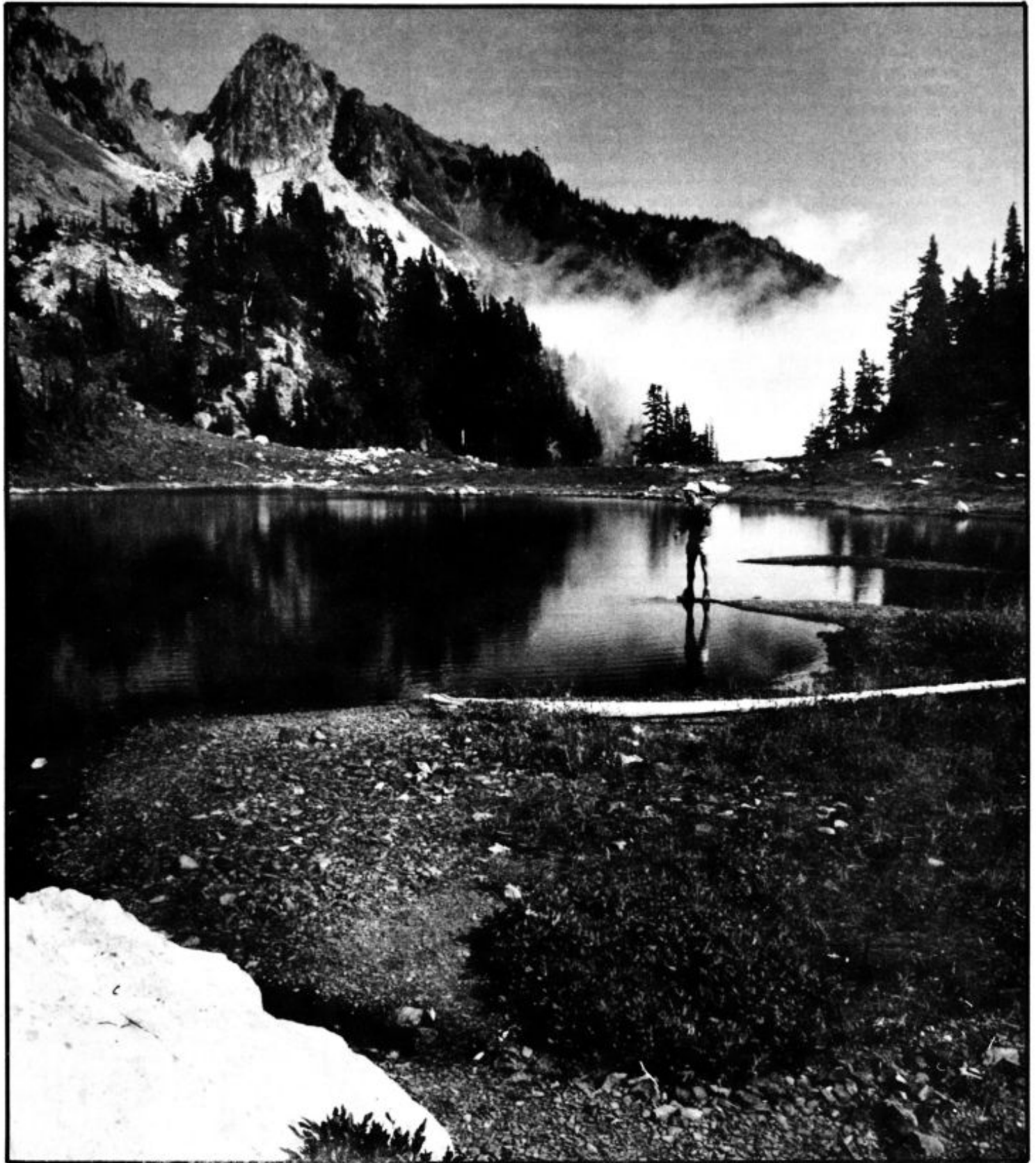


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COVER PHOTO:

Don Paulson stands at the water's edge of a small lake in the Mount Skokomish Wilderness, Olympic National Forest, Washington. Photo by Jennifer Stein Barker.

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RANDOM VIEW: What catches your camera's eye? Send us a favorite backcountry snapshot—color print, transparency, or black-and-white.

BACKCOUNTRY NEWS: See information on page 5.

FEATURE ARTICLES: 400 to 1500 words. Typed-and-double-spaced is a nice touch, but not required. Space is limited; we reserve the right to cut. Want to write but need some guidance? We'll send our Writers' Guidelines; just ask.

PANORAMA: 100 to 300 words. We welcome all sorts of backcountry news. Send us newspaper clippings, club bulletins, or a paragraph about an important issue.

REST STOP: 100 to 300 words. Send us recipes, do-it-yourself projects for making or modifying gear, minimum impact techniques, safety tips, equipment reviews, etc.

△

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BACKCOUNTRY NEWS

INTRODUCTION

See General Comments under Submissions on page 3. All readers are encouraged to contribute to Backcountry News. Information that is particularly helpful includes: distance & elevation gain, condition of trail or route, hazards such as tidal currents, rockfall, avalanche danger, washouts, bees' nests, etc, and pleasant or fun things you encountered.

Space is limited so please try to restrict your submission to about 200 words; typing is not necessary. We're interested in ALL trips, easy and hard, ordinary and exotic. We may have to cut your report to fit available space.


The following symbols will be used to categorize trips. Let us know if you find this helpful.

-  —Climbing, scrambling, mountaineering, off-trail and cross-country travel.
-  —Hiking, backpacking on trails.
-  —Canoeing, kayaking and water trips.
-  —Snowshoeing and cross-country skiing.



PENINSULA



 **SAND PO INT** (*Olympic National Park; USGS Ozette*)—We have day-hiked this trail many times, but this was the first time we ever did it as a backpack. It is such a short and easy trail, and that is why we chose it for our out-of-state friend's first backpacking trip.

The trailhead had only four other cars when we got there. The boardwalk continues to deteriorate every time we come here. You must be quite careful to watch your step so you don't fall through one of the ever-increasing number of holes.

We chose one of the first campsites you come to when the trail meets the beach. Five deer were grazing on the seastack at the tip of Sand Point. We saw lots of eagles, harbor seals, and sea lions, as well as a band of the notorious masked bandits—the Sand Point

Raccoons. We hung our food sack high over a bear wire as advised, but something still chewed or pecked through the sack and almost through the Tupperware containers inside during the night.

Also on the trip, we saw, unfortunately, an example of one of the main reasons pets are not allowed on National Park trails. As we were preparing dinner, we heard quite a commotion off in the brush, along with what sounded like a dog barking!


Wilma and our friend were nearly bowled over by a frightened deer charging through our campsite with a German shepherd hot on its heels (or hooves).

We were able to intercept the dog and send him back the other direction. We then waited for the owner(s) so we could give them a piece of our mind.

They said they didn't know dogs weren't allowed here until they got to the trailhead. And since they had driven all that way from Seattle, they weren't going to go!


For those who don't know (and we find it hard to believe there is anyone who doesn't), pets are *never* allowed on trails in National Parks. They don't mix well with wildlife. We wish the Forest Service would adopt similar regulations for their trails.

Everything else went well and the dog owners even came back awhile later and said they knew they were wrong and were heading back out.—Fred and Wilma, Sequim, 5/15-16.


 **LITTLE QUILCENE TRAIL** (*Olympic National Forest; USGS Mount Zion*)—Follow Road 28 to Bon Jon Pass and take Road 2820; it's well signed. The view of Mount Townsend

from here is quite impressive. The trailhead is in a clearcut at Last Water Camp.

The first mile does some steep climbing, but as you pass over to the Sleepy Hollow side of the mountain the trail flattens. Gary and I encountered a few icy snow patches but the summit was clear. Trail was in good shape all the way, with only a few blowdowns to climb around or through.—SB, Silverdale, 5/92.

 **MINK LAKE** (*Olympic National Park; USGS Bogachiel Peak, Slide Peak*)—This is a very nice hike through pleasant forest. It's a steady uphill, but never very steep. We found it a good early season hike to get our "hiking form" back.

We got to the lake, 3080 feet, to find no snow. This area above Sol Duc normally gets a good deal of it. When we were here on June 3, 1990, more than a foot of snow remained around the shelter. Here we are almost a month earlier, and there's none! Guess we DO have a low snowpack in the mountains this year. The trail was in good shape with not a single blowdown across the trail.—Fred and Wilma, Sequim, 5/9.

 **DUNGENESS SPIT** (*Dungeness National Wildlife Refuge; USGS Dungeness*)—The Spit was breached during the winter by a fierce storm. It has rebuilt itself now, but for a short time the lighthousekeeper was stranded!

A new lighthouse keeper has reported for duty at Dungeness; he and his wife will live there a year.—Rachael Black, Mercer Island, 5/2.

BACKCOUNTRY NEWS DEADLINE: June 23

Send in your trail reports by this date for the next issue. (Deadlines for other departments are earlier; check with us for details.)

BACKCOUNTRY NEWS

SWITCHBACK TRAIL (*Olympic National Park; USGS Mount Angeles*)—This trail starts right on the Hurricane Ridge road. Although it's a short 1.6 miles it climbs 1400 feet. There were a few snow patches on the way up, but the ridge was clear. Still heavy snow on the north side of the ridge.

Plenty of deer out; even saw a young bear. The only snow left at Hurricane Ridge Lodge is a small patch. Road is open to Hurricane Hill trailhead.—SB, Silverdale, 5/92.

SOL DUC RIVER (*Olympic National Park; USGS Bogachiel Peak*)—The last time we were here was in August several years ago, on a warm and sunny day. Today, we had a very low cloud cover with drizzle. The wisps of fog moved eerily through the magnificent old growth and added a delightfully different dimension to our hike.

The trail climbs gradually, never very steeply, with the river in earshot and often in view as we walked. There are some falls that rival the beauty of the more popular Sol Duc Falls ¼-mile in.

We turned around at 7-mile Camp, which is actually only 5.5 miles in. On this day there was a lot of blowdown over the trail, some of it perched rather precariously above the trail. We encountered no snow.—Fred and Wilma, Sequim, 5/8.

MOUNT TOWNSEND (*Buckhorn Wilderness; USGS Mount Townsend*)

—Daisy joined Bill and me for our nearly-annual trip up Mount Townsend on the Townsend Creek side. This is the earliest we've done this hike. Usually at the end of May we have encountered substantial snow above Camp Windy. This time there was only one small patch of snow to cross at Camp Windy, and none above.

It was over 80 degrees in the lowlands and must have been in the 70s as we climbed from 2780 feet to 6280 feet at the summit. The usual wind was blowing at the top. Despite the cloudless blue sky, an extra shirt and jacket felt good.

The trail has what seems like endless switchbacks, at first through forest and then opening up for views. Camp Windy is at 2½ miles and about 5000 feet. After Camp Windy the trail switchbacks and climbs steadily with views increasing with each step.

We had a clear day with views of Rainier, Glacier, Baker, Hood Canal, the Strait of Juan de Fuca, and over the nuclear submarine barn at Bangor to the shoreline of Seattle.

It was a little early for the rhodies, but some wildflowers were in bloom

along the trail. We encountered several people carrying infants or children on the trail, and a 6-year-old boy who walked all the way to the top himself! I was impressed. This trail is 11 miles round trip and gains 3500 feet.—Jane Habegger, Olympia, 5/16.

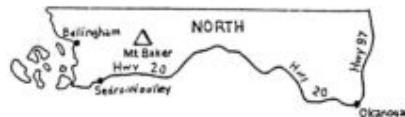
NORTH FORK SKOKOMISH—A large landslide has come down across the trail 1½ miles from Staircase. Hikers can cross, but trail is closed to stock.—Ranger, 5/4.

FISHING—Olympic National Park has implemented catch-and-release requirements on an experimental basis on the North Fork Skokomish, South Fork Hoh, and the Queets Rivers.

In addition, the Park has adopted more restrictive regulations on Dolly Varden, cutthroat trout and summer steelhead in a region-wide effort to halt general declines in these species.

Contact any Park Ranger Station for a copy of detailed new regulations.—Ranger, 5/4.

NORTH



WASHINGTON and RAINY PASSES (*Okanogan National Forest; USGS Washington Pass*)—The skiing is great up here on Highway 20. All the meadows are criss-crossed with ski tracks and the corn snow is in top shape for spring skiing. It should last another 3 to 4 weeks.—Don Portman, Winthrop, 5/19.

HARTS PASS (*Okanogan National Forest; USGS Slate Peak*)—You can drive to within 3 miles of Harts Pass, then there's patchy snow the rest of the way. There are a few wide spots in the road for parking.

There haven't been many skiers up this way, even though the snow is great at Harts Pass, mainly because there's not enough snow to ski those last 3 miles, but there's too much to drive. Snowmobiles use this area a lot.

If the weather continues like it has, the road should melt out completely in about 2 weeks.—Don Portman, Winthrop, 5/19.

CASCADE RIVER ROAD—Closed at milepost 5 due to construction. Should be open by 6/5.—Ranger, 5/11.

HOZOMEEN—Closed until 6/26.—Ranger, 5/11.

ROSS LAKE—Shores of Ross Lake are closed to public entry from Silver Creek to the BC boundary from 5/19 to 6/26. Boating on the lake is allowed, but landing and hiking is prohibited.—Ranger, 5/11.

MOUNT BAKER DISTRICT—206-856-5700. Trail crews are just starting to




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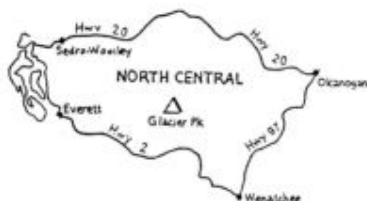
get out and survey trail conditions. Most high elevation trails are still snow-covered.

Church Mountain trail is snowfree first 3 miles. The **East Bank Baker Lake trail** is snowfree and is scheduled for reconstruction this year. **Monogram Lake trail** snowfree about 3½ miles.—Ranger, 5/14.

HIGHWAY 20—The highway is open and snowfree between Marblemount and Mazama. There is 3 to 5 feet of snow in the roadside meadows at Washington Pass.

No parking at the **Bridge Creek trailhead** at this time; park ½-mile east of Bridge Creek at the wide spot. Bridge Creek trailhead still has 3 feet of snow.—Ranger, 5/11.

NORTH CENTRAL



JUMBO MOUNTAIN (*Boulder River Wilderness; USGS Helena Ridge*)—Debra and I decided to scout this one since we were both leading it for The Mountaineers in May. We talked three others into going along to help break trail. I was the only one in the group who had been there before.

We had no difficulty finding the trailhead and were off before 9am. The trail is only a climbers'/miners' bootpath but it does a good job of getting you up the mountain. Right near the start is a stand of giant hemlock trees—with all the logging in the area I worry for them.

When we broke out into the dry stream bed we got a nice view of the summit, still a long way off. We ascended the stream bed for several hundred feet until we came upon an old slide chute coming down on the left.

We headed up the chute, looking for the boot path that takes off on the right by a large conifer with an X on it. We found the path and headed up to what I remember to be an area of avalanche debris.

The debris has been consolidated over the several seasons since I was last here and it wasn't hard to find a passage through this brushy section.

Finally we broke out into the open boulder field right by the rock that says "Ye Old Tavern"—we were on track! On snow now, we take turns

SEASONAL HAZARDS

JUNE and JULY—Ticks. Mosquitoes. Biting flies. Leave baby animals alone.

Seasonal water sources will dry up early this year. Much of the snowpack has melted, but snow still remains on north slopes and at high elevations.

Glaciers will break up early this year; watch for collapsing snow bridges over crevasses.

Be extremely careful with fire.

kicking steps. Halfway up a steep narrow gully we find that it is totally bisected by a moat. We are just able to get across, then we follow one old set of tracks to the saddle.

Unfortunately we found the same conditions that I had encountered on my one previous attempt of Jumbo—wet rock partially covered with fresh snow. Jumbo has an exposed summit with no room for error, and no one felt comfortable trying to make that last 25 feet to the top.

We saw one sluff release on the way down, so we didn't stop for lunch until we were back to the large boulder field, well after 2pm.

On the way out I took time to try to clear some of the worst of the down branches that grab your pack. I used my new folding saw (Christmas present), and all was going well until—at an awkward branch—the saw leaped out and attempted to detach my index finger from my hand.

Debra was right there and took charge and performed first aid. I was so embarrassed—everyone took gear from my pack to make my descent easier. We reached the cars at 6:30pm.

It took 4 hours in the emergency room to put 9 stitches in my finger (oh, no—I've got Intermediate Rock to go to this weekend!).—Sara Matoi, Kent, 4/21.

WEST CADY RIDGE (*Henry M Jackson Wilderness; USGS Blanca Lake, Benchmark Mountain*)—The road to the West Cady Ridge trailhead is completely snowfree and although it's a little worse for wear from the 1991 flooding, it's no problem getting around the rough spots.

We had a beautiful day to hike. The snowfree portion of the trail is in fine shape with only a couple of blow-downs. We hit heavy snow at 4000 feet as the trail skirts around the north side.

At that point we just struck out (up) to a beautiful clearing for lunch.

Lots of bird activity and enough views to make us happy!—Mystery Hiker and Mr. Maphead, Granite Falls, 4/17.

SQUIRE CREEK PASS (*Boulder River Wilderness; USGS Helena Ridge and Whitehorse Mountain*)—JM, her son TJ, Blackie and I hiked the Clear Creek trail to Squire Creek Pass.

The trailhead sign claims it is 2 miles, but it is actually 2.75 to 3 miles to the pass. The rough trail starts as a stream bed, changes to a boulder field, then becomes a mass of roots. I, at least, preferred the snow we hit at 3500 feet.

There is a fine view of Three Fingers from the pass, but the story of this short hike was the return trip. About a mile from the trailhead, JM slipped on a wet root, fell, and broke her wrist.

We used a small ensolite pad and an elastic bandage to splint it, and a couple of bandanas formed a sling. I lashed her pack onto mine and, with TJ and Blackie scouting ahead, we started down.

The rough trail became downright treacherous for JM, with only one hand and every jolt aggravating the pain. It was painful just to watch her work through boulders, climb over a chest-high downed tree, and negotiate steep, slippery trail, but we made it out without further mishap.

In reviewing our preparedness, the worst shortcoming was lack of a prescription-strength painkiller. Another problem was a new-fangled "self adhering" elastic bandage. Eighteen months in my first aid kit had caused it to con-



Spring violets

BACKCOUNTRY NEWS

geal into a solid rubber ball—even at home I couldn't unroll it. Fortunately my kit also contained an old-fashioned elastic bandage.

Finally, I've modified my pack to make it easier to *quickly* lash another pack to it. When someone is hurting you don't want to waste time jury-rigging anything.—TG, Skyway, 5/2.

MONTE CRISTO (*Baker-Snoqualmie National Forest; USGS Bedal, Monte Cristo*)—Yes, spring is here and yes, the snowpack this year is extremely low, but it's still too early to do much hiking at the higher elevations without encountering more snow than we enjoy.

So we opted to do one of our favorite early spring hikes—up to the old mining town of Monte Cristo. The day we went it poured down rain which made this hike even more sensible as there's no brush to deal with and plenty of room for umbrellas!

It's 4 miles each way. The road is in as good a shape as we've ever seen. And as usual this is a very pleasant walk in the woods. Great for children and anyone who seeks a fairly easy, scenic walk with the added interest of a little mining history thrown in.—Mystery Hiker and Mr. Maphead, Granite Falls, 4/9.

LAKE VALHALLA (*Henry M Jackson Wilderness; USGS Labyrinth Mountain*)—It was a clear day with a cool breeze blowing as we started down the trail. The railroad grade was mostly covered with about a foot of snow. At first it was easy to walk on, but got softer. Near the end we crossed avalanche debris. Looking up, we could see that the ridge above did not have much snow.

As the trail turned west we found a mixture of steep, icy snowbanks and soft, open slopes of snow. About ½-mile later we entered the trees where the going was flatter and easier.

Soon we came to a stream crossing with a log bridge. We had to break away a cornice to get onto the bridge. On the other side, we climbed up the snowbank. An hour later we lost the trail and decided it was time for lunch.

Refueled, we continued up through the trees to the trail we knew was above us. At the meadow at 3½ miles we rested on some bare ground for over an hour. We left the meadow at 4pm and got back to the car at 7pm.—Linda Rostad, Bothell, 4/23.

ROCK MOUNTAIN (*Wenatchee National Forest; USGS Mount Howard*)—We ran into the first snow about 5000 feet and by 5200 feet we

SEASONAL HIGHLIGHTS

JUNE—Summer solstice, 21st. Rhododendrons blooming in Rhododendron, Oregon, as well as in Olympic foothills. Flowers in Methow Valley.
JULY—High country accessible early this year: meadows, wildflowers, starry skies.

were on solid snow. There was snow all the way to the summit.

We spent about an hour on top with great views everywhere. When we came back down we jumped through a cornice and had a wonderful glissade.—Linda Rostad, Bothell, 5/16.

MERRITT LAKE / NASON RIDGE (*Wenatchee National Forest; USGS Mount Howard, Lake Wenatchee*)—Kathy Kelleher and I wanted exercise, views, and good weather not too far from Seattle. That's not asking too much, is it? Actually, there is such a place—Merritt Lake and beyond. We drove over Stevens Pass (ever so slowly in my car) and turned off at Road 657 near milepost 76.

We drove 1.6 miles to the signed trailhead where a solitary deer seemed to be waiting for us to arrive. No one else about, but the trail register indicated a party had been to the lake the day before.

On the lower switchbacks we saw trilliums, lupine and some tired-looking glacier lilies. At 2½ miles is the junction with Nason Ridge which we did not find, either coming or going. Near the end of the switchbacks we began to hit snow patches and by the time we reached the flat area near the boulder field we were in solid snow (about 4300 feet). We followed old tracks and blazes as best we could but in the end Kathy's compass skills came in most handy and we hiked right to the lake, which was just starting to thaw.

We continued up to the ridge on moderately steep snow, having lost all evidence of trail. Once we gained the ridge above the lake, we turned right toward Alpine Lookout. (There's a shorter route to the lookout by way of Round Lake but a good portion of that route is shared with motorbikes—no thanks!)

We worked our way over to the first high point along the ridge, a partially wooded summit with views all around. We were still a couple of significant bumps away from the lookout

(which was visible), but it was only the two of us kicking steps and it would have taken a while to get there so we called it a day.

When we got back to the car we looked back to "our" bump on the ridge and were pleased with ourselves. It looked a long way from the car.—Karen Sykes, Seattle, 4/27.

ASPEN LAKE and STORYBOOK HILLS (*Methow Wildlife Area; USGS Winthrop*)—The two big sections of the Methow Wildlife Area have really nice hiking. One of my favorite hikes in the MWA is to Aspen Lake.

About 3 miles south of Sun Mountain is the Elbow Coulee road. Follow it until it makes a sharp turn to the right; at a wide spot you can see where other vehicles have parked. Follow the steep track up to Aspen Lake and beyond, if you like, to the Storybook Hills. This is a great hike with big views, but few people know about it or use it.—Don Portman, Winthrop, 5/19.

SUN MOUNTAIN (*Methow Valley; USGS Thompson Ridge*)—Trails at Sun Mountain are in superb shape. The trail system here is now maintained on a year-around basis through a cooperative effort of the Methow Valley Sport Trails Association, Okanogan National Forest, Sun Mountain Lodge, and the Wolf Creek Reclamation District.

Access to the trails is from the Sun Mountain Lodge or the Chickadee parking area 1 mile below the lodge.

There is a wide variety of trails—some along ridge tops with grand views of the Methow Valley and North Cascades, others through open ponderosa pine forests carpeted with wildflowers.—Don Portman, Winthrop, 5/19.

CHELAN LAKESHORE TRAIL (*Chelan-Sawtooth Wilderness and Chelan NRA; USGS Prince Creek, Lucerne, Sun Mountain, Stehekin*)—Rosie Bodien and I spent four absolutely glorious days on this trail which runs for over 17 miles between Prince Creek and Stehekin. We had perfect weather and flowers were everywhere. The flowering dogwoods were in full bloom along the entire trail.

Day 1—The *Lady of the Lake II* left us at Prince Creek at 11am. We headed uplake toward our first night's camp at Meadow Creek shelter, 7 miles away. The trail went up and down constantly, through forest and meadow. Views of the lake and snow-covered peaks beyond were ever-present.

In the vicinity of Rattlesnake Creek we encountered two rattlers. After that,

BACKCOUNTRY NEWS

we acquired "wildlife sticks" to beat the bushes in front of us as we hiked along.

The Meadow Creek shelter is in deep forest without views. We shared a campfire with two other hikers.

Day 2—This day we climbed Round Mountain and again spent the night at the Meadow Creek shelter.

Day 3—Rosie found an easily removable tick on her foot when she climbed out of her bag this morning. Now we were on the lookout for ticks as well as rattlesnakes.

The 3 miles of trail to Moore Point were crisscrossed by roads, was in forest much of the time and was not as scenic as other sections. After lunch at the Moore Point dock, we headed up Hunt's Bluff where we ran into three rattlers in as many minutes.

This really "rattled" us and we became very cautious after that but saw no more the entire trip.

At the Flick Creek shelter we had dinner at a picnic table—ah, such luxury! The shelter is on a rocky point overlooking the lake and is quite lovely. It was windy, however, so we set up the tent inside the shelter.

Day 4—The last few miles into Stehekin were of a gentle grade and the walking was pleasant, even in a light, intermittent rain.

Jim had left little notes in my breakfasts every morning, and one of them said to pick up a package in Stehekin, so our first stop was the post office to

get our mysterious box. It turned out to be two chocolate bunnies and a Far Side cartoon about rattlesnakes!

At 2pm we were on the boat headed back down the lake. We had a wonderful and memorable four days. We even learned a new dance—the "rattlesnake side-step." Our wildlife sticks came home with us in memory of our trip.—Ginny Evans, Renton, 4/24-27.



ROUND MOUNTAIN (*Chelan-Sawtooth Wilderness; USGS Lucerne*)—Round Mountain is located just above the Meadow Creek shelter on the Chelan Lakeshore trail. The out-of-print *Routes and Rocks* mentions the old Horton Butte trail taking off from the Lakeshore trail about ½-mile west of the shelter and contouring up the side of Round Mountain. We located this very sketchy trail on our return and followed it to its junction with the Lakeshore trail.

The slopes of Round Mountain are gentle and open and we just climbed more or less straight up from the Lake shore trail, skirting around rocky cliffs when necessary. When we hit the ridge, we followed it in a northwesterly direction to the summit. Total gain was about 3000 feet.

We encountered no rattlesnakes, but had plenty of views. There were only a few snow patches near the top. Balsamroot was in abundance all along the way.—Ginny Evans, Renton, 4/25.

CHELAN DISTRICT—509-682-2576. Cool temperatures lately will help keep spring flowers in bloom. Lupine is in its prime, contrasted by phlox and balsam. Snow level is at 4500 feet and gradually rising. Rattlesnakes and ticks are out early this year.—Ranger, 5/12.

ENTIAT DISTRICT—509-784-1511. The Entiat road is snowfree to Box Canyon, then snow is still patchy in some areas. Many roads are very wet and muddy with patches of snow.—Ranger, 5/12.

LAKE WENATCHEE DISTRICT—509-763-3103. Chiwawa Valley road 6200 is open to end of paving. White River road 6400 open its whole length. Little Wenatchee road 6500 open to end of pavement.

No trails have been maintained so expect both fallen trees and snow. The lower portions of many trails are snow-free.—Ranger, 5/12.

STEHEKIN—Shuttle bus service will begin on 5/15. Reservations are required; write to:

Shuttle Bus Reservations
PO Box 7
Stehekin WA 98852.

The road is open to High Bridge, should be open to Bridge Creek by 5/15 and to Cottonwood by 6/28.

For information on ferry service to Stehekin, call 509-682-2224.—Ranger, 5/11.



Deer makes a morning visit to camp below Anderson Glacier.

Ann Marshall/Lee McKee

DARRINGTON DISTRICT—206-436-1155.

Mount Pilchuck road is open and trail is snow free a good ways up.

Mount Pugh road is closed at Mountain Loop due to flood damage; 1 mile roadwalk to trailhead; snow on trail above 363600 feet.

Suiattle River road remains closed at 13 miles, but trail has been established around washout for hikers and bicycles.

Suiattle trail is snow free but has many slides and washouts; impassable to stock.

White Chuck road is open;

BACKCOUNTRY NEWS

trail has two major slides blocking due to flooding this past winter. Can be difficult with large packs, but snow-free until last mile.

Lakes below 4000 feet are thawed.—Ranger, 5/14.

CENTRAL



ANNETTE LAKE (*Baker-Snoqualmie National Forest; USGS Snoqualmie Pass, Lost Lake*)—We started up at 8am in cloudy, cool weather. The trail is in excellent shape with no new blowdowns. Two old blowdowns require only an extra step to cross.

At the lake it was stormy, windy, and very cold. We saw a good dusting of snow about 500 feet above us. We had an early lunch and headed back to the warmth of the forest. Met perhaps two dozen people on the trail.—Rachael Black, Mercer Island, 5/10.

KACHESS RIDGE / BEACON RIDGE TRAIL (*Wenatchee National Forest; USGS Kachess Lake*)—Gordon, Kristen and I drove over Snoqualmie Pass in search of sun and a moderate hike. We drove to Easton and followed the signed roads to the trailhead (see *100 Hikes* for road numbers). There were no other cars at the trailhead. The trail starts out steep the first half-mile, but the views across Silver Creek to the cliffs of Easton Ridge compensate.

The wildflowers are out—we saw trilliums and glacier lilies, paintbrush, mountain ash, and on the open, rocky slopes, fat clumps of the sweetly-scented phlox. We also saw some large stands of larkspur.

After gentle ups and downs, the trail drops to Silver Creek and parallels the creek for about a mile. Here are possible camps and a ford of Silver Creek. Because Kristen's back was bothering her, we stopped at this point. We then noticed a sign for the Beacon Ridge trail—not shown on maps.

I explored the trail while Gordon and Kristen took a break. This trail is very vague in spots—it's apparently a very old trail which has been rediscovered. There were fresh blazes and good

steps chopped in large trees across the trail. I hiked for half an hour, climbing about 500 feet or so to a man-made tower on the ridge, about 4800 feet. I could see down to Easton and Lake Kachess. This was a very scenic spot.

I hurried back down to have lunch with Kristen and Gordon, and their dog Merton. On our way back we spotted several mountain goats on Easton Ridge. By the time we reached the car it had begun to rain hard. We stopped at the Turtle Burger Bar in Easton for hot food and oldies on the jukebox—what better way to spend a rainy afternoon? But wait, it gets worse: we also stopped at Boehm's in Issaquah for chocolate!

I estimate I hiked about 7 miles round trip with a gain of 2400 feet. The Kachess Ridge trail is 14 miles in length and can be done as a one-way trip by leaving a car at the Salmon la Sac trailhead and starting from Silver Creek. The book recommends doing it the other way, starting from Salmon la Sac.—Karen Sykes, Seattle, 5/10.

GRANITE MOUNTAIN (*Alpine Lakes Wilderness; USGS Snoqualmie Pass*)—As one of our conditioners for bigger summits this summer, several of us gals who climb together took a trip to the top of Granite with big packs and ice axes.

Trail in good shape (thanks to the Hi-Lakers, who maintain it). Absolutely no snow in the avalanche chutes. Snow still remaining in the summit bowl and along the ridge. We put on our rain gear and threw ourselves off the ridge for an hour or so for a little ice axe practice.—Ann Marshall, 4/25.

MELAKWA LAKE (*Alpine Lakes Wilderness; USGS Snoqualmie Pass*)—We were the second car at the Denny Creek parking lot and began hiking in beautiful sunny weather. We had not been here for many years and found the trail in good condition—with a bridge now at the stone slabs so crossing does not depend on low water to ford.

No snow until within a short distance of the lake, then patchy. Lake was still frozen except for a small area near the outlet.

As we had lunch we counted a couple of dozen people at the lake, and on the way back we counted many more, until we lost count, but there must have been over 100. The parking lot was filled to overflowing, with cars going about ¼-mile down the road on both sides.—Rachael Black, Mercer Island, 5/17.

LEAVENWORTH DISTRICT—509-548-4067. Ingalls Creek trail is snow-free about 4 miles with lots of glacier lilies in bloom. Fourth of July and Icicle Ridge trails are great trips now. Other trails still have snow.

Enchantments: The permit season runs from 6/15 through 10/15. The reservation calendar is already very full. Call the Ranger Station for information on open dates.—Ranger, 5/12.

SKYKOMISH DISTRICT—206-677-2414. Foss River trail snowfree up to Copper Lake. Tonga Ridge road is snow-free, but trail is still under snow. PCT north and south of Stevens Pass still under snow; lakes on the PCT still frozen.—Ranger, 5/8.

NORTH BEND DISTRICT—206-888-1421. We are starting to receive occasional trail reports, but detailed information will not be available until the snow clears off the trails.—Ranger, 5/11.

CLE ELUM DISTRICT—509-674-4411. Trail crews are hard at work removing downed trees. Most of the high trails are still under snow.

The tick population is healthy after the mild winter. Yellow spotted ticks have been seen; some of these carry Lyme disease.

The road between Salmon la Sac and Fish Lake is open to Camp Creek.—Ranger, 5/12.

SOUTH CENTRAL



MOUNT WOW (*Mount Rainier National Park, USGS Mount Wow*)—The Mountaineers have a new Peak Pin and Bert needed Mount Wow. I had just done it last September so I was the unofficial leader.

We were happily surprised to find the West Side Road open and we drove 1.7 miles up to leave a car at the start of the Lake Allen "trail," our down route. We drove back to the Nisqually Entrance of the Park and parked right outside.

We got started just after 8am and made good time going up the boundary trail. The trail is unmaintained but is not in bad shape. When we reached the saddle at 4000 feet we left the trail

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and headed cross-country up the ridge.

We stayed on the ridge, going over a couple of rocky knobs, to about 4900 feet, where we dropped off the ridge, crossed the gully, and went up the other side to break into open meadows. At this point we hit solid snow.

If you do it right you don't get your first view of Mount Rainier until you summit, where everyone shouts, "WOW!" We assume that's how the mountain got its name.

We enjoyed the view for an hour, then headed back to the meadows and our drop-off point on the saddle to Lake Allen. Snow all the way to the lake made the descent easy (last September it was a bushwhack).

From the outlet of the lake, if you are very careful, you can find and stay on the fishermen's trail; look for blazes on the trees. The trail drops steeply—we had to take a break to uncurl our toes from the fronts of our boots. The car was a welcome sight. Round trip 7 hours.—Sara Matoi, Kent, 5/2.

WHITE RIVER DISTRICT—206-825-6585. All trails and lakes have limited information available on snow level or winter damage. Please inform our office of any snow or trail conditions you find.—Ranger, 5/14.

MOUNT RAINIER NP—206-569-2211. Approximately 80 inches of snow remain on the ground at Paradise—down from 170 inches for the same time last year. Because of the snow level, the Park has had to change to summer camping regulations already: Paradise, Mazama Ridge and Reflection Lakes now become day-use-only areas.

Mowich Lake road is open to Paul Peak trailhead; will open to lake in July. Westside road is open to Dry Creek (3 miles). Nisqually-to-Paradise road now open 24 hours. Stevens Canyon road should open 5/22. White River road open to climbers' parking lot; will open to Sunrise 6/27.

Green Lake trail is snowfree to the lake. Carbon Glacier trail is snowfree about 5 miles; 3 to 5 feet of snow remains at Mystic Lake. Tipsoo Lake has great skiing on 5 feet of spring snow.

Crystal Lakes trail is snowfree for 2½ miles, then patchy snow; snow-covered last ¼-mile to Lower Crystal. Summerland trail snowfree first 2 miles, patchy snow next mile, then snow-covered. Glacier Basin trail snowcovered above junction with Burrough's trail.

A permit is required throughout the year for backcountry camping and may be obtained at any Ranger Station. Paradise Inn will open 5/20. Sunrise Lodge will open 6/27.—Ranger, 5/11.

ALWAYS CARRY THE TEN ESSENTIALS

1. extra food
2. extra clothing
3. map
4. compass
5. knife
6. matches
7. fire starter
8. first aid kit
9. sunglasses
10. flashlight

SOUTH



HAMILTON MOUNTAIN (*Columbia Gorge; USGS Beacon Rock*)—Spectacular views and lots of options. A mile from the trailhead is Hardy Falls, beautiful falls with several nice viewpoints from the trail. At 1.6 miles is a fork in the trail. We took the longer westerly route to the summit. The other option is to take the right fork to a viewpoint on Little Hamilton Mountain at a little over 2 miles. This route also continues to the summit.

From the left fork at 1.6 miles, the trail traverses along a ridge and then meanders up and down until it intersects an abandoned road. At the road, go right, uphill, for 200 yards to a fork. Go right, continuing uphill and begin some serious climbing. The road switchbacks up for .8-mile to a treeless ridge and the top of Hamilton Mountain. Like Dog Mountain, it is very windy.

We had extensive views to the south. From the ridgetop we followed a trail north to a viewpoint in .8-mile, thinking it might provide views to the north. Upon reaching the knoll, we were disappointed to find it overgrown and no views.

It took us 1½ hours to get to the trailhead from Olympia. From I-5, take Highway 14 for 28.4 miles east of the I-205 bridge, or 6.2 miles west of Bridge of the Gods. Turn north onto the road across from Beacon Rock, signed "Beacon Rock State Park." Go .6-mile to a large parking area on the right. The trail begins behind the bathrooms at the east end of the lot.—Jane Habegger, Olympia, 4/19.

DOG MOUNTAIN (*Columbia Gorge; USGS Mount Defiance*)—Bill and I had read about Dog Mountain for years and were excited to finally have a chance to do this hike. After completing it, we can see why it is so popular!

With rattlesnake-bite-kit in pack, we headed up the trail. It starts out steep, with nine switchbacks in the first ½-mile. We took the newer, longer trail with the easier grade to the right at the split. It continues for 1.6 miles. Along this portion are some unobstructed views out over Wind Mountain and the Columbia. The trail re-enters the forest and meets the junction with the old trail at 2.1 miles. From here the trail climbs very steeply for .3-mile to the bottom edge of the open subalpine slopes to the summit. At 2.5 miles is Puppy Lookout.

The final long traverse to the site of an old lookout provides spectacular views. From here is a summit loop that we did clockwise. It adds another 1.1 miles onto the hike, making a total of 8.1 miles round trip with 3000 feet elevation gain. It is very windy at the summit; wind- or rain-gear is a must.

It was apparently early for rattlesnakes. We saw none. We also did not have a problem with either ticks or poison oak, both also found on this trail.

Reach the trailhead by driving 9 miles east from Stevenson on Highway 14 to a large parking area on the north side of the road.—Jane Habegger, Olympia, 4/18.

NACHES DISTRICT—509-653-2205. Helicopter logging on Round Mountain will close both road and trail intermittently for the next 3 months during the week.

Trails are opening quickly below 4500 feet. North slopes typically hold snow much later than south slopes. A limiting factor in spring trips is river crossings. A creek like Rattlesnake Creek, which is easy to ford in the late summer, is now at high water and can be challenging to cross.—Ranger, 5/12.

MOUNT ADAMS DISTRICT—509-359-2501. Many roads still have snow, or are rough. Roads in the Lone Butte Wildlife Emphasis Area are closed to motorized travel.—Ranger, 5/8.

ST HELENS VOLCANIC MONUMENT—206-247-5473. Road 99 to Windy Ridge is open. Road 83 to Lahar is open. Road 81-830 is open all the way to Climbers' Bivouac.

Permits to climb Saint Helens are required from 5/15 to 11/1. All weekend slots are full; weekday times are still available. Call Monument head-

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quarters for more information.—Ranger, 5/8.

RANDLE DISTRICT—206-497-7565. *Layser Cave* was inhabited 6000 years ago. Interpretive signs along the 800-foot trail to the cave depict prehistoric cave life and describe archaeological research in the cave. From Highway 12 at Randle, travel south on Road 23 for about 7 miles. Turn left on Road 083 (signed), and drive 1½ miles.

General snow level is above 4000 feet. Many roads are passable for several miles. A few trails are snowfree for the first couple of miles.—Ranger, 5/8.

PACKWOOD DISTRICT—206-494-5515. Snow level now above 4000 feet. Packwood Lake road and trail are snowfree. Most *Goat Rocks Wilderness* trails are under snow still.—Ranger, 5/8.

WHITE PASS—The ski area chairlift will not operate this summer.—Ranger, 5/8.

WIND RIVER DISTRICT—509-427-5645. All roads are open. All trails are open. Ospreys have returned to the area and are beginning to nest.—Ranger, 5/8.

OREGON

LAWRENCE MEMORIAL GRASSLAND—In early May we went on a Native Plant Society field trip to the Nature Conservancy's Lawrence Memorial Grassland. It's located in central Oregon near Shaniko on Highway 97.

To get to the preserve, we drove through part of the huge Priday Ranch

(so big you can find it on the state map). The ranch showed evidence of care and good management, but even so, when the group arrived at the border between the Priday Ranch and the Nature Conservancy property, we saw an amazing change at the fence line.

On the outside, grasses were interspersed with wildflowers. In between were patches of bare dirt, where the grazing cattle had pulled the plants out roots and all. However, as we climbed the stile and crossed into the Preserve, a different sight greeted us. Soft rolling mounds of earth were covered thickly with feathery fescue and spiky bluegrass. Between grasses, bright balsamroot and tiny lavender daisies bloomed.

A ferny lomatium (*L. minus*, once listed as endangered) grew right out from between rocks, along with slender, bright violet-blue larkspur.

We moved on slowly, enjoying the spectacular spring weather, the view of snowcapped Cascade peaks, and the profusion of native plants.

We had lunch on a ledge, and Berta (our Nature Conservancy host) told us that the land here hadn't been grazed by cattle since 1975. Only deer and elk in small numbers enjoyed the prime grasses. Cattlemen will tell people that grasslands which aren't grazed will become "decadent" and choked with the dead remnants of previous seasons, but what we saw looked vibrant and alive.

Continuing, we stopped to look at a cave in one of the basalt cliffs. It offered shelter from weather, and faced south into the warming sun. Some prehistoric Indian had left a pictograph in red and white inside the entrance. I

wondered what it said to those who could read it ("Welcome—please leave the place clean. Signed, Joe.")—Jennifer Stein, Canyon City, 5/92.

LATOURELL FALLS (*Columbia Gorge; USGS Bridal Veil*)—Before Bill and I headed to Hood River we purchased *35 Hiking Trails in the Columbia River Gorge*, by Don and Roberta Lowe. It was a great guide for hikes in this beautiful area.

On our first day it rained cats and dogs. Latourell Falls was a great place to walk in the forest protected from the elements. It is a 2.1-mile loop, gaining 555 feet through gorgeous lush vegetation and past two beautiful falls. We were particularly impressed by the upper falls which wind around as they fall to form an S. The trail goes directly below the falls, which spray you as you cross the bridge.

From I-84, take exit 28. Go .2-mile to the junction with the scenic highway. Turn right and drive 2.9 miles to a sign for Latourell Creek trail and a large parking area on the south side of the road. The trail begins at the west end of the parking area.—Jane Habegger, Olympia, 4/17.

CRATER LAKE—The North Entrance Road is open. Crews have been working since mid-April to clear snow from the road. Warm, sunny weather and record low snowfall has helped to open the road early this season.

Total winter snowfall this year has been 243 inches, and present snow depth at Park headquarters is 2 inches. Average snow depth on this date is 103 inches.

Collection of entrance fees has started. The rate for a passenger vehicle, including all occupants, is \$5, and is good for seven days.

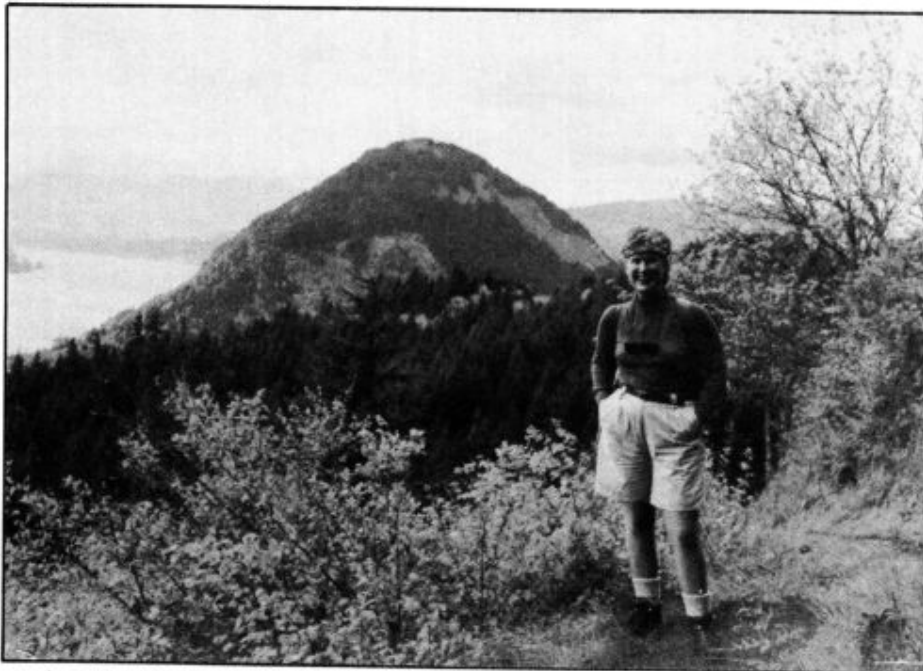
Mazama Campground, Mazama Village Store and lodging, and the Rim Village Cafeteria are all open now. The Watchman Restaurant will open 6/13; Boat Tours will open 6/20.—Ranger, 5/15.

IDAHO

PAYETTE NATIONAL FOREST—It doesn't look like a good year for mushrooms. Once the snow is gone from an area, it dries out very quickly.

A few trails on the McCall District are beginning to open. None of the trails have been maintained by the trail crew yet. The Burgdorf/French Creek road is open to Riggins.—Ranger, 5/5.

SAWTOOTH NATIONAL FOREST—Fire danger is HIGH. Snow remains



Jane Habegger on the Dog Mountain trail, Columbia Gorge.

Bill Lynch

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above 7200 feet. Most of the high elevation passes are snowbound and are not expected to be open until mid-July. —Ranger, 5/12.

SAWTOOTH NATIONAL RECREATION AREA—Do not be deceived into thinking the weather and conditions in the high country are the same as in the lower elevations.

Snow level is about 7200 to 8000 feet, depending on exposure. Usually the recommended time for high country backpacking and camping is mid-July. Hiking opportunities now are not extensive. Most of the trails run through canyons and over tree-shaded slopes where snowmelt is slower.

It is tick season! Check yourself and companions closely if you are out in the woods. Only mosquitoes transmit more diseases to humans than ticks. Ticks can carry more than 100 viruses. —Roma Nelson, Ranger, 5/11.

HAWAII

 **POAMOHO RIDGE TRAIL** (*Oahu; USGS Schofield Barracks*)—Hiking is very different in Hawaii. There is very little public land. Some hikes take, theoretically, four different sets of permissions! We didn't have time for that stuff and ended up getting tossed out of a few places, not finding others, and having a couple of great hikes in a week's time.

The Poamoho Ridge trail supposedly takes three sets of permissions—the pineapple company, the sugar cane company, and the Division of Forestry. We got two "no" answers and one busy signal so we just went, anyway—and had no problems.

Take the Kamehameha Highway (I-2) to the Dole Pineapple stand just north of Wahiawa. Take the *first* turn east immediately north of the stand. It's an orange dirt road with an inconspicuous trail sign. Follow the road with the help of yellow and brown arrows tacked up on poles.

The road heads more or less mauka (toward the mountains). Don't take the tempting-looking right into the Halemanu Ditch! As you enter the Reserve, leaving the fields behind you, the road deteriorates to a jeep track. Use your judgment as to how far you drive. We made it within ½-mile of the trailhead in our front-wheel-drive sedan. A mud pit stopped us.

The hike starts right out exotic—walls of ferns cascading down to the road. The jungle reminded me of Ecuador—but at 1000 feet instead of 12,000. The trail-side orchids, blooming trees and succulent fruit were spectacular.

The trail is rough, muddy and has many small ups and downs, but is fairly easy to follow. Be very careful where you place your feet—in many places it's a sheer, long drop into the Poamoho Stream. Wear a lightweight, long-sleeved shirt to keep scratchy branches off your sunburned arms. Watch out for what we named wire-vines, which lie in wait to trip you up.

At about 2½ miles a trail ascends out of the Poamoho stream valley to intersect the ridge trail. At the summit, the Ridge trail intersects the Summit trail, which runs the length of the Koolau Range. The summit is grassy and a 30-minute walk to the right brings you to a shelter cabin (*another* permit needed to stay overnight!).

Carry lots of water. There's no potable water within reach on the hike,

and it's hot and humid.

There's no search and rescue ham radio repeater but there's a linked system of repeaters covering all the islands. My friend brought a repeater directory. I could hit the Waianae Mountains repeater from Poamoho.—Deborah Riehl, Bothell, 4/92.


COLORADO

CLIMBING AREAS CLOSED—To protect the nesting and roosting sites of eagles and falcons, the City of Boulder is closing the following areas to *all* users until 7/31:

- Skunk Canyon: Ridge 2 and all areas west of Ridge 2.
- Fern Canyon: off-trail areas of Nebel Horn Ridge, East Ridge, The Goose, Goose Eggs.
- Jamcrack Spire and Towers of the Moon.
- Southwest Face of Third Flatiron: Rite of Spring, South Chimney, Inner Sanctum, Thin Crack, Southwest Chimney and Fair Safe.
- Lefthand Canyon Palisades.
- Sacred Cliffs: south rib of Green Mountain.
- The Matron: all routes and for ¼-mile all around it.

For additional information, contact Rangers at 303-441-3408 or 303-441-4142.—from "Trail and Timberline."

BRITISH COLUMBIA

 **BOWRON LAKES** (*Bowron Lakes Provincial Park; 93H6, 93H7, 93H3, 93H2*)—The circuit fee has gone up to \$52.50 CDN per boat this year. For more information, write BC Parks 540 Borland St Williams Lake BC V2G 1R8.

BULLETIN BOARD

FREE TO SUBSCRIBERS

Notices on this Bulletin Board are free to subscribers and may be "posted" for up to three months. You may list your used equipment for sale, post lost-and-found announcements, locate partners for trips, or other non-commercial items. Commercial advertisers are welcome to contact the Pack & Paddle office for ad rates

WANTED TO BUY—Pre-1960 30-minute quads for the North Cascades in good condition. Phil, 206-842-7816 (Bainbridge Island).

FOR RENT—Orcas Island secluded rustic seaside housekeeping cabin. Write Dr. Darvill, 1819 Hickox Road, Mount Vernon WA 98273, for full data and available 1992 dates.

PARTNERS WANTED—Seattle-area hiker seeks Pack-&-Paddlers interested in a 2-week hiking/backpacking trip in Glacier National Park, 7/12-26. Adults of all ages, all experience welcome. Interested? Write GNP Trip, c/o R. Overaa, PO Box 27126, Seattle WA 98125.

YAKIMA TOWER RACK—48" cross-bars, tower locks, 2 Lockjaw mount bike trays. Almost new. \$250 or best offer. Call 206-683-5574 (Sequim).

BOOTS—One pair Kastinger, needs a little lining repair. One pair Vasque, good condition. Sized men's 13, but probably really 12½. Free to good home. Call Ron, 206-667-2764 (days); 206-392-6734 (eves); Issaquah.

DEBORAH RIEHL

Rescue Epics

—SOMETHING GOOD ON MOUNT HOOD—

As I was putting my pack together for a hike, my Mountain Rescue pager went off on Sunday, May 10—Mother's Day.

The page was for three missing climbers on Mount Hood. Visions of the horrifying incident on Mount Hood six years ago arose. The in-town operations leader wanted someone to take the rescue truck down to the rescue site while the rest of the team flew out of Boeing Field.

My rescue friend and I volunteered to take the truck. We quickly gathered our gear, picked up the truck—and then were instructed to make a stop at Boeing to pick up the team. Their flight had fallen through.

We made judicious use of the truck's emergency lights to part the Sunday Mother's Day traffic like Moses parting the Red Sea. (Oh yes, I did call my mother to explain why I wouldn't see her that night!)

We drove up to Timberline in a horizontal whiteout—typical rescue weather. Clackamas County was pulling out all the stops—they'd called in rescue groups from all over the West. It was the most massive and complex mission I've seen in 21 years of rescue work.

The media were everywhere and their satellite-feed dishes sprouted among the rescue vehicles. Obviously everyone remembered the disaster of 1986 when 11 people were trapped here in a storm. Nine of them died, and the multi-day search got national publicity.

The incident commander wanted to send our folks up that night on snowcats to look for tracks, ready to spend the night out. Incoming rescuers off the mountain were encased in layers of rime ice—some estimated its weight at 30 to 40 pounds.

The missing three were not prepared for a night out on a glaciated volcano. They were fairly well dressed

but had little survival gear and only one sleeping bag. One man had some climbing experience; his wife and friend had little.

They were last seen after they reached the summit with three other friends and were glissading down. The three who returned said the experienced man had shouted they were too far east and they should move west. The woman was moving slowly, scared and tired. We learned all this as we drove, listening to Oregon hams.

We sent seven of our people off into the blizzard while the rest of us headed to the Kiwanis camp for hot food and a bunk to rest for the morrow.

Sixteen of us came from Seattle. Others came from central Washington, Tacoma, and as far as Idaho. After eating and rolling out our sleeping bags, the caretaker appeared, message in hand, saying we were wanted back on the mountain.

We drove back to Timberline, and then were sent to the Snow Bowl, where stars were out and it was cold and windy. At midnight our climbers headed up. We stayed in radio contact with them until 3:30am, when they crawled under a rock to bivouac. We grabbed a few hours of sleep rolled up in the truck.

After daylight we used binoculars to direct searchers to likely areas on the now totally clear mountain. A helmet was found, and tracks.

Three rescuers were injured (none from Seattle). One was thrown from a snowcat and broke his leg. One was bruised and scraped in a fall. One had his arm broken by a gear-bag tossed from a helicopter. One parachute jumper got on the radio with quavering voice and announced he'd forgotten his crampons and now "couldn't move" on the icy mountain.

When we'd covered our area we drove back to Timberline. I was in

a (heated!) ladies' room with my ear still glued to my radio when word came the three had been found alive and well!

They'd found a containment line with arrows pointing down the trail, and they walked into the waiting arms of Explorer Scout rescuers.

They had indeed gone too far east, and had been caught by darkness and bad weather Saturday night. They headed west and down to the treeline, bivouacking in a pile of rocks, sharing their one sleeping bag in one-hour shifts. The next day, in Sunday's storm, they continued traversing west—right through the ski area, walking under two chairlifts they never saw.

Sunday night they managed to build a fire and a shelter and dried their clothes. They were within 3 miles of Timberline and ½-mile of some rescuers but weren't aware of them in the blizzard.

We waited until all of our folks were out of the field and then headed home, taking turns driving and napping. All the driving up and down the mountain had warped our brake rotors, and as we crossed into Washington our muffler fell off! The hardest part of the rescue was the next four hours of unrelenting racket!

We arrived in Seattle just in time to make the King County Search and Rescue Association meeting that night—giddy, hungry, smelly, and with ears ringing—and no one brought doughnuts!

△

Deborah Riehl, KB7NFL, is a member of Seattle Mountain Rescue's board of trustees. She lives in Bothell.

JOHN ERBEN

BRUSH

—A DAY-TRIP IN

JUNE 10, 1990, 7am
Somewhere under Mount Shuksan
(welcome to the jungle)

It's raining again.

Or rather, it's still raining.

It's been raining since about one yesterday afternoon, when Gibson and I aborted a climb of Mount Shuksan at about the 5000-foot level.

It rained on us as we descended into the wrong drainage basin. It rained on us as we stumbled through the brush all afternoon without finding a road, a trail, or even a decent deer path. It rained all night as we huddled, shivering, under a large rock without a fire, space blankets or sleeping bags, our legs jammed into the bodies of our packs.

And it's raining now as we traverse a steep alder-choked hillside, following a river that we hope will lead us out of here.

We're having some disagreement as to exactly where *here* is. Our location would be easier to resolve if we had a map.

We had a xeroxed picture of our intended route, but it disintegrated in the rain. Visibility is poor—we're far below the snowline in a narrow river gorge where steep banks of Douglas fir trees stretch into the cloud ceiling, just a few hundred feet above us.

We don't have an altimeter or a compass. Our food supply is down to two Power Pars and Gibson's nicotine gum, but water is no problem—everything for miles around us is dripping with it.

If nothing else, this trip should solidify our reputation as idiots.

Wherever we are, we've got to get out of here. We've thought about retracing our steps, regaining the shoulder of Mount Shuksan and descending again, but this course of action seems dubious for two reasons: (1) we probably couldn't retrace our steps if we wanted to, and (2) even if we did get back to the shoulder, we might make another equally wrong turn when we got there.

So we are following this stream (whichever one it is) downhill, on the assumption that it will eventually drain into Baker Lake. Or failing that, the Pacific Ocean. Of course, we're bound

to hit a road or trail long before that. We think.

Right now, we're crossing a 35-degree rock slide that has re-vegetated into an alder thicket. Cutting straight across it doesn't work—it's too thick and you get entangled. The best way to attack it is to hug the ground and climb straight uphill as far as possible, then angle down and across, leaning into the brush in your intended direction of travel.

You use gravity and the wetness of the vegetation to your advantage, taking a semi-controlled fall through the thicket. It's kind of like a fish ladder in reverse.

It takes us about 10 minutes to go a hundred yards downstream through the dripping bio-mass.

JUNE 10, 12:15pm

It's stopped raining, momentarily. We've followed our river out for perhaps 3 miles to its junction with a larger, also-unrecognizable river. Still no sign of civilization, whatever that is.

What we can see, of course, is all incredibly beautiful: dark forested hillsides, more vertical than horizontal, rise into the mist like visions of the emerald beyond from a Chinese watercolor.

They say it's always really beautiful just before you die. I mention this because we are now making our most desperate river crossing yet. We are stuck on the inside of the junction where the two rivers meet. I've already made a twenty minute slog up a side stream that yielded no possible crossings and returned to find Gibson shivering uncontrollably.

We have to keep moving, so we go with Plan B: rappelling down a 20-foot mud bank, lowering our gear down, then hopping out over a yard of roaring melt-water onto the roots of a fallen tree and crawling across it.

I straddle the log and inch my way for 40 feet across, boots dragging in the current. It's scary, but it works.

JUNE 10, 5pm

Trapped.

We've been following the river all afternoon, thrashing through all manner of heinous brush in intermittent rain. Once we saw what looked like a trail on the far side of the river, but in the 5 miles since then we haven't seen a place to cross.

We've mostly been sticking to the forested hillside a couple of hundred feet above the water, avoiding the thicker brush at riverside.



THE NORTH CASCADES RUNS AMOK—

But now the walls have closed in. The water roars through a chasm a hundred feet below us, a sheer cliff between. If you saw the movie "Butch Cassidy and the Sundance Kid" and remember the scene where the posse corners them . . . that's what our perch looks like. Only there's at least five times as much water flowing through this gorge. We quickly rule out the "swim-for-it" option.

To follow the river out we need to reach the ridgetop directly above

us. But that means climbing a 70-degree slope of mixed rock, roots, brush and mud. It's about 300 feet high and somewhat exposed—fall and you might not stop until you hit the river.

As technical climbers go, neither of us is a Peter Croft. Gibson is about a 5.9 rock climber and I can do perhaps 5.8 . . . provided there's a gale-force updraft. But that's in dry conditions in rock shoes, not in stiff plastic boots with big packs. On this slope, we're hopelessly overmatched.

We try it.

It's like climbing up a jello salad where all the fruit chunks keep pulling out. We trade mud-splattering leads for about ten minutes, terrifying ourselves, before backing off. The adrenaline we've been running ragged on all day no longer comes; there's none left in our bodies.

We are completely shattered. We're soaked, tired and hungry. Our clothes are torn, our feet are blistered and we're covered with small cuts and bruises. We've been bushwhacking since nine o'clock yesterday morning and we've been lost for most of that time.

Reality sinks in: we have to turn around and head back upstream. I brace myself for another sleepless night in the wilderness. I think about hypothermia and missing work tomorrow; about search parties looking for our fading trail in the rain; about what my girlfriend and family will think when I fail to show up.

I think about crying, but that too seems pointless.

JUNE 10, 7:30pm
(The Road and The Sky)

We're out!

About ten minutes after we turned around, an oddly level bench appeared in the woods to our right. We walked toward the bench and continued along it for about a hundred feet before it struck us: we had stumbled upon a road!

Or what was once a road, anyway.

Abandoned for perhaps twenty years, it was now choked with small trees. But it was level, it was going the general direction we wanted and as Gibson put it: "It was made by people, so it has to go somewhere people want to go."

So we followed it for a couple of miles. The brush that had overgrown the road was up to 15 feet high, making it difficult to follow at ground level. But in the taller trees that made up the forest canopy, there was a definite, uniform gap. Whenever I got confused, I'd look up and there would be the road!

Eventually, the abandoned road dumped us onto a present-day logging road. Another mile up that and we reached the shoreline road around Baker Lake. Another two minutes at roadside and a fisherman in a pickup came along and gave us a ride back to Gibson's truck—13 miles away.

AFTERWORD

We didn't expect to get lost. Nobody ever does. We were just going to go a little ways up the trail to scout out the approach to Mount Shuksan. Something went wrong (or, more accurately, several things went wrong), we made a series of bad decisions and we ended up on an unplanned overnight with inappropriate gear.

I won't go into all the things that we did wrong or try to tell you what you should do and what you should take on your outings because the situation is different each time out.

A big list of "essentials" would give you a false sense of security and add 20 pounds to your pack. Decision-making, not gear, is the key.

If there's a moral to this story it's that the old standby, "Be Prepared" still applies. It pays to educate yourself.

Hey . . . be careful out there!

△

Freelance writer John Erben, recently of Seattle, now spends his time recovering in Juneau between adventures.



Lee McKee

NEIL JOHNSON

Headfirst!

—IN-THE-FIELD OBSERVATIONS OF SELF-ARREST TECHNIQUES—

Through conversations with various Mountaineer members, we discovered a wide disparity in methods used to perform the head-first-on-the-stomach ice axe arrest. Our concern for the safety of this particular arrest led the Everett Mountaineer Scramble Committee to undertake an evaluation of the arrest during the winter of 1990-91.

Initial research was done by contacting approximately fifteen experienced Mountaineers and getting their input on how they perform the arrest and the reason they felt their technique was safe. Those contacted included Warren Soss, Tom Kovich, Dennis Miller, Tom Hanson and Karen Sykes.

On February 23, 1991, five of us spent the day at Stevens Pass throwing ourselves head-first down the slope to evaluate the arrest. I was joined by Andy Boos, Lee Bruch, Alan Frees and Teri Kane.

This report contains our observations on techniques for performing this arrest. We do not claim that the information here is necessarily the best way, because we were limited by technique and snow conditions described below.

LIMITATIONS OF OUR EVALUATION

All the participants at Stevens Pass came in with a similar basic technique on how to do this arrest. None of those who told me other techniques were able or willing to participate.

Unsurprisingly, we all agreed that our normal technique was a good and comfortable way to arrest. Many of the other unfamiliar techniques we tried felt awkward, and we had problems using them.

We could not perform the arrest in a wide variety of snow conditions. Our field evaluation occurred on snow



A solid self-arrest is an important skill.

of moderate hardness. The arrest needs to be evaluated under many conditions, especially hard snow and ice.

GENERAL OBSERVATIONS

The key element for effectively performing this arrest appeared to be that the pick needs to be set well away from the fall line.

If the pick is placed near the fall line, it is difficult to start the body turning and there is potential for sliding over the ice axe. The pick needs to be set well outside the body's fall line, which will automatically start the body in the pendulum around the axe.

DIRECTION OF TURN

When the ice axe is held in the right hand, we all felt the pick should be set on the right side of the body and the body should pendulum left around the axe.

Our observations were that this resulted in a fairly comfortable position where it was easy to place the pick away from the fall line. The principle concern is that the spike of the axe is originally going to be directly in the body's fall line. It is essential, therefore, to get a strong grip on the spike end of the axe to prevent the possibility of sliding over it.

The experienced mountaineers turn the other direction. With the axe in their right hand, they reach across to set the pick to the left of the body's fall line, and pendulum right around the ice axe. We were told that a primary reason for using this technique was to avoid having the spike or any other part of the axe directly in the fall line.

Our observations included the following:

1. Reaching across the body, we couldn't place the axe as far away from the fall line. As a result, the pendulum turn was significantly slower turning this direction.
2. Reaching across the body was relatively awkward.
3. Using a normal wrist angle when setting the pick resulted in the pick going in at an angle, not perpendicular to the snow. In the snow conditions we experienced, a pick that was not set nearly perpendicular was kicked out of the snow.

Based on these observations, we did not like the reaching-across-the-body method. The awkwardness, relative slowness of the pendulum turn, nearness to the fall line, and the problem in placing the pick made this a less effective and more dangerous method of arresting.



We should sometimes adjust our technique for an angled fall.

BODY ANGLED AWAY FROM THE FALL LINE

There was one circumstance where reaching across the body was the best method.

We normally practice with falls directly down the fall line. But for this evaluation, we looked at falls that were angled slightly away from the fall line, with the following observations:

1. The body didn't automatically realign itself with the fall line, but continued to slide at the original angle until an arrest was attempted.
2. To effectively arrest, you needed to place the pick away from the fall line.
3. Setting the pick in the same way as you would if the body fell directly in the fall line can result in setting the pick directly in the fall line.

Based on our observations, we should sometimes adjust our arrest technique for an angled fall. If a fall is angled more than approximately 25 degrees from the fall line, the pick needs to be placed to the side of the body that is angled outward (see diagram). Setting the pick on the inward-angled side results in considerable potential for sliding over the axe.

MORE DETAILED OBSERVATIONS

Where the pick is set horizontally:

Pick set at farthest outreach of arm. Our observations were that this resulted in the quickest pendulum turn. The principle concern was that it's more difficult to control the ice axe when it is placed at full arm extension.

One observation was that it was difficult to hold onto the spike end of

the axe if both arms were fully extended. The hand holding the spike end needed to be fairly close to the body to maintain a good grip on the spike.

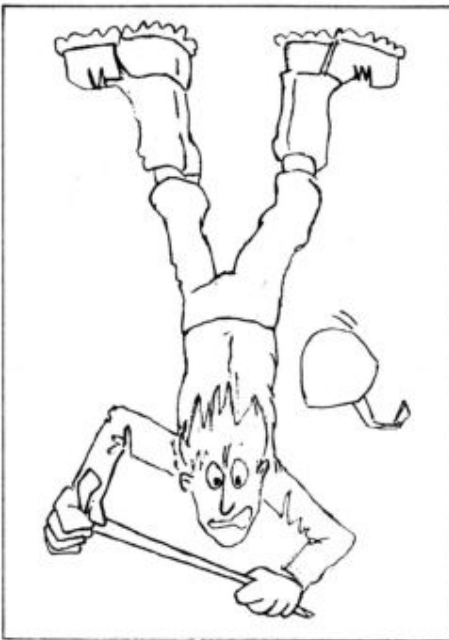
Pick set close to the body. This results in a relatively slow turn as the pick is close to the fall line. It is easy to maintain good control over the axe in this position.

Pick set at an in-between point. This results in a fairly quick pendulum turn while maintaining fairly good control over the axe.

We all thought that close-to-the-body was not very effective. We disagreed about whether the fully-extended or in-between distance was best.

Upper body strength seems to be a factor in determining what was preferred. Stronger individuals felt they could keep control of the axe while placing it farther away from the body.

Type of snow is also a factor. Opinion was that on hard snow/ice, you wouldn't want to place the pick far from the body, as the jerk when the axe caught would likely cause you to lose the axe.



The pick set at an in-between point results in fairly good control of the axe.

Where the pick is set vertically:

Pick set well above head. We did not like this position. Our opinion was that the distance costs some of your control over the axe, while not helping with the goal of keeping the axe away from the fall line. In our observations, placing the pick well above the head resulted in a slower pendulum turn.

Pick set at head height. This is the position we liked best with the snow conditions we had. Not awkward.

Good control over axe and good turning.

Pick set below shoulder level (spike end remaining above the head). This position results in quite a fast pendulum turn and arrest. Some participants found this position to be a little awkward.

There was some concern that this position was not as stable, as you tend to twist the body to get the axe in position. We generally felt more comfortable setting the pick at head level, but we speculate this might be best in hard snow conditions, as discussed next.

HARD SNOW / ICE

Hard snow brings the following special factors to the arrest:

1. The pick tends to catch with a sudden jerk, making it difficult to hold on to the axe.
2. On ice, it is difficult to get the pick to penetrate the surface to start the arrest.

As a result, we felt a couple of special things needed to be considered on hard snow. It seems important that you keep the axe in a position that allows for a strong and stable grip on the ice axe.

Our observations were that a position where the arms were fully extended did not correspond with a stable grip. A better arrest position on hard snow should be one where the arms and axe remain relatively close to the body.

Secondly, we speculate that the sharp point of the pick needs to be aligned partially down the slope to penetrate hard snow. Having a sharp pick point on the axe should not matter much if the sharp part of the pick is pointed across the hill, or even uphill.

On arrests from the glissade position or head-first-on-the-back, we align the pick at least partially down the fall line. Normal technique on the head-first-on-the-stomach arrest aligns the sharp pick at least 90 degrees away from the fall line. The only arrest techniques we've discussed that put the pick pointed partially down the fall line are those where the pick is placed below shoulder level.

We also discussed whether the pick should be aggressively placed into hard snow. By slamming the pick in, you improve the odds of the pick penetrating the ice, but you greatly increase the potential for having the axe pulled

from your grip. We suspect it is probably safer to avoid aggressively slamming the pick into hard snow.

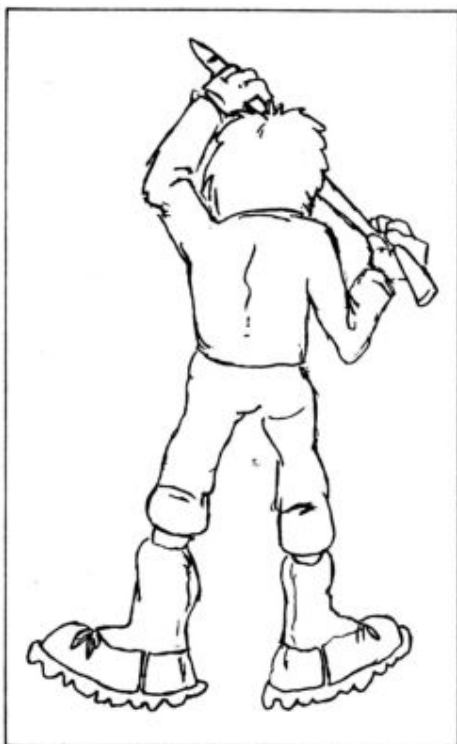
We tried an extreme version of the below-the-shoulder arrest, where the spike was placed near head level and the pick was set near the lower ribs or waist with axe kept fairly close to body.

Good form seemed to require that the upper body weight be supported by the bent elbow of the arm holding the spike. This elbow was tucked under the head. The body was arched to the side, resulting in a comma-shaped position.

Our reviews of this technique were mixed. Some of us found it difficult to get into the position. This might be caused by the inexperience of the participants regarding this technique.

When we did get in the position, its effectiveness seemed reasonable. It didn't seem as quick an arrest on moderate snow as the head-height arrest. It does keep the axe near the body for control, and keeps the sharp end of the pick down the fall line.

We didn't have the conditions to fairly evaluate the use of this arrest on hard snow. There are sufficient reasons indicating further evaluation of some variation of this arrest on hard snow could be valuable.



A version of below-the-shoulder arrest, with the spike near the head and the pick near the ribs.

OTHER QUESTIONS, WITH NO ANSWERS YET

1. Is there a best position to hold the spike end of the axe during this arrest? The only significant observation we made was that it was a problem to hold the spike at the

full extension of the arm, as you were more likely to lose your handhold.

2. Is it best to twist the body into the turn before setting the pick? Our observations were that twisting the body helped to make this arrest quicker, but we were concerned about both the instability and awkwardness of the position.
3. Should we be trained to perform the arrest differently on hard vs. moderate snow?

ADDITIONAL COMMENTS

It is best to practice this arrest out of any established gissade trough. Established troughs make it more difficult to place the axe away from the fall line, more difficult to start the turn, and there are potential problems when the axe is set in the established trough and the penduluming body is in the soft, slow snow outside the trough.

△

Mountaineer member Neil Johnson lives in Everett.

Illustrations by Nate Sorenson.

Donna Barensten's Remains Found

Almost a year after she disappeared, Donna Barensten's remains were discovered on Squak Mountain at the end of April.

Last year, on the first Saturday in May, Donna and Ron went hiking on the familiar trails of Squak Mountain, right outside their back door, just as they had hundreds of times before in the 25 years they had lived there.

After hiking up to the old Bullitt fireplace, they headed home. Ron, who was faster on the downhill, went ahead, stopping frequently to wait for Donna. At one point, very close to the trailhead, he stopped to wait, thought he saw her red hat go bobbing off down the wrong trail, walked back up to make sure—but she was already out of sight down the trail. Ron never saw

his wife again.

He alerted neighbors who helped him look, and finally the King County Police began a huge 4-day search that involved more than 100 volunteers from several different organizations. Bloodhounds, German shepherds and infrared devices were used to no avail.

Ron continued to search Squak Mountain for weeks after the official search ended. Lee and I—along with Stephen Fry, David Singleton, Barbara Allen, Mary Alice Willson and Darren McKee—spent a day with Ron checking out an area he thought hadn't been thoroughly covered, as did other friends and neighbors.

Summer ended. Winter passed. And at the end of April a lost hiker stumbled down a steep ravine and

across some bones and a backpack. The King County medical examiner identified the remains as those of Donna.

She was found at the bottom of a 65-foot-high rock slope, only ¼-mile from the Issaquah-Hobart Road. Ron theorizes that she started following a faint track that led her through forest to the steep rock.

A man who lives near that area on the Issaquah-Hobart Road said that lost hikers frequently come out of the woods onto the road in that vicinity, Ron told us.

After an investigation, the medical examiner said the cause of death was consistent with a fall. King County Police said no foul play was evident or suspected.

△

—Ann Marshall

LOREN FOSS

Washington's Grizzlies

The word is out that Washington has a resident population of grizzly bears and they may be here to stay.

With the completion of a six-year study conducted by the US Fish and Wildlife Service and other agencies (see *February Issue, page 21*), a substantial portion of the Cascade Mountains north of Interstate 90 will most likely become an official recovery zone for this magnificent animal.

The Interagency Grizzly Bear Committee has concluded that the northern Cascades are indeed able to support a self-sustaining population of the bears. Apparently, Washington is well-endowed with the kinds and extent of plant forage which grizzlies prefer.

Recently a grizzly bear seminar was hosted by The Mountaineers. Wayne Buchanan, a zoologist/behavioralist affiliated with The Great Bear Foundation and Woodland Park Zoo was the presenter.

The intent of the seminars is to educate prominent outdoor groups so that they, in turn, can pass on some important bear etiquette. By avoiding dangerous encounters, minimizing stress to the animals, and protecting their habitat, we can help these marvelous creatures to survive.

Here's a summary of Wayne's enlightening hours. It seems that Washington has a remnant population of grizzlies that has persisted. We know that historically the great bear was in plentiful supply. New evidence indicates that not all grizzlies were eradicated.

The recent discovery of a grizzly skull dates to 1977, and occasional sightings have always come in. In the past the absence of a formal study provided no means to quantify these reports or to analyze data.

Current sightings range widely, from east and west of Baker Lake to the edges of the Pasayten, and on



down to numerous sightings in the Glacier Peak and Cle Elum regions. That doesn't limit grizzly bears to those regions only, however.

Wayne's best guess is that Washington may be host to between ten and twenty of the bears. "Resident" is a difficult term here because grizzlies aren't territorial in the usual sense of staking out a piece of land and defending it as many animals, including black bears, will do.

Grizzlies prefer to memorize good places to eat at different times of the year. They travel as individuals to these favored spots, and the more dominant bears eat first.

This is termed lineal hierarchy and determines who gets what. At an elk carcass there's no question who gets to eat first—the dominant one.

Female cubs will likely overlap their mother's wanderings and, in turn, teach their cubs what they've learned. Male cubs, however, tend to move out far and wide after leaving their mothers.

Theirs is a somewhat more adventurous existence, since they have to

find food sources which are new to them. This explains why we don't see a known bear hanging out in the same valley year after year.

"Our" bears may very well drift back and forth over the Canadian border, and cover a wide region in their obsessive search for food. In the course of its lifetime, a male grizzly may inhabit a 4000-square-mile area.

A sow may breed only four or five times during the course of her life, bearing two or three cubs each time. There is a 40-60% mortality rate during a cub's first year of life, with a substantial percentage lost to male predation.

Without the sow's highly protective nature, these bears wouldn't make it at all. This may help to explain why female grizzlies seem to have more of an attitude.

Folklore tells us that if a pine needle falls in the forest, an eagle will see it, a deer will hear it, and a bear will smell it. A grizzly's sense of smell is truly amazing. Traditionally it was

felt that bears didn't see very well. Studies now indicate that they may not trust their sight and charge closer to confirm what they see.

Their intelligence is really high, right up there with the primates. One or two successes at finding food and they know it for life.

This explains why the introduction of human food into their diet can cause such a long-term problem. Failure in one of their food sources means that they have to seek a substitute, and that can bring them into possible human conflict.

Grizzlies care very much about at least four things: food, their young, their "space" (which is a lot more than ours!), and adaption of social dominance.

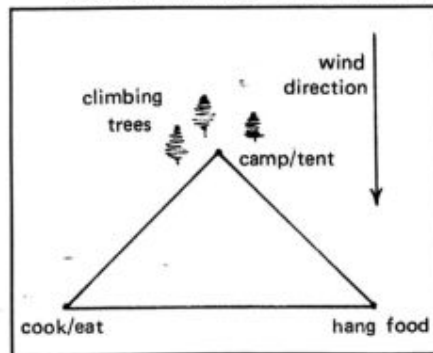
This is why a sudden encounter can be so dangerous on so many different levels. Grizzlies don't like surprises. The sudden encounter may come within their "critical distance." It may put humans between mother and cubs. It could seem like an act of aggression. It might put you between a bear and its food supply, such as a carcass or a really good patch of berries.

Some general rules to follow when in grizzly country:

1. Be alert.
2. Watch the wind direction.
3. Leave the dog at home. If your dog chases after a griz, and prompts a counter-charge, guess where your dog is going to go?
4. Watch for bear sign such as digging, tracks, feces (unformed, like a cow plop).
5. Stay well away from food caches—debris scooped into an un-thorough, 2-foot-high pile of leaves and trash. If you give a wide berth to such a cache, and don't walk over to examine it, the owner may relax just a tad.
6. Make noise. Yell, clap hands, or sing. Don't use a whistle, because bears may not identify the sound correctly.
7. Listen. Grizzlies are pretty noisy.
8. In camp and during lunch breaks:
 - a. Look for trees 20 feet or more in height.
 - b. Ensure that no food is lying around.
 - c. Stop or camp out in the open, well away from protective brush, slide alder, or other cover. As bold and intimidating as these

animals are, they have an innate fear of humans and prefer to approach while remaining hidden.

- d. Store food 100 yards away.
- e. Set up a triangle campsite consisting of food storage area, cooking and eating area, and tenting area. Your tenting area should be the farthest *upwind* of the three. Since bears locate food by smell, you probably don't want them walking through your sleeping area on their way to the food.



- f. Don't use smelly foods like fish, sardines, bacon & eggs, salami, bleu cheese. Use freeze-dried foods and just boil water without cooking. Better yet, leave your stove at home and use cold food like sandwiches.
- g. Use a kayak dry bag to carry and hang your food. Hang it at least 12 feet, and preferably 20 feet, high, well away from trunk.
9. Look for trails through the brush. River corridors are bear travel and food corridors.
10. Grizzlies are more active and predatory at night. If a grizzly is in or next to your tent, Wayne's preference is to hold perfectly still, away from the tent walls, and not make any noise, which might be construed as a direct threat. This doesn't apply to black bears, which should be aggressively repelled from camp.
11. Feel free to criticize people who are camping dirty.

So how do you distinguish between grizzlies and black bears, and what does an agitated griz look like?

You can't use size and color to differentiate. The grizzly has a prominent shoulder hump that may be the characteristic easiest to use at a distance.

The face is dish-shaped, with a drop between the concave forehead and the nose. Black bears have more of a Roman nose.

If you can see the foreclaws, and

they are yellowish, you have a grizzly—and incidentally, you're way too close!

Whatever the fur color, if it shimmers, with more silvery tips on darker underhair, you probably have a grizzly. That's where the name comes from.

Posturing helps bears to settle disputes without having to fight it out. These signals and body posturing indicate angst and your well-advised departure.

Watch for mouth clapping open and shut, teeth clacking, froth around the edges of the mouth, head and neck craned around, head swinging low from side to side.

Standing on hind legs is not generally seen as aggressive behavior, but gives a surprised bear the opportunity to get a better look.

If, despite your best efforts, it appears that you may get a charge, then do the following. There are no guarantees on any advice.

1. By all means, *do not run*. This will probably trigger the bear's instinct to chase and take prey. The only exception is if you know for certain that you can get to a bombproof shelter such as a tall tree (that you know you can climb), a sturdy car, or a safe building.
2. Stand your ground. Cluster your group together in a tight row facing the bear, look large, and make dominance displays. Don't make direct eye contact with the bear but do make lots of noise—get boisterous!
3. If the above doesn't work, and contact is apparent, drop into a cannonball position, stomach down, hands on the back of the neck. Be perfectly quiet; do not make any noise or resist in any way. This may be the hardest step of all, but cases have shown it works.

In general, wild grizzlies and campground black bears are the least likely to attack people. Conversely, human- and human-food-habituated grizzlies and wild black bears are more likely to attack.

If human predation is a factor, then grizzlies will most likely be doing it at night, while almost all black bear attacks occur during daylight hours.

Grizzlies tend to be much more protective of their young than black bears. Just getting between a sow grizzly

and her cub/s can be really bad business, while black bears hardly ever attack to defend their young.

With blacks, it's usually wild and very hungry bears that attack (most of these attacks have occurred in Alaska, a few in the Rockies). In that case they are out to eat you. Fight back with everything you've got. One case told of a man killing an attacking black bear by crushing its skull with a big rock.

Now that we're all afraid to take out the garbage on Queen Anne Hill, Wayne wants to remind us that our actual chances of being attacked by a bear here in the US are less than being struck by lightning.

Hopefully, by practicing good bear etiquette, we can keep it that way. Regardless of how we feel personally about these animals, we might be advised to consider that the grizzly is an indicator species, one of our canaries in the mine shaft.

If we can protect the grizzly, we can probably save everything else in the eco-system because this bear ranges widely throughout its entire domain.

We can be proud that Washington has enough true wilderness to be home to both wolves and grizzly bears. I, for one, would keep it that way!

△

Loren Foss, of Seattle, is the owner of Alpine Guide Service. His interest in bears is lifelong, with hundreds of encounters and a brief stint on a brown bear tagging crew in Alaska.

ANN MARSHALL

the Grizzly Steering Committee

Now that the Fish and Wildlife Service has decided to re-establish the grizzly bear in the Cascades, what happens next? Recently I stopped in to visit with Jon Almack in his Sedro Woolley office to find out.

Jon is a bear biologist for the Washington Department of Wildlife. It was he who gathered and compiled the information for the grizzly bear report—six years of studying satellite data, analyzing habitat, reviewing reports of sightings by the public, and tracking elusive bruins.

How many bears are here? "You have to understand," explains Jon, "there's no way to actually count the bears. We're guessing, based on what we actually know about them, and our best guess is that 10 or 20 bears are living here now in 7½ million acres (from I-90 north)."

How many bears should be here for recovery? According to Jon, the minimum number for a viable, self-sustaining population is 200 to 400 bears. That's a lot of bears, sez I, my mind boggling at the thought.

So how do we get from 10 bears to 200 bears? "The obvious answer," Jon tells me, "is to bring bears in from British Columbia."

That's not easy. You can't, for example, simply load wild bears into a stock truck, drive to the top of Stevens Pass, and open the tailgate.

The way you do it is first to form the North Cascades Grizzly Bear

Steering Committee. This committee is chaired by Kelly McAlister, Recovery Plan Biologist from the Department of Wildlife.

Its task is to write the actual recovery plan, which will take 12 to 18 months. The committee will decide such things as the exact boundaries of the recovery zone (they MAY be different from the boundaries of the study area), and the number of bears to live there.

During the recovery plan process, the public will be able to get involved. "During the 6-year study," Jon says, "the public was not involved. It was just a study, and there was nothing to get involved WITH. Many people didn't understand that."

When the draft recovery plan is released, we will be able to review the draft and submit our comments. Changes will be made if the agencies feel they are appropriate and if the public hollers loud enough.

"The decision to recover the bears won't be changed," says Jon. "Grizzly recovery is required by Congress and the Endangered Species Act."

The final plan, Jon explains, would most likely include alternatives for augmentation of the grizzly population, habitat management, road management, and people management. All these things, in various degrees, will help increase and stabilize the grizzly population.

We'll keep you posted. △



Jon Almack studies a plaster cast of a Montana grizzly track.

Ann Marshall

PANORAMA

NEWS FROM ALL OVER

SUPPORT NEEDED FOR SQUAK MOUNTAIN ACQUISITION—The Trust for Public Land is working with several other groups to encourage Washington State Parks to acquire section 9 on Squak Mountain. The acquisition of this section would double the size of Squak Mountain State Park and provide a link to connect the park with other public lands.

Squak Mountain provides wildlife habitat and recreation and is a critical piece in the corridor which is being created from Lake Washington across the Issaquah Alps to Snoqualmie Pass—the Mountains-to-Sound Greenway.

Letters in support of this acquisition are needed to these addresses:

Cleve Pinnix, Director
Washington State Parks
7150 Cleanwater Lane KY-11
Olympia WA 98504
and

Laura Eckert, Director
Interagency Committee for Outdoor Recreation
4800 Capitol Blvd KP-11
Tumwater WA 98504.

For more information on the Greenway and Squak Mountain's section 9, contact the Trust for Public Land, 506 Second Avenue Suite 1510, Seattle WA 98104 (206-587-2447).

STEHEKIN RIVER ROAD—The Stehekin River Road washed out in the floods of 1990, taking out 200 feet of road right up to a sheer cliff. A temporary rebuilding in 1991 probably will not last through another flood.

To rebuild at this spot, however, would mean filling in some of the river, with no guarantee that a wash-out would not happen again. The National Park Service would prefer to re-route away and up from the river over what appears to be an old wagon road. The board of the North Cascades Conservation Council feels the re-route should be taken unless there are serious problems and impacts.—*excerpted from "The Council Report," North Cascades Conservation Council, Seattle.*

PLUM CREEK THREATENS TEANAWAY—Sasse Ridge, Scatter Creek, Boulder Creek and the headwaters of the West Fork Teanaway are all threatened by Plum Creek Timber's plans.

Plum Creek has already logged the north/northwest parts of Sasse Ridge in section 23 that drain toward the Cle Elum River. It has pushed its road

¾-mile along the ridge.

In 1991, the state granted Plum Creek a permit to build new roads into the Teanaway portion of that same section. Plum Creek began clearing for those roads last fall. This is the first serious intrusion into the previously unroaded West Fork Teanaway. If these were National Forest lands, they would remain unroaded and unlogged as part of the Teanaway Recreation Area.

Plum Creek also has obtained permits to cross National Forest lands into Scatter Creek and section 25 in the West Fork Teanaway.

Plum Creek also has applied to the state for permits to access and log in upper Salmon la Sac Creek, Sasse Mountain, and section 13 (T21N, R14E) near the southern end of Sasse Ridge.—*from "Alpine," the ALPS newsletter.*

SUMMIT MOVES!—After several years in the East, Summit magazine is moving back to the West—not to Big Bear Lake, but to Hood River. Welcome to the land of volcanoes, guys!

Their new address is:

1221 May Street
Hood River OR 97031.

Phone: 503-387-2223. Stop in and say howdy.

WARREN ROGERS DIES—Warren L. Rogers of Santa Ana, California, nationally known as the foremost authority on the Pacific Crest Trail, and founder of the Pacific Crest Trail Conference, died April 28, 1992, aged 83.

Together with his wife Mary, who died in 1990, he advised and aided countless PCT hikers and equestrians, welcomed them as overnight guests, helped them pack supplies, drove them to the Trail, and kept track of them on their journey.

Beginning in 1932, Rogers worked closely with Clinton C. Clarke of Pasadena to help promote the concept of the Pacific Crest Trail.

In 1935, encouraged by Clarke, Warren Rogers organized and led the survey teams of youths who for four summers scouted a route later established as the Pacific Crest Trail. Today it extends 2638 miles from the Mexican border into Canada and is the longest trail existing in the United States. In 1968 it was designated by Congress as a National Scenic Trail.

In 1977 Warren Rogers founded the Pacific Crest Trail Conference, an organization of hiking and camping clubs whose members would support the Trail and participate in its maintenance. He later formed the Pacific Crest Club to be a fellowship of individual Trail hikers. In 1987, the Club merged with the Conference.

For 60 years, Rogers devoted his life to promoting the PCT—encouraging its use, lecturing, holding seminars, publishing condition reports. He continued to propose new projects to the very end.

A memorial fund in his honor has been established by the PCT Conference to carry on and complete one or more of his favorite projects. Donations, payable to PCT Conference and marked "for Rogers Memorial Fund," may be sent to PCTC, PO Box 2040, Lynnwood WA 98036.

MOTORBIKE LAWSUIT—The Northwest Motorcycle Association and other motorized groups have filed a lawsuit against Wenatchee National Forest that seeks to regain motorized use of the North Fork Entiat trail.

A few years ago the Forest Supervisor gave the North Fork trail back to hikers and incorporated the feet-only trail into the Wenatchee Forest Plan. Despite appeals by motorized users, the Regional Forester and the Chief Forester both upheld the Wenatchee's decision. After their appeals were denied, the NWMA decided to sue.

Wenatchee Forest Planner Glenn Hoffman told P&P that returning the North Fork trail to pedestrians was meant as a compromise, but that ORVers saw it only as a loss of their trail miles.

The litigation is being handled by the Forest Service's Washington DC office and is likely to take a long time to resolve. We'll keep you posted.

NEW ALPS PRESIDENT—Len Gardner of Seattle became the new president of the Alpine Lakes Protection Society in May. Len has been an ALPS trustee since 1988 and has chaired an ALPS committee on ORV problems. He succeeds Jim Chapman.—*from "Alpine," the ALPS newsletter.*

WEST SIDE ROAD—Watch your local paper for Park Service public meetings on the future of the West Side Road.



Yellow Cat discusses a proofreading question.

ASSISTANT—"Just what," a reader wanted to know, "is Yellow Cat discussing in the above photo?"

I forget exactly, but I think she's saying, "James Kilpatrick would never approve of some of your usages!"

I'm sure she's right.

FREE CUPS—Stop in to see Jim or Mike at High Mountain Rendezvous in Issaquah's Gilman Village. They're giving away free North Face mugs.

Besides, it's a neat store with a good selection of maps and Issaquah Alps guide books.

Last year, Mike climbed Mount Stuart in one l-o-n-g day; you'll read about his adventure in an upcoming issue of P&P.

BEAR VALLEY—In our travels recently, Lee and I made a swing through central Oregon to visit Jennifer Stein and Lance Barker.

Jennifer, as you know, was the owner and proprietor of Garrison Springs Lodge until last year, when she moved to Oregon with Lance and the cats Earl and Klister. (The Lodge, by the way, is now a private residence and no longer open to the public.)

Jennifer and Lance live on 40 acres of pine forest about 25 miles south of John Day, at 4800 feet elevation in Bear Valley (*USGS Logdell*). Interestingly, they are in the Silvies River drainage, one of the northernmost fingers of the Great Basin.

After we drove down their long driveway and walked up to the house, Jennifer came out to greet us. Soon,

Lance came back from his walk to their mailbox on the Izee Road, and we spent the morning touring their property. We also explored a wetland (now mostly dry) across the road in Malheur National Forest.

They took us on a car-tour loop through Bear Valley to show us where Jennifer has been working lately (cataloguing plant species for the Forest Service), and to show us a stand of magnificent old-growth pine set in a natural park—a beautiful sight.

We also had ample time to admire their cozy house. They have no electricity, but use several solar panels to power their lights, radio, refrigerator, etc. The wood cook stove provides hot water, and a wood-fired hot tub provides a relaxing soak at day's end.

Several times Lee and I remarked how *quiet* it was—once I heard an airplane go over, and in the evening we heard a car in the distance!

We became re-acquainted with Earl, but Klister, alas, became an edible part of the food chain last fall.

MORNING HILL NEWS—Lance and Jennifer do several different things to earn a living. One of Jennifer's projects is publishing "Morning Hill News," a bi-monthly newsletter about life on the homestead, land management, and backcountry explorations, along with some of her famous recipes.

She produces the newsletter on—of course—a solar-powered computer. A subscription is \$9 from:

Jennifer Stein Barker
Morning Hill News
Izee Route
Canyon City OR 97820.

BOWRON LAKES—I went to a meeting of Troop 53 last month to show them our Bowron Lakes slides.

They are planning a week-long trip to the popular British Columbia park in July and used the slides to refresh the memories of those who had been there before as well as introduce the lakes to those new to the Troop.

One important thing I learned while I was updating our information hand-out was that the Bowron Lake circuit fee has doubled—the cost is now \$52.50 CDN per boat.

COOKING CONTEST—The Peninsula Wilderness Club of Bremerton has sched-

uled a backcountry cooking contest for their next meeting, June 8.

I was honored to be asked to be one of the judging panel. This should be fun!

FRED BECKEY—Just before the Pack & Paddle press deadline I made a trip to Seattle to see Fred Beckey's slide show at The Mountaineers. Tickets were sold out, and the room was packed to the rafters.

Past President Diane Hoff introduced Fred Beckey and presented him with an honorary membership in the club. The slide presentation was great. It spanned a great many years and it was fun to pick out the Trapper Nelsons and wood-shafted ice axes among other ancient gear in the older slides.

"Mountaineering is a strange phenomenon," said Fred at one point. "I keep asking myself why I'm interested in mountaineering instead of city-type sports. After all, people used to be afraid of mountains. It's only been in the last couple of hundred years that mountaineering has become acceptable."

In all those hundreds of people were many I knew—lots of Pack & Paddle readers as well as Signposters. Proceeds from the event will benefit The Mountaineers' Conservation Division.

See you in the backcountry.

Ann Marshall

Contact us at:

Pack & Paddle
PO Box 1063
Port Orchard WA 98366
206-871-1862.

REST STOP

EQUIPMENT, RECIPES, TIPS, ETC

"FLAPJACKS," A GRANOLA BAR—

This makes a good substitute for cereal in the mornings, or a lunch or trail snack.

- 1 cup butter
- 1/3 cup honey
- 1 cup sugar
- 1/2 cup flour
- 4½ cups instant rolled oats
- 1 cup finely chopped walnuts

Melt butter and stir in all other ingredients. Spread in a 10"x15" rimmed cookie pan. Bake at 300 degrees for about 20 minutes until edges are golden brown and the middle looks molten. Cut into squares before entirely cool.

METHOW VALLEY—If your plans this summer include any type of recreation in the Methow Valley, you'll get a lot of information from "Trails," the quarterly publication of the Methow Valley Sport Trails Association.

The Spring issue is out now and includes articles about birding, biking, running, hiking and skiing as well as useful advertising.

A year's subscription is \$15 from
MVSTA
PO Box 147
Winthrop WA 98862.

CLIMBERS' RENDEZVOUS—The Fifth Annual Climbers' Rendezvous will be held at Minnehaha Rocks in Spokane on Saturday, June 6.

A silent auction will begin at 10am, a climbers' meeting will be held at 11am, and the competition will start at 11:30am, with an awards dinner at 6pm.

The Rendezvous is sponsored by

the EWU Outdoor Center and Mountain Gear. For more information, call Mountain Gear at 509-325-9000.

BEAR-RESISTANT CONTAINERS—

These containers were developed for the National Park Service in Denali, Glacier Bay and Sequoia Parks, among others. The containers are smooth cylinders with locking lids that open and close with any coin.

The "Backpacker" model is 8"x12" and weighs 3 pounds. It is designed to hold about 6 person-days of food.

The "Basecamp" model is 8"x18" and weighs 5 pounds. It is designed for outfitters, paddlers, and extended expeditions.

The manufacturer recommends that plastic liner bags be used inside the containers to reduce food odors. For hanging, the containers must be placed inside something with loops or straps for hanging, such as a stuff sack.

The "Backpacker" price is \$73.50 (add \$4.00 for shipping); The "Basecamp" price is \$83.50 (add \$4.00 for shipping).

Order from: Garcia Machine
14097 Avenue 272
Visalia CA 93277
209-732-3785.

RIVER RESCUE CLINIC—A session on river rescue techniques will be held

Saturday, June 20, at Oxbow County Park near Portland. The clinic, sponsored by Multnomah County Parks and the Lower Columbia Canoe Club, includes in-river practice. The cost is \$25 per person. The class runs from 8am to 5pm.

For more information, call 503-520-9676 x26.

DOG FLOTATION—Get a lifevest for your dog if it goes paddling with you. Wyoming River Raiders carries one that goes from size XXS to XXL and is priced from \$15 to \$20, depending on size. Shipping is \$3.95. Call them for help with sizing: 800-247-6068.

GET LIGHTER—The rule of thumb is to carry about 1/5 to 1/4 of your body weight. If you are a strong person, you can probably carry 1/3 your weight.

Don't struggle with more than your body is conditioned to carry; you risk injury and an exhausting trip. Pare every unneeded ounce from your gear. You may laugh at those stories of gung-ho backpackers cutting the handles off their toothbrushes, but they know how to go light!

Here are some weight-saving hints:

- carry one cup and one spoon for eating; you need neither fork nor plate. If you are going solo, eat right out of your cooking pot.
- discard unnecessary food packaging at home, before you start.
- hike in the same shirt and pants each day; you don't need to wear clean garments each day.
- cut the handle off your toothbrush.

WIN FAME AND ADMIRATION!

Send us your favorite recipes for hiking and paddling; a review of your newest (or oldest) piece of gear; a safety tip; or tell us about modifying or making your own gear.

PACK & PADDLE
PO BOX 1063
PORT ORCHARD WA 98366
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