

Step up your training for summer hiking

Washington TRAILS

A Publication of Washington Trails Association | wta.org

Spend Less.
Hike More.

How to fill your pack on a budget

Battle of the bugs: A 4-step system

Weekend perfection near Roslyn

May+Jun 2017

\$4.50US



NATIONAL TRAILS DAY

» JUNE 3

PITCH IN FOR TRAILS

On June 3, join WTA and take part in the nation's largest celebration of trails: **National Trails Day.**

Work with fellow WTA volunteers and give back to the trails you love to hike.

**» LAKE WHATCOM PARK – BELLINGHAM
RIDLEY CREEK – MOUNT BAKER
UPPER DUNGENESS RIVER – OLYMPIC NP
WHITE RIVER – MOUNT RAINIER NP
DIRTY HARRY'S PEAK – NORTH BEND
PRATT RIVER TRAIL – NORTH BEND
SCHMITZ PARK – WEST SEATTLE
ANTOINE PEAK – SPOKANE**

**SIGN UP AT
wta.org/volunteer**

Photo by Britt Lê





Powered by you

Washington Trails Association is a volunteer-driven membership organization. As the nation's largest state-based hiking nonprofit, WTA is the voice for hikers in Washington state. We engage and mobilize a community of hikers as advocates and stewards—through collaborative partnerships, grassroots advocacy, volunteerism, education and inspiration. WTA is committed to making trails accessible to everyone in Washington and protecting our state's wild places for the next generation.

.....

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

.....

CONNECT WITH WTA

 /washingtonhikers

 /washingtontrails

 /wta-hikers

 /wtahikers

 /WTAhiker

Playing in the mud

Pleasure in the job puts perfection in the work. —Aristotle

I thanked my lucky stars that, despite a forecast for heavy rain, skies were only cloudy when I arrived for my first-ever WTA work party in early March. But that didn't mean the ground was dry.

The trail was wet and mucky as we made our way to the work site. Some of the more seasoned volunteers explained that Taylor Mountain in the King County foothills is notorious for mud, thanks to heavy use by hikers and horses that turns the clay soil into sloppy tread during the winter months.

Looking down at the ooze covering my boots, I couldn't help wondering: How could we possibly make this trail better?

I was lucky to be working with some of WTA's most dedicated volunteers. Our group of 20 had collectively given 5,000 days—more than 13-and-a-half years—to repairing trails. If anyone could show me how to make the trail better, I thought, it'd be this crew.



Photo by Rachel Wendling

They quickly showed me that trails can get a lot better with the right tools, a little know-how and some sweat equity. I learned that, like gutters on a roof, trail edges need to be cleaned out regularly to make it easy for the water to roll away. And I found that shoveling muck off the path will reveal a hard-packed trail beneath.

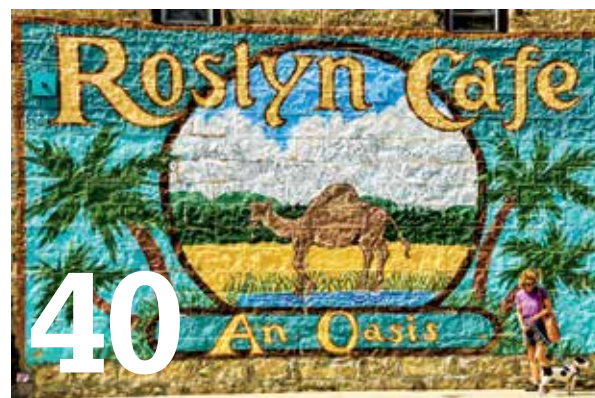
In no time at all, the trail was transformed. It was still wet, of course—it was, after all, the wettest winter in recorded history—but the trail edges no longer held the water in, and the path had been redefined with sword ferns lining the way. Yes, it had been dirty work, but the results were right in front of me and I hadn't had so much fun in ages.

As we shoveled mud off the trail, one volunteer said to me, "On days like today, it's hard to explain why this is fun. It just is." I couldn't agree more.



Zi Xian Leong

26



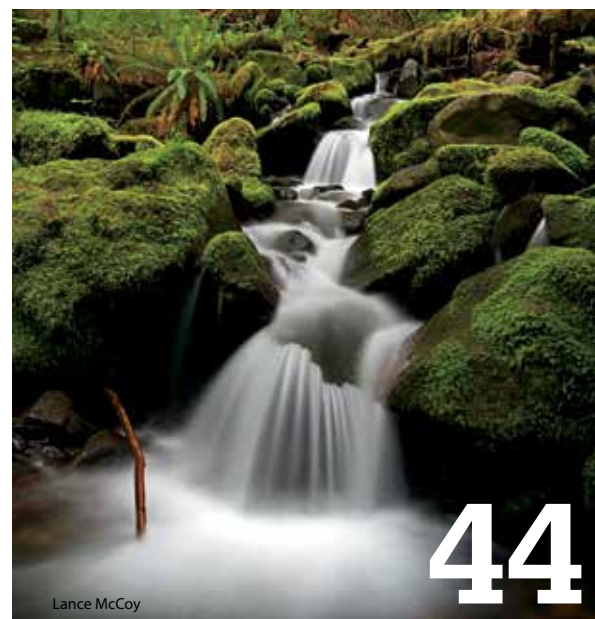
Doug Diekema

40



Julie Mahieu

22



Lance McCoy

44

Features

Don't spend the big bucks

Buying used gear can save you a ton of money. You just need a little know-how, luck and patience. Here's how to find the best deals. » **p. 14**

Young and free

After college, young professionals savor their free time. Avid hikers offer their tips on how to get out there on the cheap. » **p. 20**

Bug off

With such a wet winter, this year promises to be extremely buggy. Learn how to fight off the annoying creatures most effectively. » **p. 22**

The story a trail tells

When Mount St. Helens exploded, it left behind a ravaged and trail-free landscape. Trail designers made the most of the opportunity. » **p. 26**

Cover: To fill your pack with the gear you need, consider buying used. It's gentler on the planet—and cheaper. Photo by Emma Cassidy.

Community

When do you need to carry the Ten Essentials? » p. 6

Learn the nitty-gritty details of Leave No Trace » p. 7

WTA at Work

Fun and challenging: WTA volunteers build staircases » p. 8

Why families spend their time volunteering on trail » p. 10

Trail News

Follow the long, winding path of trail funding » p. 12

WTA honored for work in Washington State Parks » p. 13

Trail Mix

How to dehydrate your own backpacking food » p. 36

Want a great camera? Save some money and buy used » p. 39

Start in Roslyn for a weekend of hiking and camping » p. 40

Hike It!

Five trails to make the most of your time and money » p. 44

Board of Directors

PRESIDENT / Bruce Burger

SECRETARY / Andrea Baines

TREASURER / Joe Gregg

VP, PHILANTHROPY / Susan Queary

VP, BOARD DEVELOPMENT / Wendy Wheeler Jacobs

VP, ADVOCACY / Mason White

Directors at Large

Carole Bianquis / Lisa Black

Perry Burkhardt / Michael Dunning

Ethan Evans / Jennifer Faubion

Thomas Goldstein / Jonathan Lau

Geoff Martin / Matt Martinez

Steve Payne / Titti Ringstrom / Stephen Tan

WTA Leadership Staff

EXECUTIVE DIRECTOR / Jill Simmons

ADVOCACY DIRECTOR / Andrea Imler

COMMUNICATIONS DIRECTOR / Kindra Ramos

DEVELOPMENT DIRECTOR / Kate Neville

FINANCE & OPERATIONS DIRECTOR / Marjorie Kittle

TRAIL PROGRAM DIRECTOR / Rebecca Lavigne

YOUTH PROGRAMS DIRECTOR / Krista Dooley

Washington Trails

Staff

WASHINGTON TRAILS EDITOR / Jessi Loerch

HIKING CONTENT MANAGER / Anna Roth

GRAPHIC DESIGNER / Jenica Wilkie

MEMBERSHIP MANAGER / Joey Smith

COPY EDITOR / Cassandra Overby

Volunteers

GEAR TEAM / Doug Diekema, Brittany Manwill

GUEST CONTRIBUTORS / Morgan Cowper, Brandon Fralic,

Lisa Holmes, Lindsay Leffelman, Kari Lutcavich,

Charlie Lieu, Cassandra Overby, Rachel Wood

PROOFREADERS / Jim Cavin, Rebecca Kettwig

TRAIL TEAM / Nate & Jer Barnes, Kelsie Donleycott

Brandon Fralic, David Hagen, Lindsay Leffelman

Mike Morrison, Craig Romano, Holly Weiler,

Rachel Wood

Washington Trails Association

705 Second Avenue, Suite 300, Seattle, WA 98104

(206) 625-1367 / wta.org

NORTHWEST OFFICE / (360) 739-2258

SOUTHWEST OFFICE / (360) 722-2657

GENERAL INFORMATION / wta@wta.org

MEMBERSHIP INFORMATION / membership@wta.org

VOLUNTEER INFORMATION / volunteer@wta.org

EDITORIAL SUBMISSIONS / editor@wta.org

MAY+JUN 2017 / Volume 52, Issue 3

Washington Trails (ISSN 1534-6366) is published bimonthly by Washington Trails Association, 705 2nd Avenue, Suite 300, Seattle, WA 98104. Annual membership dues, which include a subscription to *Washington Trails* magazine, are \$50. 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 2nd Ave., Suite 300, Seattle, WA 98104.

Hiking is not *Free*

There's a story that much of the outdoor community tells itself. It goes something like this: Hiking and backpacking are really affordable and welcoming hobbies. Anyone can be a hiker!

It's a nice story, but it's a half truth.

Hiking is not free. And while maybe almost anyone can be a hiker, some people have to do a lot more work to get there. Let's use my own life as an example. I'm an avid hiker and backpacker. And there are a lot of reasons that's been an easy path for me.

■ Let's start with my upbringing. I grew up in an outdoorsy family. From a young age, we hiked and camped nearly every weekend. I've always felt comfortable in wild areas because my parents taught me the skills I needed. I had a head start from the first time my parents took me hiking as a baby.

■ I'm a white, able-bodied woman. If I look in pretty much any outdoorsy publication, I can find people who look like me, doing cool stuff. (Usually. Women are still sometimes relegated to the role of decoration.) I have always felt welcome. People who don't match the glossy image of the fit, white hiker don't always feel that same sense of belonging.

■ When I left home, my family was able to help me financially while I attended college. When I graduated, I had affordable student loans. I could splurge on things like new boots and a comfortable backpack.

■ I have a great job that pays well, doesn't require me to work weekends and offers vacation time. I only need one job to make ends meet. I have the time to hike. I can buy the gear I need. I have a reliable car that will get me to trailheads, and I can afford the gas for the drive and the trail passes I need to park.

■ I have family who have the time and resources to watch my daughter while my husband and I go on longer backpacks. My husband is also supportive of my passions. If I want to hike alone, I always have a safe person to leave my daughter with.

Here at WTA, we realize that not everyone enjoys these same privileges. And we are working on ways to break down barriers—from helping get young people outdoors through our Outdoor Leadership Training to focusing this issue of *Washington Trails* on ways to get outside while spending less money. It's not a complete answer to a complex problem, but it's a small start. And we're dedicated to fostering a more inclusive hiking community in Washington.

Hiking is liberating; it's rejuvenating; it's powerful. But it is not free. And we should remember that as we strive to make trails accessible to everyone.

Jessi



The Ten Essentials

How do you decide what to carry and when?

Outdoor educators who teach hiking and backpacking basics will tell you that the Ten Essentials are, well, essential. They're the items that will keep you alive when something goes wrong. Leaving them at home means relinquishing what little control we have over the elements and the unknown. But more people are getting outside and the definition of hiking is expanding to include urban adventures. With that in mind, we have to ask ourselves: Are the Ten Essentials truly required every time you venture outside? Or should they be a helpful suggestion for covering your bases?

Michelle Piñon, WTA staffer and Latino Outdoors regional coordinator, says, "While it is true that the Ten Essentials make

traveling in the backcountry safer, they can inadvertently prevent new users from venturing into less wild, frontcountry places. For hikers on a budget, the thought of needing a specific set of items for hiking can be daunting. In my opinion, wild places exist on a spectrum—correspondingly, the Ten Essentials do as well."

There's nothing wrong with erring on the side of caution. At WTA, we recommend carrying the Ten Essentials on all of your hikes just to be safe, but we also think that common sense should prevail.

Consider how risky your hike is, and plan accordingly. A stroll through a city park probably won't require a shelter and fire starter. A trip on a remote trail, on the other

The 11th Essential

It might not save your life, but it might save your trip. Before you hit the trail, find out if you'll need a Discover Pass or NW Forest Pass for the trailhead.

hand, clearly requires all of the Ten Essentials.

"The major difference between hiking in state parks and hiking in the backcountry is that visitors to state parks will be on well-marked trails. It's harder to get lost. But it still can happen. For larger parks,

such as Riverside and Mount Spokane state parks, maps are critical," says Daniel Murphy, a volunteer coordinator for Washington State Parks.

Whether you carry all of the Ten Essentials on every hike is up to you. It helps to consider where you are hiking, whether it's a city park or a wild backcountry trail, what the risks might be and whether you'll have access to help. Then make an informed decision.

How do you decide how much to carry?
The decision might be different for a city park versus a backcountry trail. Photo by Michael White.

Trail Smarts

Leave No Trace, Level 2.0

It's probably no surprise that hiking is a nonstop topic of conversation at the WTA offices. Recently, I was talking with my coworkers about the nuanced Leave No Trace tricks we've learned over the years. These details aren't immediately obvious but can go a long way to minimize our effect on wild places.

Toss it: One of the first things we talked about was the fine art of the dishwater fling. Instead of dumping wastewater on a single spot (at least 200 feet from water sources, of course), you should, for lack of a better word, fling it so it spreads out and doesn't impact a single area. Even after decades of outdoor adventures, that was news to me.

Swim smart: We also agreed that this one was easy to overlook: The next time you go swimming in an alpine tarn, be sure there's an outflow. Pools of water with no outflow can sit without being refreshed by snow melt until the following year. If you swim, the oils on your skin—not to mention sunscreen and bug spray—can have an outsized impact on the plants and animals that use that water source. Also, it never hurts to rinse yourself off (at least 200 feet away) before swimming in small bodies of water.

Don't toss it: Another Leave No Trace question that hikers ask me a lot is about apple cores and orange peels. Hikers wonder why they can't leave them to decompose. The answer? Fruit peels can take months or years to decompose. In addition to the visual impact, improperly discarded food waste can impact wildlife behavior and animals can become dependent on humans for food.

What are the questions you still wonder about? What lesser-known tips have you picked up along the way to minimize your impact? Share them with us at wta.org/trailsmarts.

—Erik Haugen-Goodman,
WTA communications associate

» What is your favorite piece of second-hand or rescued gear?

📷 WTA's Instagram community weighs in with their picks.



"A few years ago my dad and I rehabilitated his old Noall four-season tent that was made in the eighties. After surviving decades, the waterproof coating on the floor was failing. We spent eight hours removing the old coating and applying a new coating. The result is worth all the effort. I love that we rescued and gave new life to a piece of old gear, especially one with history."

—CLAIRE GIORDANO, @CLAIRESWANDERINGS ON INSTAGRAM



"This little adventurer is on top of Little Si wearing all hand-me-downs and thrift store finds! ... One thing you always need on a successful outing with kids is the right clothes. You can have fun in any weather with the right gear. For the base layer we do polypropylene or wool. For the top layer we love rain suits like the Tuffo. These items can be pricey but you can buy a size up so they last."

—COURTNEY PETERSON, @CAMPIN_BABY ON INSTAGRAM



"Every now and then it pays to check your local thrift store and see what's up—particularly in the sporting goods section. I had just purchased a set of microspikes at REI and was blown away by the cost for such a basic product. A few days later I found these brand-new microspikes at Goodwill for \$4.99. Maybe the staff didn't know what they were. Needless to say the 'other' spikes were returned."

—JEFF RODRIGUEZ, @VIVAHORSEPOWER ON INSTAGRAM

Stepping Up

Volunteers take on a fun new challenge with 2 stair projects



WTA volunteers recently got a chance to focus on constructing stairs at two projects, one in Edmonds and one in Olympia. Volunteers spent a lot of time sawing, driving rebar and even using power tools—a rarity on WTA work parties, and a new experience for some. In addition to giving our volunteers some hefty work, the new stairs will greatly improve hikers' experiences on the two trails, both of which provide beach access in urban areas.

Meadowdale Beach Park: If you visited Meadowdale Beach Park in Edmonds this past winter, you might have noticed WTA crews hard at work on a brand-new set of stairs. Rain or shine, our volunteer crews were out reconstructing the stairs along a heavily used and well-loved 1.25-mile urban trail that meanders down to the waterfront. The old, dilapidated steps were replaced, and the eroded section adjacent to the stairs was rehabbed and filled in with gravel. After 25 days of work and 86 steps built—and a lot of other work to spruce up the trail—the project is finally complete! Throughout the course of the project, which was made possible by a renewed partnership with Snohomish County Parks & Recreation, volunteers were given the opportunity to try their hand at a variety of different technical and high-precision tasks, including drilling, hammering rebar and doing carpentry.

Priest Point Park: Shortly after work was completed at Meadowdale Beach Park, WTA and Olympia Parks & Recreation broke ground on a stair project at Priest Point Park, another urban green space along the waterfront. Over the course of five muddy trail days, three sets of steps were removed and the trail was smoothed out in those sections. A fourth set of steps was completely rebuilt. Park-goers will now hike on 12 new steps on their way down to the water.



At top: Volunteers built 86 new steps at Meadowdale Beach Park in Edmonds. Photo by Barbara Ingram. **Above:** At Priest Point Park in Olympia, crews worked on a set of steps that lead down to the beach. The work involved power tools, which is unusual on WTA work parties. Photo by Emma Cassidy.

3 Reasons Why You Should Join WTA for Vacation

Are you looking for more ways to fill your summer with outdoor adventures? How about signing up for one of WTA's backcountry trips? We asked volunteers from last year to give us mini trip reports from the locations they visited. All of these locations have trips planned again this year.

PACKWOOD LAKE: Carole Bianquis

This is the perfect trip for all, from trail users wondering if they can get into backpacking to experienced backcountry trail users. The hike in is moderate, starting in the forest and continuing to beautiful vistas. The campsite is by the lake, and it's in the sunshine by the time the crew comes back to camp. So at the end of the day, you can choose to dip in the lake, read a book or enjoy great conversations while looking at Rainier. Then, of course, there is the great company and the sense of accomplishment that goes with all Volunteer Vacations.

HANNEGAN PASS: Trev Cookson

On our day off, we hiked to a fire lookout inside the national park with stunning views of the "American Alps" and stopped at a lake that was perfect for swimming. Hannegan Peak is a short hike away after working on the trail and a great place for views of the North Cascades or a sunset. The impact of our work on this trail is enormous because Hannegan Peak is very popular; the trail is also a corridor to the national park and used by Park Service horse crews.

SHEDROOF DIVIDE: Dave Drum

What I like most about the Shedroof (in the Salmo-Priest Wilderness) are its rare animals, remoteness and wildness. When hiking the "Shed," there is a possibility of seeing some of this country's most endangered animals. Besides the woodland caribou, whose numbers may be in single digits, there is the opportunity to also spot a wolverine, wolf, lynx or grizzly.

To learn more, or to sign up for a trip, visit wta.org/volunteer.



A National Voice for Trails

"I believe that enhanced federal investment and creative partnerships are key to reducing the infrastructure backlog on federal lands. Washington Trails Association has been working for nearly 25 years to help maintain the trail infrastructure on public lands. We stretch tax dollars—donating more than \$3 million in volunteer labor annually."

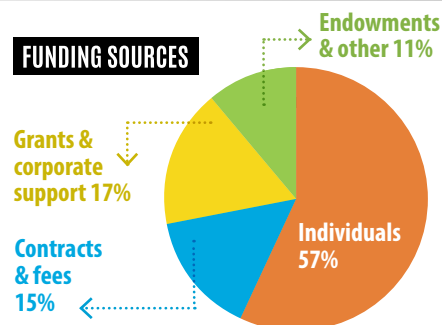
This was the cornerstone of the testimony that Jill Simmons, WTA's executive director, gave to the Senate Energy and Natural Resources Committee in March. Simmons was invited by Sen. Maria Cantwell to discuss opportunities to improve and expand recreation infrastructure, such as trails, on the nation's federal lands. Read more about Jill's testimony and watch the video at wta.org/signpost.

WTA BY THE NUMBERS

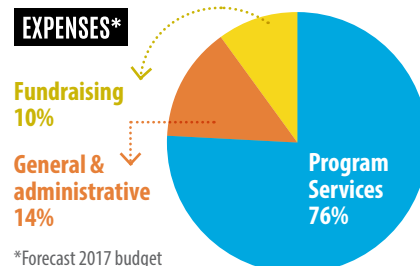
Just like your household, Washington Trails Association operates on a budget. Through wise investment of our resources, we seek to maximize our impacts.

WTA's \$4 million budget supports our mission to protect trails all over the state. Through a diverse base of funding, we keep the wta.org website up and running, advocate on behalf of hikers and trails, maintain trails, support youth programs and more. Thanks to our dedicated members and volunteers for making it all possible.

FUNDING SOURCES



EXPENSES*



*Forecast 2017 budget



Chris Williams, Hayden Williams and Robin Seiler appreciate the connections they make while volunteering as a family. Photo by Emma Cassidy.

Why Families Volunteer

Build strong family bonds while giving back to trails

On a recent rainy weekend, a group of WTA volunteers ranging in age from 9 to 60+ came together for a common goal: to give back to trails. We wanted to know what inspired them to spend a cold and wet Saturday digging in the dirt.

"It is some of the best family time that we have, because you are actually doing something together instead of telling (the kids) what to do," says Robin Seiler. "My kids are almost teenagers, so there are moments of friction, but when you are doing something together and they feel that independence and see the impact of their work, I think it makes a big difference."

Her husband, Chris Williams, agrees. "I've found that my sons have a better appreciation for trails and what it takes to maintain them. Also, giving back to the community is very rewarding, and I think they pick up on that. It takes a team to keep things beautiful. (Volunteering) builds family bonds and social connections

with your kids. It's a great way to build a strong family by doing these things together."

Their 11-year-old son, Hayden, has his own motivations to volunteer. "First the candy, but also it just feels good to be out here and know a lot of people work on these trails with us and hike on these trails, so we are helping them."

Micki Kedzierski, a WTA assistant crew leader, has been volunteering since 2007. She has worked alongside a lot of families, including her three teenage grandchildren.

"It's really fun to see families working together and (parents teaching) their kids about nature. Kids ask a lot of questions. With those sorts of things you can help them understand how important it is to not only enjoy nature but work in nature," Micki says.

About working with her own grandchildren she says, "I think it helps them see that you can stay healthy and young in a lot of ways, even when you are aging. That's really important, especially

when they see that their grandmother is out here pitching dirt and carrying rocks."

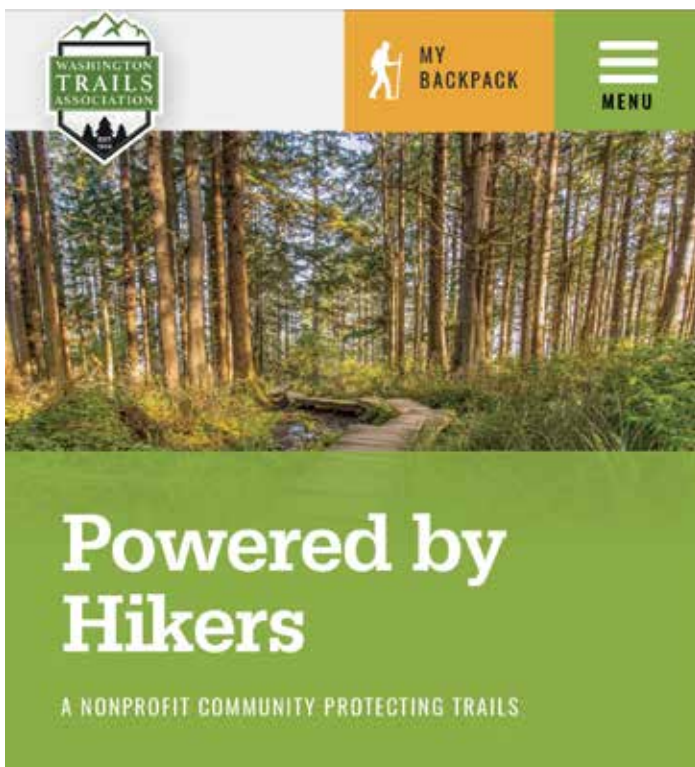
The Jukes family was volunteering with WTA for the first time. They were very familiar with the water issues on the trail, however, as the work party was at their local park.

"How nice it was to see the puddles that we had been walking through yesterday get drained," says Shana Jukes. "It's kind of cool to see the puddles go away because of our work."

Shana's daughter, Cassie, 9, says the best part of volunteering was "finding a salamander in the dirt. I didn't know salamanders lived in this forest."

Cassie offered a bit of advice to others who might volunteer with their families. "Expect that it's hard work, but if you believe in yourself, you can make it happen. And if you come five times you get a helmet with your name on it!"

If you'd like to try out a work party with your family, visit wta.org/volunteer.



WTA *Highlights*



Elizabeth Lunney, Jill Simmons and Karen Daubert met at a recent event to welcome Jill as WTA's new executive director. Karen and Elizabeth are past directors of WTA. Photo by Erik Haugen-Goodman.

In Time for Summer, a New Look at wta.org

Just like trails, websites need maintenance from time to time. Recently, we refreshed wta.org. The website now has a new look to take us through spring and into the future. Here are few of the updates we're proud of:

More responsive: The website has improved mobile responsiveness and works well on a phone, a tablet or a desktop computer. Using technology to reduce barriers and help improve access to trails for more people is a goal of our strategic plan.

Simplified navigation: We've rearranged the site to make it easier to read and use. Explore a bit. You might discover something new about the hiking community or how you can support our work to protect trails.

New features: We've improved our Hiking Guide and trip report search functionality and added a few new features, like being able to check the weather on a hike with a single click.

The truth is that wta.org belongs to you, the hiking community. Your passion for trails, for trip reports and for keeping each other informed and safe is what makes wta.org such a great resource. Your ideas and feedback help us improve the site to meet your needs. And your donations and memberships pay for our investments and upgrades.

So please, tell us what you think. We are already thinking about what we want to improve next. **Email us at website@wta.org.**



The first volunteer vacation of the year was at Kalaloch on the Olympic Peninsula. Volunteers did maintenance on the Beach One trail, making this popular coastal access trail safer for future visitors. Photo by Tim Van Beek.



WTA Field Programs Manager Tim Van Beek (right) with Joe Barcome and Ed Haefliger at the annual Back Country Horsemen of Washington Rendezvous. Each summer Back Country Horsemen help haul food and equipment to some of WTA's most remote trail work sites. Photo by Kate Neville.

The Winding Path to Trail Funding

As this magazine was heading to press, the state legislature was still busy working on the 2017-2019 budget. The budget is crucial to education, infrastructure, social programs and more across the state, but did you know this budget is also expected to have a significant impact on Washington's trails?

Because Washington has a two-house legislature, the overall process toward trail funding looks similar to the national budget making process.

- The governor releases a budget request.
- The state House and Senate then come up with their draft budgets.
- The House and Senate reconcile the two budgets.
- Once the budget passes the full Legislature, the governor signs it.

However, the path to iron out the particulars of which recreation projects on state lands get funded and by how much is a winding one.

CAPITAL BUDGET VS. OPERATING BUDGET

This is a capital budget year, meaning our elected officials are not only deciding on essential day-to-day funding for state parks and other state lands but are also considering how much the state will invest in new recreation projects. The importance of a capital budget year (always odd-numbered years) is that this is when the state decides on how to spend on larger, long-term budget items.

Many local trails and parks get funded through competitive grant programs that rank projects based on varying criteria like need and viability. The pot of funds for these grant programs is specified in the state budget and then allocated by the Recreation and Conservation Office (RCO) based on the agency's evaluation of the grant applications.

The grants are the most straight-forward way that trails get funded through the state budget, but they aren't the only way. Trails can also receive funding through



WTA trail work on Dirty Harry's Peak is an example of state funding put to work to fix trails. Photo by Edward Landreth.

agency-specific budget requests like the Department of Natural Resource's recreation program, and individual projects such as recreation planning in the Teanaway Community Forest.

DOES THE DISCOVER PASS REVENUE COVER COSTS? (SHORT ANSWER: NO)

This is a question we hear a lot. The Discover Pass (the recreation pass required to park at trailheads on many state lands) was implemented in 2011 by legislators who wanted to make State Parks and other state lands essentially fund themselves. Discover Pass revenue generated more than \$21 million last year, but this falls far short of fully funding our public lands.

Without significantly increasing the cost of the Discover Pass, it is unlikely the revenue generated will ever be able to fully replace funding allocated in the biennial budget. WTA and other recreation groups think this is OK, though. We should not expect to run our public lands like a business; they are a public good that

should be accessible to all.

While Discover Pass revenue helps, budget allocations will remain important this year and for years to come.

DEMAND IS INCREASING. FUNDING SHOULD REFLECT THAT.

Applications to grant programs that impact trails have increased in the past decade, though funding has not kept up with demand. For example, the Washington Wildlife and Recreation Program received about 230 applications for the 2017-2019 capital budget. In 2015, the last capital budget year, only around 70 projects were funded. A similar number of projects is expected to be funded this year.

WTA appreciates the hard decisions legislators make for our budget and we look forward to continued collaborations to increase funding for trails.

Subscribe to the Trail Action Network to hear how trails fare in the final budget at wta.org/action.

WTA Honored for Volunteer Work With State Parks

State parks are such an important part of the recreation offerings across our state. They are great places to go hiking year-round and, for many people, local parks are an introduction to Washington's natural beauty.

Washington Trails Association helps people explore these special places and give back to them as volunteers. In 2016, WTA volunteers did more than 11,000 hours of trail work in state parks across Washington. WTA is one of many groups that work with volunteers to improve parks in Washington.

The Washington State Parks and Recreation Commission recently announced their 2016 volunteer recognitions, which include WTA for our contribution to parks, specifically for our work at Beacon Rock State Park.

"I'm always amazed at how dedicated our volunteers are," says Cindy Jorgensen, Washington State Parks volunteer program manager. "They care deeply about the parks and work hard to assist park staff to keep the park system running. With a wide range of interests, they help with everything from assisting in the office to (putting their) boots on the ground in the parks. They are an exceptional group of people."

Patrick Murray, the ranger at Beacon Rock State Park who nominated WTA for the award, says volunteers are important to the park. "The number of people coming to explore the park is increasing exponentially. The work of WTA volunteers has provided new opportunities for hikers to explore in the area and helped ensure that popular trails can withstand the boot traffic."

Ryan Ojerio, WTA's southwest regional manager, will accept the award with a group of volunteers in the coming months. "We have had a great partnership with Beacon Rock State Park for going on 10 years now. It is amazing what we have been able to accomplish, from building new trails to maintaining some local favorites. Volunteers love to give back to the Hardy Ridge and Hamilton Mountain trails," Ryan says. "It is great to share this recognition with our volunteers who do such amazing work."

WTA received a similar award from Washington State Parks in 2015 for our volunteer work at Larrabee State Park.

WE LOVE OUR MONTHLY DONORS

Because you invest a few dollars a month in WTA, we can spend more of our time and energy serving the wild places you love. Protecting trails doesn't get easier than that.

Become a monthly donor at wta.org/monthly.



BASECAMP

• BOOKS & BITES •

HIKE ROSLYN!



BASECAMP BOOKS & BITES IS NOW
OPEN IN THE CENTER OF ROSLYN.
LOCATED JUST 80 MILES EAST OF
SEATTLE ROSLYN OFFERS OUTSTANDING
HIKING, BIKING, & SKIING ADJACENT TO
TOWN. EXPLORE THE ALPINE LAKES
WILDERNESS, THE NEW TEANAWAY
COMMUNITY FOREST & ROSLYN'S
URBAN FOREST.

BASECAMP ROSLYN OFFERS:

- MAPS •
- PERMITS •
- INFORMATION DESK •
- ESPRESSO •
- BEER, WINE, & SPIRITS •
- FULL MEALS •
- TRAIL SNACKS •

WWW.BASECAMPBOOKS.COM



www.facebook.com/basecampbooksandbites

110 W. PENNSYLVANIA AVE,
ROSLYN, WA 98941



Dirt- **CHEAP** **GEAR**

**Tips and tricks from a
thrifty bargain hunter**

BY HOLLY WEILER



As a hiker, backpacker, trail runner and crew leader for WTA, Holly Weiler spends a lot of time on trails. She needs quality gear for all that time outside, but she doesn't want to spend a fortune. So she's spent years perfecting her bargain-hunting skills. Here's how she outfits herself comfortably and cheaply—and how you can, too.

I honed my bargain-hunter skills as a poor college student in the late 1990s. In those days, I spent time on my favorite trails while logging miles for the cross-country and track teams, and I killed time between my last class and the start of team practice by hitting the racks at the St. Vincent de Paul thrift store.

One favorite purchase at the time was an Adidas running top, which I feared was overpriced at \$4, but also justified by what I perceived as the high quality of the garment. Flash forward nearly 20 years, and that shirt is still in top rotation for running, backpacking and trail work.

The number one trick to saving money on gear is knowing where to skip and where to splurge. Even in those early days of scrounging for deals, I knew that while it was fine to save money by purchasing running clothes at the thrift store, I needed to save up for the more critical purchase of new running shoes. The same applies to hiking and backpacking. Clothing and certain types of equipment can easily be found on a shoestring budget, but when the perfect fit is crucial, as it is for items like footwear and some backpacks, it can be better to go to a gear store for a proper fitting. The exception is when you know exactly what you are looking for and find it through an alternative source like a gear consignment shop or a Facebook gear-swap group.

Keep in mind that while you may find quality used equipment at fair prices via used gear swaps, you generally won't find screaming deals. For the best bargains, you need to rely on the combination of patience and luck that comes from browsing your favorite local thrift store. Or consider becoming a bit of a thrift-tourist on your



If you're willing to do a bit of hunting, you can find great deals on quality gear at thrift stores. Photo by Holly Weiler.

way to the next trailhead, as outdoorsy towns sometimes have better outdoorsy thrift items. Either way, the proceeds from a new-to-you gear treasure will likely support a worthy nonprofit.

My absolute favorite thrift store target is the versatile wool sweater. Nothing beats wool for durability and keeping a hiker comfortable in a variety of conditions. One of my recent finds is a pretty blue Woolrich that set me back \$2.50 and is in good enough shape to transition seamlessly from day hike to evening meeting. Another favorite is a super-soft merino wool shirt—and it was sporting the right color tag to earn me an extra 50 percent off. Even at thrift stores, it pays to shop the sales.

It is worth noting the itch factor with wool. I like my wool sweaters as part of a layering system that includes synthetics underneath. If you prefer to wear your wool without other layers, test the scratchiness against your bare skin before making your purchase (and look for merino on the label). Read the tags to determine if your find is machine washable, which more commonly applies to wool-synthetic blends. Wool may require a bit more work, but it's versatile and has the added benefit of not holding on to stink the way some synthetics can. I prefer 100 percent wool, and I'm not opposed to hand-washing my sweaters with Woolite. Most wool requires a little extra care to avoid shrinkage. (But even if that happens, the next logical step is to try your hand at up-cycling the garment into items like headbands, hats or pot cozies.) ►

QUICK TIPS



Check for material and washability.

Check seams, inside and out, for wear.

Give it a sniff test.

Small hole? Can you patch it?

Examine zippers, snaps or other fastenings carefully.

Speaking of headbands and hats, these are also items to look for in the thrift store. Wide-brimmed sun hats seem to be the most common hat in the thrift stores I frequent, but I occasionally find quality stocking caps and trucker hats too. Consider washability before purchasing a used hat of any design. Watch for gloves, mittens and scarves too. I've found it's even possible to forego the classic cotton handkerchief by upgrading to soft silk scarves.

If you're in the market for hiking pants, I have noticed a recent surge in the availability of those with zip-off pant legs. They have apparently gone out of style. For a dirtbag hiker who doesn't care about fashion, these pants are typically available for less than \$5. I have also found that business-casual wool pants make a nice addition to my trail-work attire, especially for work parties in cool conditions. I look for the ones that have an inner liner so they don't itch.

Base layers are also abundant; for these, focus on the athletic aisle. Most fun runs have abandoned the standard cotton tee in favor of synthetic, and there are always scores of castoffs available. You may end up sporting a finisher shirt for a marathon you didn't run, but for inexpensive layering options, a used running top is the way to go. For base-layer bottoms, check the selection of leggings. Look at labels to be sure the one you select doesn't contain cotton; with a little luck, you may discover some merino wool hidden among the more common synthetic options.

The main problems to look for in thrift store clothing are tears or holes, stains, wear along the seams (check the inside seams, too) and failing zippers. The latter are a deal-breaker for me, but sometimes I'm willing to overlook other small defects if my purchase is strictly destined for a life of hiking, backpacking and trail work. My brand-new items sometimes return from their first outing with exactly these types of damages, which is one of the main reasons why I look for thrift store finds in the first place. I promise, it isn't nearly so painful to put an ember hole in a down jacket if it cost less than \$10. When a clothing item does receive an injury, whether pre- or post-acquisition from the thrift store, small damages can be repaired with Tenacious Tape or gear patches.



Photo by Emma Cassidy



It isn't nearly so painful to put an ember hole in a down jacket if it cost less than \$10



Photo by Holly Weiler

These gear savings ideas are great for the entire family, especially the youngest members, who may outgrow their hiking clothes over the course of a single season. It may be more difficult to outfit the youngest members of a hiking family with gear that's specific to hiking, but most athletic clothing serves the purpose. There are generally many options that would work well, even though they were originally designed for soccer or basketball. Read labels carefully to avoid cotton and cotton blends, and note the difference between waterproof and water resistant.

It's worth mentioning that multi-use gear is one of the best ways to save money. Look for gear that transitions from hiking to running to biking to boating, or whatever



Photo by
Holly Weiler

your favorite pastimes are, and you won't have to outfit yourself separately for each activity.

Clothing isn't the only gear to watch for in the thrift stores either. My favorite backpacking tea kettle cost 50 cents. I see inexpensive cook sets on a regular basis, generally sporting a Boy Scouts of America stamp on the bottom. Sometimes they're of the nesting variety that includes folding utensils tucked inside. If you're lucky, you might find adjustable trekking poles, and I know hikers who get by just fine by using cast-off ski poles.

Don't forget to check the book and map section, where I frequently find both used guidebooks and Forest Service maps for less than \$1. While the information may be a little dated, I have also found lesser-known trails by reading through an old guidebook and then confirming route descriptions with land managers. I have also managed to collect rare finds over the years: new Rite in the Rain notebooks, a still-in-the-package Therm-a-Rest for \$5 and even Nordic skis and snowshoes at bargain prices. Don't forget to check the locked displays at the front of the store, where you might be lucky enough to find an antique folding knife like your grandfather used to carry.

Treasures abound if you have the patience and time to look. ■

What treasures can you find?

When looking for new-to-you gear, remember to look beyond the clothing racks. If you expand your search, you might find cheap camping gear, or even a pair of cool, retro snowshoes.

WHERE TO LOOK

\$3.99

\$2.99

Looking for a specific piece of used gear? A store that focuses on used outdoor gear is your best bet—look for one near you. Looking for a hidden treasure? Check a thrift store; it will take longer but you could save a lot of money. Person-to-person online sales can also be a good way to find unusual used gear. There are many options online; we've included a few. Finally, sometimes you want to try gear out before you buy. Check our list at wta.org/news/signpost/where-to-rent-or-borrow-gear to get started.

St. Vincent de Paul

Charity thrift store with locations around the state: www.svdpusa.net/find/find.thriftstoredt.php

Goodwill

Charity thrift store with locations around the state: www.goodwill.org/locator

Salvation Army

Charity thrift store with locations around state: northwest.salvationarmy.org

Habitat for Humanity Thrift

Charity thrift store that is a good source of tools; locations around the state: www.habitat.org/restores

Bearfoots Hiking Gear Flea Market

Large Facebook group where people buy and sell used gear: www.facebook.com/groups/BearfootsHikingGearFleaMarket

Mountaineers Marketplace

A Seattle-centric hub for people to buy and sell used gear: www.facebook.com/groups/377304859047281

Spokane Outdoor Gear Swap

A Spokane-centric hub for people to buy and sell used gear: www.facebook.com/groups/1132670803450071

Craigslist

Online classified ads. You might get lucky! Craigslist.org



An unbearably cute fix: Tenacious Tape patches, in a variety of shapes, can save a piece of gear quickly and easily.

REHAB YOUR GEAR

Tenacious Tape patches: If you find the perfect piece of clothing, but it features a small hole, don't necessarily reject it. These colorful, easy-to-use patches come in a variety of shapes and sizes. A small kit of three to four patches is \$4.95. Tenacious Tape also comes in rolls that can be cut to size. Add the extra to your repair kit for backcountry trips; gearaid.com.

Mirazyme: If you end up buying gear that turns out to have a stink—or have a piece of your own gear you want to save—Mirazyme is an effective way to cut odors. It can be used as a soak or a spray. We tested it out on a backpack that, through a series of very unfortunate events, had cat pee on it. It took two tries, first a good wash and soak in a tub, followed by hanging and a thorough spraying, but the odor was gone. If Mirazyme can kill cat pee smell, it can probably save any bit of stinky gear; gearaid.com.

deFUNKify: This is another way to deodorize clothing, specifically aimed for synthetics, which can really hold onto stink, even after they've been washed. If that's a problem, deFUNKify will help kill that odor. You can also try their permanent odor control that will help keep the stink from coming back. It's more expensive and takes a bit more work, but it can cut down the stink, which is particularly useful for backpack trips where clothes will be worn for many days. www.defunkify.com

5 Tips for Navigating the Online Gear World

BY MORGAN COWPER

Gear, glorious wonderful gear! From seasoned outdoor enthusiasts to those just beginning to dip their toes into the great outdoors, we all need gear. And gear can be expensive. The world of online discount gear offers a ray of hope to those on a budget. But before you get carried away by your discount finds, review our five tips for navigating the online gear world.

1. Look at the return policy. Many discount retailers will give you a credit refund that's contingent on the condition of the gear. Make sure to read all the fine print, and be aware that most returns will not ship for free.
2. If you are tempted by a brand name that's not familiar to you, do some digging. Discount stores often have off-brand names. There's nothing wrong with that, of course, but read reviews and check other sources to make sure you are getting a quality product.
3. Since you are buying online, remember you won't be able to try on the product before purchasing it. If possible, become familiar with the fit of different brands of clothing by trying them on in a store or reading measurement charts before adding the items to your cart.
4. Used gear websites are great, but be aware that you won't be able to return or get a refund on items purchased through these sites.
5. Before you buy, ask yourself, "Do I really need this?" Don't let a screaming deal make you buy something you wouldn't otherwise.

Happy bargain shopping!

A SECOND LIFE FOR OLD TOOLS

My first foray into collecting trail-work tools came when I stumbled upon a Simmonds one-person crosscut saw in my favorite thrift store. It was a mere \$25 and was in perfect condition and ready to be put to use. Since that

time I have picked up other tools, including additional crosscut saws, Pulaskis, grub hoes and pick mattocks, from a combination of thrift stores, consignment malls and antique shops.

Tools may need a lot of work to be ready for use, but I find nothing so satisfying as finding a rusty tool, refurbishing it and then

putting it to good use on trail. Finding used trail tools has an added bonus: As most trail workers know, antique steel is superior to what you'll find new.

I've spent significant time with WTA tool-care pros and on Google searches learning how to put my sometimes-rusty treasures back to work. I have learned that a little rust

isn't fatal but deep pitting can be. I avoid crosscut saws with broken teeth, and I avoid grubbing tools with bent metal. Wooden handles may need to be replaced, but sometimes all they need is a fresh coat of linseed oil. After a little extra care, these tools can be ready to join a work party, or they may find themselves put to good use in my garden. —Holly Weiler

2017

WASHINGTON TRAILS ASSOCIATION'S

14th
ANNUAL

Hike-a-THON

AUGUST
2017

MAKE
YOUR
MILES
Count

BENEFITING



Photo by Evan Lepine

SAVE *the* **DATE**

Register in July.
Start hiking August 1.

**SIGN UP TO RECEIVE
UPDATES AT:**

WTA.ORG/HIKEATHON

FREE TO EXPLORE

Young professionals share how they make the most of their post-college freedom while starting their careers.

BY RACHEL WENDLING



“The gear doesn’t get you outside—YOU get you outside.”

—BRITT LÊ

Photo by Michael Lahoda



Steven Moore likes to dehydrate his own hiking food to make cheaper meals. Photo by David Coxon.

“When I first started hiking and backpacking, I felt really intimidated by all the expensive gear that other people had and swore by. The gear doesn’t get you outside—YOU get you outside,” says Britt Lê, WTA’s volunteer program manager who joined WTA after three terms as an Americorps volunteer.

For young professionals like Britt, with the world of midterms and thesis meetings in the past, graduation opens up a world full of free time and new opportunities. After years of saving hikes in My Backpack and pinning adventure photos on Pinterest, it’s time to turn that inspiration into reality.

Although hiking and camping are often considered low-cost hobbies, the price of gear, permits and passes can be a huge barrier to those fresh out of school and itching to explore. Dropping hundreds on an outdoor recreation starter pack may not be feasible when you’re living on a recent grad’s salary. Instead of letting these obstacles discourage you from hitting the trail, look into ways to minimize cost while maximizing adventure.

We asked young professionals how they managed to keep recreation a priority, even when resources may be limited. Here are some of their tips:

1. Volunteer your way to a free parks pass. As a thank-you for your service, Washington State Parks will award a complimentary Discover Pass to anyone who accrues 24 hours of volunteer service on their land. That amounts to only three WTA work parties a year. National forests offer a similar deal, requiring only two days of trail work to get your free Northwest Forest Pass.

2. Embrace the hiking community. No car? Limited resources? Joining a hiking community may help break down those barriers. Chances are, there are plenty of folks in your area looking for a hiking buddy. If you’re struggling with the thought of even getting to the trailhead, it may be worth looking into local hiking groups and meetups. For some trails, catching the bus is also an option.

“It’s really remarkable how far away from Seattle you can get just by using public transit. It takes more time than if you were driving

yourself, but it feels great to be able to get outside on your own without relying on a car,” says Emma Cassidy, WTA photography intern.

3. Take advantage of dispersed camping. Planning a multnight camping trip at an established campground can get expensive quickly. Fortunately, national forests and some other public lands offer dispersed camping that is always free. (See Page 43.) Next time the camping itch hits, head off the beaten path and find a patch of solitude in the middle of the forest. If you’re comfortable giving up the convenience of running water and a picnic table, dispersed camping may soon become your best friend.

4. Prep meals before you head out. Prepackaged camp food can be a welcome convenience after a long day on trail, but those single-serving packets of dehydrated goodness can get spendy. A cheap dehydrator will run you just under \$40 (even less secondhand) and will go a long way when it comes to savings. Block out some time before your trip to prep homemade granola bars, dehydrate chili and mix up oatmeal to see some serious savings. (See Page 36 for tips.)

“The possibilities with a dehydrator are endless. You can make apple chips, dehydrated spaghetti sauce, curry or beef jerky. There’s tons of free information online about how to make home dehydrated camping meals and snacks for the frugal and crafty camper to enjoy,” says Steven Moore, WTA volunteer associate.

5. Check the warranty before you buy. More and more, outdoor retailers are trying to put an end to unnecessary waste. The best way to do that? Offer free repairs for your busted-up gear. Some companies, like Patagonia, Osprey and Outdoor Research, offer lifetime warranties and will do their best to repair, replace or refund your failing gear. Although the initial gear investment may be high, choosing a brand with a good warranty can save you tons in the long run.

Rachel Wendling joins WTA from the Washington Conservation Corps to serve as WTA’s first trails and outreach specialist. She is an avid fan of road trips.

Mosquitoes are likely to be bad this year after a wet winter. Some careful planning can help you keep them at bay. Photo by Tom Dani.



////////////////////////////////////

If you're not fond of DEET, don't worry. It's not your only option to fend off the bugs. Sure, it's proven to work and is a common go-to, but if you'd rather avoid it, there are effective alternatives. By combining chemical repellents with a system of clothing, you can enjoy the trails without getting carried away by the biting insects.

BEYOND DEET: A BETTER DEFENSE AGAINST THE COMING SPRING ATTACK OF THE ARTHROPODS

Permethrin. A multilayered strategy is the best approach, says Rick Hemmerling, vice president of business development at clothing technology company Insect Shield LLC. Rick lives in Seattle, where Insect Shield's marketing and sales are based.

"For decades, it was all about DEET. We now have clothing available with a polymer permethrin coating that will help keep most bugs at bay for the life of the garment which, we consider to be 70 launderings," he says.

Permethrin is an insecticide originally found in chrysanthemum flowers and then synthesized in the lab. Insect Shield was the pioneer in bringing permethrin to clothing, creating the first EPA-registered insect-repellent clothing. They developed a polymer permethrin clothing treatment and shepherded it through the EPA safety and efficacy procedures.

"The process was long and arduous, but eight years of safety and efficacy testing proved that this stuff works, and no cautions, warnings or age restrictions are required on the garments," Rick says.

The U.S. military has been issuing kits to soldiers to treat their own uniforms with permethrin since 1991, and in 2010, the Army began issuing uniforms that were factory-treated with permethrin.

DEET. Nasty as it is, there's no doubt that DEET is effective against mosquitoes and ticks. It is, however, wimpy against flies. DEET,

ESSENTIAL REPELLENT

What you need to know to survive the battle of the bug

The West Coast's winter was wet and soggy. The forecast for the spring and summer is lingering snowpack, muddy trails ... and bugs. Lots of bugs!

Hikers are a hearty bunch, occasionally discouraged but rarely deterred by mosquitoes, ticks, or swarms of biting flies—the pull of the trails is stronger than the annoyance. When the bugs become intolerable, the historical defense has been chemical warfare, with DEET as the primary weapon. For many hikers, the cure is worse than the disease, and they keep the nasty, plastic-melting DEET in its holster as long as possible.

But ignoring the bugs until they're intolerable can ruin an otherwise enjoyable trip. And beyond putting a damper on the general mood, bug bites can have longer-lasting effects. Those with sensitive skin may have welts that last for weeks. Your kids might refuse to enjoy your next outdoor adventure. And, beyond those annoyances, bugs carry disease. While the risk from bugs is higher in other parts of the world—malaria and dengue, for instance—insects in the United States can also transmit diseases such as Lyme disease, Rocky Mountain spotted fever, West Nile or Zika.

MORE FUN WITH CHEMISTRY



In the U.S., all insect-repellent product claims (e.g., "repels mosquitoes for 8 hours") must be registered with the EPA with solid evidence developed under standardized tests—this sorts out the science from the marketing fluff. In addition to permethrin, only DEET, picaridin, oil of lemon eucalyptus and IR 3535 are effective against mosquitoes and ticks for more than two hours.

a byproduct of World War II, will melt plastic. Apply with caution around critical gear such as glasses, watch faces, and especially climbing rope and webbing. Exactly how DEET works is still debated. However, if you end up with even a tiny amount on your tongue, the world's most horrible taste will make you understand why bugs steer clear. While DEET is available in concentrations of up to 100 percent, a 30 percent solution is safer and sufficient, and the time-release formulas will last a long time. DEET can be effective up to 12 hours for ticks and mosquitoes.

Picaridin. Also known as Icaridin, KBR 3023, Bayrepel, and Saltidin, this repellent is starting to replace DEET on many wilderness trips. Available in Europe since 2001 and in the United States since 2005, this non-plastic-melting, nongreasy, odorless chemical is nearly as effective as DEET against mosquitoes and ticks and more effective against flies. Since picaridin will not hurt plastics, the repellent can be applied to tents, packs and other gear. Picaridin can be effective up to 12 hours for ticks and mosquitoes.

Oil of Lemon Eucalyptus. Also new to the scene as a DEET alternative, OLE (also known as PMD) was originally a naturally derived chemical similar to menthol. Approved in 2005 with the natural-sounding name "Oil of Lemon Eucalyptus," the OLE molecule is synthetically manufactured. OLE is effective against mosquitoes, ticks and flies but must be applied twice as frequently as DEET or picaridin, as it offers six hours of protection rather than 12. It is easily the smelliest of the four effective repellents but its attractiveness to hornets, bees and bears is not well studied. Fragrance attracts bears so the author, at least, will not use OLE in bear country.

IR 3535. Another chemical, IR 3535, has been used in Europe since the 1970s but has just started to be used in the United States. This molecule was synthesized to replicate a naturally occurring amino acid.

What about Avon Skin So Soft and all the rest? If they worked, they'd be EPA registered for claims past two hours. Citronella, cedar oil, treated wristbands, garlic, vitamin B-12, ultrasonic devices and a panoply of natural ingredients are all equally ineffective. The one exception is reformulated Skin So Soft. The marketing power of the myth about this product was so strong that Avon has created a new line called Skin So Soft Bug Guard to which they have added picaridin or IR 3535, which is proven effective.



A little careful preparation can save your hike if the bugs are bad. Photo by Julie Mahieu.

WHAT ABOUT KIDS?

Many parents are uncomfortable coating their kids with a chemical that can melt plastic, even if that chemical has been declared safe by the EPA.

DEET has a way of migrating into a child's mouth and eyes, a real problem when washing facilities aren't nearby. Not to mention, it can be hard to apply bug spray to wiggly kids. And if they get ahold of the DEET, some of your plastic items might end up with a few tiny fingerprints.

That said, for kids you can generally, follow the same bug defense strategy as with adults, with extra care. If using DEET as the repellent, use extreme caution on face and hands. Better yet, use picaridin or OLE.

If you are using repellent and sunscreen (this applies to adults too), apply the sunscreen first and allow it to dry. Then apply the repellent.

When your child is scratching an itchy bite and asks you to "make it stop" having some anti-itch cream or drops available will save the day.

But remember, especially with kids, some days the bugs win the battle and it's best to retreat to a trusty tent with full bug screens. ►

HOME-APPLIED

PERMETHRIN:



METHOD 1:

Purchase SAWYER's Premium Clothing Insect Repellent (0.5 percent permethrin) at an outdoor store and apply according to directions.

METHOD 2 (cheaper and more thorough):

1. Purchase 10 percent or 37 percent concentrated permethrin on Amazon.com.

2. Wearing goggles and latex gloves, dilute the concentrate to 0.5 percent.

3. Weigh each item of clothing on a scale. Soak each item in the diluted mixture and wring out until it weighs twice what it did when dry.

4. Thoroughly line dry the garments in the shade.

BATTLE PLAN

Now that you're well-armed for the battle of the bug, here's how to put this together in a bug-defense plan:

- **Campsite choice:** For the evening, select the right campsite. Try for a spot with low environmental impact and a breeze, and keep your distance from marshy mosquito breeding areas as well as horse camps.
- **Clothing choice:** Wear clothing that is heavy enough to thwart a mosquito's proboscis or a fly's biting jaw—thin or tight-fitting clothing might not do the job. When the bugs are winning the battle, consider adding a bug net over your head.
- **Treated clothing:** Next in the arsenal is clothing with factory-applied or home-applied permethrin.
- **Chemical repellents:** The final element, chemical insect repellents, are compatible with permethrin-treated clothing. You can use the repellent of your choice, but consider picaridin rather than DEET. To use insect repellent, begin by applying it to clothing. Pay special attention to hats, scarves, wristbands and especially socks—mosquitoes have an uncanny ability to target ankles. Lastly, apply repellent to exposed skin. Use extreme caution with the face, perhaps first spraying a small cloth for application. ■



Think of bug protection like a whole system, and you'll have better luck keeping the bugs away. Photo by Jayson McIvor.

Steve McClure is active with The Mountaineers as a member of the board, co-chair of the Intense Basic Alpine Climbing course and an instructor for alpine scrambling and navigation. Steve is on the team that is helping prepare the next edition of "Mountaineering: The Freedom of the Hills."

MEET OTHER HIKERS, HAVE FUN AND ENJOY REFRESHMENTS
FROM BELLEVUE BREWING AND SEATTLE CIDER!

HIKE *the* STATE

DISCOVER YOUR NEXT NEW HIKE NEAR ONE
OF WASHINGTON'S TRAIL TOWNS!

Join Washington Trails Association at the Seattle REI
where six experts will showcase hikes outside trail towns.
Race to find your next great adventure in seven-minute
segments before being whisked off to the next expert.
Discover new adventures and leave inspired for summer.

**JUNE
16TH**

RSVP and get more info at WTA.ORG/HIKETHESTATE



Photo by Josh Steele

WE LOVE* THESE PLACES.

***Love is a verb; without action, it is merely a word.**

Green Trails Maps™ has annually donated over \$20,000 in cash and services supporting trail maintenance and development to trail advocacy organizations in the Pacific Northwest and other coverage areas.

Green Trails 'Boots on the Ground' Mapping Crews charted each step of over 2,000 trail miles in 2016 to ensure map users the most accurate and current trail information available for publication & continual revision.



GREEN TRAILS MAPS™



www.facebook.com/GreenTrailsMaps



www.GreenTrailsMaps.com



206.546.MAPS (6277)

THE CHANGING STORY OF TRAILS

After the 1980 eruption of Mount St. Helens, trail designers suddenly had a blank slate to work with. Here's how they shaped the paths we walk today, both near the volcano and far beyond.

Look at the history of trails and a common theme emerges. Originally, most trails were utilitarian—a means to an end. But hikers are looking for an experience; they value the journey as much as the destination. As a result, the nature of trails has slowly changed, as new trails are built or old ones are redesigned.

In one case, however, the change was dramatic and literally explosive—and it's a fascinating example of how trails can be designed to provide an experience and tell a story.

The May 18, 1980, eruption of Mount St. Helens obliterated the existing trail system around the volcano. That gave recreation planners a blank slate on which to draw a new trail system, and they did so in a way that offers a case study in a new style of trail design.

Most trails have a purpose rooted in history, says Francisco Valenzuela, who was the recreation planner for the Mount St. Helens National Volcanic Monument when it was created in 1982. A trail might have led to a cabin or lookout or it might have served as an old road or rail bed.

Around Mount St. Helens, however, "most of the trails were developed after 1980, so almost none had an older purpose for being," Francisco says.

BY STEVE OLSON

“
A TRAIL
IS LIKE A
PLAY...
IT NEEDS A
NARRATIVE.”

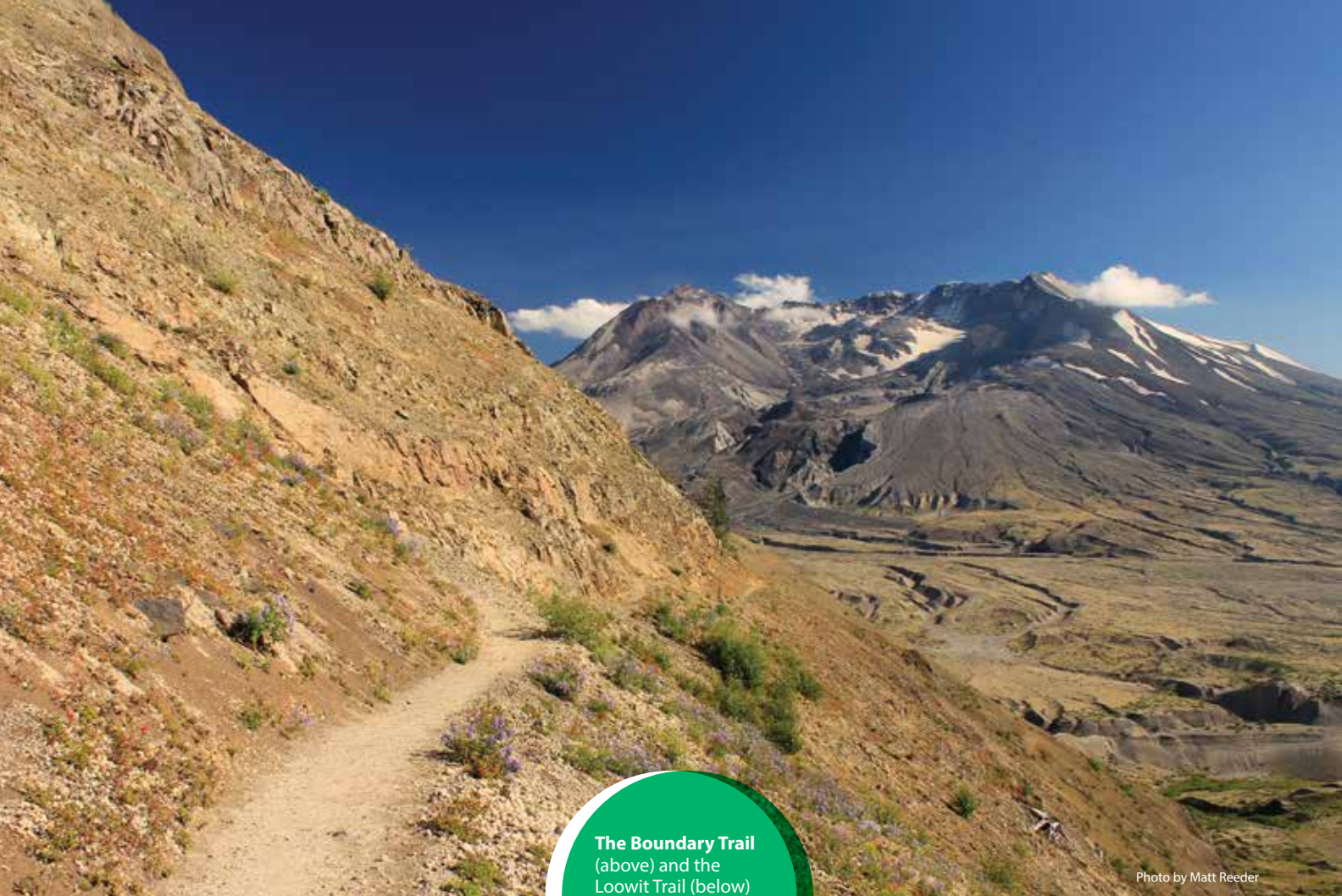
Instead, the monument's planners decided that trails should allow visitors to appreciate the geological, biological and cultural features of the monument while protecting fragile ecosystems and landscapes.

"We wanted to let nature do its own thing and not get in the way—which is a smart idea when it comes to volcanoes, because they do their thing no matter what," Francisco says.

For every trail that planners considered, they asked themselves, "What story should this trail tell?" A trail might be designed to show hikers how the land is recovering. It might reveal a consequence of the 1980 eruption. It might lead to a spectacular view or isolated lake. "A trail is like a play," Francisco says. "It needs a narrative."

To tell that story the best possible way, trail crews laid out several options for each potential trail, says Jim Slagle, who was the Gifford Pinchot National Forest trail engineer during the development of the system. Trail planners then reviewed each of the alternatives and chose the best. "For every mile of trail we built, we probably laid out five to eight miles of trail as alternatives," Jim says.

The trails have varying difficulty levels. For example, the Independence Pass Trail that leads to a view of the volcano over the eastern arm of Spirit Lake was ►



The Boundary Trail
(above) and the
Loowit Trail (below)
help tell the story
of the landscape of
Mount St. Helens.

Photo by Matt Reeder

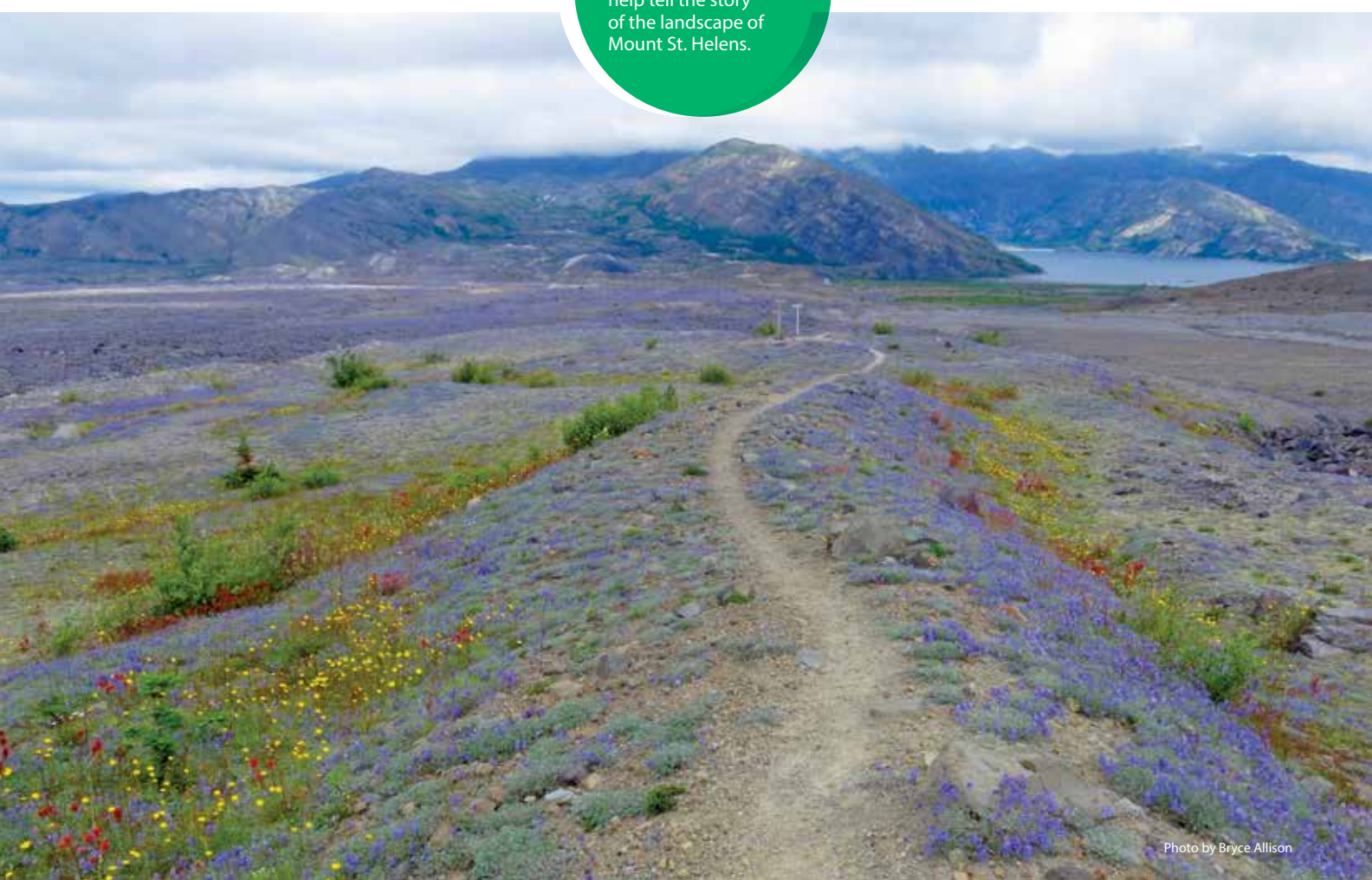
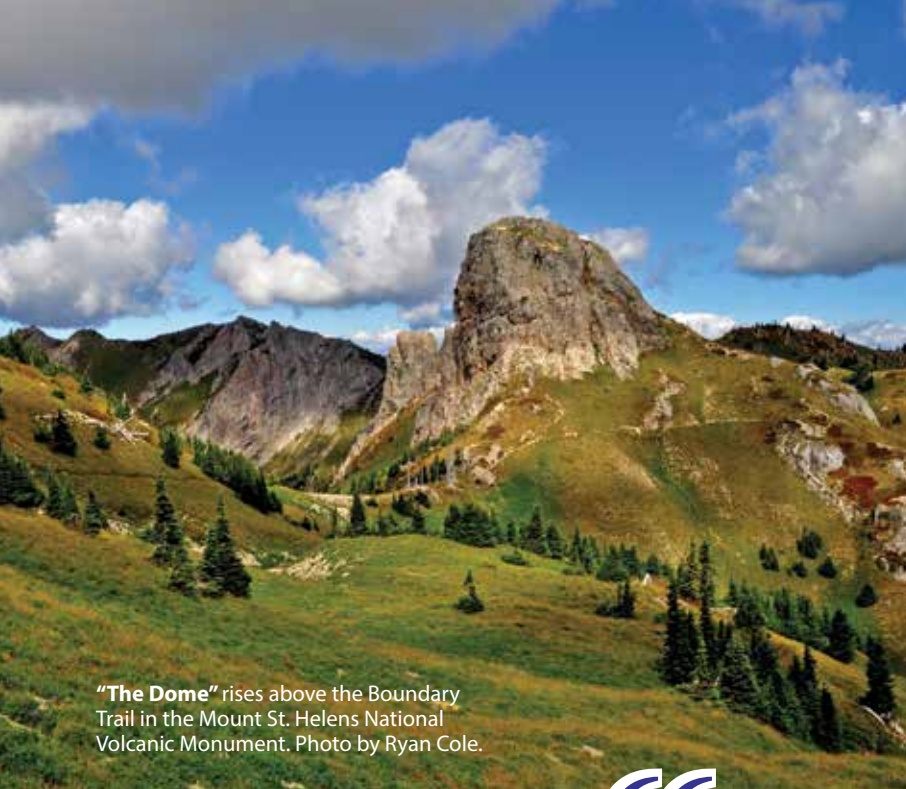


Photo by Bryce Allison



"The Dome" rises above the Boundary Trail in the Mount St. Helens National Volcanic Monument. Photo by Ryan Cole.

designed to provide an easy hike that would attract families and day-trippers. It has logs where hikers can sit and rest and a wide, smooth tread so that groups can pass each other easily. In contrast, trails just a few miles away around Mount Margaret are steeper and chiseled into the sides of steep slopes, offering an experience that only seasoned hikers are likely to enjoy.

Building trails after the eruption presented unique challenges, Jim recalls. Many trails passed through areas where the force of the eruption had blown down entire forests. Trail planners did not want to create a path through the forest with chain saws, because that would make hikers feel that they were walking in a tunnel carved through the trees. Instead, crews used heavy winches to move downed trees out of the way. They also relied on more forceful measures. Most of the trees were badly splintered by the blast. To create trails, the crews therefore drilled holes in downed trees, inserted dynamite and blew the trees out of the way. "The trees were already splintered, so it looked like the eruption had done that," Jim says.

For many trails, a prominent goal was, as Robert Moor says in his book "On Trails," "somewhat paradoxically, to artificially create something natural." The Butte Camp Trail, for example, passes through a lava field with spectacular views. Trail crews brought in gravel and dirt to create a path that wends through the lava boulders. "The trail does not call attention to itself," Francisco says. "It looks like the trail has always been there. It feels like it belongs. It's a hidden art."



IT LOOKS LIKE THE TRAIL HAS ALWAYS BEEN THERE. IT FEELS LIKE IT BELONGS. IT'S A HIDDEN ART.

Other trails have more obvious purposes. The summer climbing trail to the south rim of the crater passes quickly through a sensitive forest area and then reaches a section of exposed basalt, where the rock limits the environmental damage caused by large numbers of hikers. Once above the rock outcroppings, the trail heads straight up the mountain without switchbacks to get hikers where they want to go as quickly as possible.

The ground surface around the volcano remains very dynamic, which presented another challenge to trail builders. For example, the Loowit Trail that rings the mountain at about the level of the former treeline is difficult to sustain, as loose ground material washes out and canyons around the mountain erode. But for ambitious hikers who are willing to improvise, it offers an unparalleled opportunity to see the volcano close up and from every direction.

The opportunity to create an entirely new trail system after the eruption was unique, says Francisco. But, he adds, the approach used there could be much more widely applied. Trails in the Pacific Northwest and elsewhere could be reengineered and relocated to accommodate the larger numbers of people looking for wilderness experiences. Easy and shorter trails could serve most hikers, while harder trails cater to more advanced hikers. More loop trails could be created, they're less crowded than out-and-back trails. Public transportation to trailheads and parking lots could be reconfigured to help people get to hiking areas while also limiting the overuse of trails.

Such an approach is part of the broader sustainable trails movement, which seeks to limit the environmental impacts of hikers while still



WTA crews work on a challenging project on the Loowit Trail. The shifting landscape makes planning and maintaining trails challenging. Photo by Ryan Ojerio.

encouraging people to get outside. That was the goal at Mount St. Helens, says Dave Seesholtz, a former resources assistant for the Gifford Pinchot National Forest. Planners sought input from trail users while designing trails that could stand up to those uses. "We could build trails for the purposes they were intended to have," Dave says.

As Francisco puts it, "Nature needs us to help sustain it, and we need nature to help sustain us. Both those purposes are fundamental goals of outdoors recreation design."

That's a goal WTA has embraced in its work, including at Mount St. Helens. Ryan Ojerio, Southwest Washington regional manager for WTA, has done a lot of work around the volcano and will do a lot more over the coming years. The experience is a vital consideration.

"While building the Volcano View Trail, we were challenged with the task of transforming an old logging road into a forest path," Ryan says. "The efficient route would have gone right up the middle of the road, but we designed in curves, dragged huge logs across parts of the old roadbed and splintered chain-saw cut stumps by hand with Pulaskis to give it a more natural feel. It is ironic that a trail that is in harmony with the natural landscape takes so much more thought and effort to design and construct. But the initial investment pays off in the added value it brings to hikers' experiences and the reduction in long-term maintenance costs." ■

Steve Olson is the author of "Eruption: The Untold Story of Mount St. Helens," which was short listed for the Boardman Tasker Award in Mountain Literature.

LEND A HAND

It takes a lot of work to keep trails in good shape around Mount St. Helens. In partnership with the Mount St. Helens Institute and with support from the National Forest Foundation, WTA has a number of upcoming trips planned. For details, go to wta.org/volunteer.

WEEKEND TRIPS

Volunteers are welcome to work a single day or both days on weekend trips.

June 3:

National Trails Day work party.
Location to be determined.

June 24-25: Truman Trail and Devil's Elbow bypass

We'll be restoring tread on the Truman Trail and also putting the finishing touches on a new bypass trail that we constructed on the Boundary Trail. Volunteers are invited to stay at the Coldwater Science and Learning Center on Saturday night.

July 15-16: Norway Pass

We'll be doing tread restoration and brushing from the Norway Pass trailhead to the pass. Volunteers are invited to camp for a potluck on Saturday night at a dispersed site nearby.

August 5-6: Ptarmigan Trail

We'll work on tread restoration and drainage problems on the Ptarmigan Trail near the tree line. Volunteers can camp and join a potluck on Saturday night at Climber's Bivouac.

August 26-27: Independence Ridge

We'll be doing annual maintenance, primarily brushing. Volunteers are invited to camp and join a potluck with WTA and the Mount St. Helens Institute at a dispersed site nearby.

September 30:

National Public Lands Day. Location TBD.

LONGER TRIPS

July 8-15: Coldwater Lake Youth Volunteer Vacation

For this youth trip, we'll hike to the east end of Coldwater Lake and work on the Lakes Trail. Our gear and tools will arrive by boat.

July 13-16: Coldwater Trail at Ridge Camp Backcountry Response Team (BCRT)

We will start at Ridge Camp and work on brushing and tread toward Coldwater Peak.

July 15-22: Coldwater Lake Volunteer Vacation

For this trip, we'll hike to the east end of Coldwater Lake and work on the Lakes Trail. Our gear and tools will arrive by boat.

July 20-23: Boundary Trail at Bear Camp BCRT

We will camp in the Mount Margaret Backcountry and work on tread and brushing from Bear Camp east towards Coldwater Peak.

July 27-30: Boundary Trail at Coldwater Peak BCRT

We will camp near Coldwater Peak and work east to restore tread and cut back vegetation.

August 17-20: Loowit Trail BCRT

We'll camp along the South Fork Loowit Trail and work on brushing and tread repair from the crossing at the South Fork Toutle River north toward the blast zone.

NATIVES
April 8 - Oct 8

Landscape paintings by
Luna Tinta

Artwork: Luna Tinta, Mt. Rainier.

Celebrate the diversity of North American trees and the unique terrains that shape them

**PACIFIC
bonsai
MUSEUM**
FEDERAL WAY, WA

CULTURE
FEDERAL WAY

Step It Up

Take your hiking to the next level in time for summer

By Lindsay Leffelman



Photo by
Craig Peterson

The gloomy days of winter and the wettest days of spring are behind us. The glorious height of the Northwest summer is nearly here. With long days, clear skies and wildflowers galore, the perks of hitting the trail during the peak of Washington's hiking season are too numerous to list. Since you have spent the spring gearing up and conditioning your body, you are ready to take the next step in your hiking journey as we reach the pinnacle of summer—longer trails and more adventure!

Take Longer Hikes

Through the spring, you likely endured slopping through mud, discovering how waterproof your raingear really is and perfecting your layering system. All that hard work and effort will soon be rewarded, though, as you frolic on trails through alpine meadows and explore the depths of lush river valleys. With the prep work you've done, you'll be able to tackle longer, higher-elevation trails.

A search of WTA's online hiking guide or a flip through a guidebook will provide you with more than enough trail options. However, there are some special considerations to keep in mind when preparing for extended day hikes.

First and foremost, consider mileage and elevation gain when selecting a trail. A short hike with a lot of elevation gain will feel every bit as taxing as a long hike with moderate elevation gain. In early summer, start with short and steep hikes or long and mellow hikes, and then gradually merge the two together as summer wears

on. Before you know it, you'll be conquering the quintessential summertime hikes on your wish list.

By now you know and have been carrying the Ten Essentials in your pack on every outing. As longer days allow you to spend more time on trail, several of those essentials take on a new level of importance. Take some time to reconsider your needs when it comes to the following three essential items.

Hydration: Warm temperatures, increased sun exposure and intensified physical exertion are to be expected when hiking in the summer months, and all can lead to dehydration. Be prepared with an adequate water supply (or a water purification system if the trail has plenty of water sources) every time you venture out. Plan on carrying at least one liter of water for each hour of hiking.

Nutrition: The longer you are hiking, the more calories you need to consume to keep your energy up. A general rule of thumb is to ingest about 120 calories per mile hiked, plus 50 calories per 1,000 feet of elevation gained. Of course, needs varies from person to person, and it's always better to carry too much food than not enough, but this formula is a starting point.

Sun protection: At higher elevations, the sun's rays are more intense, and many subalpine and alpine regions have few trees for shade, so sunscreen, sunglasses and hats are a must for summer hikes.

Keeping these things in mind will help ensure that your elongated hiking experiences are pleasant ones all season long.

Take More Adventurous Trips

Rather than just hiking longer distances, you may yearn for more adventure than a simple out-and-back hike can provide. With a solid set of spring hikes under your belt, you may be feeling confident enough to take on a hiking trip with more solitude, more navigational challenges or more rugged terrain.

A true wilderness experience that takes you far away from the throngs of hikers at places like Mount Si or Wallace Falls begins with planning. Here are a few tips to help you find a quieter trail:

- Check guidebooks and online trail descriptions for information about a trail's usage level, and avoid trails that typically see "heavy" usage.
- Hike midweek or on overcast, rainy days if you can. Predictably, trails see less traffic on those days.
- Call the ranger station in the area you would like to visit. The staff may be able to help you identify local trails that see less frequent use.

If you're looking for a greater sense of adventure, consider linking several trails together to create your own one-of-a-kind loop. To do this, begin exploring maps and looking for trails that intersect, keeping in mind that a short walk on a forest road can help you join trails together. Remember that a loop doesn't have to be circular; a perfectly delightful loop can take on many different shapes. Developing your own route is also a great opportunity to practice your map-reading skills as you determine the mileage and elevation gain of your proposed course, and you'll feel like a truly accomplished explorer when you embark on a path of your own creation.

Next Step: Part 2

Washington Trails readers come from a wide range of hiking backgrounds. Some have spent decades exploring the backcountry. Others have just begun to experience the wonders of Washington's wild places. And, of course, many fall somewhere in between.

This is the second part of a series for hikers who are looking to take the next step in their hiking journey—hikers who want to learn new skills, get outside more often and make the most of their time in nature.



As you explore deeper in the backcountry, you'll leave behind the creature comforts of popular frontcountry destinations, like detailed signage, sturdy bridges at every stream crossing and gently graded terrain. Trails will become steeper and rougher, so it is important that you are comfortable with those added challenges. Fewer signs at trail junctions also means you need to be comfortable with basic navigation skills. A map and compass are part of the Ten Essentials, but those tools will only be an asset if you know how to use them. The Mountaineers and REI both offer courses in navigation skills, and quality books have been published on the topic as well.

Adding an extra dose of adventure to your summertime hikes certainly doesn't have to equate to an off-trail bushwhacking expedition; with some careful planning, there are plenty of other ways to spice up your hikes during the long days of summer.

Remember the basics

Although you are extending the range of your hiking pursuits and gaining confidence with backcountry recreation, it is still important to remember the hiking basics that keep you safe and happy on trail. Always leave a trip itinerary with someone you trust. Check trail conditions, and make sure your pack is stocked with all Ten Essentials every time you head out, no matter the duration of your trek. While on trail, practice the principles of Leave No Trace and be courteous to those with whom you are sharing the wilderness.

When you complete your trip, be sure to post a trip report on wta.org to help other hikers plan their next summertime adventure.



Photo by Taylor Leenstra



WILD staff and fellows took advantage of WTA's Outdoor Leadership Training recently. Kaiwen Lee, Mina Liu, Jenny Liu, Tinh Lou, Han Xing Ye, Zhi Min Yan, Alisa Koyama and Karmen Deng paused for a photo at the end of the day after they'd changed out of some of their gear. Photo by Andrew Pringle.

A Shared Love for the Outdoors

Gear library

AT WTA, we believe getting youth outdoors increases their confidence and expands their horizons.

With our gear library, we support groups that take youth outdoors. We hope that each time a rain jacket or pair of boots goes out the door that a young person discovers the benefits of nature. Throughout this year, we will be telling the stories of some of the groups that make use of our gear library.

To learn more, go to wta.org/olt.

This March, we headed out to Tiger Mountain for a hiking workshop with our Outdoor Leadership Training program. We were excited to be outside on an early spring day, and even more excited to have a group of youth join us for the first time.

Usually, at our OLT trainings, we work with adults. On this trip, however, six young fellows from Wilderness Inner-City Leadership Development (WILD) joined the training to get some tricks and tips to get their peers and other members of their community outside. The youth also took advantage of WTA's gear library to stay warm and dry.

WILD, which has been around for 20 years, primarily serves youth who are Asian Pacific Islanders, people of color, immigrants and refugees. They focus on building relationships between different generations, community-based service learning and environmental leadership.

As part of that effort, WILD recently started a four-month fellowship to help youth, ages 16-18, develop their leadership skills. Kaiwen Lee, youth education and engagement manager for WILD, hopes the skills the fellows learned at the workshop will help them introduce members of their community to the outdoors.

Kaiwen appreciated the interactive nature of the

hiking workshop and says the gear was helpful. "We definitely made use of the rain gear, gloves and hats as needed."

Mina Liu, a fellow with WILD, borrowed gear for the trip, which helped out with the less-than-perfect weather. Mina said she also appreciated the chance to get to know people from a variety of backgrounds.

"I think the trip overall was very successful," she says, and the skills will stick with her. (Perhaps a bit too much in one case. The final song from the last game of the day was stuck in her head for ages. "Mingle, mingle, mingle ...")

"What stands out about WILD is that we facilitate different experiential activities based on pre-existing, cultural relationships youth already have with nature," Kaiwen says. "An easy example is through food. We like to make our own lunches before a trip, and so we've brought out spam musubi and bento boxes while hiking. Ultimately, as WILD staff, we want to build meaningful relationships between youth, their communities and local ecosystems that honor the youth's ethnic backgrounds."

We want that, too, and are thrilled to have the opportunity to work with the next generation of young leaders.

For more about WILD, visit interimicda.org.

32 Years Caring for State Parks

Steve Christensen, park manager for Mount Spokane State Park, is on the cusp of a transition. After 32 years with the state park system, he is ready to retire—and move on to his next big adventure. Steve recently spoke with *Washington Trails* about his lifetime of public service. The big takeaway? Parks are short on resources and need more public engagement.

According to Steve, the greatest threat to parks in our region is a lack of funding. The cost of operating parks and public lands is increasing at the same time budgets are decreasing. While it's a critical problem, it's not overly complex and has a straightforward solution, he says. "If we are going to protect our natural resources and provide access for future generations, we need interest groups and the public to be active in supporting trails."

Unlike with some social issues, where it's hard to see tangible progress, one person can make a huge difference to parks by investing time, energy or money. In fact, Steve intends to continue supporting the parks after his official role with them ends.

"Often I hear users complain about a trail or trees down or trail grooming, and I also notice they are not the ones showing up for work parties. If the ones that are pointing out problems would get actively involved in improving their trails, we would all benefit," he says. "For myself, I will join

The people behind public lands

When exploring public lands, it's easy to forget that behind the beautiful scenery is a complex, multifaceted management system. The creation and maintenance of monuments, parks and other wild places require endless coordination and the balancing of priorities. From park rangers to superintendents, public land managers are the often-invisible nodes of these complex networks. In upcoming issues of *Washington Trails* magazine, we will introduce you to some of these land managers—those great folks who make it possible for us to enjoy the great outdoors.

WTA and help on trail work parties."

After all his years with the parks, Steve sees challenges but he also has hope. According to him, if we can enable those with vision to secure future resources and plan for increased access while balancing preservation priorities, parks will continue to prevail. Steve sees a personal connection to regional recreation areas as the key to building strong advocacy within the community. The survival of public lands depends on our ability to inspire people to hear the call of nature, to find adventures within it and to engage as stewards.

"I will miss the many friends I have made and the visitors who share with me their experiences while visiting the park," Steve says. "From moose, bear and cougar sightings, to being chased by wildlife or



Photo courtesy Steve Christensen

being able to hike to the summit and back, the excitement of visitors that are new to outdoor experiences is priceless."

Steve's retirement is set for June 2017. What's next for him, after leaving Mount Spokane? "I've had a great life, but there are a lot of trails to cover yet," he says.

We wish you happy trails, Steve.

WASHINGTON TRAILS ASSOCIATION

WASHINGTON TRAILS
Tangerine
PALE ALE

CELEBRATING 50 YEARS OF PROTECTING TRAILS

◆ *Toast* ◆

WTA and your favorite trail with this special-release beer brewed for us by Bellevue Brewing Company!

Find it at a local retailer near you at wta.org/50thbeer

A portion of proceeds benefit WTA. Please consume responsibly.

PACK IT IN. PACK IT OUT.

Hiking: The Cure for Modern Lives?

When you step out on a favorite trail—leaves crunching underfoot, birds singing in the trees above you—you know, on some level, that the experience is good for you. We hikers love to sing the praises of our favorite pastime to anyone who will listen. Hiking is how we relax, decompress, unplug, connect, restore something lost in our day-to-day. We have the sense that the beauty, the act of spending our precious time in nature, works some special brand of magic on us.

With journalistic vigor and wry humor, Florence Williams tackles the science behind these feelings in “The Nature Fix.” (And, it turns out, we’ve been right all along.)

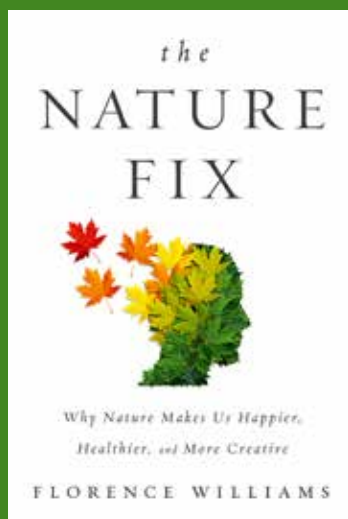
“The Nature Fix” covers a lot of ground, scientifically, geographically and politically. Williams takes readers on a whirlwind tour of the research looking into the effect of nature on human wellness. She zooms us from the Utah desert to the laboratories and forests of Japan, Korea and Finland. She takes us rambling over the green hills of Scotland and under the green tree canopies of Singapore. And it’s more than scenery that makes the ride an enjoyable one: Williams’ clear-eyed journalism, curious inquiry and deft writing make “The Nature Fix” a tantalizing survey of the

science that shows the increasingly vital connection between nature and the health of our minds and bodies.

In an era when public lands in the United States have been chronically underfunded, it’s especially fascinating to learn how the research is influencing public policy in other countries. Japan and Korea, driven by the wellness research, are pouring resources into their national forests as sanctuaries and centers of healing. Park rangers are trained (and are helping advance the research) on nature and human wellness. Scotland has added access to nature as a new national indicator for health.

If all of that sounds too wonky, it’s not. William’s investigation is eminently readable and relatable. She plumbs our senses and how nature works on them. How does a walk in the woods instead of a city stroll work to lower our blood pressure or elevate our mood? (Hint: You might just be smelling the trees.) How does bird song improve our mood or, conversely, airplane traffic at night disrupt our sleeping brains over years? And, Williams wonders, how much nature is enough to do the trick? Can we live in cities (or prisons) and still reap the emerging benefits of nature? Does virtual reality hold the key, or does it need to be the real thing?

The questions she explores are fascinating for those of us who are already getting outside. How does more time spent in nature affect us? Can it make us healthier? More creative? More generous with others? Read the book. It will fire up your curiosity about how the natural world you’re hiking—the trees, the birds and even the shape of a trail—is working very specific and peculiar magic on you. It will make you want to get outside even more than you already do and, it turns out, that’s really good for you.



“We think of nature as a luxury, not a necessity. We don’t recognize how much it elevates us, both personally and politically. That, ultimately, is the aspiration of this book: to find the best science behind our nature-primed neurons and to share it. Without this knowledge, we may not ever fully honor our deep, cranial connection to natural landscapes.”



Get the official
Geocaching® App.



Be Kind to Your Feet

For hikers, there is no more important tool than your feet. You want to take care of them so they can carry you for endless miles. With the serious hiking season getting started, it's time to give your feet a little love. Here are a variety of socks that our gear testing team has tried out recently.



DARN TOUGH UNCLE BUCK

This pair of thin socks is warmer than they appear, thanks to a nearly equal blend of nylon and Merino wool. Lightweight, colorful and durable, these socks are perfect to use on a midsummer high-country excursion. The seamless construction makes them extremely comfortable, even for long days on the trail or in wet conditions. Made in Vermont for more than 30 years, Darn Tough are designed with longevity in mind, and backed by an unconditional lifetime guarantee. If you can put a hole in them, Darn Tough will replace them. **\$24; darntough.com.**



BRIDGEDALE TRAILBLAZE

This sock is a true hybrid, in several ways. The sock is woven with an equal blend of nylon, merino wool and Endurofil polypropylene fibers, which combine to give the sock warmth, softness, and moisture wicking. The sock also has a unique construction with two levels of thickness. The fabric around the ball of the foot and the heel is slightly thicker than the rest of the sock, to provide cushioning in high-use areas. The result is a sock that has a bit of texture that may take some getting used to, but it's ultimately very comfortable to wear outdoors on the trail or indoors on hardwood floors. **\$20.95; backcountry.com.**



FEETURES ELITE MERINO

Merino wool blends make great socks, but not all socks are created equal. Features! gets it right with their Elite series—the merino is blended with rayon fibers from bamboo along with nylon and spandex to create an ultra-soft sock that stands up to the abuse of long days on trail and a variety of conditions. These socks withstood hundreds of miles of testing without causing a blister, and they maintained their softness after repeating washings. They come in both ultralight and cushioned versions, with stretch panels to help provide arch support and extra cushioning in high-impact areas like the arch, toe box and Achilles tendon area. They are anatomically constructed and have a clearly labeled right and left. They're marketed to runners, but worked equally well for a long hike or trail run. **\$15.99; featuresrunning.com.**



INJINJI RUN LIGHTWEIGHT

It's impossible to ignore the fact that these socks look ridiculous. Don't let that deter you. For hikers who get blisters between their toes, these socks can change your life, especially on long backpacking trips. They take a bit of getting used to, but once you get moving, you won't even notice you're basically wearing gloves on your feet. These socks are especially effective for those with wide feet, giving the toes a chance to spread out. Even over two weeks on the Pacific Crest Trail, our tester didn't end up with a single blister. One downside: They are a pain to get on, especially if they're wet. But it's worth it. **\$12; injinji.com.**



HANZ WATERPROOF SOCKS

Hanz offers a variety of waterproof gear, but can it actually hold up to spring runoff in the Northwest? The verdict: These socks will definitely keep your feet dry if you have to go wading. Even the best waterproof boots are going to let in water eventually, and these socks can keep that water off your feet. The downside is that they're so waterproof, they don't breathe well. These aren't the socks to wear on a hike where you are going to be getting hot. However, on a hike where you know you'll be splashing through a ton of cold streams, these socks will keep your feet in good condition. Or give them a try for your other adventures, such as fishing or paddleboarding. **\$37.55; hanzusa.com.**

Dehydrating 101

As hikers and backpackers, we depend on lightweight, easy-to-prepare food for our backcountry adventures. But the standard shelf options are often limited and expensive. For a budget-friendly and customizable menu, it's worth it to dehydrate your own food. Here's how.

INGREDIENTS

Most, but not all, things can be dehydrated, but some require extra prep work. Raw meat, raw egg and other things you wouldn't eat raw need to be cooked before dehydrating. Some fruits and vegetables benefit from blanching before dehydrating, and there are special considerations for meat and seafood. Even typical dry goods, like rice and pasta, can be dehydrated once cooked. They'll be quicker to prepare and require less water than cooking from their original state.

EQUIPMENT

If you want to delay investing in a specific machine, your home oven will do just fine, although you'll lack the temperature control that most recipes require. The perfect temperature evaporates all moisture without actually cooking the food—typically 120-170 degrees. For this kind of precision, efficiency and long-term cost effectiveness, your best bet is, unsurprisingly, a food dehydrator. Models range from \$40 to more than \$400. No matter which you choose, pick one with at least 500 watts and temperature control to at least 160 degrees. Fans and extra trays make cleanup easier and allow you to cook more at once.



INSTRUCTIONS

Directions vary significantly depending on your machine, humidity, food type, food size and method. Generally, food should be heated until it is entirely dry. Fruit will feel leathery, while vegetables will be brittle. Meat will be gravelly, flaky or jerkylike depending on the type used. Follow your machine's directions, but be prepared to improvise as necessary.

INDIVIDUAL INGREDIENTS

Dehydrate each ingredient individually and package a recipe together afterward. Wash and dry food, then slice it into thin, uniform pieces (1/8-inch to 1/4-inch) and lay it on the dehydrating tray without overlapping. Cook according to your machine's instructions. Once you have a pantry stash of dried staples, you can create custom meals or bring add-ins for your favorite store-bought backpacking meals.



WHOLE MEALS

This technique is great for leftover chili, soup, spaghetti and other saucy meals with similarly sized ingredients. Simply lay the food on a lined tray and spread it out evenly. After dehydrating, break the sheet into pieces and portion it out for your next trip.

STORAGE

Let food cool completely before storing in airtight containers in a cool, dark place. For preportioned meals, vacuum-sealed pouches or ziptop baggies work well. Shelf life depends on several variables, but a safe assumption is about six months to one year at room temp. For a longer shelf life, toss the bags in the freezer or fridge.



COOKING

Cooking your own dehydrated meals is a cinch. Pour the dehydrated food and water into a standard hiking pot, cover and bring to a boil. Assume about one cup of water per cup of dried food, adjusting as necessary. Bring it to a gentle simmer until the water is absorbed. If you're low on fuel, cover food with boiling water and let it sit. A pot cozy will help retain heat.

Resources

PREMADE

If you like the idea of creating your own menu but don't want to dive into self-dehydrating, several companies have done the work for you. These sites are hiker favorites for stocking up on nearly every dried food you'd ever need. Both packitgourmet.com and harmonyhousefoods.com are reliable.



RECIPES

For recipes that work well for the backcountry, check out trailcooking.com, which focus on freezer-bag cooking. The site also includes dehydration tips. [Backpacking Chef](http://backpackingchef.com), backpackingchef.com, also offers a simple database of hiker-friendly and trail-tested recipes.



KNOWLEDGE

Most things can be dehydrated, but there's plenty of room for error. "The Dehydrator Bible" has more than 400 recipes and countless tips to make sure you do things the right way the first time around.

The finer points of dehydrating aren't always instinctive (e.g., canned meat often works better than fresh), so skip the trial and error and just get the best tips straight from the experts. "The Dehydrator Bible" by Jennifer Mackenzie, Jay Nutt, Don Mercer.



Make Memories



2017

YOUTH & FAMILY WORK PARTIES

WTAs Puget Sound-area youth and family work parties are intended for youth volunteers ages 10 or older and their friends and families. Join us for shorter, all-ages service projects and fit more fun into your Saturdays!

Spring 2017 Dates

May 13: Soaring Eagle Regional Park

June 3: Schmitz Park, West Seattle

Join us from 9 a.m. to 2 p.m.

No experience necessary



Find locations
and sign up at
**[wta.org/
volunteer](http://wta.org/volunteer)**

Thank You to WTA's Corporate Partners

Rainier - \$25,000+



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



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



GEOCACHING



Columbia



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

AlphaGraphics, Seattle ♦ Black Diamond Equipment, Ltd.

Gregory ♦ Klahhane Club ♦ Mountaineers Books

Perpetual Motion NW ♦ Seattle Sports Co.

Snoqualmie Vineyards ♦ Stumptown Coffee

Therm-a-Rest ♦ Vasque

To find out how your company can support WTA's work for trails,
call us at (206) 508-6849.

LEARN • LEAD • INSPIRE

OUTDOOR WORKSHOPS FOR EDUCATORS

Spend a summer night or three under the stars with WTA and learn how to plan and lead youth outings for the groups that you work with. The overnight camping workshop covers how to set up the perfect group campsite, outdoor kitchen and more. Then we'll spend the evening around a campfire going over activities and insights for introducing your group to car camping. The four-day backpacking workshop dives into the wilderness skills you'll need to share a challenging and rewarding new activity with teens and young adults and expand their horizons.

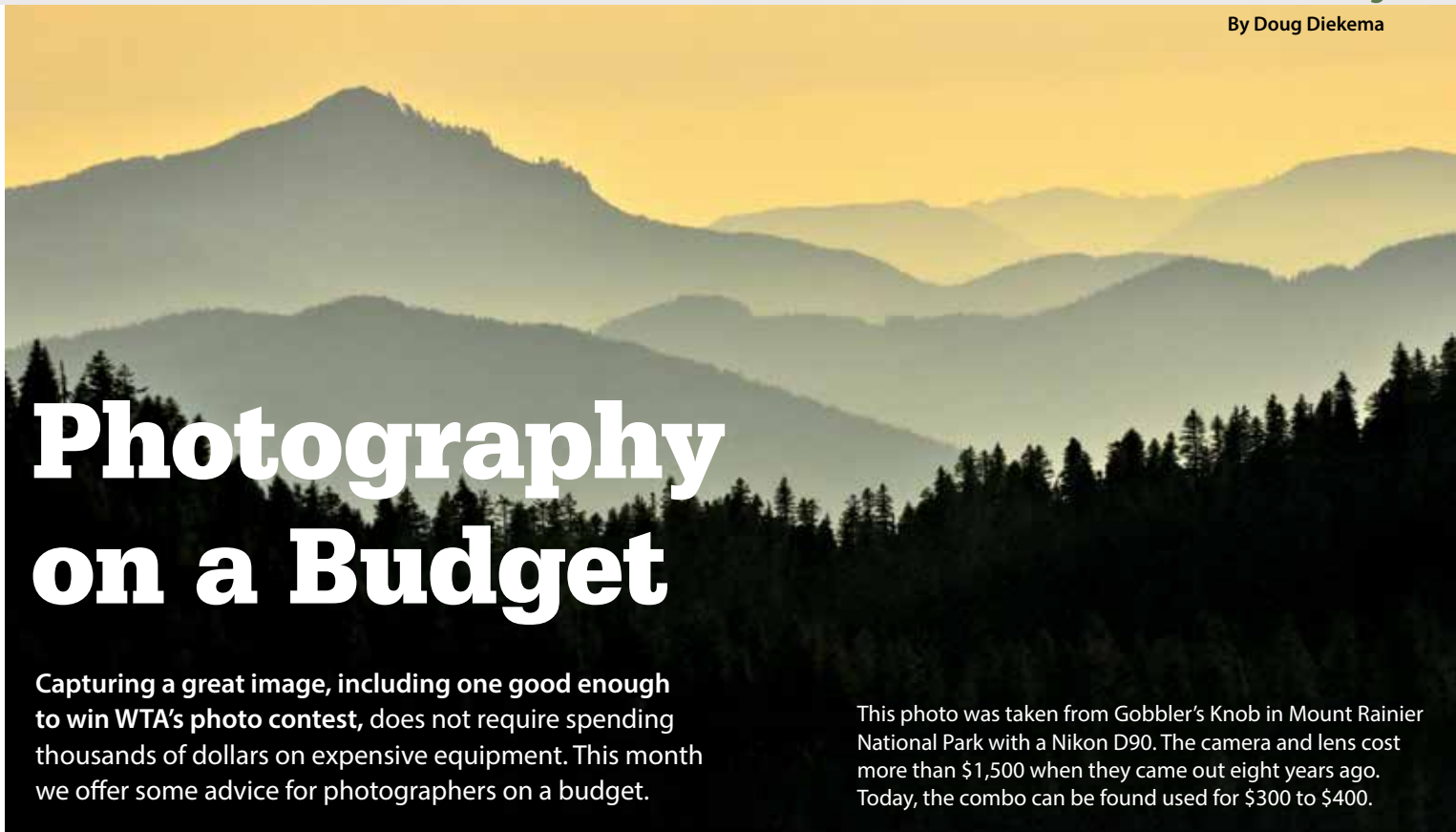
Camping Workshop
Dash Point State Park
June 3–June 4

Backpacking Workshop
North Cascades National Park
July 6–July 9



Learn more and sign up at wta.org/olt

Photo by María Domínguez



Photography on a Budget

Capturing a great image, including one good enough to win WTA's photo contest, does not require spending thousands of dollars on expensive equipment. This month we offer some advice for photographers on a budget.

This photo was taken from Gobbler's Knob in Mount Rainier National Park with a Nikon D90. The camera and lens cost more than \$1,500 when they came out eight years ago. Today, the combo can be found used for \$300 to \$400.

Taking great photos doesn't require expensive equipment. You don't need the latest and greatest camera to take phenomenal photos. The work of famous photographers from the past was captured on film using cameras more basic than many of today's inexpensive digital point-and-shoots, and the results were stunning. Almost all of the digital cameras on the market today, including some phone cameras, produce photos with greater resolution and lower noise than what could be achieved on film 15 years ago.

Buy used equipment or older models. A camera that took amazing photos when it was introduced five years ago still takes amazing photos, and buying used equipment can save hundreds of dollars. As long as the camera or gear hasn't been abused, it will likely provide years of quality service. Shop for used or refurbished cameras and lenses at your local camera shop, on Craigslist or eBay, or through online merchants like Adorama.

Learn to use what you have. Upgrading is unlikely to enhance your photography unless you're already using the features on your current camera. Getting the most out of the camera you own may be smarter than spending money on a new camera with features you don't need and won't use. Consider upgrading when you've mastered your current equipment and feel limited by its capabilities.

Invest in your skills. The most important ingredients in an awe-inspiring photograph are the skill and vision of the photographer, not the camera. Expensive camera equipment won't generate great photos unless the photographer has learned the fundamentals of composition, exposure and lighting. With digital photography, editing skills have also become important, just as darkroom skills were essential to Ansel Adams' work. Consider investing in some books and classes about photography skills, developing a creative vision and learning to use a good editing program.

Shop smart

For those looking to shop smart, spend your money on the features that matter most. Where will you get the most bang for your buck?

Lens quality: Whether you use your phone, a point-and-shoot, or a DSLR, the camera is only as good as the lens attached to it, and lenses vary tremendously with regard to sharpness, distortion and the amount of light they allow to reach the sensor. When shopping, pay as much attention to the quality of the lens as you do to the camera body.

Sensor size and quality: Image quality is not just about the number of pixels it contains. Sensor size and quality are much more important determinants of how good your photos will look, because the sensor impacts resolution, dynamic range, low light performance and even depth of field.

Buy a camera that fits your needs: Invest in a camera that does what you want it to do, but allows some room for you to learn and grow as a photographer. Weight, size and how a camera feels in your hand all matter. Zoom range, burst rate (important for sports and wildlife photography) and battery life should all match how you plan to use your equipment.

CAMP. HIKE. RELAX.

Enjoy a weekend
of pick-your-own
adventures near Roslyn

By Kari Lutcavich

It's that time of year again, when springtime rains transition into warmer, sunnier days and the flowers begin to bloom. Summer is nearly upon us, providing the best camping and hiking season, and I look forward to it more than anything.

Every year, my dad and I have a tradition to go camping in the Cascade Mountains. Our favorite spot is a remote region in the Okanogan-Wenatchee National Forest, about an hour outside of Roslyn. It's the perfect spot for kayaking, fishing, nearby hiking and spotting a plethora of beautiful wildlife. It's also one of the few remaining local wild areas where you can camp for free, and a Discover Pass is not required. If you're looking for a budget-friendly getaway, this could be a great option for you.

While on the way to our remote mountain paradise, my dad and I like to stop in Roslyn to fuel up on good food and enjoy some social interaction before retreating to the quiet solace of the woods. Roslyn was established as a coal-mining town and has grown to become a tourist destination featuring an array of restaurants, shops, vacation rental homes and nearby trails.

On our last trip to Roslyn, we were craving pizza. There's no better place to go than Village Pizza, a small, privately owned hot spot in the middle of town. You can expect thick, Chicago-style pies and they even offer honey on each table to drizzle over your crust for a sweet finish to your meal.

After lunch, we walked off our meal and browsed the different shops on Pennsylvania Avenue. I enjoyed searching for new books (to read later while camping) at Basecamp Books and Bites while



my dad poked around the novelties in Cicely's Gift Shop, better known as Dr. Joel Fleischman's office from the TV show "Northern Exposure" that was filmed in Roslyn.

Eager to begin our camping adventure, we hit the road toward Fish Lake Campground so we could set up camp and get settled before it got too late. Since the campground is very small and doesn't take reservations, we were lucky to find the best spot—on the edge of the river, with trees secluding us from our neighbors. Fish Lake Campground is a tiny piece of heaven where the Cle Elum River fills Tucquala Lake (formerly known as Fish Lake) and provides a lush green oasis for surrounding wildlife.

As I listened to the trickling river, birds calling to one another and the wind gently rustling through the trees, I exhaled a big sigh of relief. I was excited to detach from society and welcomed the lack of cell phone service for the weekend. I wanted to simply enjoy the calming sights and sounds of nature.



Photo by By Kari Lutcavich

We were blessed with a warm weekend, perfect for floating down the river in our inner tubes and paddling down to the lake in kayaks. If you don't have your own kayak or canoe, you can consider renting one from Cascade Playtime Rentals in Ronald. Water play in this area is extremely convenient because you can easily access the river or lake straight from your camping spot.

When we weren't playing in the water, we explored the wilderness by foot on one of the many trails in the area. If you continue down the forest road past the campground, you'll reach the Tucquala Meadows Trailhead that leads to the beautiful Alpine Lakes Wilderness. (Note: A Northwest Forest Pass and self-issued wilderness permit are required.)

Since it was a hot day, we decided to pack a picnic lunch and hike the shorter 2-mile trail to Hvas Lake, where we stopped to enjoy the view while dipping our toes into the lake to cool off. You can hike 3 more miles to Deception Pass, which promises stunning

views of Cathedral Rock and Mount Daniel. Or, if you're feeling adventurous, there are longer overnight hikes to various lakes in the Alpine Lakes Wilderness.

On the morning of our last day at camp, I crawled out of the tent to make coffee and breakfast. As I was staring out at the gorgeous horizon, I heard a splash in the river. I went to investigate the noise and to my surprise, there were two river otters playing and chasing each other. It's moments like these that make me thankful to live so close to nature and reluctant to leave each time I visit.

After packing up camp as the weekend came to an end, we didn't forget to stop back in Roslyn for one last indulgence before heading home. We rewarded our adventurism with a flight of beer at Roslyn Brewing Company, feeling more relaxed and truly grateful, knowing we live at nature's doorstep. We didn't spend a lot of money but managed to make a lot of memories instead. What more could one ask for?

What to know before you go



Photo by Delton Young

Trails

Coal Mines Trail: 4.7 miles of trails perfect for hiking, biking and horseback riding. This is a relatively flat and easy trail that features many of the historic coal-mining remains that define the town of Roslyn. The trail can be accessed from several locations. In Roslyn, you can park your car at the east end of Pennsylvania Avenue behind Old City Hall, and from here you can either head south toward Cle Elum or follow the trail west toward Ronald. If you choose to head west, you'll reach a historic landmark called Runje Field, with a kiosk and a map that includes the history of the area.

Tucquala Meadows Trailhead: This trailhead, at the end of Forest Road 4330, offers access to several destinations in the Alpine Lakes Wilderness. Popular Hvas Lake is about 2 miles from the trailhead. The hike is fairly flat and short, so it's a great option for families with kids. Pack a picnic lunch and enjoy picking an abundance of local berries. If you'd like to go farther, continue on to Deception Pass, 5 miles from the trailhead. From here you can branch off to Marmot Lake and Lake Clarice. This is a great option for a longer, overnight hiking trip. Check Green Trails Map 176S to help plan your route. Note: High-clearance vehicles are recommended to reach this trailhead, especially in early season, for the Scatter Creek crossing near the end of the road. NW Forest Pass and self-issued wilderness permit required.

Jolly Mountain: With 12 miles of hiking and 4,000-feet of gain, this trail is challenging but worth the stunning view of the Cle Elum Valley. Be prepared—sometimes snow can persist toward the top of the mountain as late as August. The trailhead is near Cayuse Horse Camp, near Salmon La Sac Campground.

Where to stay

Fish Lake: About a one-hour drive north of Roslyn, you'll find Fish Lake Campground where the small lake has since been renamed Tucquala Lake. This free campground is first come, first served and has five tent-only spots. It opens after the snow melts, usually in June. No passes required.

Salmon La Sac: This is a popular destination, situated between the Cle Elum and Cooper rivers, and is perfect for swimming and other water sports. It offers 69 sites for both tents and RVs and opens the weekend before Memorial Day, weather permitting.

All Seasons Vacation Rentals: If the weather is unpleasant or you're not up for camping but want to enjoy a wilderness escape with your family or friends, consider renting a cabin from All Seasons. There are more than 40 properties to choose from and prices vary depending on the location and number of guests; allseasonsvacationrents.com.

Where to eat

The Roslyn Cafe: This popular, family friendly diner was made famous by the TV show "Northern Exposure." Breakfast, lunch and dinner are offered, as well as a full espresso bar serving local D&M coffee. Try the Salmon La Sac omelet for breakfast or one of their many mouth-watering burgers (my favorite was the Smoke Stack with BBQ pulled pork).

Village Pizza: The locals claim that tourists come from afar for this delicious pizza alone. You have to try drizzling honey over your crust. Trust me, you won't regret it.

The Brick Saloon: Washington's oldest continuously operating bar, established in 1889, features an original, 23-foot running water spittoon, shuffleboard and pool tables. With live music on the weekends and tasty pub food too, you must give this place a try. Minors are welcome until 9 p.m.

Roslyn Brewing Company: Check out this small craft brewery that prides itself on locally sourced ingredients and specializes in German-style lagers. Food is not available for purchase, but they encourage you to bring your own food for a picnic in their beer garden. Only open Friday-Sunday; ages 21-and-over only.

Basecamp Books and Bites: Sip an espresso while you browse their many hiking guides and trail maps to prepare for your adventures. You can also enjoy a quiet dinner in the basement or grab a quick lunch and snack to go before heading out on the trails.

How to: Dispersed Camping



Photo by Andrew Fisher

Are you willing to rough it? Would you like to save some money? Dispersed camping—camping on public lands outside of developed campsites—is ideal for both. It's a mixture of the self-sufficiency of backpacking and the convenience of car camping. Before you try it, though, there are a few things to keep in mind to stay safe and preserve the natural habitat.

Where: Dispersed camping is allowed in certain locations in national forests and on DNR and BLM lands. To find out where you can participate in dispersed camping, it is best to contact the land manager. In the case of national forest land, contact the nearest Forest Service office. Find contact information at wta.org/go-outside/ranger-station-info. Dispersed camping is not allowed in developed recreation areas including trailheads and picnic areas. Use an existing camping site; don't clear any vegetation to make a new site. The best Leave No Trace practice is to camp at least 200 feet from a water source.

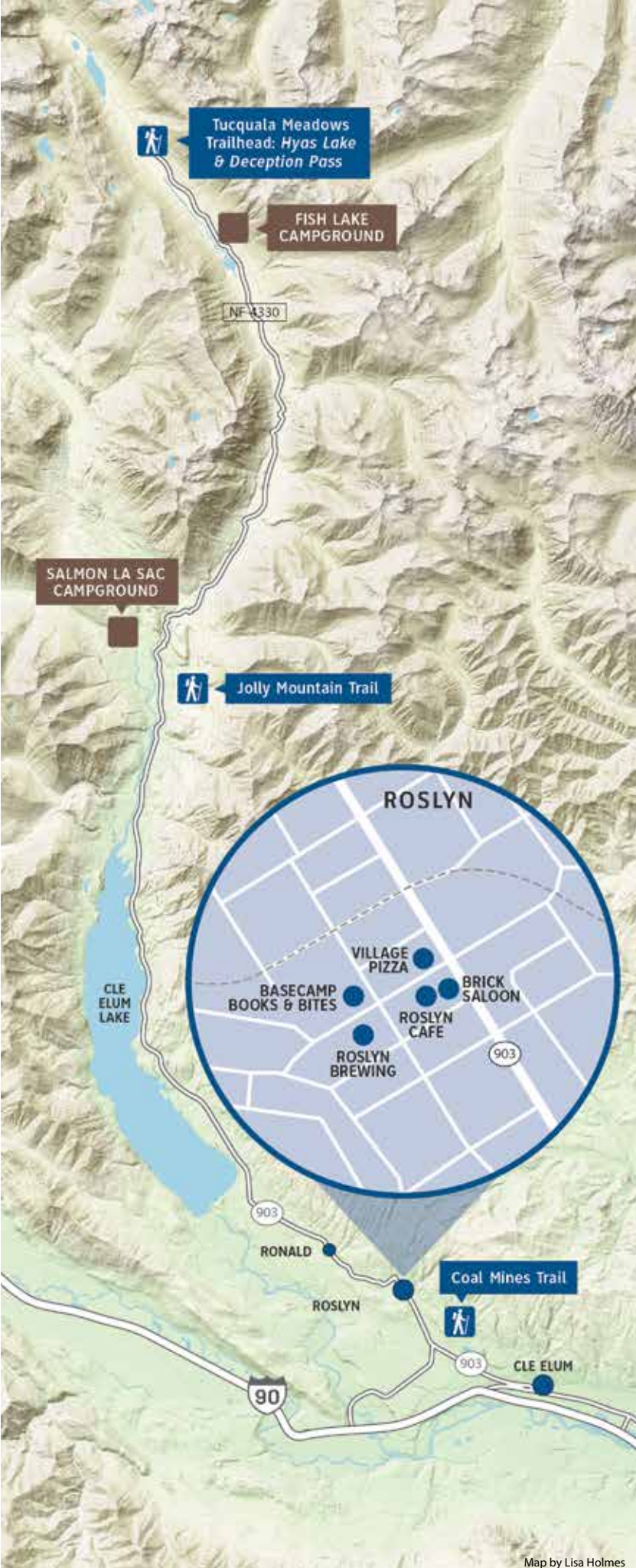
Toilets: Bring a shovel and bury your waste in a hole at least six inches deep and at least 200 feet from any water source or campsite. Local ranger districts say that mismanaged human waste is a major problem with dispersed camping. Ideally, all toilet paper should be packed out. Want to be a superhero? Pack out all your own waste using a portable toilet or bags designed for that purpose. Rangers would thank you.

Campfire: Before you head out to camp, check to ensure no burn bans are in place, waburnbans.net. Campfires can leave long-lasting scars in the backcountry—using a stove is a better choice in fragile areas. If you have a campfire, use an existing fire ring. Make sure any fire rings you use are not near overhanging branches or too close to vegetation or a water source. Keep fires small and under control. Make certain your fire is out before you leave it unattended; it should be cool to the touch.

Firewood: If you bring your own firewood, it's best to buy it near where you'll burn it so you don't risk introducing invasive insects. If you collect wood to burn, use dead wood on the ground that is small enough to be broken by hand. Never cut branches from a living tree.

Water: Make sure you bring your own drinking water or treat your water if you collect it from a stream or lake.

Trash: Take all of your trash with you. Leave your campsite cleaner than you found it.



Map by Lisa Holmes

HIKE IT: Priceless Spring Adventures

Good Value

New growth and lots of potential for adventure make these hikes all the more memorable.



Photo by Lance McCoy



Photo by Chris Pribbernow



Photo by Delton Young



Photo by Jessica Tanner

Sol Duc Falls / Olympic Peninsula

Marvel at old-growth trees amid a lush rain forest landscape while visiting one of Olympic National Park's most beloved attractions: Sol Duc Falls.

The Sol Duc Valley in Olympic National Park has it all—towering trees, cascading waterways, alpine lakes, snowcapped peaks and wildlife. The valley is home to several trails and many attractions, making the price for entry—\$25 for 7 consecutive days or \$50 for an annual Olympic National Park pass—a great value.

The trail to Sol Duc Falls begins beyond the Sol Duc Hot Springs and Resort, at the end of the road. The impressive Sol Duc Hotel once stood at the site of the current hot springs and resort. Opened in 1912, the five-star hotel and resort drew crowds from all over the world until it was destroyed by fire in 1920.

From the trailhead, follow the wide, well-maintained path through the forest. The route is family friendly and pleasant, wandering beneath a dense forest canopy and among every shade of green. Cross a small stream on a bridge, pausing to enjoy the water tumbling over moss-covered rocks. Sol Duc Falls announces itself with a roar prior to coming into view. At 0.8 mile arrive at a historic shelter and waterfall.

Depending on water volume, Sol Duc Falls splits into as many as four channels as it cascades 48 feet into a narrow, rocky canyon. There are various viewpoints of the waterfall, both upstream and down—as well as on the bridge that crosses the river. Photographers will want to bring a tripod and filters for the best shot of the cascading water. Consider visiting on a cloudy day, or during the morning and evening hours, when light and shadows dance through the landscape. Don't forget a towel to dry off spray from the falls.

Seasonal tip: Permits are required for all overnight stays. Quotas and reservations are in effect May 1 through Sept. 30 for the Sol Duc—Seven Lakes Basin area.

DISTANCE: 1.6 miles ♦ **ELEVATION GAIN:** 200 feet
PEAK ELEVATION: 1,951 feet ♦ **MAP:** Green Trails Seven Lakes Basin
PERMIT: National Park entry fee ♦ **DOGS:** No

INFO: wta.org/go-hiking/hikes/sol-duc-falls

TRAILHEAD: From Port Angeles, travel west on Hwy 101 for 29 miles to Sol Duc Rd. Turn left and continue for 14 miles, passing the hot springs, to the parking lot at the end of the road.

HIKE: Kelsie Donleycott

» NEARBY TRAILS

MINK LAKE: Visit a subalpine lake surrounded by forest set amid marshy meadows. The trail begins at Sol Duc Hot Springs and Resort and travels 2.6 miles with 1,450 feet of elevation gain.

DEER LAKE: A picturesque lake accessed by a rugged and steep trail. The route begins past Sol Duc Falls and travels 3.7 miles to the lake and campsites, gaining about 1,620 feet along the way.

LOVERS LANE TRAIL: This is a good alternative for access to, or departure from, Sol Duc Falls. The trail wanders amid forest and links the Sol Duc Falls Trail and the campground to make a short loop.



North Lost Lake / Chuckanut Mountain Range near Bellingham

With a multitude of trails and trailheads, Larrabee State Park is a good place to enjoy a wide variety of hikes using just one pass, including this one leading to a peaceful lake.

Many trails lead to Lost Lake, and you can enjoy hikes of varying lengths from several different trailheads. Because the web of trails here is complex, a map of the area is a must. It makes navigating easier, allowing you to create loops with other trails and ensuring you can find your way back. Because of its large parking lot, start at the North Chuckanut Mountain Trailhead for this hike, where you'll connect with the Interurban Trail, then the Hemlock and North Lost Lake Trails.

From the trailhead, climb moderately, looking out for a sign on your right for North Lost Lake Trail. Most of the route is an old forest road transforming into a trail, so the grade is never terribly steep. The sounds of the road below fade away as you round the west side of the mountains. Look for a riot of ferns and conifer trees along the way, until the trail levels off into a relatively flat section just before reaching the quiet lake. Hiking 9 miles can seem long but the views are well worth it, and you may enjoy some solitude, as many day hikers do not come this far.

At the lake, peruse your map and consider alternate adventures at Larrabee State Park. One option: follow the trail beyond the lake, heading south to where it links up with Lost Lake Trail 3, South Lost Lake and the WTA-built Rock Trail, leading to the top of Cleator Road. Or explore the Fragrance Lake trailhead, accessed from a parking area off Chuckanut Drive. Once you've finished hike planning, head back the way you came.

DISTANCE: 9.2 miles ♦ **PERMIT:** Discover Pass
ELEVATION GAIN: 1,100 feet ♦ **DOGS:** Leashed
MAP: Square One Maps: Chuckanut Mountains

INFO: wta.org/go-hiking/hikes/north-lost-lake-trail

TRAILHEAD: Driving north on I-5, take exit 250 and follow Old Fairhaven Pkwy/Hwy 11 west for 1.3 miles to 12th St. Turn left onto 12th St and follow Chuckanut Dr/Hwy 11 south for 1.5 miles to the trailhead parking area on the left.

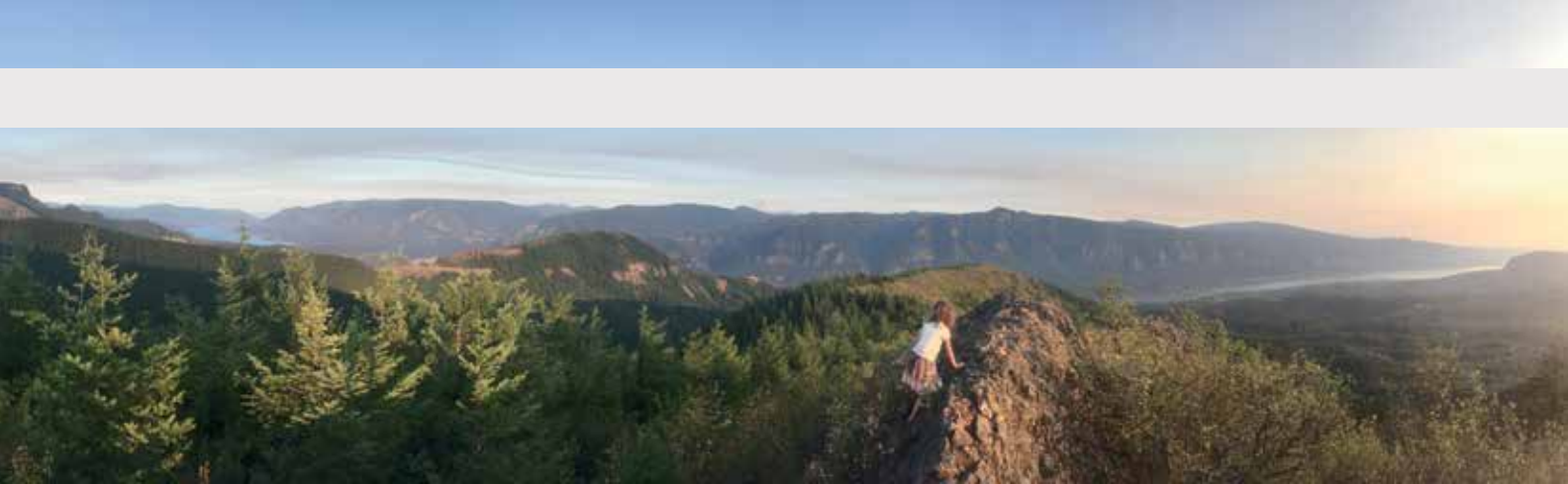
HIKE: Mike Morrison **PHOTO:** Mike Morrison

» NEARBY TRAILS

PINE AND CEDAR LAKES: A steep hike to a pair of beautiful, quiet lakes. It's best to start your hike off of Old Samish Way Road at the Pine and Cedar Lakes trailhead. 4 miles, 1,400 feet of gain.

INTERURBAN TRAIL: Hike a flatter trail than the one to Lost Lake while enjoying the same restful, forested surroundings. Best enjoyed by starting at Arroyo Park and heading south into Chuckanut Mountain. For a more urban experience, walk north to Fairhaven and Bellingham. 11.8 miles, 300 feet of gain.

HEMLOCK TRAIL: Start at Arroyo Park or at the Pine and Cedar Lake Trailhead, and connect the Lost Lake Trail with the Pine and Cedar Lakes Trail.



Hardy Ridge Trail / Columbia River Gorge

With sweeping views of the Columbia River Gorge and an impressive wildflower show, the trail along Hardy Ridge makes for a great early-summer hike.

While many who travel to Beacon Rock State Park are content just visiting its namesake rock formation, the extensive trail system throughout the park offers hikers a wide variety of trail options. The long loop on Hardy Ridge will provide a bit of solitude along with panoramic views and a decent workout.



Begin at the equestrian campground. Start by climbing through alder and bigleaf maple on the Hardy Ridge Trail, which initially follows an old logging road for approximately 1 mile before reaching a junction. Continue straight at the intersection, coming to another junction in about a half mile. This time, go left to follow the East Hardy Ridge Trail for about 1.5 miles, avoiding the turnoff for the Bridge Trail. After another 1.5 miles, the route transitions to singletrack hiking trail.

Once on the hiker-only trail, continue climbing for another mile before cresting Hardy Ridge. Here you can take in expansive views of the Gorge and Mount Hood, a sea of wildflowers and scores of fluttering butterflies (if the timing is right) while gently descending the ridge. User-created trails extend away from the main trail, but it is best for the landscape if you stay on the actual trail.

The trail descends to an intersection with the West Hardy Ridge Trail. At this junction, head left on the logging road you initially traversed, making a right at the next intersection to return to the trailhead.

If you'd like to go farther, the interconnecting trails give you plenty of options to create your own one-of-a-kind hiking loop in the park.

DISTANCE: 9.5 miles ♦ **PERMIT:** Discover Pass
DOGS: Leashed ♦ **ELEVATION GAIN:** 1,860 feet
PEAK ELEVATION: 2,700 feet
MAP: USGS Columbia River Gorge-West 428S

INFO: wta.org/go-hiking/hikes/hardy-ridge

TRAILHEAD: Travel Hwy 14 to Beacon Rock State Park near milepost 35. Turn north (right) onto Kueffler Rd. The trailhead is about 0.5 mile up this road on the right.

HIKE: Lindsay Leffelman ♦ **PHOTO:** Ryan Ojerio

» NEARBY TRAILS

BEACON ROCK TRAIL: Climb 52 switchbacks to the top of one of the world's largest monoliths. You definitely won't be alone, but you can enjoy interpretive signs along the way and views of the Gorge, Bonneville Dam and the Pierce Wildlife Refuge. 2 miles, 600 feet of gain.

DOETSCH WALKING PATH: If you're looking for a casual stroll, follow this path for just more than 1 mile as it loops around a historic ranch and follows the Columbia River shoreline. For families camping in the park, this would make a great evening walk. 1.2 miles, no gain.

RODNEY FALLS: Follow the Hamilton Mountain Trail to Rodney Falls, Hardy Falls and Pool of the Winds. At under 3.5 miles round trip, this would make a nice addition to another hike in the park. 2.9 miles, 400 feet of gain.

DO BIG THINGS, OR LITTLE THINGS WILL DO YOU.

Hike with us in wild, remote Utah. We're the authors of *Hiking from Here to WOW: Utah Canyon Country*. Join us for a single day or a full week of guided dayhiking—beyond any guidebook. The extraordinary routes we've decrypted in this vast labyrinth will astonish you. Write nomads@hikingcamping.com for details.

hikingcamping.com





Guemes Mountain / San Juan Islands

Guemes Mountain, centerpiece to a 540-acre tract of public and private protected land, is a gentle peak offering sublime views of rolling pasture, emerald islands and glacier-capped Mount Baker. In springtime, its prairie summit bursts with wildflowers.



While you can drive to this trailhead, it's much more fun (and economical) to walk to it. Aside from getting more exercise, walking on the ferry to Guemes Island will cost you a mere \$3 (\$4 during peak season). From the Guemes Island Landing, turn right and walk the pleasant South Shore Road for 2.1 miles to the trailhead. Then set off on a 1.2-mile trail built by WTA on land protected by the Skagit Land Trust and San Juan Island Preservation Trust.

Follow the trail through a maturing forest of fir and madrone before winding through a cedar grove. Next, a stretch of alders provides teaser views. After crossing a small creek, the way follows an old skid road through a formerly logged area.

Crest the small mountain's ridge and angle left, reaching the 688-foot summit and views! To the east, it's Samish Island, the Chuckanut Mountains and Mount Baker. North, it's Vendovi Island, Lummi Island and a slew of Canadian peaks. To the west, it's Orcas Island's Mount Constitution, Fidalgo's Mount Erie and a swath of Guemes pasture with wild Cypress Island behind it. Look around, but stay on established paths so you don't disturb sensitive plants.

Seasonal tip: Go in early summer to see wildflowers.

DISTANCE: 6.6 miles ♦ **PERMIT:** None
MAP: Square One Maps: San Juan Islands
ELEVATION GAIN: 670 feet
PEAK ELEVATION: 688 feet
DOGS: Leashed

INFO: Day Hiking the San Juans and Gulf Islands (Mountaineers Books)

TRAILHEAD: From exit 230 on I-5 in Burlington, head west on Hwy 20 to the junction with Hwy 20-Spur. Continue right on the Hwy 20-Spur to the Anacortes traffic circle, turning right onto Commercial Ave. Then turn left onto 12th St (still on Hwy 20-Spur) and continue for 0.5 mile. Turn right on I Ave and reach the Guemes Island ferry in 0.4 mile. Park in the lot or on the street and walk onto the ferry.

HIKE AND PHOTO: Craig Romano

SCOUTING CHALLENGE

Daily, hikers use wta.org to plan the best hike for their ability. Our database includes thousands of hikes, but some haven't been updated in a while, so potential visitors don't know what current conditions are like. WTA is asking responsible, confident hikers to do some on-the-ground research for us and report back.

This time, we'd like to get an update on this route near Spokane. If you can, scout it, then post a trip report and photos on wta.org.

»» THREE PEAKS LOOP

WHERE IT IS: Mount Spokane

WHAT WE KNOW: The Three Peaks Loop at Mount Spokane makes for a more than 12 mile outing, so you'll get plenty of exercise for the price of your Discover Pass. Plus, you can check out other nearby trails.

RECON REQUEST: In November 2016, trip reporter California Girl went to check out WTA's September trail work, but winter was rough in Spokane, and it's entirely likely that the storms have brought down a lot of obstacles since then.

Head out and scout as much of this trail as you can. If you come across blowdowns or other obstacles, take photos and note where they are on trail. If you have a GPS device, a track with waypoints marking the obstacles would be helpful, too. Remember to stay safe. While it'd be nice to get updated information, if conditions are dicey, don't sacrifice safety for the info.

WHEN YOU'RE BACK: Head here to file your trip report: wta.org/go-hiking/hikes/three-peaks-loop.



Hiking Guide Correspondent Rosemary Perkins took us up on our last Scouting Challenge and visited Black Hole Falls in the South Cascades. It took grit; she had to go back a second time before she found the trailhead. But she was rewarded with a secluded trail, lots of trees and an impressive waterfall. She says it would be a lovely spot in the summer. Her research, including more detailed driving directions will help us improve our entry online. If you think you can help us improve our Hiking Guide, check out this month's Scouting Challenge (above).



TRAIL MYSTERIES: The Snoqualmie Batholith

By Kim Brown



Photo by Kim Brown

Uplifting Geology

The long story of the color and texture of the North Cascades

Author's note

After researching this article, I struggled to describe a batholith without plagiarizing the many ways it has already been described. I decided on the word “blob.” I asked geologist Rowland Tabor to check my work. He did so happily and sent my document back with a note:

Kim: *Please forgive me for I am a compulsive editor ... I could not resist messing with your text.*

He left in the word “blob.” After I good-naturedly said I didn’t recognize much of my own writing after his edits, he offered solace.

Kim: *You have taken the editing graciously. And I did leave a good deal of your original, such as articles, prepositions, etc.*

So, while Mr. Tabor contributed heavily to the text, the articles and prepositions are my own, as are the words “Snoqualmie,” “batholith” and “blob.”

The Pacific Crest Trail takes a hiker through spectacular terrain, with a backstory millions of years old. If you hike the trail north of Snoqualmie Pass, you can’t miss the dramatic, dark rock rising high above. But in other areas of the same stretch of trail, the stone is strikingly lighter.

Why is that? And how did those big dark spires form? The answer is all about uplift and erosion.

The geological transition from the South Cascades to the North Cascades begins near Snoqualmie Pass. The North Cascades have been uplifted, and eroded, more than the South Cascades. That erosion exposed older, more varied and colorful rocks.

Beginning about 35 million years ago, an oceanic tectonic plate slid under the continent, melting the rock above. Then, about 22 to 28 million years ago, huge blobs of granitic magma, called batholiths, welled up from the melting zone and solidified as the Snoqualmie Batholith, which stretches roughly from I-90 to Highway 2. The invading magma

recrystallized the original rock, making it darker and more erosion-resistant than it had been before.

“A PCT hiker in North Cascades traverses the roof of an immense mass of solidified magma,” USGS Geologist Rowland Tabor says.

As they hike, Rowland explains, hikers will see different rocks—the original stone, heated and hardened stone and intrusions of batholith. Some of that rock “is much more resistant to erosion ... and stands up as craggy peaks such as Mount Thomson, Chair Peak and Guye Peak. The Kendall Katwalk, about 6 trail miles north of Snoqualmie Pass, is blasted into the lighter colored granitic rock of the batholith.”

As you move through the high country, think about how the various colors and textures of rock might be formed. Batholithic blobs of magma lie at depth, still feeding the modern volcanoes in the Cascade volcanic arc, such as Mount Rainier and Glacier Peak. Mountains are still eroding, and tectonic plates are still plunging and sliding—it’s a busy world out there!



Elbert Fernandez watches the sunset with his daughters Sophia, Miranda and Amalia at Ebey's Landing on Whidbey Island. Photo by Gisselle Pichardo.

A Treasured Moment Together

Gisselle Pichardo treasures any opportunity to connect with nature and her family.

"For us, having the chance of spending time with our girls without the distractions of modern-day life is something that we cherish and look forward to every weekend," she says. "While it's taken us awhile to get the girls used to all the walking—and the time away from toys, TVs, computer, etc.—we're confident that we're helping them become better, healthier adults in the future."

Gisselle and her husband, Elbert Fernandez, try to get their girls out as often as they can. For this photo, the family had taken a trip over to Whidbey Island.

They took the trip because their three daughters, Sophia, Miranda and Amalia, love to

ride the ferry. Once they were on the island, they wanted to add on a hike, so they headed over to explore Ebey's Landing National Historical Reserve. Gisselle says she loves taking her kids on trails because they offer the opportunity to connect with the natural world and disconnect from modern life.

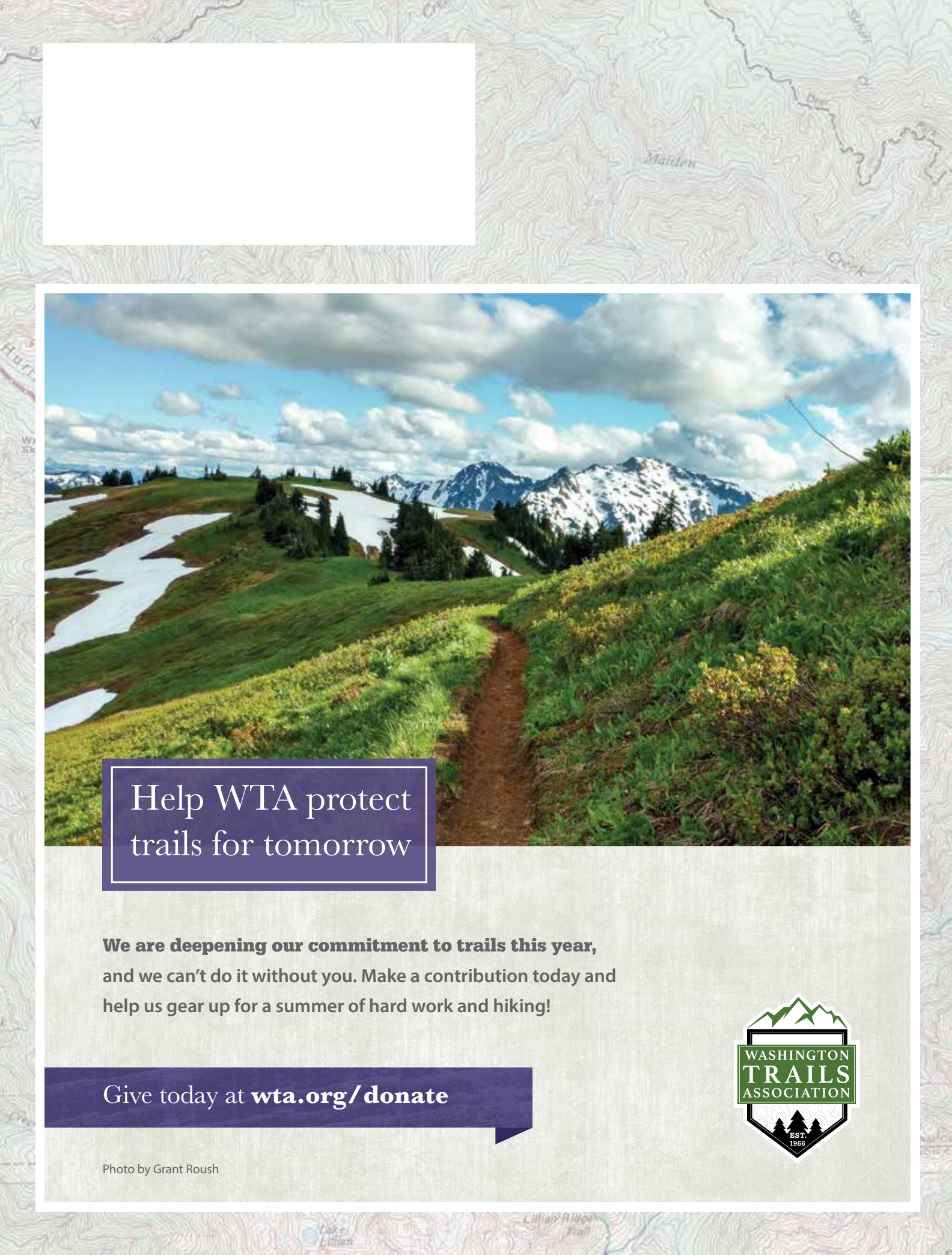
"One of the many blessings of living in a place as amazing as the state of Washington is the amazing network of well-kept, well-signed and available trails just a short car—or even bike—ride away," Gisselle says.

Gisselle snapped this photo as her family stood near one of the historic buildings at the reserve. She loves the peaceful scene the photo represents.

"I feel that the picture portrays a message of family union, love for nature and hope," she says.

Northwest Exposure

Every year, WTA invites photographers to share their favorite photos for our annual contest. The contest opens in August, but there's no need to wait. Start shooting now. Show us the amazing diversity of our state, all year-round.



Help WTA protect
trails for tomorrow

We are deepening our commitment to trails this year,
and we can't do it without you. Make a contribution today and
help us gear up for a summer of hard work and hiking!

Give today at **wta.org/donate**

Photo by Grant Roush

