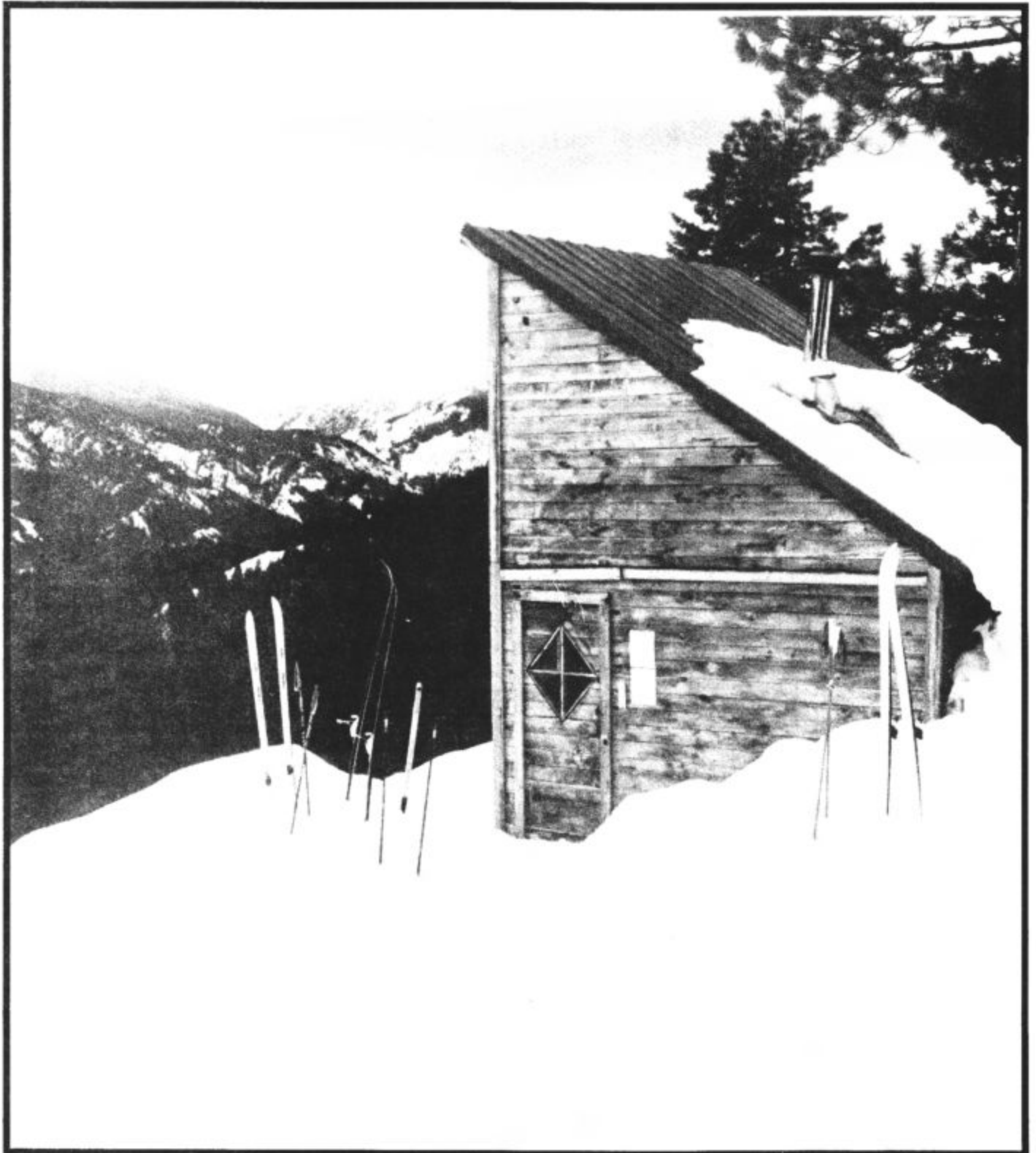


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VOLUME 4, NUMBER 12

RANDOM VIEW—



On the Long Ridge trail, Olympic National Park: Marlene, Stella, Pat, Winnie, and Mary (ages 51 to 76).

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High above the Methow Valley, the Rendezvous Hut (one of several) is a welcome lunch stop for a group of Mountaineer skiers. Okanogan National Forest, Washington. Photo by Lee McKee.

### HOW TO BE A PACK & PADDLE CONTRIBUTOR:

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...

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# LETTERS to the EDITOR

This is an open forum and does not necessarily express the opinions of the publishers

## POO POO POINT

Re page 19 in the November issue:  
"... Poo Poo Point (*supposedly* named after the sound the logging trains made) ..."

Having been the namer, I can tell you there was no "logging train" about it and certainly no "*supposedly*."

The "poo poo" is the call of the Yellow-Shafted Talkie-Tooter, which took over the niche formerly occupied by the Callow Whistle Punk when that species became extinct.

Harvey Manning  
Bellevue, Washington

## HOW THIN IS IT?

Everybody knows the atmosphere gets thinner as you go higher. The effects on human health and performance are also familiar to high-altitude mountaineers: gasping for breath, with the attendant risks of pulmonary and cerebral edema. In case you wondered just *how* thin it gets, here's what the numbers look like.

If one assumes a column of air above the earth's surface has parallel sides—a reasonable approximation given the meager depth of the atmosphere relative to the earth's diameter—then the partial pressure,  $P$ , is related to the altitude in feet,  $a$ , by the equation:

$$\ln P = -ka$$

The constant  $k$  can be fitted from the usual rule of thumb that the atmosphere is half as dense at 18,000 feet as at sea level, giving it a value of  $3.85 \times 10^{-5}$ .

The air pressure computed from this equation for a range of altitudes is given in the table below.

Altitude	Partial pressure
0 (sea level)	1.00
3000 (Snoqualmie Pass)	.89
6000	.79
8000 (jet flight—in cabin)	.73
10800 (Mount Baker)	.66
14400 (Mount Rainier)	.57
20300 (Denali)	.46
29000 (Mount Everest)	.33
35000 (jet flight—outside)	.26

Some other factors affect air pressure to a lesser degree. For example, weather associated changes in barometric pressure can cause air pressure at your location to vary by as much as 7% from the highest (good weather) to the lowest (bad weather). In addition, due to the earth's rotation, the air is several percent denser at the equator than at the poles.

Even people who never go near the mountains may routinely experience significant reductions in their available air. In order to conserve on the costs of maintaining cabin pressure, most airlines lower the internal pressure by around 25%. They'd probably go further, but this is the threshold where susceptible individuals begin to experience altitude sickness.

So the next time you're scrambling or climbing, and feeling like your endurance just isn't quite what it is down in the flatlands, remember the numbers above—it doesn't take much elevation gain to lose 15 to 20% of your air. I know that's enough for me to notice.

Jeff Howbert  
Bellevue, Washington

## LOUISE MARSHALL

It seems very difficult to realize that more than a quarter century has passed since Louise Marshall entertained a group of us on a Mountaineers Trail Trip with her debates as to what she might name her newsletter (*November, page 31*).

I recall sitting on a log in the rain during the lunch break while she stated that "Signpost" was one of two or three choices that she had in mind from many suggestions.

I cannot remember what name I suggested, but I do remember that she was not favorably impressed by my choice.

During the seventies and early eighties I read *The Signpost* with enjoyment and did occasionally get up to the barn for some work group or other. But from about 1988 to 1992 my wife and I were out of town traveling for one reason or another.

At some point I did become aware that the format of *Signpost* had changed, but the details are not clear. What with the traveling and all, I missed out on the fact that *Pack & Paddle* had come into existence.

Then quite by accident I stumbled upon a copy of *Pack & Paddle* in the public library, and was really happy to see that the newsletter I had known and enjoyed was again alive and well.

... I think you folks have done a marvelous job over the years.

Bob Becker  
Seattle, Washington

*Ed. Note: We felt we needed to allow Madeleine Beaty some space for a rebuttal, but now—no more bear letters for awhile!*

## REBUTTAL

Since grizzly bears are a hot topic, I knew that my Alaska Bear Letter in the October issue would get comments. Many of the points in the November issue responses were valid, but I am compelled to write today to set the record straight about a few things.

I don't know where Mr. Friedman got the idea that I would just as soon do away with Alaska's grizzly bears. He couldn't be more wrong. Alaska is a truly fabulous place because it is huge and mostly wild. It has vast roadless and trailless areas and very few people. There the bears have room to roam and enough food to satisfy their needs. Washington could be swallowed up whole in some of Alaska's roadless areas.

Washington has a relatively small wilderness left and it seems to continually shrink due to logging. We have a great deal larger population than Alaska with many more hikers and miles more hiking trails.

The PCT, for example, cuts right through the wilderness and is used by many families. It would take only one instance of a child killed or mauled by an imported grizzly to turn much of the general public against the environmental community. Even now we will be lucky if the Endangered Species Act is not mutilated by Congress.

With the number of people on the trails and in campgrounds around them in our state, some such incident will almost certainly occur if bears are imported. This will just give the anti-environmentalists more ammunition.

We have seen many black bears in the wilderness in Washington, some of them very close up. We are willing to take our chances with them. This is wilderness enough for us. Pointing out how dangerous it is to drive to the trailhead is meaningless unless the importation of bears will make the highways safer in some way.

I guess everybody perceives wilderness in a different way. Anyone who has to have a grizzly bear to make hiking a wilderness experience will have

to next page



# BACKCOUNTRY NEWS





REPORTS AND CONDITIONS

## INTRODUCTION

See "How to be a *Pack & Paddle* contributor" 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.

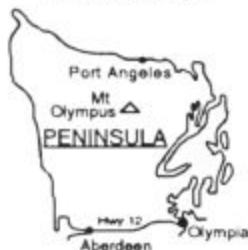
Space is limited; we may have to cut your report to fit available space. Typing is not necessary; we can read just about anyone's handwriting. We're interested in ALL trips, easy and hard, ordinary and exotic.

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



## PENINSULA



**GENERAL CONDITIONS**—Snow melting due to warming trend. Some flood damage.

**OLYMPIC NATL PARK**—At press time, we got a recording from ONP headquarters: "... all Park roads, trails and concessions are closed to the public until further notice."

Does this mean you can't drive up to Hurricane Ridge or Sol Duc? Yes, it does. Does this mean you can't drive out to Ozette or Mora? We're not sure, but we assume it does. How about the Dose or Staircase? Don't know. If

## LETTERS

difficulty finding enjoyment in the lower 48 states.

Washington has had few grizzly sightings in the last 30 years, even by people who have searched for them. We have used the wilderness during this time and found it to be great, without grizzly bears.

Madeleine Beaty  
Federal Way, Washington

anyone knows, please call and tell us so we can pass the information on to others who call.



**SILVER LAKE** (*Buckhorn Wilderness; USGS Mt Zion, Mt Townsend*)—Don and I took the quick and easy backdoor way into Silver Lakes. We parked our vehicle about 1 mile up from Silver Creek Shelter. The trail is not marked but there is a wide gap in the trees across from where we parked.

The trail is only 3.1 miles from here with an elevation gain of 1650 feet. It's a well used trail, first time for us, and it follows Silver creek. We passed two small but pretty meadows. Saw a couple of campsites and had two openings in the trees that let us see the awesome gray cliffs across the way.

It took us only two hours to arrive. To our surprise the lake was frozen! It was 32 degrees. We set up camp and cooked something hot to eat and drink. We skipped a couple of rocks across the frozen lake and laughed at the sound they made, like a bird call.

The lake lies in a glacial cirque that is almost encircled by rough peaks. We hiked up to the saddle on the east side and had just begun to look around when our club, The Olympians, showed up. Seven of them had come up from the Townsend side, an 11-mile round trip

day hike. After giving them a hollered "Hellooo" and a wave the fog came in and we lost sight of everything.

We followed the east ridge for awhile before dropping down to a notch and circling back to the lake. With 2 candle lanterns, 1 oil lantern and both cook stoves going we managed to stay warm until we turned in. It was 25 degrees.

The next morning the condensation in our tent was frozen into ice-cubes! When we stepped outside we thought we had stepped into a walk-in freezer! Immediately we lit the stoves to boil water for hot drinks. With full views of the area, we waited until the sun showed up, 9:30, then we left at 10:00. It was 35 degrees.—Kerry Gilles and Don Abbott, Grays Harbor, 10/28-29.



## LOWER LENA LAKE

(*Olympic Natl Forest; USGS Mt Washington*)—Lower Lena Lake sits at 1800 feet and is an excellent fall hike if you want a snow free trail. Bill and I escaped the rain but it was a cool day. This was our first hike this fall in wool pants.

We had the trail to ourselves except for a ranger hiking down from the upper lake where they were doing some restoration work. A helicopter kept buzzing by overhead picking up equipment from the project.—Jane Habegger, Olympia, 10/20.



**LOWER LENA** (*Olympic Natl Forest; USGS Mt Washington*)—A rainy Sunday in November was the perfect time to go 3 miles to Lower Lena. Only four other cars at the trailhead where so often there are forty.

## BACKCOUNTRY NEWS DEADLINE: December 16

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

We saw two people on the trail.

The trail is in very good shape with the lower switchbacks agonizingly close together and much fudging obvious. There is a new large, well-done bridge where the trail crosses big boulders and Lena Creek mostly flows underground at 1.8 miles.

Although there are an astonishing number of campsites at the lake, the Forest Service must be commended for locating most newer camps in forest at the north end, installing composting toilets, and for so much restoration work. The lake is still beautiful.

Water level is very high now. Rhododendrons and other vegetation are submerged at the outer edges.—Kit, Joan, Pat, Seattle, 11/12.

**BALDY** (*Buckhorn Wilderness; USGS Tyler Pk*)—This end of Graywolf Ridge has long beckoned and a week of sunshine in late, late season makes last chance hiking irresistible. I started at the Dungeness River trailhead where the trail beautifully hugs close to the river for a mile.

At 1 mile you can continue up the Dungeness or take a well marked trail west to Royal Basin. About 200 yards up the Royal Basin trail is a very clear sign for the Lower Maynard Burn trail which branches north and up and continues for .4-mile to an old road with another Lower Maynard Burn sign.

Continuing up the road you round a



Hurricane Ridge, Olympic National Park.

Don Paulson

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sharp turn. Continue farther for .5-mile up (northeast) the road and watch for a small cairn on the left (west) just before the road turns west. Custom Correct shows this route very clearly.

From the small cairn the Upper Maynard Burn trail is hard to see and is not signed, but once out of the road bed it is an obvious ridgetop trail and is also the National Park boundary with a number of boundary signs. You can see the vegetation change as the route goes higher and higher until it opens onto huge rolling meadowland.

At the edge of the meadows the way-trail ends at a small tent-site dug into the slope. Views are already great as you walk up to the ridge that stretches from Tyler Peak to Baldy.

The first summit is at 6500 feet and has a National Park boundary sign planted on it. More beautiful ridgewalk through meadows and pines quickly leads to Baldy summit, 6797 feet, and tremendous close-up views of Deception, Mystery, Constance, the Needles and all the northeastern peaks. What a place to spend the last sunny day before the snowfall.—Pat Siggs, Seattle, 11/3.

**WILDERNESS BEACHES**—The broken headland rope between Shi Shi and Duk Point has been replaced, and a temporary patch has been put on the broken Mosquito Creek sand ladder. With luck it might last the winter.

Trail crews have replaced dozens of broken boards on the Lake Ozette boardwalks.—Bob Lineback, Ranger, 11/10.

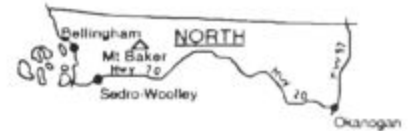
**HOH RIVER**—A 200-yard washout has closed the Hoh River road about 6 miles before the Ranger Station. The only way to get around the washout on foot is by crossing private land, which is not a good idea.

The road repair may be delayed until next summer.

**DEER PARK ROAD**—Closed for season.—Ranger, 11/3.

**HURRICANE RIDGE**—Weather permitting, the road will be open Friday through Monday, 9am to dusk. Severe conditions may delay or prohibit the road from opening or may force an early closure.—Ranger, 11/3.

## NORTH



**GENERAL CONDITIONS**—Snow melting; some flood damage.

### NORTH CASCADES NATL PARK

—At press time, we spoke with a person in the Sedro Woolley office who said that all offices and campgrounds had been closed for several days, and that as of 11/17, all trails and roads would be closed. The closure is a sign, not a barricade.

We urge anyone with information on specific closure conditions to let us know so we can pass it along to others.



### TRAPPERS PEAK (*North Cascades Natl Park; USGS*

*Marblemount*)—This small peak is located northeast and above Lower Thornton Lake. Kevin Kiser and I climbed it on a beautiful crisp fall day with fresh snow 1 to 2 feet deep at the higher elevations. From Thornton Lake trailhead (2700 feet), 5.3 miles from Highway 20, we followed the trail to the 4900-foot subalpine ridge above the lake.

Follow the ridge east a ways, then it heads north which is easily followed to the final short, steep slope below the summit. The summit, 5966 feet, offers a spectacular view of Mount Triumph and the Southern Picket Range.

The ascent took 4 hours. This peak can be a one day winter climb but expect to walk the road a distance, perhaps 2 to 3 miles to the trailhead.—Dallas Kloke, Anacortes, 10/29.



### BALD MOUNTAIN (*USGS*

*Glacier*)—This 5481-foot mountain is located about 4 miles northwest of Church Mountain. From the Mount Baker Highway, take Canyon Creek Road 31 about 2 miles northeast of Glacier. The road is paved for most of the way to the Canyon Creek Campground.

At about 7 miles, where a bridge crosses the creek, park your car on the west side and follow a trail south a short distance to the old road 3140. Walk this road about 4 miles to a point less than a mile east of the mountain.

We followed a spur road a short distance, then hiked through a brushy open area to a steep, open slope on the east flank of the peak. The slope was almost free of snow but is mossy and rocky on the upper section.

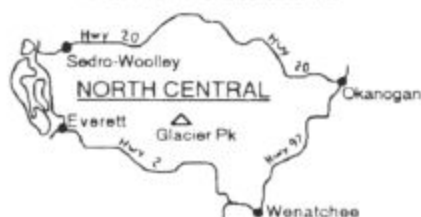
The climb up took 3½ hours. A one

# BACKCOUNTRY NEWS

REPORTS AND CONDITIONS

day winter ascent is unlikely since the Canyon Creek road is usually snowed in on the northwest side of West Church Ridge.—Dallas Kloke, Anacortes, 11/2.

## NORTH CENTRAL



**GENERAL CONDITIONS**—Warm weather is melting snow at low elevations; some flood damage.

**SNOWY CREEK** (*Wenatchee Natl Forest; USGS Labyrinth Mtn*)—Nancy and I and Stewy (Nancy's pack goat) headed up this trail on the back side of Rock Mountain. This was our "goodbye to the backcountry" for the summer hiking season.

After setting up camp at the meadow, we hiked up the Rock Mountain trail. Nancy and Stewy stopped at the tree-line, but I continued up to see the ice on the upper trees—it stuck out 3 inches on only one side of each tree.

After a quick trip to the top in swirling mist, I headed back down and out of the clouds. I was passing through a large meadow on a switchbacking trail in early evening. Perhaps because I was alone and quiet, I came upon a beautiful animal. It was about 50 yards from me, sitting in the grass. It was a fluffy, silver-white animal in the dog family. I don't know what it was. It was the size of a medium dog and had no dark markings of any kind. Its tail was long and fluffy white. It did not seem frightened of me, just curious. I stood still as it sat and watched me for a minute or so. Then it turned and loped down the hill and out of view.

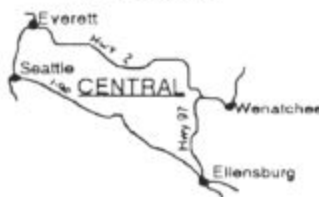
I arrived back at our tent site around dusk. Nancy had water boiling, so dinner was quick. A huge owl perched in the very top of a nearby tree to observe us. We could see the owl silhouette against the light sky from our dark surroundings.

Rain poured on us that night. Everything was wet in the morning so we hastily ate and packed, then headed out. It was a good farewell, as the land gets ready to sleep for the winter.—Lindy Bakkar, Lynnwood, 10/1.

**SUN MOUNTAIN**—There's a couple of feet of snow at Sun Mountain and we've been packing it down in preparation for grooming the trail system.

We're scheduled to have the trails open on Friday, 11/17. For ski conditions all through the Methow Valley, call 800-682-5787.—Don Portman, Winthrop, 11/15.

## CENTRAL



**GENERAL CONDITIONS**—Warm weather is melting snow; expect some flood damage.

**MILE HIGH MOUNTAIN AND TOTO RIDGE** (*Alpine Lakes Wilderness; USGS Snoqualmie Lake*)—These two previously unnamed summits lie along a ridge between Smith Creek, Snoqualmie Lake, and Lake Dorothy, in the west central portion of the Alpine Lakes Wilderness.

The higher of the two, Mile High Mountain, was recently included in Jeff Howbert's **Home Court 100** list (July

*Pack and Paddle*) under the designation "Pugsley-Pothole." Competition to finish the list first is growing among the Bulgers climbing group, some of whom I accompanied on this trip.

Bruce, John, Dick, Johnnie, Jeff, and I drove to the end of the Miller River road and parked at the trailhead (2200 feet). We hiked 2 miles (Hike 2, *100 Hikes in Washington's Alpine Lakes*) to the outlet of Lake Dorothy, where we crossed over a logjam and waded the final few feet through the surprisingly warm headwaters of Miller River.

We headed west, passing a lonely campsite and staying right of cliffs, up the steeply forested slope to attain the prominent ridge. The route southwest up the ridge, through mixed rock and heather, led us to the gentle summit.

We found no sign of prior human visitation. The view from the summit down to Lake Dorothy was marked by the changing fall colors: a yellow brick road of dying leaves that inspired us to dub the unclaimed peak Toto Ridge (4960+ feet, 440 feet prominence).

After a brief rest, we burrowed west through brush to Pugsley Pass (4520 feet), the low point between the two peaks. Avoiding the continuing rocky



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# BACKCOUNTRY NEWS

REPORTS AND CONDITIONS

ridge, with its two false summits, we instead traversed westward on the north side of the ridge to the northwest ridge of the summit block.

A short class 3 move through a notch on the right side of the ridge crest gave us access to the terrain above, which rose moderately south and then south-east through some narrow, brushy areas and finally up wet rock and slippery slopes to the rocky summit.

It appeared to be our second first ascent of the day, as once again we saw no markings on the summit. At 5280+ feet, Mile High Mountain (1120 feet prominence) seemed an appropriate name and we spent lunch gawking at and identifying future climbs from the terrific vantage point 1¼ miles north-northwest of Snoqualmie Lake.

We saw no obvious loop route from the summit, so in violation of strict Bulger rules, our return to Pugsley Pass was by the ascent route. From there it is probably feasible to head southeast and intersect the Lake Dorothy trail at the south end of the lake. Due to shortening days, however, we decided to take the quicker route by retracing our original route to Lake Dorothy.

Headlamps came out for the trail hike to the car, where we finally were overtaken by the rain clouds that had been looming all day.

The route is class 2 and class 3, with a lot of brush thrashing. An ice axe is recommended for balance on the steep, slippery sections of the route (I neglected to bring one—a Bulger rookie mistake).

More cumbersome was the constant barrage of "young whippersnapper" remarks from Bruce, a climber more than twice my age (my snappy responses were suppressed by a lack of oxygen from trying to keep up with him). 10 miles round trip and 4200 feet vertical; 5¼ hours up, 4¾ hours down.—Eric Keeler, Seattle, 10/15.

## 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

## MIDDLE FORK SNOQUALMIE RIVER TRAIL

*(Baker-Snoqualmie Natl Forest; USGS Snoqualmie Lk, Snoqualmie Pass)*—I'm not certain what the Forest Service plans to call this trail, but whatever the name, Ranger Rudy and his staff deserve a hearty thank you for a job well done. At a time when we are losing access roads and when trails are being abandoned, it is great to see a new resource close in.

Several years ago, a new bridge was placed across the Snoqualmie at the Dingford Creek trailhead; subsequently, about 4 miles of new trail was built downstream. With this new bridge and its trail, we now have about 7 miles of almost level lowland trail for winter hikes. The new bridge is part of a larger resource including extensive parking, modern pit toilets, and gravelled strolling paths. This should prove attractive to casual picnickers as well as to hikers.

To reach the new facility, exit I-90 at the Edgewick road and go north past Ken's Truck Town a couple of blocks to the Middle Fork road. Go right. The asphalt ends about 2 miles from I-90. Go about 10 more dirt miles to the parking complex. In winter, the potholes will hold water, and by spring the four-wheelers will have created inspired "texture" for the road. However, once the road has had its spring grading, it holds up well during the summer and fall. The road is just fine for the family's "civilian" car.

On November 1st, during those early frosts, seven of us from Snoqualmie Valley Trails Club went out to look at the new facility. As it turned out, the contractor was putting the finishing touches on the bridge and invited us to walk the trail. We were delighted at the opportunity, and went about 3 miles upstream to connect with the older section. Because of the frost, we found the trail firm with glorious "ribbon candy" hoar for extensive sections. But under the trees where it was warmer, the clay was as bad as warm taffy. We spent a comfortable half hour for lunch, until the sun went behind the cliffs above Cripple Creek.

The trail is well designed, retreats from the river, and (judging from the old bank cuts) apparently follows an old rail alignment. Gravel has been airlifted to a number of sections; and the truly wet sections have extensive boardwalks to keep you out of the marshes. Nevertheless, this is a brand new trail; at a number of places the path consists of freshly exposed clay.

Obviously, during the winter months

these sections are going to be very mucky. With time, they may set up some. And after a few seasons accumulated leaf litter, sticks and debris may stabilize the surface a bit.

The Forest Service does not intend to officially open the trail until later in the spring. Until then the toilets will not be open. So if you go take a look at the trail before then, expect "primitive" facilities (*ie*, none) and expect to get mired. So dress accordingly.—Michael Leake, Issaquah, 11/1.



## MT DEFIANCE *(Alpine Lks Wilderness; USGS Bandera)*

—Third visit to Mason Lake. Thanks to all who have worked on these trails recently. All trails were cleared and well marked.

After the trail leaves the former road it becomes very steep and littered with loose rocks but as it climbs into higher forest it is a needle-covered path albeit steep. New signs at the long boulder crossing below the lake and new signs at the lake are much appreciated as there are many footpaths.

Past Mason Lake the junction with trail 1009 which heads west to Mt Defiance or east to Pratt and other lakes is well signed. The trail to Defiance goes up the ridgetop with views of Lake Kulla Kulla and Little Mason Lake through the trees.

Some patches of frozen snow added crunch but no difficulty. On the western side of the traverse below the summit just as Seattle skyscraper appear below Mount Constance, a small cairn marks the footpath to the summit. Great Alpine Lakes, mountains and western Washington views from the top plus gold and orange fall colors, white peaks and sunshine.

The Forest Service reports that trail 1009 is cleared from Mount Defiance to Thompson Lake. Does anyone enter this trail from the west end?—Pat Siggs, Seattle, 10/31.



## EARL PEAK *(Wenatchee Natl Forest; USGS Enchantment Lks, Mt Stuart)*

The washed-out bridge on the Beverly Creek road has been replaced by a culvert; now you can drive right by the "new new" trailhead to the "old new" trailhead, which is about ¼-mile from the "old" trailhead.

While there were heavy black clouds from North Bend to Jolly Mountain, it was clear and cold in the eastern Teanaway area. In the morning ice covered rocks made the two crossings of Bean Creek a minor problem. A dusting of fresh snow fairly low on Bean Creek increased to about 6 inches on top of Earl Peak.





Chris Weidner

A great December day—Mount Rainier from Granite Mountain.

When the trail attained the crest of the ridge and got out of the trees it was nice and warm in the sun. It hadn't been warm for long. The snow had a hard crust and near the top everything was still covered with ice.

With all the fresh snow and sun the views from the top were outstanding, but an icy wind soon drove me back down the ridge.—TG, Skyway, 10/27.

**BEAN PEAK** (*Wenatchee Natl Forest, USGS Enchantment Lks*)—The weather was so beautiful at the end of October that CAT, the Czech Czich, and I hiked to Bean Peak (point 6743) on Halloween. As we started in the Bean Creek trail the creek crossing was even icier than it was on the 27th. There wasn't a cloud in the sky as we hiked through the Bean Creek basin and climbed to the ridge east of the peak.

As we neared the top we came upon the tracks of a large party that had probably climbed the peak over the weekend. I thought maybe we'd learn a better southern route from them, but they went up exactly the same route I usually take.

There wasn't a whisper of a breeze on the top, so we enjoyed a leisurely lunch break. Bean Peak is an excellent viewpoint and the fresh snow added to the view. We couldn't find the register; it may have been buried in the snow.

Descending the north ridge to where the County Line trail passes Volcanic Neck, we attempted to follow it back to the Fourth Creek pass. The part of the trail which is normally difficult to follow was well marked with cairns.

When the cairns ended we immedi-

ately lost the trail in the snow, but soon picked it up again. We lost the trail in the snow one more time, but all in all stayed on it better than I'd expected. This section of trail is on the north slope, and most the creeks were covered with 4 to 6 inches of ice. On one larger creek the ice wasn't solid, and we had to search a bit to find a crossing. That was where we got back on the trail after having lost it the second time.

From the pass we dropped to the Beverly Creek trail, and from there it was an easy 4 miles to the car.

Incidentally, if you have a non-scrambler in your party the north ridge

route up Bean Peak is just a walk up.—TG, Skyway, 10/31.

**ENCHANTMENTS**—The 1996 permit process has not been determined. Call the ranger station, 509-548-6977, and information will be mailed to you as soon as it is ready.—Ranger, 11/7.

## SOUTH CENTRAL



**GENERAL CONDITIONS**—Low elevation snow has melted. Many roads are closed for the winter.

**MT RAINIER NATL PARK**—At press time, the recorded announcement says "The Park is closed." Only Highway 410 over Cayuse Pass remains open. That's all we know.

**PLUMMER PEAK** (*Mt Rainier Natl Pk; USGS Mt Rainier East*)—To Plummer Peak to check status of fall foliage. 9am Reflection Lake parking lot, below freezing and windy. Small patches of snow in shade. Trail very icy.

Still cold and windy at Pinnacle/Plummer Saddle but sunny, good view of Adams and Hood. Snow line on Rainier is at Alta Vista. Upper Edith basin well dusted. Hard snow on shaded boot track to Plummer. New soles\*



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help to kick in steps.

Tarn on Plummer is frozen over, nice patterns in ice there and meltwater rivulets. Early lunch at top of Plummer, 11am. Fall colors muted but nice: earth-tones, siennas, umbers, ochers and burnt orange. Finger-numbing wind continues, take photos, put on gloves and descend.

Meet another solitary hiker on way out, driven into Park by hunters. High clouds cover most of sky when reach parking area.—Paul G. Schaufler, Olympia, 10/19.

\*This is second resole on 1½-ton 1982 Raichles. A very good boot. Figure will need new soles every 7 years, 1000 miles or 300,000 feet of elevation gain, whichever comes first. And maybe a little stitching.



### MOUNT FREMONT

(Rainier Natl Park; USGS Sunrise)—This is an easy ridge hike completely above tree line. The trail originates near Sunrise Lodge (White River entrance to Mount Rainier NP). It provides fantastic views of Mount Rainier and surrounding peaks and a great opportunity to see mountains goats and other wildlife.

The construction on Highway 410 caused significant delays and the rough road also made it a slower than normal drive to the trailhead. Once we got there Bill and I had a beautiful sunny fall day for this hike.—Jane Habegger, Olympia, 9/23.



### SPRAY PARK (Rainier Natl Park; USGS Mowich Lk)

—Bill and I hiked to Spray Park on a grey misty fall day. No view of the mountain but beautiful nonetheless. The falls en route are pretty. We were impressed with the significant re-vegetation project underway at the park.—Jane Habegger, Olympia, 9/30.



### GREEN LAKE (Green Trails Mt. Rainier East)

—Jan Pierson joined Bill and me for this nice short lowland hike that can be done into November. The high point at the lake is 3185 feet. We even did it on a snowfree trail on New Year's Eve one year. The old growth forest along the way is magnificent. The fall colors at the lake were also spectacular.—Jane Habegger, Olympia, 10/7.



### VAN TRUMP PARK

(Rainier Natl Park; USGS Mt Rainier West)—Bill and I last hiked up to Comet Falls ten years ago when his brother Pat was visiting from Pittsburgh. We had never hiked to Van Trump Park.

We picked this hike because we thought it was going to be a grey day and

that the falls and forested hike would be good choice. It turned out to be a crisp, clear, sunny day and we had a fabulous view of Mount Rainier from Van Trump Park. We had no idea the view of the mountain was so stunning from here! We decided this is must-do hike every year from now on.—Jane Habegger, Olympia, 10/14.



### SUMMIT LAKE (Clearwater Wilderness; USGS Bearhead Mtn)

—On our drive to the trailhead there were high clouds but Mount Rainier was visible. It was cold-windy and blustery but Bill and I bundled up and headed up the trail to Summit Lake.

Snow began to fall lightly as we started the hike. There were sections where water had frozen into ice along the trail but for the most part the trail itself was snowfree. Both Twin Lake en route and Summit Lake were partially frozen over. This hike is 5 miles round trip and the trail climbs 1200 feet.—Jane Habegger, Olympia, 11/4.



### FAIRY FALLS (Rainier Natl Park; USGS Mt Rainier East)

—Seemed like a good day to go photograph Fairy Falls and get that out of my



Bill Lynch approaching Comet Falls, Mount Rainier National Park

system, been bugging me for a while.

Head up trail to Mazama Ridge wearing most of my "extra" clothing. At intersection with Lakes trail head due east for about ½-mile to point on north-east slope of point 5723. Eight to 10 inches of old snow is well crusted, smooths out irregularities in many boulder fields and gullies enroute.

Good view of falls here, actually a series of cascades with three major segments. Completely ice covered when I arrive at viewpoint. Ice falls when changing film (isn't that inevitable?) and water spews forth from east side of lower segment of falls. Dramatic. Take photos and return to main trail. Head up toward Stevens-Van Trump Memorial but wind buffets me so hard can hardly stand up. Head back down to lunch in protected area on Lakes trail just before it drops off steeply to ponds. Back down to base of Sluiskin Falls.

Ice coated rocks are very beautiful, back to nearly deserted Paradise parking lot.—Paul G. Schaufler, Olympia, 10/30.



### BUELL PEAK and BARRIER PEAK (Mt Rainier Natl Park; USGS Chinook Pass)

—Find the "hiker" sign marking the Kotsuck Creek trailhead at 3232 feet on Highway 123, about 5 miles south of Cayuse Pass, 80 miles from Bellevue, and just after a stunning view of Cowlitz Chimneys as you swing out of Deer Creek.

Bad news: the hike starts with a 300-foot descent to the Kotsuck trail where Deer, Kotsuck, and Chinook Creeks join. Worse news: you have to climb out of this 300-foot hole at the end of the day.

Kotsuck seems to be a variant or misspelling of the Chinook Jargon word, *kokshut*, which means "broken," or *katsuk*, which means "middle." The creek has a significant falls, and is half way between the Ohanapecoh River and Chinook Creek/Pass.

We definitely enjoyed the nice soft trail through old growth. At about 3 miles, leave the trail at 4700 feet, just past the last of a series of switchbacks. (Go back 100 yards if you enter small trees with clear views of Cowlitz Chimneys.) Climb x-c through reasonably open woods and meadows (with lots of elk tracks in the new snow) to the 5520+ pass between Buell (to the east) and Barrier (to the northwest) Peaks. Both summits are easy ridge walks from the pass. 3 hours to laughable, wooded, 5756-foot Buell, another short hour to Barrier, 6521 feet.

There are outstanding views from Mount Baker to Mount Hood from Barrier Peak, which really isn't much of a barrier. Rainier swallows Little Tahoma. Cowlitz Chimneys look im-

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probably formidable.

We descended west off Barrier Peak to a minor 6120+ pass, then dropped into the Owyhigh Lakes basin to catch the trail back to the car over Owyhigh Pass (5320+ feet). 2.5 hours back from Barrier.—John Roper, Bellevue, 11/3.



**GENERAL CONDITIONS**—Snow has melted at lower elevations; some flood damage. Many roads closed for the winter.



## HAMILTON MOUNTAIN

(Beacon Rock State Pk; USGS Beacon Rock)—This is a popular 8-mile loop hike that climbs to the top of a prominent peak on the Washington side of the Columbia River Gorge.

The trail is in excellent condition due to the continued good work of volunteers. We met a group from the Chinook Trail Association who were doing some repairs on the bridge below Rodney Falls and on the steep section of trail beyond.

The CTA people told us that the Hamilton Mountain Trail will one day act as an access trail for the Chinook Trail which will parallel the Columbia

River on the Washington Side all the way from Vancouver to Mary Hill, and then cross the Columbia to link up with the low level Gorge Trail in Oregon.

From Rodney Falls the trail steepens to climb a forested ridge and then encounters the intersection with the trail up Hardy Creek. Turn left here to begin the loop, climb up the Hardy Creek drainage for another mile or so and then turn right onto the old logging road just beyond a little clearing. This area of deciduous trees and shrubs was devastated by the famous Yacolt Burn of 1902.

Beyond, the trail switchbacks on the old tread to the top of the ridge, breaking out into the usual excellent Gorge views. It appears possible to make the loop longer by continuing up Hardy Creek on another old road and then climbing to the ridge about a mile farther on. We later saw a sign on the ridge top indicating that Hardy Creek can be reached by that route.

From the saddle we turned south along the ridge, bypassing the actual summit which is covered with tall brush that blocks most of the views, and returned by the very steep and spectacular direct route. Hamilton Mountain is a Gorge classic, beautiful all year and in all weather and should not be missed.

You will always encounter plenty of people but with the numerous loop possibilities the crowd thins out pretty good throughout most of the hike.—Matt & Rebecca Whitney, Portland, 10/28.

**VOLCANIC ACTIVITY**—Portions of the Loowit and Truman trails are closed due to recent volcanic activity. For more information, call 360-750-3900.—Ranger, 11/1.

**PETERSON PRAIRIE CABIN**—The cabin is available to rent. Ski or snowshoe in about 2½ flat miles from Atkisson Sno-Park to this cozy retreat.

For a rental agreement and additional information, call the Mount Adams Ranger Station, 509-395-3400.

**BURLEY MOUNTAIN LOOKOUT**—New this year is the Burley Lookout rental program. The lookout is over 5300 feet, has no heat, no water, sleeps one on a bunk and three on the floor, and has shutters that don't open in winter. The outhouse is 75 feet away.

The 4-mile route in is exposed, frequently windy and crosses avalanche terrain. There are propane lights and stove, if the fuel line hasn't frozen. Parking is uncertain, depending on the snowline. Be prepared to dig your car out. If the Forest Service decides conditions are too severe for safe access, you get a refund. If not, no refund.

The rental fee is \$20 per night. For a

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rental agreement, call the Randle Ranger Station at 360-497-1100. This can be a spectacular destination with a glorious sunrise for adventurous, well-prepared, and hardy winter explorers.

For the rest of us, it's perhaps better visited in the spring when weather moderates. The rental season runs from 11/15 to Memorial Day weekend.

**MT SAINT HELENS**—Climbing permits required from 5/15 to 10/31. Call 360-750-3900 for information.

## OREGON


 **CHETCO RIVER NATURE TRAILS**—From a base camp at Leob State Park my wife Paula and I hiked the Riverview and Redwood Nature Trails. Find Leob State Park on the banks of the Chetco River about 7 miles east of Brookings.

The Riverview Trail starts from the Leob picnic area and wanders east between the road and the river. The main features of this gentle, up and down trail are the river and the myrtlewood trees. It is .7-mile to a crossing of the road and the start of the Redwood Trail.

We were never very far from the road but we did not hear much traffic. Of course it was mid-week and off-season. You can drive to the Redwood Trailhead and leave out the Riverview Trail if you wish but I think you would be making a mistake.

The Redwood Trail is a 1.2 mile loop. There is a lot of up and down and about 400 feet of elevation gain. It is a delightful trail. At first you may get the impression that these redwoods are not going to be very spectacular. Be patient, they will be!

The entire hike, including in and back on the Riverview Trail, is only 2.6 miles but it is so beautiful and there is so much reason to linger and look that it will take you as long as a much longer trail.—Kim Hyatt, Salem, 10/10.

 **WYGANT PEAK** (*Wygant State Park*)—Only an hour's drive east of Portland in the beautiful Columbia River Gorge is a small, little-known and little-used Oregon State Park with a number of stunning views of the Columbia Gorge.

The Columbia River Gorge, besides being a natural scenic wonder, is also a primary transportation route. If you can ignore the sounds of planes, trains, boats and automobiles, the beauty of the gorge is breathtaking.

Take exit 58 eastbound on I-184 (Mitchell Point) and park in the park-

ing lot. Go west from the parking lot back around a steel pipe gate on what appears to be a service road. It actually is the old Columbia River Highway.


Follow this for about ½-mile with one detour around a washout and then the trail exits to the left. At about ¾-mile you are overlooking Perham Creek and the Chetwoot Loop trail comes in from your left. Follow the main trail down to the creek and up the other side. About a quarter of the way up Wygant Peak you will intersect again with the Chetwoot Loop trail at an east turnaround of one of the many switchbacks. You can loop back along Perham Creek using the Chetwoot Loop trail for a round trip hike of about 4 miles and an elevation gain of 500 feet.

Perham Creek and Wygant Peak within the park have not been logged and there are some nice old growth Doug firs and a few cedars along the creek. The more spectacular views are on up Wygant Peak.

Wygant Peak is very steep, but the trail is not. The trail switchbacks which adds distance but allows an easy pace. From the upper end of the Chetwoot Loop, it is probably 2 miles to the top of Wygant Peak with a total gain about 2000 feet and a total distance of about 8 miles roundtrip from the parking lot. The top is wooded and the views are not nearly as good as those you encountered on the way up. The entire trail is well maintained and signed.

We went up to the top by the main trail and came back by the Chetwoot Loop. We enjoyed the many colors of fall from the alder, oak and maple trees all the way to the top, the old growth timber, and the well maintained trail with stunning views of the Columbia River Gorge.

We had two surprises: first, we did not meet, see or hear any other hikers on the trail and second, I picked up a tick somewhere along the route.—PP & RQ, Goldendale, 10/28.

 **CHAMBERS LAKES** (*USGS Trout Crk Butte*)—Chambers Lakes trail climbs 1750 feet in 7 miles to a very wild and scenic basin situated

between Middle and South Sister.


Start at the Pole Creek trailhead at the end of road 15 and 12 miles from the town of Sisters. The trail climbs gradually in a dry lodgepole pine forest for 1.4 miles to intersect the trail to Green Lakes. This part can be hot and airless in the late summer but recent rains managed to keep the dust down.

Past Soap Creek we turned right onto the Chambers Lake trail and began a steady climb of 1100 feet in 5 miles to our destination, Camp Lake at 6950 feet. The actual Chambers Lakes at this time of year are two small, muddy and shallow ponds situated in a strange double bottomed crater a few hundred feet above and to the west of Camp Lake.

The evening quickly turned cold and a full moon soon appeared but by morning the weather had deteriorated and clouds began racing in from over the gap to the west. The next day we set out to day hike up past the lakes to the pass. From there we could look down onto the green meadows and ponds of the west side of the Three Sisters and the location of the PCT.

We agreed that a nice multi-day backpack would be to hike through the Chambers Lakes Pass and then south on the PCT, returning on the east side by way of Moraine and Green Lakes.

The weather continued to deteriorate and by the time we returned to camp the rain was almost horizontal. Rain and wind kept us tentbound the rest of the afternoon and evening and the temperature continued to drop, threatening snow. Morning was even colder, 32°, but the rain had stopped and the sun threatened to break through the racing clouds. We quickly packed up and beat back down the trail before our late summer hike turned into an early winter trip.—Matt & Rebecca Whitney, Portland, 10/7-9.

 **SNOW CAMP MOUNTAIN LOOKOUT**—Snow Camp Mountain Lookout lies near the head of the Chetco River in southwest Oregon (T37S-R6W Section 30). Views from its summit include the nearby Big Craggies in the Kalmiopsis Wilderness, the Pacific Ocean, and the lights of Crescent City, California.

The lookout is no longer in use but the cabin has not been razed as most of them were. For \$30 per night you can rent it. You get tremendous views, a comfortable double bunk with mattress, an excellent wood stove, and cooking and eating utensils. You have to bring your own sleeping bags, food, and water.

You can drive to within 200 yards of the lookout. Those final 200 yards are steeply uphill. The last 2 to 3 miles of

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road are passable with any vehicle if you take your time.

To make reservations call the Chetco Ranger District of the Siskiyou National Forest in Brookings: 503-469-2196.

The lookout does not need my endorsement to get customers. It is VERY popular. If you wish to get any kind of choice of dates you need to call right after the first of the year.

My wife Paula and I spent two delightful nights at the lookout. We hiked to Snow Camp Meadows (3 miles round trip). Another possibility would be a 4.8-mile round trip hike to Windy Meadows. The trail is steep and rocky and you would lose and regain about 1400 feet.—Kim Hyatt, Salem, 10/11-12.



**HANGING ROCK**—Find Hanging Rock in Siskiyou National Forest, along the northwestern edge of the Wild Rogue Wilderness.

There are several ways to get there. We used the trailhead off road 230, off road 5520, off road 3348. Road 3348 is the main "highway" (mostly paved, often single-land with turnouts) between Gold Beach and Glendale or Riddle. The last mile of road 230 is quite steep but we had no problem with our van.

From the 2760-foot trailhead the path climbed steeply and irregularly through a very interesting open forest. These woods gave the pleasures of shade and tree watching with extensive views!

At about the 1 mile point the trail dropped to an old camp. Nothing much remained but we found the remnants of several things, including a pit toilet. From the camp the trail switchbacked up a dry ridge to a junction. We went left and climbed in about ¼-mile to the edge of monstrous cliffs. We passed the remnants of an old lookout and arrived at Hanging Rock.

This is one heck of an impressive place. Great cliffs descend sheer, seemingly all the way to the Rogue River, far below. Hanging Rock itself is perched at the apex of a V of cliffs. Nervy people (we saw one man do it) could walk up the steep side to the ultimate summit.

It was an uncommonly clear day. We could see Mount McLoughlin, the Crater Lake rim, Mount Thielsen, and Diamond Peak.

The round trip distance was about 4 miles with 1200 feet of elevation gain. If you want a longer trip find the trailhead off road 050 for a 10.4 mile trip. The net climb would be only 750

feet but I suspect that there is a lot of up and down.—Kim Hyatt, Salem, 10/14.



**MOUNT BOLIVAR**—Mount Bolivar lies about 6 miles northeast of Hanging Rock near the tip of the Wild Rogue Wilderness. The trailhead is directly on road 3348.

The trail climbed persistently but reasonably. There were no really severe grades though the path was a bit rocky and loose in spots. The lower part of the trail switchbacked up open, brushy slopes. Mid-day in the main summer months could get searingly hot. The trail then entered deep woods for a cool half mile before switchbacking up through rocks and meadows to the summit.

The top was somewhat brushy but the views were extensive. We could see nowhere nearly as much as the day before. A storm was coming and it was getting very hazy. There was a plaque on top which was presented by the people of Venezuela. The name of the mountain honors the Venezuelan-born liberator of Columbia and Peru.

The round trip distance was 2.8 miles with 1160 feet of elevation gain.—Kim Hyatt, Salem, 10/15.

## 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.

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**FOR SALE**—Hart skis, Comp SL 2200, 194cm with Look TT08 bindings. Great condition! \$275. 206-933-1621 (Seattle).

**GUIDEBOOK**—The guidebook, *WINTER CLIMBS: One Day Ascents*, is available. The original 1993 guide plus supplement which includes new peaks and routes is \$8.00. The supplement only is \$1.75. Price includes mailing costs. This guide can be obtained from Dallas Kloke, 4012 M Ave, Anacortes WA 98221 (360-293-2904). Self-published paperback, 128 pages.

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

**FOUND**—Roll of Fujichrome film at Cascade Pass trailhead parking lot on September 5. To claim, call 206-776-8061 and describe.

**FOR SALE**—Used one summer: size 8 Raichle climbing boots, \$100. Internal frame Lowe Contour 4 pack, \$100. One pair crampons \$15. 360-387-6546 (Camano Island).

**FOR SALE**—North Face Snow Leopard internal frame backpack. Women's Large. The pack is 4-5 years old, but has only been used 2 or 3 times. \$75. Call Sheila, 206-454-2546.

**WASHINGTON SKI TOURING CLUB**—Meets first Thursday of each month November through April, at Phinney Neighborhood Center, 6615 Dayton Avenue North, Seattle, at 7:30pm. HOTLINE for more information 206-525-4451.

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**OUTDOOR GEAR** and lots of miscellaneous. Kelty and JanSport packs, binoculars, snowshoes, sleeping bags, stoves. Old VW, good trail car. Dealers welcome. Bob Kinzbech, Pic-Tour Maps. Call for details: 206-839-2564.

**FOUND**—A pair of woman's prescription bifocal glasses in a softcase, on a small side trail to Dewey Lakes overlook from Naches Peak loop. Contact Frank

Sincock, 206-747-2437, Bellevue.

**WOMAN**, 45 yo, looking for a guy who would like to hike, walk, laugh (softly), in the Cascades; later in the season—cross-country skiing. Give me a call, 206-685-7504. Fransine.

**NEED walking partner**. Kitsap Peninsula. Also PCT in spring. For questions call Sharron, 360-876-0879.

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**WOMAN AGE 40** seeking men friends for day hikes, backpacking, downhill and cross-country skiing. Preferably South Cascades, Mount Rainier and Olympics. Contact Jo, 360-264-2128.

**MALE HIKER/CLIMBER**—aged 43, seeking a woman partner for adventurous backcountry travel, mountaineering, technical rock routes, and cross-country skiing. Contact Charlie in Wenatchee at 509-664-6710.

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# THE SWISS ALPS

—A HIKER'S SHANGRI-LA: PART I—

As a native Northwesterner people often ask me why I enjoy hiking in Switzerland when I'm surrounded by so much mountain splendor right here at home. Five Swiss visits in the last six years haven't quenched my thirst for more.

There is something about Switzerland that is very special. When I first went there I discovered a true hiker's paradise. It was as if a lifetime of hiking daydreams had become reality.

## MORE THAN MOUNTAINS

Why hike in the Swiss Alps? The mountains themselves are a simple enough answer. Mesmerizing 4000-meter peaks, deep glacial carved valleys, meadowed slopes, idyllic glens and an endless network of well-marked trails lure the hiker. But the attraction goes beyond just the beauty of the mountains.

For me there is a sense of romantic nostalgia in hiking these slopes. The herds of cows graze the meadows as they have for centuries. The thrifty dairy farmers carefully use their mountains. Some of the trails follow the same routes used by the Romans.

Many of the climbers' huts and mountain inns were built in Victorian times to accommodate adventurous English climbers. This interplay of mountain landscape and human history adds another dimension to hiking here.

The Swiss people themselves also enhance the hiking experience. Wary and conservative by nature, they are also very helpful and open to hikers. One morning before starting a long hike from one village to another, I telephoned a small hotel at my destination to see if they had room for a group of five hikers.

The owner said that they did have rooms for us but it was their "Ruhetag" or day off and that the hotel would be closed. It was no problem, however, as she suggested that she could leave the key behind the flower box near the



Bobbie Snead

*Where meadows and glaciers meet.*

front door. I was very surprised but agreed to the arrangement and after a long day, we dropped our packs at the entrance.

The place was, as expected, completely dark and shut up. I reached behind the geraniums and happily felt the key in the hiding place. We let ourselves in and had the small place to ourselves. Only in Switzerland!

In the morning I visited with the lady and learned that she and her husband had spent the day hiking too.

On another occasion our group was hiking along the south facing slope of a long ridge. It was very hot and humid. Just after crossing the invisible boundary between the German-speaking and French-speaking regions, we came upon a small creek.

Two wooden benches were placed next to a milk can which was cooling in the water. Another bench held several cups spread on a towel. A sign in German and one in French explained that any wanderer was welcome to drink the fresh milk and pause for a

rest. There was a tin can, if anyone wanted to leave a small donation. We all left money and hiked on with a greater appreciation for Swiss hospitality and generosity to foot travelers.

## SWISS WAY OF LIFE

The cultural clichés of clanging cowbells and calling cuckoo birds really do exist. They are there not for the tourists' amusement but as parts of rural Swiss life, a way of life Switzerland as a nation has determinedly tried to protect.

Yes, the zoning laws are strict and, yes, the farmers are subsidized but the Swiss value their heritage and are willing to pay a price to keep it intact. It is this mountain heritage which makes hiking in Switzerland unique and so delightful.

## GETTING STARTED

How does someone organize a hiking trip in Switzerland? First, you need to decide what kind of hiking adventure you want. Do you prefer a long distance hike, a home base from which to explore an area, or a short break (or escape)

from a traditional tour bus schedule?

I've hiked in Switzerland all three ways. I recommend the home base method. The best way is to choose three or four bases. Spend a few nights in each place, hiking each day and returning to your comfortable accommodation at night.

After exploring one area, hop on the train and move to another base and explore your new environs. Then move on again. The transportation system makes all of this, in typical Swiss fashion, efficient, smooth and logical.

For now don't worry about where to go in Switzerland. I'll make some suggestions in Part II of this article. Let's just concentrate on the "how to" of a Swiss hiking vacation.

### GETTING AROUND

Getting around in Switzerland is very easy. Most towns and villages are accessible with the world famous Swiss trains. Upon arrival at Zurich Airport, simply follow the signs which point downstairs to the train station.

The clerk at the ticket window will help with information about which track you'll need, connections and departure times.

You will find, however, that you'll be able to figure out almost everything using the large arrival and departure placards. Don't be intimidated by train travel in Switzerland. It's a snap.

Some of the more remote villages are not accessible by train. No problem for the hiker in the know! Take the train to the closest town to your desired desti-

nation and then hop aboard one of the yellow postal buses.

These buses negotiate the narrow, twisting, alpine roads and stop at ski-lifts, mountain inns, dairy farms and wide spots in the road.

Sometimes riders need to buy tickets at the train station or post office. Occasionally riders just need to pay the driver when they board the bus. Often people who are based in a village use the postal buses to ferry them each morning to trailheads higher up the valley.

With this approach, hikers can then hike all the way back down to the village after spending the day in the high country or just return to the road end and catch the late afternoon bus back down. Schedules are widely available and prominently posted.

Several special train passes are available which provide unlimited travel within a certain time period. Other kinds of passes allow purchase of tickets at half price. Rick Steves' Europe Through The Back Door, Inc. in Edmonds is the best place to purchase train passes before departing for Europe.

### SLEEP IN THE MOUNTAINS

Accommodations in Switzerland range from the ultra-deluxe to very modest. I have found even the humblest mountain inn to be spotless and comfortable.

Since most hikers visit Switzerland with a desire to become intimately acquainted with the country, I would recommend staying in a small, family-

owned hotel in a village or in a "Berghotel" (mountain inn) in a more isolated location. By doing this, you will "rub shoulders" with the locals.

I once stayed in a small hotel (originally built in the twelfth century) where the owners' daughter's bedroom was directly across the hall from my room. Talk about being part of the family! The hotel owners can also be good sources of information about local hiking conditions.

Many hikers stretch their travel dollars by staying in a "Matrazenlager" or hikers' dormitory. Matrazenlagers are usually located out of town in somewhat remote locations. Many Berghotels offer both private rooms and Matrazenlagers.

In this type of accommodation, anywhere from twenty to fifty people sleep in one big room. Upon arrival, the hiker checks in with the innkeeper. Guests are instructed to remove their hiking boots and go upstairs in stocking feet. There are usually shelves on which to place your boots.

The dormitory room itself typically has several rows of mattresses side by side with a pillow and blankets neatly placed at the foot of each bed. Come bedtime, all the guests are supposed to be quiet and discreet.

Usually all works well, depending on your sleeping companions. If you find yourself bedding down in the middle of a youth group, count on a long night.

A breakfast of coffee, milk, rolls, and jam is always included regardless of the type of accommodation.

### MAKING RESERVATIONS

You may be asking yourself how you book accommodations suitable for a hiker. Travel agents don't have a clue about these homey, locally owned establishments.

The Swiss National Tourist Office in New York or Los Angeles can provide you with the addresses of the tourist bureaus for almost any town or village in Switzerland.

Write to these local tourist bureaus and in a few weeks you will receive packets of goodies. You'll be able to while away several rainy winter nights reading through a stack of brochures, hotel lists and village maps.

Make reservations directly with the individual establishments. Don't worry about language problems. If the owners don't speak or read English, they will find someone who can.



Bobbie Sneed

A typical Swiss Berghotel.



## TIME TO HIT THE TRAIL

When it comes time to hit the trail, hikers will find a variety of conditions. Low elevation hiking is usually done on farm roads and "Wanderwegs" or easy hiking paths.

The high country is crisscrossed with "Bergwegs" or mountain paths, which are steeper and rockier. These trails require boots. Many alpine passes are within reach of experienced hikers. A 3000-foot elevation gain to a pass is typical. Usually the trails to these passes are quite steep and rocky with some exposure.

All trails are well marked and yellow signposts are everywhere. In fact, most Swiss villages have hikers' signposts right in the main square or along the main street. Swiss topographic maps are things of beauty and can be purchased at train stations, bookstores, and tourist offices.

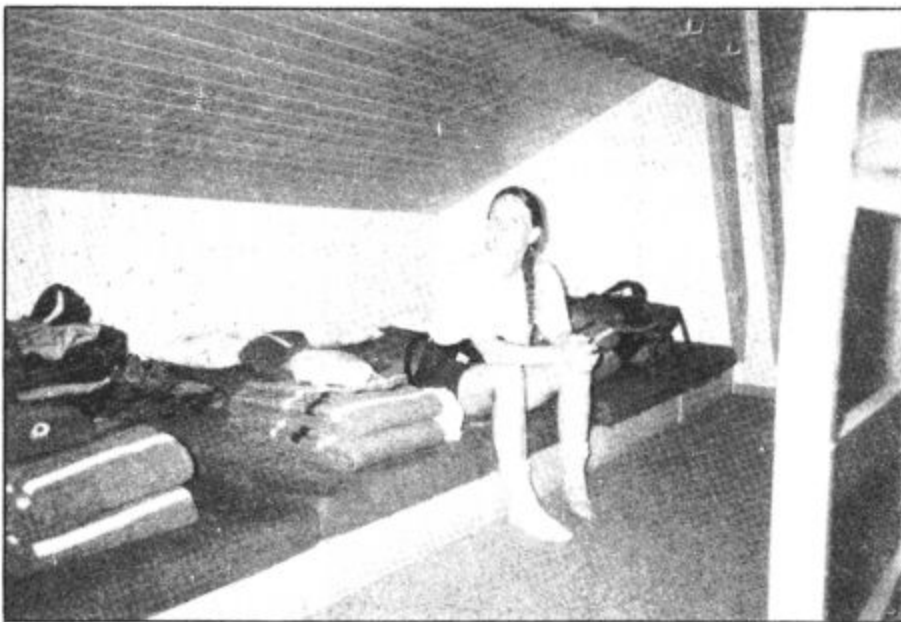
Here in the United States hiking guidebooks are available at bookstores and libraries. Photocopy a few key pages to accompany the map that you buy in Switzerland and you'll be set. The world of ibex and edelweiss awaits you!

## EQUIPMENT

I carry the same equipment in Switzerland that I do when I hike at home. A camera with lots of film is a must.

Thunderstorms can be fast and furious in the Alps so my raingear is always kept handy. At the first sign of a storm, head downhill for cover.

Often there are small, sheltering emergency huts near passes. My group



A Matrazenlager—hikers' dormitory.

once used one which even had wool coats hung on the wall for hikers to warm themselves.

As at home, I drink no untreated water when hiking in Switzerland. I fill two water bottles in the morning and replenish at climbing huts or inns.

Don't bother with tents and cooking gear. Tent camping is done only at RV-type campgrounds. Indiscriminate tent camping in the mountains is harmful to an already heavily-used environment and is simply not done.

Bakeries, cheese shops, vegetable markets and grocery stores will provide even the hungriest hiker with ample food for the pack.



Hiking through high elevation pastures.

## NEXT MONTH— WHERE TO GO

Now that you're equipped with all this trip-planning information, I hope you're chomping at the bit and ready to choose a few utterly delightful hiking destinations in Switzerland!

Expect lots of suggestions next month in Part II.

## INFORMATION SOURCES

**Europe Through the Back Door**  
120 Fourth Avenue North  
Edmonds WA 98020  
206-771-8303

Newsletter, videos, rail passes, guidebooks, advice.

**Swiss National Tourist Office**  
Swiss Center, 608 Fifth Ave.  
New York NY 10020  
212-757-5944

**Swiss National Tourist Office**  
222 North Sepulveda Blvd Suite 1570  
El Segundo CA 90245  
213-335-5980

*Bobbie Snead, of Salem, is a member of the Chemeketans and has been hiking since she was knee-high. She works for Salem-Keizer Public Schools.*



LINDY BAKKAR

# THE CATWALK

—THE SUN WAS HOT, I HAD NO WATER ... "TURN BACK," I TOLD MYSELF—

I was told that the Catwalk would be a challenge. I pictured a narrow flat trail that dropped off on both sides to the depths below. I thought the challenge would be the need for balance. Since I have good balance, I thought it would be no big deal. How wrong I was!

The Catwalk connects Cat Peak with Mount Carrie in the heart of the Olympics, and it is an entrance to the Bailey Range, for those who have the strength and courage to go there.

It extends from a continuation of an unmaintained trail heading east from the end of the High Divide. Cat Creek is to the north, while the Hoh River valley lies to the south.

The Catwalk is a narrow ridge, to be sure, but it is far from a flat trail. Its short distance is compensated for by the ruggedness of the rocky spires and cliffs which stack one against the other, each trying to outdo the one before it in height and contortions.

The "trail" is contorted to match the rock—up, down, over, around, down, up again—with jagged corners to hold onto and small weatherbeaten trees to scratch unwary skin as the hiker scrambles over or around each obstacle. It is a place for mountain goats.

I wanted to try the Catwalk so I could say I had done it. Late last July Ann and I had spent a hot day on Cat Peak, and we were late for a rendezvous with Joan. Nevertheless, now was my chance to see what the Catwalk was like.

Ann and I left our packs on the Cat Peak side. Traveling light, I also left my water bottle and camera. I planned to skitter across and back. Ann went with me for a short way, but she was low on water and feeling the heat. Besides, she had been across the Cat-

walk before. She watched from a scrap of shade.

Though the temperature was in the 90s that afternoon, I never thought about it. With nothing to encumber me, I thought it would be easy. It did not take long to realize my mistake.

By the time I had been on it 10 minutes, sweat was dripping in my eyes and my breathing was hard and laborious. My focus zeroed in on the route section by section. I loved every minute of it! But my words of caution for others are that the Catwalk is not for everyone. For those with a fear of heights or exposure, this trail is *not* for you!

By the time I was about three-fourths of the distance, I began to think of practical matters—like how I could replace the water lost from perspiration

without my water bottle.

Excerpts from my first aid class popped into my mind, about symptoms of heat exhaustion and heat stroke. Yes, I was tired. No, I wasn't weak or dizzy yet. No, I had not stopped sweating—a good sign so far. But I still had to make the return trip over the Catwalk.

I stood there looking at the next rock in the line-up, and I made my decision. "This is my limit," I told myself. "This is as far as I can go, under the circumstances." I turned back.

The happy ending to my story is that I got to the other side, had a long drink, and cooled off in the shade with my hiking partner who had waited patiently for me. A snow patch farther down the trail cooled our heads and necks so we could continue back to basecamp in strength and health.

But my point is this: Everyone has a limit. I met my limit in the heat and sun and difficulty of the Catwalk. To some, the Catwalk would not be as challenging as it was for me. To others, the Catwalk is well beyond their limit.

Knowing your limit and having the courage to turn back before you jeopardize your safety may make the difference between coming home to family and loved ones, or not. It is that important!

Go ahead and stretch your comfort level to expand it, but pay close attention to your instincts. And when they say, "That's enough!" listen ... and obey. △

*Lindy Bakkar, of Lynnwood, is a hiker and skier who has instructed Scout outdoor programs for 15 years.*



The Catwalk, bottom, leads to Mount Carrie. This view is from the air.

Eurdette Redding

## SOME FAVORITE WINTER TRIPS

When we asked a few *Pack & Paddle* readers what their favorite winter trips were, we got a wide range of activities—snowshoeing, hiking, cross-country skiing and ski mountaineering—and a wide range of locations. These trips should give you some ideas for winter adventures.

### DON PORTMAN Sun Mountain Ski School

When Sally and I are working, of course we're always on the Sun Mountain trails, and they're great. But on our day off we usually try to take a half day and ski a section of the Methow Valley Community Trail which runs the length of the valley.

I'd have to say my favorite section of this trail is between Wolf Ridge Resort and Winthrop. It's got a variety of terrain, with great views. We've skied it ever since it opened three years ago.

The trail is changing this year—a new flat part is being added along the river to make a loop.

### KAREN SYKES Seattle

First, I really like snowshoeing to Mazama Ridge, above Paradise Valley in Mount Rainier National Park. I make it into a full-day trip by always going beyond, way up to the old Ice Caves.

I've also done it as an overnight, with tents or snow caves. You can make camp at any of several good spots.

My second favorite winter trip is Sourdough Mountain, in North Cascades National Park. The highway is open as far as Diablo all winter. I go up with snowshoes and with an early start I can get to the top of the ridge; there's no avalanche danger this far. I doubt many people would have the daylight or energy to go all the way over to the summit on a winter trip—I sure don't!

I've gone up Sourdough Mountain in summer and winter, as a club trip and solo. It's just a great outing with wonderful views. Although I've never done so, it would make a good overnight, too.

### JANE HABEGGER Olympia

One of my favorite areas is the Tahoma Trail System just west of Mount Rainier. I like going up the Copper Creek to the very crest—there's a gorgeous close-up view of Mount Rainier.



Jane Habegger

*Snowshoeing, skiing, or hiking—there's plenty to do in winter.*

The Copper Creek road 59 is well-signed a couple of miles west of the Nisqually entrance to the Park. A Sno-Park is available, located according to snow elevation. The only drawback to Copper Creek is that snowmobiles use it, too.

I also like going to the Copper Creek hut, but to reach this we go up road 92, which begins as Stoner Road off Highway 706. This is an easy trip of about 3 miles to the hut, which is a great place to have lunch. There are no spectacular views, but there are no snowmobiles either. For information on any trail in the Tahoma system, stop at the Bunkhouse in Ashford.

Another favorite trip is the Yellow-jacket trail near White Pass. This is a moderate, winding trail that gains less than 500 feet in 3½ miles. The destination is the end of the road and glorious views of the Goat Rocks and Mount Rainier. The avalanche potential is low and the route is mostly forested.

The parking lot is less than a mile west of White Pass. It's not a Sno-Park but the road is kept clear.

### JIM MILLER Portland

The lower Salmon River trail starts

at about 1500 feet, so if the snow level is high enough, you can hike here in the winter. The lower trail goes up the river—and alongside the road—for about 2½ miles.

The upper trail goes for miles into a wild canyon with roaring falls. We usually go to the second viewpoint and then turn around. It's 5 or 6 miles one-way.

The Salmon River trail starts on the Salmon River road at Zigzag, just west of Mount Hood.

I hike a lot in Forest Park in the winter. The park is 26 miles long and is a wonderful asset to the city.

I go in at Lower McCleay, then hike up about a mile to access the main trail at the Stone House, a well-known landmark and trail junction. From here you can take all kinds of trails. One I like is Leif Erickson, which leads back to Lower McCleay for a loop.

Forest Park is good for when the weather's bad. You're not even aware of being in the city until you get back to McCleay. I've even led this as a Mazama hike!

The Gorge gets cold and frozen in the winter, but if you want a short trip and a good workout, Angel's Rest makes a good winter hike. It's about 2 hours round trip.

### DEB RIEHL North Creek

One of my favorites is a ski mountaineering trip on Mount Rainier. You leave one car at the Nisqually bridge and everybody goes up to Paradise.

From there you go as high on the Muir Snowfield as you can get, depending on weather. Then you drop down one of the chutes—there are a couple of them you can choose from—to the Nisqually Glacier and ski all the way out down the glacier to the waiting car at the bridge.

This trip requires a lot of snow, so it's a good one for late in the season.

# the <sup>winter</sup> phone list

Here are winter phone numbers that we've found useful at the *Pack & Paddle* office. This is by no means a complete list—look at it as a starting point for gathering information.

## AVALANCHE CONDITIONS

Washington Cascades & Olympics  
206-526-6677

Oregon Cascades & Southern Wash-  
ington  
503-326-2400



## WEATHER & ROADS

Department of Transportation  
Pass Report (Washington)  
900-407-PASS (35 cents/minute)

AAA Northwest Pass & Highway  
Report

206-646-2190

Hurricane Ridge road and weather,  
Olympic National Park  
206-452-0329

Washington Weather Forecast  
206-526-6087



## SNO-PARK INFORMATION

Washington  
360-902-8552

Oregon  
503-986-3006

Idaho  
208-334-4199



## Washington SKI REPORTS

Cascade Ski Report  
206-634-0200

Lake Easton State Park &  
I-90 Sno-Parks  
509-656-2230

Methow Valley Sport Trails  
Association  
800-682-5787

Washington Ski Report  
206-634-2754

Washington State Cross-Country  
Hotline  
206-632-2021



## Washington SKI AREAS

Mount Baker  
360-734-6771 (services)  
360-671-0211 (skier info)

Mount Tahoma Trails Association  
206-569-2451

Scottish Lakes Back Country Ski  
Area (new management!)  
206-844-2000  
800-909-9916

Ski Acres & Hyak Cross-Country  
Center  
206-434-6646 (lodge)

206-236-1600 (skier info line)

Stevens Pass Cross-Country Center  
360-973-2441 (services)

206-634-1645 (skier info line)

White Pass Cross-Country Center  
509-453-8731 (services)  
509-672-3100 (skier info line)



## Washington LODGING INFORMATION

Leavenworth Bedfinders  
509-548-4410

or 800-323-2920

Methow Central Reservations  
800-422-3048 (in-state)

509-996-2148 (out-of-state)

Rainier National Park Inn at  
Longmire  
360-569-2275 (reservations)

Stehekin Lodge  
509-682-4494



## Washington NATIONAL FOREST & PARK SERVICE INFO

Outdoor Recreation Information  
Center, Seattle  
206-220-7450



## CLUBS

(For help on "how do I get started,  
where do I go, and who can I go  
with?")

Washington Ski Touring Club  
206-525-4451

The Mountaineers  
206-284-6310

Oregon Nordic Club  
503-255-0823



## handy numbers for OREGON

Cooper Spur Ski Area, Hood River  
503-352-7803 (services)

Mount Bachelor, Bend  
503-382-7888 (ski report)

800-829-2442 (services)

Mount Hood Meadows  
503-337-2222 (services)

503-227-7669 (ski report)

Timberline Lodge  
503-222-2211 (ski report)

Outdoor Recreation Information  
Center, Portland  
503-326-2877



## handy numbers for ELSEWHERE

Big Mountain, Montana  
406-862-3511

Blackcomb, British Columbia  
604-932-4211 (ski report)

Colorado Cross-Country Ski  
Association

800-869-4560

Izaak Walton Inn, Montana  
406-888-5700

Manning Park Resort, Canada  
604-840-8822

Sun Valley, Idaho  
208-622-4111 (information)

800-786-8259 (reservations)

Tenth Mountain Trail, Colorado  
303-925-5775 (Tenth Mountain

Trail Association; information)

303-926-5299 (Paragon Guides;  
tours on the trail)

Whistler, British Columbia  
604-932-4191 (ski report)

800-944-7853 (resort info)  
Yellowstone, Wyoming  
307-344-7311 (reservations & in-

formation



*This list may be photocopied*

KIM HYATT

# Two Good Days

—SALVAGING A LITTLE SUN FROM LAST SUMMER—

It was an "interesting" summer. Copious snow kept many trails closed and it seemed that we had more clouds and rain than sun and views.

My wife Paula and I tried two Washington backpacks this summer. Out of seven days on the trail we got two good ones. On the other hand two is a lot better than none and we should count ourselves lucky for *any* good days!

## MOUNT TOWNSEND July 11-14

We were a small group, John Van Peenen, Paula, and myself. Our backpack was a scheduled Chemeketa club trip. Sunday, July 9th, was the day of the deluge. Rainfall records for that day were broken in a number of Northwest cities. There was some concern about the trip but the weatherman promised ever improving weather over the next week and we decided to give it a go.

On Monday we drove north from Salem to beautiful Quilcene where we located a motel. We had been planning to camp but a hard rain shower about the time we arrived dissuaded us.

Tuesday morning found the weather cool and overcast—but hadn't the weatherman promised improvement? We drove to the lower trailhead and headed up. The first 1.2 miles, to the upper trailhead, was a pleasant hike in deep woods. We climbed about 600 feet and passed a small lake and an old

shelter.

From the upper trailhead our path got serious. We switchbacked steeply for a half mile or so and then made a long, steeply ascending traverse to the left. Somewhere along the traverse we entered the clouds.

It was about noon when we arrived at Windy Lake. We were running out of fuel. We had come about 3½ miles and climbed 2400 feet. A young person would hardly have broken a sweat but we had vacated the ranks of the young some time back. Paula and I, at least, were ready to call it a day.

I felt a serious need for fuel but I had noticed a lot of small concentric circles in the lake. We soon began to notice a lot more as the rain began to overwhelm the protective effects of the branches. It was expedient to get our tents up as quickly as possible!

We spent the afternoon trying to keep dry. John and Paula read or napped while I wandered around in my poncho. By five it had quit raining and that evening we enjoyed spectacular views from a nearby rocky viewpoint.

Had I known that our only really good day would be Wednesday we would have spent it on Mount Townsend instead of traveling to Silver Lake. This would have been unfortunate. Mount Townsend gets all the attention but we thought Silver Lake was a rare jewel indeed!

From Windy Camp the trail switchbacked up for ¼-mile to a junction. The trail to the right climbed to the summit of Townsend. We went left. We climbed for another ¼-mile to a scenic gap and then the trail descended in long sweeping switchbacks to Silver Creek.

The first ¼-mile or so below the gap was intimidating in spots. The mountainside was steep and open with sometimes very little tread. After reaching

its low point our path re climbed a few hundred feet to the lake. We had come 2½ miles from Windy Camp.

The lake was a superb spot. It was set in a deep cirque with looming cliffs and a number of lingering snowbanks. It was sunny and warm. The meadows were a riot of flowers. Paula satisfied herself with the views at the near end of the lake. I explored the far end and energetic John walked a waytrail (in very good condition, he said) which climbed to a high saddle to the south of the lake. He reported great views.

As we chugged back to camp clouds were gathering. As we approached the gap the mists were rising from the far side and we soon entered the fog. For the remainder of the day we sat around in a cold, damp camp.

Thursday was supposed to be even better. Wasn't that what the weatherman had said? The day dawned cool and overcast.

We switchbacked easily up to the summit of Townsend (about 800 feet of climbing). It was dead overcast but the cloud deck was high and though everything was shades of gray the views were extensive. We could see Hood Canal, the Strait of Juan De Fuca, Vancouver Island, nearby peaks such as Warrior Peak, Mount Constance, and the Gray Wolfs, and distant giants including Rainier, Glacier, and Baker.

There were two summits. The central peak was the highest but I thought the northern summit was more interesting. Paula and I enjoyed the views while John read. Later, Paula and I lingered while John stretched his legs farther with a side trip down the trail to the north.

The flowers were as spectacular as any garden I have ever seen. They were profuse and varied. Some of the Indian paintbrush (my personal favorite) were the biggest and most perfectly formed I have ever enjoyed. Several times I regretted that I had not brought my other camera—with a built in flash that would have brightened the colors and stopped the motion (it was windy but surprisingly warm).



Silver Lake.

Kim Hyatt





Kim Hyatt

Upper meadows on Yellow Aster.

As we sat on top we watched the mists gather and slowly climb to our level. By noon everything was soaked in. We sat around for another hour, hoping for clearing, but finally gave it up and returned to camp. We spent another damp, cold afternoon and evening at Windy Lake.

Friday morning we packed up our wet tents and descended (slowly and easily for this old man—to save ailing knees for another go-around or two).

A local person we met on the summit of Townsend explained the two trailheads. We were the victims of outdated information. The upper trailhead, the one we did not use, was originally closed by the Forest Service. The local people ignored the closure and continued using it. The Forest Service has given up and this year the old road was graded. Our first and last 1.2 miles were unnecessary.

Obviously a young person or a vigorous older one with good knees could make the entire trip to the top of Townsend and back in one day.

We met a number of people who had done just that. The unfortunate thing is that very few of them had even heard of Silver Lake, let alone having gone there. The lake is very much worth seeing and I imagine that Windy Camp is a delightful place on those rare occasions when the weather is good!

## YELLOW ASTER LAKES August 3-5

It has become a tradition. Every year I lead a Chemeketan "Car Camp." We drive some place, set up camp, and spend five days day hiking in the area.

In the distant long lost '60s I had climbed both Shuksan and Baker. I made both of them on the first try, in

perfect weather, and knew how stunningly beautiful the area can be.

Except for one totally washed out, rain-wrecked attempt at a Hannegan Pass/Copper Mountain backpack I had never been back. This was to be the year.

The car camp was scheduled for August 7-11 but Paula and I planned to go up a few days ahead and backpack to Yellow Aster Lakes. We drove up on

Wednesday, August 2, and camped at Douglas Fir Campground.

Thursday dawned cloudy and cool but it showed promise. We found our trailhead (unsigned—it required a little intuition) and set out. I don't think the trail was ever "constructed," it just sort of happened.

The first half mile or so, in an old clearcut, was more or less a normal, though steep and rocky, trail. Beyond the clearcut I think the miners must have developed the route and they were never inclined to fool around about getting somewhere.

After 2 miles of effort and 1700 feet of climbing we reached the lower meadows. Paula not only refused to go any farther but was loudly asking how she had ever allowed me to talk her into going this far!

It was a pretty area with flowers and many rivulets, streams, and small pools. We found a fairly decent campsite. Obtaining water was the least of our problems but there was a serious downside. With all the water there was a prolific bug population. Any time we stopped moving for as long as 20 seconds we became the recipient of much attention from both skeeters and black flies.

As evening approached the skies became clearer and we located a rock bank with excellent views of Mount Shuksan, Goat Mountain, and the switchbacks leading to Twin Lakes and Winchester Mountain.

Friday morning arrived clear and beautiful. We ate breakfast, loaded our day packs, and headed for the upper meadows. The last mile and 1000 feet of climbing was just as vertical as the climb to camp but the reward was incomparable!

The flowers were not as good as Mount Townsend but great nonethe-

less. There were innumerable sparkling little lakes, meadows, and incredible views. We gazed out to mountains in all directions. We walked to the base of Yellow Aster Butte and watched a couple of parties scrambling up its slopes.

In the afternoon a few clouds began to form but their shade brought welcome relief from a hot sun. Eventually it was necessary to retreat down the hill to our camp and the bugs. It had been a superb day!

The sun was out when I came out of my tent Saturday morning but soon afterward the clouds drew a curtain across the sky. The sun was not out long enough to dry our dew-soaked tent and we had to pack up a wet camp.

I had been dreading the descent. If my knees did not care for coming down Townsend, wouldn't this elevator shaft be far worse? I received a considerable surprise. I had very little trouble! Apparently easing myself down an almost vertical "trail" causes much less impact than walking down a steep graded path.

Much of the way down we traveled with a delightful party of three (3½). There was mother, father, their vivacious 5-year-old daughter and one very obviously in the hopper. I admired the young woman for backpacking in that "condition." She seemed to be doing very well.

Paula and I camped Saturday night, in our van, at a primitive site at the Hannegan Pass trailhead. About nightfall it began raining.

It rained off and on, mostly on, all day Sunday as we met our group (16 of us) at Silver Lake Campground. It rained all day Monday and we sat around reading or playing cards.

Tuesday morning it was still raining. The weather report promised a slight, temporary improvement on Wednesday but it was not likely that the mountains were going to reappear any time in the foreseeable future. We had a conference and "put it in the bag."

Paula and I wandered back roads and took two days driving home. I doubt I ever will do any day hiking in the Mount Baker area.

△

*Kim Hyatt, of Salem, is a member of the Chemeketans club.*

JACK MELILL

## By Chain Through THE CZECH and SLOVAK REPUBLICS

It was the best of hikes and it was ... well ...

It wasn't really all that bad. It's just that American hikers are not used to fixed chains, metal ramps, and ladders. That was our experience last fall hiking the Tatra Mountains of the new Czech and Slovak Republics.

It was a warm hazy Hungarian September afternoon as the six of us—Shirley and Scott Wesley of Gig Harbor, Sharon and Bill Forester of Enterprise, and Donna and Jack Melill of Mercer Island—deplaned and went through customs at Budapest.

The trip was planned to explore and hike our way across an area recently freed from Communist control in 1990. The Tatras are a bit of the Carpathian mountains and somewhat of an extension of the Alps. A well-kept secret by the locals, they are considered by many mountaineers and hikers as a jewel among mountains of the world.

"Hello," came the cheery greeting from Yaroslav Minerc, our guide for the week who packed our weary bodies off in a rented Vanagon to the hotel overlooking the Danube. We were soon being refreshed by the natural hot water swimming pool, spa, dinner, and a motionless non-flying bed.

After a morning sightseeing tour of Budapest, our mini-bus was on the highway to Slovakia and our first hiking destination, the Slovak Paradise National Park.

This park features many good and pleasant trails, forest walks, streams, gorges, caves, springs, waterfalls ... and yes, our first introduction to trails of metal. Here it is the custom, when the trail reaches a difficulty in the form of a cliff or waterfall, not to circumvent it but to build steel platforms over and along the rivers and ascend iron and wood ladders directly up the waterfalls. It's reminiscent of Vancouver Island's West Coast Trail, except that the elevation gains are greater.

Day Five, after several nice hikes, found us at the Polish Border near Jolina and a luxurious former hotel for



Sharon Forester, followed by Donna Melill, scrambles up a rocky pitch. The chain was used as a fixed rope and firmly anchored with pitons.

Jack Melill

Communist Army Generals. It featured a sumptuous feast complete with authentic Gypsy band. It was great, except that morning brought a steady downpour, too wet for hiking.

We opted for a sightseeing tour of nearby Krakow, a Polish city not too badly destroyed by the war. "Wet and wonderful" described the tour of Krakow's baroque castles, museums, flea markets, topped with a very good pizza and beer for lunch.

Evening found us back in Slovakia, at the 6000-foot Hotel Sliezsky Dom and dinner with live music once again. In contrast to the previous day, dawn broke sunny and brilliant as only the high mountains can be after a rain.

The hike for the day was half of the previous day's washout, up 3 or 4 miles, a once glaciated valley, to a 7500-foot pass, then farther up a small 8900-foot scramble peak. The views were everywhere and boggling under the crisp blue skies. And yes, we used chains and fixed ropes both up and down the trail.

Leaving the climbers' hotel, we Vanagoned to the Rohace region of the Tatras. Here our base was lower, at a

small but sparkling clean and charming chalet, Hotel Osobita. The following day was to be a real hiking and endurance test.

It dawned another bright, bluebird morning. With an early start we reached the trailhead by local taxi before 9am and started up the left side of a gigantic 6-mile wide ancient cirque, grinding up the ridge in a long hour. We were now in pretty good shape after a week's hiking. The ridge crest was also the Polish/Slovak border, so we could actually hike with one foot in each country most of the way.

It was a long day. A very long day, first walking over three rounded humps or lesser summits and then, at 7000 feet elevation and about 11am, starting the SERIOUS hiking/climbing/scrambling.

Here the chains and cables served not only as fixed ropes and traverse lines, but were also used to scale straight up small rock faces, skidding around rock knobs with 3000- to 4000-foot drop-offs, and for rappelling, continuing the climb to the next peak. And the next. And the next. Seven in all, ranging from 7000 feet to 10,000 feet, and all

on that knife-edged ridge with adrenaline-producing dropoffs. Most exhilarating. The chains began to feel more and more reassuring. An acquired taste, I'm sure.

I began developing a theory about the chains and ladders we kept finding on every trail. Unlike the ferro strada (iron trails) found in the Dolomites of Italy, which were constructed as World War I defenses, or the aids and fixed lines here in North America, which are used when it's impossible to go around an obstacle, the Czechs and Slovaks are different.

My theory is that because their mountains are smaller in scope compared to the Alps or American ranges, they put together man-made structures and aids to create a thrilling and exciting trail for its own sake. In other words, their version of a Disneyland ride.

In Slovak's Paradise Park we did one hike where the trail ascended directly up the stream of a 400-foot high waterfall. The trail could easily have circumvented the falls. But didn't. I was told by our guide the ladders and ramps had, in fact, been constructed by the local rescue club.

This mystified me for days. Why build a possibly dangerous system of ladders, ramps, and chains to go straight up a waterfall, especially by a rescue group? After hiking there a week I decided it was indeed to create something "larger than life."

I'm glad we don't do that at home. Our Cascades are already grand as they are.

During the traverse that day I met three Slovak hikers who were curious



Scott Wesley

Jack Melill chaining it up a trail above a small tarn. Trails were generally very good and well marked. Signs were in Slovak language and marked in meters.

why Americans would come so far to hike when we had our own Rocky Mountains. I tried to explain that it was more than hiking, that it was also a cultural experience, plus seeing and exploring a new country. They seemed to understand. We exchanged cordialities about the mountains and weather.

At 5pm we began the long descent to the valley. From above, the trail appeared to be glued impossibly to the steep sidehill, but when reached was reasonably do-able. Reaching the trailhead at twilight, we found no taximan. He had failed to honor the pickup appointment, so an additional 2½ miles walk back to the hotel completed our

day. Cold Czech beer helped ease our pain at the hotel.

Next morning we loaded the faithful minibus for the final time, drove to a wonderful unspoiled medieval castle complete with furniture, arms, dungeon clothing, and no tourists but us. Luck gave us an English speaking guide with relatives in Oregon. It was a happy visit.

The afternoon hike was a short one, 4 or 5 miles, to some small but prominent limestone peaks, again with all sorts of metal trail aids: ladders, ramps, chains and cables. But now we were all iron trail experts, handling metal with cool nonchalance.

An overnight train took us west and home by way of Prague, a beautiful and picturesque Old World city. Anyone contemplating travelling this way should allow a good two or three days for the city.

The adventurous hiker wanting to try something a little different should not overlook the Tatras Mountains of the Czech and Slovak Republics. The people are friendly, they like Americans, and are very curious about America. The food is plentiful and cheap and the chains are not all that bad once you get used to them.

△

Jack and Donna Melill, of Mercer Island, met years ago when he was a summer ranger and she worked at Paradise Inn at Mount Rainier. They have been hiking and trekking all over the world ever since.



Jack Melill

Summit of an unnamed peaklet. Left of the signpost is Poland, to the right is Slovakia.



# Mountain Gallery

by Dee Molenaar



Everest and Lhotse, with the Khumbu Glacier and Icefall, from the west.



JOHN ROPER

## The Peaks of Beverly Creek

—MY GOAL WAS TO CLIMB THE PEAKS OF THE HEADWATERS—

It was 108 miles from Bellevue to the Iron Peak trailhead (22 miles of it up the Teanaway River Road from Highway 970). There was a huge commercial horse camp with several industrial tents at the DeRoux Campground.

My goal this last Wednesday of August was to circle peaks surrounding the headwaters of Beverly Creek (*USGS Mount Stuart*).

**Iron Peak (6510 feet).** The trail was very efficient, gaining 2600 feet from the 3900 foot trailhead to the top of Iron. 1.5 hours. This is a pretty, dry area, a pleasant change from a wet August on the west side. A scratch trail not shown on the maps led from the pass to the summit.

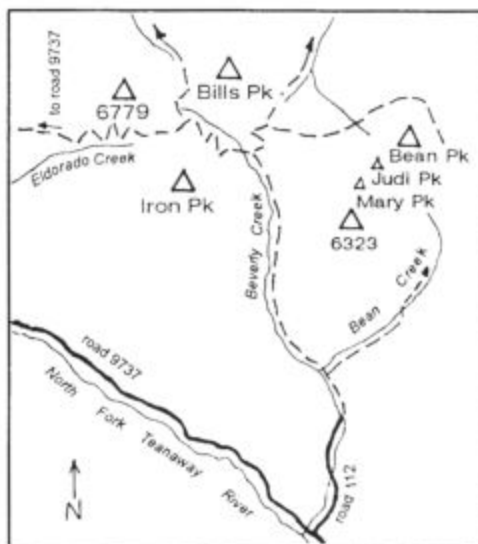
Why the mapmakers chose to name Iron, but not nearby, higher Peaks 6779 or 6917 puzzled me. Iron Peak has 390 feet of prominence, and that is giving it the benefit of the doubt.

**Peak 6779.** After a photo-panorama from Iron, I set my sights on 6779, a little less than a mile northwest of Iron, which has 540 feet of prominence above Longs Pass.

From the 6120+ Eldorado-Beverly pass, there is a scramble route up game trails, some solid rock, then scruffy talus on the Beverly Creek side to the top. There was no summit cairn or register, but the summit looked used, and route cairns here and there along the way made it evident that it has been regarded.

The climber's guide calls it Teanaway Peak (p.304), but since there is already a Teanaway Butte and Teanaway Ridge nearby, this seems a confusing choice. "Gilded Mountain," after the translation of Eldorado, the creek the trail parallels, and the golden tone of the weathered rock, seemed pertinent. This took 40 minutes from Iron.

**Peak 6917.** From 6779, I followed the Chelan-Kittitas County Line east along the Ingalls (Wenatchee)-Teanaway (Yakima) River divide to the



Beverly-Turnpike Creek saddle (5800 feet). Here the choice was to climb the southwest ridge of 6917 directly, or drop 600 feet on the Beverly Creek trail to climb the peak from the southeast by way of the Beverly-Fourth Creek saddle, over more gentle contours.

The 600 foot drop clinched it. I would try the unknown southwest ridge, even though it had some daunting vertical steps in it.

The initial part of the climb out of the 5800-foot saddle was easy, treed terrain which gave way to a talus slope which ended in a formidable rock wall that forced the route right (east) up a gully to the south ridge crest at 6600 feet over a couple of fairly easy chockstones. Class 3.

From here solid rock, requiring a hands-on experience, led uneventfully to the summit. 1 hour 15 minutes from "Gilded." The yellowjackets on the summit were somewhat worrisome for about five minutes, then they left me alone.

This unnamed peak on the map was certainly not unknown! It was obvious from the hundreds of signatures inside the brass Mountaineer register, dating to 1984, that it is a highly sought-after prize, one of the ten Teanaway Pin peaks. There were also several Mazama party entries.

They called it "Bill's Peak." I wondered who "Bill" was, since the many pages of signatures and comments didn't shed any light on this.

Was it for Bill and Gene Prater, Sherpa snowshoe inventors and local

*continued page 27*



Bill's Peak from Eldorado-Beverly Pass.

KAREN SYKES

## the Walt Bailey Trail

—A TROOP 70 ADVENTURE—

Twice in recent years friends, daughter and I had tried to follow the old Mallardy Ridge trail, failing each time, ending up in thickets of brush, bees, and curses.

Finally I resigned myself to forgetting the notion of following the old Mallardy Ridge trail and suggested the Walt Bailey Trail to John for our October Troop 70 outing. My daughter and I had hiked it part-way in August and had been delighted with it. I told John that it would be relatively easy...

Rain is mandatory on a Troop 70 outing but this was not to be the case—this first weekend of October turned out to be beautiful weather-wise. No rain in the forecast until late on Sunday and then, who cared?

There were three new boys in the troop this year and I told John I would bring up the rear with them as it was obvious after the first few steps that one of the boys was going to have trouble. I tried to cheer him up as best I could but no amount of jollyng could lift his spirits.

I didn't mind going slowly—the slower I go the more I see. Jacobs ladders hung through the trees and there was an autumn smell of old leaves, earth, and mushrooms that always makes me think of my father. (We went mushroom hunting every year in my childhood even though we didn't know the names of ANYTHING. We had marvelous times.) It's the kind of smell that makes you think of black coffee and smoky cabins and the crisp sound of grease splattering in a cast iron pan as a trout or a flapjack is tossed in.

The stronger boys had gone on ahead with John (probably racing each other) to our eventual campsite. At about a mile and a half is a large meadow with a slow-moving stream. It looks like something Wallace Stegner might have written about.

I half expected John to be setting up camp nearby but neither he or the older Scouts were to be seen. This was as far as my daughter and I had gone in August. The boys and I continued along the trail believing that camp would be



*The high meadows and tarns below Bald Mountain, on the Walt Bailey Trail.*

soon at one of the unnamed blue holes on the map.

Then, after crossing an old rock slide, the trail began to climb. We eventually caught up to some of the boys who were taking their lunch at the bottom of a boulder field.

They were getting tired too and asked the inevitable "how much farther?" and I kept repeating as I had throughout the day, "hopefully, not much farther!" I could see they were losing faith.

After lunch we began to climb the boulder field and the final switchbacks into the high meadows, lakes and tarns beneath Bald Mountain. Since this trail doesn't show on any of the maps we had, John and I had disagreed several times on what the names of these lakes were.

I insisted that the larger lakes were Cutthroat Lakes, and he insisted they weren't, (we both missed the "no fires at Cutthroat Lakes" sign near the trail-head). We heard the thunder of feet above us and thankfully, two of the

older boys were coming to the younger boys' rescue.

The bigger boys took the packs from the two most tired Scouts and hiked back up the switchbacks.

When we rounded the top of the ridge the first thing I saw was John basking in his lawnchair. As I looked beyond him I began to get an idea of what Heaven must look like to a believer.

If it had been raining it wouldn't have looked as good, but in the golden October sun it was a vision of copper and red leaves, rocks with blue-green hues, sparkling granite, clumps of artistically arranged hemlocks leaning in toward each other like old friends, and several small tarns without even a wrinkle of breeze.

We all dropped our packs and soon had camp set up. John and Andy (the oldest Scout) and I camped on one knoll, the younger boys on the neighboring knoll.

Off to our left was a peak that I believed to be Bald Mountain. John said

it wasn't. However as the afternoon wore on the peak kept catching our attention so what could we do but go off and explore? John, Andy and I set out to see how far we could go toward attaining the summit.

The trail led to two larger lakes, one set below and one at our level surrounded by well-kept campsites complete with grills and portapotties.

"John," I said, "this has to be Cutthroat Lakes."

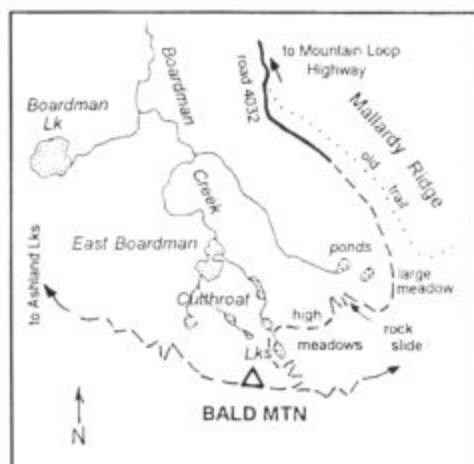
"It can't be," he said, "but I can't figure out what lakes they are."

We continued hiking and saw that this trail has been worked on very recently and is well-maintained. The trail climbed above the lakes and now our mountain was to the right. When I saw that our trail met another trail heading toward the mountain I was sure it was Bald Mountain but kept quiet.

By now, we didn't care *what* mountain we were approaching as the scenery was getting even more incredible. Below us a large body of water glittered in the late afternoon light—Spada Lake. A faint path traversed just under the summit of the mountain.

We approached the base of the peak and John and Andy scrambled up like spiders and were soon on top as I looked for an easier way.

John and Andy came back down and said there was a marker indicating that



it was Bald Mountain indeed and we all laughed. John pointed out an easier gully to the top so I scrambled up the gully, around the backside of the peak and to the top. A short Class 3 scramble with some exposure. No problem for the limber and long-legged. We didn't stay on the summit long because it was getting late.

The next morning we had our breakfast, packed up and headed out—still in good weather. It is not an easy place to leave. Just as we were traversing the lower boulder field we ran into a young woman (Nancy Barker) who turned out to be with the Department of Natural Resources and had been doing some work on the trail project (also with VOW).

We talked for quite a while and she told us that from what she knew that the old Mallardy Ridge trail probably ended in the Big Meadow and also that there was an old cabin in the vicinity which had been found once recently and then lost again. Is there anything more exciting than old trails and lost cabins? I doubt it.

Nancy said that when she had time she was going to look for the end of the old Mallardy Ridge trail from the big meadow.

Stopped at Dairy Queen in Frontier Village but even that didn't lift the spirits of the little boy I had hiked in with. He had so many misfortunes that the outing turned out to be more pain than pleasure and we don't expect to see him again.

We're always sorry when that happens but most of the kids come back again. We hope they will still be coming back when they are our age, to introduce the following generation to the wilderness.

For information on the Walt Bailey Trail, stop by the Verlot Ranger Station when it re-opens in the spring

*Karen Sykes, of Seattle, is a Mountaineer trip leader and a frequent participant in Troop 70 adventures.*

## The Peaks of Beverly Creek *continued from page 25*

climbing legends?

My suspicion was that it was Mary Sutliff's tip of the hat to Bill Maxwell, former president of The Mountaineers.\*

Mary and Judi Peaks are nearby. May they all live long and happy lives. Since I might call a peak or two after living humans, I understood the good sentiment.

The summit register was interesting.

\*Ed. Note: Mary Sutliff says that Bills Peak is named after Bill Prater. She first saw a written reference to Bills Peak in *Snow Trails*, by Gene Prater.

Mary Peak and Judi Peak are informal names less than 10 years old, given by students of The Mountaineers Scramble course, in which Judi Maxwell and Mary were quite active.

Although Mary used local informal names in *Teaway Country* (1980), she did not do any naming herself.

Several P&P luminaries had signed in, including TG, CAT, Tom and Sara Matoi, Garth Warner, and Mike Torak. No Bulgars. Jeff Hancock had carried his 2½-year old son to the top on his back. I called him on my return and he impressed me with the news that he'd packed his boy to the summit of all the Teaway Ten Peaks.

This peak, even though it is nearly a 7000-footer with over 1000 feet of prominence, is not mentioned in the climber's guide.

After about an hour, and a leisurely lunch, and telephoto shots of all the Stuart Range Big Boys immediately across the Ingalls valley, I headed down what I presumed to be the stan-



Iron Peak from Gilded Mountain (6779)

standard southeast slope route, quite pleasant, to the trail. 2 hours 10 minutes from the summit to the car.

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



KATHY GOENEN

## The Trail to Glacier Basin is Not Flat!

—LESSON: BE UP-FRONT WITH MOM—

My husband Richard and our son Mathew are avid hikers. Shortly after returning from a 55-mile, 7-day hike, in the Olympics they were ready to go again.

Being the mom, I take the responsibility of staying home, to care for the animals, very seriously. Besides, 7 days without a shower and the absence of fresh produce for the same amount of time is just asking too much of me.

We decided that before September slipped by, a day hike was in order. Seeing that it was only for a day, a shower and fresh food were on the agenda, and I said I would go.

My only questions were how long and how steep would the trail be. I was assured that the trail was relatively flat and only 6 miles round trip. Piece of cake! I'll go.

Upon arriving at the White River Campground at Mount Rainier National Park, I made use of the facilities, for some things are not a welcomed wilderness experience in my book.

Now, off we go, and yes, the trail is relatively flat. This will be a good hike. Flat, that is, for about 300 yards. I notice this first thing. But I won't say anything yet, it's a beautiful day, no bugs to speak of and the air is so crisp and clean. A small hill is nothing to complain about.

At the 1-mile marker we are still walking uphill. So far so good. I've worked up a small sweat, but my heart rate is normal. We continue. At the 2 mile mark I am sweating, can't see out of my glasses because they are all steamed up and my heart rate is at about 85%. Now I am going to complain! "Where is the flat part?" I asked. Well, I am informed that that was the flat part and the rest of the trail gets steeper. I am now crabby.

The last mile I don't say much. I know I'm going to make it because it isn't really all that bad. It

was just that I expected a relatively FLAT hike.

The basin was beautiful, could not ask for more. We ate our lunch. I picked a spot for a short nap and Rich and Mat headed off to explore some old mining tunnels. After about a half hour of playing "lazy lizard in the warm sun" my snooze was interrupted by a family with some children who thought crickets were deadly.

If one sits quietly and soaks in the beauty of the surroundings it is amazing the things you can observe. A tiny frog struggled to cross a grassy section of the trailside where I sat.

My first thought was how cute this frog was and how nice it would be to take him home and put him out in my yard with the other tree frogs. But I thought better of the idea; he belonged exactly where he was. Life in the low-

lands was not a place for a mountain frog. What happened next will forever make me think of that poor frog and how I should have brought him home. A very beautiful Clark's Nutcracker swooped down, grabbed him up, ate him and flew off! The food chain in action. What a way to ruin my day. Oh well. Let's move on.

Next, I noticed something moving on the ridge just across the canyon. Finding my glasses, which I can now see out of, I can tell that this movement is a mountain goat and she has a kid with her. Off to the right are three more grazing on a slope. What a sight. I have now forgotten all about the frog and life is good again.

My hikers return, we watch the goats, swat a few deer flies, and decide it's time to head out. The trip down the trail will be less crabby, I am certain. I know it's downhill from experience. Although I am also certain that if they could have found a route that would have been uphill all the way back, we would have taken it. Thank goodness for one way trails.

The point of my story is this. If you tell someone that a trail is relatively flat make sure that it is. An uphill trip is okay as long as you know it is before you start. You can preschedule all your complaints and ration them accordingly and everyone will know exactly what they are getting themselves into before they start.

Glacier Basin is not a flat hike—but it is not difficult either. I made it. If you have never made this trip, do so. It is a nice day hike and a shining example of just how beautiful this state of ours is.

*Kathy Goenen, of Buckley, is a confirmed lowlander.*



Rich and Mat, avid hikers—they thought it was flat!

Kathy Goenen

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# PANORAMA

NEWS FROM ALL OVER

**GLACIER BAY**—A new Park Service plan would increase by 72% the number of cruise ships touring Glacier Bay National Park. The number would jump from 107 to 184 during the months of June through August.

The National Parks Conservation Association is concerned about the impact of increased cruise ship traffic on the local humpback whale population.

The Park already receives complaints about the haze left behind by the cruise ships. Increased ship traffic will only make the problem worse. There is no air monitoring program to limit emissions.—*excerpted from The Mountaineers Conservation Newsletter.*

**FRIENDS OF MOUNT RAINIER**—FOMR is a new organization to promote responsible use of Mount Rainier National Park.

FOMR wants to be sure the public will be well-informed and represented when any plans which affect use of the Park are under consideration. This includes any further road closures, trail closures, removal of historic buildings, restriction of private vehicles, killing the fish, and limiting backcountry use.

Such changes are currently being considered in the Park's proposed General Management Plan. This plan will affect the public's use of the park for the next two decades.

If you would like to receive a year's quarterly newsletter and be notified of any meetings or hearings concerned with public use, please send \$12 to:

**Friends of Mount Rainier**  
PO Box 92  
Issaquah WA 98027.

**CLEARCUTS**—If you thought logging old growth forests on the Baker-Snoqualmie National Forest was a nightmare of the past—think again!

The "logging without laws" timber rider to the Rescissions Bill brings back huge clearcuts to our Forest. As many as seven old growth sales may be logged next spring if the environmental community does not win its lawsuit to protect the sales. All these sales are big, bad and ugly.

Pilchuck Audubon Society is planning a special one-day workshop to discuss this and other important issues. The purpose is to inform you and show you ways to get involved. The date is Saturday, **December 9**, at 9am in the

Port Gardner Room at **Everett Community College**. The workshop is free; bring a lunch and your own cup for hot drinks.

Register in advance by calling Bonnie Phillips-Howard, 360-652-9619, or Ellen Gray, 206-252-0926. You can also register at the door.—*excerpted from Pilchuck Audubon Society flyer.*

**SCOTTISH LAKES**—Bill and Peg Stark have sold their Scottish Lakes Ski Camp to the folks who managed the camp last year—Mark and Linda Wells, and Don and Chris Hanson. It's the same great skiing, with some changes planned for the future.

Write or phone for a new brochure with current information and rates:

**Scottish Lakes**  
PO Box 2023  
Snohomish WA 98291  
206-844-2000.

**NORTH CASCADES**—North Cascades National Park has eliminated the campsite reservation system. It was not

successful because two-thirds of the people who wrote and requested sites never arrived, and 30% of those who did arrive had changed their plans.

Backcountry permits are still required but they are issued on a first-come-first served basis. Most areas do not fill to capacity, but the popular sites, including Boston Basin, Pelton Basin, Sahale Arm, Monogram Lake, Thornton Lake, Copper Ridge and the Ross Lake area, fill quickly on weekends and even weekdays during July and August.—*from NCNP "Climbing Notes."*

**EXHIBIT**—Photographer and *P&P* subscriber Don Paulson invites you to see his photo exhibit at the Kitsap Regional Library on Sylvan Way in East Bremerton. The exhibit is titled "Painting Nature Photographically" and will be on display during the month of December. The photographs are painting-like images of the natural world.

## MOLENAAR

### LANDFORM MAPS

Educational Insights into various  
geologic settings of the Pacific  
Northwest—and beyond

These ARE NOT high-priced automated images "generated" by computer or through satellite imagery, but are aesthetically attractive, natural-color, shaded-relief "astronaut view" renditions of the landforms of areas of special scenic and geologic interest. The maps are all based on Dee Molenaar's personal visits to and flights over the areas—along with his background as geologist, mountaineer, and artist.

Loaded with information for the motorist, cyclist, hiker, backpacker, climber, hunter and fisherman—and geology buff—most of the maps include bordering watercolors of selected scenic highlights. Available both flat (for the home and office walls) and folded (for the rucksack or glove compartment) our maps include the following:

State of Washington—Mount Rainier  
National Park—The Olympic Peninsula—Puget Sound  
Region—Mount St. Helens Country—Point Reyes National  
Seashore and the San Andreas Fault—Glacier  
Bay-Juneau Icefield Region—McMurdo Sound Area,  
Antarctica

For detailed descriptions and prices, write  
**MOLENAAR LANDFORM MAPS**  
PO Box 62, Burley WA 98322-0062, USA

**WATERPROOFING**—My aqueous based waterproofing seems to work well but it was a hassle to apply it and to get it absorbed into the boot leather. Because it is water based it beads up on the leather when I try to add additional coats or to re-coat my boots. My boots are Scarpa Eiger. My waterproofing is Nikwax Nubuck & Suede.

The directions state to "Work [it] into the leather, seams, and welt." If I use my finger to do this I scrub the skin off my finger in the process.

I now use a small chunk of scrap leather, a "leather fingertip," to do the job effectively. It saves my fingers from the sandpaper abrasion of the boot leather. It lets me work the waterproofing into the seams and welt with the edge of the leather scrap.

My "leather fingertip" applicator seems to overcome the surface tension of the waterproofing and to speed up the application of the second and third coats. I use a trapezoidal shaped piece of 1/8" thick leather scrap. I cut it to about 2" on a side and punch a hole in the middle of it for ease of handling and to have a quick way to hang it up to dry between uses.—*John Carlson, Kirkland.*

**GATORADE**—If you like Gatorade you may have noticed that the dry mix and some flavors are getting harder to find in supermarkets. You can order direct from Gator Express, 1-800-442-8671.

Six flavors are available in 1 quart or

1 gallon envelopes, case quantity only. One case of 24 one-quart envelopes is \$15.00; one case of 20 one-gallon envelopes is \$28. Other items and much larger sizes (team sizes) also available.

I like lemonade and orange, rarely seen in grocery stores anymore. Even including shipping cost, it is cheaper than can be found locally.—*VB/MA, Arlington.*

**OUTDOOR BOOKS**—Recently got a catalogue in the mail from Adventurous Traveler Bookstore (PO Box 577, Hinesburg VT 05461; 800-282-3963).

This is an outstanding resource for books, maps, videos on climbing, hiking, skiing, bicycling, kayaking, fly fishing, and general travel information, and it covers the whole world!

Divided by geography. Competitive prices. When you need information outside the Northwest choices often are limited, and if you don't have a title/author it's a challenge to try to order something. Even if you don't need anything currently, it is a great reference to have on hand. Just never know when you might need to know about bicycling in Australia.—*VB/MA, Arlington.*

**WARMER IN WINTER**—To stretch your summer sleeping bag for winter conditions, try using double sleeping pads, a bag liner, and/or an overbag.

A pair of clean, dry socks will help your feet warm up. A water bottle filled with real hot water is great in a cold sleeping bag. Try this at home first to

make sure the bottle doesn't leak!

A couple of candle lanterns can raise the temperature inside the tent by about 20 degrees. For safety, use lanterns, never open candles, and hang them from secure points in the tent.

I really like those chemical hand warmers. The big, reusable ones get real hot real fast, but the heat lasts only an hour or two. The little disposable ones take a couple of minutes to get warm, but they're toasty for many hours.

Watch the expiration date! Within a year of the date, these packets are likely to start losing their heating power. I use only new, fully-charged ones for snow camping, and save the older ones to use up on day-trips.

If you're unhappy when you're cold, like I am, it pays to have some ideas for staying comfortable in the snow.—*AM.*

**FABRIC SOFTENERS**—A reader brought to our attention that fabric softeners are harmful to some long underwear and other garments that are designed to "wick moisture from the skin."

Fabric softeners build up on the outside of the material, causing a loss of absorbency. The garment loses its ability to wick moisture.

Read garment care labels carefully. Many of them do inform you not to use fabric softeners.

**OLD FREQUENCY**—If you purchased an avalanche beacon in the US prior to 1986, it may be out of date. The international standard for all avalanche beacons is now 457 kHz. New beacons are sold with the single frequency only. Beacons sold during the transition period between 1986 and 1992 had a dual frequency (the old 2275Hz and the new 457 kHz).

Be sure all members of your party have compatible beacons.

**COCOA**—Flavor your camp cocoa with a sprinkle of cinnamon or nutmeg.



Watch out for the other guy—as we are reminded by these signs on opposite sides of a post at a junction of snowmobiler/skier trails near Keechelus Dam east of Snoqualmie Pass.

Ann Marshall / Lee McKee

**WIN FAME & ADMIRATION!**

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# EDITOR'S JOURNAL



Skiiing the Copper Creek road, west side of Mount Rainier.

**FROM THE MAILBOX**—"Thanks for the last several years of great reading, beautiful photos and interesting people." —*Seattle*.

"Thanks so much for not wasting the paper and money to send out subscription renewals every two months all year like everyone else." —*Renton*.

"Thanks for the account of the Clark Mountain High Route. I had been eyeing it in *Routes & Rocks*. Think I'll try something else." —*Mercer Island*.

"I get lots of magazines, but *P&P* is the only one for which I'll drop everything." —*Renton*.

"Youse guys are great! I read the magazine cover to cover each month." —*Olympia*.

"We've got three kids, 5, 3 and 1, so it is tough to get out to the places I used to go. *P&P* makes me feel like I'm there." —*West Linn*.

"I've admired Louise Marshall for years. She was a role model for outdoor women in the '70s when women's voices about outdoor issues were few and wispy." —*Mercer Island*.

**INDEX**—It's that time when I start to work on indexing *Pack & Paddle* for the year. I do this in my "spare" time and it takes quite a while, but the Index is so useful that I couldn't do without it.

Judging from the requests we get, many of you feel the same way.

If you want to be an early bird, you can get your request in now by sending a card or note or phoning with your name and address. Lee will keep track

of all these requests, and as they pile up he will become highly agitated, therefore motivating *me* to get the darn thing finished to keep him quiet.

The Index is free, by the way, but we always appreciate stamps, or even self-addressed stamped envelopes (a long envelope with a 32 cent stamp).

**CALENDAR**—The 1996 Women Climbing calendar is available. The calendar is produced bi-annually by Women Climbers Northwest as a memorial to four climbers—Hope Barnes, Kathy Phibbs, Patricia Whitehill-Bates and Nancy Czech—who died in the mountains. Proceeds from sales of the calendar are used for outdoor leadership projects.

The Calendar is 5"x7", with dozens of color photos and selections of outdoor writing. This year two of my photos and one of Lee's are included (although I mistakenly get the credit for all three!).

You can pick up a copy at many outdoor shops, or by mail from **WCN, PO Box 31223, Seattle WA 98103** (The price is \$12.95, plus \$1.62 tax, plus \$2.75 shipping—\$17.32 total).

**PEPPER CAT**—"This is Pepper Cat," writes *P&P* reader Martin Messing (see below). "She is retired after a busy career. Pepper follows Yellow Cat's doings and wonders whether they could be related since they both have the same last name."

Yellow Cat replies that she is intrigued by the similarity of names—could it be coincidence?—but has no knowledge of her ancestry, having been abandoned on a rural road at a tender age. She is, however, delighted to welcome Pepper Cat as part of her extended family.

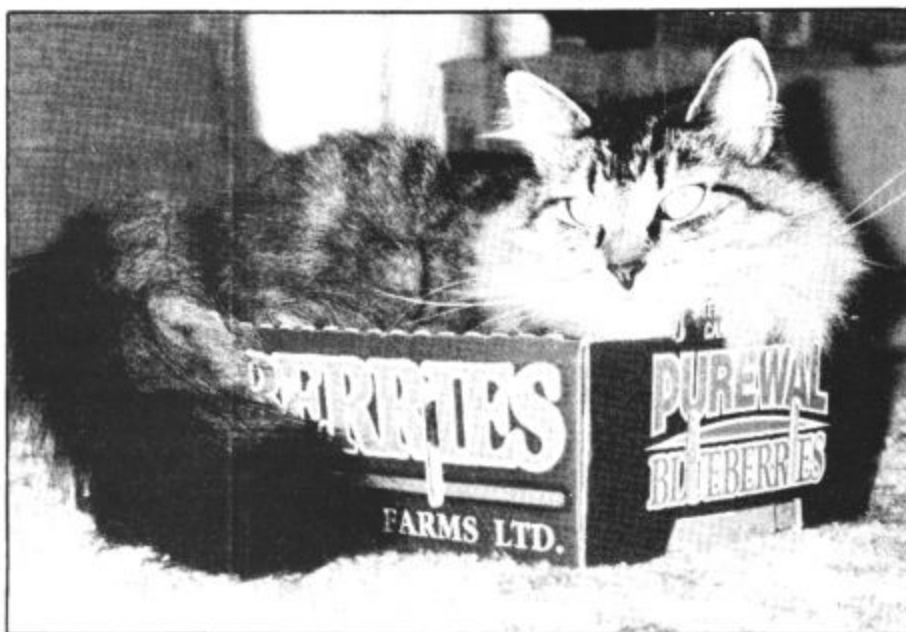
**BOOKS AND ARTISTS**—At Dee Molenaar's watercolor exhibit (which was great) at the Sidney Gallery early in November, we met Bette Filley, the author of *Discovering the Wonders of the Wonderland Trail*. She has written another Rainier book, *The Big Fact Book About Mount Rainier*. It is brand new. See page 11 for ordering information.

Speaking of new books, Warren Guntheroth (a *P&P* contributor) has written one about his climbing adventures with Sasha, his Siberian husky. *Climbing with Sasha* will be available in early December and would make a great holiday gift for mountain people who like dogs.

Price will be about \$15. For ordering information, contact **Husky Books, PO Box 27803, Seattle WA 98125** (phone or FAX 206-365-5185).

See you in the backcountry.

Ann Marshall



Pepper Cat

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## SWALLOWS' NEST



### Calendar of Events for December

- Thurs. Dec. 7 **XC WAX CLINIC**-beginning wax seminar, by Eric Redrup, SN Staff, 6:30 pm, FREE.
- Sat Dec. 9 **SNOWFEST '95 DAY ONE:** at Ski Acres XC area XC & Snowshoe Demos, Snowshoe races FREE.
- Sun Dec. 10 **SNOWFEST '95 DAY TWO:** at Stevens Pass XC area XC Demos, FREE.
- Tues. Dec. 12 **AVALANCHE AWARENESS:** A slideshow and clinic, by Gary Brill, 6:30 pm, FREE.
- Wed. Dec 13 **XCD DEMO**, Telemark demo, Snoqualmie Summit, 7-10 pm, call for additional information.
- Sat. Dec. 16 **Swallows' Nest/Ski Acres 10km CLASSIC SKI RACE**, registration starts at 9:30 am, call for additional info.
- Wed. Dec 20 **XCD DEMO**, Telemark demo, Snoqualmie Summit, 7-10 pm, call for additional information.
- Wed. Dec. 27 **Swallows' Nest/Ski Acres WEDNESDAY NIGHT XC TIME TRIAL SERIES**, 6:30 pm start, call for info.

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