

Grizzlies, Wolves, p.8 Find Lost Pass, p.27 Fall Color Faves, p.39

WASHINGTON TRAILS

September + October 2011 » A Publication of Washington Trails Association

www.wta.org » \$4.50

Capturing Natural Beauty

All the tips you need to win our photo contest, plus four “golden hour” hikes

Put your pack on a diet
Look for larches
Leave without a trace



» Table of Contents

Sept+Oct 2011

This Month's Cover »
Photo by John D'Onofrio
The wild Olympic Coast

Volume 47, Issue 5

News + Views

The Front Desk » Craig McKibben

Leave your home turf, and you'll see trails in a whole new way.» **p.4**

The Signpost » Lace Thornberg

Creativity wins the Hike-a-Thon.» **p.5**

Trail Talk »

Letters from our readers.» **p.6**

Q&A » WTA Staff

We ask, USGS answers.» **p.7**

Hiking News »

Big animals making a comeback.» **p.8**



Joe Sebillie

WTA at Work

Action for Trails » Jonathan Guzzo

Help shape the future of larch and ponderosa pine country.» **p.12**

Trail Work » Diane Bedell

WTA volunteers have put in their time on state lands.» **p.14**

Membership News »

Rebecca Lavigne

Workplace giving really works.» **p.18**

On Trail

Feature » Paul Raymaker

Say goodbye to boring landscape snapshots. Try these tips for better results on the trail.» **p.21**

Northwest Explorer » Don Geyer

Go straight to Lost Pass.» **p.26**

Nature on Trail » Alan Bauer

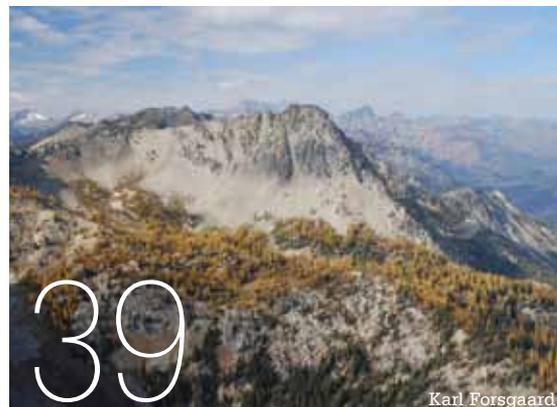
Is that a sooty or a dusky?» **p.29**

Feature » Rich Leon

This may be the Evergreen State, but there's plenty of fall color if you know where to look.» **p.30**



Wade Trenbeath



Karl Forsgaard

Backcountry

The Gear Closet »

Patrick Leahy, Gear Team

Less weight is more fun.» **p.32**

How to Do It » Ericka Berg

Leave the landscape as you found it by following these seven principles.» **p.36**

Trail Eats » Sarah Kirkconnell

An apple in a soup? Try it! » **p.38**

Take a Hike

Suggested Hikes »

Ten fall favorites spanning the state, plus five larch picks.» **p.39**

A Walk on the Wild Side »

green Tiger rising
dipping through cove and allee
wild balm for my soul
by Michael Lindfield
Read nine more haiku.» **p.50**

Featured Landscape »

Dave Schiefelbein

The Napeequa Valley—a hiker's utopia.» **p.51**

What's the most common lake name in Washington?

Get your guess ready, then find the answer on p.7.

Find WTA online at
www.wta.org.

WASHINGTON TRAILS

Board of Directors

President ROB SHURTLEFF, Seattle

VP, Advocacy STEPHEN TAN, Seattle

VP, Board Development KAREN DAUBERT, Seattle

VP, Fundraising CAROLE BIANQUIS, Seattle

Treasurer DOUG BRECKEL, Seattle

Secretary KATE ROGERS, Seattle

At-Large Directors

LISA BLACK, Everett

JEFF CHAPMAN, Port Townsend

AMY CSINK, Seattle

LANGDON COOK, Seattle

TODD DUNFIELD, Spokane

LAURIE HARTSHORN, Renton

WENDY WHEELER JACOBS, Sammamish

JERRY KEPPLER, Seattle

CRAIG MCKIBBEN, Seattle

KEN MONDAL, Spokane

DAMIEN MURPHY, Redmond

BILL POPE, Mazama

Staff

Acting Executive Director CRAIG MCKIBBEN

Advocacy Director JONATHAN GUZZO

Bookkeeper DEB HEMINGWAY

Chief Crew Leader MIKE OWENS

Communications & Outreach Director

LAUREN BRADEN

Development Director REBECCA LAVIGNE

Editor LACE THORNBERG

Field Director ALAN CARTER MORTIMER

Membership Manager KARA CHIN

NW Washington Crew Leader ARLEN BOGAARDS

Office Manager HOLLY CHAMBERS

Engagement Manager KINDRA RAMOS

Project Coordinator TIM VAN BEEK

Program Development Manager DIANE BEDELL

SW Washington Regional Coordinator RYAN OJERIO

Volunteer Coordinator ALYSSA KREIDER

Web Editor SUSAN ELDERKIN

Youth Programs Manager KRISTA DOOLEY

Youth Programs Specialist CHRIS WALL

Washington Trails Volunteers

Copy Editors JIM CAVIN, REBECCA KETTWIG

Gear Team CHERIE BEVERS, ELI BOSCHETTO, CHERI HIGMAN,

PATRICK LEAHY, MATT THYER

Mapmaker MARK CANIZARO

Photo Editor WADE TRENBEATH

Washington Trails Volume 47, Issue 5

Owner & Publisher WASHINGTON TRAILS ASSOCIATION

Washington Trails (ISSN 1534-6366) is published bimonthly by the Washington Trails Association, 705 Second Ave, Suite 300, Seattle, WA 98104. Annual membership dues, which include a subscription to *Washington Trails* magazine, are \$40. Single copy price is \$4.50. Periodicals postage paid at Seattle, WA and at additional mailing locations. POSTMASTER: Send address changes to: Washington Trails Association, 705 Second Ave., Suite 300, Seattle, WA 98104

WTA Highlights »

A few snapshots we just had to share



Volunteers logged out portions of Boundary, Border, Rock Creek, West Fork of Pasayten, and Holman Pass trails in early July. Note the border between the U.S. and Canada. Photo by Joe Hofbeck.



Oscar Buehler hiked the Iron Bear Trail for his first Hike-a-Thon outing. His parents, Evan and Jessica, are veteran participants. Photo by Evan Buehler.



WTA's Fireside Circle members enjoying a guided hike of the new Cape Horn Trail. Photo by Steve Payne.

News+Views

The Front Desk »

A Fresh Perspective

In late July, my wife and I joined Ryan Ojerio, Washington Trails Association's southwest Washington regional coordinator, and a group of WTA supporters for a hike on the new loop trail at Cape Horn on the Columbia River Gorge.

We started our hike from a park and ride lot on State Route 14. After a few miles of hiking up through a cool forest, we reached a spectacular viewpoint high above the river. Here, Ryan pointed out our entire route for the day. We would hit a couple more viewpoints from the rim above the river, then drop down close to the Columbia and hike back up past fields in harvest. As a map person, I like seeing just what 2 miles and 1,000 feet of elevation looks like when draped across the landscape. And I always enjoy seeing the ground we've already covered and the terrain we'll be venturing into next. I have to admit I was surprised by this panorama. Being able to see your entire route is something that I associate with trails above timberline, so it was a real treat to have that same bird's-eye view in a lowland hike.

The next day, on Ryan's recommendation, Sarah and I hiked through the wildflowers on Silver Star Mountain, again in southwest Washington. We hiked on and on, following the ridge through fields of flowers. We passed hillsides painted white with Sitka valerian and blue hillsides dominated by lupine. For a relatively short hike, we took a long time, stopping to identify all the various species we came across. Mariposa lily, columbine, phlox, false Solomon's-seal—we counted 43 species, and there were certainly more. All told, the display held its own against our memories of meadows we've seen at

Paradise and Harts Pass.

As Seattle residents, Sarah and I enjoy easy access to many wonderful hikes. We find ourselves returning to favorite hikes year after year, and that is fun and rewarding in itself. But perhaps the convenience and familiarity of hiking close to home had limited our horizons. Hiking these trails in southwest Washington was eye-opening. The sense of discovery that visiting a new place gives you is part of the hiking experience that shouldn't be forgotten.

Beyond the thrill of discovery, these hikes offered the reward of seeing the effect that WTA volunteers have had on the hiking landscape. For the past several years, WTA members have been involved in the process that has finally led to the Cape Horn Recreation Plan. This plan was approved early this year, and WTA crews have been working on the trail ever since. Cape Horn is one of our signature projects this year. And some time ago, WTA worked with land management agencies to protect Silver Star Mountain from illegal motorized use. On a sunny July weekend, we benefited personally from all this work.

We live in a vast, varied state that offers all of us new places to explore, and I for one am pledging to seek out those places I've never been and get to know them. And as I do this, I'm sure I'll turn up more trails where the story of WTA comes to life in vivid detail.



Craig McKibben

Acting Executive Director
craig@wta.org

Trail Talk »

Opinions

Letters to the Editor

Just wanted to thank you for the great Q and A with Scott Preston of King County Search and Rescue [July+August 2011]. More hikers should know about that group and what they do. Almost one year ago I was hiking West Tiger after work with a friend. After taking in the view at the summit, we had just turned around to head back to the car when I somehow stepped down wrong, breaking both bones in my right ankle. Thankfully, the only other pair of hikers still out at that hour had a cell phone. We did not. Less than two hours later, the amazing KCSARA volunteers appeared, carrying me out 3 miles on a stretcher, in the dark. If not for them, I honestly don't know how I would have made it. Lessons learned: carry a cell phone, bring more layers than you think you'll need (it gets cold lying on the ground waiting for help to come) and never take your safe return for granted – even if you're hiking a stone's-throw from home on a trail you've explored a thousand times. Apparently these accidents happen more often than you think... my "porters" told me I was the second broken ankle rescue on Tiger Mountain that night alone!

Fortunately, I've recovered enough that I'm planning on participating in the Hike-a-Thon this year.

Thanks again,
Kate Neville

A statement made by Scott Preston (King County Search and Rescue Association public information officer) [July+August 2011] regarding cell phones requires some amplification (no pun intended). When a cell phone is powered on, it is always looking for a station (oftentimes the station is a cell tower) to establish communication. In areas where reception is nonexistent or weak, virtually every cell phone uses automatic gain control circuitry to increase its signal power to establish communication. The result is a rapidly drained cell phone battery. Therefore, it is good practice to keep a cell phone powered off in the backcountry until it is needed (e.g., for an emergency call).

Cheers,
Jim Champa

Overheard Online

WTA has a clear policy against building unsanctioned trails, but opinions do vary. Here's what our Facebook fans had to say when we asked: "How do you feel about user-built trails?"

Conservation should always be valued higher than recreation.—*Nic Plemel*

With all the budget cuts looming, it might be the only way.—*Nick Krehnke*

I think building a trail, sanctioned or not, keeps damage down, as it keeps the traffic to the path. Perhaps if the trails could be built at the time they were needed, then this conversation would not be.—*Lani White*

I think a user built trail should be allowed as long as it is user maintained.—*Harrold Carter*

Well, we are out and about a lot! Now we do go on the trails that really may be a nice trail at first, but dwindle down to nothing more than a deer trail after some time. These are what we like. We do not mind going up and over logs, jumping over natural creeks, et cetera. We really stay away from populated areas ... —*Mrsroad Runner*

Harrold you make a good point. The problem is, there is no guarantee the user will maintain the trail, and then it can become dangerous to others. — *Arbor Magic Tree Services*

The problem I have with unsanctioned trails is no one will maintain them after they get their fill of it. It then becomes dangerous for others. With careful planning and continuous maintenance, go for it. —*Roger Macko*

Isn't that like building new roads when you're not maintaining the existing ones?— *Mack McCoy*

Working for Parks has made me realize the monumental hassle involved in "Social Trails". A trail has to be more than a dirt path in many cases. Grade slope and substrate material have to be accounted for as well as drainage, and building a trail that isn't maintained can be a struggle for maintenance crews in five years when the original builder loses interest and leaves a legacy headache. —*Tony Collins*



Write to Us »

Send a letter to
705 Second Ave.
Suite 300,
Seattle WA 98104
or
email
editor@wta.org

Chat With Us »

To discuss trail
issues online, visit
the Signpost Blog
at [www.wta.org/
blog](http://www.wta.org/blog) or follow WTA
on Facebook or
Twitter.

Q & A

What does a geospatial liaison do on a typical Tuesday?

Well, on a typical Tuesday, I could be out meeting with people like yourselves, talking about US Topo, National Map, or maybe setting up a data collection project. What I do is help people get the data they need to map their spaces. They might be people from a city, a county, the state, other federal agencies, or tribes ... I could be talking to a group of people who are really interested in a particular product, or I could be running down a lead on something.

The USGS decided to abandon the paper map production. Why?

I think the economy had a lot to do with it. I think that printing costs, and the costs of labor, and the fact that the agency has been downsizing for a long time each played a role. But it is also because people want things to be mobile with them. They want handheld devices, they want laptops, tablets ... Digital products allow you to do that. You can have these maps out on your PDA or handheld device. You know, you can have your laptop on the hood of your car while you're in the field, collect data from your GPS and plug it in right there and have it on this map, if you want. I think there's potential for more users to get ahold of maps now. More people can access the data a lot faster than ever before ... and more people want it faster than they have ever had it before. Look at how fast you can operate in Google Earth—that's what people want to see. They want to be able to get a picture of some place, it doesn't matter where, and they want it right now. On a static map, that's kind of hard to do. So the USGS is trying to address a growing demand.

What can you tell us about your new product, US Topo?

I think it's kind of a step up from our typical quad sheet. A traditional USGS quad is static. It doesn't move, it doesn't zoom in and out, it doesn't let you really interact with it. I mean, other than in your mind, like most maps, right? With US Topo, you can turn the layers that you might see on your quad on and off; you can take topographic lines and turn off everything else, if that's all you want to see in a map. Then you can zoom in to a particular peak and—see those cirques? Or where there were glaciers a long time ago? If you're interested in that or where those small lakes are, then you can print out a map that shows just the area or things that you're interested in. You can also interact with it by uploading GPS datapoints to it.

Hikers really love maps to help them navigate and to visualize their hikes. Who else is just giddy about maps?

The public! Everybody is, because they need maps for all sorts of reasons. You've got people who are interested in the development of property and real estate that typically would go to a library and look at maps ... Native tribes are really interested in our maps, especially in our historic maps because of boundary issues that they've had in the past ...

WTA talks maps with Tom Carlson of the United States Geological Survey

... Anybody who studies anything about the environment ... Anything that happens, it happens in a place. So that's why maps come in handy for everybody. And for a long time, people have just been interested in maps as art as well.

What's a common misconception that people have about maps?

Almost everybody believes what they see in a map is true. We're conditioned to not question maps. We question all these other things every day, but the maps we don't question. There's been a great deal of literature on how to lie with maps out there. In fact, Mark Monmonier is a professor who has written about that topic, how you can be deceived by maps.

Washington no longer has a Board of Geographic Names. What happened?

It got scratched off the roster from the governor when she cancelled out like 14 boards or something a year ago ... But I just talked to one of the guys who was on the old board ... and he said, "Guess what we just found out? They're re-instituting the board, only it's going to be called something different!" The board hasn't reformulated yet or anything like that, but it will according to my source ...

Let's say I wanted to name a creek after my sister. How long could I expect this process to take?

It depends. It could take a year. It could take longer. It could not happen at all. If you want to find out more about how the Board of Geographic Names decides these matters, you could visit their website. But basically, you need to submit a proposal that says why you want a place name changed and why you think that place should be named after your sister. Is there no name on the place right now at all? If the creek isn't named, and your family homesteaded that area for x-number of years and something great happened, or bad, then maybe. You have to explain your reasoning and have some information to back it up, too.

Tom Carlson is the geospatial liaison for Washington state and part of the Western Region Geography, National Spatial Data Infrastructure Partnership Office in the Western Region of the United States Geological Survey.

Maps » <http://nationalmap.gov/ustopo>
Names » <http://geonames.usgs.gov>



Have a burning USGS map question? Ask Tom. Photo by Susan Elderkin.

Did You Know?

In Washington, there are 30 lakes named "Lost Lake." Mud Lake is a close second with 26. Other popular names include Horseshoe Lake (21) and Blue Lake (18).

Hiking News »

Wolves and Grizzlies

Two rare wild creatures are making a comeback in the Cascades

Story by Erik Neumann

Last October, hiker Joe Sebille snapped a photo of a large bear in the North Cascades. He was hiking in the Upper Cascade River watershed, where black bears are common, and didn't think much of it. He showed the photo around to friends, and it eventually landed in the hands of a National Parks Service bear biologist and would soon be confirmed as the first photo identification of a grizzly bear in Washington's Cascade Range in fifty years.

"It could be one of the last sightings of the Cascades grizzlies, or one of the first of a new generation," says David Graves. As a staff member with the National Parks Conservation Association, a group that advocates for the maintenance and improvement of America's national parks, he's hoping it's the latter.

News of the confirmed grizzly sighting came out this spring, followed not long after by a wolf sighting, when a new pack of gray wolves, dubbed the Teanaway pack, was identified roaming near Cle Elum.

Both wolves and grizzly bears are incredibly rare in the Cascades. Throughout Washington, grizzly bears are considered threatened by U.S. Fish and Wildlife and endangered by the Washington Department of Fish and Wildlife. Wolves are federally listed as endangered in

the western two-thirds of the state, federally de-listed in the eastern one-third, and state listed as endangered throughout the state.

The appearance of these endangered fauna has inspired celebration from conservationists, and while the presence of both animals will mean little change for hikers, they provide a lens to look at long-awaited recovery plans for Washington's wilderness.

A photograph of the mythic North Cascades grizzly provides proof to back up recovery plans that were started up to thirty years ago to protect this hypothesized, but rarely seen species. It reaffirms that there are grizzlies in Washington to consider for wildlife management. Graves hopes that the evidence of a North Cascades grizzly will encourage more funding for grizzly recovery projects, which were previously based on hypotheses about bears.

"We need to not manage for the minimum," said Joe Scott, international programs director for Conservation Northwest. "We need to allow them to get to ecologically effective numbers."

In 1997, a coalition of agencies including the U.S. Forest Service, National Parks Service, U.S. Fish and Wildlife, Bureau of Land Management and U.S. Geological Survey established the



A member of the "Teanaway pack." Photo by the Western Transportation Institute.

North Cascades Grizzly Bear Recovery Area. The recovery area is managed according to a mutually agreed-upon set of priorities, making it easier for the multitude of different agencies that manage land in the North Cascades to effectively cultivate grizzly habitat.

Covering 9,565 square miles, the North Cascades recovery area is one of the largest contiguous blocks of federal land remaining in the lower 48 states. Bear habitat also extends north into the Canadian Cascades, creating a rare piece of land ideal for animal recovery.

Grizzlies pose little danger to hikers in the Cascades, due to the sheer unlikelihood of running into one. Estimates of grizzlies in the North Cascades range from 10 to 20 individuals. Glacier National Park, one of the most hiked-in parks in the United States, is home to around 750 grizzly bears. The sighting in October is the first photo documentation of a Cascades grizzly in fifty years, so don't expect a wildlife safari the next time you hit the backcountry.

Despite the unlikely odds of seeing a grizzly in the Cascades, hikers should be taking precautions to avoid negative encounters with the 25,000 black bears currently living in Washington.

"Hikers in the North Cascades should already be prepared to encounter bears," said Scott of Conservation Northwest. There are slight differences between precautions taken against grizzlies and black bears, but, overall, the rules are about the same.

Precautions include making noise and avoiding surprise encounters around streams and blind corners. Also avoid walking into the wind when a bear could not smell you. Bears will defend their space, young and food sources. Avoid hiking with dogs in the backcountry, as this can aggravate bears and draw them directly to you. Carry bear spray, the most effective tool for a bear encounter.

The recovery of gray wolves in Washington is a more noticeable and contested issue than the phantomlike image of a grizzly silhouetted on a hillside. Several wolf packs have been making news around Washington in recent months.

In early July, volunteers from Conservation Northwest's wildlife monitoring program discovered the Teanaway pack. Later in the month, biologists from state's Department of

Fish and Wildlife (DFW) caught members of the state's fifth known pack, named the Smack-out pack. In what amounts to a conservation public relations person's dream, the packs' arrival occurred in near perfect timing with the completion of the DFW Wolf Management Plan. The plan has been in the works since 2007 and the decision to approve the plan or not is due in December of this year; the arrival of the new packs created a catalyst for state residents to weigh in. According to Graves, the draft management plan drew an impressive 65,000 comments from around the state.

Hikers concerned about wolves should rest assured that wolves, like most wild animals,

avoid humans. "In 100 years, there have only been two confirmed kills by wolves in North America," said Graves, "These have been in very remote places." The biggest conflict a hiker could expect to get into with wolves would be having a pet dog attacked or possibly even killed. According to Doug Zimmer at the state DFW, "Wolves treat dogs as competitors and will kill them on sight." But that's the extreme. More likely, the presence of wolves in the Cascades will allow hikers the goose-bump-inspiring



Hiker Joe Seville captured this image, the first confirmed grizzly photograph in the Cascades in fifty years.

privilege of hearing a chorus of wolf song at night. Hearing animals at night is one of the most tangible sensations of the mystery of wilderness, whether it be owl hoots, elk bugles, coyote chatter or wolf howls.

While their numbers are still low in comparison to those in neighboring Idaho and British Columbia, Washington's wolves have rebounded significantly faster than bears. "Most wolves come back and recolonize very efficiently," said Scott. "Grizzlies do not. They're very slow to come back once eliminated."

The presence of both grizzly bears and gray wolves in Washington won't have a great impact on how and where people hike, but their return marks a new chapter in the Cascades' natural history, a time when the range is slowly returning to its historic, ecologically complete past.

According to Scott, "All these pieces have come together to form one of the largest, most protected areas in the country. It's a very successful story that's been authored by hundreds of people, from governments, to conservation groups, to individuals, to private groups." ♦

Upcoming Events »

Elwha Dam Removal Celebrations

On September 17 and 18, the National Park Service, National Parks Conservation Association and other partners will celebrate the start of dam removal on the Elwha River. Activities will take place in Seattle and Port Angeles.

For more information, contact David Graves at dgraves@npca.org or (206) 903-1444, ext. 205.

Give Back to Your Public Lands

In 2011, National Public Lands Day will be commemorated on September 24. National Public Lands Day (NPLD) is the nation's largest, single-day volunteer event for public lands in the United States. First celebrated in 1994 by 700 volunteers, this event has grown to include more than 2,800 sites and 170,000 volunteers.

WTA will host NPLD work parties throughout Washington. See our website for project locations.



Holly Smith

Learn About Fire Lookouts

Have you ever tried to imagine what life was like for the people who lived in fire lookouts?

Wonder no more. On October 1, the Darrington Historical Society will present "Lightning and Loneliness," a slideshow and discussion about historical local fire lookouts, both the buildings and people who staffed them. Join them and you could learn who served as the first lookout on the Darrington Ranger District, discover when lightning struck Mount Pugh Lookout and find out who convinced his bride to spend her honeymoon at Three Fingers Lookout. And you can even bring your own lookout photos, memorabilia and stories to share.

This event will be held in Mansford Grange in Darrington, about three blocks behind the Darrington IGA on Railroad Avenue. Doors will open at noon for coffee and sharing, presentation begins at 1 p.m., and another showing follows at 4 p.m. For more information, contact Scott or Erika Morris at scottnerika@glacierview.net or (360)436-1562.

A Flurry of Bad Bills

Public lands legislation that should concern hikers



Wade Trenbeath

The Liberty Bell roadless area—threatened by mining?

This summer, while you were out hiking, your legislators were noodling around with a number of bills that impact your future use of public lands. Here's a look at three legislative matters that WTA will be tracking this fall.

HR 1581: An Assault on Roadless Areas, Wilderness Study Areas

Two million acres of roadless land in Washington state could be opened up for development if the Wilderness and Roadless Area Release Act (HR 1581) measure were to push through.

This legislation, which is co-sponsored by Rep. Cathy McMorris Rodgers (R-Wash.), would require the release of all Bureau of Land Management (BLM) wilderness study areas that Congress has not designated to be opened up to extractive uses, and it would release all inventoried roadless areas with the National Forest System that have not been recommended as wilderness in Forest Plans to road building and logging. Nationwide, this legislation could potentially remove protections from more than 60 million ecologically significant acres.

While this legislation would not pass the Senate in its current configuration, it could end up passing if the make up of the Senate changes in the 2012 election.

Federal Lands Recreation Enhancement Act Repeal

House Republicans are calling on the Government Accounting Office to audit Federal Lands Recreation Enhancement Act (FLREA) revenues. In a draft letter circulating among his caucus, Rep. Scott Tipton (R-Col.), contends that FLREA dollars are being spent for purposes other than managing the program and improving facilities. Specifically, he argues that fees are being charged that consist entirely of the cost of administering the program, or are excessive compared to the price tag attached to facility maintenance.

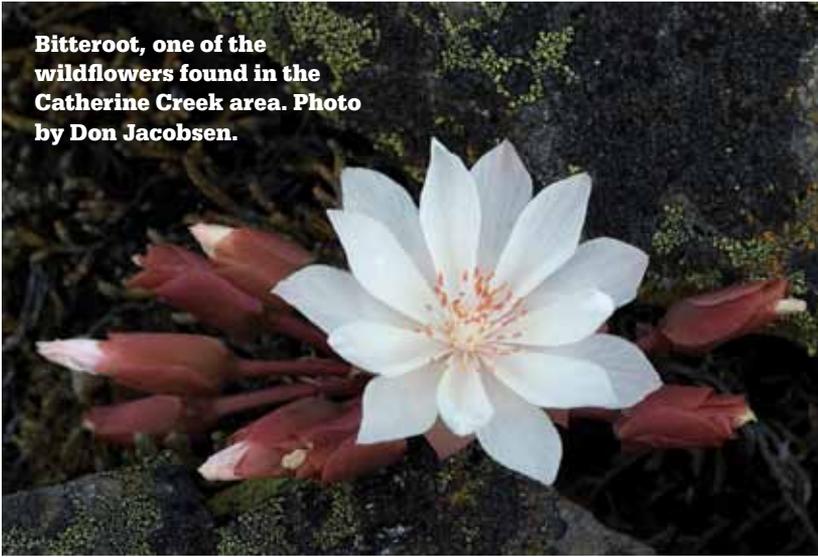
FLREA, which authorizes the Northwest Forest Pass, pays for a considerable amount of trail maintenance on Washington's national forests, and enables agencies to work with volunteer organizations like WTA.

Wildlands Ban

Congress extended a ban on the designation of wildlands on BLM lands through 2012. This ban does not greatly impact Washington, as there is little BLM-managed land here, but should be of interest to the many WTA members who hike in other western states, such as Oregon and California, where the BLM manages a significant amount of land.

The ban may be moot, since Interior Secretary Ken Salazar has said that he will not designate any wildlands without congressional approval.

Bitterroot, one of the wildflowers found in the Catherine Creek area. Photo by Don Jacobsen.



The Future of Catherine Creek

Forest Service has plan, now on to implementation

Following a long and contentious planning process, the U.S. Forest Service is moving on to the implementation of the Catherine Creek, Coyote Wall and Burdoin Mountain Recreation Plan. In an effort to engage key stakeholders, the staff from the Columbia River Gorge National Scenic Area have held a series of meetings to discuss the next steps in developing an official trail system in the area.

WTA Southwest Regional Coordinator Ryan Ojerio and advisory board member Susan Saul have participated in the meetings to ensure that hikers' interests are represented. If the plan is successful, the scenic quality and biological diversity that draw hikers to the area will be protected.

Over the past decade recreational use in the area has skyrocketed, particularly mountain biking, leading to the formation of a network of user-built trails that traverse private and public land. Many routes encroach on the habitat of rare plants and animals that are unique to the transition zone between the wet western gorge and the drier east side. To protect natural and cultural resources in the area and reduce conflicts between private landowners and trail users, the new plan formalizes a number of restrictions on trail use and closes those trails leading onto private lands.

Within the Catherine Creek area, which has the highest conservation value, dogs must be leashed, equestrians are restricted to the dry season and mountain bikes are prohibited. Hikers and hunters will continue to be able to travel off-trail. However, that privilege could be revoked in the future if monitoring reveals the development of social trails as people wear a path to their favorite destinations.

—Ryan Ojerio

Tumwater Bridge Replacement Work Begins

The Washington State Department of Transportation (WSDOT) has begun to replace three bridges in Tumwater Canyon area of Highway 2, 10 miles west of Leavenworth. Preparation activities started in August, with the actual bridges scheduled for construction throughout September. The new bridges and highway should be open to traffic sometime during the Spring of 2013.

U.S. Highway 2 drivers can expect single lane flagger controlled traffic during daytime work hours with unrestricted use of the highway after work hours and on weekends. WSDOT's private contractor will be allowed to close Highway 2 on occasion, but only for a total of 15 work week days between August 2011 and September 2013 and those closures will NOT be allowed from Noon on Friday to 8 p.m. Sunday.



Trailhead Theft

Don't Let Yourself Be a Victim

Last-minute map consultation. Making sure you have the stove packed. Checking that your water bottles are closed tightly. Wrapping your heels to avoid blisters. Putting the right trailhead pass on the dash. There are a plethora of little chores to do at the trailhead before you set out on any hike.

There's powering off your cell phone, rolling up the car windows, and, somewhere amidst all this, you have to stash your valuables.

According to Brad Jones, a Park Ranger Law Enforcement at Mount Rainier National Park, trailhead break-ins have become more prevalent at the park in the last two years.

It's all too easy to forget about that smart phone or iPod lying on your backseat. Since locking your doors and windows won't keep prowlers out if there are valuables visible in your car, park rangers recommend that you stash your valuables as part of your pre-trailhead routine.

- Before you hit the road, ask yourself if there are valuables in your car that you won't need on your trip. Leave them at home.
- Before you arrive at the trailhead, lock any bags, extra clothing or items that look like contain valuables inside the trunk or place them well out of sight.
- Be sure to take credit cards, driver's license, phone and anything else of value with you in your pack.

In the unfortunate event of theft, be sure to report the crime, or any suspicious behavior, to park rangers immediately.

Sure, this advice may be common sense, but it is all too easy to leave valuables in the car and to forget to stash your stuff when you're excited to hit the trail. Following these precautions can help discourage would-be thieves.

—Ericka Berg and Lace Thornberg

WTA at Work

Action for Trails »

A Golden Opportunity

Help the U.S. Forest Service manage their land in eastern Washington

One of the last things the late guidebook author Ira Spring said to me—in a raspy, but thundery voice—was, “Protect Golden Horn.”

Found within the Liberty Bell roadless area, near Cutthroat Pass and Tatie Peak, Golden Horn is one of those remarkable places that was not included in North Cascades National Park due to the judgment that it was not of National Park calibre. Indulge me as I challenge that sentiment. After receiving my mandate from Ira, I’ve talked about Golden Horn with anyone who will listen, but I’ve never found a venue that affords a reasonable chance of protecting it—until now.

Like all national forests, the Okanogan-Wenatchee and Colville National Forests are managed according to a Forest Plan, a fifteen-year document that is used to guide day-to-day and year-to-year projects on national forests. Earlier this summer, the Okanogan-Wenatchee and Colville National Forests released a proposed action—essentially a rundown of the major issues they’ve identified since they started developing their revised Forest Plan way back in 2003. They touch on recreation, the road access system, threatened and endangered species habitat and waterways. This is the first thumbnail sketch of a much larger and more detailed final product, so the proposed action is quite general.

Mandated by Congress through the National Forest Management Act, forest planning is a deeply involved, all-hands-on-deck process that takes years and involves thousands of stakeholders. Prepare to follow this issue for a while. From the perspective of hikers, a few interesting points have emerged already. Other points need further clarification, and still more are potentially thorny. Here’s a look at four potential issues:

- In the Access System section, the proposed action states that “Any national forest system road, bridge, trail, or dock that is not needed to meet resource or social and economic objectives and/or user-created roads would be decommissioned and the landscape restored.” I would like to know what tools they’ll use to decide which trails and roads are worthy of keeping on the system. Clearly, roads that lead nowhere or are no longer used are not of interest to hikers. But what about roads to lightly used

trails or the trails themselves? Hikers need clarity on this issue, and should ask for it.

- Forest managers propose to “Reduce the trail maintenance backlog on 10 to 20 percent of the trail system.” That’s a goal we can get behind, but again, clarity will determine how useful this plan is for hikers. Where will they concentrate their efforts? Do they plan to eliminate the backlog on those areas?



Advice From Ira Spring: “Protect Golden Horn.” Photo by Wade Trenbeath.



Jonathan Guzzo

WTA Advocacy Director
jonathan@wta.org

- They plan to “provide five additional non-motorized settings readily available to nonmotorized winter recreationists distributed across the southern half of the forest.” We want to make sure these sites stay in the proposal, as snowshoeing is growing in popularity among hikers seeking to extend their trail season.

- Finally, we’re concerned that land managers plan to continue allowing motorized recreation in areas proposed for wilderness. We believe that if areas are recommended for wilderness designation, they’re worthy of being managed as such in order to preserve their wilderness characteristics.

This plan also recommends areas for addition to the National Wilderness Preservation System. (See the sidebar at right for our thoughts and concerns about specific areas.)

Our assessment of the proposed wilderness additions is that there are both highlights and lowlights. In some places, we believe the Forest Service has bitten off a respectable chunk of roadless land to add to the system, and we’re happy about that. In other areas, we feel they haven’t gone nearly far enough. Case in point, their preliminary wilderness recommendation proposals do not include Golden Horn, with the Forest Service opting to recommend only two small sections of the Liberty Bell roadless area for wilderness designation and leave thousands of acres out. Ira wouldn’t stand for this omission, and I’m not planning to, either. This is a golden opportunity to speak out for Golden Horn, and dozens of other stellar backcountry destinations.

The comment period on the proposed actions will end on September 28. Looking ahead, watch this space for more information as we receive it. You’ll be the first to know when the next step, a Draft Environmental Impact Statement is imminent. We hope that document comports with the interests of hikers. If not, we’ll have more work to do. But with the support of hikers like you, who are engaged in the behind-the-scenes workings of our land management agencies, we’ll make progress toward a forest plan that is good for us and for the wildlands we love.♦

Take Action

Share your thoughts with the planning team. Submit a comment letter by mail or email before September 28. Mail your letter to **Plan Revision Team, Okanogan Valley Office, 1240 Second Avenue South, Okanogan, WA 98840**. Or email your comments to **r6_ewzplanrevision@fs.fed.us**. Consider making some of the points we’ve outlined above, while speaking to your own personal experiences on the Okanogan-Wenatchee and Colville National Forests. You can find the proposed actions on the forests’ websites—**www.fs.fed.us/r6/wenatchee** and **www.fs.fed.us/r6/colville**.

Forest Service Recommended Wilderness

Changes to the rules surrounding forest planning now require national forests to make wilderness recommendations as part of their planning process. The Okanogan-Wenatchee and Colville National Forests have now done that.

Their recommendations offer a mixed bag for hikers. In some areas, forest managers have recommended most or all of the acres in a particular roadless area for designation as wilderness. In other places, they’ve given short shrift to outstanding scenic and conservation values. In the list of highs and lows below, we’ve given the number of total acres included in each roadless area followed by the number of acres recommended.

Highlights

Abercrombie Hooknose roadless area—37,000 total potential acres, 35,200 recommended

Abercrombie Hooknose is in the Colville and has been on the target list for wilderness advocates for decades. The fact that the forest managers recommended better than 90 percent of the available acres is a good sign.

Salmo-Priest adjacent—16,700 potential acres, 13,600 recommended

The only existing wilderness area in the Colville could grow to become a 42,600-acre area under this proposed addition.

Heather Lake roadless area—10,000 potential acres, 9,400 recommended

Adjacent to the Henry M. Jackson Wilderness, the Heather Lake area is stunning and is heavily used by hikers. Given that there is little non-conforming use, including this area is an easy call for the Forest Service.

Twin Lakes roadless area—21,400 potential acres, 15,400 recommended

Also very noncontroversial, this section includes three trails that enter the Glacier Peak Wilderness. There is no use by motorized recreation or mountain bikers. There is also no mining or grazing in this area. Again, this is not a difficult call for the forest managers to make.

Lowlights

Entiat-Chelan roadless area—162,000 potential acres, 19,500 recommended

This chunk is the biggest potential east-side addition to the Glacier Peak Wilderness. The only area recommended here is the Rock Creek section, which is wholly noncontroversial. The Myrtle and Entiat areas are excluded because they are home to motorized uses, and the area around Holden is excluded to allow management of the area around Holden Village.

Teaway roadless area—74,200 potential acres, 15,800 recommended

The Teaway offers extraordinary promise to add to the Alpine Lake Wilderness. Excluded acres are used by large parties and ORV users. The Three Brothers motorized trail, which is almost never used and dead ends at the Alpine Lakes boundary, is included in the proposal. The Teaway houses a wealth of potential wilderness acre and is an important gateway to the Alpine Lakes Wilderness. Forest managers should take a closer look at this area and increase its recommendation.

Liberty Bell roadless area—114,700 potential acres, 5,200 recommended

Home to Golden Horn and adjacent to both North Cascades National Park and the Pasayten Wilderness, the Liberty Bell roadless area offers some of the best opportunities for additions to the system. We suspect that the vast majority of this area was excluded due to the 43 active mining claims cited, as well as the North Cascades Basecamp heli-skiing permit.



In a Better State

WTA's volunteers have improved the hiking opportunities found in our state parks

By now, you have heard all about the Discover Pass. (No? Well, it's the new pass required to park at or to recreate on state lands.) This summer, WTA received many inquiries from volunteers eager to earn their Discover Pass. The good news? It's possible. The pass legislation states that a volunteer can earn a pass for 24 hours of donated labor. However, we've found a few devils in the details. As our state agencies raced into implementation, we saw a good deal of variation in how these agencies opted to track and account for volunteer labor.

Some of the work parties we led at Beacon Rock State Park qualified, as did some of our work at Mount Spokane State Park. But those participating in a Volunteer Vacation at a state park were left wanting. The state park system considered the free camping that they provide volunteers as "compensation," therefore making those hours ineligible toward earning a volunteer Discover Pass.

Looking ahead, WTA will be working on behalf of hikers to ensure that earning a pass by volunteering is a much smoother and easier process than it is now.

In the meantime, don't be discouraged from volunteering. Washington's state parks are among the few places where new trail opportunities are being actively developed, and WTA volunteers have been at forefront of this work for several years. Let's take a look.

Giving Back At Wallace Falls

Washington Trails Association crews have built miles of new trail at **Wallace Falls State Park**, most notably the 1.9-mile Greg Ball Trail that provides an enjoyable alternative to a road walk for those seeking out the shores of Wallace Lake. Since its construction, the Greg Ball Trail has become a favorite of hikers looking for a close-in getaway hike that is accessible in all but the worst of winter weather and is an absolute gem during the summer months. Many Greg Ball Trail hikers express surprise at how this trail really feels like a backcountry hike without the backcountry commitment.

Our most recent work at Wallace Falls State Park includes construction of the "Lunch Counter Loop," a route leading to a bench and, indeed, a beautiful little lunch spot. We have also made tread improvements on both the Greg Ball Trail and the Woody Trail.

We'll be returning to Wallace Falls State Park later this month, with four work parties scheduled to start on September 29.

Building New Trails at Beacon Rock

WTA has also made a great commitment to the state parks system through our ongoing work at **Beacon Rock State Park**, a gem of the Columbia River Gorge National Scenic Area. Fueled by both day trips and Youth Volunteer



Diane Bedell

Program
Development
Manager
diane@wta.org

Vacations, WTA volunteers have added 2 miles to the Hardy Ridge Trail system.

WTA volunteers sporting green, orange and blue hats have spent more than 135 days in this park over the course of the past five years. They've given more than 3,000 hours in 2011 alone. Construction on the Hardy Ridge Connector Trail began in 2006, and our volunteers in southwest Washington are now beginning to see the end of the tunnel with this project. The Hardy Ridge Connector has proven difficult to construct, but the project has provided a focal point for our southwest Washington volunteers' efforts. They've really bonded over the challenges in this terrain! Best of all, this park has seen a new generation of trail stewards come of age, as it has been a stellar location for our Youth Volunteer Vacation program. Many teens have spent their first night in a tent camped in the shadow of Beacon Rock, and developed some rock-solid trail skills, too.

Look for our one-day work parties at Beacon Rock to resume this fall.

Call It Cape Excitement

Hikers on the North Head Trail at **Cape Disappointment State Park** have not been disappointed by the improvements on this popular trail, that's for sure. Over the past four years, our volunteers have turned this muddy, slippery mess into a much more enjoyable hike with a series of intricate boardwalks, stairs and relocated trail sections. While there's always more work to do, we have tackled a significant portion of the work to date.

WTA usually doesn't build complex boardwalk and stairs like those you'll see at Cape D, but we've been fortunate to have volunteer chief crew leader Lee Young, a trained carpenter, spearhead much of the work here. With Lee's experience, we were able to meet the special needs of this location. Among the many highlights of working at this location, volunteers get to campout in the lighthouse keeper's quarters.

In addition to our weeklong Volunteer Vacations at Cape Disappointment later this fall, we will also be offering several weekend work parties here. Starting as early as this fall, we'll also be adding work at Leadbetter Point State Park to our roster.

Why, Look! Work at Leadbetter Point, Too

Managed by the same fine folks who manage Cape D, **Leadbetter Point State Park** recently received a grant from the Recreation and Conservation Office to build a new boardwalk, trail and overlook out to Heinz Marsh, and our volunteers are going to be lending them a hand, starting with a few days during our October weeklong on the southwest coast. That trip is already full, but look for additional weekend opportunities through fall and into next spring.

Looking ahead, we're scheduling additional

Volunteer Vacations at both Leadbetter Point State Park and Cape Disappointment in 2012. If you're interested in a different kind of trail construction, give these destinations a try.

Busy as Bees at Larrabee

With 15 miles of hiking trails and a long-standing commitment from WTA to help out on those trails, your best chance to earn a Discover Pass while volunteering for WTA may be at **Larrabee State Park**, a park we've worked in since 2008. This past winter and spring, volunteers significantly improved the South Lost Lake Trail, moving it out of the middle of an old roadbed and improving drainage along the way. We also completed several raised turnpikes, structures that help folks keep their feet dry and make the trail that much more enjoyable. Our amiable northwest chief crew leader Arlen Bogaards can be found working hard with his crews at Larrabee State Park one or two weekends a month from October through April.

If you haven't given working in the Chuckanuts a try, you should. The views are amazing; the work is fun.

Our Latest Foray: Mount Spokane

Found just a stone's throw west of the Idaho border, **Mount Spokane State Park** offers hiking and camping in the Selkirk Mountains, where deep green stands of old growth are accented by steely gray granite outcroppings. From Mount Spokane, you'll catch a spectacular view that encompasses wildlands in Washington, Idaho, Montana and even Canada.

It's not unusual for this park to receive 300 inches of snow per year, so you can imagine the potential for erosion in this steep and rocky terrain. The park's most recent management plan calls for the relocation of several trails, and WTA volunteers have stepped in to address the worst problems.

In July, our crews realigned a short segment of trail and reinforced a soft downhill slope with a log retaining wall. Two work parties are scheduled for September. In addition to relocating trails, the park's plan calls for many miles of new trail, so there may be opportunities for east-side volunteers for years to come.

You should now have a taste of the work we've been involved with in state parks. Check our trail maintenance calendar to see when our next state park work party is scheduled. We're always adding more opportunities.♦



Above: One of the many crews who have helped improve Larrabee State Park.

Opposite: Many teenagers have helped build trail at Beacon Rock State Park, including these participants in one of our all-girls trips.

Photos by WTA.

WTA volunteers have already donated more than 5,700 hours to state parks this year and our work isn't done yet.



Lynn Kittridge

New Glacier Basin Trail Completed

After four long seasons, this trail is ready to please

During the height of what passed for the summer of 2011 here in the northwest, WTA's volunteer trail maintenance crews put the finishing touches on the new Glacier Basin Trail in Mount Rainier National Park, a monumental project four seasons in the making.

The original Glacier Basin Trail started life as a mining road along the Inter Fork of the White River, high on the side of Mount Rainier. When this area became a national park, the road was converted into a trail used by a wide array of park visitors, from climbers accessing the popular Emmons Glacier route to families strolling out of the White River campground. Located in close proximity to the dynamic, glacier-fed White River, the original trail was frequently damaged by the river's shifting course. During fall 2006, severe floods decimated significant portions of the lower trail. Rather than repair the damage, park authorities opted to build a new trail—one that would not be subject to the river's frequent flooding. The replacement trail was to be built on the steep hillside above the river's floodplain and stay true to its original character with a straight, steady, gradual grade and a width of 3 to 5 feet throughout.

To carve this kind of trail out of a mountain-side would take a Herculean effort. With more than 6,500 feet of high-quality trail needed, the National Park Service looked to its own trail crew and beyond, to groups such as WTA, to make a trail that would traverse steep, heavily

wooded terrain, crossing numerous streams and avalanche chutes along the way.

Design and permitting for the new trail began in 2007 and carried on into 2008. The first on-the-ground step was laying out the trail, with grade stakes used to mark all the points where trailbed would need to be constructed. The Park Service trail crew would then log out a rough trail corridor for the construction crews to follow.

At that point, WTA crews stepped in to remove thick layers of duff, dig out stumps and take out rocks. A few stumps were so massive that it took days to get them out. Using shovels, Pulaskis, pinch point bars, grip hoists and a lot of sweat, volunteers found and removed every rock that stuck up into the trail. Some rocks even needed to be blasted out (not by our volunteers).

With all these major obstacles removed, it was time to construct the tread. We cut and cut, and gradually a trail 3 to 5 feet wide emerged. To maintain the straight and steady grade, all low areas needed to be filled in. Remember those rocks we dug up or blasted out of the trail? We brought them back to raise the tread level in low spots, to construct outside retaining walls and to backfill those walls with rubble. In some areas, these walls are more than 6 feet high and 50 feet long. Volunteers cut the back-slope to precisely 45 degrees in order to minimize erosion and, finally, to create a durable tread surface, they ensured that a thick layer of

Hike It»

Glacier Basin Trail

Mount Rainier National Park

Distance: 6 miles RT

Elevation Gain: 1,600 feet

Highest point: 5,900 feet

Map: Green Trails Mount Rainier East 270



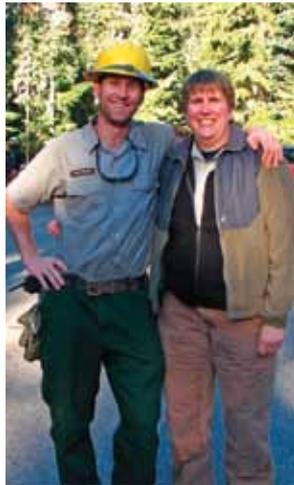
Alan Carter Mortimer

Field Director
alan@wta.org

mineral soil covered the entire trail. This entire process entailed a huge amount of human effort and dedication. The results can be seen along every foot of this spectacular new trail.

But the history and construction details of this trail are only part of the story. It's also a story about the people who helped to build it.

This trail came to life through a cooperative effort between the Park Service, former Mount Rainier trails supervisor Carl Fabiani, the very supportive and talented White River trail crew, youth crews from several different state and national organizations, and a host of individual volunteers, the majority of whom came to the project through WTA. WTA has led 130 single-day work parties and 6 volunteer vacations at Glacier Basin, thanks in part to major funding from The Boeing Company and REI. We recruited more than 400 individuals, who in turn spent more than 16,500 hours to help construct this trail. Many of these volunteers came out for a single day, while others appeared on the scene time and again. Carol and Jim Miltimore are true champions; each of them gave more than 75 days to this project. Lynn Kittridge became an assistant crew leader during her time as a volunteer on Glacier Basin, and at some point or another each of her family members has joined her on the trail. Mike Hardy uploaded pictures after nearly every one of his 32 trips. Countless other volunteers



Mount Rainier ranger with Lynn Kittridge.
Photo by Mike Hardy.

have made multiple trips to the east side of the park to help and our staff know it well. Our current district crew leader, John Longsworth, headed volunteer crews for WTA for the last two seasons and previously worked with Washington Conservation Corps.

For the past four summers, volunteers gathered in the climbers' parking lot at the White River Campground, listened to the safety talk and learned about their tasks for the day. Each day the new Glacier Basin Trail inched a little farther forward. At times, progress seemed almost glacial, but everyone's contribution was truly vital to completing the project. In the end, we have constructed a truly great new trail in Mount Rainier National Park. I am personally proud of all those who have helped in this effort and in awe of the dogged persistence and great attitudes I've seen over the years. Hike this trail and I am sure you will also be truly impressed.♦

Featured Trail Project »



Enjoying an overnight trip along the West Fork of the Foss.
Photo by Cathy Clark

West Fork Foss River Trail

High in the Alpine Lake Wilderness, a beautiful string of lakes—Malachite, Copper, Little and Big Heart, Angeline and Chetwoot—form the headwaters of the West Fork Foss River, which then flows through Trout Lake and farther down toward the South Fork of the Skykomish River. The West Fork Foss River Trail allows hikers and backpackers access to this spectacular high country, but, over the past few years, the condition of this trail itself was less than spectacular. A log bridge not far from the trailhead was constantly washing out and the trail itself would occasionally become a channel of the river. The Forest Service decided to have a contractor install a new bridge in a location less susceptible to washouts. To do so, they needed to add a new section of trail that would access this bridge.

During the summer of 2010, the Forest Service, WTA and other groups began to build this new access trail and relocate some sections of the original trail. By the time the new trail was completed this summer, WTA had held more than 25 volunteer work parties led by Skykomish district crew leader Forrest Kelly. Many youth crews joined us for this work, including Seattle Parks, International District Housing Authority, the YMCA and the Boy Scouts. Our crews first logged and brushed the trail corridor, then grubbed out the trailbed. They removed heaps of organic material and replaced it with rocks of all sizes, and topped it all off with gravel to ensure a stable and durable trail tread. In early August, soon after the access trail was completed, the contractor began work on the bridge. It is on track to be ready for hikers by this fall.

By constructing this access trail, WTA crews played a vital role in ensuring safe and pleasant hiker access to one of our most spectacular wilderness areas. We were happy to do it, and we hope you'll have a chance to check this work out soon!♦

—Alan Carter Mortimer

Hike It»

West Fork Foss River Trail

Mount Baker-Snoqualmie National Forest

Distance: 13 miles **Elevation Gain:** 3,700 feet **Highest point:** 4,900 feet

Map: Green Trails Skykomish 175 **Best Season:** mid- to late summer

More Info: www.wta.org/go-hiking/hikes

Membership News »

Don't Quit Your Day Job

You, too, can protect trails while you work

Ah, the joys of fall: golden larches, ripe huckleberries and fewer crowds on the trail, to name just a few. If your job prevents you from spending as much time on the trail as you'd like, there's one reason that may not be such a bad thing: the opportunity to give back to trails through your company's workplace giving program.

Many workplace giving campaigns begin in September. If you haven't yet designated Washington Trails Association in your workplace giving campaign, we invite you to start this fall. While you're at work, WTA will use your workplace gift where it's needed most. Your automatic payroll contributions allow WTA to spend less time fundraising and more time serving the hiking community. If you're one of the hundreds of WTA members who already give through your workplace, thank you!

You can make a pledge to WTA or to EarthShare Washington, an alliance of leading conservation and environmental organizations that includes WTA. More than 70 local businesses and government agencies partner with EarthShare to offer environmental giving options for their employees.

Corporate workplaces: Many local businesses include EarthShare Washington in their workplace giving campaigns. Find EarthShare Washington on your payroll deduction pledge form and write Washington Trails Association in as a specific designation.

Government workplaces: If you work for federal, state, county or city government or a public university, Washington Trails Association will be listed in your campaign catalog. Look for Washington Trails Association as a member group of EarthShare Washington or alphabetically in the index. Write WTA's code number on your payroll deduction pledge form.

United Way campaigns: If EarthShare Washington is not yet listed by your employer in your workplace giving campaign, you can designate Washington Trails Association in the "Specific Organization" or "Donor Option" section of your United Way pledge form. You can also ask your campaign coordinator to consider adding EarthShare Washington organizations

Workplace Giving Codes for WTA

- King County: 2522
- Combined Federal Campaign: 83126
- State of Washington Combined Fund Drive: 031505



Participating in your workplace giving campaign helps WTA protect and maintain great hiking trails like the trail to Gothic Basin. Photo by David Baek.

as a giving option.

Find out if your workplace has a giving program that includes EarthShare and WTA by visiting www.esw.org and select "Get your workplace involved" and "Workplace Partners." To learn more about how to give to the environment at your workplace, please contact EarthShare Washington at (206) 622-9840.♦



Rebecca Lavigne

WTA Development
Director
rebecca@wta.org



Board member Damien Murphy at Evans Creek. Photo by Jennie Eyring.

Turn Your Time Into Dollars for Trails

Here is a new trend that's good for the trails you love: companies that match volunteer hours with cash contributions. Yes, that's right—now you may be able to get paid to volunteer on trail with WTA. Here's how it works: simply report your WTA volunteer hours to your employer and they'll send WTA a check. Last year, WTA volunteers helped generate nearly \$11,000 in matching gifts to support our work protecting and maintaining trails.

Ask your human resources department about the program where you work; minimum hour requirements may apply.

September 15 Deadline for Cape Horn Project

WTA volunteers are scheduled to continue work on the Cape Horn Trail this fall, but a major deadline is looming. WTA has until September 15 to raise the final \$3,682 needed to receive a \$13,000 matching grant from the National Forest Foundation for the project. More than 100 WTA members and donors have supported the campaign so far.

To help us reach our goal and have your gift matched dollar for dollar, give online at www.wta.org/capehorn.



Volunteers building new tread at Cape Horn. Photo by Ryan Ojerio.



The "Marker of Authenticity." Photo by Lindsay Leffelman.

WTA's Eighth Annual Hike-a-Thon, Making Our Miles Count

What could be better than raising money for trails while we hike? Thanking all the Hike-a-Thon participants and sponsors for making this year's Hike-a-Thon the best ever.

On August 31, Hike-a-Thoners hiked their final miles in this month-long fundraising event, and we're busy tallying the results. Want to know who makes it into our Hike-a-Thon Hall of Fame this year? Visit www.wta.org/hikeathon in late September to see who will be sporting a new Mountain Hardware Nitrous down jacket this fall and who will be sleeping in a new Hilleberg Kaitum 2 GT tent.

Meet Our Members!



Lindsay Leffelman

Shortly after moving to Washington from Arizona, Lindsay Leffelman discovered WTA's website. "I used the website for hike descriptions and trip reports frequently," says Leffelman, "so my sister signed me up for a gift membership with WTA and I've been a member ever since."

"I really believe in WTA's mission to protect and maintain hiking trails. I wanted to donate more to help the organization, but I was a recent college graduate about to begin my first year of teaching and didn't have the money to do so." Luckily, Lindsay discovered Hike-a-Thon, "the perfect solution!"

She first signed up in 2006, and each year since her goal has been to raise more money and hike more miles than the previous year. "So far, I have been successful in reaching that goal. I try to think of new and creative ways to fundraise and I certainly enjoy the challenge of persuading (aka badgering) previous sponsors into donating more and more."

Hike-a-Thon is just one of the ways Lindsay gives back to trails. She also volunteers as a mountain steward with the Mount Baker-Snoqualmie National Forest and signed up for her first WTA work party on the Elliott Creek Trail this past summer.

—Kara Chin

Thanks to dedicated participants like Lindsay, WTA's Hike-a-Thon has grown to be a substantial fundraiser for WTA. To take a look at how this event has grown over the years, visit the Hike-a-Thon Hall of Fame on WTA's website, www.wta.org/hike-a-thon.

Youth & Families »

Tomorrow's Outdoor Leaders

Teens that got started as trail work volunteers have come back to help the organization in other ways

Teenagers grow fast. Little kids seem to morph into 'tweens overnight and next thing you know, you are looking at someone who is perched on the cusp of adulthood.

Since its launch five years ago, WTA's Youth Volunteer Vacation program has been growing like a teen. We have expanded to serve hundreds of high school students from Washington and beyond. The program has introduced young people to Washington's wildlands, created many new friendships and contributed more than 35,000 volunteer hours on trails.

And as much as our youth program has provided to the teens, it's also been a boon to WTA. Our youth program is now the bottomless well we draw from when seeking the one thing no nonprofit could survive without—interns!

This summer, a stellar group of young people have learned technical trail-building skills, been introduced to membership management and honed their leadership qualities while serving as interns for WTA, both in the office and in the field working with our Volunteer Vacations program.

Since more than half of our interns were youth program alumni, we wanted to know what brought these young adults back to spend more time with WTA.

Here's what Eli Mauksch, a returning youth volunteer, told us: "When I was brainstorming about what I wanted to do with my summer, I knew that I wanted to work outdoors and with people. Washington Trails Association was pretty much a no-brainer." Eli believes that "one of the greatest things about working with WTA is all the people you meet, both new volunteers and assistant crew leaders and chief

crew leaders."

Second-year intern and youth program alum Emily Schlieman also felt drawn to return to meet more interesting people: "I always learn something from someone on volunteer day trips or vacations, like the name of a plant, or, even better, a trick to remember the name of a plant." Through her experiences with WTA, she's learned that "people come in so many types." She thinks it is great fun to see every-

one come together "as sort of a family" by the end of the week.

For returning youth volunteer Jackson Lee, the highlight was working on trails in the North Cascades region. He says, "Having spent quite a bit of time recreating in this area, being able to work on trails that I have hiked or intend to hike in the future is really rewarding."

Jake Strickland, a youth program alum, spent the spring and summer as a development office intern. Jake had enjoyed spending

time on trail and was curious how the rest of the organization worked. "Before this internship, I didn't realize there was a development office," he says. "Now I have learned how much more the organization does beyond trail work and how many different factors go into running a non-profit."

Many young people have graduated from our internship program over the years. Some of our interns have become crew leaders for WTA or similar organizations. Others have pursued careers in natural resource management and outdoor recreation. Each summer, as our interns continue to gain experience and learn new skills, WTA contributes to the development of the outdoor leaders and environmentalists of tomorrow.♦



A few of our 2011 interns: Allie Malone, Eli Mauksch, Jackson Lee, Claire Dredrick and Elise Evans



Krista Dooley

Youth Programs Manager
krista@wta.org

On Trail

Feature»

Beyond Snapshots

Helpful tips and subtle strategies that will make your nature photographs turn out better than ever



One morning, just after sunrise, I was scrambling up a steep trail in the Colorado Rockies to a spectacular viewpoint when I practically tripped over a family of mountain goats. Pulsing with excitement, I whipped out my trusty disposable Kodak camera and snapped off some shots, thinking that I had just captured the next cover for *National Geographic*.

That month, as I worked at a summer camp in the heart of the Rockies, I had many similar experiences. When I returned home, I rushed to have my film developed so I could show my friends and family the amazing things I had seen. With plenty of hype, I tore open the pack of prints to find that not a single photo represented what I had seen. Too dark, too light. Blurry. Out of focus. Just plain boring. These photos were not the magazine cover shots I'd taken. They'd be lucky to grace the front of my refrigerator.

I suspect that many other outdoor enthusiasts who carry a camera

The hike along Dungeness Spit, located in the Dungeness National Wildlife Refuge, is chock full of abstract driftwood shapes. The added chance of seeing a variety of wildlife makes this a great hike for photography.

Paul Raymaker

Paul is a geologist and amateur photographer residing in Seattle. His passion lies in nature photography, particularly landscape and wildlife imagery. You've seen his work in *Washington Trails* before. See his full portfolio at www.raymakerphotography.com.

have experienced a similar frustration. After my summer camp experience, I decided I wanted to put more focus and effort into taking photographs that captured the true beauty of the landscapes I encounter. I've learned that by correcting a few common mistakes and putting in a little extra effort, anyone can take pride in the photographs they capture. And it also helps that the state of Washington offers some of the most beautiful landscapes in the country, just waiting to be exposed on your camera's sensor.

Countless books cover photography's basic concepts, such as aperture, shutter speed and camera operation. So if you really want to understand how photos are captured, you should definitely head to your local bookstore or library and do some reading. The point of this article is to help hikers and backpackers take their photos from "meh..." to "WOW!" while they are on the trail this fall. So let's focus on the tactics that will help while you are in the field, tips that will improve your photographs right off the bat.



Shooting from an extra-low angle gives these often-photographed sea stacks on Ruby Beach a different look. Don't be afraid to get a little wet and wade into the water to get new perspectives on the beach.

Composition is difficult to teach. There is no secret formula, no step-by-step process that will result in excellent images time after time. It takes experience and a creative eye to compose a unique and interesting photograph. There are, however, several basic ideas to keep in mind while you are composing an image of your favorite landscape.

Here are four core concepts:

- **Focus.** Every photograph you take should have a point, a reason for being captured. If you just scrambled 3,000 vertical feet to get a view of Mount Rainier, make that view your subject, and frame your shot around it.
- **Look at your framing.** Now that you have your subject, think about what else lies within your frame. Often, as I'm composing a shot, I have to stop and make a conscious effort to check the edges of my frame. Is there a stick protruding out from nowhere? Is the horizon level? Am I cutting the top off the very mountain I am trying to shoot? Keep an eye out

for an eye-catching foreground as well. Is there a never-ending blanket of lupine in front of you, or some interesting rocks, or perhaps a glassy tarn reflecting your mountain peak? Anchor your image with an interesting foreground to give your photo balance.

- **Keep it simple.** Remember to keep your composition simple, emphasizing just a few attributes in the scene. If you try to capture everything around you—mountains, rivers, wildflowers, trees, marmots, hikers and a sasquatch—all at once, you will lose the focus in your image and you'll lose your viewers.

- **Make it your own.** For me, the biggest struggle with taking attention-grabbing photos at beautiful places is that there may already be thousands of photos taken from the same spot. Try to make your images your own. Don't try to copy what has already been done. Give your photo a unique perspective by experimenting. Try using a wide-angle lens. Photographs captured at eye level are generally boring, since that's the angle of view we always see, so try to get extra-low to the ground, or get high above the ground. Try to capture the elements that are truly unique to the scene, fleeting elements that may never be repeated in the same way, such as cloud formations, an amazing sunset, or, if you are truly lucky, a mountain goat that strikes a pose for you.

Now that you have the basics on composition down, let's talk about when to take photos. Unfortunately, the most convenient time to take photos doesn't usually correspond to the best time to take photos. Most hikers are out on the trail in midsummer, usually reaching their destination by noon so that they can be home for dinner. Midday, when the sun is beaming straight overhead, without a cloud in sight, creating harsh shadows, is possibly the worst time to take photos. Photography is all about the light, and good light is most abundant right before and right after sunrise and sunset, during what photographers like to call "the golden hour" or "sweet light." While these are tough times for the average weekend warrior to be out on the trail, they are almost always worth it!

Taking photos during the golden hour means one of three things: a.) you are hiking in the dark to reach your destination at sunrise, b.) you are hiking back to the trailhead in the dark after shooting at sunset, or c.) you are spending the night on the trail. My favorite of those options is to spend the night, as you get the opportunity to take photos at both sunset and sunrise.

After you select your next destination, you might be wondering what to take with you. Integrating photo equipment into your usual hiking equipment can add a ton of weight to an already heavy pack. A camera and lenses, tripod, batteries, filters, remote triggers, et cetera, et cetera, are useful for taking photos, of course, however, not all of these items are essential all of the time. Take a moment before you set out on your hike to think about what you are actually going to be shooting. I will pack with a particular image that I would like to capture in mind, even if I haven't been to the location before. I don't always end up taking the exact photo I saw in my head, but this approach helps me to plan. Do you really need that giant telephoto lens in your pack if you are going to be shooting landscapes? Probably not. Do you really need to have five extra batteries for a single day of shooting? Nope. Sort through your gear before you set out. You'll be really happy you did that when you are 10 miles into your hike. Avoid the temptation to take things like the Ten Essentials out of your pack in order to make room for your photo equipment. If you get lost and don't return from your hike, you'll never be able to show off those pretty photos you took.

And the single most important thing to remember while taking photos on the trail? Have fun. To me, there is something absolutely satisfying about spending time in a beautiful place and being able to preserve that place through photography, so that people generations from now will enjoy what we have been lucky enough to have enjoyed. I hope this article inspires you to get out on the trail and take great photographs, and I hope that you can use the images you capture to inspire others to hit the trails, too!♦

Five Photo Essentials

Here are five pieces of photo equipment that I recommend carrying at all times:

1. **Camera body** – Okay, that one should be obvious! I use a Digital Single Lens Reflex (DSLR) camera. This isn't the lightest camera option, as it is larger than a point-and-shoot camera and requires separate lenses, but the larger image sensor in DSLRs generally produces better image quality than point-and-shoot cameras.

2. **Two lenses** – A super-wide-angle and a super-zoom (mid-range to telephoto). This is my lightest option that covers pretty much any focal length I need.

3. **Carbon Fiber Tripod** – A tripod is essential for taking sharp photos during the golden hour. Leaving the tripod behind may be tempting, but I believe it is a must-have.

4. **Circular Polarizer** – If you are going to take a filter with you, this is the one to take. Circular polarizers will make the sky more blue, make colors more saturated, and take the harsh glare off water surfaces.



5. **Multiple memory cards** – Obviously a memory card is essential to digital photography, but I suggest taking at least two memory cards as they occasionally fail and the added weight is negligible.

Enter Northwest Exposure

Got all that? Good! Because you are invited to submit your very best images from Washington's backcountry in WTA's annual photography contest. Entrants may submit up to five images, one per category. Entries are due by October 10 at www.wta.org/trail-news/photo-contest.

Winners will take home exciting prizes from Lowepro and EverGreen Escapes.

Where to Go for Golden Hour

Here are a few of Paul's favorite Golden Hour photo hikes and backpacks

Barclay Lake Found in the Wild Sky Wilderness area off U.S. Highway 2, this is an excellent early-season choice, and, with a relatively short hike back to the trailhead, it's also good bet if you can't spend the night. At sunset, the light shines down the canyon, lighting up Baring Mountain. On windless evenings, glassy Barclay Lake will produce a fantastic reflection!

Distance: 4.4 miles round trip

Elevation Gain: 225 feet

Highest point: 2,425 feet

Map: Green Trails Monte Cristo 143

Best Shooting: fall for foliage, or spring for a snow-defined peak



The vast wildflower meadows of Spray Park offer countless variations of foreground, all with the stunning backdrop of Mount Rainier.



This small tarn just off the Park Butte trail offers a perfect reflection, while a set of unique trees and rock formations make a perfect frame.



The view of Mount Shuksan from Artist Point. A fresh blanket of snow creates interesting abstract shapes and lines.

Hike It»

Spray Park This great hike is accessed from the Mowich Lake entrance of Mount Rainier National Park. Visit at the right time and you'll see the most spectacular wildflower show around. The trail is relatively short and doesn't involve too much scrambling, which you will greatly appreciate when trying to find your way in the dark.

Distance: 7.5 miles round trip

Elevation Gain: 1,600 feet

Highest Point: 6,400 feet

Map: Green Trails Mount Rainier West 269

Best Shooting: peak bloom, usually mid-August

Park Butte While most hike this trail in the Mount Baker National Recreation Area in a day, I have taken some of my favorite images while spending the night at the numerous small tarns just below the lookout.

Distance: 7.5 miles round trip

Elevation Gain: 2,200 feet

Highest Point: 5,450 feet

Map: Green Trails Hamilton 45

Best Shooting: during the last of the wildflowers and the first fall foliage

Snowshoe It»

Artist Point Washington grants great photo opportunities at any time of the year, even in winter. Artist Point, located just off the Mount Baker Ski Area, provides relatively safe and accessible snow camping opportunities, along with unmatched views of Mount Baker and Mount Shuksan. If you're lucky, you'll wake up to a light blanket of fresh snow and some soft morning light. And as the road to Artist Point was never plowed this year, snowshoeing really is the only way to go.

Distance: 5.5 miles round trip

Elevation Gain: 1,200 feet

Highest Point: 5,200 feet

Map: Green Trails Mount Shuksan 14

Best Shooting: after a fresh snowfall

Check Back»

We'll have more golden hour picks on our website this fall. Stay tuned! Hit the trails, then enter your best images in **Northwest Exposure**.

All images and recommendations by Paul Raymaker.



Finding Lost Pass

Capturing images and memories on a three-day journey into Olympic National Park

Set deep within the wilderness, Lost Pass is one of Olympic National Park's true back-country gems. This pass serves as a gateway to some of the most beautiful high-country meadows in the Olympics. In season, flowers blanket this pass and ensuing basin at the headwaters of the Lost River, offering an intoxicating fragrance to be savored. Marmots whistle amongst the flowers and deer wander aimlessly through the meadows. Keep an eye out for bears! There is no easy approach to this remote area high above the Dosewallips River, so anyone willing to expend the effort is rewarded with relative solitude on top of the scenic pleasure and abundant wildlife.

Don Geyer

Don is a professional photographer and author of the book *Mount Rainier: A Photographer's Guide to Mount Rainier National Park*.

Hikers may approach this area by several means, via trail and high routes—but none are short. One could sit in front of a map and use his or her imagination to put a creative multi-day trip together from Obstruction Point, Deer Park, Dungeness Forks, and more. But the easiest (relatively speaking) and most direct route is from the Dosewallips – though one must consider the extra 5.5 miles each way due to the road washout. (Hint: A bike is your friend.)

I arrived at the washout on the Dosewallips River Road at half past two in the afternoon, hoping to jump-start an extended three-day trip up into Lost Basin. It had already been a long day for me. I had spent my morning photographing flowers in another popular national park, then made the long drive over to the peninsula. My plan was to get far enough up the Dosewallips to put me in striking distance of Lost Basin the next day. Under clear skies, I circumvented the washout on the lower trail and set off up the remainder of road.

At 4 p.m., I arrived at the trailhead at Muscott Flat, having pushed my bike the majority of the distance due to the heavy pack (camera gear isn't light!) and steepness of the road. The payoff, of course, would be on the return trip. After securing my bike, I hiked in 3.5 miles to Slide Creek Camp and set up camp for the evening, taking pause at Cache Creek along the way for some photography. At Cache Creek, a beautiful small cascade is nicely framed by vine maple to each side and moss-covered rocks in the creekbed. Photographers should bring a polarizing filter to add saturation to the

green colors under neutral, even light. Other creek crossings along the Dosewallips River Trail offer similar photo possibilities.

As the sun set, I settled into camp and noticed a couple of clouds drifting overhead. Instantly, I became jealous of anyone in the high country on this particular evening, as they were likely witnessing a spectacular sunset. No photographer wishes to be stuck under a forest canopy at sunrise or sunset! The clouds turned a brilliant pink in the evening sky. Beyond a great sunset, these clouds likely confirmed the predicted weather change for the next morning.

Sure enough, it began to drizzle on my bivy sack around 5 a.m. I broke camp just after 7 a.m. and headed out through the mist. Fortunately, the mist was short-lived; I had hiked only a few miles before it stopped.

At the Gray Wolf Pass junction, I took in an amazing flower show, with columbine, lupine, paintbrush, foxglove, aster, cow parsnip and many more all contributing to the grandeur. The trail here can be quite overgrown and even hard to follow in stretches. It can also be lonesome—not a soul was camped at Dose Meadows during my visit, nor at any of the sites along the way.

The trail to Lost Pass leaves the main fork of the Dosewallips River Trail at 12.6 miles, at the beginning of Dose Meadows. In less than a mile, you'll gain 1,100 feet. But arriving at the flower-strewn pass and seeing the views beyond into Lost Basin makes the steepness well worth your while. Lost Basin comprises rolling green meadows. Large and scenic, this basin demands that you take a break to drink it all in before descending the final short distance to camp.

I arrived at Three Sons Camp at half past two and found it vacant. This camp offers three small sites in close proximity to the trail, amidst a small grove of subalpine trees. Two

nearby creeks provide drinking water. Alternatively, one can set a cross-country camp higher in the basin, but your ankles need to be aware of the minefield of undetectable marmot holes scattered throughout the basin. The upper basin can also be heavily ridden with mosquitoes as a result of the moist, swampy ground.

Shortly after setting up camp, I saw my first person of the day, a hiker passing through en route to Dose Meadows from Cameron Creek. His footsteps were followed a short time later by a couple with the same evening destination, who eventually would cross over

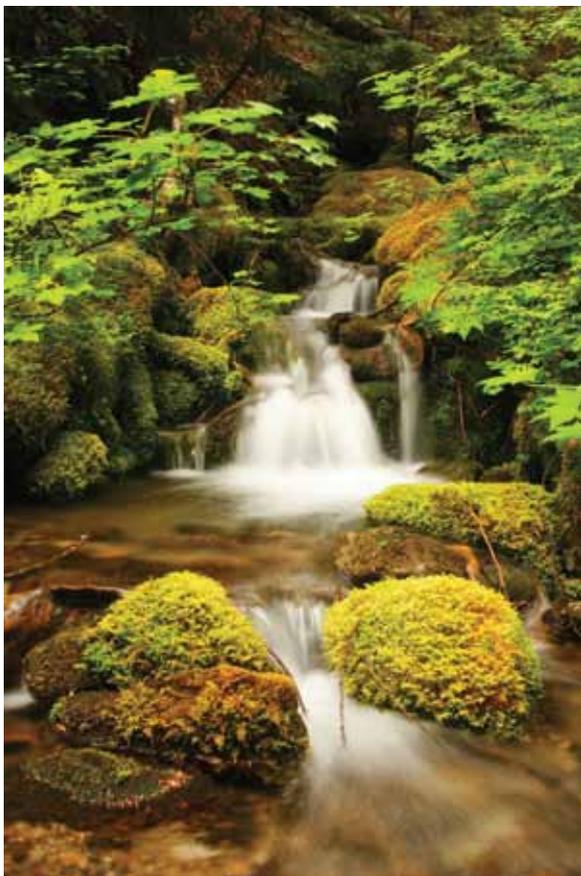
Hayden Pass, over Low Divide and exit via the Quinault—all of it scenic country that I have enjoyed on separate trips.

After dinner, I ventured back up toward Lost Pass to photograph the flowers and sunset. Lupine and paintbrush appeared in profuse numbers, making it impossible to keep away. Sentinel Peak towers above Lost Pass and serves as nice subject matter to frame above the flowers. To the east, Mount Deception dominates the skyline in an impressive fashion that also serves the photographer well. Wide-angle and mid-range telephoto lenses work well here, and two- and three-stop split neutral density

filters will help to bridge the contrast between sky and meadows.

Just before sunset, I spotted a sow and her two cubs up on the lower slopes of Lost Peak. The cubs chased and tackled one another, such fun to watch in the dimming light. Though my perch was quite far away, the mother eventually noticed me, gathered her cubs in and fled around to the southeastern flanks of the mountain. Still, I felt lucky to witness the sight of the playful juveniles, and I replayed the memory over in my head the rest of the evening.

The next morning, I headed up to Cameron Pass and walked the ridge west to a prominent viewpoint at 6,650 feet. Here I enjoyed an



You'll have plenty of chances to shoot falling water like this sweet Cache Creek cascade.

Trip Details

For the hiker willing to endure the rigors of getting there, Lost Pass makes an excellent destination for a three- to four-day trip along the Dosewallips River.

Length:

43.4 miles round trip

Elevation gain:

4,500 feet

Add another 4 miles total and 1,000 feet gain to Cameron Pass.

Hikers wishing to spread the miles out over more days can easily do so, as there are numerous camps all along the Dosewallips River Trail that make for convenient stopovers.

Hikers may also add side trips farther up the Dosewallips River Trail. From the Lost Pass Trail junction, it's 1.7 miles (one way) to reach the beautiful flower meadows of Thousand Acre Meadows or 2.6 miles (one way) to reach the higher, panoramic views of Hayden Pass.

Northwest Explorer articles describe backpacking trips in the Northwest and beyond. Want to write about your trip? Email editor@wta.org.

excellent view stretching from Mount Olympus, the Bailey Range and Mount Anderson down to Cameron Basin. I highly recommend this short side trip. At 6,500 feet, Cameron Pass and vicinity are quite barren, a stark contrast to the meadows of Lost Pass and Lost Basin.

I then descended into Cameron Basin. As the trail down is steep and loose, one must take care. Trekking poles would have been nice to have. The area holds your interest, however, and keeps your mind and senses busy. The upper basin continues to be barren, while meadows begin appearing amongst the rock in the lower basin. Lupine, paintbrush and other flowers line the creeks that are tumbling down, winding their way to the ocean, and I managed to catch these flowers at their peak form in the lower basin. At the lip of the basin, near Cameron Basin Camp, a beautiful waterfall is framed with pink heather as it cascades through the rocks. Beyond this point, the trail descends 1,200 feet through lush undergrowth to a junction with the Grand Pass Trail, so there is no need to continue further. Cameron Basin would be fun to photograph under filtered light.

As I returned to Cameron Pass, I noticed a sparkle in the horizon to the north. Could it be? The sun's reflection off cars parked at the Obstruction Point parking lot many ridges away? Indeed, the map confirmed it. Here I was, deep into the heart of the Olympics, enjoying complete solitude in such a magnificent setting after much sweat and toil, and I could see parked cars that were actually at a higher elevation than I was. Well, shoot!

I returned to camp and napped for a few hours. When I awoke, clouds were beginning to claim the sky. I felt a sense of disappointment settling in, as I had scouted several compositions to photograph Lost Basin and Lost Peak earlier in the day. As I headed back up to Cameron Pass around 6 p.m., a white sheet had begun to roll up some of the valleys. Soon, the Dosewallips River Valley was consumed, as were Sentinel Peak and Thousand Acre Meadows, which had been visible over Lost Pass not so long before. I arrived at Cameron Pass with complete cloud cover above me and, at times, around me. Soon, clouds filled Cameron Basin. I turned on my weather radio to hear the forecast for the Olympic Mountains: "Tonight through Thursday, clear ..." Interesting indeed! I smiled as I realized the possibility of a dramatic evening with intense lighting for photography.

Then, as luck would have it, magic happened. At 8 p.m., the clouds began to break and a magnificent show began. The sun emerged as a brilliant red orb glowing through slowly dissolving clouds, seemingly hovering low in the sky. The ridge between Lost Pass and Mount Claywood turned fiery red above the nearly gold meadows along the south slopes of Cameron Pass. As the sun fell lower, its rays were diffused by the clouds and deflected by the rolling fog. All around me, the fog took on a brilliant magenta hue. I shot this incredible sunset with a wide-angle lens to capture the amazing casting of color upon the basin.

I descended back to camp in a dream state, with a permanent smile on my face. Such

**Sunset over
Cameron Pass in the
Olympics.**

**You don't get
sunsets like this
every night, but it'd
be great if you did.**





A marmot kind enough to strike a pose

evenings in the mountains are indeed magical, and the memories relished for a lifetime.

That night, I experienced my coldest night of the trip, awaking several times to pile on additional layers.

The next morning, I broke camp at 8 a.m. and descended down to Dose Meadows and the Dosewallips Trail, where a lone bear roamed the meadows in the distance, and a happy-to-pose marmot greeted me. I spent some time photographing the marmot and admiring the bear from afar before donning my pack and heading out. I reached the trailhead at half past one. I had run into the lone hiker again at Bear Camp (who was heading back to Deer Park via Gray Wolf Pass), but I didn't see anyone else until I reached the Constance Pass junction.

The bike ride out brought pleasure to my feet as I was carried back to my truck in just forty minutes. Weary hikers shot me looks of envy as they worked their way uphill and I sped by downhill. What a ride!

I have done many extended trips in the Olympic Mountains, including the Bailey Range traverse, the Skyline Trail and several ascents of majestic Mount Olympus. The Lost Pass vicinity remains one of my favorite Olympic destinations, and I hope to return again soon. I recommend you pay it a visit and discover this "Lost" gem as well.♦

Nature on Trail »

Meet the Sooty Grouse

Or, should we say, the wild chickens formerly known as blue grouse By Alan L. Bauer

For some, the sight of a squat, brown-feathered, chicken-sized bird walking about in the mountains could appear to be a "wild chicken" sighting. But chickens roaming the Cascades!? Nah! As I'm sure many of you have guessed, these birds are grouse. In Washington, we have ruffed grouse, spruce grouse, blue grouse, and even sharp-tailed and sage grouse in the sage desert lands of Central Washington. Let's take a closer look at one particular species.

City Grouse, Country Grouse

A few years back, during the first week of September, I photographed five blue grouse at 5,350 feet near Tolmie Peak in Mount Rainier National Park. I shared these images with my friend Andy Stepniewski, hands down one of the leading birders in all of the Columbia Basin area and the author of *The Birds of Yakima County*. "Those are really great sooty grouse images," he said.

Sooty grouse? Now, I had thought I was a top-notch birder to immediately know that I was sharing my huckleberries with blue grouse. But I was only half right, and as nature always proves, there is so much more to learn! Blue grouse were enjoying an exciting time in the ornithology world just then. In his response, Andy actually exclaimed, "Stay tuned! This is cutting-edge ornithology!"



A female sooty grouse

In 2006, the American Ornithologists' Union had decided to divide the birds that you and I are accustomed to calling blue grouse into two taxonomic species. In Washington, this divide follows the crest. Those living in the western Cascades are the sooty grouse (*Dendragapus fuliginosus*) and those who inhabit the open terrain east of the Cascade crest now go by the name dusky grouse (*Dendragapus obscurus*).

From Andy, I learned that the primary difference between the two divisions of blue grouse species concerns the tail band features and some minor differences in plumage coloring. The sooty grouse has strong bands of gray in its tail. No wonder I love being a photographer. It is a lifelong biological education about every subject nature has to offer.

More of a Hooter

You've probably heard the drumming noise that ruffed grouse make: whomp-whomp-whomp-whomp. Blue grouse, er—*sooty grouse and dusky grouse*—make an entirely different noise, a clear hoot that is more like the sound an owl or a pigeon would make. Their song has five parts to it, sort of an "Oohhoo-hoo-hoo-oohhoo." As I sat in Rainier's crimson huckleberry meadows, I heard this enchanting call over and over from these fellow huckleberry-lovers. You should have seen their eyes as I tried to talk back with them for half an hour! I may not be able to talk to the animals like Doctor Doolittle, but I certainly appreciate the details of this spectacular place we call home.

Alan is a professional freelance photographer residing in Fall City. He has co-authored several hiking guidebooks and has been published in dozens of publications around the globe. Give him a hoot: www.alanbauer.com or alan@alanbauer.com.

A Quest for Fall Color in Eastern Washington

Ask any photographer what their favorite time of the year is. The vast majority will say, "Autumn."



**The prize-winner,
Autumn Leaves**

Rich Leon

Rich lives, writes and photographs from Spokane.

In fall, the landscape is transformed into a kaleidoscope of beautiful rustic colors, and the light is also incredibly evocative from dawn to dusk. Changes in the weather create challenging conditions, and opportunities to take stunning photos present themselves at every turn.

I live in Eastern Washington, a tough place to photograph the changing colors of autumn as we have mostly evergreen trees such as ponderosa pine and Douglas-fir. With more needles than leaves, capturing the delight of autumn is certainly more challenging in our area than it is in the Rocky Mountains or in the eastern United States, where they have a wider variety of deciduous trees, including maple, elm and oak.

A few years ago, I went out on a journey of discovery. I knew my quest to find great fall color close to home would be a daunting task at best, but I was up for the challenge.

I have been an avid hiker for many years and have co-authored three local hiking guides, so I knew of several good places to seek out color. After a trip along the Spokane River, I had a couple of good photos, but I knew I could get more if I kept looking. My next stop was Mount Spokane State Park, about 20 miles from my house. I have hiked the many miles of trails here for many years and love it, but the color in the trees just wasn't as good as I was looking for and I was only able to get one really good shot.

After two days out photographing had produced only three good fall color photos, I knew I needed to increase my chances of finding good material. I asked myself, "Where is the best place to find trees outside of a forest?" The answer that came to me was the Spokane Arboretum. With 600 species of trees, I knew my chances of finding something to photograph would be very good.

I arrived at my destination at the perfect time of day, about two hours before sunset. The trees appeared to glow in the early evening light. It didn't take long to find just the right tree to photograph. I took out my trusty Pentax, snapped my

80-320 mm zoom lens into place and worked to find just the right composition.

Looking through the viewfinder, I knew I had a contender, but I couldn't be 100 percent sure until I saw the slides. When my slides came back a few days later, I knew I had taken something special indeed, but I didn't realize how special until I entered the image in our local camera club competition.

That year, the image I captured just a few miles from my house earned the Spokane Camera Club's top honors. My "Autumn Leaves" beat out stiff competition from slides taken from around United States and other parts of the world, proving that you don't have to trek to a distant destination to find good subject matter to photograph. If you look around, you can find great material in your own back yard.

Mount Spokane State Park

Total mileage: 5 miles

Elevation gain: 1,200 feet if you start at Smith's Gap

Highest elevation: 5,282 feet

Managed by: Mount Spokane, Mount Kit Carson

Mount Spokane State Park offers many different trails to hike, horseback ride, or mountain bike. To check out the rest of the trails I would recommend getting a Mount Spokane State Park trail map. Most of the trails give you an opportunity to take some photographs of fall color along with fall mushrooms.

After entering the park, proceed to the second parking area, which will be on your right (make sure you display your Discover Pass). This entry point will take you down the Day Mountain Spokane Road and when you reach Smith's Gap you will have some different choices on where to hike from here. If you go down the road for about 30 yards, you can take a new trail (on your right) that will take you up to Mount Kit Carson.

Down about 100 yards on the road from Smith's Gap, you will find trail 155 on your left that will take you down to Kirk's Lodge.

If you don't like either of those choices, you can go back the way you came by going on the trail 100.

Late September to early October is a great time to explore the many trails in your quest to photograph fall color.



Liberty Lake Trail

Total mileage: 3 miles (to the cedar grove and back)

Elevation gain: None from trailhead to the cedar grove. 2,000 foot gain if you go to the waterfall

Highest elevation: 4,200 feet

Managed by: Spokane County Parks Dept

Map: USGS Liberty Lake and Mica Peak

The Liberty Lake Trailhead is found at the southern end of the Liberty Lake County Park campground. As it initially follows Liberty Creek, the trail is fairly flat, an easy hike for any age and tree-lovers will enjoy the stands of ponderosa pines, Douglas-fir, birch and cottonwood. Soon enough, you will reach an old cedar grove, a wonderful place to stop and have a fall picnic and seek out mushrooms. Last October, I found many chicken mushrooms, along with some rosy russulas and chanterelles. You could see *Amanita muscaria*, one of the most beautiful mushrooms found in the Inland Northwest.

If you decide to follow the trail past the cedar grove, the grades steepen as the trail switchbacks up the hillside toward a forest waterfall.

Learn more about this area at www.spokanecounty.org/parks under "Conservation Futures."



Finch Arboretum

Spokane's Finch Arboretum is a 65-acre park found just minutes southwest of downtown. The site is an extensive botanical and tree garden with more than 2,000 labeled ornamental trees, shrubs, and flowers. Garden Springs Creek runs along it, and several walking paths run through it.

In fall, you'll find that a number of deciduous species produce a color extravaganza. Year-round highlights include a rhododendron glen, an array of conifers and an extensive collection of maple trees.

The Finch Arboretum is found on Woodlawn Boulevard just southwest of town off of Sunset Highway. Admission is free.

Backcountry

The Gear Closet »

Go Farther, Go Faster ...

GO LIGHTER!

Cut down the weight of your three biggest systems and you will be a much happier camper

After a long day's tromp in the woods, your body is left sore and achy. You tell yourself, "Don't worry. It's okay. Everybody feels this way after shouldering their home for ten hours ... don't they?" We're here to tell you that it doesn't need to be that way. You shouldn't feel like you've survived a car crash after a solid day of backpacking. Gear technology is constantly evolving, and the newest lighter gear will allow your shoulders, spine, hips, knees and feet to feel well supported and cushioned from the brunt of the backpack.

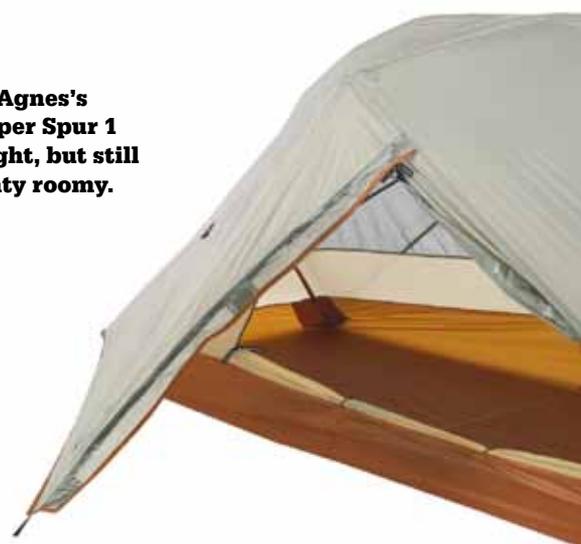
Today, there is a lighter alternative for nearly every item in your backpack, but the bulk of your weight (minus food and water) comes from three main systems: shelter, pack and sleep. We focused on these systems, specifically, because you can cut a huge amount of weight, without repurchasing your entire gear closet. Sure, there are 3-ounce stoves, feather-light titanium pot sets and ultralight shells, but you won't drop more than a pound or two off your pack weight by upgrading any or all of these items. But change your shelter, pack and sleep systems, and you'll see it's fairly easy to drop close to 10 pounds from your overall weight. Imagine going from a 35-pound load to a 25-pound load. Every inch of your body would rejoice! Your mind won't be bothered with annoying aches and pains, allowing you to be fully present to enjoy the beauty and tranquility of the backcountry.

Sound good? Then let's get started!

Shelter System *by Eli Boschetto*

Until recently, backpacking tents and shelters were among the heaviest items weighing down packs. With today's ultralight and hyperlight options, it's possible to drop those extra pounds and still have a tent or shelter that can withstand outdoor abuse—and the Northwest's notorious weather.

Big Agnes's Copper Spur 1 is light, but still plenty roomy.



TIP: If you downsize your pack first, you will most likely need to downsize your shelter and sleeping system, too. However, if you lighten your shelter or sleeping system (or both), there's no immediate need to purchase a lighter pack. These systems can be costly to upgrade, so think about what you can afford and the order in which you lighten your load.

I am a frequent solo backpacker and one of my favorite single-person tents is **Big Agnes' Copper Spur UL1**. I called one home for several weeks while trekking across California's Sierra Nevada last year, and I was thrilled with its size, weight and performance. This ultralight model takes up minimal room in the pack and weighs in at just 3 pounds—including fly, footprint and DAC Featherlite poles. The seam-sealed and silicone-treated rain fly kept the extra-roomy interior—both me and my gear—bone dry through the worst of summer thunderstorms.

A new solo model this year is the **MSR Carbon Reflex 1**—a first in the “hyperlight” line of double-wall tent options. I put this one to the test during our wet spring season on several outings in the Columbia River Gorge and was quite pleased. Weighing in at a scant 2.5 pounds, it sports a big, patiolike vestibule for keeping boots, gear and pack out of the rain. Plus, it offers enough headroom to keep you comfy when the weather chases you indoors, while the DuraShield-coated fly keeps the rain outdoors.

When my wife joins me and it's time for a couple's tent, I pack up a **Sierra Designs' Vapor Light 2**. This two-person model is snug, but that's an easy trade-off for a tough, ultralight 3.5-pound shelter. I especially like the innovative Jakes Foot pole and fly clip system, with color-coded attachments that make camp setup a no-brainer. There's room lengthwise to stash gear at the feet, and it features a big, easy-access front door and conveniently placed gear pockets. Flyless, it was light and airy around Central Oregon's Paulina Lake, then sturdy and waterproof on a few less-favorable days along the rain- and wind-whipped Olympic Coast.

Want to drop even more weight? Try a bivy sack instead. I pack the 2-pound **Outdoor Research Alpine Bivy**. Constructed of a

three-layer GoreTex shell and Hydroseal floor, it offers a bombproof lightweight shelter with comfortable headroom, allowing me to spend more time on the trail and less time setting up camp.

Pack System *by Cheri Higman*

I have fairly rigorous standards for an ideal lightweight pack. It needs to be less than 3 pounds, it needs to help carry a tent with a partner, and it needs to fit my sleeping gear and food. Oh yes, it also needs to carry a helmet, harness, crampons, ice axe, glacier gear and a rope. All of the packs I tested were held to these rigorous standards, and most held the weight and gear well, but two new models from Black Diamond blew me away.

I took the **Black Diamond Speed 40**, a 40-liter wonder pack, up Eldorado for a weekend climb. It had just enough bells and whistles to allow me to comfortably haul my gear up for the weekend without having excessive accessories to weigh me down. It has two ice axe loops with IceLink tool attachments, a gear loop on each side of the hip belt, a rope stay, a welded crampon patch, roll-top closure and a three-point haul system. The pack weighs just 2 pounds 14 ounces, and you can reduce the weight to a mere 2 pounds by removing the lid, downsizing the cushy hip belt and removing the frame sheet. That process takes a little work, but it is well worth it for a summit attempt. While going up steep trails, boulder-hopping, slipping across snowfields, or pushing up knife-edge summit slopes, the pack carried well with or without the frame sheet. Weight is comfortably distributed across the hip belt, and it's easy to adjust the straps on the fly to relieve shoulder pressure. With its low profile, it stays close to my body, making it ideal for a technical weekend climb.

The **Black Diamond Astral 40**, a woman-specific bag was my other top pick. [The men's counterpart is the Axiom.] This pack set the standard on a two-day excursion to Mount Baker's summit. The Astral features a



The Black Diamond Speed 40, a lightweight wonder pack



TIPS: Looking to lose even more weight from your tent? Check the weather forecast and pack just the fly and footprint as a lighter-weight alternative. Many new tents give you this option. If it's hot and good weather is practically guaranteed, leave the rain fly in the car and enjoy views of star-filled skies from your tent, while still keeping bugs at bay. Pack only as many stakes as you need. Leave the footprint at home. Do you really need multiple stuff sacks, or any for that matter?

removable lid and frame, three stretch pockets (perfect for stashing a helmet in the front), two hip-belt pockets, roll-top closure and two ice axe loops. All that, and it weighs in at just 2 pounds 6 ounces. It rides well on the hips and doesn't provide any discomfort or undue shoulder stress. The OpenAir back panel provides nice circulation to ensure a cool trip for your back. In short, this pack is light, can carry the gear you need on a weekend climb and, well, it's darn cute, too.

Sleeping System—Bag and Pad

When heading into the mountains, one of the most important things you can do for yourself is make sure you get a good night's rest. No one is looking for an evening filled with tossing and turning; you want deep, uninterrupted sleep. By pairing the right bag and pad, you should be able to get the restorative sleep you desire, while still cutting more ounces than you ever dreamed.



The Marmot Plasma 30's vertical baffles transfer heat well.

TIP: We all pack a decent amount of clothing with us when we go backpacking, so we should make sure to use it. Don't be afraid to wear your thermal layers and your puffy coat to bed (maybe even your hiking pants and socks). You will be able to bring a lighter, more compressible bag.

Sleeping Bags *by Patrick Leahy*

As I waited fifteen long, dragging hours for a storm to pass, I was thrilled to be wrapped in the **Marmot Plasma 30** (72 inches, 1 pound 6.44 ounces). At 7,400 feet, lying on cold, wet snow, I was impressed with just how toasty this bag kept me. When I packed a 30-degree bag for this trip up Eldorado and Klawatti, I knew that I might be pushing its comfort limits to the edge. However, I wanted to pack light, and I needed to save space for additional climbing gear. I chose this bag in particular because it was specifically designed to have a higher warmth-to-weight ratio. I must admit, I was a little skeptical—and nervous—at first. The Plasma has vertical baffles as opposed to the traditional horizontal baffles, but Marmot's In-sotect Flow System lived up to its promise. The vertical baffles actually did allow more heat from my core to be transferred to my extremities, namely my feet. It was heavenly! Marmot has stuffed this beauty with premium 900+ fill power goose down, which allows them to add an insulated shoulder/neck collar (rarely seen on a 30-degree bag) and a full-length draft tube. These features keep in more warmth, thereby increasing the range of temperatures in which this bag can perform efficiently. It's not going to replace my 15-degree bag for winter adventures, but it will be my go-to bag for just about everything else.

Western Mountaineering's MegaLite

(30-degree, 72 inches, 1-pound 8 ounces) has to be one of the most comfortable bags I have ever had the pleasure of using. The cut is extra-wide in the hips (55 inches) and shoulders (64 inches), so you never feel bunched or scrunched. The fabric is so soft and silky smooth, and the 12 ounces of down so plush and fluffy, you may prefer sleeping in this bag

even when you're at home in your own bed! No joke, this bag screams pure luxury. Don't be fooled though, it's also as technical as they come. Continuous baffles, a top collar, and the best snag-proof zipper design I've seen make this bag one to be reckoned with. After a full twelve-hour day of hiking and scrambling on the ridges near Navajo and Earl Peaks, I couldn't have imagined a cozier cocoon in which to rest my bones. Bonus: If you don't need the extra-wide cut, save an additional 5-ounces and choose WM's SummerLite (32-degree, 72 inches, 1 pound 3 ounce) bag instead.



Western Mountaineering's MegaLite is meganice.

Sleeping Pads *by Cherie Bevers*

While testing three sleeping pads this spring, I focused on their weight, packability and R-value (measure of thermal resistance). Here's how they ranked in my book.

Good: The **Therm-a-rest RidgeRest** has distinct advantages. It is affordable (\$30). It does not rely on air pockets (making it more reliable). There is no setup or deflation needed. It weighs just 14 little ounces. The R-value is 2.8, comparable to the better air mattress pads on the market. Balanced with all these advantages come a couple of considerations. The RidgeRest is not as comfortable as your average air mattress, as there is not a layer of air to distribute weight away from pressure points. While it is quite light, its size (8 inches in diameter and 20 inches wide) makes it unwieldy. You'll most likely need to carry it on the outside of your pack, and you'll need a couple of straps to keep it from bobbing as you hike.

Better: The 19-ounce **Thermarest NeoAir Trekker** is well-designed to fit in even a small backpack because it packs down to about the equivalent of a water bottle. It took only 2 minutes to inflate. This 20-inch pad felt a bit narrow to me, but it did keep me from making contact with the ground. With an R-value of 2.0



and a three-season rating, you definitely will want to reconsider this pad if you're sleeping on snow.

Best: At 16.2 ounces and about the size of a liter water bottle, the **Exped SynMat UL 7** air pad is of comparable size and weight to the NeoAir. Even though the width is 5 inches smaller than the NeoAir, it seems wider, perhaps because the flutes run lengthwise, which helps keep your sleeping bag from slipping off the pad. With an R-value of 3.1, the SynMat is the best insulator of this bunch. It was also the most comfortable, and very easy to inflate (a quick one minute and twenty seconds) and deflate. It distributed weight evenly across all pressure points, which was a real reward after hiking the charming Lake Dorothy Trail. With snow patches on the ground, it was a cold night, but I remained warm and comfortable with this pad beneath me.

Backpacking is supposed to be an enjoyable, exciting and exhilarating activity. But add up all the gear needed for a trip into the wild, and it's easy to find yourself weighted down and frustrated. Avoid needless pounds, and you will be happier and healthier on the trail. Start lightening your load by focusing on your three main systems. If you're going to drop substantial weight, you need to take apart your shelter, pack and sleep systems and put together a winning combination that offers you durability, packability, protection and comfort. It will take practice, but with every trip, it will become a little clearer what works best for you. Soon, your only worry will be which trail to choose and how far to go—and the weight of your pack will only be a faint memory.♦

TIP: If you're not on snow and you want to go lighter, think about getting the three-quarter length or short length of any pad. This will save both weight and bulk. If you use a shorter pad and end up on snow, place your pack or clothing under your feet for added warmth and comfort.

Exped's SynMat UL has an R value of 3.1 and weighs less than 17 ounces.



GO EVEN LIGHTER

Once you've found the right mix of shelter, pack and sleep systems, you can start fine-tuning the rest of your gear. Here are four more tips to lighten your load.

- Think about the purposes that each piece of gear serves. See anything redundant? If you find unnecessary items, remove them. Pack items that serve multiple purposes to shave off extra ounces and create additional room.
- Always check the weather forecast, and adjust your gear to match the seasons and circumstances.
- Think about how much water you really need to carry at any given time (1 liter water= 2.2 pounds), particularly if there are many water sources along your route.
- Bringing extra food is always a good idea, but bringing 2,000 extra calories is a bit foolish. Your emergency calories don't have to be tasty, so try to keep them light.

READ MORE REVIEWS

To read more reviews of the lightweight gear we've put to the test, visit www.wta.org/gear.

Lighten Your Photographic Load

After reading the feature on nature photography (page 21), you're probably wondering how to carry more photographic gear without breaking your back. Here's a little advice to ensure that the photo equipment you carry only gives you good memories and doesn't slow you down.

Get a Carbon Fiber Tripod. A tripod is essential for landscape photography, so taking a tripod with you on the trail is unavoidable. Carbon fiber tripods are light, stable and surprisingly durable. Though buying a good carbon fiber tripod isn't the cheapest way to go, it is an investment that can save money in the long run. You'll buy five cheap tripods in the lifespan of one good carbon fiber tripod, the last of the five being the quality tripod you should have gotten in the first place. Buy the carbon fiber tripod first, and you'll save yourself some back pain. Buff Black, a WTA contributing photographer, goes even further by using a tabletop tripod for those longer treks. "On my multiday backpack trips, I like to leave the heavier, bulkier tripods at home. What I pack is the Manfrotto tabletop tripod. It's amazing how stable this setup can be for my Canon 5D II."



Gitzo makes a great, light tripod.

Use Flexible Lenses. If you are using a digital single lens reflex camera, look into purchasing a lens with lots of zoom flexibility. While these lenses aren't always the highest quality, they can cut down on the number of lenses you want to carry with you. When I go backpacking, I carry two lenses, a 10 to 20 mm lens and 18 to 200 mm lens (15-30 mm and 28-300 mm full frame or 35 mm equivalent). With these two lenses, I can shoot just about anything, from wide angle landscapes to wildlife portraits.

Consider a Mirrorless Interchangeable-Lens Camera. In this new breed of digital cameras, you get the small size of a point-and-shoot camera with the high-quality image sensors of a DSLR camera. If you are really trying to cut down on weight for multiday backpack trips, you may want to invest in this system.

—Paul Raymaker

How to Do It »

Treading Lightly

Headed to the backcountry? Read this Leave No Trace refresher first

You're setting up camp near a beautiful creek but can't remember how far from the water to dispose of waste. Is it 30, 50 or 100 feet away?

Think farther. The recommended safe zone is 200 feet from water, camp or trails.

Many of us have been exposed to the "Leave No Trace" principles for minimal-impact trail use but may be foggy on the details. In this article, Leave No Trace experts provide tips to help you enjoy your outdoor experience while minimizing impacts on the environment.

Know Before You Go

Know the regulations and special concerns for the area you'll visit.

"Planning ahead and preparation is often where it starts," says Dave Winter, outreach manager for the Leave No Trace Center for Outdoor Ethics. For example, if campfires aren't permitted, be sure to pack extra layers and a lamp. Check in with the land management agency to find out about trail conditions, snow levels and campfire policy. "If you've done your homework and research, that will help you to make the best decisions."



This hiker found a durable surface to set-up on in the Goat Rocks Wilderness. Photo by Joel Fletcher.

Dispose Of Waste

Properly: Pack It In, Pack It Out

"There is room for improvement in this area," says Mountaineers conservation manager Sarah Kruger, who has seen too many examples of poorly buried waste in the backcountry. Deposit solid human waste in catholes dug 6 to 8 inches deep, 200 feet from water, trails or camp, and pack out toilet paper. "Waste management practices vary by environment. Burying your waste is not a good option on snow, glaciers or in arid and alpine zones. Some land managers require you to pack it out in heavily used or sensitive areas." Sarah also recommends a number of products available that make it easier to transport human waste, like Wag Bags. To protect riparian areas and water quality, carry dishwater 200 feet from

streams and lakes and use small amounts of biodegradable soap. When washing dishes, she suggests bringing a strainer to separate out the food bits. Pack out food waste and scatter dishwater to avoid attracting wildlife. There's also the problem of microtrash. Small bits of waste, like orange peels, twist ties and apple cores, are often left on the trail. These also need to be packed out.

Travel and Camp on Durable Surfaces

Durable surfaces include established trails and campsites, rock, gravel, dry grasses or snow.

Protect riparian areas by camping at least 200 feet from lakes and streams. Concentrate use on existing trails and campsites. In high-impact sites, tents, traffic routes and kitchen areas should be concentrated on already impacted areas. In pristine areas, disperse use to prevent the creation of campsites and trails. Dave Winters suggests hiking in less-used areas and to avoid traveling during peak times. Check in with the land manager or a retail store (like REI) to get information on alternate trails. "Have fun, spend time outdoors, but minimize impact."

Leave What You Find

Leave camping areas as you found them. Do not dig trenches around your tents or construct lean-tos, tables, chairs or other rudimentary improvements. If you clear an area of surface rocks, twigs or pinecones, replace these items before leaving.

Minimize Campfire Impacts

Use a lightweight stove for cooking, and enjoy a candle lantern for light.

Where fires are permitted, use established fire rings, fire pans, or mound fires. Keep fires small. Don't saw or break off branches for kindling. Use sticks from the ground that can be broken by hand.

Ericka Berg

Ericka is a new WTA member who, of course, always follows the Leave No Trace principles.

Respect Wildlife

Observe wildlife from a safe distance, and use a powerful telephoto lens for photographing animals up close. Food storage and disposal practices will vary depending on the animals that frequent the area, so think about this as you plan. Help prevent wild creatures from becoming habituated to human food by properly storing food and securing trash. Control dogs at all times, or leave them at home. Avoid wildlife during sensitive times: while mating, nesting or raising young.

Be Considerate of Other Visitors

Respect other visitors and protect the quality of their experience.

It's annoying to settle into a campground only to hear your neighbors making a racket late into the night. Allow the sounds of nature to prevail. Avoid using loud voices and making lots of noise when camping and hiking. What about trail courtesy? The rule is to yield to other trail users. Step to the downhill side of the trail when encountering pack stock or hikers.

Leave No Trace advocate and WTA board member Jeff Chapman encourages sharing educational information, like circulating Leave No Trace and Tread Lightly! brochures and attending peer training, rather than giving lectures on the trail.

Leaving no trace is everyone's responsibility. As Jeff says, "Washington state has a rapidly growing population and we all need to take extra steps to protect the environment so that everyone can enjoy their outdoor experiences. This means that all trail users, including mountain bikers, equestrians, day hikers, off-road vehicle users, berry pickers and mountain climbers, must practice Leave No Trace principles when visiting both front and backcountry."♦

The Leave No Trace Seven Principles have been reprinted with the permission of the Leave No Trace Center for Outdoor Ethics. For more information, visit www.LNT.org.

Improve Your Skills

Leave No Trace Workshops

The Mountaineers provide low-impact recreation skill clinics and two-day Leave No Trace Trainer Courses. For more information, contact Sarah Kruger at sarahk@mountaineers.org.

Online Awareness Course

Think you have the principles down? Test yourself at www.LNT.org/training/OnlineCourse.

Book Review »

Trail Meals for Vegans and Everybody Else

Laurie Ann March released her first backcountry cookbook in 2008 with recipes to tempt us all, and her second book looks just as scrumptious! *Another Fork in the Trail* specializes in backcountry cooking for vegans, vegetarians and those who require gluten-free diets. Don't let that scare you meat-a-tarians off. While the recipes in the book satisfy some or all of these special diets, they also work well as dishes that pair with meat dishes, or could be adapted by meat lovers with the addition of their preferred animal protein.

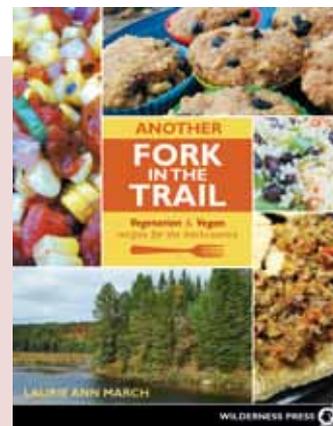
This book is full of unique ingredients. If you are tired of the same old camp cooking, this book is sure to refresh your culinary arsenal. Dishes are creative but not so exotic that you have to go to Kathmandu to find them. If you are new to things like tapioca flour and mushroom powder, the book has a section describing special ingredients and substitutions, including gluten-free flours. There is a primer on dehydrated foods, both commercially available and making your own, in case you haven't ventured into dehydrating your own foods yet. You'll also find many dishes with ingredients you will recognize as backcountry staples.

Dishes are generally fresh and tempting, like Gazpacho and White Bean and Artichoke Dip. Many of the recipes are easy to prepare and quick, but a fair number of dishes are more intricate and will challenge your backcountry cooking skills. In the chapter "More Elaborate Dishes," you'll find a recipe for Fire-Roasted Moroccan Sweet Potato Salad that includes pomegranate seeds and saffron. That way you can sit on the Pacific Crest Trail and pretend you are in Greece or Morocco if you want.

Like Laurie's first book, each recipe is organized with "At Home" and "At Camp" directions that are thorough and easy to follow. March uses symbols that allow you to scan the recipe and easily see if it is lightweight, gluten-free or vegan, and she points out recipes where eggs and milk are used. The book is organized by meal time—breakfast, lunch, dinner, snacks, desserts. For those of you who have made enough decisions lately, there is a "Menu Planning" section at the beginning, too.

Laurie has brought exciting new ingredients and recipes to backcountry cooking. I can't wait to try some more the next time I hit the trail.

—Review by Erika Klimecky



Even if you aren't a vegetarian at home, it can be safer and more convenient to eat like one in the woods. Dishes like those featured in March's book make it a tasty endeavor.

Trail Eats » Sarah Kirkconnell

P'Nut Butter and Granola Bites

- 1/4 cup honey or agave nectar
- 1/4 cup natural peanut butter, creamy or chunky
- 1 cup puffed rice cereal (Rice Krispies)
- 3/4 cup granola of choice

Spray a 9 x 5-inch loaf pan with cooking spray and set aside.



Directions: In a medium saucepan, heat the honey over medium heat till it comes to a boil. Pull off the heat and stir in the peanut butter. Quickly work the cereals in till coated. Using a silicone spatula, pack the mixture into the pan and press down gently. Chill in the refrigerator for a couple hours, turn out of the pan and cut into pieces. Stash in the refrigerator until trip time. Carry tightly sealed in a plastic bag. *Serves 2.*

.....

Chicken and Apple Soup

In a sandwich bag:

- 1 cup instant rice
- 1/3 cup chopped dried apples
- 1/4 cup chopped sun-dried tomatoes (dry, not oil-packed)
- 1 Tbsp. diced dried onion
- 4 tsp. chicken bouillon (regular or lower sodium)
- 2 tsp. mild curry powder
- 2 tsp. dried parsley
- 1 tsp. granulated garlic or garlic powder

Also take:

- 7-ounce foil pouch chicken

Directions:

Add the dry ingredients, chicken (with any broth) and 4 cups water to a large pot (2-liter works well) and bring to a full boil. Remove from heat, cover tightly and let sit for 10 minutes. In cooler weather or at high altitude, wrap your pot in a pot cozy. *Makes 2 large or 3 medium servings.*

Notes: This soup is an easy last-minute recipe as the ingredients can be found at most grocery stores. Find the tomatoes hidden in the produce department, apples with the dried fruit and onions in the spice section.

To make a vegetarian version, leave out the chicken, use vegetable broth, and double the tomatoes and apples.



Lemon Tuna Spaghetti

In a sandwich bag:

- 8 ounces spaghetti, broken into thirds

Also take:

- 1 Tbsp. or 1 packet olive oil
- 1/4 cup pitted kalamata olives, chopped
- 3 Tbsp. lemon juice (3 packets or 1 lemon)
- 3-ounce pouch albacore or light tuna

In a small bag:

- 1/4 cup seasoned breadcrumbs
- 1/4 cup shelf-stable Parmesan cheese
- 1 tsp. dried parsley
- 1/4 tsp. ground black pepper

Directions:

Bring 4 cups of water to a boil. Add the pasta and cook for the time listed on package. Drain carefully, reserving 1/2 cup of the pasta water. Add the oil, olives, lemon juice, tuna and reserved water, and toss to combine. Sprinkle with breadcrumb mixture and toss again. *Serves 2.*

Notes: For short trips, carrying olives is fine, as they are nicely preserved. Use any favorite pitted type from the olive bar! For longer trips or to save weight substitute freeze-dried olives (find at www.packitgourmet.com), add with the pasta to rehydrate. Lemon juice packets and olive oil packets can be found online from www.minimus.biz.

For lighter weight use three packets of True Lemon (found in the baking aisle at most stores) and 3 tablespoons of water. For extra calories in winter, look for tuna packed in olive oil.



Delicious photos by Kirk Kirkconnell.

Take a Hike!



Ten Autumn Favorites

1 Have you seen the bumper sticker “542: GO EAST”? With panoramas like the ones from **Hannegan Peak**, this is wise advice to take—again and again.

2 **Seven Lakes Basin** holds its allure well into the fall.

3 **Scorpion Mountain.** This delightful fall hike is not too far (for most) and not too hard, and it has great fall colors, blueberries, and a 360-degree view.

4 **Hope and Mig Lakes** are reached by short hike through varied country. You'll have several options to go farther.

5 **Ingalls Lake.** A turquoise lake edge with golden larches and steel gray granite. What more could you want from a hike?

6 **Navaho Pass.** Did summer feel a little short to you? Sneak in another “summer” day by hiking on the sunny side of the Cascade Crest in Washington's beautiful Teanaway region.

7 **Gotchen Creek-Aiken Lava Bed East.** See golden western larch in the foreground, Mount Adams as the backdrop.

8 **Stagman Ridge-Horseshoe Meadow and Mountain.**

Pay a visit here in autumn and you'll enjoy cool, bug-free mornings. You may even have the whole place to yourself.

9 Go mushroom hunting at **Iller Creek.**

10 **Wallula Gap.** Hike through tiers of basalt to find stunning views.

Safety Notice

Neither *Washington Trails* magazine, the Washington Trails Association, nor their personnel accept any liability for accidents or injuries in connection with articles, trail or road reports published in *Washington Trails* magazine. The reports provide updated information of interest to the region's trail users; readers are cautioned to supplement the reports with other sources of information when planning a trip. Additionally, readers should be aware that reported conditions may change, that there may be errors in the reports, and that certain hazards are inherent in backcountry travel.



This is just a taste of the vista you will get from Hannegan Peak. Photo by Buff Black.

Hannegan Pass Trail

Region: North Cascades

Total Mileage: 10.4 miles

Elevation Gain: 3,100 feet

Highest Elevation: 6,187 feet

Managed By: Mount Baker-Snoqualmie National Forest

Maps: USGS Mount Sefrit, Green Trails Mount Shuksan 14



1 Hannegan Peak

As a destination, or as a spur hike on a longer backpacking loop, the 360-degree vista from Hannegan Peak is well worth the 1-mile, 1,100-foot hike up from Hannegan Pass. Atop Hannegan's broad summit, you stand at a visual divide between familiar peaks to the west (seen by a great many motorists) and a panoply of less familiar peaks to the east (visible only to hikers, backpackers and mountaineers). On Hannegan's rocky top, the September colors fill both the camera lens and the soul.

From the Hannegan Campground at 3,100 feet, it's a gradual hike for most of the 4.1 miles to 5,066-foot Hannegan Pass. You contour southeast through the Ruth Creek Valley, taking in all of the Nooksack Ridge, from its northwest anchor at Mount Sefrit to its southeast terminus at Ruth Mountain. The wide-open views of the valley contrast with the paucity of views from Hannegan Pass itself—which only serves to beckon you onward.

From Hannegan Pass, there are four usual possibilities:

1. Head south toward and up Ruth Mountain (mountaineering).
2. Head east and descend into the Chilliwack River Valley (backpacking).
3. Head northeast onto Copper Ridge (backpacking).
4. Head north up Hannegan Peak (hiking).

In a beautiful week in September, my group first chose option 2, heading deep into the North Cascades through and above Whatcom Pass. Upon our return trip back up the Chilliwack Valley, I had enough reserve to doff my backpack, don my day pack, and add option 4. I'm glad I did.

From Hannegan Peak's summit (elevation 6,138 feet), the views to the east showcase the deep river valleys of the Silesia and Chilliwack, and high peaks from Slesse and Redoubt to Challenger and Fury to Triumph and Despair. To the northeast is the inviting ridge walk of the Skagit Range, across Granite Mountain and beyond. (A summit is such a good place to make plans for the future.) To the south is the most riveting view: the Crown of the North Cascades—the panorama of Ruth, Shuksan and Baker—all set above a rocky foreground of yellow grass and red leaves. Shuksan's rugged north face and its eastern rampart, the Jagged Ridge, seal the scene in a lasting montane memory.

Buff Black
Bellingham, Washington



② Seven Lakes Basin

Attention tranquil trail traipsers, hilltop hinterland hunters and soulful stargazers. Are you looking for a place to hang your pack for a few autumn nights? Look no further than the Olympic Mountains' stunning Seven Lakes Basin and High Divide Trail. Despite the name, eight or more lakes dot this gorgeous subalpine basin, teeming with life. On last year's visit, we spotted 11 black bears sauntering through the basin meadows eating berries and foraging for bugs. On hillsides, mountain goats grazed with their young, and small brook trout in the lakes nipped at mosquitoes during the heat of the day.

Spend the day, or several days parked in this stunning basin, and you may even feel the calmness seeping through your skin. Head up Sol Duc Falls Trail for 0.8 of a mile and part ways at the falls, joining Deer Lake Trail. At 2.9 miles from Sol Duc Falls, arrive at the wooded and appropriately named Deer Lake. After giving your greetings to the does and bucks, leave Deer Lake and head south to the High Divide Trail. Climb another 3.3 miles in subalpine vegetation and increasingly beautiful views to a junction with the Seven Lakes Basin cutoff. Head north (left) and drop into the basin's twinkling lakes below you, 8 miles in from the trailhead. Soak in the views and head back the way you came, or make it a loop trip by heading east on the High Divide Trail and connecting with the Sol Duc River Trail at Heart Lake. At a total of 19 miles, the loop trip will not disappoint! Views of Mount Olympus take your breath away, and the Heart Lake Basin will make you swoon.

The beauty and tranquility of this place is no secret, and Olympic National Park provides a limited number of permits for overnight campers. Reservations are strongly advised and can be made thirty days in advance of the first day of your trip by calling the Olympic National Park Wilderness Information Center at (360) 565-3100. Bear canisters are required (for obvious reasons). These may be rented from the Wilderness Information Center in Port Angeles.

Tami Asars
North Bend, Washington

You waited all summer to hike here, and the High Divide delivers. Photo by Tami Asars.

High Divide Trail

Region: The Olympics

Out-and-back distance: 16 miles

Loop distance: 19 miles

Elevation Gain: 4,000+ feet

High Point: 5,120 feet

Managed By: Olympic National Park

Map(s): Green Trails Seven Lakes

Basin-Mount Olympus Climbing 133S





Doug Daniel

Looking for Larches?

If you've never been to **The Enchantments** in fall, you're missing out on the best-known bastion of larches in Washington. Then again, the basin doesn't have a monopoly on gold. Here are four more hikes that could satisfy your dreams of finding gold this fall.

Maple Pass is classic trip for seeing alpine larch, with a trailhead easily accessible from the North Cascades Highway. *7 mile loop trip, elevation gain 2,000 feet, high point 6,850 feet.*

Tronsen Ridge is marvelous ridge hike in the Sauk and Blewett Pass area off Highway 97. It's a great spot for western larch. *8 miles round trip, elevation gain 1,000 feet, high point 5,840 feet.*

Board a ferry (*The Lady of the Lake*), catch the bus to Holden Village, then hike up to **Copper Basin**, a larch hotspot in the Glacier Peak Wilderness. It's not copper-colored here—it's pure gold. *2.6 miles round trip, 2,300 feet of gain, 5,600 foot high point.*

Head over to the Entiat Ranger District to hike the **Garland Peak Trail**. After skirting around the backside of Devil's Smokestack, you'll contour over to Fifth of July Pass, then drop down to Larch Lakes. Carry plenty of water and a good map as the trail is dry and the tread may be faint in areas. *An 18-mile loop, with plenty of elevation gain and loss.*

In the Cascades, larches typically turn gold in mid-October. Check WTA's trip reports to see when and where the larches have taken on their autumn hue.

Need more ideas?

Try WTA's **Hike Finder**.

www.wta.org/go-hiking/map



3 Scorpion Mountain

Region: Central Cascades

Total Mileage: 9 miles

Elevation Gain: 2,200 feet

Highest Elevation: 5,540 feet

Managed by: Mount Baker-Snoqualmie National Forest

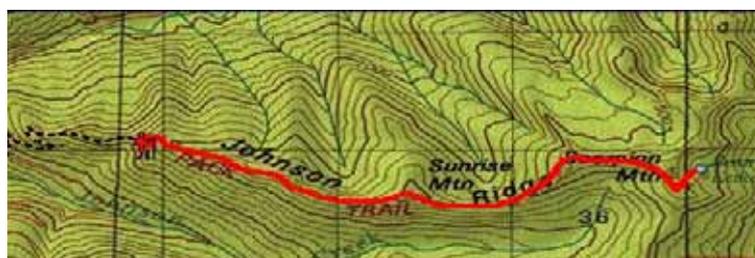
Map(s): Green Trails Monte Cristo 143, Benchmark Mountain 144

This trail is found off U.S. Highway 2, near Skykomish. Follow the paved Beckler River Road 7 miles while you admire the fall color all around, then drive 5.5 miles on Forest Service Road 6520 to reach the trailhead.

The hike starts on old logging road, but then enters forest for pleasant walking. The trail climbs to Sunrise Mountain in about 2 miles and the views begin. Looking north, you can see Glacier Peak, Monte Cristo peaks and much more. After Sunrise Mountain, the trail drops before heading up to Scorpion Mountain. You'll be in forest at times, but more often on an open ridge. In this section a blanket of blueberry bushes provide the fall color. The views are to the south of the Tonga Ridge, Deception Creek, Surprise Mountain area, and even to Mount Rainier. The trail seems like a gentle climb up to the rounded top of Scorpion Mountain where there is room for lots of hikers, but, in the fall, it is often not crowded.

Scorpion Mountain offers a 360-degree view of just about everything in the central Cascades and the blueberries make this a much underrated fall hike. Find a place to sit and eat lunch, and then turn around and enjoy the view on the other side.

Charles Ardary
Everett, Washington



4 Hope and Mig Lakes, maybe Trap Lake

Region: Central Cascades

Trail Data	To Hope & Mig Lakes	To Trap Lake
Total Mileage:	4.6 miles	11 miles
Elevation Gain:	1,550 feet	2,700 feet
Highest Elevation:	4,650 feet	5,400 feet

Managed by: Mount Baker-Snoqualmie National Forest
Map(s): Green Trails Stevens Pass 176

Drive to the big horseshoe bend on U.S. Highway 2. Just after the bridge where U.S. 2 becomes a four-lane highway, find a dirt road on the right and take it. Drive 1.2 miles to the trailhead parking.

This trail initially spends a brief time in the forest, then it crosses through an old clearcut, then heads back to forest, back to clearcut, and finally forest for the rest of the climb to Hope Lake. The first part of the climb is in a deep valley. This is followed by a moderate ascent through forest, and finally a steeper climb (1.3 miles, 1,000 feet elevation gain) to Hope Lake. In fall, vine maple will brighten this climb.

At Hope Lake, you'll find places to enjoy a break, or to totally relax if this is your destination. Color is provided by blueberry bushes, but the berries will be gone fast, nibbled away by savvy fall crowds.

To go beyond Hope Lake, you have two choices. One choice is to go left around the lake on the Pacific Crest Trail to Mig Lake, a pretty lake in a flat open setting. One can stop here or continue on to Swimming Deer Lake or Josephine Lake if ambitious. A second choice is to turn right on the PCT and make your way to Trap Lake. The trail to Trap Lake takes the PCT up over a pass at 5,300 feet and then down a bit before starting a long, gentle climb towards Trap Lake. The trail is open with outstanding views. Fall color provided by the ever-present blueberry bush and the reward is a wonderful view of Trap Lake. The ambitious can continue up over the pass and down to Surprise Lake.

This hike has deep forest, pretty mountain lakes, fall color and plenty of good trail to walk on without watching your feet all the time.

Charles Ardary
Everett, Washington



Opposite: Scorpion mountain blueberries. Above: Hope Lake edged with fall color. Photos by Charles Ardary.

Upcoming Work Parties

Date	Work Party Location
Sept. 1	Cape Horn
Sept. 1	Mount Spokane State Park
Sept. 1	Dosewallips Bypass
Sept. 1-2	Independence / North Lake
Sept. 2 - 4	Huckleberry Creek
Sept. 3 - 4	Elbo Creek
Sept. 3 - 4	Hidden Lakes overnighter
Sept. 6 - 9	PCT North from Snoqualmie
Sept. 8	Lena Lake
Sept. 9 - 10	Kelley Creek
Sept. 9 - 11	Sunrise Area Trails
Sept. 9 - 11	Franklin Falls / Wagon Road
Sept. 10 - 11	Wynoochee
Sept. 13 - 16	Cold Creek / Twin Lake
Sept. 15	Cape Horn
Sept. 15	Mount Spokane State Park
Sept. 15 - 16	Lake Serene
Sept. 15 - 17	PCT near Stirrup Lake
Sept. 16 - 18	Sunrise Area Trails
Sept. 17 - 18	Goat Mountain
Sept. 17 - 18	Church Mountain
Sept. 17 - 18	Sunrise Area Trails
Sept. 20 - 23	Lake Serene
Sept. 24	National Public Lands Day!
Sept. 27 - 30	Wallace Falls
Sept. 29	Cape Horn
Sept. 30	West Fork Foss
Sept. 30	Ira Spring
Oct. 1	West Fork Foss
Oct. 1 - 2	Ira Spring
Oct. 4 - 7	Evans Creek Preserve
Oct. 7 - 9	West Fork Foss
Oct. 7 - 9	Mount Catherine
Oct. 8	King County Parks
Oct. 11 - 14	Evans Creek Preserve
Oct. 13	Cape Horn

To sign up,
head over to
www.wta.org.



5 Navaho Pass

Region: Central Cascades

Total Mileage: 11 miles

Elevation Gain: 2,900 feet

Highest Elevation: 6,000 feet

Managed by: Okanogan-Wentachee National Forest, Cle Elum Ranger District
Map(s): USGS Red Top Mountain and Enchantment Lakes or Green Trails Maps Mount Stuart 209 and Liberty 210

The Stafford Creek Trail to Navaho Pass offers a moderate grade, with the refreshing sights and sounds of running streams, blooming wildflowers and the fragrance of fresh pine. This fall, your pathway leading all the way to the upper meadow and Navaho Pass will be unhindered by snow and fallen trees. A real plus for this hiking year! Take your time and enjoy the scenes from any number of right-sized rocks and tree limbs to sit on and refresh.

Trail improvements help ease the moderate grade up through the forest and you are never far from the running Stafford Creek. Switchbacks after 3.5 miles guide you with more effort until you reach an upper meadow 0.5 mile from Navaho Pass. The plant life in the meadow is luxurious and a surprising treat after working through the open pine forest. Backcountry campsites dot the meadow as you bear east and then north on the well-defined trail to another bench that puts you in sight of Navaho Pass.

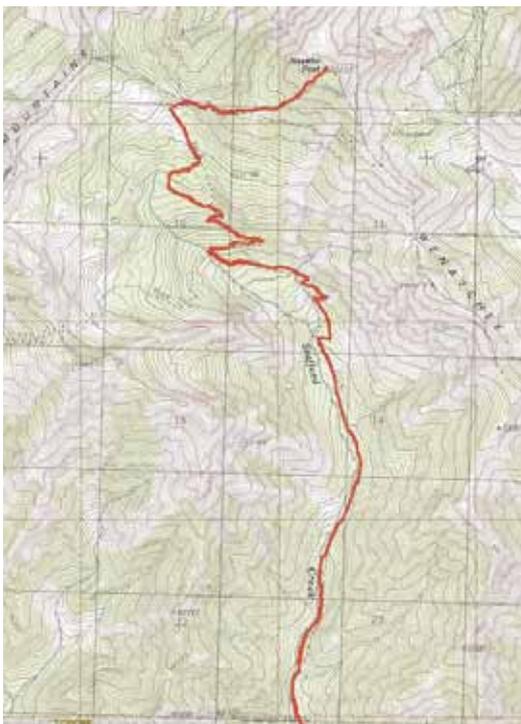
At Navaho Pass, experienced hikers will smile only a little less than the novices who see, for the first time, the Stuart Range of mountains that forms the southern boundary of the Enchantment Lakes and Peaks. It shouldn't take much luck to be rewarded with a cool breeze and a welcoming spot to sit and marvel at yet another of Washington's special places.

Navaho Pass sits along the southern boundary of the Alpine Lakes Wilderness. The Stafford Creek Trail isn't in the wilderness boundary, but you'll notice the self-permit box at the trailhead, as many hikers go all the way to Navaho Pass or even up to Navaho Peak. You'll need the permit for the pass or Navaho Peak. The U.S. Forest Service will thank you as the permit process helps them manage the area for everyone's benefit. The self-permit process is quick and painless, too. The trail to Navaho Peak is in good shape, better than your average climbers' trail, but quite strenuous. You'll likely need another hour to reach it, so plan accordingly.

Bob Coleman
Federal Way, Washington



Bob Coleman



En route to Navaho Pass. Photo by Bob Coleman.

Coordinates

Navaho Pass

UTM Zone 10

664520,5254170

The meadow

UTM Zone 10

664561,5253648

The trailhead

UTM Zone 10

665896,5248234

Current declination for your compass is 16 degrees, 20 minutes.



Seattle FABRICS

Outdoor & Recreational Fabrics

Special Orders • Shipping Anywhere

- | | | | |
|-------------|--------------|--------------------|-------------------------|
| • Gore-Tex® | • Taffeta | • Sunbrella® | • Outerwear Patterns |
| • Ultrax® | • Ripstop | • Textilene | • Zippers |
| • Supplex | • Oxford | • Closed Cell Foam | • Hardware |
| • Polartec® | • Packcloth | • Mosquito Netting | • Webbing |
| • Lycra | • Cordura | • Canvas | • Heat Sealable Fabrics |
| • Spinnaker | • Ballistics | • Grommets | • Banner Fabrics |

OPEN MONDAY THROUGH SATURDAY

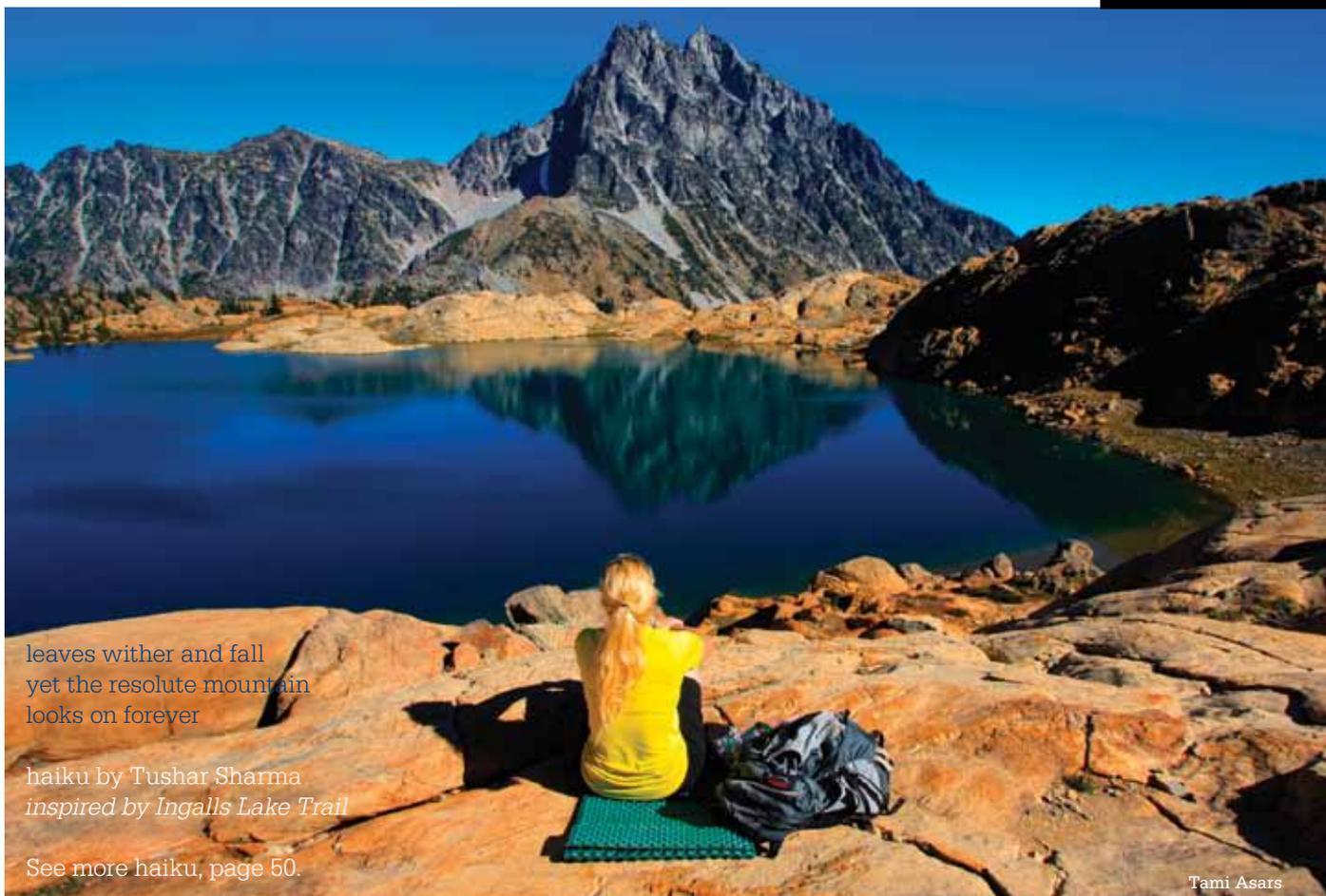
9 a.m to 6 p.m.

www.seattlefabrics.com

(206) 525-0670

FAX (206) 525-0779

8702 Aurora Ave. N.
Seattle, WA 98103



leaves wither and fall
yet the resolute mountain
looks on forever

haiku by Tushar Sharma
inspired by Ingalls Lake Trail

See more haiku, page 50.

Tami Asars

6 Lake Ingalls

If there is only one hike you can squeeze in between work, family and football this autumn, make it Ingalls Lake. Come fall, this area becomes a natural museum. Larch trees, displayed like artwork, guide you to the main exhibit, Ingalls Lake. By early October, the crowds have returned to eating sack lunches in cafeterias, wrapping up the business quarter and pondering what Halloween costumes to wear, leaving plenty of room for quiet thought as you wander.

Enter the trail on a dusty, open hillside and duck into the trees. (Water here is nonexistent, so carry extra.) Foliage of huckleberries and deciduous shrubs turns bright red at your feet as if your path is lined with fire. At 2 miles, find yourself at a junction with Longs Pass to the right. Hug the trail to the left and continue on your way. The path ascends as interesting rock continues showing up in fashionable fall colors. Flirt with a small valley, and notice the first of several brilliant yellow larch trees you'll encounter after you crest the ridge. A couple hundred feet of steep elevation gain near the top will lead you to the ridgeline and a jaw-dropping view of Mount Stuart. Resist the urge to sing out "the hills are alive." Or go with that urge, and let your voice carry to scare off any wayward mountain goat hooligans. Use caution if you encounter goats, as there have been recent reports of fearless, curious billies and nannies around. Now the yellow larch are everywhere, serving as trail ushers as you make your way across this vast basin through creeks and seasonal tarns. The lake hides itself well as you scramble up the rocky trail over large boulders and slabs to the southern outlet. Watch for climbers making their way up Ingalls Peak behind you. Spend some time soaking in the views of Mount Stuart before heading back.

Tami Asars
North Bend, Washington



Lake Ingalls Trail

Region: Central Cascades

Total Mileage: 9 miles

Elevation Gain: 2,500 feet

Highest Point: 6,500 feet

Managed by: Okanogan-Wenatchee
National Forest

Map(s): Green Trails Mount Stuart 209

**We extend our thanks to
WTA's Corporate Partners**

Rainier - \$25,000+



Olympic - \$10,000-\$24,999



Cascade - \$2,500-\$9,999



Alpine - \$1,000-\$2,499

HikingBoots.com, Hilleberg the Tentmaker, The Mountaineers Books, Outdoor Research, Orthopedics International, Seattle Outdoor, Therm-a-Rest® and MSR®

To find out how your company can support WTA's work for trails, please call us at (206) 625-1367 or email rebecca@wta.org.



7 Stagman Ridge—Horseshoe Meadow

Region: South Cascades

Total Mileage: 9 miles

Elevation Gain: 1,700 feet

Managed by: Gifford Pinchot National Forest

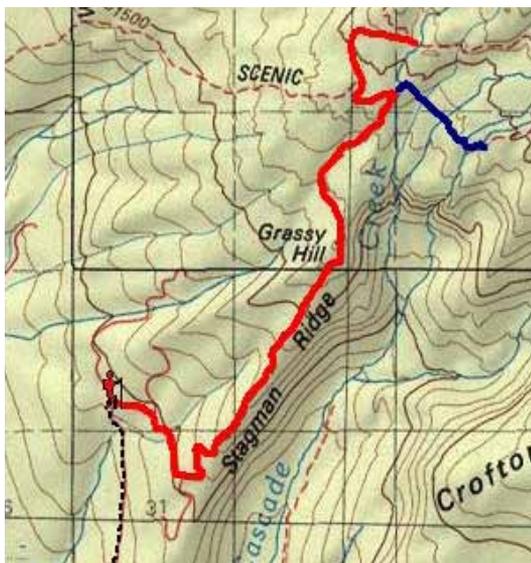
Map(s): Green Trails Mount Adams 367S

Starting at the edge of an old clearcut, the trailhead offers blazing red vine maple fall colors as you head into the forest and soon enter the Mount Adams Wilderness. Stagman Ridge is a long spine reaching out southwest from Mount Adams, and hiking the high portions through pleasing forest is never overly steep. As you reach the higher portions at 2 miles the thinning forest reveals the amazing sheer drop to the east that leads down to Cascade Creek. The wildflowers earlier would be very nice in these grassy openings! From here you lose elevation slightly, pass a nice camp area, and then begin the climb to reach the Pacific Crest Trail. A stunning in-your-face view of Mount Adams greets you shortly before reaching the PCT as you pass through a spectacular meadow.

At 4 miles you reach the PCT and head west 0.5 mile where the PCT meets Trail 9, the Round the Mountain Trail. Leaving the PCT here on Trail 9 will take you in just minutes to stunning Horseshoe Meadow. Here Mount Adams towers directly over the meadow, Avalanche Glacier in full view, and in autumn the lovely bronze-, yellow- and gold-colored grasses and dying wildflower plants complete the view.

Many options exist to extend your hiking from this area, but the meadow makes for a perfect resting point before returning back out as well!

Alan Bauer
Fall City, Washington



8 Gotchen Creek—Aiken Lava Bed East

Region: South Cascades

Trail Data	To Snipes Mountain	To Round the Mountain
Total Mileage:	6 miles	11.5 miles
Elevation Gain:	1,100 feet	2,600 feet

Managed by: Gifford Pinchot National Forest

Map(s): Green Trails Mount Adams 367S

You are likely the only person hiking out here as you start up Trail 11, hiking through the western larch, Pacific silver fir and pine forest typical of the south side of Mount Adams. I've only encountered woodcutters in these areas myself on the roads leading in during the fall season.

The trail begins at the toe of the spectacular 4-mile-long Aiken Lava Bed, and immediately you wander back and forth along the eastern edge of the lava bed for many opportunities to look at the rising mound of sharp rocks. While you can admire the lava from a distance, there is nothing more amazing than to come prepared to venture out onto the lava bed a little bit! Be warned: The rocks can be sharp, rough and slippery. Wearing leather gloves is a good thing, not caring if you scuff up your hiking boots and clothes is advised, and going at it slowly will bring you to your reward. Well, if standing on a massive lava bed that somehow has huge western larch trees golden in autumn color framing open views of Mount Adams is rewarding to you, then yes! If you only want to see the geology of the lava bed then hiking the first 3 miles of the trail, up to the junction with the Snipes Mountain Trail, should be plenty.

Continuing up Gotchen Creek Trail gives you a different experience as the forest thins, open meadows become the norm (filled with wildflowers in July), and the scenery at this southern face of Mount Adams grows all the way up to meeting the Round the Mountain Trail near Bird Creek Meadows. I highly recommend making a long day of this and exploring as far as you are able!

Alan Bauer
Fall City, Washington



Thank you for your support.



Thank you for being a member of Washington Trails Association. We're grateful that you're part of the hiking community—preserving and protecting Washington's wildlands.

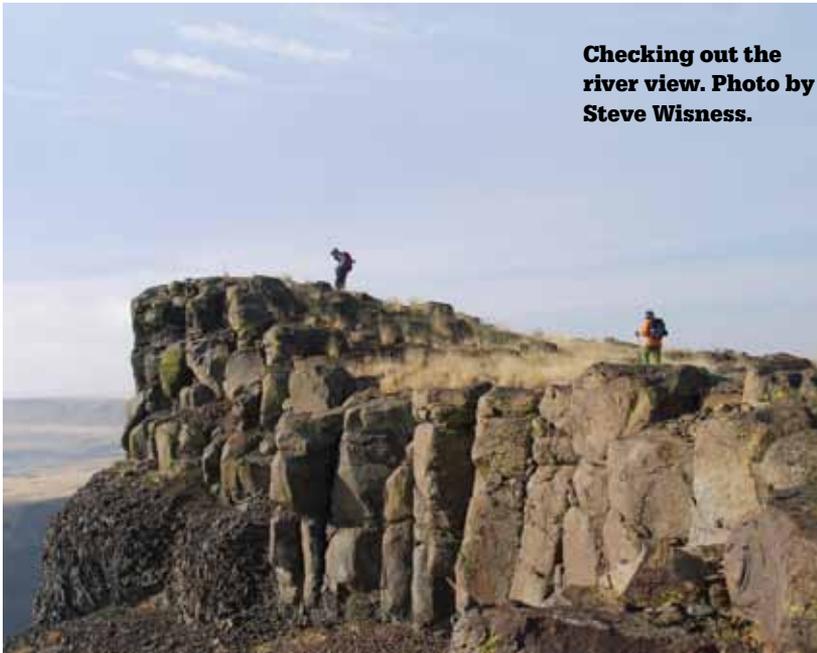
Your membership supports

- Over 2,200 volunteers giving 100,000 hours annually to maintain trails.
- A lobbying force over 1,300 strong speaking out for our wild places.
- Nearly one million hikers each year who find their next adventure at www.wta.org.
- Year-round programs to get kids and families out hiking.

**Renew your membership
or join online today!**

www.wta.org/renew





Checking out the river view. Photo by Steve Wisness.

9 Wallula Gap

Eastern Washington

Total Mileage: 8 miles

Elevation Gain: 850 feet

Managed by: Department of Natural Resources

Map(s): WA DNR Walla Walla

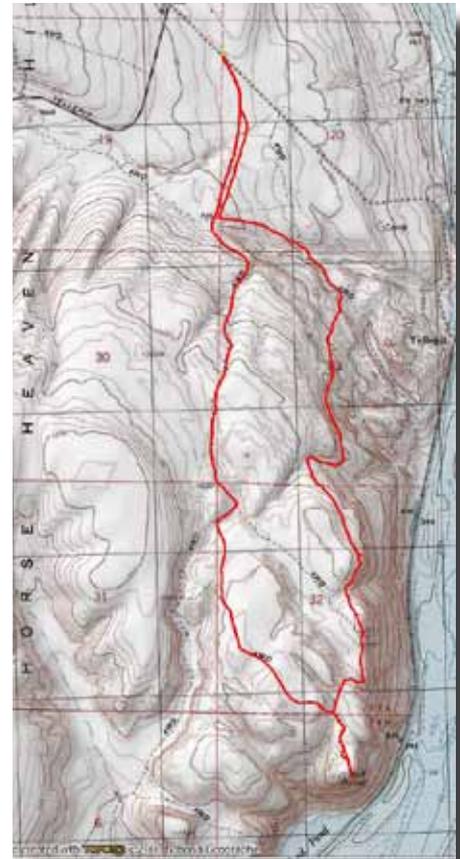
Wallula Gap is an easy hike near Tri-Cities with minimal and gradual elevation gain. Shaped by the rich geologic history of our region, this landscape features layers of basalt deposited by a series of giant lava flows and carved and shaped by the elements through the ages and the Missoula Floods. Hikers will enjoy breathtaking views of towering cliffs, interesting rock formations, a deep river gorge at Wallula Gap and a look at the mighty Columbia River. Vegetation consists of native bunch grass and desert wildflower in the early spring.

The trail is located on private rangeland, consisting of dirt roads, cow paths and open range. The landowner (B&B Farms) allows hiker and equestrian access. Motorized vehicles are prohibited. Please help us maintain good standing with the landowner, and exercise courtesy and good stewardship when hiking here.

To find the trail, drive south through Finley on Chemical Drive (State Route 397). From the intersection of Columbia Drive and SR 397 in Kennewick, it's approximately 7.4 miles to Piert Road. After the railroad overpass, turn left onto Piert Road for approximately 0.6 mile. Take a left at the Y (Meals Road). Follow Meals Road for 4.3 miles and turn left into Ayers Road (dirt road). Follow Ayres Road for approximately 0.3 miles to the trailhead parking on the left (unmarked).

The trailhead is located across Ayers Road inside the gate. Please close the gate after yourself. The open terrain allows exploration of any number of routes and destinations. Our favorite destination is the overlook south of the radio tower.

Follow the dirt road to your left for 0.75 mile to the junction. There are several routes to the radio tower from the junction. The shortest is following the dirt road (approximately 2 miles). For more scenic routes, follow the dirt path to the left into a shallow draw for 1 mile to the opening in the fence line. From the fence opening, the scenic exploration begins. Veering to the right immediately, the path leads uphill along the cliffs between tiers of basalt, offering stunning views across the river and of the Twin Sisters Rock.



Eventually, this path leads back to the dirt road and the radio tower. Turn left (south) at the dirt road and head to the radio tower. Once again, more stunning views of the Columbia River (and Wallula Gap) are found from behind and in the vicinity of the radio tower.

From the radio tower, look to the south for the highest point, about 1 mile away. To get there, follow the trail south, through the adjacent draw, and make a steep climb up to the overlook.

This is the high point of the hike in many ways and there's no better ambiance for lunch! After taking in the grand vista of this scenic overlook, double back to the radio tower for more exploration. Once again, the shortest way back is following the dirt road, all the way back to the trailhead. Wander off in any one of the draws to the right of the dirt road for a scenic return trip. Since the terrain is fairly open, it's difficult to get lost. As always, pack plenty of water and the Ten Essentials, and exercise caution near the cliffs.

Floyd Stredwick
Pasco, Washington

10 Iller Creek Conservation Area

Eastern Washington

Total Mileage: 5 miles

Elevation gain: 1,576 feet

Highest Elevation: 3,576 feet

Managed by: Spokane County Parks Department

Map: Available for download from the Spokane County Conservation Futures website

Spokane County is blessed with many wonderful recreational areas, some well-known and some not so well-known. One of the latter is the Iller Creek Conservation Area located in the Spokane Valley between Tower Mountain and the Dishman Hills Natural Area.

The Spokane County Conservation Futures program acquired this area of approximately 876 acres for the habitat preservation. Iller Creek is part of a wildlife corridor that links the Turnbull National Wildlife Refuge and the Dishman Hills Natural Area, and it's a great place to go to find mushrooms.

From the trailhead, you have a couple of trail choices. The trail to the left takes you up to some great views of the Spokane Valley and Mount Spokane. (Hike here in the late spring and early summer, and you will also find a wide variety of wildflowers.) Follow this trail and it will take you up to the Big Rock, which is a good spot to stop for a snack and enjoy some wonderful views. On a clear day, you can see all the way to Steptoe Butte. From here, you can hike on to Tower Mountain or backtrack to pick up the trail that heads down to Iller Creek and your search for mushrooms.



An inky cap mushroom.
Photo by Rich Leon.

The trail along the creek can be very muddy in places, even in the summer. The area along the creek is where you will find mushrooms galore, especially in the fall. From morels in the spring to amanitas and chanterelles in the fall, this area has an endless variety in all different shapes, sizes and colors. The Iller Creek area is a perfect breeding ground for mushrooms because most species of fungi require cool, shady and moist conditions along with the presence of decaying or dead wood—and that is just what this area offers.

As we say in the mushroom circles, "May the fungi be with you."

Rich Leon
Spokane, Washington

P.S. You can join Rich in early October for hikes sponsored by the Washington Native Plant Society where you'll look for fall mushrooms and fall color. Contact him at richleonphotos@aol.com for details.

**HELP STOP THE SPREAD
OF INVASIVE PESTS & DISEASES**

**BUY IT WHERE
YOU BURN IT.**



dontmovefirewood.org



HERE'S HOW YOU CAN HELP:

- Leave firewood at home - do not transport it to campgrounds or parks.
- Use firewood from local sources.
- Burn all firewood before leaving your campsite if leaving the local area.

1-877-9-INFEST or invasivespecies.wa.gov



A Walk on the Wild Side »

Earlier this year, WTA asked our members to share haiku based on a particular, favorite trail. Here are a few of our favorites.

bright tanagers hunt bugs
among fragrant dogwood blooms
and clear snowmelt streams

Lee Krancus
inspired by Chelan Lakeshore Trail



barefoot, I walk on
the sand, and feel the tug of
waves that find my feet

Sheila VonBergen
inspired by Kalaloch Beach

feet like butterflies
father and sons hike mountains
lungs panting rhythm

Carl Redick
inspired by Kendall Katwalk

Soaring rock towers,
flower fields around the lakes.
Here, man's a stranger!

Bill Douglas
inspired by Hagen Lakes

Ent trees surround us
faces hide behind moss hair
blowing in the wind

Gayle Hunt
inspired by Olallie Lake

sitting on a ledge
between blue sky and green lake
my soul is at peace

Michelle DeGrand
inspired by Rattlesnake Ledge

giant fir elders
gesture angrily, fearing
the approaching storm

Cara Beth Stevenson
inspired by Capital Forest

white water falling,
like a comet's trailing plume
links high ice and earth

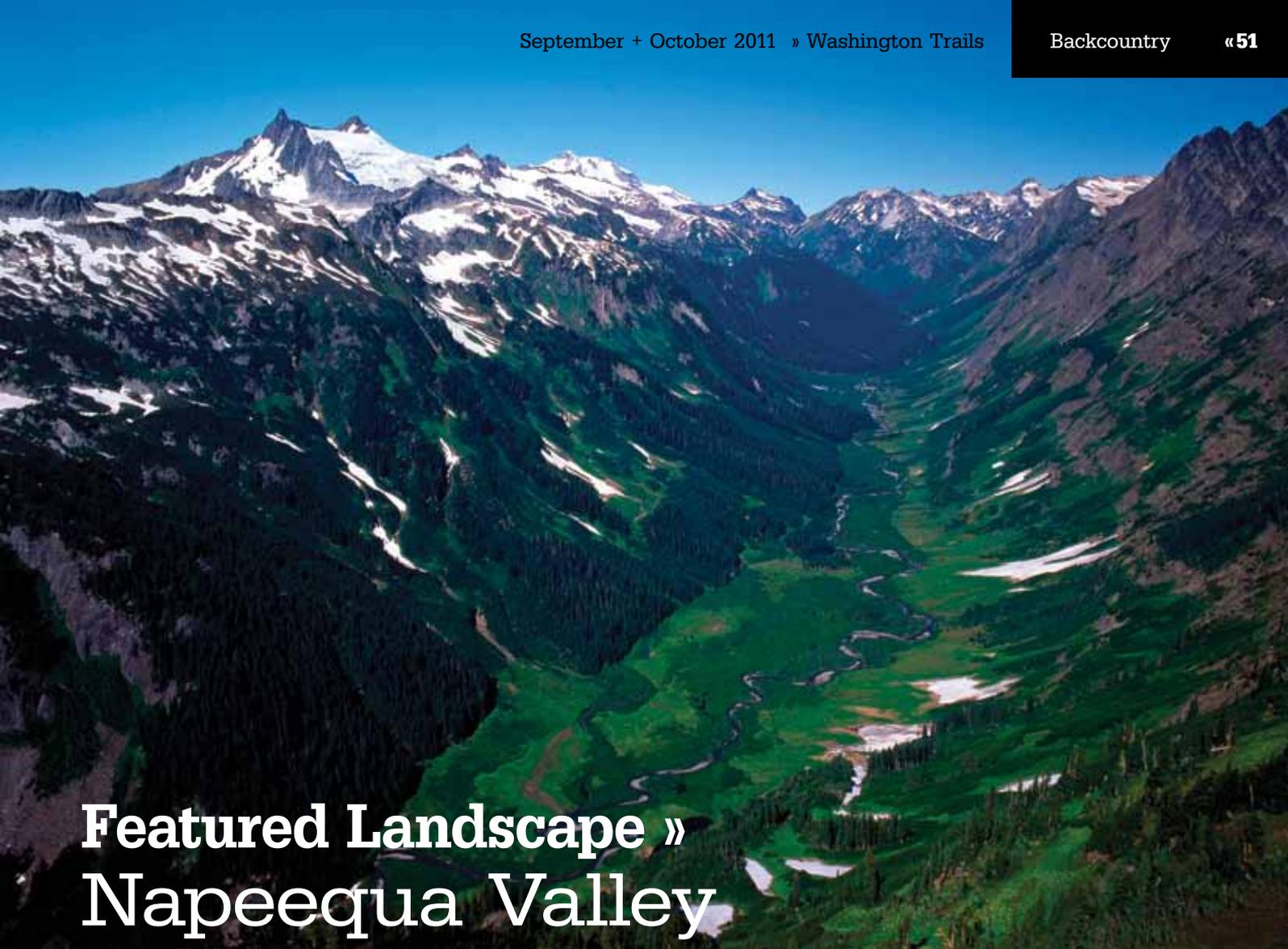
Bill Douglas
inspired by Comet Falls

the bugs are starving
take some extra red blood cells
to High Rock Lookout

J.D. Miller
inspired by High Rock Lookout

WTA
members

**Above left: Olympic Seastacks. Photo by
Jeremy Horton.**



Featured Landscape » Napeequa Valley

Savor the View From Little Giant Pass

"If I had wings, and I could fly, I know where I would go." —Bob Dylan

Perhaps, in another life, I was a bird. You see, I've never been content looking up at something. I was born compelled to look down on things. I love bridges, building rooftops, mountain summits and high alpine passes. It's all about the view ... unencumbered, expansive, bird's-eye. Thing is, I'm not a bird. I can't fly directly to where I get my views, so I frequently find myself struggling up just so I can look down.

There's a hidden valley in Washington's Glacier Peak Wilderness that some have likened to Shangri-La, the fictional utopia of James Hilton's novel *Lost Horizon*. Hilton's Shangri-La was an earthly paradise ... beautiful and nearly inaccessible to the outside world. Washington's Shangri-La is the Napeequa River Valley. And perhaps the best place to look down on the Napeequa is from Little Giant Pass.

To get the view, one of the finest of the Cascades, you gotta do some leg work first. Your first obstacle is just a few feet from the parking area—a bridgeless crossing of the Chiwawa River. You're not a bird, so you must wade the river. September is a great time to cross, as the river is at its lowest flow of the year and shouldn't be higher than knees or thighs, but always be on the lookout for water currents and depth. From there, the 5-mile trail to Little Giant Pass isn't far, but it is a bit steep. In season, berry breaks help temper the work, and soon enough you'll see it, the lovely Napeequa Valley. The long valley sprawls out beneath you ... as deep as it is isolated, as lush and green as it is wild. The icy Clark Mountain, a peek at Glacier Peak, the steep walls of Chiwawa Ridge and the snaking course of the Napeequa River all help complete the visual explosion. It doesn't get more idyllic than this, so sit back, drink in the view and imagine your own Shangri-La.

HIKE IT»

Little Giant Trail

Glacier Peak Wilderness

Distance: 10 miles

Elevation Gain: 4,000 feet

High Point: 6,400 feet

Map(s): Green Trails Holden 113

Permits: Northwest Forest Pass

More Info: *Day Hiking: Central Cascades* (Craig Romano, The Mountaineers Books)

—Story and photograph by Dave Schiefelbein

ISSN 1534-6366
c/o Washington Trails Association
705 Second Avenue, Suite 300
Seattle, WA 98104

Periodicals
U.S. Postage
PAID
Seattle, WA

WANT THE BEST FROM YOUR ADVENTURE? USE A HILLEBERG TENT.



Fredrik Norrsell

HILLEBERG TENTS have been the top choice of professional adventurers and discerning backcountry travelers around the world for nearly 40 years. Every Hilleberg model is precisely designed and engineered to provide the optimal blend of reliability, ease of use, versatility, durability and comfort, all at a light weight.

HILLEBERG
THE TENTMAKER

WWW.HILLEBERG.COM

• Toll Free: 1-866-848-8368 •

ALL HILLEBERG TENTS ARE...

- » Supremely reliable and easy to use in all seasons and conditions
- » Built with plenty of room for you and your gear
- » Made with superior materials
- » Constructed with linked inner and outer tents for quick, simple, 1-step pitching
- » Designed and developed in northern Sweden
- » Individually set up and quality checked in Hilleberg's European factory

Go to www.hilleberg.com or call 866-848-8368 to order a copy of our catalog.