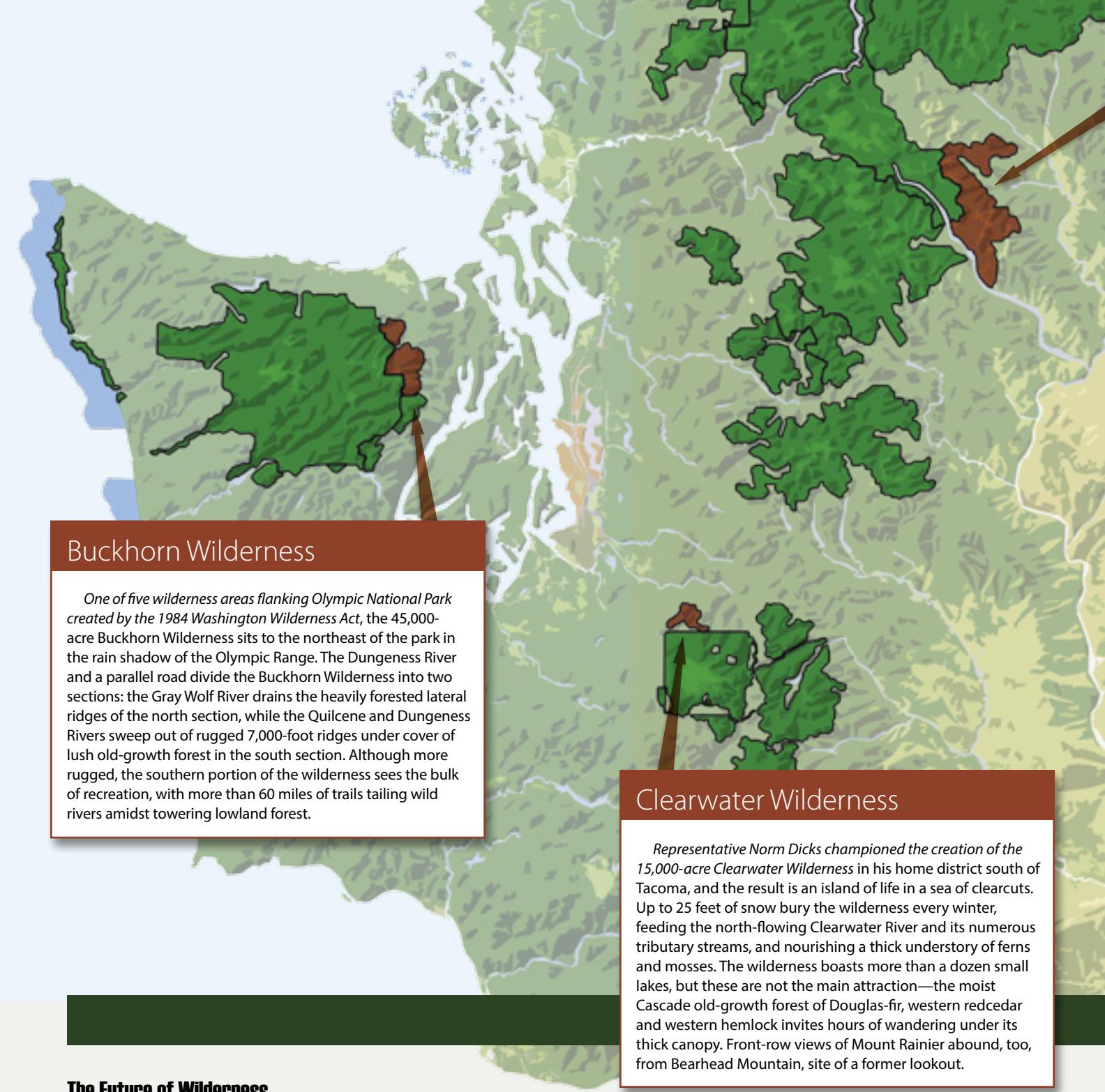
Washington's New Wilderness

The final legislation represented a grand sweep of the state, with the creation of 19 new wilderness areas encompassing nearly one million acres. It was advocated by conservation-minded congressmen from both urban and rural districts and resulted in the protection of new wilderness statewide.

Five new wilderness areas buffered Olympic National Park. An 118,000-acre wilderness area protected the bulk of Mount Baker on the Bellingham skyline. Southwest Washington gained seven new wilderness areas amongst its volcano-scorched terrain, including the William O. Douglas and Indian Heaven wilderness areas. The 41,000-acre Salmo-Priest Wilderness became the first and only wilderness in northeast Washington, while Juniper Dunes became

the only wilderness in the state managed by the Bureau of Land Management. In addition, the bill added significant acreage to the existing Glacier Peak, Mount Adams and Pasayten wilderness areas. And in a fitting tribute to the late, beloved senator from Everett, Congress created the 100,000-acre Henry M. Jackson Wilderness at the headwaters of the Skykomish River in the central Cascades.

The Washington Wilderness Act formed part of a nationwide wilderness effort, with the president signing into law 175 wilderness areas in 1984, the most successful undertaking in the past 50 years. Locally, Washington's wilderness areas are home to some of the best trails and most remote backcountry nirvanas. They are places where we can find true solitude amidst an increasingly populated state. As you walk through these wilderness areas, take the time to admire the foresight and fortitude of the countless individual citizens, conservation groups, government agencies and congressional representatives who brought the Washington Wilderness Act to fruition.



Buckhorn Wilderness

One of five wilderness areas flanking Olympic National Park created by the 1984 Washington Wilderness Act, the 45,000-acre Buckhorn Wilderness sits to the northeast of the park in the rain shadow of the Olympic Range. The Dungeness River and a parallel road divide the Buckhorn Wilderness into two sections: the Gray Wolf River drains the heavily forested lateral ridges of the north section, while the Quilcene and Dungeness Rivers sweep out of rugged 7,000-foot ridges under cover of lush old-growth forest in the south section. Although more rugged, the southern portion of the wilderness sees the bulk of recreation, with more than 60 miles of trails tailing wild rivers amidst towering lowland forest.

Clearwater Wilderness

Representative Norm Dicks championed the creation of the 15,000-acre Clearwater Wilderness in his home district south of Tacoma, and the result is an island of life in a sea of clearcuts. Up to 25 feet of snow bury the wilderness every winter, feeding the north-flowing Clearwater River and its numerous tributary streams, and nourishing a thick understory of ferns and mosses. The wilderness boasts more than a dozen small lakes, but these are not the main attraction—the moist Cascade old-growth forest of Douglas-fir, western redcedar and western hemlock invites hours of wandering under its thick canopy. Front-row views of Mount Rainier abound, too, from Bearhead Mountain, site of a former lookout.

The Future of Wilderness

The 1984 Washington Wilderness Act was just a start. Since then, many more wilderness bills and expansions have become law. There are places that fell victim to legislative maneuvering and compromises well; the Kettle Range in northeast Washington and the Dark Divide in the south Cascades still have not received wilderness status. Currently there are two wilderness proposals active in Congress. Expansion to the Alpine Lakes Wilderness passed the Senate in 2013 and awaits further action. And in January of this year, an Olympics expansion bill was introduced.

As we move forward in celebrating this year of wilderness, stay tuned to WTA to hear what you can do to help preserve our existing wilderness and support the expansion and creation of more wild lands to cherish now and for generations to come.

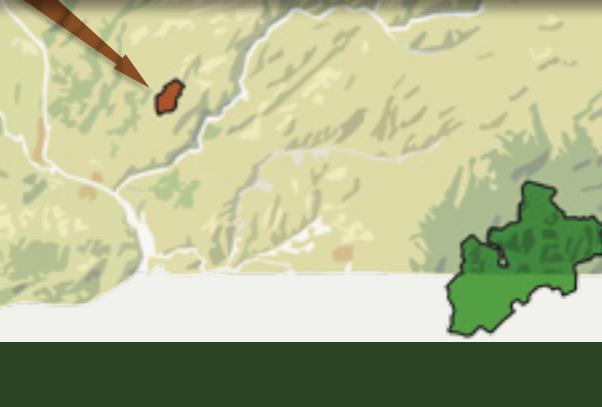
The 1984 Washington Wilderness Act established 19 new wilderness areas totaling almost 1 million acres. The four wilderness areas above demonstrate the efforts of citizens and congresspeople alike to protect wild areas across the state, from Washington's central desert to the Olympic Peninsula and spaces in between.

Lake Chelan–Sawtooth Wilderness

House Republican Sid Morrison pressed for protection of the Lake Chelan-Sawtooth Wilderness in his home district, where the terrain sells itself. From remote high-alpine tarns to the shoreline of one of the continent's deepest lakes, an abundance of water provides the backdrop to primitive adventure here. The dearth road access and profusion of rugged terrain reward multiday adventurers: all trailheads on the south side, on Lake Chelan, can be accessed only by ferry or private craft, while the trails from the north, out of the Twisp River valley, climb thousands of feet in elevation. Backpackers who invest the effort will find a landscape of unbroken forest, secluded lakes and endless mountain views.

Juniper Dunes Wilderness

The only Bureau of Land Management area included in the Washington Wilderness Act, the 7,100-acre Juniper Dunes Wilderness is an outlier in the Washington Wilderness system. Containing no established trails and surrounded by private land, the area is far from the typical picture of rock-and-ice wilderness. But it boasts its own share of superlatives: the wilderness protects the northernmost reach of western juniper, the only significant tree species in the wilderness, and the largest sand dunes in the state—some up to 130 feet high and more than 1,000 feet wide. Only 7 inches of annual rainfall mist the dunes, but surprising diversity of life thrives here, with more than 60 plant species providing food and shelter to voles, coyotes and jackrabbits.



In the next issue: *Washington Trails* continues its celebration of wilderness with a look at the diversity of landscapes selected for protection, both here in the Northwest and across the country.

AARON THEISEN is a Spokane-based outdoors and travel writer. In addition to being a *Washington Trails* regional contributor and helming this year's series on the 50th anniversary of the Wilderness Act, he is currently working on the forthcoming trail guide *Day Hiking Mount St. Helens* for Mountaineers Books. Closer to home, Aaron enjoys exploring the Inland Northwest with his wife and 2-year-old son.



Wilderness Trails

There's no better way to experience and appreciate the diverse wilderness areas in Washington state than to get out and explore them. Try one of these trails, or any of the hundreds of others, and maybe you'll discover a new favorite.

MARMOT PASS

WILDERNESS: Buckhorn

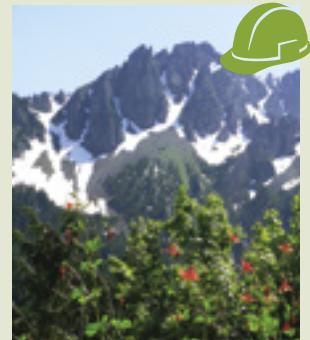
DISTANCE: 10.6 miles, round trip

ELEVATION GAIN: 3,500 feet

ELEVATION PEAK: 6,000 feet

MAPS: Green Trails 136

Old-growth forest, cascading water, alpine meadows and huge views—what more do you need?



BEARHEAD MTN.

WILDERNESS: Clearwater

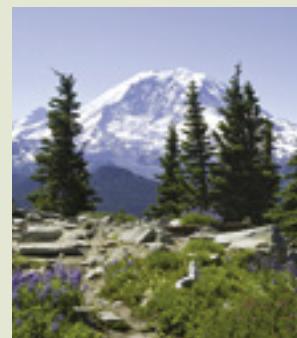
DISTANCE: 5.8 miles, round trip

ELEVATION GAIN: 1,780 feet

ELEVATION PEAK: 6,070 feet

MAP: Green Trails 237

Climb through old-growth forest to an old fire lookout site with primo views of Mount Rainier.



JUNIPER DUNES

WILDERNESS: Juniper Dunes

DISTANCE: Variable

ELEVATION GAIN: 200 feet

ELEVATION PEAK: 1,000 feet

MAP: USGS Levey NE

Experience this unique offering of remote desert, open only from March 1 through May 31.



SCATTER LAKE

WILDERNESS: Chelan–Sawtooth

DISTANCE: 8.5 miles, round trip

ELEVATION GAIN: 3,850 feet

ELEVATION PEAK: 7,047 feet

MAP: Green Trails 82

A steep climb to a secluded lake surrounded by larch—perfect for fall larch-peeping season.



**NORTHWEST
WEEKEND** ▶

Bellingham

From Boots to Brews

By Brandon Fralic & Rachel Wood

Whatcom Falls Park, with forested trails and waterfalls a-plenty is just minutes from downtown Bellingham. Photo by Jake Johnson



In the shadow of Mount Baker, where the Cascade Range soaks its feet in Samish Bay, Bellingham has long been a favorite for outdoor enthusiasts. Now, visitors are making the "City of Subdued Excitement" a destination not only for trails, but craft ales as well—the perfect ingredients for a Northwest Weekend.

The city of Bellingham lies 90 miles north of Seattle on the banks of Bellingham Bay, an easy 90-minute drive up Interstate 5. On arrival, begin your weekend at the **Farmers Market** (1; bellinghamfarmers.org), named the #1 market in the west by *Sunset* magazine. Since 1993, the market has been a favorite local destination for seasonal produce, quick meals, artisan crafts and entertainment. Park along Railroad Avenue and follow your nose to the market, located in Depot Market Square. Grab a bite for lunch, pick up some snacks for the weekend and wander between stalls, perusing local crafts. Visit during opening weekend in April to witness the mayor's ceremonial cabbage toss.

MARKET SEASON: The Bellingham Farmers Market runs every Saturday, April through Christmas, and one weekend per month the rest of the year.

For a taste of Bellingham's natural beauty, drive just ten minutes east along Lakeway Drive to **Whatcom Falls Park** (2; cob.org/services/recreation). With miles of easy walking trails and several picturesque waterfalls, this park is one of Bellingham's finest. If the kids are along, stop by Derby Pond to feed the ducks. From the parking lot, take the main trail down to an old stone



bridge and one of the park's most breathtaking views: Whatcom Falls. The bridge, constructed in 1939 from Chuckanut sandstone, looks down upon the wide, 20-foot-high waterfall, part of Whatcom Creek's journey to the Pacific. The falls are best viewed in winter and spring.

Continue along the trail, following Whatcom Creek to Whirlpool Falls. This is a popular swimming hole and cliff jumping area during warmer months. Bring a camera, but jump at your own risk. Further west, an observation area overlooks Whatcom Creek at the Olympic Pipeline explosion site. In 1999 a gas pipeline burst, spilling more than 200,000 gallons of gasoline into the creek, resulting in extensive fire damage. More than a decade later, regrowth is still a work in progress.

By now you've likely worked up an appetite—and a thirst. Head over to **Kulshan Brewing Co.** (3; kulshanbrewery.com), dubbed for Mount Baker's indigenous name, for a pint and some grub. Kulshan has a beer for everyone, from their easy-drinking Dude Man Wheat to the "burly, black bear of a beer," the Russian Imperial Stout. The brewery itself is kitchen-free, so Kulshan opens a space in its lot to local food trucks, including Bellingham favorite **StrEAT Food** (streatfood.me). Parked outside Kulshan on Thursdays and every other Saturday, StrEAT Food features a weekly rotating menu. You'll find familiar items like burgers, fries and hot dogs along with more adventurous fare like gyros, tofu banh mi, hummus and more.

Or, try **Chuckanut Brewery** (4; chuckanutbreweryandkitchen.com) for dinner and drinks. Chuckanut's high-tech brewing techniques consistently produce quality, award-winning beer. This is the place to go to enjoy crisp, clean lagers. Their kitchen features a full-service menu and all-ages restaurant, with seasonal "locavore" dishes that source ingredients from local suppliers. Try the light, slightly sweet German Kolsch Ale paired with field greens and seasonal scallop pasta—yum!

When you're ready to call it a night, Bellingham has its share of accommodation options, from camping to plush spa hotels and everything in between. How does one decide where to stay? Location, location, location. **Fairhaven Village Inn** (5; fairhavenvillageinn.com) sits neatly in Bellingham's historic Fairhaven district, between downtown and scenic Chuckanut Drive. A charming 22-room inn, Fairhaven is within walking distance of several cafes, bars, bookstores and quirky shops. As an added bonus, their continental breakfast features locally baked goods from Avenue Bread, organic coffee and hot Belgian waffles. If you've packed your tent and sleeping bags, **Larrabee State Park** (6; parks.wa.gov) is your best bet. The park has 51 standard tent sites, 26 utility sites and 8 primitive sites, all available year-round. If you do decide to stay at the park, be aware that passing train traffic may wake you during the night.

SUNSET STROLL: A scenic trail begins at Fairhaven Village Inn, meandering north along Bellingham Bay to Taylor Dock, Boulevard Park and downtown Bellingham.

Start off day two by packing up, pulling on your hiking boots, and heading downtown for breakfast at **Little Cheerful** (7; littlecheerful.com). Located on the corner of Holly and Railroad—the epicenter of Bellingham's downtown—Little Cheerful serves up great breakfast fare with plenty of spice. At this favorite of locals (and college students recovering from all-nighters), the eclectic decor ranges from can-can girl cardboard cutouts to thrift store coffee mugs. The cafe is best known for its unique take on eggs Benedict and a "pimped" hashbrown menu. Grab

PHOTOS, FROM TOP: Bellingham lies at the edge of the Pacific, under the shadow of Mount Baker; The statue of Dirty Dan, one of Bellingham's earliest settlers, relaxes in Fairhaven Village; Browse among crafts, flowers and local goods at the Bellingham Farmer's Market. Photos by Buff Black The Kulshan Brewing Co. is a favorite watering hole. Photo by Brandon Fralic

PHOTOS, OPPOSITE: Enjoy some sun and leisure time at Whatcom Falls Park. Sit back at the Derby Pond, or take a stroll to Whirlpool Falls. Photos by Brandon Fralic

a seat on the patio during the spring or summer, but come prepared, as Little Cheerful accepts only cash or check.

While downtown, take time to visit the Good Time Girls at **The Bureau of Historical Investigation** (8; thebureaubellingham.com) on Holly Street. Since 2011, the Good Time Girls have laced up their corsets and provided seasonal historical walking tours, and as of January 2014 they've opened a brick-and-mortar location. Their Sin and Gin Tour illuminates Bellingham's saucy history by giving a voice to the women "just outside society" who built the "City of Subdued Excitement." Public tours run from late spring to early autumn, but private tours are offered year-round. Due to the adult nature of this tour, you might not want to bring the little ones.

It's time to hit the trail again. Take a cruise south on Chuckanut Drive, a scenic coastal byway, to Larrabee State Park. Washington's first state park, Larrabee spans 2,600 acres with more than a mile of coastline. The park contains 15 miles of hiking trails, two lakes and Chuckanut Mountain. Park in the day-use lot and explore the rocky sandstone coastline and beach. Find a flat bluff to enjoy a panoramic view of the San Juan Islands and a picnic lunch. At low tide, venture out to discover tiny crustacea and bright purple sea stars making the intertidal zone their home.

Next, tighten up your laces and head across the highway to the **Fragrance Lake** trailhead. At 5.5 miles round trip, this hike is manageable for many kids. The trail meanders through a forest of Douglas-fir, cedar and hemlock, with a lush green undergrowth of sword ferns. There are a few sections of steep switchbacks, but plenty of flat stretches on this well-maintained trail to catch your breath. On a clear day, it's worthwhile to take the side trail to the Samish Bay viewpoint at the 1-mile mark. Take in a view of the bay, then head onwards to Fragrance Lake, a quiet and secluded loch that ripples only when disturbed by jumping fish.

TRAIL TIP: Extend your hike and check out the new WTA-built Rock Trail between Cyrus Gates Overlook and Lost Lake. There will be a trail-opening ceremony on April 26.

As the weekend comes to an end, there's no better finale than stopping in at **Boundary Bay Brewery** (9; bbaybrewery.com) for a frothy ale. Bellingham's oldest operating brewery, Boundary Bay has been an institution of Bellingham's community since 1995. Enjoy happy hour in the taproom, decked out in the style of an old boathouse. Try an award winning IPA, or the crowd favorite Scotch Ale. Or sample a beer from the new special edition series of beers inspired by the biking and hiking trails on Bellingham's Galbraith Mountain. Indulge in dishes like their unique yam "ale-chiladas" or go for some of Bellingham's best mac and cheese, and toast your weekend with a Bellingham brew—it's the closest you'll come to drinking the great outdoors.



BRANDON FRALIC and **RACHEL WOOD** are a blogging team focusing on Northwest trails and ales. Both lifelong Washingtonians, they grew up hiking, camping and loving the outdoors. After meeting in Bellingham, where they both attended Western Washington University, they began exploring their shared interests through collaborative photojournalism. They established their blog as a place to pair great hiking trails with nearby craft breweries. You can follow their adventures at beersatthebottom.com.

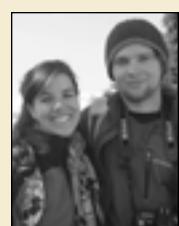


Illustration by Whitney Maass

An Ounce

... Is Worth a Pound of Cure.

Hiking and camping in the outdoors naturally exposes you to the elements in a more extreme manner than what you're accustomed to during your normal everyday lives around home, work, school and running to the shopping mall. That includes the sun, plants, animals, insects, rugged and extreme environments, high elevations and above-average exertion. As such, taking the proper precautions for your health and safety should be at the top of your hiking checklist. You can sum it up in three categories: personal health, first-aid preparedness and emergency awareness.

Many of the things that should be considered when you venture outdoors should already be on you or in your pack if you're carrying your Ten Essentials. Here are some reminders—as well as a few other suggestions—to help ensure you have a safe and enjoyable time on the trail and that you are prepared to respond properly in the event of an injury or emergency.



Protect yourself from the sun and annoying insects with one of these trail-tested and team-approved sunscreens and insect repellents. \$6-\$13

Sun Protection

Sun protection is something you're probably familiar with, but is surprisingly often overlooked. Unless you're hiking under the cover of dense rainforest, you're probably exposed to the sun, and the higher your elevation, the more harmful rays you're exposed to—to the tune of 4% for every 1,000 feet of altitude. Add in lots of rock or snow, and you have sun not only beating down on you, but reflecting back at you from all directions. And don't think you're safer on cloudy days. Those harmful UV rays can penetrate overcast skies and still give you a good burn.

The easiest way to protect yourself from the sun is by wearing protective clothing—pants, long sleeves, sunglasses and a brimmed hat—and applying a good sunscreen. Be aware that UV rays can penetrate most regular clothing, so look for outdoor apparel that offers sun protection. When choosing a sunscreen, select a product that is at least SPF 30 and waterproof or sweatproof, and carry it with you so you can reapply regularly as you're huffing up those mountainsides.

COVER UP A favorite of hikers everywhere is **Mountain Hardwear's Canyon Shirt**. Available in men's and women's styles, these lightweight, breathable shirts offer UPF 30 sun protection. Top that off with a protective hat. Baseball hats are a hikers' essential, but they leave the neck and ears exposed. The **Tilley LTM6 Airflo Hat** offers full shade for the head with UPF 50 protection. Not only will it keep the sun off your head and out of your eyes, but will come in handy in the rain as well. Finally, don't forget your sunglasses. Yes, you can get a sunburn on your eyes—it hurts and can cause permanent damage. Choose sunglasses that fit your face. If you do a lot of high-elevation hiking or mountaineering, you'll want a wraparound style to keep the sun from sneaking in on the sides, and polarized lenses will cut down on glares. **Julbo's Glacier Glasses** block 100 percent of UV rays and are tough enough for any mountain adventure, while **Native Eyewear sunglasses** also block those harmful UV rays in a variety of sleek styles.

USE SUNSCREEN Sunscreens are most commonly found in two blends, chemical and mineral. Chemical sunscreens are the classic goop that you spray or squeeze on from a tube or bottle, which disappears as it is applied and absorbed into your skin. A personal favorite is **Thinksport's Livestrong SPF 50**. This organic chemical lotion uses a special formulation to ensure that UV-absorbing particles are not absorbed into the bloodstream. Mineral sunscreens work differently, creating a microscopic protective layer that doesn't penetrate the skin, but reflects the sun's harmful radiation. Due to the main ingredient in most mineral sunscreens, zinc oxide, it doesn't completely rub in—think lifeguards' white noses. The tradeoff is that it works instantly and lasts longer than chemical lotions and sprays. **Blue Lizard Australian Sunscreen SPF 30** is available in a variety of formulas for adults, children and sensitive skin types, plus this formula is uber-waterproof, lasting up to three times longer than similar mineral formulas.

of Prevention...



Cover your head from the sun (and rain) with Tilley's LTM6 Airflo hat; and protect your eyes with sleek shades from Native Eyewear. \$79–\$159



Mountain Hardwear's Canyon Shirt will keep you cool on trail while protecting you from harmful UV rays. M/W \$65



Don't stay indoors. Get out, and keep the bugs off, with Columbia's lightweight Insect Blocker Mesh Jacket. \$90

Bug Protection

We love hiking. We hate bugs. Not only are insects annoying when they bite and land in our oatmeal, they can also transmit a variety of nasty diseases or cause allergic reactions. But we're not about to let these tiny little buggers keep us from venturing to our favorite backcountry lakes, meadows and mountains. So just as we do to protect ourselves from the sun, we likewise need to armor up against the abundance of pesky pests that are looking to turn us hikers into their own backcountry buffets.

The obvious solution is insect repellent. There are two predominant kinds of bug repellent available today, natural and chemical. Natural repellents use a formula of essential oils to discourage insects, and are generally safer to use. The downside is that their effectiveness doesn't last long, so you'll be reapplying more often. The other kind is DEET-based repellents. These are usually more effective, especially in heavily buggy areas, but are toxic and should not be overused. You should never spray insect repellents directly on your face.

ANTI-BUG APPAREL The first step in discouraging insect bites is denying them access to your skin. The easiest way is by covering it up, best with light-colored clothing which they seem (some say) to avoid. An alternative is bug-repellent clothing. **ExOfficio's BugsAway** line of outdoor apparel offers shirts, pants and hats employing Insect Shield technology. Each article will repel bugs for up to 70 washes. A favorite of *Washington Trails'* editor, the **Columbia Insect Blocker Mesh Jacket** is an ultralight, ultra-breathable shell treated with a permethrin coating to help keep arms, back and shoulders bite-free. If you're not looking to purchase a new assortment of hiking apparel, you can treat your own outdoor clothing with **Sawyer Premium Insect Repellent** for clothing, gear and tents. Formulated with natural insect repellents, one spray-on bottle will treat two full outfits and will last up to six weeks. To avoid overexposure treat your products outside and follow directions closely. And don't forget, there's always the good old-fashioned bug net.

INSECT REPELLENT Even when fully covered, there are still parts of us that can remain exposed to biting bugs. When choosing an insect repellent, consider how long you will be outside and always wash your hands after applying. Under most conditions, repellent with 20-35% DEET should offer sufficient protection. One product that gets rave reviews is **3M Ultra-Thon Insect Repellent** with 34% DEET. It has a time-release formula that allows it to work for up to 12 hours and is water resistant. For an ultra-compact repellent **Ben's Wipes** are particularly handy. You can apply it exactly where you need it, especially in hard to spray places like behind the ears. Containing 30% DEET, the individually-wrapped packets can be stashed anywhere: pocket, pack and first aid-kit. For a natural alternative to DEET, pick up a bottle of **All Terrain Herbal Armor**. Available in spray or lotion, and utilizing five natural essential oils, this repellent is effective against most irritating insects—you just may need to apply it a bit more often.

First Aid

Preparing and carrying a first-aid kit is one of the hiker's Ten Essentials. A standard first-aid kit should include bandages, pain and allergy relief, shears, antiseptic, blister care, gauze and protective latex or nitrile gloves. Adventure Medical offers a wide range of preassembled kits for outdoor activities, sized for the number of people on the outing and the number of days on the trail. All of the kits come with a quantity of the "basic" contents, but include extra space for adding items based on individual needs. You can also assemble your own kit in a small bag or stuff sack.

Here are items to consider adding to your own kit for extra preparedness.



SAM Splint

Bendable splint supports sprains and fractures.



KT Pro Tape

Pain-relieving tape for supporting sore muscles.



GlacierGel Blister Pads

Pain relief and protection for blisters and burns.



EpiPen

Emergency treatment for insect bites and stings.*



Chinook PAKs

First-aid supply kits for wounds, burns and more.



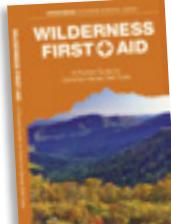
Emergency Blanket

Weatherproof protection and insulation.



Acli-Mate

Hydration supplement to combat altitude sickness.



Wilderness First-Aid

Pocket guide for treating common injuries on trail.



Don't Die Out There!

Card deck with first-aid and survival tips.

*EpiPens are used to treat severe allergic reactions. Consult your physician about getting a prescription to purchase and proper use.

Make your own hiker ID card and carry it with you on trail.

- Full name, including maiden name
- Date of birth
- Allergies (environmental & medical)
- Heart conditions
- Any physical conditions
- Blood type
- Emergency contact name and phone number

Emergency Preparedness

In the wilderness, you never plan for an emergency, but it's good to be prepared if one should occur. Many of your Ten Essentials (including fire starters, extra food and clothing) can help you deal with an illness or injury, but adding a few of these extras to your pack—all small and lightweight—can assist in an urgent situation, or help rescuers find you if you can't make it out on your own.

If you're forced to spend an unplanned night outdoors, a **SOL Emergency Bivy** can keep you warm and sheltered from the elements—and the tiny bundle weighs less than 4 ounces. Pack along some extra heat with a few **Grabber Warmers** for hands, feet and body. Lightweight packets are activated when opened and provide cozy heat for up to 12 hours. And don't forget the advantage of a trusty whistle. With one you can alert nearby hikers that you require assistance, or assist rescue personnel in finding your location.

You can also go high-tech by packing along an emergency satellite beacon. The tried-and-true **SPOT Satellite GPS Messenger**, now available in the Gen3 model, can ping your location, let you send customized messages and alert Search and Rescue in an emergency. For a plain and simple emergency transmitter, consider the **ACR ResQLink 406 GPS Personal Locator**. Activation alerts Search and Rescue services of your location while the unit flashes a high-intensity locator beacon.*



*GPS emergency transmitters should only be used in dire situations where you cannot safely evacuate a location on your own or if the situation is life-threatening.

Pack-tastic

Looking for a new pack for spring and summer hiking this year? New packs are lighter and more sophisticated, with smart features, making selection a challenge. The key is picking the right size and features for the kind of hiking you plan to do.

TRAIL MIX

Gear Shop

- Choose a pack that fits your torso size, not your height
- Consider what kind of hiking you plan to do
 - Day hiking: 20–30L
 - 1–2 day backpacking: 40–50L
 - 3–5 day backpacking: 50–60L
 - 6+ day trekking: 60–80L
- Choose your pack size based on your existing gear, not buying a whole new outfit.
- If you plan fall or winter hiking, choose a pack that will accommodate bulkier gear and layers.
- Look for features that you'll actually use, like a bladder port and a rain fly.

BACKPACK GoLite Quest 65

The Quest pack gets high marks for an abundance of features at a great price point, with nice touches like a stretchy outer compartment for easy access to items like hats and jackets, and zippered side compartments for smaller gear like head lamps and gloves. Extra entry points to the main area are a plus. Weighing in at less than 3 pounds, it easily handles loads for weekend trips. When filled with 40 pounds of gear, the Quest stacked up tall, didn't bulge and didn't feel heavy due to the unique lumbar support framing for solid weight distribution. \$135

TESTER: Kristen

SCORE: 4.4/5

BACKPACK Gregory Z40

When it comes to multipurpose backpacks, Gregory's Z40 admirably meets the needs of a heavy day hiker or weekend overnighter. The dual-access main compartment accommodates food and most necessities, while the smaller pockets hold map, compass, phone, wallet and snacks. When hiking both flat trails and aggressive climbs the Z40 carries well thanks to the 6-way adjustable straps and waistbelt. Especially noteworthy are the ventilated straps and arched back panel that allows for superior airflow to prevent overheating. \$169

TESTER: John

SCORE: 4/5

DAY PACK Boreas Lagunitas

Boreas blurs the lines between adventure and commuting with the Lagunitas hybrid daypack. Switch up the SUPER-TRAMP variable suspension and you can go from commuter pack to higher output activities like hiking and mountain biking. The top waterproof pocket was big enough to hold my essentials and the interior laptop sleeve doubles as a hydration pouch. \$140

TESTER: John

SCORE: 3.4/5

WIN a Gregory Z40 pack! Watch wta.org for info.



See more packs and full reviews at wta.org/gear.

FAST FOCUS: Five Items to Fight Off Spring Chills



Therm-a-Rest: Auriga Down Blanket

Use it with your sleeping bag on extra-cold nights.



Cocoon: Merino MummyLiner

Boost your bag's temp rating up to 12 degrees.



Mountain Hardwear: Grub Gloves

Convertible gloves with insulated overmittens.



Big Agnes: Hole in the Wall Jacket

Lightweight puffy repels water with DownTek.



Darn Tough: Hiker Full Cushion Socks

Merino hiking socks with lifetime guarantee.

By Tami Asars

Northwest forests are teeming with life—much of which may go overlooked or unseen. On your next hike, look out for the little things and discover something new on your favorite trails.

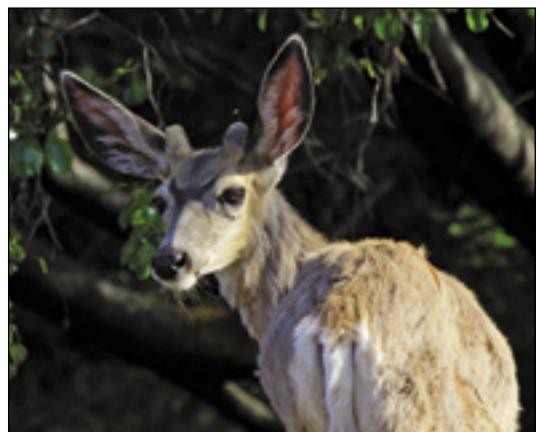
BIRD: Western Tanager

Even though this medium-sized songbird is so brightly colored, he is remarkably inconspicuous and somewhat challenging to locate. When you do, it's a treasure! This small, finchlike songbird is mostly yellow with dark wings, tail and back. Its range extends across the entire western U.S., from Mexico to southern Alaska, often choosing to nest in Douglas-fir trees. In the Northwest, look for them in the spring and early summer months in open coniferous and mixed deciduous forests, especially just over the Cascade crest on trails near Ellensburg, Selah and Yakima. Fun fact: the red on the face of male western tanagers is a rare pigment found in birds and is acquired from their diet of insects, who in turn get the pigment from their diet of plants.



BEAST: Mule Deer

You'll know a mule deer when you see one because of their giant ears, which allow them to hear well over long distances. When browsing for food, they eat a wide variety of woody plants such as serviceberry, sagebrush, deer brush, and rabbit brush. Fawns are usually born in the spring and almost immediately walk on spindly legs, then begin to nurse. To see them, keep your eyes open especially at dawn and dusk when they are most active. In the Northwest, mule deer tend to stick to the warmer, drier parts of the state and are found in abundance in areas such as Moses Lakes and Spokane. Look for good habitat such as meadows and fields and stay downwind and quiet, as they are extremely sensitive to scent and noise.

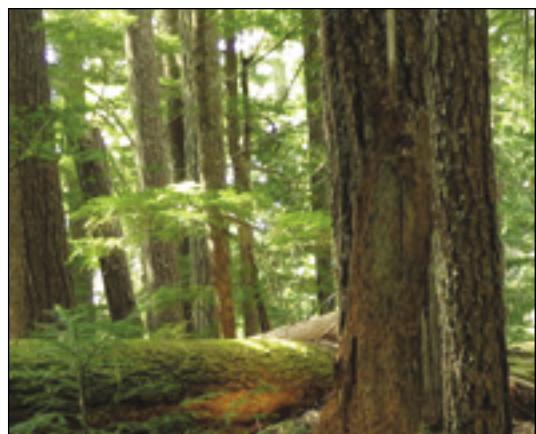


BLOOM: Western Hemlock

Perhaps you knew that the western hemlock was Washington's official tree, but did you know that it's also the largest species of hemlock at 165 to 230 feet in height, with trunk diameters up to 9 feet? Western hemlocks live long lives, thriving in temperate rainforests where wildfires are less frequent. Some trees are known to be as old as 1,200 years. To identify them, look for lacy foliage that droops at the branches' ends and tree's top, and bark that is brown, furrowed and flattened. The tops of the branches are often darker than the undersides. To find them, just throw on your pack and visit almost any trail on the western side of the Cascade crest!



TAMI ASARS is a writer, photographer and career hiker. She has spent her lifetime exploring the trails and backcountry in Washington, from the Olympic Coast to the Okanogan, and all points in between. Tami is the author of the Mountaineers Books' *Hiking the Wonderland Trail*, and is currently working on her second Washington hiking guidebook. Tami is also a regular contributor to *Washington Trails*' hiking and nature sections. You can follow the latest with Tami at tamiasars.com.



Photos by Tami Asars

A great way to find out where the birds are flocking, beasts are roaming and blooms are blossoming is with WTA's Trip Reports. Get the latest wildlife and wildflower info from hikers in the field at wta.org.

POWDER SHOTS:

How to Shoot Perfect Snowscapes

By Paul Raymaker

As I write this, the thermometer outside reads –15 degrees where I live (St. Louis Park, MN)—and that's without the wind chill! Needless to say, I'd rather stay inside where it's warm. However, I've captured some of my favorite photographs in conditions like this. And as the late winter and early spring skies start clearing in the Northwest, there's plenty of opportunity to get out and capture some beautiful snowscapes. The trick is balancing your exposure in high-contrast scenes with deep blue skies, rich green forests and bright white snow. Here are few tips to help you take beautiful snowy photos:

Use Exposure Compensation

The first camera to have automatic exposure settings was introduced in 1938, but cameras still haven't learned how to shoot snowy scenes very well. The bright white snow tends to trick your camera's light meter, resulting in photos that are too dark or too bright. When you're out in the snow, utilize your camera's exposure compensation, setting it to +0.7 or +1.0 exposure stops. It sounds counter intuitive, but it works!

Use a Polarizer

If you go hiking on a sunny day in the snow, you'd be crazy not to wear polarized sunglasses. Well, the same goes for your photos. Polarizers are perfect for bringing out color and reducing nasty glare, which can trick your auto exposure when the sun is lighting up a snowy scene. Circular polarizers let you rotate the filter in order to get the best exposure; just watch out that you don't overcompensate and black out your skies.

Watch Your Histogram

Relying on your camera's preview screen for image accuracy can be deceptive. The screens on digital cameras have a limited range of color, and the tiny screens do not show high detail. Instead, use your camera's histogram reading. If you see spikes climbing the far right side of the reading, you have overexposed your image. Many cameras have a setting that will show you "blinkies" where your image might be under- or overexposed. Adjust your settings and try again.

Keep the Snow Out

If you're shooting with an interchangeable-lens camera, be extra careful to keep snow out of the insides of your camera and lenses. It only takes a light breeze to send powdery snow flying into your camera or lens, causing potential damage. When changing your lens in a snowy location, try to pack down the snow around where you plan to put your camera bag or backpack, and keep your camera sheltered from the wind when changing lenses. If the inside of your camera or lens gets wet, seal it in a zip-locked bag full of uncooked rice for a day to dry it out.

Shooting snowscapes can create some dramatic imagery when capturing a vivid blue sky and colorful spring or fall foliage. Thanks to high-capacity memory cards, you can keep practicing your exposures until you find the perfect exposure balance.

In this photo of Little Annapurna in the Enchantment Lakes Basin, Paul adjusted his polarizer to keep the sky blue and increased the exposure to compensate for the bright snow. Note that the detail of the snow's surface can be seen in both sunlit and shadowed areas.



PAUL RAYMAKER is a geologist who discovered nature photography while spending a summer in the mountains of Colorado. Since then, he hasn't put his camera down. Nature photography is now Paul's passion, his goal being to show others the beauty that surrounds us, and encouraging others to care for their environment. Despite having recently moved from Seattle to St. Louis Park, Minnesota, Paul is still a WTA member and regular contributor to *Washington Trails*.



HACKING YOUR Oatmeal

Ultimate Bacon

- ▶ Ready-cooked bacon
- ▶ Brown sugar

By Richard Thietje



Trail Mix

- ▶ Dried cherries
- ▶ Chocolate chips
- ▶ Walnuts

By Lizz Zitron



PB & H

- ▶ Peanut butter
- ▶ Honey

By Snjezana Cuturilo

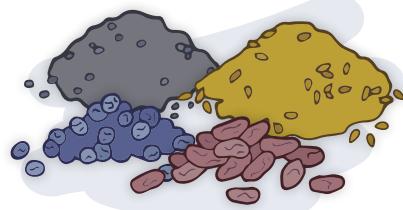


It's usually a staple in most of our backpacks when we hit the trail for a weekend or longer. But plain oatmeal doesn't have much to offer for fueling you up for a day on the trail. You need to add energy-boosting combinations to add to your next trail menu, compliments of WTA's online community.

Power Start

- ▶ Flax
- ▶ Raisins
- ▶ Chia
- ▶ Dried blueberries

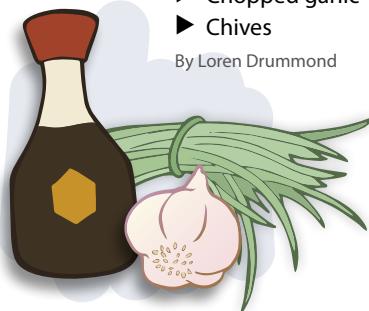
By Carol Whitaker



Asian Savory

- ▶ Soy sauce
- ▶ Chopped garlic
- ▶ Chives

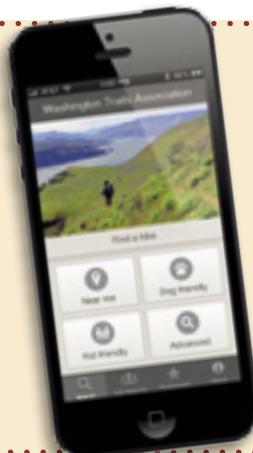
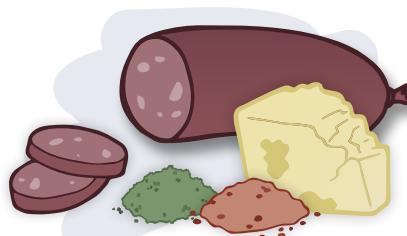
By Loren Drummond



Spicy Italian

- ▶ Chopped dry sausage
- ▶ Shaved parmesan
- ▶ Italian seasoning
- ▶ Red pepper flakes

By Betsy Delph



WTA's Trailblazer App

Do you have it yet?

WTA's Trailblazer mobile app is available for iPhone, Android and Windows devices. Now you can explore thousands of Washington's trails and the latest trip reports from your smartphone.

- ▶ Search for trails by name, location or relative difficulty.
- ▶ Check trail conditions with the latest trip reports.
- ▶ Bookmark your favorite hikes for quick access.
- ▶ Search for family and dog hikes.
- ▶ Get driving directions to trailheads.
- ▶ View trail photos by fellow hikers.

Before your next hike, download the free WTA Trailblazer app from the Apple, Google or Windows app stores.

HIT THE STAIRS

Seattle Stairway Walks gives hikers a fun way to stay in shape during the off-season with urban hikes that include grassroots art, picturesque views and—you guessed it—plenty of stairs.

Exercising in the off-season can take a lot of discipline. After all, treadmills and exercise bikes don't reward intense physical exertion with expansive vistas, wildflower meadows or alpine lakes. For Puget Sounders or Seattle visitors, authors Jake and Cathy Jaramillo offer a better way to stay in shape with *Seattle Stairway Walks* from Mountaineers Books. This recent title is crammed full of neighborhood hikes that take advantage of Seattle's typical topography—hills, bluffs, canyons and water—and provide just the right mix of exercise, recreation and exploration.

Small enough to slip into your jacket pocket, *Seattle Stairway Walks* features 25 hikes around the city, so it's easy to just grab and go. Each entry contains information on where to start the walk, as well as handy maps that show your entire route with turn-by-turn directions. For the tech-savvy, there are even QR codes that link to digital directions to navigate via smartphone. Each entry also lists hiking distance, walking time, steps up and down and whether or not the route is kid-friendly.

We love that the hikes featured in *Seattle Stairway Walks* can be adapted to fit your age, fitness level and personal interest. If you're new to stair hiking, or just starting a fitness regimen, try Solstice Park in West Seattle (Fauntleroy Way SW and SW Webster Street). For a high-intensity outing, go for Capitol Hill's Blaine Stairs (10th Avenue E and E Blaine Street), where local firefighters work out in full gear—you can achieve the same workout by loading your backpack full of gear and extra weight. The Howe Stairs (10th Ave. E and E Howe St.), with 388 steps, form the longest stairway in Seattle and the fourth longest in the country, and are ideal for building endurance. When you're ready, take it up a notch by running down the stairs and lunging to the top. Increase the number of repetitions as able.

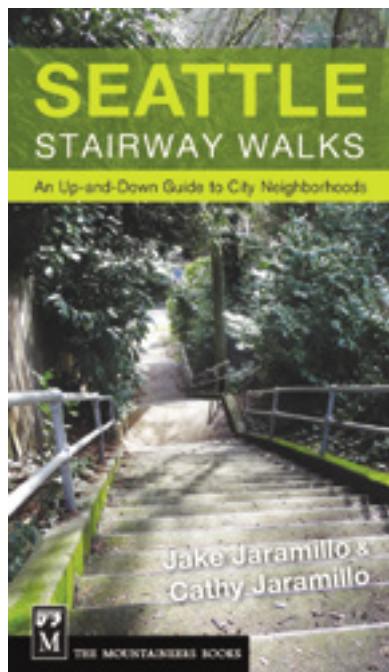
The routes in *Seattle Stairway Walks* aren't all work and no play. Each location has been selected for its local offering of benches, pocket parks and cafes for rest and exploration. Prepare to be charmed with the neighborhood treasures you're sure to find on your own—we spotted several community lending libraries, themed gardens and quirky shops along the way.

So don't be a winter shut-in. Get out and discover the fun of urban hiking, and spring will be here before you know it. And even if you're not a Seattle resident, there's likely a park or community area near you with some stairs just waiting to be explored. Then everyone can be ready for hiking season—with the muscles and endurance to prove it.

Recommendation:
4/5



Each location has been selected for its local offering of benches, pocket parks and cafes for rest and exploration. Prepare to be charmed with the neighborhood treasures you're sure to find on your own.



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HIKE: Marymere Falls

Olympics North

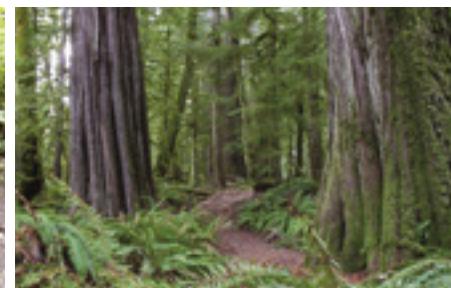
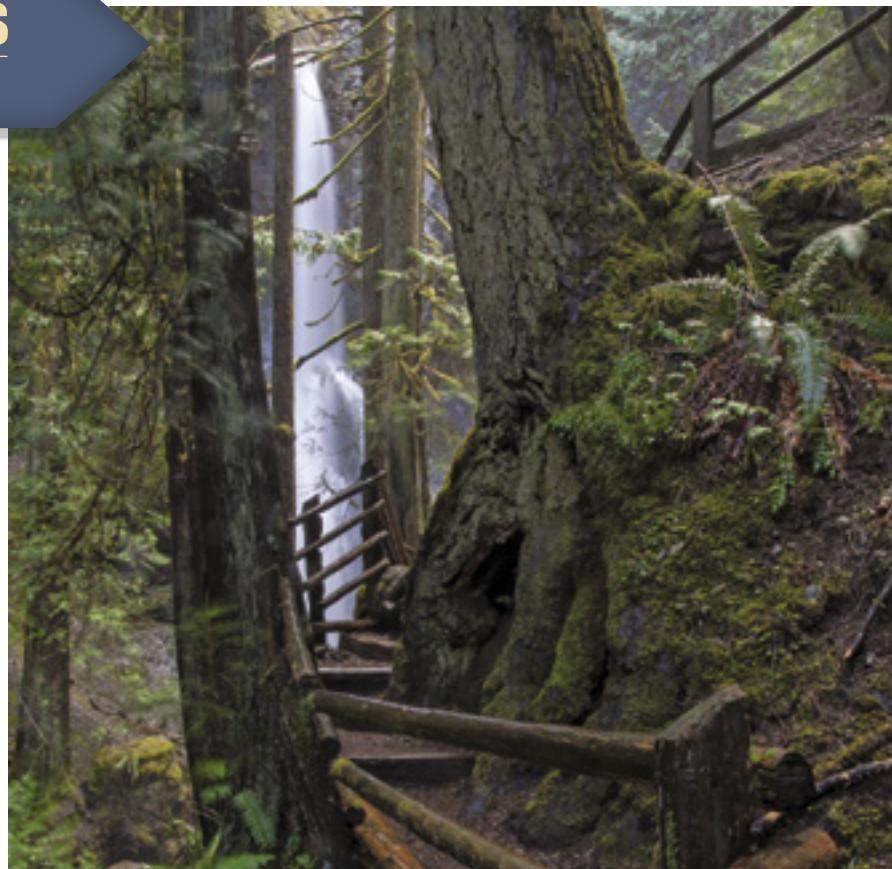
Walk among old-growth giants as you travel to one of Olympic National Park's best-loved waterfalls.

Near the shores of Lake Crescent, depart from the Storm King Ranger Station on a paved path and continue through the old-growth forest for 0.5 mile to a junction.

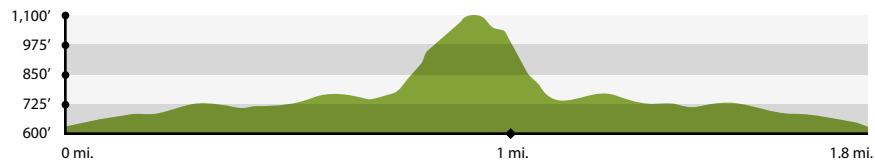
At the junction, follow the left path, continuing upstream under a towering green canopy of conifers and maples. Sword ferns and carpets of moss line the wide, well-maintained trail. Shortly beyond the Mount Storm King Trail junction, head right toward Marymere Falls. The trail crosses Barnes Creek and then Falls Creek before ascending 200 feet into the mossy, fern-laden ravine.

Here the trail forms a loop, offering two viewpoints of the 90-foot-high waterfall. The viewpoint on the hillside looks down on the falls, which occur as Falls Creek plunges through a notch in the cliff. The lower platform gives a view directly opposite the base of the falls. Marymere Falls was named in honor of Mary Alice Barnes, sister of Charles Barnes, a member of the Press Expedition and homesteader along the shores of Lake Crescent.

Upon returning to the first trail junction, consider taking the path that follows Barnes Creek downstream to the Lake Crescent Lodge. This route passes through more old-growth forest and links into the family-friendly 0.5-mile Moments in Time Trail, which begins near the Storm King Ranger Station. Wandering through the woods and along the shores of Lake Crescent, the Moments in Time Trail offers exploration of Barnes Point and views of the lake and Pyramid Peak.



*Trail sign photo by Mike Morrison



MARYMERE FALLS

DISTANCE: 1.8 miles, round trip

ELEVATION GAIN: 500 feet

ELEVATION PEAK: 1,100 feet

PERMIT: None

DOGS: Not permitted

MAP: Green Trails 101: Lake Crescent

TRAILHEAD

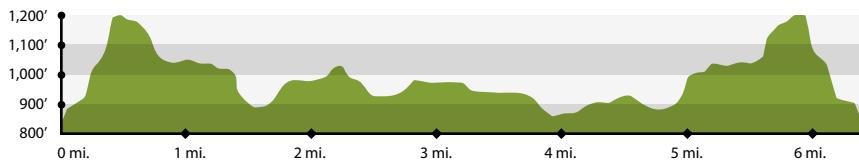
DIRECTIONS: From Port Angeles, take US 101 west 20 miles and turn right for the signed Lake Crescent Lodge and Marymere Falls. Continue for 0.2 mile and turn right into a large parking area near the Storm King Ranger Station.

INFO: wta.org/go-hiking/hikes/marymere-falls

CAMP HERE: Sol Duc, Elwha and Heart O' the Hills campgrounds have spaces for tents and RVs.



Hike and photos* by
Kelsie Donleycott



ELK LAKES

DISTANCE: 6.4 mile loop
ELEVATION GAIN: 400 feet
ELEVATION PEAK: 1,200 feet
PERMIT: None
DOGS: Leashed
MAP: Green Trails 168: The Brothers

Hike and photos by
Craig Romano



HIKE: Elk Lakes

Olympics East

Hike along a sunny canyon and through primeval old growth to two little lakes favored by eagles, otters and, yes, elk too!

This overlooked trail makes for a perfect spring getaway. Its low elevation means no snow and lots of blossoming trilliums. The lakes, often grassy marshlands in summer, overflow early in the season, bustling with breeding birds and singing frogs. And there are beautiful groves of old-growth firs and cedars.

The lakes are easily accessible from FR 2401, but by taking this back way from FR 2421 you get a nice hike and a quiet journey. Start on a hillside above roaring Jefferson Creek. Born in the snowfields of Mount Ellinor and her rugged neighbors, the creek crashes through a steep and narrow canyon before draining into the Hamma Hamma River.

Next enter magnificent primeval forest. At 1.1 miles reach a junction. You'll be returning from the left—so head right through a grove of monster cedars to the lower Elk Lake. Continue along the shore before following Jefferson Creek through more impressive old growth. When you reach FR 2401, turn left and walk the road 0.6 mile to a junction. The trail on the right leads 0.2 mile to the upper lake hidden, in an emerald pocket. Check it out and return to the trail leading left from the road.

Following Cedar Creek, return to the lower lake, passing nice lakefront campsites. Stay left at a junction coming to Jefferson Creek. After fording, reach a familiar junction, then turn right to return to your vehicle in 1.1 miles.

Safety Note: During high runoff, Jefferson Creek may be hazardous to ford. If so, it is advisable to return the way you came.

TRAILHEAD

DIRECTIONS: From Hoodsport, take US 101 north for 14 miles, then turn left onto Hamma Hamma River Road. Drive 6.5 miles, then turn left onto FR 2480 for 0.1 mile, cross the river, then turn right on unsigned FR 2421 for 1.6 rough miles to a turnout and the trailhead.

INFO: Day Hiking: Olympic Peninsula, a Mountaineers Books guide by Craig Romano



HIKE: Evergreen Trail

Rockport State Park

The family-friendly trails of 670-acre Rockport State Park explore an ancient forest where dappled sunlight illuminates mossy trees and lush ferns—perfect for a springtime stroll.

From the parking area, the 3-mile Evergreen Trail starts just beyond the restrooms and maintains a mostly easy grade with the only significant climbing along the top of the loop. The well-signed path will keep you going in the right direction when you encounter creeks and service roads. As you hike, notice the rich forest floor, where hidden organisms are recycling downed organic material into nutrients for new plants and food for local wildlife. Then cast your view skyward to the many towering red cedar and Douglas-fir trees, some reaching heights of more than 250 feet.

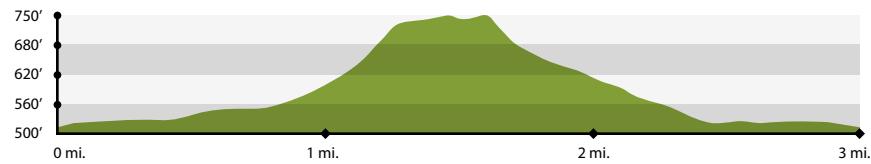
Along the trail you will cross several quaint wooden bridges where numerous creeks flow down through the park from the top of 5,537-foot Sauk Mountain, which stays snow-covered into late July. Take advantage of one of the many benches to rest and contemplate the variety of dense flora surrounding you. You just may feel as if you've been transported to a primeval forest due to the limited sunlight streaming down through the forest canopy above. For more, add on the 0.5-mile Fern Creek Trail, a mini-loop in the center of the park where some of the area's largest trees can be seen.

Fee-Free Days: Enjoy a complimentary visit to Washington's state parks on these dates:

- ◆ March 19 – WA State Parks' Anniversary
- ◆ April 19 – State Parks' Spring Saturday
- ◆ April 22 – Earth Day



*Top photo by Kim Brown



EVERGREEN TRAIL

DISTANCE: 3 mile loop

ELEVATION GAIN: 250 feet

ELEVATION PEAK: 750 feet

PERMIT: Discover Pass

DOGS: Leashed

MAP: Rockport State Park Trail Map

TRAILHEAD

DIRECTIONS: From I-5 in Burlington, take the North Cascades Hwy 20 east for 37 miles to Rockport State Park.

INFO: wta.org/go-hiking/hikes/rockport-state-park

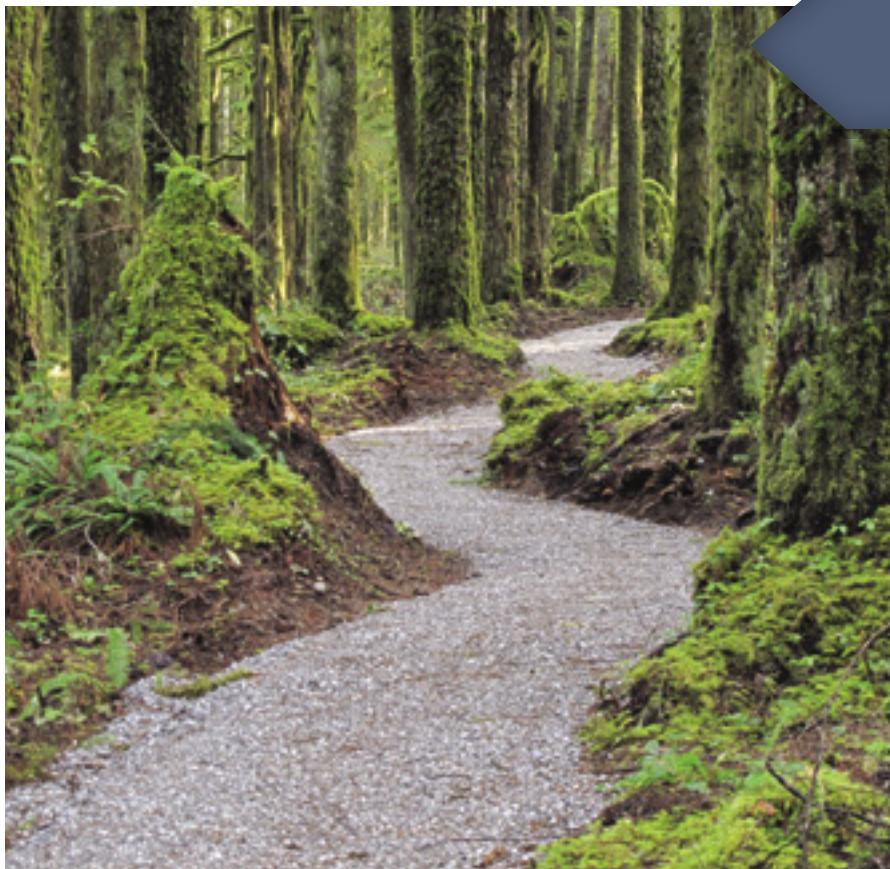
LOCAL FLAVOR: The Washington Cafe and Bakery in Concrete serves up hearty breakfasts, refreshing salads and tasty burgers and entrees.



Hike and photos* by
Mike Morrison

HIKE: Old Sauk Loop

Mountain Loop



Top photo by Linda Roe; lower left by Mike Morrison; lower right by Jay Lamoureux



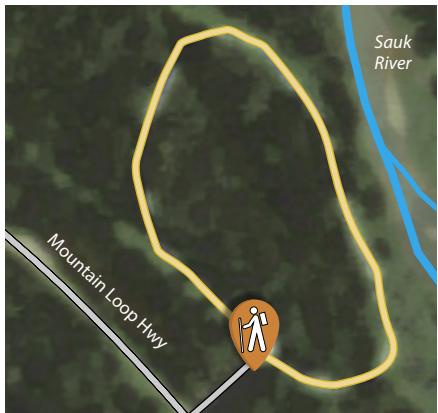
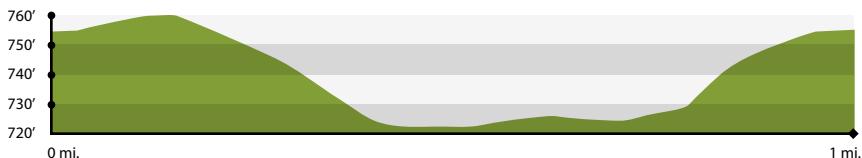
Try this early-season hike to enjoy big trees, rushing waters and glimpses of eagles, mergansers and river otters.

The Old Sauk Trail now has a new trailhead that provides barrier-free access to a viewpoint of the Sauk River via a mile-long loop trail. The longer trail meanders along the banks of the Sauk River, sections of which were once part of the old pioneer trail linking Darrington to the Monte Cristo mines. Scattered mossy cedar stumps are telltale signs that long ago the area was once partially logged. Joyfully, a lovely forest remains. This gentle trail makes it easy to slow down and enjoy the stately stands of Douglas-fir and cedar as well as to spy eagles, or perhaps an occasional coyote.

The loop is best done by heading north from the trailhead, where it follows an old roadbed through grand bigleaf maples before veering onto a terrace sprinkled with sky-scraping conifers. The trail skirts the edge of the terrace while wandering between giant volcanic boulders—reminders that Glacier Peak is just upriver. After a half mile the trail begins a short descent through a mixed alder forest to the river and a viewpoint.

Back on the terrace, the trail continues by dipping down and crossing a small seasonal creek, then passing above a manmade fish channel. Here you can observe the wondrous work of beavers, and maybe even catch them in action. The hike back to the trailhead is a short quarter-mile from the channel.

Go Farther: For a longer hike, start at the trailhead near the Clear Creek Campground and hike to the trail's end at Murphy Creek (3 miles), taking in the loop along the way.



OLD SAUK LOOP

DISTANCE: 1 mile loop

ELEVATION GAIN: 40 feet

ELEVATION PEAK: 760 feet

PERMIT: None

DOGS: Leashed

MAP: Green Trails 110: Silverton

Hike by
Dawn Erickson

TRAILHEAD

DIRECTIONS: From I-5, take exit 208 and drive 32 miles east to Darrington. At the three-way stop, turn right (south) onto the Mountain Loop Highway for 5.5 miles to the new trailhead.

INFO: wta.org/go-hiking/hikes/old-sauk-new-trail

COZY COTTAGES: Stay and play at Ellerries River Cottages along the North Fork Stillaguamish River. Visit ellerriesrivercottages.com.



HIKE: Lewis River

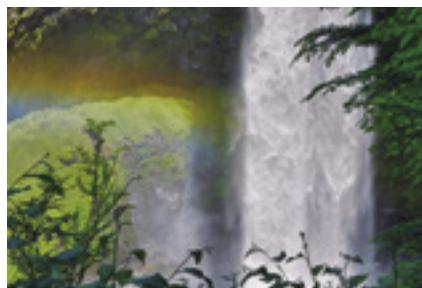
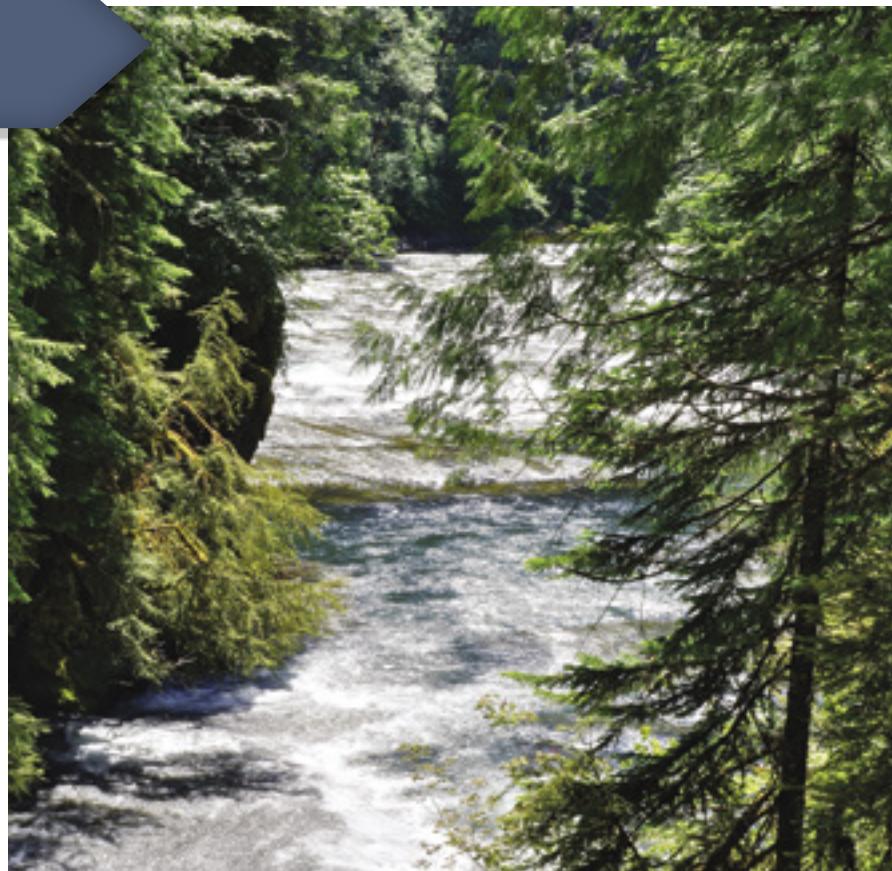
South Cascades

Step into the moss-cloaked forest of the Lewis River, where giant cedars, nurse logs, ancient stumps and rushing water abound.

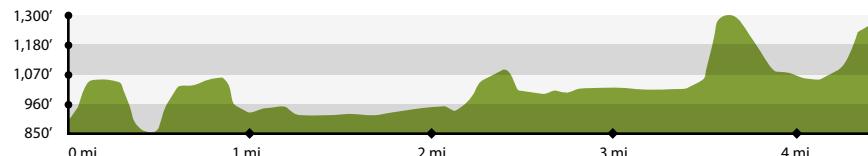
To hike the lower section of the Lewis River is to step into a different world, populated by fantastic patches of old-growth fir and cedar in a shadowy section of the Gifford Pinchot. Its easily accessible location and fairly flat riverside route make it a perfect early-spring hike. Throw in a few waterfalls, wildflowers and a variety of ancient forest peculiarities—including pinesap, coralroot and gnome plant—and you have an outdoor discovery destination suitable for the whole family, even Fido.

From the trailhead parking area, first head downstream a few hundred yards to viewpoints of cascading Curly Creek and Miller Creek Falls, which will whet your appetite for what's yet to come. Heading upstream, old-growth Douglas-fir and western redcedar, draped with angel hair, reach skyward, while mossy nurse logs occupy the forest floor with their fledgling new growth standing in line. Look for carpets of vanilla-leaf here and there, and the bright white blooms of early-season trillium swaying to and fro. Notice the huge stumps where giants once stood, the almost spongy wood a brilliant reddish color against the greens of the forest.

At 2.5 miles find the Bolt Camp Shelter, where you can spend a little time pondering the history of this now quiet area. Continuing upstream, the forest becomes sprinkled with a smaller mix of trees. At 4.4 miles, a good turnaround point, spy Big Creek Falls pouring into the rift across the river. When ready, return by the same route.



Photos by Bob Griffith



LEWIS RIVER

DISTANCE: 8.8 miles, round trip

ELEVATION GAIN: 450 feet

ELEVATION PEAK: 1,300 feet

PERMIT: NW Forest Pass

DOGS: Leashed

MAP: Green Trails 365: Lone Butte

TRAILHEAD

DIRECTIONS: From Cougar on SR 503, drive east for 3 miles then veer right at the fork onto FR 90. Continue 5.2 miles, then turn left on Curly Creek Road/FR 9039. Find parking and the trailhead just across the bridge.

INFO: wta.org/go-hiking/hikes/lewis-river

NEARBY: Check out the volcanic underground at Mount St. Helens' Ape Cave.

Hike by
Ashley Morrison



HIKE: Skookum Falls

Chinook Pass



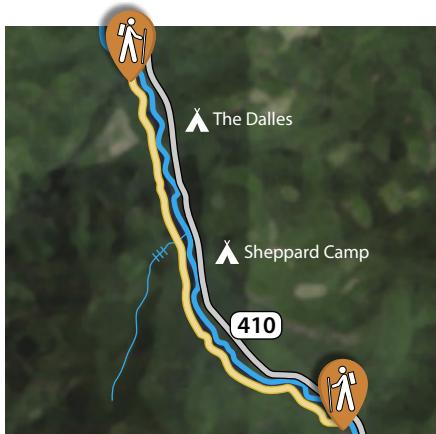
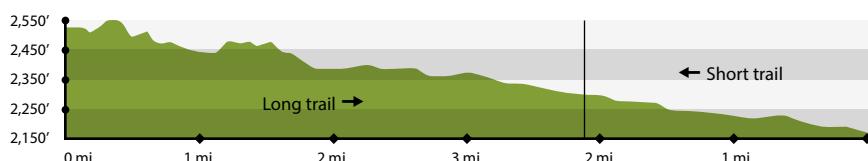
Choose between a shorter or longer river walk through old-growth forest to a 250-foot cascading waterfall.

The Skookum Flats Trail meanders alongside the White River between the Dalles and Silver Springs Campgrounds, just outside the northeast entrance of Mount Rainier National Park. As the name suggests, Skookum Flats involves little in the way of elevation gain, taking hikers on a gentle tour through old-growth forest, past mossy rocks and fallen trees, with plenty of river views.

If you opt for the shorter hike, begin from the trailhead on FR 73 just beyond the bridge. Once you're on the trail, head south, following the river upstream. If you're after a longer hike, start from the trailhead on FR 7160 and begin your hike northward, heading downstream. From either direction, the trail is wide and mostly free of rocks and roots, making it an ideal outing for all abilities.

When the sound of rushing water begins to overpower the noise of the river, catch glimpses of Skookum Falls through the trees as you approach Skookum Creek—this will be 2.1 miles for the shorter trail option and 3.9 miles for the longer. Just across the water, a sign points uphill with the simple word "Falls." The bootpath up to the base of Skookum Falls is rough, and spray from the falls can make the path slick. Use caution if you choose to get a closer look. The falls puts on the best show when flowing in full force, usually in late spring and early summer.

Trail Tip: This fairly flat, early-season trail is very popular with dog walkers and mountain bikers, so plan to share the trail and be courteous to all users.



SKOOKUM FALLS

DISTANCE: 4.2 or 7.8 miles, round trip

ELEVATION GAIN: 100 or 300 feet

ELEVATION PEAK: 2,550 feet

PERMIT: NW Forest Pass

DOGS: Leashed

MAP: Green Trails 238: Greenwater

Hike and photos* by
Nate & Jer Barnes

TRAILHEAD

DIRECTIONS: From Enumclaw, drive SR 410 east then south for 25 miles. For the shorter hike, turn right onto FR 73 and drive 0.5 mile to the trailhead just beyond the bridge. For the longer hike, continue south on SR 410 for 5.1 miles and turn right on FR 7160 just over the bridge.

INFO: wta.org/go-hiking/hikes/skookum-flats

CAMPING: Dalles, Silver Creek, Buck Creek



HIKE: Cowiche Mtn.

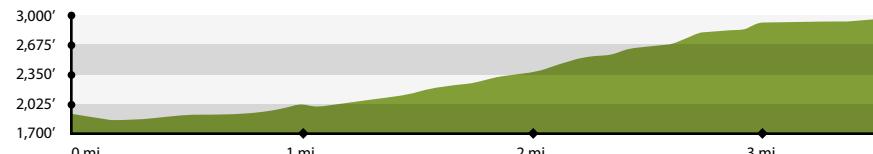
Yakima

This moderate climb through wide-open country under usually sunny skies showcases lots of wildflowers and panoramic views of the surrounding shrub-steppe from an airy 2,970-foot summit.

If spring weather has you down and you're pining for brighter colors and a little sunshine, then set your sights on Washington's central high-desert area and a stroll in the sunny shrub-steppe. And for that, you can't do much better than a hike up Cowiche Mountain.

From the Snow Mountain Ranch parking lot, take the Entry Trail to the main kiosk and pick up a brochure with a trail map. From here, cross the bottomlands to the mouth of a ravine and another trail junction. Turn left and climb a short hill to the beginning of the aptly named Wildflower Trail. This trail climbs 1 mile south along the benchlands above the ravine to a junction with the Bench Loop Trail and a connection with the west leg of the Cowiche Mountain Loop Trail. Continue heading upward, south, then east, on a fairly direct line with the 2,970 summit and a junction with the East Leg and Rocky Top Trails.

Along the way, the views expand with every step, and much of the trail is lined with wildflowers: grass widows and desert-parsleys early in the season followed by balsamroot, lupine, phlox and fields of big-headed clover. You'll also pass two old bathtubs used as stock watering troughs when this was a working ranch. Once on the summit, kick back, bask in the sun and enjoy the panoramic views of the surrounding countryside. When it's time to return, descend the way you came or make it a loop by descending on the East Leg Trail.



COWICHE MOUNTAIN

DISTANCE: 7 miles, round trip

ELEVATION GAIN: 1,140 feet

ELEVATION PEAK: 2,970 feet

PERMIT: None

DOGS: Leashed

MAP: Brochure at trailhead

TRAILHEAD

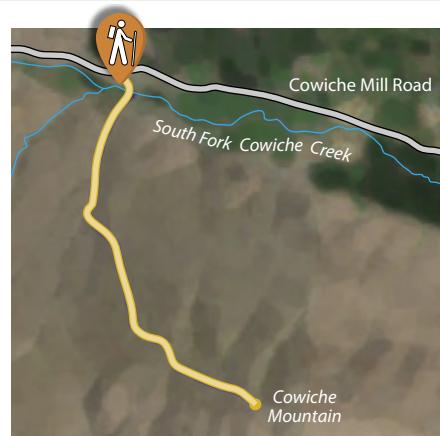
DIRECTIONS: From SR 12 on the north side of Yakima, exit at 40th Ave. and proceed 1.5 miles south to Summitview Ave. Turn right and drive 8.8 miles, then veer left on Cowiche Mill Rd. Proceed 2.5 miles to trailhead parking.

INFO: wta.org/go-hiking/hikes/snow-mountain-ranch

DRINK UP: Hit up the Yakima Craft Brewing Co.



Hike and photos by
David Hagen

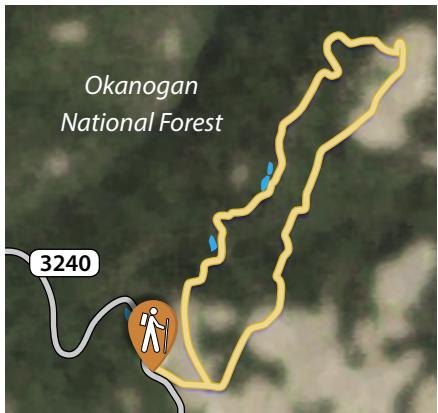
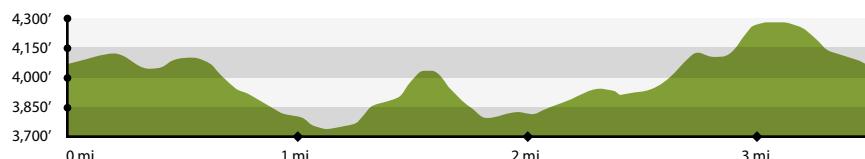


HIKE: Virginia Lilly

Okanogan–Wenatchee



Photos by Aaron Theisen



VIRGINIA LILLY

DISTANCE: 3.5 mile loop

ELEVATION GAIN: 900 feet

ELEVATION PEAK: 4,270 feet

PERMIT: None

DOGS: Leashed

MAP: USGS: Bodie

Hike by
Holly Weiler

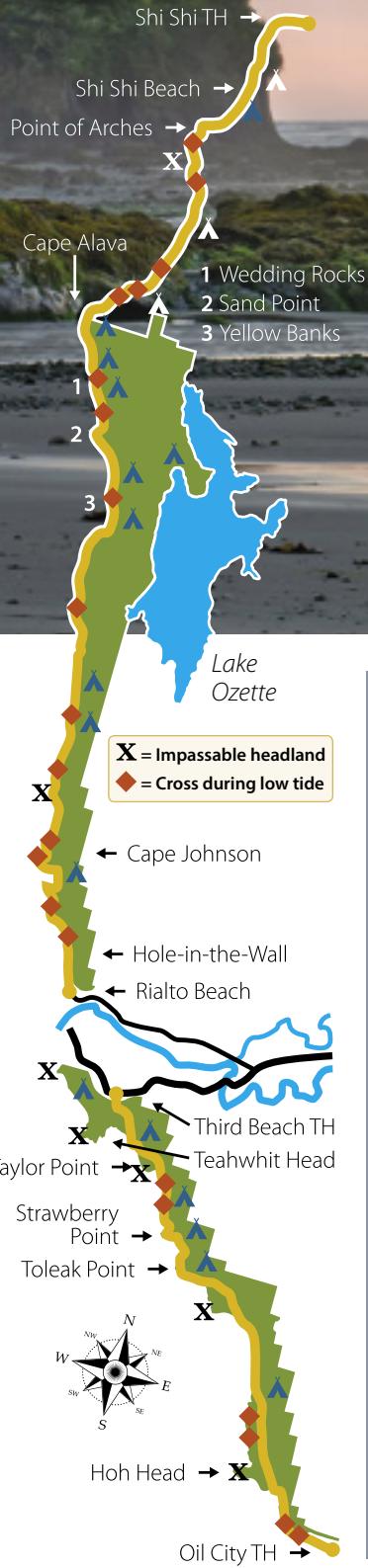
TRAILHEAD

DIRECTIONS: From Republic, drive SR 20 west for 20 miles, then turn right onto Bonaparte Lake Road. Continue north 7.1 miles, passing the lake then veering right onto FR 3240 for 5.7 miles to the trailhead.

INFO: wta.org/go-hiking/hikes/virginia-lilly

EAT HERE: Grab a tasty burger or sandwich at the Bonaparte Lake Resort before or after hiking.





COASTAL CRUISE

The wild Olympic Coast—part of both the Olympic Wilderness and National Park—is 49 miles of driftwood-laden beaches, rocky tidepools, imposing headlands and coastal rainforest. In addition to the scenery, a showcase of seabirds and marine life make any venture along this rugged shoreline—long or short—an unforgettable experience.



The Olympic Coast Trail is commonly divided into two sections: the southern section and the northern section. The more difficult 18-mile southern portion stretches from the Hoh River to Third Beach, traverses several headlands and takes in the wildly scenic Tolkaek and Strawberry Points along the way. The less difficult 31-mile northern portion stretches from Rialto Beach to Shi Shi Beach, visiting Hole in the Wall, the memorial sites of several shipwrecks and the picturesque Point of Arches. Separating the two sections is the Quillayute River, draining from Olympic's glacier-capped peaks to the east. The Olympic Coast Trail is accessible year-round, but is best traveled between the months of April and November during any stretch of good weather.

Enjoying a multi-day backpack on the rugged Olympic Coast requires a fair deal of logistical planning, more so than your typical backcountry outing.

PERMITS All overnight trips on the Olympic Coast require an Olympic National Park wilderness permit. Permits can be obtained from the Wilderness Information Centers (WIC) in Port Angeles, Forks and Lake Quinault. Camping on the Ozette portion of the coast requires advance reservations.

FOOD STORAGE All overnight backpackers on the Olympic Coast are now required to carry and store their food in hard-sided bear canisters. Canisters can be rented from most WIC locations during the summer season, and from the Port Angeles WIC year-round.

TIDES There are several portions of the Olympic Coast that can only be traversed during low tides. Carry a tide chart for the month you are hiking and a detailed topographic map to safely carry out your hike. If camping on the beach, be aware of the range of high tides.

HEADLANDS and CREEKS Be prepared for strenuous headland crossings involving the use of steep steps, cable ladders and ropes, as well as muddy slogs. Most of the creek crossings require fords. Depending on the season's runoff, you may need to search for safe places to cross.

The reward for all this effort? Mile after mile of mind-blowing coastal scenery, tidepools teeming with sea creatures, otters playing in the surf, whales spouting offshore and eagles and seabirds gliding overhead. And due to its limited accessibility, you're not bound to have much company, allowing you to revel in all that the Olympic Coast has to offer as one of the best hikes in Washington.

BITS & PIECES

Whether exploring the Olympic Coast for a day, a weekend or longer, there is adventure and discovery to be had along every rugged mile of this striking wilderness at the edge of the Pacific.



HIKE: OZETTE TRIANGLE

DISTANCE: 9.4 miles **ELEVATION GAIN:** 300 ft.

Justifiably one of the most popular—and accessible—day hikes on the Olympic Coast, the Ozette Triangle starts and finishes with strolls through lush coastal rainforest of fern, cedar and spruce, mostly on boardwalk paths. In between, a 3-mile stretch of coast between Cape Alava and Sand Point showcases sea stacks and offshore islands, tidepools and ancient petroglyphs. Kick back on the wide beach at Sand Point and look to the sea for seals, otters and whales, and overhead for an array of seabirds. Start from Lake Ozette and stroll 3.4 miles west to Cape Alava; turn south and follow the coast to Sand Point; return 3 miles northeast.



BACKPACK: TOLEAK POINT

DISTANCE: 13.6 miles **ELEVATION GAIN:** 250 ft.

Descend 1.3 miles through Sitka-spruce and hemlock forest to sandy Third Beach, just south of Teahwhit Head. Stroll southward along the beach for 0.5 mile, then traverse inland through dense forest around Taylor Point. Enjoy another short stretch of beach with a parade of pointed sea stacks just offshore. Traverse Scotts Bluff inland during higher tides, then ford Scotts Creek to another stretch of beach, continuing south 2.7 miles past Strawberry Point to Toleak Point. Just past the point, find camps, toilet and a shelter near Jackson Creek. Return via the same route. Use your tide table to time your passage near Scotts Creek.



TREK: OLYMPIC COAST

DISTANCE: 49 miles **ELEVATION GAIN:** 2,300 ft.

Start at the Hoh River Trailhead and stroll north on rocky beach to Jefferson Cove. Traverse Hoh Head, then alternate between idyllic stretches of sandy beach and forested headlands. Ford Mosquito and Falls Creeks to Toleak, Strawberry and Taylor Points. Exit to La Push Road at Third Beach to cross the Quillayute River. (Arrange transport, or walk 9 miles.) Rejoin the trail at Rialto Beach, pass Hole-in-the-Wall and round Cape Johnson. View Jagged Island offshore before crossing Cedar Creek and continuing to Kayostla Beach. Proceed north to Yellow Banks, then on to Sand Point and Cape Alava. Savor Point of Arches and finish at Shi Shi Beach.

TIDES TIP:

There are numerous headlands and points along the Olympic Coast that are only passable during lower tides. Before attempting a coast backpack, plan your course by estimating your hiking time to the tide table. Missing a low tide can set you back an entire day. Always exercise extreme caution during crossings. For more info, visit nps.gov/olym/planyourvisit/tides-and-your-safety.htm.



Olympic Coast Trail Stats

DISTANCE: 49 miles

HIGHEST POINT: Hoh Head: 400 ft.

LOWEST POINT: Sea level: 0 ft.

TRIP TIME: 6 to 8 days

BEST SEASON: April through November

MAPS: Green Trails 98S, 130S, 163S

PERMITS: Olympic Wilderness Permit

INFORMATION: nps.gov/olym/planyourvisit/wilderness-trip-planner.htm

CLIMATE: The weather on the Olympic Coast can be just as fickle as the weather in the mountains. Temperatures are usually mild, reaching the mid-70s in summer. Expect rain, wind, fog and high surf.

WILDLIFE: Inland, watch for deer, elk, beavers, black bears and raccoons. Offshore are seals, sea lions, otters, dolphins and whales. In the trees and skies are nearly 100 types of seabirds and raptors.

GUIDEBOOK: *Backpacking Washington* provides detailed descriptions of both the north and south sections of the Olympic Coast Trail.

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