

# *PACK & PADDLE*

... covering the backcountry in  
Washington and the Pacific Northwest

AUGUST 1993  
\$2.00



**TAKE A HIKE**

Informational Hiking Video

**\$19.95** PLUS TAX &  
**\$2.50** SHIPPING/HANDLING**800 • 525 • HIKE**

**JUST OUT**—revised June '93: *Discovering the Wonders of the Wonderland Trail Encircling Mount Rainier*. \$12.95 plus \$1.05 tax plus \$1.50 shipping (\$15.50 total). **Wonderland, Box 321, Issaquah WA 98027.**

**Seattle FABRICS**

Outdoor and Recreational Fabrics  
Retail and Wholesale  
Special Orders • Shipping Anywhere

Gore-tex®	Spinnaker	Cordura	Closed Cell Foam	Zippers
Ultrax	Taffeta	Ballistics	Mosquito Netting	Hardware
Supplex	Ripstop	Sunbrella	Grommet Setting	Webbing
Polartec®	Oxford	Textilene	Heat Seal Packcloth	Flags
Lyca	Packcloth	Canvas	Patterns	

OPEN MONDAY THROUGH SATURDAY  
9-5 WEEKDAYS 9-7 THURSDAYS  
10-4 SATURDAYS

Send \$3 to Dept PP for our price list.

**206-632-6022**

Fax 206-632-0881

3876 Bridge Way North, Seattle WA 98103

## SEVERAL GOOD REASONS TO USE PARGETER MAPS

- They provide an economical **BIG PICTURE** for mountain travelers!
- They are beautiful bird's eye view oblique angle images illustrated in full color from USGS quads.
- They are large, info packed formats averaging 24" x 32" covering the Olympic Mountains, North Central Cascades, North Cascades East and North Cascades West - Thousands of square miles!
- Richard Pargeter's popular pictorial relief maps delightfully portray our mountains more quickly for most users.
- They are excellent planning tools - find hundreds of lakes, peaks, streams and valleys across the breadth of the ranges in their uncut relationships.
- Copious overprinting gives road and trail locations, ID numbers, trail point-to-point distances and elevations.
- Great quantities of really usable info for less money. Don't be without them.

Please ask for **PARGETER MAPS** at map and sporting goods stores or at stores along the Cascades and Olympic highways.

Or send 6.50 each (ppd) for quick delivery, to:

R.A. Pargeter, POB 844, Kent, WA 98035. Thank you!

## GREEN TRAILS TOPOGRAPHIC MAPS



P.O. Box 1932 Bothell, WA 98041

## SPORTS REPLAY

NOW IN OUR 10th YEAR!  
NEW • USED • SECONDS  
• CONSIGNMENTS •

**TENTS**

- 1 MAN BIVY TENT \$89.95
- 1 MAN BIVY FLY \$79.95
- 1 MAN MESH BIVY \$69.95
- 7' x 7' SQUARE DOME \$59.95
- 1-2 MAN WALRUS (3.2 LBS) \$129.95
- 6' x 6 1/2' SQUARE DOME \$49.95
- 8 MAN DOME \$175
- 3 ROOM CABIN TENT \$249

**PACKS**

- PEAK 1 INTERNAL (5800 c/i) \$159.95
- QUEST JUPITER INT. (2900 c/i) \$79.95
- VAUDE INTERNAL (4500 c/i) \$159.95
- QUEST SATURN INT. (2400 c/i) \$59.95
- ALSO USED INTERNAL & EXTERNAL  
Dog Packs \$39.95

**HIKING BOOTS**

- TECNICA GORETEX \$222 now \$139.95
- MANY NEW & USED BOOTS

**FREEZE DRIED FOOD**

Best Price in Town

5421 196th Street SW  
Lynnwood WA 98036  
206-775-4088

# Pack & Paddle

VOLUME 2, NUMBER 8

## Features

- 17 NATE AND DENVER  
David Nordstrom
- 18 HAROLD ENGLES DIES
- 19 RARE BUT DANGEROUS  
Warren Clare
- 20 FAR-OUT WASHINGTON  
John Roper
- 22 RESCUE EPICS  
Deborah Riehl
- 23 PREPARING FOR THE PCT  
Karl Ullman
- 24 A RESCUE EPIC  
FROM THE OTHER PERSPECTIVE  
David MacFarlane
- 26 THE CHALLENGE OF SAINT PETER'S GATE  
Karen Sykes

## Departments

- 4 BACKCOUNTRY NEWS  
28 REST STOP — Recipes, Equipment, Tips  
29 PANORAMA — News from All Over  
31 EDITOR'S JOURNAL



Lee McKee

## SUBMISSIONS:

**GENERAL:** Readers are invited to submit material for publication; we accept these submissions as contributions—if payment is requested it will be a modest amount. Put your name on EVERYTHING. If you want your work returned, please include return postage. We cannot guarantee against damage to or loss of material submitted, but we take great care in handling all submissions. Please don't be offended if we can't use your stories or photos.

**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.

• • •

Hiking, backpacking, climbing, skiing, snowshoeing, canoeing, kayaking and related activities are potentially hazardous. It is the responsibility of the individual to learn and understand the proper techniques associated with safe participation in these activities, and to fully accept and assume all risks, damages, injury or death which may result from following route descriptions or other advice in this publication. This publication is not meant as a substitute for personal instruction by a qualified person.

• • •

PACK & PADDLE (ISSN 1059-4493) is published monthly by Pack & Paddle Publishing, Inc., 4450 Lakeview Dr SE, Port Orchard WA 98366. Mailing address is PO Box 1063, Port Orchard WA 98366. Telephone is 206-871-1862. Subscription rate is \$15 (US funds) for one year. Second Class postage paid at Port Orchard WA 98366. Printed by Little Nickel, Lynnwood WA.

POSTMASTER: Send address changes to Pack & Paddle, PO Box 1063, Port Orchard WA 98366.

## COVER PHOTO:

At the south end of Blanca Lake in the Henry M. Jackson Wilderness, Washington. Photo by Ann Marshall.

## Staff

Publishers: A. Marshall and L. McKee

Editor: Ann Marshall

Business Manager: Lee McKee

Administrative Assistant: Yellow Cat

With help from: All Readers

Editorial Advisory Committee:

D. Beedon CAT

J. Cavin TG



printed on recycled paper  
with soy-based ink

©1993 Pack & Paddle Publishing, Inc.  
All rights reserved.





# 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; we may have to cut your report to fit available space. Typing is not necessary; we can read just about anyone's handwriting. We're interested in ALL trips, easy and hard, ordinary and exotic.

We use the following symbols to help you plan your trips.

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



 **MILDRED LAKES** (*Mount Skokomish Wilderness; USGS Mount Skokomish*)—After spending the night at the Lena Creek campground, we got an early (7:45) start, and drove to the trailhead at the end of the road. We were the only ones there but the sign-in sheet recorded high use of this trail since June 19 and, unfortunately, notice of car break-ins.

This delightful trail is amazing—a tossed salad made of every strange and weird trail condition we've seen! It's like a maze; with every new blow-down the trail is altered. Plenty of pink ribbons to help you stay on the correct path. At one point along the trail there was even a switchback!


This trail is so much fun because you have to "take one step at a time" due to all the roots. The vertical plane of this trail at times was so overwhelming we

found ourselves laughing as we grabbed the next available root or tree or boulder for our way up. Part of the trail was like walking through a tunnel, and another part was so padded from decomposed trees that the ground gave when stepped upon.

We arrived at the lake at 11:30. The fog rolled in and was so thick at times we could not see the lake. After setting up camp, we sat down to eat our chicken and hot tea and REST! We hiked around the lake looking at the other campsites, noticing the garbage and the campfires that were not supposed to be there. Generally, though, we thought Mildred Lakes were very nice.

The pointed peak in front of our campsite reminded us of a whale coming to the surface with its mouth agape. Having free time on our hands, I started reading *Switchbacks*, by Andy Holland—what a great book! We tried some Mountain House freeze dried foods on this hike but think we will pass next time out.

Most hikes we have been on, the return trip is always easier; however, this is not one of them. We have nicknamed this trail "Mildred Lake Stagger."—Kerry Gilles and Larry Schoenborn, Westport, 6/30-7/2.

 **LAKE OF THE ANGELS, Putvin Trail, Valley of Heaven** (*Olympic Natl Park; USGS Mount Washington, Mount Skokomish*)—We approached this hike as an intense physical challenge—us braving the fabled Putvin Trail.

Now, filled with the beauty of the

lake, we're only dimly aware of the "getting there" part as being slightly more up than forward. Granted, I did step on my tongue once, and Kerry did actually sweat.

The lake is enclosed on three sides by Mounts Skokomish and Stone and their connecting ridges. The ridge swoops low to 400 feet northwest of the lake and rises steeply to Mount Stone in the northeast and more gradually to Mount Skokomish in the southwest, and a ridge extends from there along the south down to the outlet at the eastern end of the lake. The south and southwest are cliffs and rock-falls with the inlet stream coming off Mount Skokomish and creating the gravel bar where we made our camp, near the southwest corner of the lake.

The lake is clear and inviting; it makes you want to jump in. A heather "bog" surrounds the lake, the snow melt filling the soil like a sponge. You can feel every living thing growing as fast as it can. Rounded sandstone protrudes in veins through the soil, and on it you can go nearly anywhere, if careful, without mashing the meadow-growth.

A fantasy-land hike to the low northwest pass was all we had time (and energy) for. Following a small creek through its sandstone-contoured route, past a waterfall (of such perfect symmetry it looked artificial) to the long finger of summer snow-pack that fed it, and then to a natural bedrock and gravel switchback up through the meadow, we found the pass much easier to attain than it looked over a cup of coffee from down below.

## BACKCOUNTRY NEWS DEADLINE: August 24

Submit your trail reports by this date for the next issue. (Deadline for other departments is earlier; check with us for details.)



# BACKCOUNTRY NEWS

Fog filled the Skokomish drainage and everything beyond, but the lake and its bowl were quite enough, and a nice he-goat came wandering over to pose. With a camera full of goat and lake, goat and mountains, and even some goat and lake and mountains, it was time to return, pack, and very reluctantly leave.

Besides the goat, we saw a rather shy deer, grouse, and a big bear that wonderfully emerged before our eyes at dusk on the low ridge. He was silhouetted against the late sky and looked like our wishful thinking. I checked his tracks in the snow the next morning to make sure he was real, even though we saw him clearly through binoculars.

We also had the brief company of two hikers who could stay only 1½ hours. Lake of Angels is worthy of several days of gentle consideration.

On the return hike, we went slowly and pampered our knees, walking the old road back, which I'm sure everybody knows is closed to traffic. Also plenty of flowers in bloom, lots of reds, purples, yellows, whites, and there wasn't any bug problem.—Larry Schoenborn and Kerry Gilles, Westport, 7/15-16.

**FLAPJACK LAKES**—Reservations are required for overnight camping here. The quota is limited to 20 persons per night. Contact Staircase Ranger Station, 206-877-5569; leave message with your name and phone number, the dates desired, and number in your party.

## REVEGETATION PROJECT

Olympic National Park needs volunteers to help with a revegetation project at Morgenroth Lake in Seven Lakes Basin.

The project is scheduled for September and early October and involves transplanting native subalpine plants to prevent erosion and heal damage from overuse.

Volunteers can work weekends or weekdays, for a few days or for several weeks.

For more information, write Olympic National Park, Revegetation Program, 600 E Park Avenue, Port Angeles WA 98362, or phone 206-452-4501 x 321.

Keep a clean camp and hang all your food. A mother bear and cub are in the vicinity.—Ranger, 7/16.

**LAKE CONSTANCE**—This is a quota area, limited to 20 persons per night. Call the Staircase Ranger Station for information: 206-877-5569.

Lake is snowfree.—Ranger, 7/13.

**HAMMA HAMMA ROAD**—The Cabin Creek bridge is being replaced this summer and traffic on the Hamma Hamma will have to be rerouted from mid-July through mid-October.

To reach the Lena, Mildred, and Putvin/Lake of Angels trails, take the alternate route 3.5 miles south of the Hamma Hamma on road 24 (Jorsted Creek). Follow road 24 for 1 mile to road 2480, which connects with the Hamma Hamma road beyond the bridge repair.—Ranger, 7/15.

**SHI SHI BEACH**—Access from the Neah Bay side remains closed.

**DUCKABUSH**—Trail has been maintained for first 6 miles to the Park

boundary. Within the Park, many trees are down across the trail. River is high.—Ranger, 7/15.

**CAMERON and LOST PASSES**—No maintenance done on these trails. Patchy snow on the north side of Grand Pass. Cameron River trail is brushy; small snow patches on north side of Cameron Pass. Lost Basin and Pass are snowfree.—Ranger, 7/13.

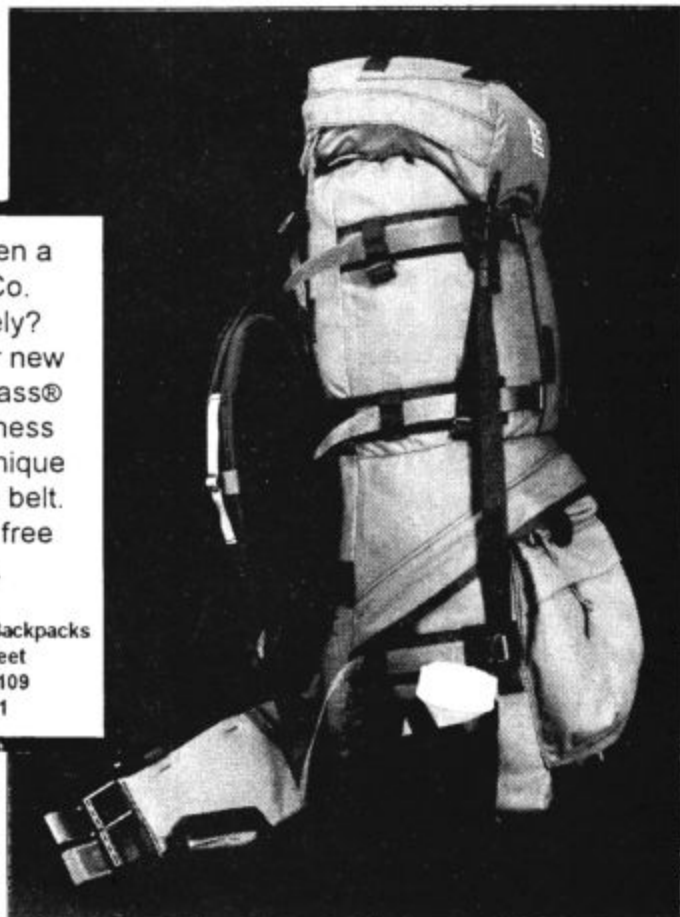
**ELWHA RIVER**—Trail is clear of large trees to Camp Wilder. Many downed trees and washouts remain between Wilder and Chicago Camp, with one bridge out. Chicago Camp footlog is out.

Trail is snowfree to Low Divide. The ford at Remann's Cabin to Semple Plateau is high and hazardous.

The trail from Chicago Camp up into Elwha Basin hasn't been maintained for many years. Trees are down and route-finding is difficult. The way-trail to the Snowfinger has thick brush and is difficult to follow.—Ranger, 7/13.

Have you seen a  
McHale & Co.  
Alpineer lately?  
Check out our new  
patented Bypass®  
shoulder harness  
system and unique  
double buckle belt.  
Send for our free  
brochure.

McHale & Company Backpacks  
29 Dravus Street  
Seattle WA 98109  
206-281-7861



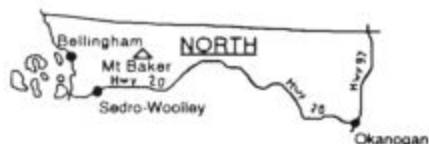
# BACKCOUNTRY NEWS

**HOH RIVER**—Trail is maintained to Elk Lake, and is mostly snowfree above that point. The route across the avalanche chutes hasn't been reworked yet this season and it is rough and narrow. Glacier Meadows is snowfree.—Ranger, 7/13.

**QUEETS RIVER**—Ford is running 2 to 3 feet deep and is hazardous; no report on trail conditions.—Ranger, 7/13.

**HIGH DIVIDE**—Trail is snowfree up past Deer Lake; some patchy snow still on the switchbacks below Bogachiel Peak. Snowfree in Seven Lakes Basin; a few patches above Heart Lake.—Ranger, 7/13.

NORTH



**BAKER RIVER** (*Baker-Snoqualmie Natl Forest & North Cascades NP; USGS Bacon Peak, Mount Shuksan*)—This trail is approximately 3.5 miles one way and is a good hike for children. Our party consisted of two adults, and three children aged 5 and 10 years and 17 months.

The first ¼-mile is being groomed and gravelled for wheelchair accessibility. A bridge is planned over Baker River to connect the Baker River trail with Blum Creek. This day, the rest of the trail was quite muddy and we went through at least three large areas of brush up to my shoulders and covering the trail. Made interesting hiking for the 5-year-old.

We enjoyed the hike even though we were in a cloudburst at Sulphide Creek and for half the way back.—S. Haley, Mount Vernon, 6/22.

**HANNEGAN PEAK** (*Mount Baker Wilderness; USGS Mount Sefrit*)—As the weather forecast predicted some sun, we were optimistic and set out for Hannegan Peak. The clouds were high and we could see Hannegan and most of Mount Ruth.

Our party consisted of three adults, and two children: Sarah, 9, and James, 5. The trail is in good shape (the previous week my daughter Nancy and I had met a crew brushing it out). One of the slide areas by a waterfall is quite narrow, but passable.

The trail up Hannegan Peak from the

pass is much improved. The switchbacks are a very good addition. The old trail was eroded and went straight up the meadows on the steep hillside. There is still snow on the upper levels of the mountain trail.

We could see sun shining at the north edge of the cloud cover on the way up. At the top, the clouds dropped and we were surrounded. The children thought it was great fun! We all plan to hike to the top again in the fall.—S. Haley, Mount Vernon, 7/6.

**HORSESHOE BASIN** (*Pasayten Wilderness; USGS Horseshoe Basin*)—We saw this hike in *100 Hikes in the North Cascades* last winter and decided we needed to go. Everything the book says about this area is true and much more!

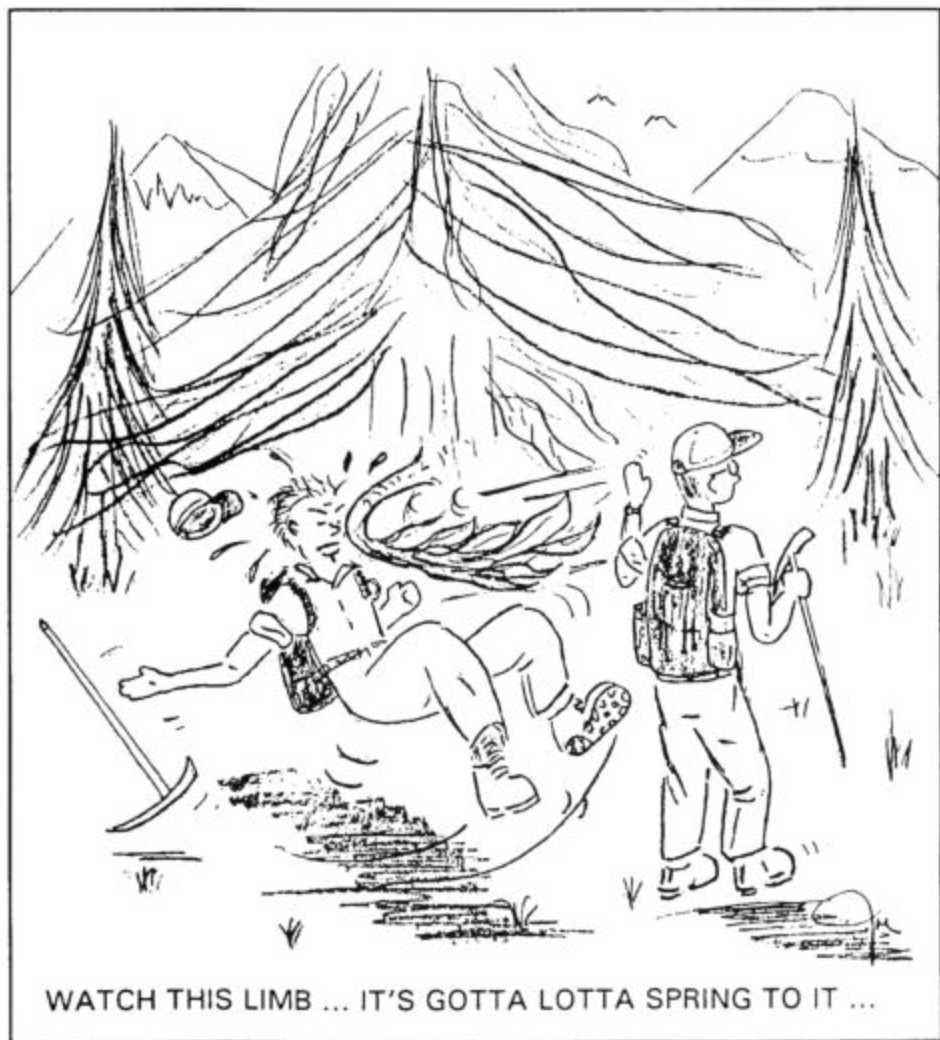
The drive over is long but beautiful and, yes, the last 7 miles are rough—nothing a normal car couldn't handle given patience and care, but it is rocky and washed out. We met several cars coming out and lots of hikers doing the same. We felt like we were going the

wrong way on the express lanes ...

The hike in to Sunny Pass and Horseshoe Basin is very pleasant, through pines and meadows, 1200 feet in 4.5 miles to Sunny Pass, 1.2 miles more and 200 feet down to Horseshoe Basin. The entire area is high (7000 to 8000 feet) and rolling, acres and acres of meadowland. You could spend days here wandering from peak to peak, meadow to meadow. I've never seen so many shooting stars (of the flower variety.)

We camped at Horseshoe Basin (dozens of campsites), though the prettiest we saw were at Loudon Lake. On our second day we walked up to Snehump-tion Gap, on up to the top of Armstrong Peak, over to the Canadian border to markers 104 and 103.

Back to camp for naps and then out to Smith Lake. This is a beautiful area and made for dreamy wandering. Our weather ran the gamut—sun, rain, hail and clouds. Lots of water to be had, though it looked to us like you'd be limited to lakes or pools in a few weeks. We also believe this will be mosquito



# BACKCOUNTRY NEWS

heaven in not too long. The most abundant wildlife was ground squirrels. Their holes were everywhere and we saw lots of them but they weren't much interested in us, our gear or food.—Mystery Hiker and Mr. Maphead, Granite Falls, 7/5-7.

**NORTH CASCADES NATIONAL PARK**—Continued run-off and rain have kept streams running high. Snow level is approximately 5700 feet.

Cascade River road is open to trailhead at road-end, but rough at end. Silver-Skagit road is open to Hozomeen.

East Bank trail is snowfree and maintained from Highway 20 to Hozomeen. Thornton Lake trail is snowfree but muddy. Lower lake melted out; campsites muddy. Whatcom Pass trail is snowfree to the pass, but lots of downed trees and brush make the trail difficult.—Ranger, 7/12.

**GLACIER CREEK ROAD, Mount Baker District**—Will be closed due to road construction at milepost 4 from 7/26 to 8/8. No access to Heliotrope Ridge or Coleman Glacier trails.—Ranger, 7/14.

**OKANOGAN NATIONAL FOREST**—All areas on the forest are covered with green shrubs, grass and flowers. Above-normal rainfall has helped create the lush conditions.

The road to Slate Peak from Hart's Pass is now open. This road is the highest point you can drive to in the state. Wildflowers carpet the meadows around Hart's Pass, including the elusive western pasqueflower which thrives and blooms along the snowbanks. Acres of yellow glacier lilies decorate the slopes midway between Hart's Pass and Slate Peak. Within 5 miles of Hart's Pass, the meadows are literally covered with subalpine lupine, various paintbrushes, and alpine aster.

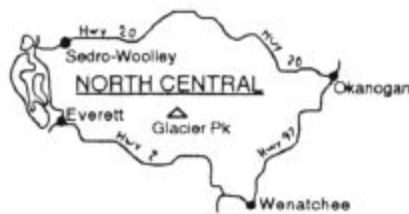
Volunteers Butch and Marjorie Davis are staffing the Guard Station at Hart's Pass.

Mosquitoes are usually not a problem here as a slight breeze is typical. Deer flies, however, may be irritating.

The Hart's Pass road is closed to all trailers. It was graded in early July and is in good condition.

Crews are out working on the trails. Most trails are snowfree; only a few have ice and snow in the passes. The PCT still has a few snow patches, but is passable to hikers.—Ranger, 7/14.

## NORTH CENTRAL



▲▲ **DEVIL'S PEAK** (*Baker-Snoqualmie Natl Forest; USGS Silverton*)—The recent hike I lead to Independence and North Lakes (*July, page 11*) was the impetus for this scramble of Devil's Peak. Views of the peak from the Coal Creek road and from the pass above North Lake made this peak look feasible for the likes of me (difficult scrambles/easy climbs).

Researching the route was initially perplexing. Some maps and some guides (including Beckey) have confused Devil's Peak with Devil's Thumb. It is shown incorrectly on the map in the Monte Cristo guide but correctly in the write-up, and Beckey also has the peaks reversed. For his description of "Devil's Peak" read "Devil's Thumb" and vice versa. Devil's Thumb is class 4, Devil's Peak is Class 2 to 3. The Green Trails map shows them correctly.

From Independence Lake, cross the outlet stream and ascend west-southwest through brush and timbered slopes, and traverse in westerly direction. Turn west-northwest and cross Double Eagle Creek and then ascend northwest to the summit. Go back the same way unless you are a lunatic. Or drop from summit and traverse north. Before approaching the lake traverse east about 1/2-mile, then south, dropping to Independence Lake.

Everything went smoothly all the way to the summit. The brush wasn't terrible and it was easy going through rocks and snow to the summit. Just as we reached the summit the clouds came in so we waited patiently for them to lift. An hour and a half later the clouds lifted and we could see the peaks around us. We looked across to Helena Peak and down to Helena Lake. We also looked down to an unnamed lake below us and thought it might be fun to descend to the lake and look for a possible way-trail that would lead us back to Independence Lake (we had noticed a couple of faint trails near the campsites at Independence Lake from the previous hike).

Getting down to the lake was easy scrambling on rock and snow. As we approached the lake we saw no sign of tread so stayed well above the lake,

traversing cross-country over to the pass above Independence Lake.

It was cross-country, all right. In fact, we were very cross by the time we had accomplished this. It was the worst brush bash I have ever experienced. Not even my epic trips with Bruce and Bette (Bulgars) can compare with what we went through to get to the pass. Acres and acres of devil's club, salmonberry, vine maple, and for additional fun a couple of dank, slippery moss-covered gullies with running rivulets and loose rocks. No sign of a trail. From the pass we descended through more conservative brush and forest to Independence Lake. We must have looked like we had emerged from the Heart of Darkness. Shortly reaching the car we met a young couple coming in who said we looked like we had done more than merely visit the lake.

Devil's Peak offers one of the most spectacular ridges in the area. There was no summit register but we saw a hint of tread and a few boot stomps. Somebody else has been lucky enough to spend some time there.

We figured our elevation gain to be about 2500 feet and our distance an embarrassing 4 miles—but 3 of those miles were through the Heart of Darkness!—Karen Sykes, Seattle, 6/16.

▲ **INDEPENDENCE LAKE** (*Baker-Snoqualmie Natl Forest; USGS Silverton*)—The trail to the lake is very muddy. One member in our party was new to hiking and Don gave her his walking stick to use to balance in the mud.

The trail above the lake is in better condition than the trail below. One big blowdown will need a chainsaw to clear it.

It was a beautiful day. We were celebrating the birthday of one of our companions—she was only turning 58!—Goldie Silverman, Seattle, 7/10.

▲ **BLANCA LAKE** (*Henry M. Jackson Wilderness; USGS Blanca Lake*)—The North Fork road is in good shape, but road 63 is horribly potholed. Lee and I met a family group of four going down as we were going up. They warned us to stay at Virgin Lake, as the route down to Blanca was "the worst" trail they had ever seen.

We noted several nice camps at Virgin, but the water is stagnant. Continuing, we dropped to Blanca Lake on a trail that was, indeed, pretty bad. Steep and slippery, with lots of mud and one enormous log, it definitely presents a challenge to backpackers.

We camped at the outlet stream. A hazardous path leads down the east side



# BACKCOUNTRY NEWS

of the stream to good views of the Troublesome Creek chasm and falls. In the morning we explored the west side of the lake. A very nice camp is located about half-way along this side. Views of the Columbia Glacier and Monte Cristo peaks were great.

Campsites at the outlet are limited: a damp, marginal one on the east side, and two small ones on the west side. We were the only ones there, but litter and fishing garbage suggest that it is probably crowded on nice weekends.—Ann Marshall, 7/7-8.

## **N**ORTH FORK SKYKOMISH

(Henry M. Jackson Wilderness; USGS Benchmark Mountain, Blanca Lake)—We found a trail crew of two brushing the lower trail and doing minor repair work. We forded the river at about 4 miles—there was just too much water and no easy way across on rocks. The upper meadows are swampy so the trail is soggy, but overall it is in good shape.

We camped at a little spot near Dishpan Gap and took day hikes on the PCT north to White Pass, and south to Lake Sally Ann and West Cady Ridge. We encountered snow patches, but nothing of significance except for a snow-filled gully about half a mile south of White Pass. We could see that Red Pass had only a couple of snow patches also.

Lake Sally Ann was 3/4 frozen, with lots of snow in the basin. A few dry camping spots were available. We followed the West Cady Ridge trail about 2 miles. It's in good shape, with lots of water from snowmelt. Lots of flowers all over.

We hiked out in the rain behind two horses. The trail was a mud trough. Seems to be just a wet year. All trails have mud and slippery rocks, and the cool wet temperatures are great for



Linda Rostad

It's a dog's life on the trail: Jenny takes a break on a handy Thermarester chair on a backpack through Glacier Peak Wilderness.

bugs. Keeps the crowds home, too.—Linda Rostad, Bothell, 7/8-11.

## **S**UMMER BLOSSOM

(Wenatchee National Forest; USGS South Navarre Peak, Martin Peak, Prince Creek)—My cousin Fred suggested this trail when I asked him about an early season skywalk. I chose the approach from the Methow Highway, up the South Fork Gold Creek. The road wasn't a major problem for my small pickup although I spent a lot of time creeping along in first gear. I was also lucky not to meet any oncoming vehicles.

As I expected it was sunny and warm when I reached the trailhead, 6400 feet. Trail 1258 initially climbs through a dense forest, then quickly breaks out on a slope providing over-the-shoulder views of Lake Chelan and brown foothills. This goes on for a mile or so until the path steeply switchbacks up a rockslide toward the striking profile of South Navarre.

When I reached the saddle I was met with blustery wind as well as panoramic views. I quickly bundled up and followed the path under cliffs of North Navarre. In places the trail is chiseled into the rock and requires careful footing. It would be easy to get distracted.

Once this is negotiated the trail traverses a lovely meadow along the Sawtooth Crest. The intersection with trail 424 is not obvious. After this I entered a basin and made camp. Throughout the night I was buffeted by fierce winds. I began to wonder if I might wake up in Oz. I awakened at 6am still in Horseshief Basin. It was

sunny, and my canteen was icy.

Inspired by blue skies I broke camp quickly and followed the trail around the basin where it met the Chelan Crest (multiple use) trail. As I peered over the rim I was stunned by the beauty of the Prince Creek drainage. After I collected myself I proceeded down switchbacks suitable for an Electra-Glide. I stopped and ate my lunch in the meadows.

As I was enjoying my jalapeno bagel, little styrofoam snow balls began to fall. By the time I reached my turn-off (trail 1259D) it was a total white-out of snow and fog. I sat down and waited, not wanting to climb an exposed ridge in these conditions. In an hour it was blue skies again. I wasted no time climbing from 7000 to 8000 feet in an hour. The whole time it felt as though I was standing in front of an airplane prop.

At the pass I was again awestruck by the sight of Sunrise Lake directly across Merchants basin. As I descended into Merchants basin the snow clouds returned. I was exhausted at this point so I pitched my tent in a sheltered spot and crawled into my sleeping bag. All afternoon and into the night gale force winds exploded down the canyon with a thunderous roar. They came at three to five minute intervals, violently whipping the trees and rattling my nerves. Each time I hoped it would be the last. I began reading *Islands in the Stream*.

When I awoke the next morning it was sunny and cool. The winds had subsided. Feeling rested and recharged

### 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. sun protection
10. flashlight



# BACKCOUNTRY NEWS

after breakfast I decided not to quit backpacking as a hobby. I continued down the basin into deep forest and the junction with trail 424 which ascends a series of small meadows before switch-backing through a larch forest to the ridge crest (7300 feet) and the Summer Blossom Trail. The views here are "totally awesome"—360 degrees around, but the Navarre mass commands your attention.

Here I lolled about the meadows basking in sun and burning through the rest of my film. Retracing my way out I could see the sparkling waters of Lake Chelan. I hadn't seen a soul since I gassed up in Pateros. I got to my truck about 2:30. I then made the bad decision to continue on Road 82 to Chelan. —Matt Masterson, Snohomish, 6/21-23.

**WHISTLING PIG MEADOW** (Wenatchee Natl Forest; USGS Silver Falls)—Once again we headed for Eastern Washington to hike in sunshine instead of rain. We'd been to Cougar Mountain a couple of years back and decided to explore that area a little more, choosing Whistling Pig Meadow as our destination.

June is a good time to visit the Mad River area as it's obviously a popular ORV spot but is closed to both ORVs and horses till July 15 when the trail dries out some. This was a beautiful hike along the Mad River through pines and flowers. The trail is in great shape and though there aren't any spectacular vistas the entire area is blooming and very pretty.

We crossed the river three times, first on a bridge, the second time we waded across (an easy wade) and the third time on boulders. The meadows are a series of large clearings in the forest chuck full of flowers. No whistling pigs to be seen though. Also no bugs or people. A great hike.—Mystery Hiker and Mr. Maphead, Granite Falls, 6/28-29.

**CLARK MOUNTAIN HIGH ROUTE** (Glacier Peak Wilderness; USGS Clark Mountain, Glacier Peak East, Mount David)—Linda Rostad, Lindy Bakkar and I attempted this traverse during five days of rainy weather. The trailhead is at the end of the White River road. We hiked 4 miles up the White River, then 3 miles up Boulder Creek.

Following the description in Tabor and Crowder's *Routes and Rocks*, we picked up the route in Boulder Basin and followed it along the south side of the Clark Mountain group through four wild and beautiful cirques.

Clouds and rain were constant—we

never saw the top of Clark Mountain, although we did glimpse the east peak once. I grumped about the weather, but my companions were unfailingly cheerful. Route-finding was challenging and fun, and our altimeters were never put away. We counted 3 dozen varieties of wildflowers and didn't see another soul for four days.

Our only problem was not finding the key to entering Thunder Basin from cirque four. We ended up descending the west rim of cirque four to Thunder Creek. The next day we came out as scheduled on the old Thunder Creek trail.

As a planning note, we find that doubling Tabor and Crowder's estimated travel times gives us a much better idea of how much time it will take us.—Ann Marshall, 7/12-16.

**STEHEKIN**—Park shuttle bus service is available to Cottonwood; reservations required; call 509-682-2549. Stehekin Adventure also runs a shuttle bus; call 509-682-4677. See May, page 7, for details.

For *Lady of the Lake* info, call 509-682-2224. For charter plane info, call Chelan Airways, 509-682-5555.—Ranger, 7/12.

**SUIATTLE RIVER ROAD**—Is *OPEN!* Buck Creek campground is accessible; Green Mountain trail is accessible and in good condition; Suiattle River trail is snowfree with lots of flowers.—Ranger, 7/18.



Ken Hunich at the headwaters of the South Fork Stillaguamish; Del Campo Peak behind.

**BIG FOUR ICE CAVES**—Trail is maintained and in good condition. One small cave has formed already. Avalanche danger is high; stay out of caves.—Ranger, 7/18.

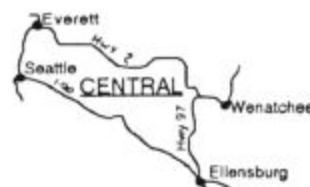
**MILK CREEK**—Trail badly damaged by flooding; bridge is out at PCT junction, could be hazardous.—Ranger, 7/18.

**WHITE CHUCK**—Two major slides due to the '90 floods block this trail. Snowfree and log-free to Kennedy. A major repair project has begun. It will last through the summer so expect to see crews out working.—Ranger, 7/18.

**DARRINGTON DISTRICT**—No fires in the following areas: Silver Lake, Twin Lake, Glacier Basin trail, Goat Lake, Saddle Lake, Goat Flats, Lake Byrne, Lime Ridge, Image Lake.

Permanent camping closure at the following areas: Goat Lake (200 feet from shore); Saddle Lake (200 feet from shore); Image Lake (1/4-mile from shore); Silver and Twin Lakes.—Ranger, 7/18.

## CENTRAL



**PERMIT SYSTEM**—The new permit system for the Alpine Lakes Wilderness will probably take effect next summer. Permits will be required to regulate all overnight trips in the Wilderness, and some day trips. See this issue, page 30, for more information.

**MOUNT SI** (DNR; USGS Mount Si)—We hiked the new Mount Si trail one evening recently to check it out and enjoy the sunset from the top. So here's a report from a rescuer's perspective.

We left about 7:30pm. We came down after dark, following one party that did have a flashlight but little else, and one couple with no lights at all—on a moonless night. We call that "rescue fodder".

The trail has been widened and the chuckholes filled in—wheeled litter transport should be easier. Concrete and rock steps have been added at the top. But no banisters. We'll see if the packed dirt fill lasts beyond the fall rains.—Deborah Riehl, Bothell, July.

# BACKCOUNTRY NEWS

**SCOUT LAKE** (*Baker-Snoqualmie Natl Forest; USGS Snoqualmie Pass, Lost Lake*)—I noticed this trip listed in the Snoqualmie Valley Trails Club schedule: 4 miles round trip and 1000 feet elevation gain. I called up the leader, Warren Jones, and said count me in.

Warren warned me there are boulders and logs to scramble over. I told him I have been scrambling over boulders and logs all my life.

We parked our cars and walked about 3/4-mile up a washed-out road. Then the boulder hopping. Seems a large blowdown across the boot-beaten path forces a crossing of the gully and stream, then a recross to get back on the path. The boulders slowed up the group to where I could keep up with them easily.

The surviving part of this trail is on the fall line, and on it the group easily left me behind. There is no substitute for youth. A very pretty lake and well worth the trip.—Archie Wright, Seattle, 7/10.

**TALAPUS LAKE** (*Alpine Lakes Wilderness; USGS Snoqualmie Pass*)—I was supposed to lead a trip to Talapus Lake and beyond for the Retired Rovers. When we turned off I-90, workmen resurfacing the access road would not let us through.

We went back to Twin Falls State Park and had a pleasant walk instead.—Archie Wright, Seattle, 7/15.



A chipmunk helps with the dishes at Colchuck Lake.

Ann Marshall / Lee McKee

## REMINDER

Don't blame the guidebook if conditions are not as the book describes. Use the guidebook as a guide, not as the gospel.

Due to maintenance, damage, construction or acts of nature, roads and trails may not be as described in print.

**EIGHTMILE LAKE** (*Alpine Lakes Wilderness; USGS Chiuwaukum Mountains*)—Once again on our day to hike it's raining! We headed east over the hump and, hopefully, to sunshine. On the way we studied the map and chose Eightmile Lake, an easy 6-mile round trip through forests and flowers.

The trail is in fine shape, no snow on the ground but we had snow showers, rain and some sun, sometimes nearly all at once! Lots of lupine in bloom, wild roses, tiger lilies, Lyall's star tulips and wild honeysuckle.—Mystery Hiker and Mr. Maphead, Granite Falls, 6/21.

**LAKE JOSEPHINE, Icicle Creek** (*Alpine Lakes Wilderness; USGS Chiuwaukum Mountains, Stevens Pass*)—Lake Mary was our original destination but it's not where we ended up! We drove to the Icicle Creek trailhead near Leavenworth and began hiking only to discover that the bridge was out over the Icicle about 3 miles later. There was no way we could ford—the water was too swift and too deep.

Being adventurous sorts we decided to hike up the Leland Creek trail just to see where it went. Shortly after we started, however, we ran into two young women who were coming out and gave us some information about the trail, plus offered us their Stevens Pass map (I bought it from them). We continued hiking and reached the Leland Creek trail 2 or 3 miles later. So far elevation gain was minimal and the hiking was easy (except for thigh-high devil's club which grows along the trail in several spots).

We passed up several beautiful campsites along the river. We knew we should be looking for a place to camp but our curiosity just kept getting the better of us and we kept going. About a mile past the Leland Creek/Lorraine Ridge junction the trail begins to climb through forest. It was beginning to lose

the Eastern Washington look.

There wasn't a camp at the Chain and Doelle Lakes junction and we didn't feel like gaining the 1800 feet elevation to the lakes so we kept going. We passed an ugly campsite about 1/2-mile beyond the Chain Lakes junction ... and kept going. By now we were in lush Western Washington greenery and the drizzle that often accompanies that lushness.

We kept thinking about the camp sites along the river and discussed turning around. The map indicated, though, that Lake Josephine was only another couple of miles away. Somewhat grimly we agreed to keep going. We were getting tired and the drizzle was depressing.

Finally we reached a good campsite at the junction with the White Pine trail at the edge of a large meadow. Soon the tent was up and the stove was going. We'd hiked 11 miles with an elevation gain of approximately 1500 feet and it felt like enough. I forgot to mention our late start—we weren't on the trail until 12:30 and it was 5:30 when we made camp.

The next morning we hiked up the additional 200 feet or so to Lake Josephine. It was moody and drizzly and we had the whole lake to ourselves. We checked out the empty (and spacious) camp sites before hiking back to camp. If we'd had another day it would have been interesting to hike the White Pine trail into Lake Mary and then return to the Icicle Creek road on the Chatter Creek trail. That would make a nice loop but you'd need a car at both trailheads. We broke camp and retraced our route.

We saw very few people on the trail—the two women we'd bought the map from, and a couple who, like us, had Lake Mary in mind and couldn't get across the river. We had also encountered a lone backpacker who was looking for Lake Josephine but he was going the wrong way! We don't know where he ended up. We met quite a few people at the large camps which are about 1 1/2 miles in from the road. Also a few day hikers and families out for a stroll.

If Lake Josephine is the destination it's a lot shorter to come in from Stevens Pass along the PCT, only about 4 or 5 miles.—Karen Sykes, Seattle, 7/4-5.

**ENCHANTMENTS**—Permits are required through October. August and September dates are full for the main Enchantments, but dates are still available for Snow Lakes, Colchuck, or Stuart areas. Call 509-548-4067 for info.—Ranger, 7/13.

# BACKCOUNTRY NEWS

**CLE ELUM DISTRICT**—Crews have been busy and swift maintaining the trails. Most are snowfree except for the **PCT**, which still has some hard snow patches on north-facing slopes. A few other trails have patchy snow above 6000 feet.

Work is continuing on highway 903 from French Cabin Creek to Salmon la Sac, and on the North Fork Teanaway.—John Morrow, Cle Elum District, 7/9.

**NORTH BEND DISTRICT**—Middle Fork Road is now **OPEN** to Dutch Miller Gap trailhead. Road work will continue; expect truck traffic and delays on weekdays.

Spur 10 gates are open for public use on weekends only—6pm Friday through 6pm Sunday.

Trails are muddy, mosquitoes are out and wildflowers are blooming.—Ranger, 7/15.

## SOUTH CENTRAL



**TINKHAM PEAK** (*Wenatchee Nail Forest; USGS Lost Lake*)—Several years ago we hiked up Silver and Abiel, but Tinkham, the third peak in the group, kept getting put off. Following our usual pattern of picking the hike on the way out of town, Judy and I couldn't think of a good reason not to try it on this gray Sunday.

We got off I-90 at Hyak, went into the parking lot and followed the dirt road that exits to the left (conveniently marked at that time by a pile of telephone-pole sized logs), went past the waste-water treatment ponds and on up the road. There was one car parked at the Cold Creek trailhead and just one where the PCT (our route of approach) crosses the road.

Along the way, we admired the plentiful displays of beargrass, marsh marigolds, lupine and enough other varieties of flowers to exhaust our rather limited botanical knowledge.

With my head down, watching for roots and rocks, I might have gone past the trail up to the saddle, but there were two large rock cairns under my nose. The "Hansen Creek" trail sign is gone, but "Abandoned Trail" is still on a tree up the trail. On the ascent, we encountered our first large snow patches. The saddle was snowfree. On



*This is a great year for beargrass, as this display on Granite Mountain shows. Even though the weather is wet and cloudy, we can always enjoy the flowers.*

Ken Hopping

conveniently located rocks, we ate lunch, looking north to a strangely deserted Silver Peak and southeast to the darkly forested slope of Tinkham.

We kept losing and finding the sketchy trail that stays fairly near the top of the ridge. Near the top, there's a steep slope to cross on a step.

Jim, the acrophobe, busied himself assessing the situation, while Judy said, "I'll just see what's on the other side." After we crossed, the summit was a short clamber away.

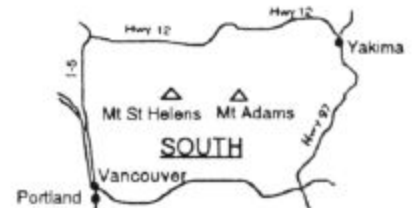
The USGS map has marked the other summit (on the east end of the ridge) with elevation, but Beckey says we were at the highest point. It took us two hours from the saddle and back, including time to "admire" the views of clearcuts while on top.—Jim Cavin, Seattle, 6/27.

**NACHES DISTRICT**—Much of the old Naches Pass wagon trail (part of the Oregon Trail) is still intact through the Naches Ranger District. As the trail left the Yakima area it threaded up the Wenas drainage and entered what is now National Forest land at Rocky Prairie. The pioneers headed along the Naches and Little Naches rivers.

For information on how to find the

still-accessible parts of the old trail, pick up a map and other information at the Ranger Station (509-653-2205).—Ranger, 7/13.

## SOUTH



**SHEEP CANYON LOOP** (*Saint Helens NVM; USGS Mount Saint Helens*)—This hike provides a fantastic close-up view of Mount Saint Helens, Sheep Canyon and the South Fork Toutle River where a giant mudflow descended on May 18, 1980. We chose to do the hike clockwise, going left after ½-mile at the bridge over Sheep Canyon, starting on Trail 238.

I think next time we'd go to the right at the ½-mile junction, staying on Trail 240 to the junction with the Loowit Trail, going left on the Loowit to the large rock with the best view of the



# BACKCOUNTRY NEWS

mountain (and the top of Rainier) in the high meadows, then returning the same way. The loop the way we did it is 7 miles and gains 2400 feet.

Since this hike is on the west side of Mount Saint Helens you do not see the crater or the massive blowdowns that are seen on the east side—in the direction of the eruption (eg, Norway and Independence Pass hikes). It was fascinating nonetheless. The wildflowers in the upper meadows were just beginning to bloom and were beautiful.

Directions to trailhead: Take I-5 to exit 21 (Woodland). Drive Highway 503 for 30.5 miles. A half-mile before Cougar turn left on road 8100, signed Merrill Lake. Follow paved road 11.5 miles, then continue straight on gravel road 8123 for 6.5 miles to parking lot at road's end. The unmarked trailhead is on the right side of the parking lot. —Jane Habegger, Olympia, 6/19.

**GRASSY PASS** (*Gifford Pinchot Natl Forest; USGS Huckleberry Mountain, Willard*)—Bill and I were so enthused about this hike that we returned to do it on a day when we thought the weather would be a little better than last month when we had rain (see July, page 16).

Last time we went only as far as Grassy Knoll, a former lookout site. This time we went beyond Grassy Pass toward Huckleberry Mountain, making it about 8 miles round trip. Grassy Pass is only a mile past Grassy Knoll. The wildflowers did keep getting better as we went through meadow after meadow but you lose the views after Grassy Pass until you reach Huckleberry Mountain.



Bill Lynch in the shelter at Three Corner Rock.

Some of the best views of Mount Adams were from the cliff-top viewpoint only 1 mile from the trailhead. There were great views of Mount Hood and Mount Adams from Grassy Knoll, although it is very windy at this spot, so it's not a great place to stop for lunch.

The balsamroot had peaked but many other varieties of wildflowers were in full bloom and were beautiful—paintbrush, lupine, phlox, smilacina, vanilla leaf, trillium, starflowers, tiger lily, bunchberry, bear-grass and many more.

While returning from the Gorge to Olympia we stopped at one of our favorite after-hike dinner spots for points south of Olympia, Mary McCrank's, a roadhouse diner on the old Jackson Highway south of Chehalis. It can be reached by going north on the Jackson Highway at Mary's Corner on Highway 12. —Jane Habegger, Olympia, 7/5.

**THREE CORNER ROCK** (*DNR; USGS Beacon Rock*)—Bill says this is his favorite new short hike so far this season. The hike provides great views of Mount Adams and Mount Hood with very little effort.

To reach Three Corner Rock we hiked a stretch of the Pacific Crest Trail. This hike is only 4.4 miles round trip and gains 800 feet in elevation. We followed the route described in *100 Hikes in Northwest Oregon* by William L. Sullivan (Navillus Press, Eugene). We should point out that this destination has a road to the top, although we saw no cars. Also some people might object to the microwave relay tower near the top.

The old shelter made of large corrugated pipe near the Three Corner Rock was neat to see and Three Corner Rock itself is a very interesting rock formation that served as a base for a lookout. Steps lead nearly to the top of the rock, and it is easy to climb the rest of the way.

We decided to treat ourselves and stay a night at the brand new Skamania Lodge just west of Stevenson on the Gorge. This was a perfect short hike from that location. The turn-off road from Highway 14 is the same as for the lodge. —Jane Habegger, Olympia 7/6.

**NORWAY PASS** (*St Helens NVM; USGS Mount Saint Helens*)—We took our friend Jan for a hike near Mount Saint Helens for her first time to the area since the mountain erupted. She was as awestruck as we were on our fourth or fifth time back to this spot.

This time we hiked to Norway Pass by way of Independence Pass. It is a really nice route since you look toward Spirit Lake and into the crater of the mountain the whole way. This route is about 7 miles round trip and gains about 900 feet in elevation. The wildflowers were in bloom and very pretty. —Jane Habegger, Olympia, 7/3.

**LILY BASIN** (*Goat Rocks Wilderness; USGS Packwood Lake*)—Lori Patton joined Bill and me for this hike. The weather looked quite iffy as we left Olympia but improved as we headed south. We hiked to the viewpoint of Packwood Lake and had a glorious view of Mount Rainier and the Goat Rocks.

This is 8 miles round trip and gains 1400 feet in elevation. There were a lot of blowdowns on this trail but they were passable. We saw quite a few little tiny frogs along the way! —Jane Habegger, Olympia, 7/10.

**BERRY PERMIT**—Anyone wishing to pick edible berries on the Gifford Pinchot National Forest is now required to obtain a permit.

There is no charge for the permit if the berries are for personal use and are not sold or exchanged. All individuals over the age of 16 must have a permit in their possession when gathering edible berries.

Commercial permits are available for a cost of \$25/season.

Forest Supervisor Ted Stubblefield explained that the Forest Service has an obligation to manage and control the harvest of forest products, not only to protect the resources but also to ensure products are available for all. The permits provide a way to separate personal-use pickers from commercial pickers.

Permits may be obtained from any Gifford Pinchot Ranger office or the Saint Helens Volcanic Monument headquarters. Call 206-750-5120 for more information. —Ranger, 7/2.

**MOUNT ADAMS DISTRICT**—Work on road 23 is continuing this season. Gates block the road from the 23/8810 junction to the 23/90 junction. A detour is in effect; follow signs. Baby Shoe Pass is open. Adams Creek has washed out a portion of road 2329 between Divide Camp trailhead and Killen Creek trailhead. Road 88 is open all the way through.

Most trails are snowfree in lower elevations, and have snow above about 5500 feet.

# BACKCOUNTRY NEWS



Paul Schaufier

Mount Rainier from Gobblers Knob.

Permits are required to enter the Mount Adams and Goat Rocks Wildernesses. They are available at all trailheads at no charge.

Beargrass is blooming across many open areas from 3500 to 4000 feet.—Ranger, 7/2.

**SAINT HELENS NVM**—Permits are required to climb Saint Helens from 5/15 to 11/1. Call 206-247-5473 for information.

Loowit trail is open, with maintenance in progress. It's in poor condition just north of South Fork Toutle and in the Muddy River area.—Ranger, 7/2.

**RANDLE DISTRICT**—Roads may be a little rough. Watch for log trucks.

Tongue Mountain trail is snowfree and maintained. Dark Meadow is

snowfree and maintained. Expect some snow in higher elevations.—Ranger, 7/10.

**WIND RIVER DISTRICT**—All roads are open, some in better shape than others. Watch for log trucks and rocks.

All trails are snowfree and crews are clearing them as fast as possible. Silver Star trail 180 is a 5-mile round trip with wildflowers and beargrass, plus magnificent views of valleys and snow-covered peaks.

Dog Mountain, in the Gorge, is the most popular trail on the district. Take a flower identification book and a wind jacket. Siouxon trail 130 has wonderful views of waterfalls.

The first berries are beginning to show up in the lower elevations.—Ranger, 7/10.

## NORTHEAST



**“MISSED HER ROGERS MOUNTAIN”** (Colville Natl Forest; USGS Aladdin)—The phone call from John Lixvar a couple of months ago that he'd discovered a minor glitch in Steve Fry's meticulous list of big

# BACKCOUNTRY NEWS

broad Washington mountains made my heart sink.

Nearing the end of finishing off Steve's table of the 100 Highest Peaks in Washington that rise at least 2000 feet above the surrounding land in all directions, I thought I was through with the summits involving long approach drives.

Steve had recorded in the 1983-91 *Mountaineer Annual* that Gillette Mountain, 5770 feet, near Colville, in far northeast Washington, was the 98th highest 2000-foot prominence peak, and I'd dutifully driven and hiked to its wooded summit a couple of years ago.

John, however, noticed that on the 7.5-minute *USGS Aladdin* quad, there appeared a 5775-foot triangulation point about 5 miles northeast of Gillette Mountain, only 5 feet higher than Gillette, but enough to shave it off the list.

I relayed this news to Steve, who had also previously climbed Gillette with his family, and we bemoaned the fact that it'd be another long drive and a couple of days out of our lives to correct this oversight. We also noted that if we'd paid better attention to the Colville National Forest map and even the old *USGS Sandpoint* raised-plastic relief map, we should have noticed this error.

But enough belly-aching. On July 16 we packed up Steve's red 1979 Chevy Impala bomb and prepared to make a pinpoint strike on our objective along with 10- and 11-year-olds Eric Fry and Jonathan Singleton. Driving out I-90 past Ritzville, we turned north through Davenport, then continued up along

the Columbia River, surviving an impressive, nearly car-stopping rain and lightning storm.

In 342 miles and 7 hours we were in Colville which used to be the seat of the American Government in these parts from 1859-1883 with four Army infantry companies and the Boundary Survey Commission headquartered here.

One mile east of Colville on Highway 20, we turned north on the Aladdin Road and 15 miles farther saw a sign, "Gillette Ridge Trail," on our left (labelled "Kolle Creek Road" on the USGS map). Scattering cows as we drove this gravel road, we took a right fork at 3 miles, crossed Clinton Creek, and continued to a large circular road end in 6.6 miles at 4650 feet.

We had a nice flat camp here above the head of the North Fork Rogers Creek. Another unexpected pleasant surprise was the discovery of a new unsigned, unmapped trail right next to the tent.

A few small squalls blew through that night. The next morning we heard some strange rustling noises under the hood of the car but ignored them as we ate and packed up.

In 2 long miles and 1100 feet, the horse trail led through woods and meadows with nice views to Abercrombie, Molybdenite, and Old Dominion—other 2000-foot prominence mountains—eventually to our 5775-foot objective. Remains of a blown-over out-house and 30-foot lookout tower and a 1933 brass benchmark, inscribed "Rogers," gave us something to look at from our now viewless fogged-in

summit.

We decided to call this "Missed Her Rogers Mountain" because of the inscription and our previous oversight. Welcome, neighbors. Mount Rogers (5557 feet) is off to the southwest.

We returned to Seattle from Colville by way of Highway 395 and Spokane, which proved to be a little faster. When Steve checked his oil level at a stop in Moses Lake, he noted a pair of eyes staring up at him from above the right wheelwell. A stowaway rat had built a nest under the hood out of firewall fiber and had been riding with us for the last 200 miles.

We tried to coax him out with an ice axe, but he disappeared into a hole inside the fender. His ultimate fate was still a matter of discussion when we got home.—John Roper, Bellevue, 7/16-17.

## IDAHO

**PARKER RIDGE, PARKER LAKE** (*Selkirk Mountains*)—A friend from work and I took this 19 mile backpack into some of the wildest country left in the Idaho Panhandle. Parker Ridge is the backbone of the proposed Long Canyon Wilderness included in the current Idaho Wilderness Bill.

To get to the trailhead, drive to Bonner's Ferry on Highway 95 and take the City Center exit. Go through town to the Kootenai Wildlife Refuge and the West Side Road. Follow the West Side Road north to the Trout Creek Road. Follow Trout Creek Road

## SOME INFORMATION YOU CAN PROBABLY USE

### OLYMPIC NATIONAL FOREST

Headquarters 206-956-2400  
Hood Canal 206-877-5254  
Quilcene 206-765-3368  
Sol Duc 206-374-6522  
Quinault 206-288-2525

### OLYMPIC NATIONAL PARK

Port Angeles Visitor Center  
206-452-0330  
Elwha 206-452-9191  
Hoh 206-374-6925  
Mora 206-374-5460  
Ozette 206-963-2725  
Staircase 206-877-5569  
Quinault 206-288-2444

### BAKER-SNOQUALMIE NATIONAL FOREST

Headquarters 206-744-9702  
Mount Baker 206-856-5700  
Darrington 206-436-1155

Skykomish 206-677-2414  
North Bend 206-888-1421  
White River 206-825-6585

### MOUNT RAINIER NATIONAL PARK

Headquarters 206-569-2211

### GIFFORD PINCHOT NATIONAL FOREST

Headquarters 206-750-5000  
Packwood 206-494-5515  
Randle 206-497-7565  
Mount Adams 509-395-2501  
Saint Helens 206-247-5473  
Wind River 509-427-5645

### NORTH CASCADES NATIONAL PARK

Headquarters 206-856-5700  
Marblemount 206-873-4500  
Chelan 509-682-2549

### OKANOGAN NATIONAL FOREST

Headquarters 509-826-3275  
Tonasket 509-486-2186  
Twisp 509-997-2131  
Winthrop 509-996-2266

### WENATCHEE NATIONAL FOREST

Headquarters 509-682-4335  
Chelan 509-682-2576  
Entiat 509-784-1511  
Lk Wenatchee 509-763-3103  
Leavenworth 509-782-1413  
Cle Elum 509-674-4411  
Naches 509-653-2205

### COLVILLE NATIONAL FOREST

Headquarters 509-684-4557  
Kettle Falls 509-738-6111  
Newport 509-447-3129  
Republic 509-775-3305  
Sullivan Lake 509-446-2681



# BACKCOUNTRY NEWS



Bill Lynch hiking near Mount Saint Helens.

Jane Habegger

**SAWTOOTH NRA**—Cool weather is still with us; backcountry passes are snowed in. One positive factor is that the cooler temperatures have enhanced the bloom of summer wildflowers by not hurrying plants into producing seeds.

Stanley Lake Creek trail is closed until further notice. Damage was so severe from early motorcycle and mountain bike use that the trail needs to recover. It is closed to *all* use.

Redfish Inlet trail 101 has boulders and avalanche debris before Flat Rock Junction; some drifts are 20 feet deep.

Yellow Belly trail 096 to Toxaway Lake has a few downed trees and snow banks; solid snow beyond Toxaway.

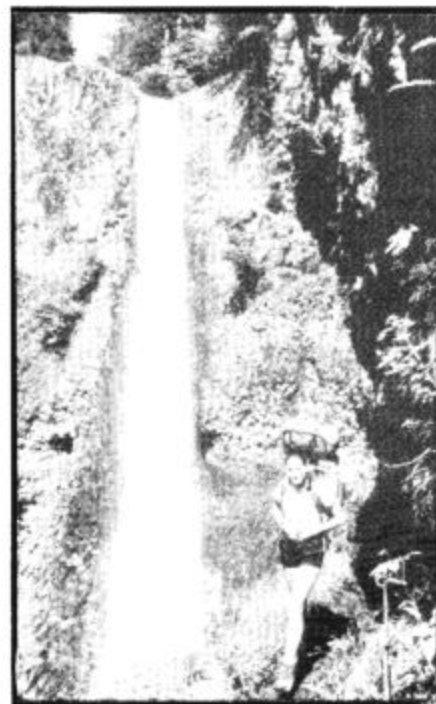
In the White Cloud/Boulder Mountains, some trails have been cleared for the first few miles. Snow remains in high lakes and passes.—Roma Nelson, Sawtooth NRA, 7/19.

## OREGON

**MOUNT HOOD NATL FOREST**—Road 70 is open to Bagby Hot Springs. Road 4690 is open to Olallie Lake. Road 42 is open to Timothy Lake, but watch for log trucks

The PCT around Timothy Lake is snowfree. From the Gorge to Lolo Pass, the PCT is snowfree and has been cleared of downed trees.

Most other trails are snowfree. Wildflowers are blooming and waterfalls are running full.



Hiking near Tunnel Falls, Eagle Creek trail in the Columbia Gorge.

Terry Woodburn

for 9 miles to the trailhead.

The trailhead serves a network of trails: to Pyramid and Ball Lakes, Big Fisher Lake, and to Pyramid Pass. Pyramid Pass is the route to Parker Ridge.

Follow the trail as it climbs to Pyramid Pass. (From the wooded pass, Pyramid Mountain is a vigorous scramble to outstanding views.) Drop gently down from the pass into the Long Canyon Watershed for about 1/2-mile, to a 3-way junction with a trail up from Long canyon.

Bear right, and straight uphill for about a mile to the crest of Parker Ridge. The way is steep, but the views ease the pain. This is the granite heart of the American Selkirks. Big craggy peaks rise to the south and west; views stretch north to the Canadian Selkirks and the Kootenai River Valley.

Parker Ridge is what ridge hikes are about. There is a lot of up and down, and some fantastic scenery. The trail goes over Long Mountain and Point 7445 before coming to the side trail to Parker Lake.

The lake trail drops about 700 feet in .7-mile to the lake. Not many people visit Parker Lake. It is fairly shallow, surrounded by forest. The camping is marginal, but not unpleasant. Camps on the ridge would be dry, but more scenic.

We enjoyed a violent 3-hour thunder and lightning storm during our evening at the lake. We were glad we were not on the ridge.—Steve Thornton, Coeur D'Alene, 6/26-27.

**HARRISON LAKE** (*Selkirk Mountains*)—Peg, Meg, Tim, Tracie, Susan, Margster, and I hiked into this gorgeous lake for an overnight camping trip.

The lake is at the headwaters of the Pack River, which drains much of the east side of the southern US Selkirks. This is the home of the grizzly bear and woodland caribou, both of which are endangered species.

We hiked to the lake on the Myrtle Creek/Pack River trail 6. To get to the trailhead, drive to Bonner's Ferry on Highway 95, and take the City Center exit. Go through town to the Kootenai Wildlife Refuge and the West Side Road. Follow this road until you come to the Myrtle Creek Road. Follow this good dirt road for about 12 miles to a road signed for trail 6. Drive to the trailhead.

This is an easy hike through open forest, leading in about 2 miles to a pass separating Myrtle Creek and the Pack River. Views are good over the Myrtle Creek drainage.

From the pass, the trail drops gently to meet the Pack River trail. Views are good to big granite Selkirk peaks such as Roman Nose, Bottleneck Peak, and Twin Peaks. From the trail junction, climb steeply for about 1/4-mile to the lake. The total distance to the lake is about 3.5 miles with an elevation gain of about 1100 feet.

The lake is in a steep cirque. There are several decent campsites, although we had the lake to ourselves on this night. This is a very pretty place.—Steve Thornton, Coeur D'Alene, 6/19-20.

# BACKCOUNTRY NEWS

This year is the 150-year anniversary of the Oregon Trail. Interpretive programs are planned for 8/7 at the Toll-gate Campground (near Rhododendron) at 7pm; 8/21 at the Eagle Creek Campground at 7pm; 8/28 at Government Camp, 1pm and 3pm; 8/29 at Government Camp, 11am and 1pm. For more information, call Forest headquarters at 503-666-0771.—Ranger, 7/14.

## ELSEWHERE

**HAT CREEK, PCT**—Have just returned from a Sierra Club trip, beginning at a point 13 miles north of Mount Lassen National Park (we could not walk on the PCT in the Park because of heavy snow), to Rock Creek, 8.7 miles south of Peavine Creek—our intended goal—(we couldn't find the intersecting Forest Service road at this place, probably because we didn't have the correct maps) which, in turn, is 5.4 miles north of McArthur-Burney Falls State Park.

It was a good trip with 65-70 miles of hiking along Hat Creek Rim and Valley. No water, but many hikers had vans which we used to transport water to the various trailheads. I understand the PCT may be relocated near route 89 where there is abundant water: Hat Creek, farms.

The PCT is not maintained—trees down everywhere—looked as though they had lain there for years and years. Signs were infrequent but we were blessed with several competent map and compass readers who made a vast difference.

There were 12 hikers and 2 leaders—I was the oldest member! Weather was very warm, no rain, no snow at our level. Saw only one hiker going south from McCloud to McArthur-Burney. We stayed in the state park two nights, showers and all. I was adjudged to have hiked more of the PCT than anyone present; hard to believe. They had

a strong pace, sometimes 4 miles an hour—I could not keep up, of course, but going downhill, I was as good as any.—Jim Doubleday, June.

**HIGH PEAKS** (*Adirondacks, New York*)—We backpacked in 3½ miles to Johns Brook Lodge where we stayed for the next five nights. The building belongs to the Adirondack Mountain Club and is available for sleeping on a reservation basis (I was with a small Elderhostel group) or by drop-ins if the bunks are not all full. Food is provided (for a fee, of course) if you have reserved space. While there we hiked to four different destinations on the four days there, then backpacked out on the sixth day.

The country is interesting there. The first contrast, of course, is that the highest point in the state, Mount Marcy (5.5 miles from JBL) is only 5344 feet high. It is mostly tree-covered all the way to the top, though I understand there are views when you get up there. The highest point I reached was on Big Slide, 4255 feet, with a nice rock outcrop at the top. With lots of rain in the area the views were green and lush!

The second contrast is the trails themselves. You must be prepared for rocky, muddy, and mostly straight UP! Big Slide trail was a good example. It was great fun but not the kind of trail I am used to. Switchbacks were rare, but we must remember that these trails were already in use before we out West were even thinking hiking trails or even forest lookouts.

I didn't enjoy having to be constantly watching where I was putting my feet, but I did enjoy the surface of the rocks, and my boots "held" well when walking up or down rock surfaces, even when it was wet. Now, as for mud—well, you just put up with it. My slacks got muddy the first day and stayed that way, even when it was a dry day.

The main trails are very over-used, just as some of ours are. Other trails,

such as Big Slide, had few hikers and we enjoyed solitude even in the crowded East.

The area is very well signed and every junction had nice brown-with-yellow-print signs telling you all the useful destinations. In spite of this, people still get lost. It's true all over.

Camping in the Adirondacks is allowed only at designated areas. Sometimes it is a "camping area;" sometimes it is a lean-to. A few of the more popular lean-tos are available by reservation. Most are first-come-first-served. You cannot put up a tent alongside a lean-to unless it is specifically designated for camping. The lean-tos we saw were all in excellent condition.

The High Peaks area was a delight (except that June is black fly season) and I thoroughly enjoyed another style of hiking in another part of the country.—Paula Hyatt, Salem, June.

**APPALACHIAN TRAIL** (*New Hampshire, Vermont*)—After the Adirondack adventure I went to visit friends in the Hanover, New Hampshire, area. There we hiked some on the Appalachian Trail and some on other local trails. The ground here was not quite so rocky, even soft in many places, and reminded me much more of the Northwest.

We were not hiking in National Forests, much less Wilderness Areas, and were relatively close to communities. This gives a somewhat different feel. The AT crosses roads at frequent intervals, and the pieces we took were not of any great length before reaching the next road. However, we had the trail to ourselves that day and had a very pleasant hike.

We heard birds all the time. It gave me an opportunity, with the help of my friends and fellow hikers, to relearn the bird calls of many I hadn't heard in years. I spent many summers in the East when I was growing up and I found re-learning the birds was great fun.—Paula Hyatt, Salem, July.

## BULLETIN BOARD

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.

Easy Rider two person touring kayak. Yellow with white cowling. Includes two life vests, two paddles, flotation system, and roof rack saddles. Used only four times. \$800 OBO. 206-639-3020; can leave message (Snohomish).

**Outdoor Recreation Information Center**



206-220-7450  
maps-books-info  
915 Second Ave Room 442  
Seattle WA 98174

DAVID NORDSTROM

# Nate and Denver

—OUR INTRODUCTION TO BACKPACKING WITH LLAMAS—

We wanted to be part of the first OSAT end-of-summer get-together, but we had some obstacles to overcome.

One, Beth could not carry a pack with three days' worth of supplies and, two, our two-year-old Erik would require a lot of carrying himself.

I considered the possibility of carrying in a load prior to the trip to cache, but not for very long. Some generous friends in the group offered to carry for us. We decided that wasn't practical.

Then the solution: llamas! They carry the load, I carry Erik, and Beth carries a small day pack.

But where does one find someone trusting enough to let two strangers take a couple of "family members" away for a few days, even for money?

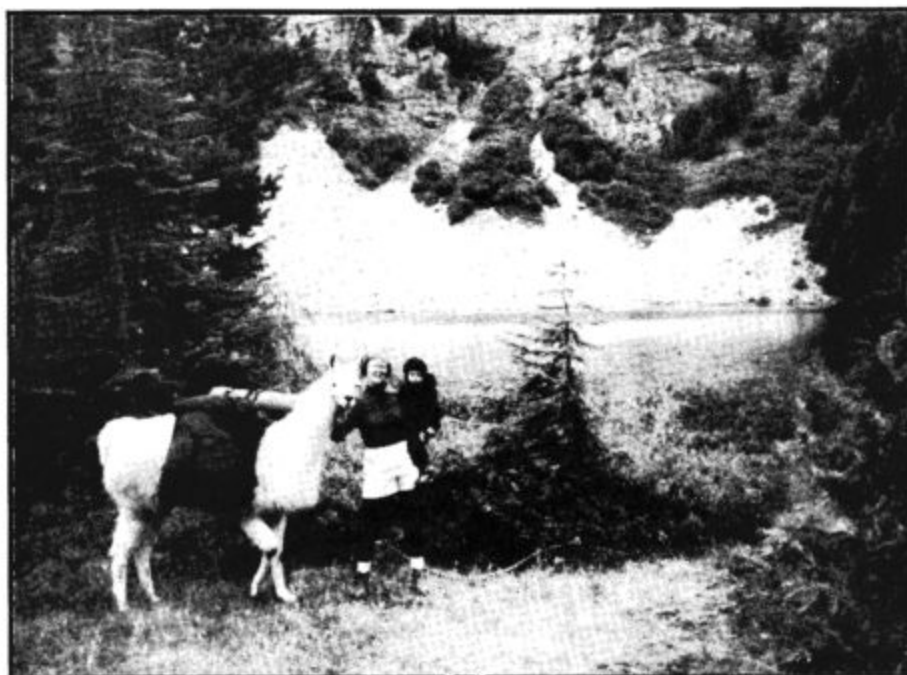
After a few phone calls and deadends Beth thought a call to *Pack & Paddle* might pay off. And so it did. Ann Marshall got us in touch with Ralph Rideout of the Llama Tree Ranch in Tumwater.

We met with Ralph and some of his extended family at his ranch, went on one of his "Llama Llunch" trips out of Ashford, and he deemed us worthy of renting two of his finest, Nate and Denver.

Labor Day weekend 1992 arrived and our excitement ran high. I picked up Nate and Denver, we pre-loaded most of our things in the saddle bags and headed out for Salmon la Sac and the end of the road.

Travel time up the rough road with a two-year-old was a little longer than we hoped and we arrived in late afternoon.

Packing and loading the llamas went pretty smoothly considering that we were learning as we went—and we



Beth and Erik—with one of the llamas—at Squaw Lake.

David Nordstrom

were learning one of the drawbacks/benefits of llama packing: curiosity! Everyone wants to know all about it, which is great if you have the time. We didn't but meeting people and sharing our excitement was fun.

Finally around 4:30 it felt good to be under way. The llamas seemed as happy as we were, despite the fact that within a mile or so we had to stop to adjust and tighten loads.

The llamas, for the most part, were content to plod along and nibble at any bush or tree within reach. We carried no food for them as they can, and will, eat just about anything vegetable.

With the light beginning to fade, dark clouds gathered. Squaw Lake was still about ¼-mile away. A little sleet started to fall. While llamas can carry a

big load, they only move a couple of miles an hour.

We arrived at Squaw Lake with sleet really coming down ... not a good time to find a campsite, but luckily we found a good one at the north end of the lake in the trees. After eating a hasty dinner in the dark we retreated to the tent to listen to the sleet fall.

The second day was cool with broken skies. We found Nate and Denver kneeling down, fairly dry and content. As we had a long and leisurely breakfast, part of our group (camped up at Peggy's Pond) began to filter down the trail. They had had a night of wet snow and socked-in clouds.

By the time we left to hike to Peggy's Pond, the skies had cleared and some sun came through. It was a





David Nordstrom

Packing up a toddler and two llamas took extra time.

wonderful hike with beautiful views all around. Daniel was still capped by clouds. We met the rest of our group—all but two were leaving.

Some had climbed Cathedral the day before and some had just returned from Mount Daniel. It was chilly, but late summer beautiful and a little different than I remembered from 10 years before.

We hiked down with some of the last

of the group. That night we had a wonderful dinner (not freeze-dried), a little fire (they are permitted here), and a nice three-quarter moon over the lake.

Monday morning we slept in as much as possible with an energetic toddler. After a leisurely breakfast we packed up and hit the trail talking about the possibilities of llama packing with a nearly-3-year-old. It has promise, I think.

Hiking with llamas was a new and wonderful experience for us—a learning experience. We will probably never do it enough to become proficient at quick packing, and the amount they can carry doesn't help!

Llamas don't move fast but they will get there if you have the time. Just about everyone will want to talk to you about them, and that's fine.

And no, they didn't spit.

△

David, Beth and Erik Nordstrom live in Tacoma.

If you're interested in hiking with llamas, write for a sample copy of "Backcountry Llama" (\$2), an excellent newsletter for beginner and expert llama packers.

Backcountry Llama  
2857 Rose Valley Loop  
Kelso WA 98626.

## HAROLD ENGLS DIES

Legendary mountaineer Harold Engles of Darrington died June 28 after fighting cancer for a year. He was 90.

Harold Engles worked for the Forest Service from 1919 to 1958. Although he worked at Mount Hood for a few years, he came to Darrington in 1927 and became famous for his trail work and exploration in the North Cascades.

As Darrington District Ranger, he ascended Three Fingers in 1929 with his friend Harry Bedal to see if it was suitable for a fire lookout.

They went up the Boulder River trail

to its end at Tupso Pass, then cross-country from there to the summit block. On the descent, the two men went down by way of Squire Creek, finding their way in the dark by candlelight and by wading in the creek!

Under Harold's supervision the lookout was built—and still remains, cared for by the Everett Mountaineers.

He climbed Three Fingers to celebrate his birthday every year until he was 81.

Stories abound of his strength: how he carried an injured man by himself for a mile; how he once skied with a

125-pound pack; how he would walk into Darrington and carry home 130-pound sacks of flour.

In an interview with Karen Sykes a few years ago, Harold told her that "it is only in looking back that [he] is rather surprised at some of the things he did."

"Men like Harold Engles pushed open the rough doors to the wilderness with their bare hands," wrote Karen, "and it is because of their efforts that the backcountry is within reach ... today." —AM

△

WARREN CLARE

# RARE BUT DANGEROUS

—a unique series of wildlife observations, part one—

Especially on 50-Milers, Scouts must be careful of some of the ferocious animals (there are over a dozen in all) that live in the Pacific Northwest. Most of them are very rare; all of them can be dangerous.

Although an experienced Scout can pick out the rumble of the Snow Waspet and the swish of the Whirling Whimpus, only Woodbadge graduates can identify, track, and occasionally capture the animals you will read about in "Rare but Dangerous" over the next months.



## THE WHIRLING WHIMPUS

*Turbinocissus nebuloides*

Occasionally it happens that Tenderfoot Scouts and inexperienced hunters wandering in the woods disappear completely. Guides, Explorers, Search and Rescue units and Sheriffs' Posses are unable to locate them. All kinds of theories are offered to explain the disappearances.

From the topmost peaks of the Douglas fir forests in the Olympic Peninsula comes the rumor of an animal called the Whirling Whimpus. According to Eagle Scouts who have been on 50-Milers in the Olympics, the Whimpus is a blood-thirsty creature with a gorilla-shaped head and body, and enormous front feet.

Its unique method of obtaining food is to station itself upon a trail, generally at a bend or switchback, where it stands on diminutive hind legs and begins to whirl. It increases its whirling speed until it is invisible. The motion produces a strange droning sound and seems to come from the trees overhead.

Any creature coming along the trail and not recognizing the sound is almost certain to walk into the danger zone and become instant purée.

Experienced Scoutmasters teach Tenderfoot Scouts to avoid racing up switchback trails and especially crooked paths without being able to

clearly see the trail, and to listen intently for the heavy sound of what appears to be wind.



## THE SQUONK

*Lacrimacarpus dissolvens*

The range of the Squonk is very limited. Few people outside Chelan County have ever heard of the beast, yet it is said to be fairly common in the headwaters of the Icicle.

The Squonk is basically timid; generally it travels only at dawn and dusk. Because of its misfitting skin which is covered by warts and moles, it is always unhappy and it is downright ugly. Life Scouts who are good at tracking are able to follow the trail of the Squonk by its tear-stains, since it cries constantly.

When cornered and escape seems impossible, or when surprised and badly frightened, it may even dissolve itself into tears. Squonk hunters are most successful on frosty moonlight nights, when tears are shed slowly and freeze on the trail. The animal dislikes moving in the frosty air and is very slow.

One young Scout from Troop One made a clever capture of one of the animals by mimicking the Squonk call and inducing it to hop into a sack. He carried it home. When he got to the front door, the burden lightened and the weeping ceased. The Scout unslung the sack and looked in. Nothing was left but tears and bubbles.

Sometimes, a Tenderfoot Scout can give the mistaken impression of a Squonk as he spends his first weekend on a foul-weather campout.



## THE GUMBEROO

*Megalogaster repercutus*

In the foggy region along Willapa Bay and north to Hood Canal, there ranges a kind of creature that has caused much annoyance on Scout out-

ings. It is the Gumberoo.

It is believed to hide most of the time in the base of enormous, burned-out cedar trees, from which it sallies forth on frightful marauding expeditions. During these periods of activity the beast is always hungry and devours anything it can find.

The specimens seen are reported to be coal black, but that may be due to their being covered with charred wood. Their size corresponds closely to a black bear, for which it might be mistaken. The major difference in looks is that the gumberoo is hairless. It has prominent eyebrows and long bristly hairs on its chin, but the body is smooth, tough and shiny with no wrinkles.

The animal is a tireless traveler when looking for food, but is not swift when it moves. It is not annoyed in the least by the presence of humans. Whatever strikes the beast bounds off with the same force. Its elastic hide hurls back rocks, walking sticks, and even bullets. A bullet shot against its hide is sure to rebound and strike the hunter who fired the shot.

You can tell they're around because they smell like old forest fires or charred campfires. Only Scoutmasters can tell the difference.

Next time: the splinter cat (*Felynx arbordiffisus*), the slide rock bolter (*Macrostoma saxiperrumptus*), the agropelter (*Anthrocephalus craniofractens*).

△

Warren Clare was Scoutmaster of Olympia's Troop 1 for fourteen years. During his tenure, he re-wrote these myths of the West not only to entertain, but also to teach about dangers of the wilderness. These stories, he says, are as much fun to tell as to hear.

JOHN ROPER

# far-out washington

— DETERMINING THE HIGHEST POINTS OF THE STATE'S FARTHEST CORNERS —

*Editor's note: While some of the peaks John Roper writes about here are accessible by public trails and waterways, others are on private property, or government property with restricted access.*

Pack & Paddle readers who want to "collect" these peaks will have to be satisfied with viewing them from a legal distance.

Perk up, mountain trivialists. Here are a few more obscure facts to bounce off your brain. What are the outer-limit peaks/bumps of Washington?

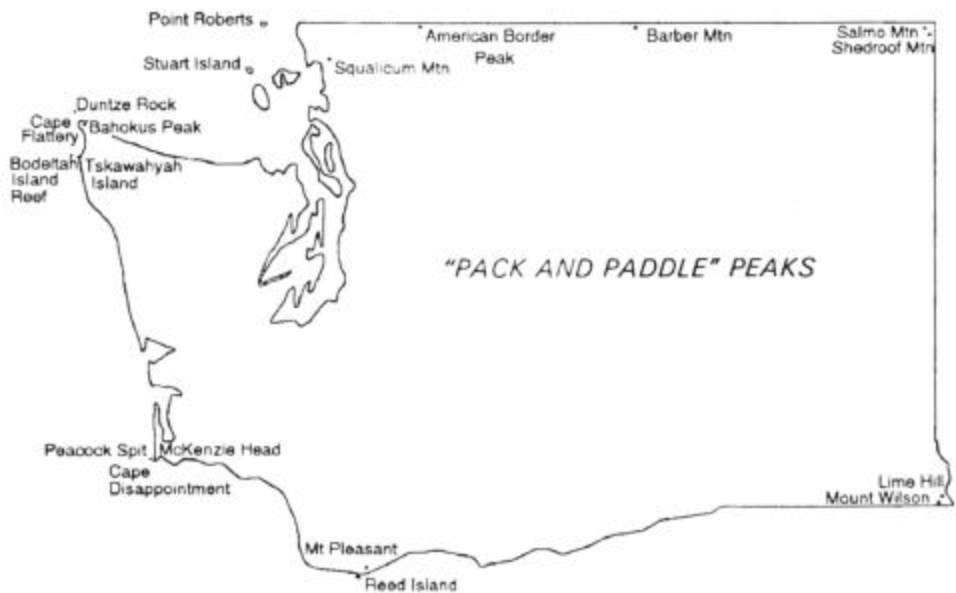
What is the farthest east summit in the state? The farthest west? North? South? Northeast, northwest, southeast, southwest?

These questions unfolded before me as I returned from a trip to the Idaho Sawtooths. Since I was already clear over there on the Gary Larson-like "Far Side" of Washington, my initial goal was to identify and climb Washington's most distant summit from home, our state's easternmost "peak."

With my trusty *DeLorme Washington Atlas and Gazetteer* in hand, I noticed some things about the east border of the state that really hadn't occurred to me before.

First, the Washington-Idaho border is an absolutely straight north-south line for about 178 miles from the Canadian border all the way down to Clarkston where the Snake River is joined by the Clearwater (the river Lewis and Clark and Sacajawea came down in 1805).

From Clarkston/Lewiston south, the state line slithers slightly more to the east along the center of the Snake as



this mighty river (which drains most of Idaho) wanders in from the Oregon border.

A couple of surveying oddities struck me about the man-made north-south part of the Washington-Idaho line. It starts from the British Columbia border at  $117^{\circ}01'51''$  (per the *DeLorme Idaho Atlas*). And by the time this "straight" boundary line gets to Clarkston it has actually tilted west a bit to  $117^{\circ}02'15''$ . Isn't that a little strange? Why that peculiar division?

But back to the problem at hand: What Washington summit is ...

## FARTHEST EAST?

The answer: Lime Hill (*USGS Linekiln Rapids* and page 29 of *DeLorme's Atlas*), all 2922 feet of it, tucked away in the southeast corner of Washington, east of the  $117^{\circ}$  west lon-

gitude.

From Clarkston, I drove south to Asotin where there is an admirable turn-of-the-century wooden church. This picturesque little town of about 1000 souls is the biggest city in, and the seat of government for, an entire Washington county (also called Asotin). *Hashotin* means "eel" in the Nez Perce ("pierced nose") Indian language.

A county road continues south out of Asotin twisting right along with the Snake River bank, through a "gorge"-ous basalt canyon about 2000 feet deep which rises steeply to the levelish, rolling palouse above. The road curves in and out of small side gulches, until the meandering Grande Ronde River pours into the Snake.

Right across this "big round" river (which drains the east half of the Blue Mountains), the gentle golden grassy mound of Lime Hill could finally be





John Roper

American Border Peak, right; Canadian Border Peak, left.

identified with some certainty.

On the south shore of the Grande Ronde was the "town" of Rogersburg, named for a Mr. Rogers who settled here around 1904. A rustic dirt road could be seen switchbacking up above town toward Lime Hill, giving hope of a quick access.

However, after driving up the Grande Ronde about 3 miles to a bridge crossing, then following a dirt road back down the other side, I ran into a locked gate—"Private Property"—before I got back to Rogersburg.

So I returned to what the *USGS Limekiln* map said was the most direct route and parked at a dry creek that drains the west side of Lime Hill. It was past 5 o'clock, September 29th, and past the autumnal solstice 1992. With the short day, it'd be fumbling dark by 7:15pm and I had 2000 feet of elevation to gain, then lose, and 2 hours of light to do it in.

The going was quick, though, through the steep dry grass with hardly a tree in sight anywhere. Long dusky shadows jutted out off the gentle hills up the Grande Ronde.

With my head down, going the speed of sweat, I was surprised by an animated, pounding sound and looked up to see that I had spooked a herd of eight deer who spronged off in all directions. I was feeling fast until I watched their effortless talent. This area is a game refuge.

The rounded top of Lime Hill, soon reached, was not the geologic find I'd expected of volcanic, tight-crystallized 15-million-year-old brown lava flows, but instead the rocks were various col-

ors and sizes, and rounded, presumably slid in here from Canada by the last great ice age, 15,000 years ago. And there must be some limestone around here somewhere.

To the south along the same ridge, the dominant peak of the area, a nice-looking grassy pyramid, Mount Wilson, nearly respectable at 4913 feet, rose to the southeast. No time for it.

While Lime Hill wins the state's most eastern honors, take your pick between Lime Hill and Mount Wilson for the ...

**SOUTHEAST-MOST** summit in the state.

A thin sliver of the southeast edge of Washington is covered on the *USGS Jim Creek Butte* quad, which shows the most southeasterly named geographic features in the state: State Line Creek and McDuff Rapids, a thrill in the Snake as it first enters Washington territory, and the only point where Idaho, Oregon, and Washington touch.

Various boat tours from Lewiston up the Snake River into Hells Canyon, including year-round jet-boat-up/float-back-down trips (for pack-and-paddlers), can be arranged through Beamer's Landing: 1-800-522-6966.

That night in my hotel room, I looked over the *DeLorme Atlas* for the answers to the other extreme summits of Washington, then bought the quads when I got back home—which altered the list a bit.

## FARTHEST NORTH

This appears to be to be Barber Mountain (*USGS Nighthawk*), west of Oroville, whose summit is pierced by the US-Canada border.

My sentimental favorite for this honor, though, would have to go to American Border Peak (7994 feet), north of Mount Shuksan, in part for its name, but mostly because it's a spectacular rocket-shaped peak, and quite challenging. Its highest point, however, is about 1000 feet south of the boundary.

## FARTHEST SOUTH

Reed Island (*USGS Washougal*), a 30-foot summit sitting out in the middle of the Columbia River, wins this distinction.

The nod for the mainland's southernmost summit goes to nearby Mount Pleasant (*USGS Bridal Veil*), 1000 feet high.

## FARTHEST WEST

Bodelteh Islands (*USGS Bodelteh Islands*) off the tip of Cape Alava west of Ozette looks like a fun trip in calm seas and safe tides, after a portage.

The mainland winner is the summit of Tskawahyah Island (*USGS Ozette*) which has a land connection to the continent at Cape Alava (not labelled in *DeLorme*).

## NORTHWEST

This is a tough call, as all the double-direction points are. You could

*continued next page*



Bob and Ira Spring

Salmo and Shedroof Mountains: take your pick between them for northeast-most peak.

DEBORAH RIEHL

# RESCUE EPICS

—AFTER MEMORIAL DAY, SOME QUIET WEEKENDS—

The weekend after the Memorial Day holiday weekend rescue marathon (see *July*, page 26) we rescuers were all holding our collective breaths, hoping for no repeats!

On Friday I went for my daily run to stay in shape for that sort of thing. This becomes more and more important as a rescuer (or any self-propelled outdoor enthusiast) rounds the bend at age 40 and proceeds downhill from there.

When I got back to the house my beeper was cheeping pitifully in the "nag" mode. The message was for a fast response to Little Si for a fallen rock climber. He'd taken a "grounder" from fifteen feet up.

I left my running clothes on and jumped into my car, always loaded

with rescue gear, and headed for the trailhead.

The climber had managed to fall right in front of two nurses. They could not convince him to stay lying down, because he said it hurt too much.

Lying flat caused back spasms, he said. There was a spectacular bruise in the middle of his back.

Even when the litter arrived he refused to lie down and be carried out. He slowly walked to the trailhead, accompanied by rescuers. In the waiting ambulance he was given a pain shot by a nurse/rescuer and sent to the hospital.

There it was discovered he had indeed broken his back—a compression fracture, not unstable, but painful. Unfortunately, you can't force people to

do what's good for them.

There was another search for a rock climber on Mount Si who got hung up rappelling. When he couldn't get down his "friends" finished their "beverage" and wandered off. He eventually extricated himself and met rescuers at dawn as they went in to look for him on the old Mount Si trail.

But that was it—no repeat of Memorial weekend. Fourth of July weekend was absolutely "dead"—but we don't like to say that in the rescue business!

△

*Deborah Riehl, AA7RW, is a member of Seattle Mountain Rescue's board of trustees. She lives in Bothell.*

---

## far-out washington *continued from previous page*

consider the high spot on Point Roberts, a drip of land hanging off the mainland faucet of BC. Or get the proper training (you'd be a dunce not to) and kayak out to Duntze Rock (*USGS Cape Flattery*) or that tiny island west of Tatoosh Island (same quad). Be warned that the tides rip through here with a vengeance.

Or split the difference between Cape Flattery and Point Roberts and go to Tiptop Hill, the highest point on Stuart Island in the San Juans, another exposed paddle.

Holman Hill (*USGS Blaine*), a 340-foot joke, and Bahokus Peak or Archawat Peak (both *USGS Makah Bay*) on Cape Flattery, can share the

prize for the mainland's northwest-most named summit. Better set your sights on Archawat only, though (if it's legal), since Bahokus is at the end of a restricted government road.

### SOUTHWEST

McKenzie Head, the 200-foot point on *USGS Cape Disappointment*, could be counted. Be sure to visit the excellent Lewis and Clark Museum on the cape as well.

There is a Peacock Spit right off the tip of the cape which at low tide may give you a place to beach your canoe, and would qualify as the lowest "summit" on this list.

### NORTHEAST

Take your pick here between Salmo Mountain (6828 feet) and Shedroof Mountain (6764 feet), both on *USGS Salmo Mountain*, or better yet, climb them both.

There you have it. Might be kind of fun to try visiting all these places since you'd have to hike and paddle. You'd certainly see a lot of the state on your way there.

△

*John Roper, of Bellevue, is an inveterate peak collector.*

KARL ULLMAN

# PREPARING for the PCT

—Plan, plan, and plan some more for a smooth transition into wilderness living—

For inspirational purposes, let me set the scene. I'm sitting at 6000 feet in the Tehachapi Mountains, looking across the Mojave Desert 3000 feet below, to snow-covered Mounts Baden Powell, San Geronio and San Jacinto, all of which I've walked over, around or near in the past five weeks.

After 500 miles on the Pacific Crest Trail, I find myself healthy and looking forward to the Sierra Nevada Mountains towering to the north. Little did I know that I'd be writing about PCT preparation from such a joyous vantage point.

Much of my current bliss stems from my excellent health, made possible by proper preparation for this walk. As much as a PCT through-hike is a wilderness experience, it is also a physical and logistical task, and your preparation must reflect this reality. The trick is to minimize any problems associated with the hike so you can enjoy yourself. Several hikers I've met did not plan enough (mostly out of arrogance) and they have been humbled.

To help with the planning, several excellent books are available: 1) *The PCT Hiker's Handbook*, by Ray Jardine (Adventure Lore Press); 2) *Simple Foods for the Pack* (Sierra Club); and 3) *Wilderness Cuisine* (Wilderness Press).

These three books, in addition to the *Pacific Crest Trail* guidebooks (Wilderness Press) are all you need to plan your long distance trek.

Ray Jardine's book is outstanding—a great instruction manual for backpacking. I found it invaluable during my preparations. So, step number one is to read this book thoroughly. It covers all aspects of long-distance hiking from equipment selection to hiking strategies. I'll highlight some of its essential concepts: footwear, pre-hike training and logistics planning.



Jardine recommends hiking in running shoes instead of traditional boots. He gives detailed, technical reasoning for this theory but, in a nutshell, a running shoe allows the feet and legs to move more naturally than a restrictive, "ankle-supporting" boot does.

The leg was designed to walk with a mobile ankle. With boots that immobilize the ankle, the forces that impact the foot are transmitted through the boot to the lower leg and to the knee, without the ankle flexing to absorb any of the shock. No wonder hiking in boots often causes sore knees.

As a testimonial, I have used running shoes for 475 of the past 500 miles, and my feet and knees feel great. I've had only two inconsequential blisters, and my feet don't get hot, even in the desert. This is in contrast to other hikers I've met wearing "lightweight" boots. They have hot feet and many blisters. The 25 miles that I've worn boots have been on steep snow where I needed better edging than running shoes provide.

To wear running shoes with a pack, Jardine says you must do two things: walk carefully and train before your hike. These help prevent twisting an ankle, which is obviously more likely

with a low cut shoe than a boot. I've not had any serious twists in 500 miles, and I believe that walking carefully leads to better overall health.

The necessity to train for the hike reflects the hike's physical and athletic nature. Walking 20 miles per day, scrambling around rocks and fording streams all require physical conditioning and coordination.

The beauty of hiking is that nearly all people have the ability to do it if they want to. Skills (balance, agility) can be developed as can your physical conditioning. Through-hiking the PCT can be viewed as an athletic event where *you* set the pace and the rules.

For training, Jardine recommends walking every other day with steadily increasing weight in the pack for six months in conjunction with some simple weight training and also stretching. Several PCT veterans told me that they should have walked more, so I took all this advice and started walking.

Unfortunately, I had an unrelated injury and couldn't carry as much weight as I wanted to in training, but I supplemented the walking with bike rides.

Any training that you do is worthwhile, even if you can get out for only a couple of hours. My point: walk as much as you can before leaving Mexico.

Finally, logistics planning. Jardine has published 2, 3, 4, 5- and 4-month itineraries for the PCT, depending on how you like to hike: more miles per day with fewer pit stops or fewer miles per day with more resupply points. He tells you which post offices to use, the number of days of food to pack, and any special considerations about towns.

No longer do you have to scour the guidebook and painstakingly decide which towns to use. For those of us

continued on page 25



DAVID MACFARLANE

## A Rescue Epic

# FROM THE OTHER PERSPECTIVE

Todd Kramer and I had been tele-skiing from Sahale Arm back to Cascade Pass this June 13. The snow was punctuated by large areas of rock, brush and trees. It wasn't what we had hoped for.

After eating lunch at the Pass, we decided to ski down toward the parking lot as far as possible, then walk down the scree to the truck, dinner and home. The whole thing should have taken no more than 1½ hours.

Thirty minutes later while traversing a 40° slope, the snow gave way and I found myself sliding. No big deal—we'd both slipped before. It was just a matter of getting my edges to catch, standing up and continuing. Just about the time my edges caught, the tail end of my skis snagged on something and I found myself sliding head first toward a small patch of trees, 3 meters away.

Kicking my feet around I didn't quite make it before I flew across the moat and slammed sideways into a 6-inch fir, coming to rest face down, ski poles and arms unmovable under me. My legs were held suspended by the tag lines between my boots and bindings with the skis bridging the trees.

Hearing me yell, Todd arrived quite fast, first asking, "Are you okay? Anything broke?"

"No, I don't think so. Just have a heckuva bruise on my right leg."

After freeing my feet he said, "Let's see if you can stand." I moved my right leg—and watched as the top part moved but the lower part didn't.

"Okay. My leg's broke. We better get it set. Better hurry while I'm still in shock and won't feel the pain." So Todd helped me sit up and, using my adjustable ski poles, made a fairly comfortable splint using sweaters,

ensolite pad, shoe laces and ski skins. (I have a complete first aid kit, but my pack wasn't close and time mattered.)

Clearing a flat spot, Todd tried to move me to it from my sitting position but by now the shock had worn off. After several attempts I told him to forget it; just go for help.

"Todd, first see if anyone in the parking lot has a radio," I instruct him. "If not, call Search and Rescue from Marblemount."

"Do you want me to call Kathy [who was enjoying her baby shower at that time]?"

"No, call this number and have her go get Kathy." With phone numbers in hand, Todd leaves me 30 minutes after I crashed. It's 1430.

While I wait for help I go over the rest of my injuries. My left biceps and deltoid are badly scraped and bruised. I have a huge goose egg over my left eye and my neck feels like I've had whiplash. But I've got the pain under control and I'm relatively comfortable.

I watch for Todd to arrive at the parking lot—of which I have a direct view—but never see him.

(Later, I learned that Todd drove about 20 miles to the nearest phone, in Marblemount. Before he was even out of the phone booth, a man from Skagit Search and Rescue was there to meet him—a pretty quick response if you ask me!)

I review my notes from the peak journal I keep in my pack. At 1500 I watch a black bear romp in the snow far below and I note the avalanches coming off Johannesburg and am glad I'm not there. 1630—I find myself wondering if Todd actually made it to the truck, or is he too lying hurt somewhere below. Bad thought!

I had told him the earliest I would expect rescue is 1700. But realistically, I thought, it wouldn't be before 2000.

Rain clouds move in. I bundle up, dig the space blanket out of my first aid kit. It lightly rains for 10 minutes then blows over. Every now and again I shake like a leaf. "It must be the pain as I'm warm," I write in my journal.

"1702—birdie's here looking for a place to land. Time to pack up. I'm outta here!"

Slipping and sliding in the snow above me come two rescue people plus Todd.

"Okay, we're going to get you stabilized. A Med-Evac flight is coming from Whidbey Air Station."

Now, one of the reasons to stay conscious when Search and Rescue shows up is that they want to *cut* everything off you. "No, don't cut my parka. I can get my arm out," I assure them. "No, don't cut my rain pants. It has zippers."

They place a catheter—quite well I might add, considering the situation. They enlarge Todd's flat spot while the rescue fellow says: "You're lucky you hit the tree. There's a heckuva cliff down there."

Normally I save my primal screaming for summits. But I'm sure anyone in the parking lot could hear me being repositioned.

With fluids and oxygen running and an inflatable splint in place, we hear the Med-Evac flight coming in.

It's now 1800 and two men are lowered from above with a stretcher. Along with the stretcher comes a new device to increase the traction on my leg.

By 1850 I'm in the stretcher. "Hey, did you guys ever see the Cosby movie

where the fat woman strapped to a stretcher gets away from him?" I try to joke. "Sure wouldn't want that to happen now!" No reply—not much sense of humor right now, I guess.

Once in the plane a fellow with "Red Devil Doc" labeled across his flight helmet removes my bandana and notes the goose egg. So once again: "How many fingers; can you follow this one?"

"Sure. It's just a bump. See: I can move my head." Before I know it my head is so immobile the only thing I can move is my eyes.

Removing my parka the rest of the way, he sees the bruises. "Really, guys, it's just a bruise. See: I can move it just fine."

"Don't do that!" I arrive at United General Hospital in Sedro Woolley with more splints and bandages than I deserved.

X-rays confirmed a fractured femur well above the knee. Baker, Rainier, the north peak of Three Fingers and Peshastin and many others will have to wait. My partner's going to be bummed.

Doc Thomas tells me I'll be just fine—by next ski season.

#### POSTSCRIPT

I was told the Med-Evac flight would cost 2600 bucks (which I don't



*In the stretcher waiting for lift-off.*

have—who does?). The Navy hasn't started implementing charges yet, however.

I told a crewman I thought Med-Evac flights were a good use of the military. He said if you really think so, write your Congressman—which I will.

△

*David MacFarlane and Katherine Johnson, of Lake Stevens, were married on Silvertip Peak in 1988. In 1989, the couple returned to the Monte Cristo mountains to celebrate their first anniversary. The day before their anniversary re-ascent of Silvertip, David fell on Columbia Peak; the large rock that came off with him crushed his hand and he lost a finger.*

Todd Kramer

#### PREPARING for the PCT *continued from page 23*

who are not detail oriented, this is a godsend. I decided to use the 5-month itinerary, but plan occasionally to dump some food and hike more miles per day. It has worked very well for me so far.

Now for my favorite subject—food! I eat a lot. Not having ever walked 20 miles per day, I wondered how much food to take. Here's a day's worth: breakfast-for-two, 2 cups of gorp, 1 cup dried fruit, a handful of homemade jerky (turkey and beef), 1/2-cup of dried humus or dried soup, 1 Powerbar, some crackers, enough powdered milk to make one pint, and dinner-for-two. This is just about right for me.

The great recipes that I used for dinners and breakfasts are from *Simple Foods for the Pack*. Because PCT vet-

erans warned of repetition, I made 15 different dinners and 10 different breakfasts.

In addition to the one pot meals, I made the powdered sauces which I pour over corn pasta (amazing energy source—thanks, Ray Jardine) every third night for dinner.

As an aside, I don't cook my breakfasts: simply soak in water overnight, dump on some powdered milk in the morning, and enjoy! It works.

Finally, I found the recipes in *Wilderness Cuisine* were a little complex for my culinary skills, but it had excellent tips for dehydrating, making jerky, and packaging (use a Daisy Vacuum Seal-a-Meal—it makes strong, lightweight, waterproof plastic packages).

So, there are some sources and some comments to help your trip planning. The important thing is to prepare sufficiently so that you can get what you want out of your trek: to enjoy a season in the wilderness.

△

*Karl Ullman, of Orinda, California, set out on his 5-month PCT hike this spring. If all goes according to plan, he'll be providing Pack & Paddle readers with articles written on the trail as he walks from Mexico to Canada.*

*Karl is using a McHale & Co pack on his trek.*

KAREN SYKES

# The Challenge of Saint Peter's Gate

—TROOP 70 GOES CROSS-COUNTRY IN THE OLYMPICS—

This Troop 70 outing was without exception one of the most challenging and interesting I've participated in. The terrain itself is challenge enough, but throw in three out of four days of inclement weather and the outing becomes even more of a challenge.

Eight of us started from the Lower Lena Lake trailhead on the Hamma Hamma Road, August 6 of 1992. We left one car at the Putvin trailhead for our return as this would be a one-way trip. It had begun to rain the moment we left Seattle and it was raining quite hard by the time we were ready to leave the Lower Lena Lake trailhead.

We met several parties coming out (I believed they were going the right way considering the weather) and we seemed to be the only people heading in. We cope with rain in various ways—in summer rain I wear as little as possible when I am moving, figuring it is easier to dry skin than wet raingear. Most of the others were bundled up in raingear.

By the time we reached the junction for Upper Lena it had become apparent we would be hiking at different paces. The trail from Lower Lena to Upper Lena gets worse the farther it goes. From moderately unpleasant roots and muck to greasy rocks and roots, it is rough going, especially with a full pack. (I have named my pack the Lunging Beast as it is top-heavy and has tried to kill me on more than one occasion).

It took me slightly less than 5 hours to reach Upper Lena from the road. The strongest boys made it in 3½ hours. The slowest members took 8 hours (one of the boys said he fell off the trail twice on the way up—easy to believe given the terrain and the weather!).

Only one other party was camped at the lake. We found plentiful campsites at the far end. Mount Bretherton was



Karen Sykes

*Saint Peter's Gate from the Stone Ponds way-trail.*

almost close enough to kiss and Mount Lena was close enough for me to explore later on in the afternoon.

After a rest, I went part-way up Lena following a scant way-trail most of the way. I didn't summit because it was getting late but got far enough that I could see several options for reaching the top. It rained off and on during the night.

The next morning we packed up and began hiking along the Scout Lake way-trail. This was very lonesome and very beautiful country with tarns, views of dramatic peaks and—as if that were not enough—we were in blueberry heaven as well. It took us quite a while to make any progress because we stopped frequently to graze on the berries.

The Scout Lake way-trail is not your typical path. You definitely need map and compass know-how to reach your destination. Where the Scout Lake way-trail intersects the Stone Ponds way-trail is not marked though someone

with a good sense of the lay of the land could probably figure it out.

Scout Lake is to the right and Stone Ponds to the left—but this is very, very approximate. I don't recommend these way-trails for beginners.

We looked down onto Scout Lake—a bright wedge of blue surrounded by trees. According to Robert Wood (*Olympic Mountains Trail Guide*), the final descent to Scout Lake can be harrowing. We had some harrowing moments ourselves just descending to the meadow where the Stone Ponds way-trail takes off.

At one point there was a steep 20-foot drop with nothing to hang on to but wet roots and religious faith. I wanted the rope at this point but one of the plucky boys came to my rescue and took the Lunging Beast off my hands (or back). Packless, it was easier to descend.

We then followed the somewhat indistinct Stone Ponds way-trail and set up camp at the large pond beneath Saint Peter's Gate (the obvious U-shaped notch) in the ragged summit ridge of Mount Stone. On the map these ponds are not named. Lake of the Angels is not shown either.

There was a desolate beauty around the pond where we camped—huge boulders the size of box-cars had come to eternal rest in the fragile meadows around the pond. One big boulder had actually been split in half—whether due to the cataclysm that sent it hurtling down from above or to severe changes in temperature, I didn't know.

Braided streams zigzagged across the meadows. Clumps of monkey flowers added splashes of color to this already beautiful scene. The peaks of Mount Stone loomed above us, ominous in their moody beauty as billowing clouds streamed like misty horses through the ramparts.

In our descent to the pond we could



see that we would have to negotiate some ice in order to pass through Saint Peter's Gate. Not everyone had ice axes and nobody had crampons. We hoped the ice would "lay back." A few squalls moved through but the weather seemed to be improving.

On Saturday we woke to warm and glorious sunlight. Breakfast was enjoyable but before we were packed up the clouds were starting to move back in. We were facing the most challenging part of our trip—crossing Saint Peter's Gate. We had about 1500 feet to climb and from our pond there was no obvious way-trail.

From the few visibly apparent options John chose what seemed the best. We worked our way up a steep meadow and onto a moraine that led to the edge of the glacial remnant we had to cross. None of this was fearsome but it wasn't an easy stroll—there were boulders to get around and/or over, the loose garbage that is a moraine had to be negotiated, and finally we stood at the edge of the steep snow and ice.

But the ice *did* lay back and it wasn't as bad as it looked from below. The weather was worsening, though, and as we started across the glacial remnant I was glad I was wearing my parka and capilene tights. I could hear water running under the ice and in some spots it was running on top. A few bluegreen slashes grinned up at us from the ice but they didn't appear to be the usual crevasses.

Fortunately the steepest part of the "ice" consisted of moderately hard snow rather than ice and we were able to kick steps. As we approached the "Gate" we noted a very large moat around Mount Stone. It looked about 50 feet deep.

I had looked at Saint Peter's Gate from the other side on previous visits to the Valley of Heaven and didn't expect there would be any snow ... and there wasn't. The descent was steep brush and scree and we were soon on the faint way-trail that leads to Lake of the Angels.

Looking back up at Saint Peter's Gate from the lake we were amazed we had come down it, but it looks worse than it is. A couple of day-hikers were there but other than that we had the whole place to ourselves. We set up camp quickly as the rain was falling harder. I spent the rest of the day in the tent reading as it rained.

On Sunday we woke to sun, a be-

lated gift on this last day of our journey. John suggested we leave at noon. I was well-rested from having spent most of Saturday dozing and reading in the tent so I went off for an exploration of Mount Stone. I'd been eyeing what appeared to be a route (a hanging meadow and scree slope to the left of Saint Peter's Gate), so went to check it out.

I told John I'd go just far enough to see if I could make out the route. It turned out to be very easy going on steep heather and scree and an hour later I found myself on the summit ridge, standing on one of the lesser summits looking down to the small, colorful clump of people below. With more time I could easily have done at least one of the other summits as they appear to be walk-ups.

The area behind the summit ridge is broad and has a few trees—it is very gentle terrain compared to the cliffs that plunge down into the Valley of Heaven. At least two of the summits of Mount Stone qualify as scrambles. It is so much easier than it looks from Lake of the Angels!

I made a quick descent, plunge-stepping on scree, and was back at the lake a half hour later to get the Lunging Beast ready for our last leg of the journey.

We set out shortly after noon, descending the Putvin trail which was relatively non-eventful. I'd been up and down this trail a few times before so it had no surprises for me, but it is a

pretty trail and has its exciting moments when it descends a headwall. The sun stayed with us. It was actually hot, but I was not complaining—I had had more than enough rain.

Approximate mileage per day: 7 miles from the Hamma Hamma road to Upper Lena; 3 or 4 miles from Upper Lena to Stone Ponds, roughly 2 miles from Stone Ponds to Lake of the Angels (just a guess), and 3.6 miles from Lake of the Angels back to the road. The most elevation we had was on our first day—about 3900 feet from the Hamma Hamma road to Upper Lena Lake.

Back at home I was frustrated by not being able to find more information (and photographs) of the area we were in. I'm glad I took the camera along since I can't seem to find any pictures of Mount Stone in any book or guide I have on hand (and I have quite a few).

I thumbed through several old copies of *The Mountaineer* and found nothing, but I still have piles of *Signpost* to go through. I'm sure I'll find that someone has done this in the recent past and it will be interesting to compare notes.

We didn't see much wildlife—in fact, virtually none other than a couple of hawks who shrieked and whirled above us. No marmots, no mountain goats. Was it the cold weather or are the goats gone?

On Sunday I heard what I thought was a marmot whistle from nearby but it turned out to be one of the boys who had made a whistle from an empty box of raisins. These small boxes make great whistles. Pretty soon we were all making whistles out of raisin boxes and trying to out-do each other.

This was a great trip but I would have enjoyed it more without the rain. The good memories of the scenery will last longer than my unpleasant memories of the rain. That seems to be the way it works.

△



Karen Sykes

On the Scout Lake way-trail.

*Karen Sykes, of Seattle, is a frequent guest on Troop 70 outings. She is currently chair of The Mountaineers Scramble Committee.*

# REST STOP

EQUIPMENT, RECIPES, TIPS

**CANDY-COLORED SNOW**—From a distance, the snow-capped Cascade Mountains reflect a dazzling whiteness in late spring and summer. Closer inspection reveals large patches of snow colored red.

The candy-colored snow is the result of blooms of snow algae. More than 100 species of snow algae have been identified throughout the world. Algae are very adaptive plants, growing in many environments. Those growing in ice and snow are called *cryoflora*, and can apparently survive being frozen in ice for many years.

To grow in snow, the algae need water and such natural chemicals as nitrate and phosphate, plus other essential chemicals, all of which are present in snow and ice. Snowfields vary in the amounts of these chemicals.

Antarctic snowfields contain higher amounts of dissolved nitrate and phosphate than do North American snowfields, and are also richer in the number of alga species present.

Similarly, the Olympic Mountains have more alga species and higher levels of nitrate and phosphate than do the snowfields of the Cascade Range. The reason for the differences is unknown.

Snow algae contribute to the melt rate of snowfields and glaciers. The algae accumulate in shallow depressions in the snow called "sun cups." Because the algae are darker than the snow, they absorb the sun's rays and energy, deepen the snow cups, and increase the melt rates.

It is not known for certain how snow algae are "reseeded" after winter's snow melts away, but one likely possibility is that alga spores lie dormant in year-round snowfields. Come spring, with increased sunlight and water in the snowfields, the spores "swim" to the surface of the new snow pack to begin their bloom.

Another possibility is that birds and other forest critters carry the algae in their intestinal tracts, and algae then bloom from the animals' droppings. Also, alga spores may be carried by winds from permanent snowfields higher up in the mountains.

There is no evidence that snow algae are harmful to humans. Forest visitors who drink water from mountain streams cannot avoid consuming the algae and alga spores.—*from Okanogan National Forest.*

**MTA SLIDE SHOW**—Mount Tahoma Trails Association has a slide presentation of the hut and trail network, including scenes of Mount Rainier and smiling cross-country skiers. Your organization or club can arrange for a free showing.

Send your request to Slide Show, c/o Mount Tahoma Trails Association, PO Box 206, Ashford WA 98304.

**BAKEPACKER SWEET MUFFIN MIX**—I've "copied" Betty Crocker's sweet muffin mix for trail use.

- 1/4 cup Wakefield dried egg mix, packed
- 1/4 cup powdered milk
- 1/4 cup Crisco butter flavored shortening
- 1 1/2 cups flour
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt

Thoroughly mix all the dry ingredients, then cut in the shortening, mixing thoroughly again.

I have found that either 1/4 or 1/3 cup of this dry mix makes one muffin of reasonable size. To cook, pour mix into a one pint plastic freezer bag; add about 3 teaspoons of water. Close the bag by twisting, and knead the mix till ingredients are just moist then add 6 to 8 blueberries or huckleberries, or more to taste. Put in Bakepacker, cover and cook for 15 minutes.

I think these muffins are best baked in individual plastic bags. This way you could bake more than one at a time rather than one large. This theory is based upon my experience a couple of years ago in the Gifford Pinchot National Forest.

I was on a day hike and came across a small patch of huckleberries. I picked a few to take back to the trailhead. There I dug out the Bakepacker and some Krusteaz bran muffin mix, placed a hefty amount into a plastic bag, added water and berries and baked it for 20 minutes. Nowhere near done. Added more water and cooked another



20 minutes. Still not done, and the mass had now swollen to the size of a small football and had overwhelmed the Bakepacker and threatened to burst the seams of the cooking pot.

Added what water I had left to the pot and hoped for the best. Boiled dry and still not done. But there was enough done around the edges that it was quite delicious even though the center portion had the appearance of live oatmeal. So that's what I base my theory on—let the baker beware!—*Dale Graves, Kent.*

**CURRIED CHICKEN**—This is great when you want to get a little fancy.

- 1 package chicken-and-rice dinner, freeze-dried, for two
- a handful of large bean sprouts
- 1/2 cup golden raisins
- 1/4 teaspoon (or more) curry powder
- 1/2 cup chopped peanuts

While water is heating, open chicken and rice dinner package and add sprouts, raisins and curry powder. Add boiling water as called for on package. Stir thoroughly and let stand for 10 minutes. Sprinkle peanuts on top.

With the addition of soup and bread, this will serve two.

**SHUTTLE SERVICE**—A new hikers' shuttle service is operating in Leavenworth. Gator's Gravity Tours will deliver you to the trailhead of your choice in the Leavenworth area for \$25 minimum, or \$1.35 a mile, based on the round-trip mileage of the longest leg of the trip out of Leavenworth.

Since the Leavenworth area has a high incidence of trailhead thefts, the shuttle protects your car and property.

For more information, contact Gator at 509-548-5102 (PO Box 447, Leavenworth WA 98826).

**SQUEEZE TUBES**—Those squeeze tubes in the food section of your neighborhood backpacking store can be used to add new dimensions to your outdoor meals.

Besides the obvious use of carrying

#### WIN FAME & 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

# REST STOP

EQUIPMENT, RECIPES, TIPS

peanut butter, the tubes can also be used for margarine, cream cheese, cheese spread, jam, honey, and tomato paste. And try the old summer camp trick of mixing peanut butter with jam—saves carrying *two* tubes.

**DRYING CLOTHES**—Your damp and sweaty clothes will dry overnight (if they are not too wet) if you stash them in your sleeping bag. Your body heat will dry them, even socks.

Remember, however, that the moisture has to go *somewhere*, and it will probably be absorbed by your sleeping bag. Allow time every few days to air your sleeping bag in the sun to evaporate accumulated moisture.

**GOING HIGH**—Climbing at altitude (over 8000 feet) can be hazardous to your health. The stresses on your body trying to work with less than its usual oxygen supply are considerable: shortness of breath, nausea, insomnia and headaches.

High altitude can lead to fluid retention in the brain (cerebral edema) or fluid in the lungs (pulmonary edema), both of which can cause coma and death.

Lack of oxygen can lead to poor coordination and faulty judgment which in turn can cause accidents and falls that probably wouldn't occur at lower altitudes.

Much is written about "acute mountain sickness," but what causes AMS is

not precisely known. There is no means of predicting whether a person will be susceptible or not. Generally speaking, the higher you go, the less oxygen you have available to breathe. Your body can adapt to thin cold air, but you have to allow time for it to do so—this is called acclimatization.

Altitude-related problems, including AMS, pulmonary and cerebral edema, can show their effects as low as 8000 feet, but most cases begin between 12,000 and 14,000 feet. Most problems are caused by going too high too fast.

If you plan to climb, say, Mount Rainier, you may have some discomfort with AMS. Its early symptoms are bad headaches, loss of appetite and continued sleeplessness. A good night's rest at altitude should allow you to acclimate and set off again in the morning. If there is no improvement, you will have to descend to a lower elevation or remain where you are.

If you are unable to continue, you should be emotionally prepared to forego the summit. While there is no guarantee that everyone will acclimatize, unless you disregard your health and ignore the warning signs, you should have little to worry about.—*excerpted from "Rescue Rucksack," the newsletter of Tacoma Mountain Rescue.*

**NEW BOOTS**—I just bought a new pair of mountaineering boots and called

Dave Page, Cobbler, to get his advice on keeping them in good shape.

"One of the best things you can do for your boots," he said, "is to keep them clean. After every trip, wash off the dirt. Use a mild soap or saddle soap; avoid detergent. When they're dry, put on a couple of light coats of waterproofing."

The lining leather can also be treated, he said, to help keep it in good shape, but use a preparation specially designed for linings, not the heavy-duty waterproofing for the outsides.

Many different brands are available, said Dave. Use whatever is recommended by your shoe dealer, or stop by his shop (3509 Evanston North, in Seattle's Fremont district) to choose from the products he carries.—*AM.*

**TRY BEFORE YOU BUY**—High Mountain Rendezvous in Issaquah rents crampons, ice axes, tents, plastic climbing boots, adjustable ski poles, and backpacks for reasonable rates. They apply up to two rentals toward the purchase price of any rental item.

In addition, HMR donates 1% of their receipts to organizations that preserve the outdoors—an "earth tax," they call it. They have supported The Nature Conservancy and Mountains to Sound Greenway, and contributed \$500 toward the purchase of equipment for Tacoma Mountain Rescue.

## PANORAMA

NEWS FROM ALL OVER

**SKI AREA EXPANSION**—A meeting to discuss expansion of the half-dozen commercial ski areas (all owned by Ski Lifts Inc) at Snoqualmie Pass will be held **August 18 from 7 to 9:30pm** at the **Mercer Island Community Center**, 8236 SE 24 Street on Mercer Island. The public is encouraged to attend and comment.

One of the projects would be two new chairlifts at Lodge Lake. These chairlifts would cross—and impact—the PCT. Another project would add several chairlifts around Rockdale Lake, which would impact the Nordic Pass cross-country trail.

The plan would also add 300 acres of National Forest land to the ski areas. For more information on the expansion plan, contact Larry Donovan, Baker-

Snoqualmie National Forest, 206-744-3403.

**BEAVER TRANSPLANTS**—The Darrington Ranger District is the new home for transplanted beavers. The animals are being captured from "problem areas" and moved to five sites in the Mountain Loop region.

Beaver ponds are used by many kinds of wildlife. In June, the first transplanted beaver swam out of the live trap and into its new home. Other transplants will occur as beavers become available.

**ORV ABUSE**—The Oregon Dunes NRA stretches for over 40 miles and 32,000 acres along the central Oregon coast. Half this area is open to ORVs

which cause significant conflict with wildlife and other recreational users. The Suislaw National Forest is contemplating alternatives for future management of the Dunes.

A Draft Environmental Impact Statement has been released. Alternative H calls for the complete elimination of ORVs in the Dunes. The Forest Service's preferred alternative would only ban ORV use on an additional 1300 acres.

Please help remove ORVs from the Dunes by writing Ed Becker, District Ranger, Oregon Dunes NRA, Suislaw National Forest, 855 Highway Avenue, Reedsport OR 97467; urge the Forest Service to support Alternative H.—*from The Mountaineers Conservation Newsletter.*

more ...



# PANORAMA

NEWS FROM ALL OVER

*continued from previous page*

**MONTE CRISTO PROTECTION**—Congress is considering whether or not to permanently protect 250 acres of scenic and historic recreation lands in and near the gold-rush ghost town of Monte Cristo surrounded by the Henry M. Jackson Wilderness.

At the headwaters of the Sauk River in Snohomish County, Monte Cristo is the gateway to the Henry M. Jackson Wilderness, whose scenic 7000-foot peaks, glaciers and alpine meadows attract throngs of hikers, climbers and backpackers.

In 1990, Congress appropriated funds for acquisition of the Monte Cristo Resort property. But, until June 1993, the corporation's shareholders would not agree to sell. In the interim, the available federal funds were reprogrammed.

If federal funds are not appropriated this year for purchase of the Monte Cristo Resort property, the majority of shareholders—who approved this sale in the face of adamant opposition and threats of litigation from the minority—will be hard-pressed to renew the sale agreement.

The Monte Cristo Preservation Association has long promoted Forest Service acquisition of the property owned by Monte Cristo Resort, Inc. MCPA is responsible for volunteer maintenance of surrounding Forest Service campgrounds and the trail into Monte Cristo and publishes a brochure for self-guided tours of the historic townsite. Long-term goals include development of interpretive signs and a visitor information facility at the site.

This year an appropriation of \$800,000 from the Land and Water Conservation Fund is needed for the Baker-Snoqualmie National Forest to acquire much of the Monte Cristo townsite and a dozen mining claims.

Please write or call Senators Patty Murray and Slade Gorton and Representatives Al Swift and Norm Dicks. Urge them to support an \$800,000 appropriation for acquisition of this critical wilderness inholding—the Monte Cristo Resort, Inc. property.—*from The Mountaineers Conservation Newsletter.*

*If you don't have these addresses and phone numbers already, call the Pack & Paddle office, 206-871-1862.*

**FIRST ANNUAL IDITAYAK**—The first Iditayak (1992), dubbed the "world's greatest wilderness ocean kayak race,"

## ALPINE LAKES PERMIT SYSTEM RELEASED

The long-awaited plan for the Alpine Lakes Wilderness permit system will have been made public by the time you read this.

The Forest Service study team has chosen Alternative 9 from the plan. This option proposes that permits be required for all overnight trips wilderness-wide. These permits will be available on a reservation basis and are designed to restrict access to prevent overcrowding and damage.

Day-use permits would be required by reservation on trails where overuse is currently a problem. Self-issue, non-regulatory permits would be available at other trailheads.

According to Bob Stoehr of the Leavenworth Ranger District, the day-use permits may cause some confusion at first. "Our intent is not to over-regulate," he explained. "We don't want to require permits on trails that don't need them."

Permits will be required from May 15 to October 31. The Forest Service hopes to implement the new system in 1994.

Because the permit plan is being released in the middle of summer, when many people are on vacation and organizations have fewer meetings, the standard 30-day comment period has been extended to 60 days, ending September 24.

A series of public meetings has been scheduled to explain the new system. Meetings will be held on:

**August 16** in Ellensburg, 7pm at the Best Western motel;

**August 17** in Wenatchee, 7pm at the Red Lion;

**August 18** in Seattle, 7pm at The Mountaineers building;

**August 19** in Issaquah, 7pm at the Holiday Inn.

For more information, contact the public affairs office, Wenatchee National Forest, 509-662-4335.

was a resounding success, reports Norbert Konor of Alaska Discovery.

Steve Kaspar, an ironworker and Aleut-design kayak builder from California, was the first winner of the Iditayak, describing the 65 mile race as a "cakewalk ... much less harrowing than I expected." Kaspar beat the run-

ner up in a field of 12 single kayaks by 2 hours, 24 minutes.

He described the night paddling as a unique and memorable experience: "I had no experience paddling in an open channel at night. Around Point Adolphus whales were everywhere. There's this natural phosphorescence, so paddle strokes made the water light up like a neon sign, and sometimes I could see creatures swimming below. It was definitely a sensational experience."

The Second Annual Iditayak took place recently, from Pelican to Juneau. Konor: "I can see this thing being bigger than the Iditarod. There's only so many people with 300 dogs lying around their yard. But anyone can have a kayak."

For information on the next Iditayak, contact Norbert at Alaska Discovery, 234 Gold Street, Juneau AK 99801 (907-463-5500).—*from the TASK Newsletter.*

**INTERNATIONAL PARK**—An international park extending throughout the North Cascades of Washington and British Columbia has been proposed by the North Cascades Conservation Council. It would include the Chilliwack and Skagit River corridors, Manning and Cathedral Lakes Provincial Parks, and the high Canadian ridges north of the Pasayten Wilderness.

Such a park is necessary, according to NCCC, to protect the diversity of the lands before the remaining border forests have been clearcut and no longer have a wilderness potential.

The NCCC journal, *The Wild Cascades*, June 1993, includes an article on the proposed park and directions for exploring the Canadian side. For more information about NCCC (regular membership is \$20/year) or about the international park proposal, contact NCCC, PO Box 95980, Seattle WA 98145.

**LAST XYLOSMA TREE CUT**—The last known *xylosma crenatum* tree, in Hawaii, was knocked down by a state forestry bulldozer operator who didn't know the 25-foot native tree was on the endangered species list. Officials said the bulldozer operator was grading a road in the Kokee forest on the island of Kauai when he toppled the tree.

State forestry officials blamed the accident on a communication failure. Botanists will try to grow cuttings from the tree.—*from The Mountaineers Conservation Newsletter.*

# EDITOR'S JOURNAL



An evening in Dose Meadow.

**BETTIE BREAKS A BONE**—Last month's "cover girl," Bettye Hensel, called me to say she was sorry, she would have to cancel out of a scheduled trip to Glacier Peak Wilderness. She had fallen off a ladder at home and broken her wrist.

That wrist, now held together with three pins, has put a hole in the rest of her summer plans, including a big paddle trip to Canada.

"Just goes to prove," says Bettye, "that staying home is more dangerous than all that hiking we do!"

**WE MEET MORE READERS**—Last month Lee and I were delighted to meet Kerry Gilles and Larry Shoenborn on the trail.

This month we met Terry Rockafellar and his daughter Ruth on the Blanca Lake trail. Terry, Ruth, and their two dogs were coming up as we were going down.

Terry wrote a wonderful saga a few years ago about a trip with his son Mickey and their dog Gulliver (*Signpost*, September 1988). The outing started as an exploration of a route to South Lake. Before the day was done, they had encountered a "village" at remote South Lake; Mickey had been bitten trying to separate fighting dogs; and Terry had broken his arm in a fall while crossing Perry Creek. Quite a story.

**HARD TO CONTACT**—If you think it's difficult to phone the *Pack & Paddle* office this summer, you're right. I'm out in the backcountry as much as possible. Leave your name

and number on the answering machine; I'll call you when I get back!

**SAINT PETER'S GATE**—The route Karen Sykes writes about in this issue (page 26) is beautiful and seems to be rarely visited these days, although Camp Parsons Scouts explored here years ago (and gave the area its unusual names).

In 1985 Lee, his son Bill, and I made pretty much the same trip. Even though we followed boot-trail, found cairns, and saw other signs of humans, we felt very remote. See *Signpost*, October 1985, page 22, for my account of that trip.

This little pocket of rugged, trailless mountains is partially protected by National Park and Wilderness designation.

**HIKING IN THE RAIN**—There's been a lot of cancelled trips this summer because of the wet season. Not many people *really* like to hike in the rain.

Yellow Cat and I are not ashamed to count ourselves in this group. Many

mornings recently we have stood on the porch and watched it rain. YC does not like to spend the day outside when it is raining. I can sympathize with her feelings.

**PCT**—We are very interested in Karl Ullman's PCT trek this summer (see page 23). It was exactly ten years ago that Lee and I set out for our 10-week, 1000-mile hike through Oregon and Washington on the PCT.

Karl's adventure brings back memories for us. We wish him luck, especially in this soggy summer.

See you in the backcountry,

Ann Marshall



subscribe to  
**PACK & PADDLE**

every month read about ...

- the entertaining exploits of other backcountry people
- interesting outdoor information from all over
- helpful hints & tips so YOU can have successful backcountry trips!



---

yes

sign me up for the following:

—1 year at \$15

—2 years at \$28

name \_\_\_\_\_

address \_\_\_\_\_

city, state, ZIP \_\_\_\_\_

return with payment (check or money order) to:

**Pack & Paddle**  
PO Box 1063  
Port Orchard WA 98366

Questions? Call us at 206-871-1862

8/93

**INTERESTED IN HIGH LAKE FISHING?** Washington State Hi-Lakers meets third Wednesday of each month at Mercerview Community Center, 7:30pm. For information, call George Bucher, 206-821-5752.

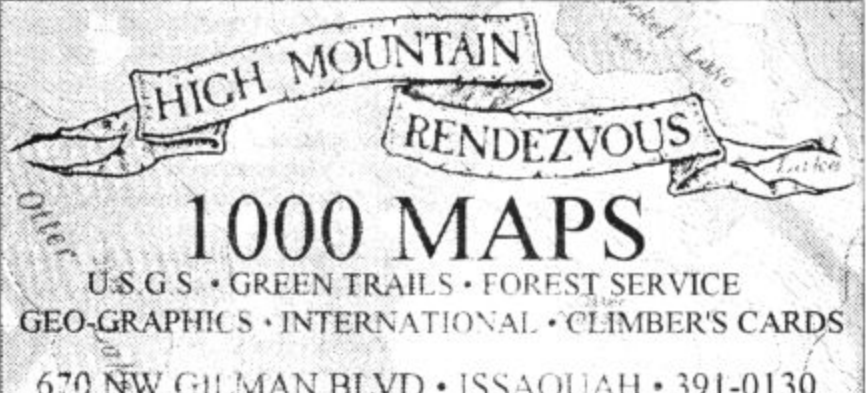


**Wild Birds Unlimited**  
A Shop That Brings People and Nature Together

- Optics - Binoculars & Scopes
- Birdseed Blends
- Books & Guides
- Tapes
- Birdfeeders
- Housing

*On the waterfront ... overlooking the fishing fleet*

3711 Harborview Drive  
Gig Harbor WA 98332  
206-851-2575




**HIGH MOUNTAIN RENDEZVOUS**

**1000 MAPS**

U.S.G.S • GREEN TRAILS • FOREST SERVICE  
GEO-Graphics • INTERNATIONAL • CLIMBER'S CARDS

670 NW GILMAN BLVD • ISSAQUAH • 391-0130

**Outstanding Paddling & Hiking in the North Cascades**



**Ross Lake Resort**

*Only 3 Hours from Seattle*

- Canoes, Kayaks and Motorboats
- Small Boat Portage from Diablo Lake
- Modern Floating Cabins with Kitchens & Showers
- Water Taxi for Hikers, Tent Camping

For Reservations or Brochure Call or Write:  
Ross Lake Resort, Rockport Wa 98283  
(206) 386-4437 (Local from Seattle Area)

**FEATHERED FRIENDS**

BACKPACKING  
HIKING  
MOUNTAINEERING  
ROCK CLIMBING  
BACKCOUNTRY SKIING

Sales • rentals • manufacturing • instruction

Call or stop by for a free catalog

**FEATHERED FRIENDS**  
1516 11th • Seattle 324-4166

*Do mountains inspire you like no place on earth? Let SUMMIT inspire you all year long*



**Take a Peak ...**

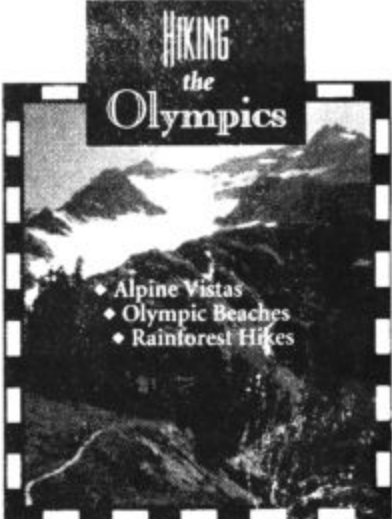
Try **SUMMIT** Magazine for a year and receive the **SUMMIT GUIDE** free!  
Call 1-800-443-8540  
mention **PACK & PADDLE** for 20% savings  
1 year (5 issues) for \$19.95

**TAKE A HIKE**

Informational Hiking Video

**\$19.95** PLUS TAX & \$2.50 SHIPPING/HANDLING

**Hiking the Olympics**



- Alpine Vistas
- Olympic Beaches
- Rainforest Hikes

TO ORDER, PLEASE CALL:  
**800-525-HIKE**

A. SABO PRODUCTION  
2601 ELLIOTT AVE., STE 4106  
SEATTLE, WA 98121

