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Garth Warner

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COVER PHOTO:

Nigel and Toby Steere on the PCT in Cispus Meadows. Big Horn, behind them, is the highest peak, 7960 feet, in Lewis County. Goat Rocks Wilderness, Washington. Photo by John Roper.

HOW TO BE A PACK & PADDLE CONTRIBUTOR:

Send us your stories, reports, and photographs. *Pack & Paddle* is written by its readers and we welcome your ideas, input, and material. Submissions are considered contributions—if payment is requested it will be a modest amount. We take great care in handling your work, but we cannot guarantee against damage to or loss of materials. Please don't be offended if we can't use your stories or photos.

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• • •

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PRIVVY POETIZER

The Privvy Poetizer (see *P&P October 1997, page 4*) will be in evidence after mid-June in certain facilities far from the parking lot crowd. The new composters are in at Lower Lena and will be "enhanced" soon after the trail crews from WTA have been there.

There will be two enhancers delivering the poems. A fellow *P&P* reader called me after reading about the endeavor in the October '97 issue and offered to help.

The variety of selections is wild and wonderful. Here is one that was considered but not chosen which will serve as a sample:

This is my letter to the World
That never wrote to Me—
The simple News that Nature told
With tender Majesty

Her Message is committed
To Hands I cannot see;
For love of Her, Sweet countrymen
Judge tenderly of Me.
Emily Dickinson

They are not easy verses; you may need more than one trip to the facility to mull them over. Enjoyment and meditation are both intended.

Write or call if you can't make it to the backcountry and I'll send you the Privvy Poetizer anthology:

13408 186th KPN
Gig Harbor 98329
(253-884-4690).

Comments are most welcome.

Mary Watson
Gig Harbor, Washington

EARNING OUR TRAIL PERMITS

It was a dark and gloomy morning as we stood around at the Pinnacle Lake trailhead listening to James and Adam explain the simple how-tos of trail tool use in the pouring rain.

About a dozen of us had come to earn our Trail-Park permits by working for them.

I (we) must admit this turned out to be a whole lot more fun than I first expected. The other unexpected finding was that our "bosses" weren't the slave drivers we had expected them to be.

They didn't mind 4-year-old Heather coming along. (But in spite of the fact

that she worked along with the rest of us, she didn't get a pass. I guess you also have to be able to drive.) Nor did they mind our bringing our two Siberian huskies.

Several of us agreed that had it not been raining we would have found it very difficult to be there.

During lunch we learned that our log-mates were: a classical musician, and Joan Burton who wrote the *Hiking with Children* books.

Kathy, Heather and I agreed we had so much fun that we may even do this again ... in the rain.

For your own fun in the sun—or rain—call WTA at 206-517-7032 or 800-587-7032.

David MacFarlane
Lake Stevens, Washington

CUTTHROAT LAKES MAP

Edythe, Judy, Connie, Darlene, Robert and Rick from the Aberdeen/Olympia area know a good hike (*December 1997, page 9*).

I like getting to Cutthroat Lakes and Bald Mountain on a shorter trail from the other side by way of Sultan Basin and Williamson Creek roads. Hiking time is less than half with the same topside scenery to boot.

Nice side trip? Cross-country around the east flank of the mountain and down to East Boardman Lake. It isn't any trickier to there than to the top of Bald Mountain. Slept on the top, once, away from all the noise and hubbub at the campsites below.

Cutthroat Lakes and the above route is shown on a map—Bob Kinzebach's Pic-Tour Guide Map 3B, 1990 (North Puget Sound Cascade Mountain Foot-hills).

Erling Syverstad
Spanaway, Washington

NEW BOOK ON OLYMPIC MOUNTAIN GOATS

Although the Olympic mountain goat issue has been very quiet the past year or more, Park Service is still working on their program to eliminate goats from Olympic National Park. People who are interested in keeping abreast of this issue should get hold of a new book by Dr. R. Lee Lyman, *White*

Goats, White Lies: The Abuse of Science in Olympic National Park, published by University of Utah Press, ISBN 0-87480-555-4.

Dr. Lyman did an exhaustive review of the entire Olympic mountain goat program and raises serious questions about the validity of Park Service's conclusions and actions in trying to eliminate goats from the park. Supporters of the Olympic goats will find this to be a very enlightening book. And after reading the book, supporters of Park Service's plan may want to re-think their position.

Keith Gunnar
Langley, Washington

MAY THE FORCE BE WITH YOU

Incoming, 11 o'clock! Even with my eyes closed I can sense where the enemy lurks. I sometimes feel like a Jedi Knight.

The once dreaded mosquito pales in comparison. It simply pierces your skin, the spot swells, it itches, you survive. But the *deer fly* consumes flesh with jaws equal to that of a great white. As if they were piranha, they consume their victims with wild abandon. It is said every creature has its purpose and place. The deer fly's purpose is pure evil and its place should be on an extinct list—but alas, it is not.

It has been a long, wet spring, just the kind a lowlander can truly appreciate. When it's cold and nasty you don't have to venture above the 1500 foot mark. You don't have to run the risk of a chance encounter with the *creature*.

I will forever remain committed to my goal of total avoidance. To all of you who practice tolerance of this demon, I stand in awe, I gladly turn over my share of wilderness to you. Go in peace, may the Force be with you ...

The Flatlander
Buckley, Washington

BACKCOUNTRY NEWS DEADLINE: July 20

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

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.

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

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



PENINSULA



MOUNT MULLER (USGS Mt Muller)

—For those of you who are interested in a strenuous hike that is nearly vertical on the way up, this is the one for you.

The reward for the uphill climb is breathtaking views of BC, the Olympics, and some of the Cascades. The three of us found the trail clearly marked and easy to follow. Make sure you have water, because it is scarce here.

The only place we found to camp was right at the top of Mount Muller. There are several nice camps atop the mountain, and the views are great. Most of the mountaintop is covered with trees that provide ample protection from wind and rain.

The hike down is steep and puts a lot of stress on the calves and toes, but it is a welcome relief after the hike up. We did this trip clockwise and it took us almost 5 hours! But coming down was a mere 2 hours. Our vehicle appeared safe in the parking lot and had not been broken in to.

The overall hike was pleasant and fun, and is one I recommend.—James Valenzuela, Bremerton, 5/3.



CHURCH CREEK (USGS Mt Tebo, Wynoochee Lk)

This trail follows an old road and descends into the forest. A female ruffed grouse tried to lead me away from her nine chicks and came back hissing when I stopped to count them.

Church Creek must be crossed to reach the shelter. I climbed over a handy alder. I walked on up to Camp Laney (horse camp) and wanted to follow the trail shown on the map to Harps Shelter, but couldn't find it. A bend in the river looks like it took out the trail.

I called the Hoodspout district to confirm, but could get no definitive answer.—Cindy Notown, 5/19.



CEDAR CREEK (USGS Mt Tebo)

This short trail is not marked with a sign, but is directly across from the first spur road off road 2361. The trail goes a short distance and is high above the river. After the first switchback it ends in an abrupt cliff where the river has eaten the trail. Watch that last step! No wonder it isn't marked with a sign.

When I drove up the Skokomish there was a chicken out by a spur road near the high steel bridge. Strange sight because there is not a house for miles.

I didn't give it a thought again until I drove back out past that chicken. I thought, *Hmm, wonder if she needs a ride?* So I caught the chicken who was eating bread crumbs someone had left her.

We stopped at Cenex on the way home for some chicken chow and I promptly

got rewarded with an egg the next morning. That's the first time I've gone hiking and come home with a chicken.—Cindy Notown, 5/19.



LA PUSH TO OIL CITY (USGS Toleak Pt, Hoh Head)

—Our party of six started down the third beach trail in a steady rain. The first 1.4 miles to Third Beach is a real boulevard, and in excellent condition even in wet weather.

We hit the beach near low tide, briefly checked a few tide pools, and headed south and up over the bluffs. The ladderlike arrangement made up of landscape ties and cable installed by NPS was in good condition, so we got our workout hauling heavy packs and old bodies, but no problems.

The blufftop trail is serious mud, but we made it back down to beach level in time to beat the rising tide around Scott's Bluff and avoid another up and over. We set up camp at Strawberry Point as the weather began seriously clearing. The rest of the day was spent exploring the point, strolling the beach down to Toleak Point, counting eagles (lots!), and watching a couple of sea otters at play.

Next day the weather, defying all predictions, remained perfect. We split the group, two of us hiking back to ferry the van around to the Oil City trailhead, while the rest of the crew headed south along the beach route, fording Goodman Creek and pushing toward Hoh Head.

We reunited that evening, finding a good campsite up top near the head.

The van shuttle crew barely beat the rising tide around a tricky point just south of Jefferson Cove to make the rendezvous.

Next morning found the return of gray weather, but we took our time down the homestretch and arrived at Oil City by midday. This stretch of the Olympic coastline has it all: spectacular seastacks, great tidepools, abundant wildlife.

The new NPS backcountry fee system is mercifully easy to use. Just fill out the permit at the trailhead, go hiking, and mail in the fee in the envelope provided.—Cleve Pinnix, Olympia, 5/15-17.

SQUAXIN ISLAND (USGS Squaxin Isl)—Our party of two double kayakers set off on a drizzly Memorial Day for a circumnavigation of Squaxin Island.

We launched at the Arcadia ramp, east of Shelton, on an outgoing tide. Tidal currents around Squaxin Island are deceiving; the outflow from Hammersley Inlet on an ebb tide sets north, so we picked up the flow, followed it around the north tip of the island, and down Peale Passage.

This is a lovely, quiet place to paddle, coasting along the undeveloped eastern shore of Squaxin Island. The only disadvantage is that the entire island is off limits to landing, so there's no place to get out for a stretch. The tribe's large aquaculture operation is a point of interest midway down the passage.

We had timed our trip to catch the tide change, so after negotiating the impressive kelp bed off the south tip of Squaxin Island, we turned toward Arcadia with the incoming flow.

We stopped at Hope Island for that long-delayed stretch (beware the poison oak!), ate lunch huddled under the eaves of the old caretaker's cabin while the rain came down, and completed our circle tour, landing back at Arcadia about four hours after our departure.—Cleve and Marty Pinnix, Olympia, 5/25.

HAMMERSLEY INLET (NOAA 18448)—For Ann and me this was our first time down the inlet so we paid attention as Bob, our trip coordinator, went over the paddling plan. The inlet is narrow and winding so current flow and eddies can be significant. There are two current stations—one west of Skookum Point and the other east of Libby Point. Calculations showed that we would have currents in the 2+ to 3+ knot range.

We were launching from Walker County Park just outside Shelton on the south side of the inlet (see *South Puget Sound Afoot & Afloat* for directions). Our plan was to ride down the inlet in the main current flow, then paddle over to Hope Island for lunch. When the current switched to flood we would head back in.

Nine of us in seven singles and one double kayak launched just before 10am under gray and threatening skies. The tide was about 3.5 feet heading for a low of -1.4 feet. We picked up the current immediately and were on our way.

Hammersley is the narrowest of South Puget Sound's major waterways and is used by commercial traffic and pleasure boaters, so paddlers need to be alert for traffic—especially for tugs with barges or logs in tow.

In just under an hour we were at Libby Point. Mill Creek flows into the inlet on the opposite shore and several of us poked our noses into the creek mouth. The tide was now about .7-foot but we had enough water to explore a ways up the creek. A group of Canada geese eyed us nervously so rather than disturb them further we returned to the inlet.

By 11:15 we were at Cape Cod. A number of our group took a few minutes here to practice eddy turns.

Shortly after 12 we were on the east shore of Hope Island enjoying lunch. The entire island is a state park and a proposed Cascadia Marine Trail camp spot. With a minus tide, lots of shoreline was exposed and a number of groups were digging clams.

By 1:30 steady rain had started and the tide/current had changed enough for Bob to round us up and head us back. With the current flooding, conditions in the inlet had changed. By 2:15 we were once more off Cape Cod, where some standing waves now appeared mid-channel. At Cape Horn a large eddy had formed on the downstream side with a definite eddy line.

Swirls and boils periodically appeared on the surface as we went by Cannery Point and by 2:45 we were off Skookum Point. Here the water picked up speed with wave action right off the point. Toward mid channel were a number of swirls and current lines.

Although the ebb and flood current magnitude was about the same for both legs of our trip, there was definitely more action in the form of boils, swirls, eddy lines, and waves on the return leg during the flood.

If you want to learn more about the inlet and how to navigate it, take a look at *Gunkholing in South Puget Sound* by Jo Bailey and Carl Nyberg. Also *A Sea Kayaker's Guide to South Puget Sound* by Ken Campbell describes the trip from a kayaker's perspective.—Lee McKee, Port Orchard, 5/24.

BUDD INLET (NOAA 18456)—Seven paddlers put in at Brisco Point which is at the south end of Hartstene Island. A county road deadends at the beach. The kayakers have to be carried only a short distance to the beach. Parking is limited.

We put in at 9:20 and paddled across Dana Passage to Boston Harbor. A small boat ramp and public toilets are located here.

We paddled along the eastern side of Budd Inlet stopping at Burfoot County Park, about ½-mile south of Dofflemeyer Point. We paddled up Gull Har-



Don Paulson

Kayaks on the beach at Guillemot Cove. Hood Canal.


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bor and past Indian Point County Park (undeveloped; just south of Gull Harbor) on to Priest Point Park for lunch.

This park contains 254 acres, hiking trails, fresh water, restrooms and good beaches. After lunch we paddled to the west side of Budd Inlet. There are some very large and beautiful houses located on this side with a great view of Mount Rainier.

We paddled north along the western shore to almost west of Gull Harbor and then we crossed over to Doffmeyer Point. We arrived back at Brisco Point at 4:30. Distance was 15.5nm.—Bob McBride, Silverdale, 4/18.

 **FAIRY DELL** (USGS *Suquamish*)—Bainbridge Island offered up another nice hike for my extended lunch break on Sunday. Fairy Dell is a cozy and unusual walk through a riparian streamside down to the saltchuck.

Take High School Road west past the high school for about 2 miles. Turn right on Miller Road and travel about 2 more miles, past the Bainbridge Nursery and Grand Forest (another hiking area). Take a left on Battle Point Road, or go a little farther and turn left on Arrow Point Road. Battle Point State Park is between the two roads. Turn onto Frey Road (connects Arrow Point Road and Battle Point Road) and park just inside Battle Point park (signed parking for the Fairy Dell trail). The trail is across Frey Road, just outside the state park.


The path immediately enters cool forest, flanking a little headwater swamp of Fairy Dell Creek. The cedar and fern glades are green and verdant. The trail drops sharply down the drainage, reminding me of the beach trails near Kalaloch. The salt air rushes up the defile, allowing hawks to ride the currents overhead. Mr. Pileated E. Woodpecker thumps on an old snag. The trail crosses and recrosses the rapidly growing creek, passing pleasant little rivulets and mini-waterfalls. The woodland plants add a nice splash of color to the steep banks. Oregon oxalis is everywhere.

The area is geologically interesting. The Cordilleran Icesheet, as well as others, did a nice job of shaping Bainbridge Island. The terrain is typical of all the islands that have been scoured, from the Queen Charlotte group all the way to McNeil Island. The orientation of this region of the ancient diluvial flow resulted in the north shores to be generally gradual in slope. The western, eastern and southern sides show more vertical demarcation. This shape can be seen wherever glaciers flow over

and around more resistant extrusions.


Fairy Dell Creek has eroded its own little canyon down this glacially shaped western edge of Bainbridge Island. The trail finally disgorged my hiking feet right out onto the very nice beach. The bedrock exposures exhibit obvious glacial striations. Straight across the water is a view of the Keyport Navy base. The Olympic Mountains form a snowy backdrop.

The feeling is quite private here, and the beach logs provide a pleasant lunch spot. The round trip is about one mile. Elevation loss and gain totals about 600 feet.—Larry Smith, Port Orchard, 5/31.

 **BLACK AND WHITE LAKES** (USGS *Mt Skokomish*)—To find directions look in *100 Hikes* under Flapjack Lakes. From the Staircase Ranger Station, the trail goes 3¾ miles up an old road, which has narrowed into a gentle trail. You go uphill at the sign to Flapjack and Black and White Lakes. At 7¼ miles from the car, you come to a sign directing you to either destination. There are 2 disagreeable (at least to me) river crossings between the sign and Black and White Lakes.

There is still a good bit of snow but since two of us had been there in snow before, route finding was fairly easy. It would be better to wait until late June to do this. We decided to go down the ridge trail as one of us did not like the river crossings. The ridge trail is fairly easy to follow when the snow is gone.

We were about .2-mile from the main trail when we met two volunteer trail clearers who were doing a wonderful job and planned to have the trail in good shape in another week. All in all, this is about a 17- to 18-mile trip. Foggy most of the way to the Flapjack intersection then bright, warm sun the rest of the way.—Edythe, Connie, Maria, Robert (Aberdeen and Seattle hikers), 6/13.

 **ENCHANTED VALLEY** (USGS *Mt Hoquiam, Mt Olson, Chimney Pk*)—Al Gregory and I got off work early Friday and headed for the trailhead. This was an Olympian Club hike but we were a group of only five. The weather was cloudy but not raining.

We packed all the way in to Pyrites Creek and were setting up camp by 8:30. Getting across the creek this year was a little more difficult than years past. We found a log at the mouth of the creek that worked out great. Saturday, we hiked to the valley to see ranger Lynn and help remove the shutters from the windows on the Chalet.

On our way we saw several black bears. Two of them were wandering around the camp near the Chalet. They didn't seem to bother anyone and we didn't bother them. We were told that the day before, a small herd of elk had been in the same area.


Ranger Lynn was up-trail somewhere when we arrived so we looked for a way to cross the river and check out the snow caves. We didn't find any logjams to cross on so gave up and hiked around some more before going back to the Chalet. Later, when the ranger returned, we did our shutter removal chore and sat down for some tea and conversation.

When we returned to camp I saw someone trying to cross the creek and went down to see if I could help. He was half way across some skinny logs and had run out of things to hold on to. I told him about the place we crossed and he turned around and headed down that way. He mistook the river to be part of the creek and went farther down stream and found a place to cross the Quinault River. He soon found out his mistake and I finally got him plus three others safely across Pyrites Creek.

Sunday we woke up to rain. Al and I decided to hike back to the Chalet, as it was too wet to do anything else. We got there just as ranger Lynn was leaving to go help a lady with a sprained ankle.

It was late morning and we spent the rest of the day talking to hikers and giving tours of the building. During that time, Carmen and Kenton Stuve from Moses Lake showed up. They were supposed to camp with us but missed our turn-off. We locked up about 5pm and headed back to camp. We met Lynn about half way back and she said that five other hikers volunteered to carry the injured lady's pack out and see them safely to their car. When we returned to camp, Todd Graeber, the fifth member of our group, had a nice fire going for us.

Monday the rain stopped and the sun came out from time to time. A lot of the people who came in on Saturday left on Sunday because of the rain. It was a nice hike out although the trail was quite muddy. We stopped at the Quinault Merc for burgers before going home.—Don Abbott and Al Gregory, Aberdeen/Hoquiam, 5/22-25.

 **FOX ISLAND** (NOAA 18448)—Our crew of two double kayakers took advantage of a sunny Sunday to circumnavigate Fox Island. We launched at the 10th Street ramp at the mouth of Wollochet Bay. This took a bit of work to find, as the street sign at the 10th Street turnoff is missing—perhaps the locals want to keep the traffic

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down?

Parking near the ramp is cramped, but obey the signs; one vehicle improperly parked had a ticket. The ramp was busy with both fishing boats and personal watercraft.

Once launched, we paddled west through Hale Passage. Unfortunately, the many personal watercraft using this area left little chance for serenity, or even for talking between boats. Once we rounded the west end of Fox Island, we lost most of the traffic and began to enjoy the day.

Much of this shore is undeveloped, with high, eroding steep slopes dominating the view. We rounded the east end of the island, crossed the passage back to our starting point, and enjoyed the last of this 4-hour paddle.—Cleve & Marty Pinnix, Olympia, 21.



COLONEL BOB TRAIL

(USGS Colonel Bob)—No new blowdowns, usual rough spots. Needs to be brushed out to get rid of overhanging greenery. Snow starts at Moonshine Flats. Steep, hard snow before summit block.—Edythe, Robert, and Penny the dog, Aberdeen, 6/17.



BOULDER RIDGE (USGS Mt Townsend, Mt Deception)

—Glenn Smith, Andy Adolfsen and I gathered at the main Dungeness parking lot with me being a few minutes late due to a newborn fawn being in the road when I came up.

Trail in is open and mostly dry with two tricky little stream crossings. Many flowers out but only one lady slipper and no tiger lilies yet. From Boulder Shelter we headed for Marmot Pass. Heavy snows still linger in many areas and we ran into a large snowfield on the trail above the highest switchback. From here we went vertical to the top of the ridge up the talus slopes. I got to watch Andy flail wildly with an ice axe for a second before regaining his composure. Note: Don't wear bright red hats in hummingbird country if you're nervous about bees.

The joke was on me later when I was startled by, and "outdrew," a chipmunk. Our initial goal had been Boulder Peak at 6852 feet but once on the ridge could see that a long snow finger made this an unwise choice.

The weather held off and we had perfect climbing conditions so we settled for the first two peaks in line. Glenn and Andy took to the top of the snowfields along the ridge crest while I did my goat imitation along and mostly under the west lip.

After the first summit, Glenn took off



Don and Kerry at Anderson Pass.

Don Abbott

downhill to scout new routes while Andy and I continued along the ridge to the second peak. The view is outstanding from this lofty perch but limpet mode is recommended. Directly below is Charlia Lake, still froze solid.

It was with reluctance that we left.—Farwalker, Hadlock, 6/21.

ELWHA RIVER—Downed trees have been cleared to Hayes River (16 miles) including the Geyser Valley Loop trails. Extensive blowdown past Godkin Creek (21 miles). Snow covers the trail on Low Divide at 3600 feet.

The camping prohibition from Lillian Camp to Lost River due to a recent bear incident has been lifted.

The Long Ridge trail has been cleared of blowdowns to 2.5 miles past the suspension bridge. The Dodger Point way-trail has been cleared of blowdowns for the first 2 miles.—Ranger, 6/18.

NORTH FORK SOL DUC—The trail has been cleared 6.5 miles, and is in good condition to that point. Many trees down beyond. The footlog at 1

mile has been signed **CLOSED** (the log is rotten, the walking surface is tilted, and the handrail is rotten and unsafe). The ford at this time of the year may be very hazardous or impossible to cross.—Ranger, 6/3

MINK LAKE, LITTLE DIVIDE

Trail is maintained to the tarn campsite about 1 mile above Mink Lake, which is also where snow begins. Normal wet spots at this time of the year. Lake is thawed. Several small trees down above the tarn campsite; all are fairly easily bypassed.—ONP, 6/3.

SEVEN LAKES BASIN—Snow is 5 feet deep in Sol Duc Park; 5 feet deep at Heart Lake (outhouse on its side); and 8 to 10 feet deep at Lunch Lake. All lakes are frozen in Seven Lakes Basin.—Ranger, 6/3.

ENCHANTED VALLEY to ANDERSON PASS

The White Creek footlog handrail is down. Snow cover starts approximately 3.5 miles above the chalet, elevation 3500 feet. Snow is patchy for another ½-mile and then solid, with Anderson Pass 90% covered, snow depth 3 to 5 feet.

The Chalet in Enchanted Valley is a ranger station only and is not available for visitor use except in an emergency. Poor weather is not considered an emergency.—Ranger, 6/13.

DOSEWALLIPS—Gate at the Park boundary is open. West Fork has been cleared of downed trees for 2½ miles.—Ranger, 6/12.

APPLETON PASS—Patchy snow begins at 4200 feet. Snow is consistent from 4500 feet to the pass. There are 3 to 8 feet of snow at the pass with only two campsites melted out. Oyster Lake is completely frozen.—ONP, 6/21.

WILDERNESS BEACHES—The headland trails between Rialto Beach and Norwegian Memorial have eroded badly over the winter.

Hole-in-the-Wall is muddy, brushy and is missing a few steps. At Saddle Rock the trail has washed out at about 8 feet on both the north and south sides of the headland.

At Coastie Head the trail is muddy, brushy and has a few loose steps on the south side. The north side of the trail is 150 feet of steep and slick with only a rope for help. This trail can be avoided during a low tide.

On the south side of Norwegian Head, the last four rungs on the sand ladder have fallen off; however the rest

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of the rungs are in good condition. An alternate route around the ladder is steep and slippery. The north side of the headland is muddy and is missing a few steps.

The campfire ban continues. No beach fires or camp fires from Wedding Rocks headland to Yellow Banks.

Raccoon-proof containers are now required from Strawberry Point to Second Beach, and from Rialto Beach to the Ozette River. Buckets with snap-on lids are available for rent from Lost Resort at Ozette (360-963-2899) and Three Rivers Resort near Forks (360-374-5300). Also acceptable are kayak dry-bags and bear-proof food containers. [Of course these deterrents won't work if you leave your container sitting open.—Ed.]

In addition to the bucket or bag, you need to bring 50 feet of rope or cord for hanging it. The container must be hung at least 12 feet above the ground and 10 feet from the nearest post or tree trunk. Bear wires are available at Sand Point and Cape Alava. You will have to improvise elsewhere.—Ranger, 6/19.

OBSTRUCTION POINT—The road as far as Waterhole is in much rougher condition than originally believed and will need to be graded. With luck it could be open by July 4th.

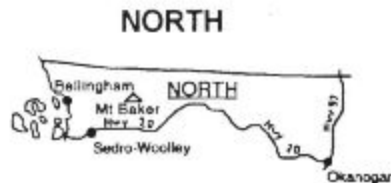
An additional concern are the chipmunks and Douglas squirrels feeding on the road this year. They don't run off but just sit in front of you eating pine nuts. Last fall the trees were covered with a bumper crop of pine cones. Wind storms in October blew a lot of them into the road where they were covered by the early snows. Now they are easily accessible in the road.

Also, marmots often do damage to vehicles at the Obstruction Point trailhead. They climb into the engine compartment and eat holes in radiator hoses. Last year a car had to be towed into Port Angeles. When it arrived, two marmots came out from under the hood. The animals were captured and transported back to Obstruction Point, where they are waiting for your car.—Ranger, 6/23.

[Ed. Note: Try hanging mothballs in a net bag under your car. Works for me.]

OLYMPIC NATL PARK—A Wilderness Permit Fee is charged for all overnight backcountry stays in Olympic National Park. The registration fee is \$5 plus \$2/person/night ages 17 years and older. Contact the Wilderness Information Center, 360-452-0300, for details.—Ranger, 6/18.

SOUTH FORK HOH—The DNR will close the H-1000 road for four weeks sometime between July and September to take out a culvert and replace it with a bridge. This is the road access to the trailhead. The contractor is supposed to put signs up two weeks in advance of the closure. The location of the closure is believed to be at the pavement end.—Ranger, 6/22.



KULSHAN RIDGE (USGS Shuksan Arm)—This was a perfect day and locale for spring skiing. Sunny, 50 degrees, calm. Headed up from the Mount Baker ski area parking lot; snow depth at least 4 feet. The snow was soft enough for easy climbing without skins.

Side-stepped one steep section above Austin Pass on the way to Artist Point; snow depth at least 10 feet. The views were super so I continued up to Huntuon Point.

Found a pair of ski poles stuck in the snow with the baskets up. How did the owner get down without them?

Headed down reluctantly after swiveling around with 360 degree viewing while relaxing in the sun. The descent was fun. Had to traverse the steeper slope below Austin Pass.

The only people I saw were several snowboarders heading up near the parking lot. This trip is a must for next spring.—Toivo Perala, Shoreline, 5/6.

WASHINGTON MONUMENT and WANLICK MTN (USGS Baker Pass)—These are obscure summits and the approach is weird, but Grant Myers had spotted and climbed them a year before us. Hopefully, he will share his list of the subalpine peaks of the Nooksack someday. On my double check of the stats on the mountains of the Nooksack, ranked by prominence, these two summits rose to the top of Mitch Blanton's "to-do" list.

Washington Monument, 4826 feet, is labeled on the maps, at least, and is quite attractive, but it is tucked away in the hidden recesses of the upper South Fork Nooksack River. It has 786 feet of clean prominence above the low point on the ridge that swoops over to Dock Butte.

Wanlick Mountain, 4708 feet, 1 mile northwest of Washington Monument, is

a sleeper, though it rises a good 828 feet above the intervening saddle with Washington Monument. Grant applied the Wanlick name to this summit after the creek that drains its northern slope. Robert Hitchman, in his classic *Place Names of Washington* (1985), notes that Martin C. Wanlick was a starry-eyed prospector who scratched the dirt around here 111 years ago (1887) for 3 years before realizing in 1890 that this was a big waste of time, and left.

Mitch and Dick Michelson and I checked in with the Crown Pacific guard just north of the Hamilton bridge over Highway 20, then continued over Lyman Pass and headed up the South Fork Nooksack to the first Y, to park at a locked gate at the start of Road 300, elevation 800 feet.

We pulled the bikes off the car and pedaled 8 miles up the South Fork road to the creek draining Washington Monument. Here we walked up a logging road (only partially shown on the Baker Pass quad) to gain the west ridge of Wanlick, where we continued through old growth to the 4708-foot summit. (1:45 on bikes, 5:15 total from car.)

It had snowed down to 4000 feet a couple of nights before, and the melt from the trees made it seem like we were walking through a soaking rain squall in full sun.

The summit is an open balcony with great views over Wanlick Creek (which connects over a pass to Schreibers Meadow) to "touchable" Baker, and Shuksan and the northern North Cascades NP peaks. The many young ladies of the Twin Sisters Range play out to the northwest.

After lunch we dropped to the saddle and climbed the north ridge of Washington Monument without difficulty (one short steep snow section at the very top). We had a great 1000-foot sitting glissade down the west slope, then followed the ridge above Springsteen Lake back to the bikes.

There were lots of grins as we zoomed back down the 8 miles to the car in 50 minutes.—John Roper, Bellevue, 4/26.

GOAT MOUNTAIN (USGS Mt Shuksan)—Drive Highway 542 east from Glacier 13 miles. Just before the Nooksack River bridge go left on road 32. At 1.5 miles from the highway stay left and at 4 miles find Goat Mountain trail 673, elevation 2600 feet.

The trail is in good condition. We encountered soft snow at the 4800 foot level. Water running everywhere, and we were constantly falling through the upper crust due to snow melt underneath.

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Trilliums and wood violets lined the trail, also ginger was blooming. All in all a gorgeous day.—Shirley Haley, Mount Vernon, 6/6.

COW HEAVEN (USGS Marblemount)—This seemed like a good early season hike for some exercise and some views. The views were good; the season was still a little early; and it was plenty of exercise.

The trail is in good shape, particularly the first couple of miles. There are several attractive creek crossings. We hit the first snow patches at about 3500 feet. The trail was a bit difficult to follow for a couple of hundred feet, but then we were out of the snow for another .3-.4 miles before we hit fairly solid snow again at about 4000 feet.

Lost the trail completely at about 4100 feet and headed for a snow free knoll for lunch and views. Watched thundershowers head down the Skagit and Cascade River valleys, but all showers stayed to the east of us and so we got down dry. The new trailhead is closer to the ranger station than the old one, and avoids the infamous dogs.—Alan Sherbrooke, Seattle, 6/7.

THORNTON LAKES (USGS Mt Triumph)—I must have driven past this trailhead 100 times and always wondered if the trail was as described in the book—mucky and miserable. We chose the longest day of the year to make it a day hike with the assumption that the basin and lake would still be frozen.

The road to the trailhead is in great shape with fresh gravel in spots and fresh grading the entire 5 miles. It is fairly steep in places so you'll need to know your brakes are good for the trip back down.

The trailhead itself has a nice out-



Linda Wilson enjoys a hike with her kids Eric and Sarah. Boulder Ridge, Mount Baker Wilderness.

Shirley Haley

house and parking for about ten vehicles. We noticed the "standard" NCNP signage was placed on the road at about 1 mile from the highway rather than at the trailhead—who stops to read that sign at that location?

The trail follows the old road grade for at least 2 miles where it was mostly brush-free and is, well, like walking on a road. The forest part of the trail reminded me of the Rachael Lake trail with lots of slippery roots and rocks to step over.

At times it seemed like we were aimlessly wandering about the forest with no real direction. I guess that's how trails "grow" as opposed to being "built." Otherwise the trail has only a few spots with running water on it and almost no obstacles to contend with. There were patches of snow at 4500 feet and it became more common after entering the NCNP. The last 100 feet up to the ridge, the ridge, and the lake basin were about 95% snow covered. The lake was covered with a good layer of slush but the border was open for about 20 feet.

We looked at scrambling up Trappers Peak but decided the towering cumulonimbus looked too threatening. (A big thunder storm came through Marblemount as we sat enjoying dinner at the Buffalo Run restaurant).

It isn't all that mucky and I've been on much more miserable. A good day hike with some nice views of the North Cascades.—Dale & Robin Klotz, Kent, 6/21.

TIFFANY MOUNTAIN (USGS Tiffany Mtn)—Drove to trailhead in bright sunshine on dry road 59; lots of snow still on northside of Freezeout Pass. Eight to ten trees across the trail, 1 foot of snow in forest, was able to "parallel" the trail through mostly open dry meadow much of the way.

Final 500 vertical feet melted out. 20 mph cold wind on top at old lookout site, three USGS benchmarks close by, 360-degree panorama, all the Cascade peaks to the west with lots of snow.

Noticed twenty large red clumps of lady beetles massed on various rocks only at this altitude, very active (mating). Thought they were red lichen at first sight! Can any entomologists tell us about the lady beetle life cycle?—SHA, Seattle, 5/31.

NORTH CASCADES NATL PARK—Ticks are abundant. Snowline is generally 5000 feet, but varies depending on slope and aspect.

The Wilderness Information Center in Marblemount is open daily 8am to 4:30pm; 360-873-4500 x37. Permits are required year around for overnight stays in the backcountry.

Big Beaver/West Bank trail is snow-free until ¾-mile before Beaver Pass. Little Beaver is snowfree to within ½-mile of Whatcom Pass; some minor blowdowns; Perry Creek runs through trail for 400 feet.—Ranger, 6/15.

OKANOGAN NATL FOREST—Andrews Creek trail is snowfree to Andrews Pass. Lake Creek trail is snowfree and cleared of blowdowns to lake. Robinson Pass trail snowfree about 4 miles.

Oval Lakes trail is snowfree 2 miles. Eagle Creek trail cleared of blowdowns for 4 miles.

Many other trails are partially snow-free. Most roads are snowfree, but call before you go. Methow Valley Visitor Center: 509-996-4000.—Ranger, 6/20.

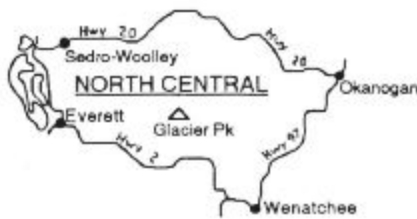
ALWAYS CARRY THE TEN ESSENTIALS

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

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NORTH CENTRAL



BOULDER RIVER (USGS Meadow Mtn)

It was a beautiful day with lots of sunshine for this overnight trip for Troop 43 to Boulder Ford. The trail seemed longer than 4 miles, but perhaps it was the 40 pounds I was carrying in my backpack.

We encountered multiple blowdowns crossing the trail. One had even fallen across a single-tree bridge and broken it in half, rendering it unusable. None of the blowdowns was impassable, but some made for a rather interesting obstacle course for those with full backpacks. Many times we were on our hands and knees in the mud crawling under the fallen trees. The trail has lots of areas beyond the 1.5 mile point with mud on the trail. Being a "Leave No Trace" Troop, we walked right down through the middle. Gaiters are very helpful!

The campsites were clean. The trail was not littered. Lots of Sunday day-hikers. A back-country toilet at the campsite would be a definite improvement, and would be welcomed. This was certainly a very beautiful trail. (It must be a secret!) —Lori Wist, Lake Stevens, 5/15.



WHITEHORSE MOUNTAIN (USGS Whitehorse Mtn)

—Twice I had been turned back on this peak. Twice I had ascended that rocky, slippery, steep miners'-trail-turned-climbers'-trail. Twice I had been to the slopes below Lone Tree Pass. This time I was determined to go farther!

Donning rainjacket in the last of the trees and then meeting the first of those descending made it difficult to keep the fires of desire kindled, but onward and upward!

Just below LTP I encountered a group of 7 or 8 in hasty retreat, but the rains had turned to snow. I pushed on following tracks along the ridge. At a wand the tracks descended and soon I found a group of 5 doing a little route finding.

I circled around them and so ended up leap-frogging up to High Pass. Here conditions were pretty bad, horizontal snow and near-white-out conditions. I pushed ahead following a faint tread and intuition, while The Mountaineers

group roped up. We leap-frogged some more and then I made the final thrust up the steep snowfinger and the summit.

On the way down conditions had worsened and much of our tread was obliterated. I did make it to High Pass again and from there it was a piece of cake. Six hours up, three down.—The Postman, Seattle, 5/17.



THREE FINGERS (USGS Whitehorse Mtn)

—Ron McMullen and I decided to leave the night before our climb and walk into Saddle Lake. We saw a bear on the road just 2 miles from the trailhead and thought twice about getting out of the truck. Upon doing so we discovered a flat tire which we promptly fixed before heading back to the trail.

We ended up going to lower Goat Flats where we encountered 5 feet of snow. Finding a nice spot in the woods we went to bed early after a nice dinner. With all that snow we knew it would be a long day.

We left camp at 7 and started the long walk to the lookout. Fortunately things were pretty settled and we made good time reaching the Flats about 8 and Tin Can Gap about 10. We were the only ones around and it didn't look like anyone had been up to the gap since last fall. We were close to being right!

From the gap we put on our harnesses and began several rope leads using snow pickets for protection. The first part of this airy ridge trail is on the north side and doesn't melt out until August usually.

Upon reaching the next gap on the ridge we carried our rope and marched on a snow-free trail with crampons on not knowing if we would need them again—they came in handy one more time when we dropped down to another gap in the ridge.

From here we easily followed the trail and then the final snowfield up to the ladders. The lookout needs a new coat of paint, but other than that is okay. From the register we found we were just the second party up this year. The first party arrived on June 7th! A very late year indeed.

We had a tremendous 360-degree view of all the Cascade peaks and the Olympics as well. It is easy to see why Engles and Bedal chose this place to put a fire lookout. After an hour on the top we headed back to camp for dinner and out to the car. It took us 7 hours to climb it and 5 to get out. In August and September you should be able to cut that time in half. A long day any way you slice it.

This was my 10th visit to the lookout

and Ron's first. It is always cool going with a first timer!—Mark Owen, with Ron McMullen, Shoreline, 6/19-20.



MONTE CRISTO (USGS Bedal, Monte Cristo)

—In July 1974, a neighbor and I took his two sons and my two sons on an overnight hike to Glacier Basin. I recently went back to Monte Cristo. Whew, what a difference!

The trees and brush have grown. The South Fork Sauk has claimed a lot of road and trees. The bridge crossing Glacier Creek at Monte Cristo has fallen. Rodents and carpenter ants are eating the town, and what they aren't getting, vandals are wrecking.

The only new thing visible on the trek to the old townsite (which is private property) is the new bridge crossing the Sauk River.

The walk is 4 miles with a 450-foot elevation gain. It is all on road.

Oh, yes—don't forget to give the Monte Cristo railroad turntable a spin. Not many have the opportunity to do it as hand-pushed turntables went out long ago. This is one of the few remaining turntables of its kind.—Wanderbuns, Kirkland, 6/13.



MONTE CRISTO (USGS Bedal, Monte Cristo)

—The road to Barlow Pass is a bit rough and has a few more washouts of gravel to cross. One short section is one lane.

Caroline, Steve, and I hiked the old road to Monte Cristo under clear skies. The bridge over the river has been rebuilt. The second bridge is still closed to vehicles and has a few holes. There were lots of people out on bikes and on foot. We took a muddy bypass on the way in and took a couple of easy stream crossings, like the vehicles take, on the way out. Much better way to go.

We did not cross the sunken bridge into Monte Cristo. We went up toward the campground, and then out the road on the opposite side of the river. Lunch was on a rocky moraine in limited sun. I went up the rocks after lunch and looked down on part of the town. Heavy rain sent us scurrying to the shelter in the campground. We waited half an hour, then hiked out.

Eventually the rain stopped and we dried in a riverside campground under hot sun.—Linda Rostad, Redmond, 6/20.



ASHLAND LAKES (USGS Verlot, Mallardy Ridge)

—This was another shake-down hike and campout for our potential 50-milers. We stopped at Verlot Ranger station to buy a Trail Park permit, but it turns out

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that the trail is on DNR land, so no permit is required.

We had full packs and were planning to stay at the Upper Ashland Lake camp. The trail has a lot of mud—some deep enough to go over the tops of boots. We happily trudged along using the Leave No Trace Method—right through the middle!

The temperature was in the low 40s. The trail has a lot of boardwalk covered with metal mesh. The mesh can be slippery too, so don't be fooled. The flora is extremely beautiful. Very scenic. We made it to the upper lake in about 1½ hours. Honey-buckets have been delivered by helicopter, but plan on bringing your own TP.

We set up camp, ate lunch, put on daypacks, and headed for Twin Falls. This section of trail is even muddier despite the obvious signs of maintenance. Quite the obstacle course. Very wet and very slippery with exposed roots the full length of the trail. Trekking poles proved quite useful. We were glad we did not attempt this little side-hike with full packs. It turned into a 3 or 3½ hour trip. We were back just in time to make dinner.

The falls were beautiful! At the falls we purified water, but no matter what we had orange-tinged water. It didn't taste bad, however. Lots of bugs! We saw lots of dayhikers on Sunday walking in without any equipment or water. We did about 10 miles in all.

We had planned on eating our Sunday lunch at the parking lot before heading home. Too many bugs. We loaded up and ate enroute. This was a beautiful hike and we enjoyed it because we were prepared!—Lori Wist, Scoutmaster, Troop 43, Lake Stevens, 5/30.



LOOKOUT MOUNTAIN

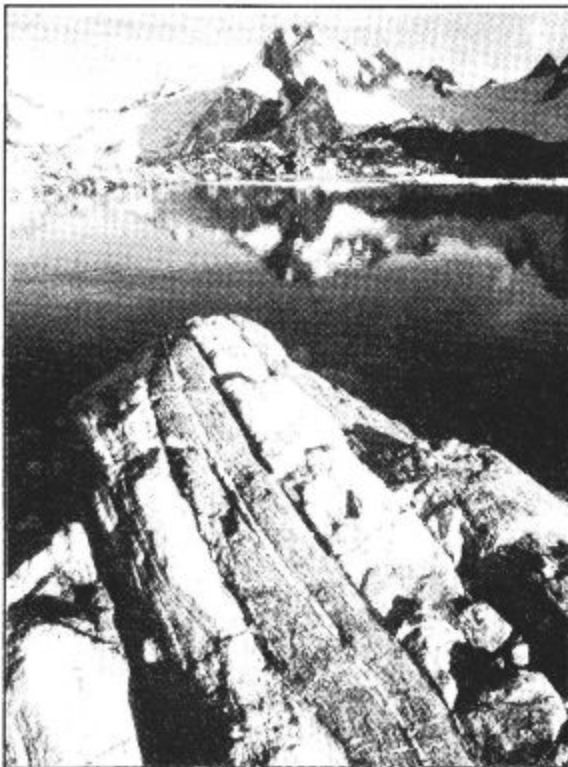
(USGS Twisp West)—Drive up, up out of Twisp, then hike 1 steep mile to the lookout and view. Forest is still moist, lots of wildflowers in bloom.

Passed junction with 4 mile trail from Blackpine Lake, looks like lots of ups and downs on the ridge in the trees. Great 360-degree view of Methow Valley, close-in view of mountains of Twisp River drainage, all with lots of snow on them.—SHA, Seattle, 6/1.



NORTH CREEK TRAIL

(USGS Gilbert)—North Lake is a gem of a spot tucked into a secluded glacial cirque at the foot of Gilbert Mountain. The 5-mile trail offers alpine meadows, virgin Doug-fir, and a spectacular view of Reynolds Peak artfully framed down the valley between Abernathy Peak and Gilbert Mountain.



Dome Peak from White Rock Lakes, Glacier Peak Wilderness.

The trail begins at the end of the Twisp River road at the Twisp Pass trailhead. The 2100 vertical feet are gained by short moderate climbs broken by long gradual pitches. Two or three stream crossings were easy even during the high water.

The crossing of North Creek at 5300 feet was treacherous, however. Here we were given a choice of a 3-foot deep ford or four bare, wet 4-inch poles spanning the flood. Not a happy choice but the trip to the upper basin is worth the adrenaline rush.

Generally the trail was in good shape with only a few bad muddy spots and no significant blowdowns. We hit the first snow near the creek crossing and by the cut-off to the old North Creek Lookout the snow pack was pretty consistent. North Lake was still snowed in. The meadows around the small tarn below were snow-free however.

The wild flowers were just coming out and this area made a beautiful picnic spot. We didn't find the horse camp shown on the GT map but this lower basin or the forest just above seemed to offer the best camping.

We had dodged thunderstorms all afternoon but we enjoyed supper here as a golden afternoon sun bathed the valley between storms. We didn't truck down the trail until 6:15 but we made the trailhead with sun still on the peaks.

Young Hank was very well pleased with his 18-month birthday!—Tim, Tracy & Hank, Chelan, 6/7.



ALPINE LOOK-OUT

(USGS Wenatchee Lk)—We wanted to get some exercise with "guaranteed sun" so we went over Stevens Pass 17 miles and just after the Nason Creek Rest Area, turned left on road 6910.

You follow the main road—at one point, just before the trailhead it turns right. The guidebook says 2.5 miles to the trailhead but it is not clear where that 2.5 miles starts. We found it to be about 4.5 miles from Highway 2 to the trailhead. The mosquitoes attacked us as we exited the vehicles and did not let up until we were up on the ridge.

The first 1.5 miles of trail goes mostly through a burned area and the snow had melted out. After that, we were on deep but firm snow and route finding was hard. The guidebook does not take into account significant elevation loss, regain, loss, etc and the total gain

is at least 3000 feet. It also seemed much longer than 10 miles.

We left the car in sunny, humid conditions, but thunderheads and dark clouds covered the sky as we neared the lookout and we did not stay long. As we got back to the car, drops started to fall and going over the pass we were in a cloudburst with traffic slowed to a crawl during the rain.

As we drove down the road from the trailhead to Highway 2, we came upon a very large bear who raced in front of us for a few seconds and took off through the woods. When we got home to "rainy Grays Harbor," we found that the weather had been warm and sunny all day.—Edythe, Connie, Neal, Rick, Robert, Grays Harbor, 6/7.



WHITE RIVER (USGS Mt

David, Clark Mtn, Glacier Pk East)—Yes, we did get rained out. Also, there was too much snow!

We got to the end of the White River road without a problem. The mud hole about a mile from the end is dry and there is a big deep rut down the middle. We made it just fine going real slow. We passed a couple walking to their car at the mud hole. The parking lot was empty.

At 2:05pm, we set off in 65 degree weather up the trail. I started with the dogs on leashes. Jenny and Sammy car-

Grant Myers

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ried new dog packs and strained to get up the trail. I worried about the fast flowing river so close to the trail, so I kept them on leash until we got away from the river.

We made good time for 2 miles, then the snow patches started and there were lots of downed trees to get over or around. The Boulder Creek campground had several snow free campsites, but basically the whole area was covered with snow. It was dark and cold. We plodded on to the Boulder trailhead campsite. No clear sites available. Steve wanted to go back, but I said we needed to keep going. And as soon as the trail curved west the snow disappeared from the path.

We crossed the first avalanche area, and old King fell a couple of feet when he stood on a thin snow edge. Scared me, because I couldn't find him. He came around the corner and seemed to be fine.

We searched above for a flat tent spot, but could find none. Continuing, we found a spot next to the river with a great view, and it was light and warm. Above I tried to pick out our Clark Mountain high route from several years ago. I could see where we came over from the Boulder. I could also see up to our campsite above Foam Basin from the Glacier Peak climb in '96. No rain on Saturday.

Sunday there were a few sucker holes and we took a day trip up the trail. We crossed several avalanche debris piles, but mostly hiked on a clear trail. The flowers were beautiful: acres and acres of avalanche lilies and trilliums. Small white flowers lined the trail on both sides. All we needed was the sun.

There was one snow free campsite at Thunder Creek; the bridges are still there. Lots of snow, and more downed trees. We got about a quarter mile past the Thunder Basin trailhead. Too much work and snow. Had lunch on bare ground, then headed back to camp.

It was raining, and we all returned very wet. I read, while Steve and the dogs napped. Then bean and brandy soup thawed from home for dinner. We ate under our tarp looking up the valley.

It rained all night, and snowed above. We hiked out in the morning in the rain. Saw lots of calypso orchids on the way out. Not sure how I missed them going in. There were at least 50. We also saw lots of bear scat, but no bears on the trail. —Linda Rostad, Redmond, 5/23-25.

STHEKIN—The Stehekin Valley road is open to Bridge Creek. The trail crew has cleared the road all the way to Cottonwood for hikers and bicyclists.

Footbridges over washouts above Flat Creek make hiking easier, but they're difficult to cross with a bicycle.

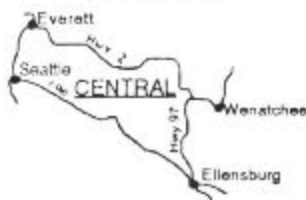
Shuttles make four trips daily to High Bridge, and three trips between High Bridge and Bridge Creek. Call to reserve seats on the small shuttle between High Bridge and Bridge Creek (360-856-5700, x340, then x14). Please be prepared to quickly reduce the weight of your pack and remove sharp or protruding objects; this is necessary to avoid injury when you lift packs up to the van-top carrier. —Ranger, 6/20.

LAKE WENATCHEE DIST—509-763-3103. Call for the most current info.

Dirtyface trail snowfree almost to the top. Indian Creek trail bridge is out at 2.5 miles; fording is difficult due to high water. White River trail has not been maintained beyond Boulder Creek since '96; many logs down. Rock Creek trail is snowfree and maintained for 2.5 miles.

Fees are now required for overnight use of all campgrounds and undeveloped areas in the Upper Chiwawa from the end of the pavement on road 62 to the road end (including spurs). Fees are \$4 per vehicle per night. The camping pass is good for trailhead parking in the Upper Chiwawa, BUT your Trail Park Pass is not good for camping in this area. —Ranger, 6/16.

CENTRAL



LAKE DOROTHY (USGS Grotto)—We drove up the up the Miller River Road as a heavy mist obscured ridge tops and dampened spirits. Road access to the trailhead is now open due to the washout being regraded. The creek was high, although negotiable for most high clearance vehicles; our party chose to walk up the road to the trailhead, adding 4 miles to the entire trip. When we arrived at the parking area, we noticed that even some passenger sedans had made it through the ford.

The trail ascended through heavy forest and was particularly rocky and root-strewn in places. Past the Hard-scrabble bridge the trail steepened, the mud becoming deeper, the rocks rockier and the roots like slippery tentacles.

We soon reached the lake and began to look for campsites. The shoreline was steep, heavily wooded and brushy in some areas, but there were a lot of small sites. However, we had a sizeable group. Finally we located a spot about halfway down the lake; some of our people, however, had to find sites farther away. After setting up, we all went on day hikes along the lakeshore.

About half the party hiked up to the pass between Dorothy and Bear Lakes. Christine and I just wandered along the path taking in the beautiful scenery and enjoying the plants and birdsong.

Christine and I headed back to camp when our stomachs started complaining. We had a quiet dinner listening to the gentle lapping of lake waters. We were entertained briefly by a beautiful sapsucker and some chipmunks. We were all cleaned up by the time the others got back.

June days being long, morning came early. The camp denizens stirred slowly. After dealing with a balky stove, I had to borrow some hot water for my oatmeal.

Most of us decided to wander back down the lakeshore trail, again. This time Christine and I walked with another lady, Karen, who is a Mountaineer from the Olympia area. Her husband is a wildlife photographer. She is very knowledgeable and shared information about some of the more esoteric species that we were viewing, including some tiny carnivorous plants located in the boggy meadows.

We walked along pointing out various plants to a mystified Christine and enjoyed joyful birdsong, sunshine and soft mountain air. Crossing the inlet stream on its log bridge, we investigated campsites along the lake until it was time to turn back.

The sun was now streaming down on us. People hiking up to the lake were dripping with sweat. The walk down to the trailhead seemed awfully short. Then it was a hot hike down the steep mountain road to the ford and our cars. The ford was about a foot deep and not very fast. Some of us waded right through it, cooling our hot tootsies.

Although there are numerous campsites at Dorothy, I would recommend only smaller parties to go there. The lake receives a lot of use, although the people seemed to disappear into the bushes when we got there.

The only snow on the trail was some small patches on the way to the pass, in contrast to last year when the patches lasted well into the middle of July. There was still snow on the ridge west of the lake, and Big Snow Mountain

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gleamed brightly when the clouds lifted enough to catch a glimpse of its broad slopes.—Liz Escher, Seattle, 6/17.

POINT 5280 (*USGS Snoqualmie Lk, Lk Philippa*)—This small summit is about 150 feet to the east of the formidable south face of the Courte Echelle, itself part of the Garfield massif.

Approach: To get to the high country, use the approach which was spelled out in the July '93 issue of *Pack & Paddle* (see "South Outrigger Spire"). Note: The gully in the cliffs at the southwest of Lower Garfield Lake is not for the faint-hearted—it is steep, loose, and wet.

Having ascended the gully, work up through open forest to the base of the North Outrigger Spire. Contour around it to the west and then into the large basin lying below the Courte Echelle. Here we put on our crampons and stomped on up. No problems (the summit is class 3).

Endured a vicious lightening and thunder storm with heavy hail on the way out. Talk about getting soaked!

Expect a solid 12 hour day and 6500 feet of gain (this is not a typo).—Garth and Rodger, Carnation, 6/7.



MOUNT WASHINGTON

(*USGS Chester Morse Lk*)—

We took exit 38 and parked at the east end of Olallie State Park, followed a track to the Iron Horse Trail where we turned right. In about 500 feet we came to the Mount Washington cutoff, marked with a new sign nailed to a tree.

The trail was in excellent shape and at 2600 feet we came to our first junction. A tree was marked with arrows pointing to rock left and trail right. We turned right and continued in trees to the next junction at 2900 feet. The right fork crossed a creek. We took the left fork which was marked with two soccer-ball-sized rocks.

We continued up to the next junction with a logging road at 3500 feet. It was marked with a cairn. We turned left and ascended to another logging road at 3800 feet which was also marked with a cairn.

We again turned left and proceeded around a hairpin curve. The views from this road were almost as good as those from the summit. We continued along this road for about 30 minutes until it ended in a Y. We turned right. There were Cedar Watershed signs on our left. We walked on this road for ten minutes when the road made a sharp left turn. Straight ahead was a rock face with a trail heading up to the right of the face.

This intersection was marked with a stone arrow. We headed up this trail and soon found ourselves on the summit which we shared with a small weather station. Good views of Mailbox, Bandera, and Granite.

On the way back we ran into one of the friends of the trail who was cutting through some encroaching alders with a hand saw.—Ben and Nancy Brodie, and Sparky, Edmonds, 6/7.



TALAPUS & OLALLIE LAKES

(*USGS Bandera*)—

We decided to go up toward Talapus for the weekend because it was close and hopefully relatively snow free. Because we worked, ran a fun run, and then helped a friend move, we didn't get to the trailhead until around 3pm Saturday. There were lots of cars in the lot and along the road. Met lots of people coming down.

Hit snow approximately ¼-mile from Talapus. Prior to that the trail was getting pretty muddy. Some of the bridges were pretty damaged from treefalls and flooding but still passable. The campsite at the end of the lake was under restoration and we decided to keep going up to Olallie.

The first part of this stretch was extremely muddy turning to snow in about ¼- to ½-mile. Trail was hard to follow to the lake. Lake was still frozen over except at the edges with quite a bit of snow around. Weather was a very heavy mist and kind of cool if you weren't active. We didn't try to hike much around the lake because of the snow and mud.

Next morning was gorgeous but the lake had completely frozen over with a thin coat of ice in the previously open areas. Newly frozen stuff had melted by 10am. Hiked down to Talapus, partly on a separate trail because we lost the one from the night before in the snow. Ran into a WTA volunteer group of about 20 people. Talked with the trail crew boss and he said there were no pit toilets there. No ice on the lake itself.

Weather Sunday was fantastic. Trail was a freeway with tons of people and the road was lined with cars.—Andy & Diane, Normandy Park, 5/30-31.



GUYE PEAK

(*USGS Snoqualmie Pass*)—Dale, Elin,

Ann, and I arrived at the Alpentel parking lot at 8am on Saturday to climb Guye Peak on the scramble route up to the north summit.

The rocky climbers' trail angled up through brush which was just beginning to bud out, so it was no trouble to get through. It became steep almost im-

mediately, as the track zig-zagged up the side of the mountain.

About half way up, the trail was snow-covered. We kicked steps through the trees and came out into the open. Here, the snow covered a rock slide. It was a challenge to keep from breaking through the snow, where it was melted out underneath by the rocks.

From there, we angled up to the right toward Guye Peak. Above us was Cave Ridge, and to the left was Snoqualmie Peak.

A saddle provided us a spot to rest for awhile. We continued, ascending steep snow, and came to a spot where we had to go down into a moat by a rocky knoll. From there, we squeezed through a snow tunnel and up some rock steps to get up above. (Our packs had to be hoisted up to the first person through the tunnel.)

Above that was another snow slope, topped by the rocky summit, which we had to ourselves. Views were pretty much non-existent because of low clouds swirling all around us. But we could see the immediate area. Our descent to the car took only 1½ hours.—Lindy Bakkar, Lynnwood, 5/30.



HEX MOUNTAIN

(*USGS Cle Elum Lk*)—This is a climb

that you can tailor to your needs because of the variety of logging roads in the area. Since we had our 7-year-old granddaughter Callie along who had not climbed anything this year, we elected the Sasse Trail which begins at 3600 feet and is 2.6 miles in length.

Leave I-90 at the turnoff to Roslyn. Drive through Roslyn and Ronald and turn right on 4305 just before the Wish Poosh Campground. Turn left onto 118 and drive up to the trailhead. Take either of the two northward trails/roads; they join in a hundred yards.

There is active logging in the area, so you have to be alert to the actual trail, crossing the road at least three times. (For the out-of-shape, it is possible to drive most of the way.)

By the time you reach the treeless summit (5034 feet) the environment is suitably "wild and scenic." The last couple of hundred feet are steep and complete with marbles, and Callie was glad to have her ski pole. She was also pleased that snow balls were an option, but barely, only at the summit.

The view was quite nice, including Cle Elum Lake, Domerie Ridge, Sasse and Jolly Mountains, and on a clear day, Stuart. It was not a clear day, of course, but it only drizzled a little off and on, whereas we went through downpours as we drove over Snoqual-

mie pass, going and returning.—Warren Guntheroth, Seattle, 5/17.

DOMERIE RIDGE, DOMERIE PEAK, and BALDY PEAK—(USGS Kachess Lake, Easton)
—Descriptions of approaches to Domerie Ridge from the east were recorded in the May *P&P*, and from the west in the June *P&P*.

On May 23rd the forecast was for rain in Seattle and nearly the entire state, and Ed and Thomas Emery, Sasha the Siberian-American Princess, and I decided to head across Snoqualmie Pass.

We planned to explore the roads to the eastern approach to Domerie Ridge, but from the western side of the Cle Elum River. Since Roper's crew required 4.5 hours up after walking across a footbridge below the dam, we reasoned that we could beat that if we started from the west side of the lake.

We left I-90 at the turnoff to Roslyn, and took the first left after only a hundred yards. Although it appears that most of the land belongs to the Forest Service, the roads are all without numbers or names, and there are many more roads than are represented on the Green Trails map.

Many of them are gated, and some are posted as private. Consequently, it is difficult to provide meaningful directions for the road access to the Domerie Ridge trail. Perhaps the most useful suggestion, based on our long but successful search, is a very general description.

Two ridges, Easton and Domerie, parallel Lake Cle Elum, and the valley between them is Domerie Creek, which is the water supply for Roslyn and off-limits. (They have posted completely around the perimeter of this valley, along the eastern side of the Easton Ridge and the western side of Domerie Ridge, only a few feet from the respective ridge crests.)

In general you drive northwest on any road that is not posted or gated, avoiding the road to Easton Ridge, and climbing to at least 2500 to 2700 feet. We never encountered the trailhead that is shown on the map, but at 2700 feet, we ascended crosscountry across a clearcut, and intersected the Domerie Ridge trail.

From that point on, it is in good shape and not difficult to follow, and at a comfortable pitch. It was snow-free on this day, except for north side patches, which Sasha enjoyed. There is no water anywhere on the trail.

The first summit is only 4560 feet, requiring only 1.5 hours, and presents a very pleasant view of all of Lake Cle Elum, Hex, Sasse, and Jolly Mountains, and Stuart as one of the few peaks with



Karl Guntheroth

Callie Guntheroth and Grandpa, on the summit of Hex Mountain.

snow on it. This is not the summit of Domerie (4771 feet), which is another quarter of a mile and a couple of hundred feet gain.

Although we had done Baldy (5107 feet), we wanted to determine the time from this side, and that turned out to be a total of 2 hours and 25 minutes. The round trip required about 5 hours, including a lunch break.

This is then more efficient than approaching it from the west, if you don't count the rather long time driving around trying to find the right road. It's important to be warned also that the higher roads have a lot of bumps for erosion resistance that are definitely unfriendly to vital parts of your car's underside! Still, we left Seattle in a drizzle at 7am, climbed in sunshine, and got home by 5pm.

In short, the most efficient approach to these nice summits, which are literally on the ridge trail, is from the west of Lake Cle Elum by car, with plenty of gas and patience.—Warren Guntheroth, Seattle, 5/23.

DEROUX PASS (USGS Mt Stuart)—About noon, we departed from the trailhead at the campground. Just up from the trailhead is the Middle Fork crossing. What looked to have been a heavy-duty military surplus bridge has been badly washed out and broken. It did provide a safe and dry, though inelegant, way across by holding onto the outside of the railing.

North of the trail, just after the crossing, is a beautiful spicy-scented meadow filled with shooting stars. The trail is rough and washed out in places as it meanders up DeRoux Creek. We crossed the creek at 1.5 miles by way of a very tired looking log. This has been the crossing of choice for the ten years I have been making the trip so I mean it when I say tired.

Soon after the creek crossing the DeRoux Spur leaves the main trail to begin the switchbacks up to the pass between DeRoux Peak and Koppen Mountain. This is a short hump on the map, but the broad switchbacks make it last longer than one thinks it should. Here too the trail was badly in need of attention being deeply rutted on the steep grades. It is, however, free of blowdowns.

At the pass is a small meadow, as well as a pleasant wooded campsite. The views are not big, but very enjoyable, looking over the head of the North Fork basin at Jolly Mountain, to the north at massive Hawkins and just across the way at Esmeralda and Iron Peak. As usual in this area The Enchantments loom in the background.

With the weather still threatening and the late start, we made this our final destination. On previous hikes, though, I have taken the route up over Koppen and down along the ridge to Beverly Campground which makes for an excellent and varied loop. There are also elk to be found in the meadows of the basin at the head of the North Fork which is an easy trip down from this pass. Another adventurous extension is the trip over to DeRoux Peak which is an easy scramble with rewarding views to the northwest toward Mount Daniel and the Crest.

One final observation: the road in has seen major and expensive improvements over the last ten years, while many of the trails seem in need of attention. While I am not one to criticize Smokey after a good hike, I suggest that priority be placed on the relatively inexpensive effort of maintaining and expanding the trail network before access to the area is expanded. It would certainly make the Trail Park pass more palatable.—Tim Hollingworth, Chelan, 6/14.

INGALLS PASS (USGS Mt Stuart)—Since it was Father's Day, I "forced" my two youngest children to accompany me on this hike. Up the trail serenaded by the ethereal songs of hermit thrushes. Passed large patches of shooting star and anemones. Saw the beginnings of a pika's haypile. The small remaining snowpatches were easily negotiated.

Our original plan was to travel from Ingalls Pass to Longs Pass but soon after reaching the former, about 11am, Thor started hammering above our proposed route. This exposed ridge would be a terrible place during a thunderstorm. We contented ourselves by eating lunch above the pass, watching clouds

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ebb and flow over Mount Stuart, Ingalls Peak and all the way over to Little Annapurna and the Flaggpole Needles.

While the rest of the state basked in the heat, we were chilly. Descended quickly to the trail junction. Travis and I had energy to burn so we walked a mile or so up the Esmerelda Basin trail.—Dave Parent, Freeland, 6/21.



BEAN CREEK BASIN

(USGS Enchantment Lks)—

Trail is all melted out and so is half the basin. This weekend there were acres of yellow glacier lilies in bloom—what a sight! We also saw many calypso orchids along the trail.

The creek crossing is best made several hundred feet below the official trail crossing. There is a log jam there, and then a narrow boot-track that quickly rejoins the real trail.

There was no one else in the basin except two other couples and a whole herd of Mountaineers, on some sort of class trip. About 30 or 40 people, I guess, all in a great crowd. Holy cow, Batman! (And cows is what I thought of while viewing some of the more trampled areas.)

They told us they get permission to take this group up here every year. Those wishing for early season solitude may want to check with the ranger station before choosing this hike. Without the Mountaineers, it would've been quite lonesome. And it is very beautiful.—Peg Ferm, Monroe, 6/7.

[Ed. Note: That was the Alpine Scramblers class, which has a field trip here in early June every year. Bean Basin is not in the Wilderness area.]



STAFFORD CREEK TRAIL

(USGS Red Top Mtn)—

After staying overnight at a friend's cabin at Liberty, I drove to the Teanaway River area to scout this trail for a Mountaineer trip in July.

Clouds were already building, so I knew a thunderstorm was brewing. I decided to hike to the junction with Standup Creek Trail. The trail started gradually, following an old jeep road. It had been rerouted in places to avoid washouts by the loud and active creek.

Then it climbed steadily, gaining 1900 feet in about 2 miles. It passed through open forest, grassy and stony meadows. Occasionally some huge Douglas-fir trees were surrounded by smaller progeny as well as an assortment of silver fir, lodgepole pine, white pine, larch and some whitebark pine above 4000 feet.

The basin below the junction had some nice sheltered camps. I climbed

up to the junction, 5000 feet elevation, 4.3 miles, and had a quick bite to eat before heading back down. Beyond the junction, the map indicated the trail gained another 1000 feet to Navaho Pass.

I encountered snow patches above 4400 feet, especially through timbered areas. Heavy snow was still clinging to the eastern face of Earl Peak and below the saddle traversed by the Standup Creek trail.

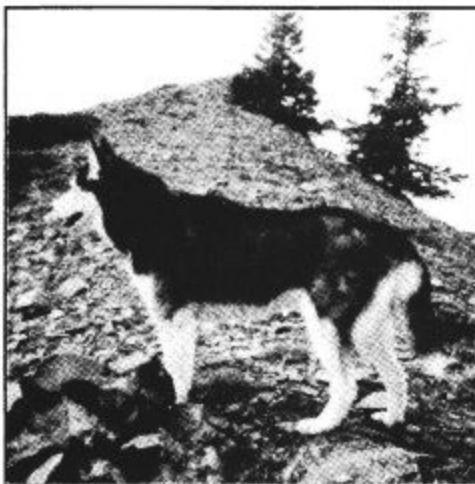
The ford of Stafford Creek at the junction was mid-calf with a swift current, but all the others were just rock hops. Otherwise the trail was in good condition. The stony meadows were covered with spring beauty and yellow violets. Farther down the trail, lupine was coming into bloom. Also, I spotted some healthy Jeffery shooting star right next to the trail. Near the trailhead wild strawberry was in bloom and the huckleberries had already set fruit. The serviceberry was still in bloom.

I pulled out my rain jacket when the drops started at about 3 miles in. They relented and I was able to reach my car without getting too damp. As I was driving out the Teanaway River road, the rain started in earnest. Drove over Snoqualmie Pass in a drenching downpour that sent some of the more inexperienced mountain drivers diving for the shoulder. What a day!—Liz Escher, Seattle, 6/8.



NAVAHO PEAK (USGS Enchantment Lks)—

Summer hiking began today. We hiked up through open forest, and passed lupine, glacier lilies and one paintbrush. The upper meadow had just melted out and we lost the trail in the resulting bog. Just keep walking straight across the meadow and pick up the trail on the other side.



Sasha near the summit of Baldy (west of Cle Elum Lake).

The area below the pass looked like it belonged on Mount St Helens, rocky and devoid of vegetation.

Good views of the Enchantment Peaks from the pass. We turned right and followed the trail toward Navaho Peak in ever-increasing snow. We lost it for good at 6400 feet, where we enjoyed good views of Mount Stuart and ate lunch.—Ben and Nancy Brodie and Sparky, Edmonds, 6/13.



IRON BEAR-TEANAWAY RIDGE (USGS Liberty)—

If you read your P&P as soon as it arrives, grab your boots and head toward Swauk Pass.

Turn off at Iron Creek road for about 3 miles on a good dirt road. The road crew has created a "berm" that looks as though it was meant to stop traffic. You can park here if you wish; it's about ¼-mile to the trailhead. It's 1.8 miles to the junction with the Teanaway Ridge trail, then 1.4 miles to the 5500-foot top for a gain of about 1700 feet.

It's a flower show all the way. We would, arguably, award a tie for first place show to penstemon and oyster plant (salsify). But in the next few days bitterroot will take over first place; there's something intriguing about that plant flowering in those rocky places.

They are just now showing color about 100 yards up the Teanaway Ridge trail junction on the south side of that short rocky ridge. Ann says she counted about 50 varieties of plants that we could identify and there's many more to see.

Last year we were there mid-July and there was a bit of snow at the top; this year none and apparently none for some time. This hike is a favorite of mine but I do have a long list of favorites.—H & A Davidson, Medina, 6/19.



TRONSEN RIDGE (USGS Tiptop)—

Maps identify the road as 7224 but Highway 97 signs call it Five-Mile Road which is a handy mileage number for driving north from Swauk Pass. The road starts with a series of drainage "berms" across the road that cause a visibility problem over the hood of your (my) car.

After a mile or so the road becomes a regular forest road. This winter/spring has produced some erosion but no real problems. It is about 3½ miles to the trailhead.

Last year we took the trail south but only to the Red Hill junction. This year we went north. The north trail was quite different having a series of short, steep ups and downs. Good scenery although the Stuart Range had mountain-

Warren Guntheroth

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tops cut off for most of the day. Flowers were great. The special features of this season were two *Lewisias*: bitterroot (*Lewisia rediviva*) and Tweedy's *Lewisia*. Many other flowers.

At about 1½ miles alternate trails and old roads-as-trails wander in various directions and for wandering and exploring they are okay. But be sure you keep track of where you are.

We decided to follow a signed "Tronsen Ridge Trail" for our return but after ½-mile or so we had three trail candidates with no sign and we didn't have enough time for much exploring so we went back to the trail we knew.

Our curiosity was frustrated but we knew by returning the way we came we had the best scenery. Beautiful early season hiking.—H & A Davidson, Medina, 6/8.



SWAUK FOREST DISCOVERY TRAIL (USGS Swauk Pass)

At Swauk Pass turn south, uphill about a half mile to a big-big parking lot. The Forest Service has made a nature trail 2¾ miles long in a vaguely figure-8 shape. The trail has numbered posts to go with a trailhead booklet to tell about features along the trail. Unfortunately there were no booklets.

The trail has nice small reader-boards along the way but there are problems such as the one describing a pine tree. Ann says: "Hey, that's no pine tree; that's a grand fir."

The grand fir had branches right at the sign board, but the pine's nearest branches were about 30 feet above the sign board.

Unfortunately the Forest Service routed the trail parallel to the Highway 97 grade up to Swauk Pass so that the forest tranquility is overridden by truck traffic for about ½-mile. At about post 8 the trail turns away from the highway and the whole place becomes more friendly. So hang in there; it's worthwhile, and don't take the "shortcut."

After a bit—if you get there soon—you'll come face-to-face with a small side-hill of bitterroot (*Lewisia rediviva*) and then along the trail, Tweedy's *Lewisia*.

On the backside of the figure-8 trail is a viewpoint with a look at the Stuart Range (sort of far away) but the close-by Diamond Head dominates the scene. I learned of this trail through the October '96 report by Mystery Hiker. A worthwhile short hike.—H & A Davidson, Medina, 6/12.



TEANAWAY RIDGE (USGS Red Top Mtn)

Jim and I decided to do the entire length of this trail.

We took road 9714 to the Iron Bear trail and hiked that until it joined the Teanaway Ridge trail. From there we turned north to County Line trail 1226. Thus we were at the extreme north end of the Teanaway Ridge trail.

Then we started hiking south. This trail becomes road about 1 mile before it crosses road 9738. After we crossed road 9738, we hiked up a 4WD road a ways and then regained the ridge.

Staying on the ridge eventually brought us to a "Hiker Trail" sign and we were back on a real trail. It goes by agate beds where there are many diggings. We were amazed that people are apparently allowed to dig just anywhere.

Just south of the agate beds is Red Top Lookout. The lookout was closed for reconstruction. To complete the entire trip, we hiked south from the lookout a short 2-mile to the parking lot. There were only two or so small patches of snow left in the shady areas of the ridge top. Flowers were lovely and varied.—Ginny Evans, Renton, 6/20.



BLUE CREEK TRAIL

(USGS Red Top Mtn)—While hiking the Teanaway Ridge trail, Jim and I passed the Blue Creek trail between the agate beds and Red Top Lookout (less than ½-mile north of the lookout). This trail goes east for just under 2 miles to road 9702.

The GT map indicates the trail to be 1364B but the trail signs say 1364.2. The map also shows it as a dotted line and indeed the trail was sketchy in places and nonexistent in meadows. However, the trail signs at both ends of the trail were brand new and we could tell that the trail had been recently cleared of fallen trees.

Apparently someone felt that the trail should be reopened. I'm not sure why since it appears to be just another way to Red Top and the Teanaway Ridge trail. There are other, more scenic ways to gain both.

The best part of doing this trail is the fact that I finally found one that Carl Berner hasn't done first.—Ginny Evans, Renton, 6/21.



INGALLS CREEK (USGS Blewett, Enchantment Lks)

It was a warm June morning when we started this hike. Local weather reports warned of possible thunderstorms in the early afternoon, so I was prepared to keep a "weather eye" on the sky. Rattlesnake and tick warnings were posted at the trailhead.

This hike is a lovely walk through mixed forest and avalanche openings up the Ingalls Creek drainage. The

creek parallels the major fault line separating the granitic upthrust of the Stuart Range from the primarily sedimentary and metamorphic rocks of the Wenatchee Mountains.

There was evidence of major avalanche activity in the area during the winter resulting in crushed trees and brush bent over the trail. Fortunately, most of the larger debris had already been cleared to at least 6 miles in at Falls Creek junction. No snow.

When I first scouted the route in May, the first snow was at about 5 miles. Some spiky brush was still sticking into the trail between 5 and 6 miles, although someone had been through with some clippers since May.

We enjoyed the array of late to early spring flowers blooming in the canyon, including arnica, roses, yellow violets and trillium. We found some cat's ears (Mariposa lilies) along the trail. There are also some huge big red ponderosa pine interspersed with Douglas-fir, silver fir, grand fir and isolated groves of red cedar. A few old burn scars along the canyon on both sides of the creek are thickly covered with Rocky Mountain maple, oceanspray, ceanothus, sericeberry, thimbleberry, aspen, willow, alder and various other low-growing shrubs.

We hiked up the trail to Falls Creek Camp and took a look at the ford of Ingalls Creek. The creek is still too high and swift to ford. Walking along the canyon we were never very far from the ubiquitous roar of the creek. We stopped several times to take short breaks and listen to the water. Soothing.

Hiking out I had a close encounter with one of the resident rattlesnakes. I guess I nearly stepped on the little guy. I heard a loud distinctive buzz and jumped out of the way. The snake and I were both surprised. I had apparently disturbed the rattler's sunbath.

He was about 18 inches long and had three rattle sections and a button. Its neck was bent into an S-curve, the rest of its body stretched out against the bank on the upper side of the trail. It seemed to be startled rather than aggressive. We watched the snake as it beat a graceful retreat into the brush. My companions did seem to appreciate the animal's beauty after they got over their initial surprise.

These snakes are timid, but will defend themselves if cornered. Also, the possibility of such an encounter is a good reason to wear sturdy leather boots on the trail. I did see a woman wearing sandals and a few others wearing running shoes on the very same trail. Not much protection.

We got out of the woods intact, without being bitten or rained upon. On the way to our snack stop after the hike a few raindrops began to fall. About a half-hour later a boisterous thunderstorm opened up above us as we were comfortably seated at Mineral Springs Resort. Good timing.—Liz Escher, Seattle, 6/8.

YELLOWJACKET TOWER (*USGS Cashmere Mtn*)—This tower is a minor (4500 feet) feature of the Cashmere Crags, located up the Icicle road about a mile past the Snow Lake trailhead. The climb is rated “low class 5” in Beckey and gets only a sentence or two of description.

I did it as one of my student climbs for the Basic Climbing class. Our group met in Leavenworth and Leonard, our leader, gave us some idea of what to expect on the climb.

We parked at a wide spot in the road and crossed the Icicle. After locating the climbers’ track, we headed up a very steep hillside covered with beautiful flowers. There is no water.

We didn’t have to hunt for the “hidden gully” because Leonard and one of the rope leaders had been here before. I was surprised that I was able to scramble up it without a belay and feel comfortable.

I did *not* feel comfortable on the first section of roped climbing until I had made a few moves and saw that I really was going to be able to continue. My rope leader Jeff and I were the first

team to ascend, so when we got to the bottom of the summit spire, he set a top rope for the entire party to use.

The summit spire was the most difficult part and all of us students took some time to conquer it. But we all slapped out hands on the pointy top and were lowered to eat lunch and rest.

We made two rappels down our ascent route, and two more down steep meadows and gullies to below the hidden gully. From there we just picked up the climbers’ track and descended to the cars.—Ann Marshall, Port Orchard, 6/7.

ENCHANTMENTS—Call the ranger Station for a permit application: 509-548-6977. Permits are required 6/15 through 10/15. Price is \$3 per person per day.—Ranger, 6/16.

CLE ELUM DIST—509-674-4411. Salmon la Sac campground will be open this summer. Fish Lake road 4330 is open to road end but the Scatter Creek ford is high and requires a high-clearance vehicle. Most other roads are snowfree for at least their lower portions.

Trails are melting out and maintenance has begun on the lower parts of most trails. Call for the latest conditions.—Ranger, 6/16.

SOUTH CENTRAL



THE ROCKIES of Washington (*USGS The Rockies*)—An odd little orphaned enclave of the far away Mount Baker-Snoqualmie National Forest (administered by Gifford Pinchot NF or perhaps no one at all—now that the big trees are gone), more logged than rocky, lies west of Highway 7 between Elbe and Morton.

It is an area of about 60 square miles of our land surrounded and interspersed with Weyerhaeusered hills that includes the highest point in Thurston County, Quiemuth Peak (see *P&P*, January 1994, p.32).

The name alone has in-

trigued me for years, but after climbing Quiemuth, I could see there’d be no need to hurry in getting around to the rest. My interest was rekindled when Jeff Howbert ran the numbers on the quads here, turning up lots of 400-foot prominent landforms in the area, in addition to the dozen or so named “peaks” scattered about.

Jeff and I wasted an otherwise perfectly dreadful day last month, bagging some of the summits on the western fringe of The Rockies, including Rooster Rock, Bremer Mountain, Lookout Mountain, and a number of other “400 footers,” on foot, car, and bike in zero visibility. The most amusing thing on that day was running into a couple of guys from Onalaska who successfully retrieved their marooned truck that survived the winter in the mountains after getting stuck in a snowbank above Newaukum Lake in December.

This time, we spent a beautiful summer day “running the ridge” between the Nisqually and Cowlitz Rivers, east to west. We accessed the area via the southern end of road 74 (beyond the Pleasant Valley Road), about 4.5 miles south of Elbe off Highway 7. The road was soon signed “Closed by Washout,” but two trucks showed us the way through an opening in a Jersey barrier, and the slide had been repaired adequately for high clearance vehicles.

We started off “climbing” Peak 4040+ (in Section 19, USGS Mineral, with over 600 feet’ of prominence) which we called “Mount Goody” since it is just across the valley from Storm King Mountain. (To let you in on the joke, Mount Goode and Storm King are also two famous Top 100 peaks in the North Cascades.) Jeff biked up, while I walked. He beat me up and down.

We got back in the Subaru and drove onto The Rockies quad, positioning for short climbs to Peaks 4097 (good looking) and 3909 (ugly). When I complained about the appearance of the latter 400-foot prominence point, Jeff responded, “Hey, I only find them. You can decide if you want to climb them or not.” The saving grace was that the views of Rainier, Adams, and St. Helens were great from this vantage, all about evenly spaced.

Back in the car again, and heading for the high point of the range, we took a spur loop road 283 to the top of a 4000-foot old state lookout (labeled “Ladd” on the FS map). The alders overgrowing this road broke the bike rack off the car.

We eventually made it to Peak 4327, a half-mile south of Duck Lake, for another short climb through beargrass



Garth Warner on Mount Garfield's Point 5280 with Courte Echelle in the background. Alpine Lakes Wilderness.

BACKCOUNTRY NEWS

and huckleberry meadows. Since this is the highest point now shown on The Rockies quad, Jeff thought we should call it "Mount Elbert" (which at 14,433 is the name of the culmination of the real Rockies, and 23 feet higher than Rainier).

The class act of this little range however is labeled "The Rockies" on the quad. The FS map shows its elevation as 4333 feet (4320+ on USGS). There is a delightful old abandoned half-mile trail (on FS map, not USGS) through old growth up the northeast ridge from a logging spur to the site of a long gone lookout.—John Roper, Bellevue, 6/20.



SLIDE MOUNTAIN (USGS White River Park)

Slide Mountain (6339 feet) is near the north end of the Sourdough Mountains in the northeast corner of Mount Rainier National Park. It is shorter than its immediate unnamed neighbors, Points 6360+ and 6600+.

The easiest approaches are either the Buck Creek road 7160 and trail 1183, or the Palisades Trail from Sunrise Point on the Sunrise Road.

A few years ago I attempted to reach Slide Mountain from the end of the Palisades Trail, going over Brown Peak, Point 6480+ and Peak 6620 to Point 6600+; however, looking down at the narrow crumbly ridge leading to Slide and considering the climb back, I gave up.

John Roper, Greg Fisher and I set out to gain Slide from the north. We drove the Buck Creek road until stopped by a snowbank just before the last trail crossing at about 4300 feet (the gate shown at 3400 feet on the Green Trails Greenwater map is gone). We left Trail 1183 after a few dozen paces and ascended through brushless forest to the crest of Fawn Ridge at 4900 feet.

Turning southwest, we soon encountered compacted snow at 5000 feet. After visiting the high point of Fawn Ridge at 5560 feet, we continued past the unnamed lake at 5580 feet, up the open northeast ridge of Point 6360+ and on to almost treeless Slide Mountain, all Class 1 walking.

John picked his way across the rocky ridge south of Slide Mountain and scampered up Point 6600+, then on to Peak 6620. Greg and I sunned and relaxed on Slide, impressed but not moved by John's energy. On his return, John reported that the little ridge that I had feared to cross in the past wasn't all that difficult (Class 2).

We then walked open slopes back to Point 6360+ and north to Point 6240+ before dropping to Fawn Ridge and re-

turning to the car. This enjoyable spring outing offers many variations and nice views. The distance and elevation gain are dependent on the route. Greg and I did about 3000 feet and 7 miles, John around 4000 feet and 8.5 miles.—Mick Campbell, Puyallup, 5/31.



SHRINER PEAK (USGS

Chinook Pass)—With the dismal Memorial Day weekend forecast, we decided to forego the annual backpack trip and instead sneak in a day hike on Saturday before the rains came in. Since Cayuse Pass was open we chose Shrinier Peak as something with a good workout and we had never been there before.

The trail is in great shape and we—that's Robin and I—were happy for the cloud cover and light drizzle as the majority of this hike is out in the open with a southern exposure. It could be brutal on a sunny July or August day.

We encountered solid snow cover at 4500 feet which is about the point where the trail follows the ridge crest toward Shrinier Peak. At that time we also met two women from Everett and Mukilteo who were just turning around to head back. Another group of eleven hikers were also heading down because the "trail" was covered by snow and there was no way to get to the lookout.

We were at the same decision point: stop there for lunch and head back or navigate our way to the top on the snow and with only about 50 yards of visibility in the fog. The two women asked us if we were going to the top—they wanted to go but lacked the map and compass and skills to navigate their own way.

So, we decided as a group of four that we would press on. One hour later after a few compass bearings, altimeter readings, and terrain-to-map matching events we found ourselves standing on the catwalk of the lookout. And we didn't see it until we were about 75 yards away which means the awesome views of Mount Rainier were only to be imagined! It took us three hours to get up and two and one-half to get down.—Dale Klotz, Kent, 5/23.



INTERGLACIER (USGS

Mount Rainier East, Sunrise)—This tour provides a great ski run with 3000 feet of consistent pitch in a straight line down the mountain. I pulled into the White River Camp-ground parking lot to claim the last legitimate parking space at 9am on this sure-to-be-warm day. The White River collection booth was un-manned, so I started the day \$10 richer than planned.

The trail to Glacier Basin had been maintained, with patchy snow to 5500 feet and a skinnable track from there. Arriving in the basin at 10:30 the heat was already high and the snow soft. I began to wish I had made a much earlier start. In hindsight I would have had to have started several days earlier to find firmer snow.

Early thundercloud formation provided some cover for much of the near-endless switchbacking up the glacier. When I reached the 9700-foot top of the Inter the clouds were throwing soft hail, and I was happy to sit down to give my rubbery legs a rest.

The vantage from the peak of Steamboat Prow is surreal. You are up off the surface of the glacier, allowing your entire vision to become filled with the jumbled flow of the Emmons and Winthrop Glaciers. Clouds were coming and going on the summit, and I watched little groups of three and four come and go as they moved down the mountain.

The snow was ridiculously soft for the ski down. After a few hundred feet I remembered the technique for this glop: point the skis straight down the fall line, sit very low and use your knee to rudder back and forth enough to keep your speed under control. Not pretty but fun enough.

As I hiked out the clouds finally let go with a warm shower, which felt great on my salt-and-sunscreen soaked body.—Peter Krystad, Seattle, 6/7.



FOSS PEAK (USGS Mt

Rainier East, Tatoosh Lks)—Foss Peak, aka Bench Peak, is not named on the USGS maps. It is a high point with marked elevation 6524, the easternmost point on the same ridge-line as Pinnacle Peak and the Castle.

Surprisingly, the amount of snow at this elevation is very close to the same amount we had at the same date last year. The route is trailhead to Snow Lake, then up Unicorn Creek to the upper basin. At this point those wishing to ascend Unicorn or Boundary turn south and those with Foss as the destination turn north.

Once on the ridge line it's a straight shot northerly to the summit of Foss. While Foss does not look like much of a peak from the Stevens Canyon road it feels very much like one when perched on the summit and peering over the east face.

Our time, for a party of nine student scramblers, a leader, assistant leader and "faculty advisor" was almost identical to last year's: 4 hours trailhead to ridge top, another hour to the summit

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and 2½ hours for the descent.

A marvelous series of glissades from the ridge line almost all the way to Snow Lake. Good compact base with about 6 inches of more recent still white wet snow.

Six thousand a year summit Rainier? Why not practice one-upmanship, do Foss. Bad weather held off until return to Olympia. Overcast parted occasionally for great views of Unicorn, Adams and peck-a-boos of Rainier.—Paul G. Schauler, Olympia, 6/14.



OHANEPECOSH, SILVER FALLS (USGS Chinook Pass)

—Started from Ohanepecosh campground and hiked Silver Falls loop before lunch. After lunch went up East-side trail as far as Olallie Falls and on the return made a side trip through the Grove of the Patriarchs.

In all, an easy 6-mile day in good weather. The river, waterfalls, creeks and big-tree forest are the attractions here; there are no mountain views.

This corner of Rainier National Park is low elevation and has civilized facilities at the campground. No snow, no bugs, no crowds, and only a few flowers (bleeding hearts were best).

Lots of snow on Cayuse Pass. Snowline on the south side was about 3500 feet. This a waterfall photo-op trip. Silver Falls rates 4 stars; Skookum Falls (from Highway 410) rates 3 stars; Olallie Falls rates 1 star; Unnamed 10a (at MP 10 on Highway 123) rates 2 stars; Unnamed 10b (at MP 10.1 on Highway 123) rates 1 star; and Laughingwater Creek Falls rates 1 star.—Robert Michelson, Seattle, 5/23.



A bridge on the East Side trail just below Olallie Falls. Mount Rainier National Park.



YAKIMA CANYON (USGS Wýmer)

—It was cloudy and rainy in Port Orchard, but I had the day off. Turned the steering wheel on the Old Beater to the east, and cruised over Snoqualmie Pass into Ellensburg and the Yakima Canyon.

The clouds parted magically one mile east of the pass, and the sun warmed my spirits as well as the air. All windows were down by the time I turned into the canyon, and the drive was beautiful. What a contrast to the greenery of the west side!

I pulled into the parking lot at Umtanum Creek only 2½ hours after leaving my driveway. The 70 mph speed limit is nice, and the Old Beater seemed to like the higher rpms, as it purred like my equally old cat, Mine-Mine. The enervating desert warmth was certainly welcome, and I immediately stripped down to shorts and t-shirt.

I was on a flower search, and I don't think I could have hit it much better! The first encounter was with a densely flowering Nootka rose along the river. Immediately across the suspension bridge, I turned left on the spur trail, encountering more and more weird and wonderful plants. My route took me up to the old road that follows up the little side drainage toward the bordering south ridge above the Umtanum Valley. The elevation gain is about 1800 feet to the top.

I probably saw more than 50 species of flowers. I would guess that there are still about three weeks of great flower shows before things dry up.

The old ranch road at the top of the ridge had a strip of grass down the

middle that was just covered with deep blue delphiniums, light blue phlox, creamy yellow paintbrush and yellow agoseris!

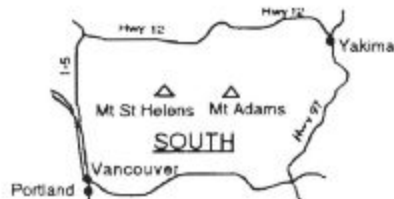
I spent about six hours in the sunshine for a round-trip to the top of the ridge and back of about 5 miles. A wonderful day in magnificent, wide-open country.—Larry Smith, Port Orchard, 5/22.

WHITE RIVER DIST—360-825-6585. The Greenwater road 70 is still closed at 7 miles. The Plum Creek bypass is also closed due to heavy logging traffic. The new Forest Service bypass is currently under construction and due to open at the end of summer.

Corral Pass road 7174 may melt out by early July. There will be no vehicle access to Summit Lake and the Clearwater Wilderness by way of road 7810 this year.—Ranger, 6/15.

CAYUSE and CHINOOK PASSES—Road work between Cayuse and Chinook Passes will **CLOSE** the highway to all traffic Mondays at 5am through Thursdays at 5pm until the end of September. The PCT trailhead at Chinook Pass can be reached from the Yakima side.—Ranger, 6/16.

SOUTH



GIFFORD PINCHOT NF—The Randle and Packwood Ranger Districts have been combined and are now known as the Cowlitz Valley Ranger District, with its headquarters in Randle.

The Wind River and Mount Adams Ranger Districts have been combined and are known as the Mount Adams

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Ranger District, with its headquarters in Trout Lake.

The former Packwood and Wind River Ranger Stations will be operated as visitor information offices.

The Mount St Helens NVM has increased in size but will retain the same name.

The three new districts correspond to watersheds on the forest. The Cowlitz Valley District encompasses the Cispus and Cowlitz River drainages. The Mount Adams District includes the Wind, Little White Salmon and White Salmon River drainages. And the Monument takes in the Lewis River watershed.—Ranger, 6/13.

MT ST HELENS—For permit info, call 360-247-3961.

UTAH

ARCHES NATL PARK—We visited on Memorial Day. There are great short walks and hikes to the arches themselves so you can get right underneath them! There is a longer hike/climb to the Delicate Arch, so bring lots of water and sunscreen for that one.

There are some other walks taking you back in between huge slab rock to yet more arches.

Two ways to the Park Entrance, one through a wonderful canyon along the Colorado River and a quicker one by way of the highway.

We also visited Glenwood Springs, east from Grand Junction about a 1½ hour drive on a very scenic highway. Aspen is beyond Glenwood Springs by about another hour. Glenwood has beautiful RED mountains around it. This is a true mountain village (even if it is somewhat commercialized).—Nancy and Jerry South, Brier, 5/25.

OREGON



ONEONTA CREEK TRAIL (USGS Multnomah Falls)

Lynd said he wanted a misty and drippy walk in the deep forest. It was not hard to oblige that request this day. With clouds hanging tight on my desired destination of Dog Mountain we easily chose to leave the balsamroot and crowds for another day.

Oneonta Creek trail leaves the Columbia Gorge Scenic Highway about 2 miles east of Multnomah Falls. After a long switchback to get above Oneonta Gorge the trail heads back away from the highway, high above the creek.

Short of 2 miles we reached Triple Falls, with a great balcony view. The

trail to here is very pleasant. For the next mile the route parallels the creek, travelling through much lush foliage, while the creek cascades quickly over huge moss-covered boulders and fallen timber.

Great scenes are presented at every turn. Although trilliums (my favorite) were well past their bloom the fullness and density of bright green growth on this trail more than made up for it.

At 3 miles is a junction. Our plan was to cross the creek and hike the Horestail Creek trail up a ways to a view from the ridge, but there was no log across the creek. Thus we were forced to follow the Oneonta trail up to the ridgetop to west. This took longer than we anticipated, but it was broken by nice views of misty firs from several open talus slopes.

On top of Franklin Ridge (2800 feet) the forest became quite old, and the undergrowth disappeared. We turned around at the "blowdown", a mangled mess of fallen logs.

Of course about this time it started to rain, so we skipped back down the trail quickly, getting quite soaked in the process. The sound of rushing water filled the forest, and our minds filled with thoughts of a bite to eat and the warmth of the car's heater.—Peter Krystad, Seattle, 5/17.

BULLETIN BOARD

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

WANTED—Boots: men's Raichle Montagnas, 10½ or 11. Andy Studebaker, 509-634-4926 (Keller).

FOR SALE—Scull your canoe: 17-foot Grumman aluminum with sliding seat, 72-foot concave oars and two paddles. Like new. \$275 firm. Call Ken, 253-272-2820 (Tacoma).

FOR SALE—1990 JanSport D-Series frame pack. Good condition, used four times. Wide adjustment range, great hip belt system, 5000+ ci. Black over dark grey. \$35 plus \$9 for me to pack and mail in Northwest. Call Larry Smith, 360-876-7788, days and leave message (Port Orchard).

FOR SALE—Double sea kayak, Destiny Kestrel, with large center compartment for gear or child. \$900 or best offer. Phone 253-752-7160 (Tacoma).

FOR SALE—Early Winters Omnipotent, a classic in excellent condition. Storm-proven design. Integrated fly (no flapping). Yellow and orange. Gore-tex doors at each end. Asking \$495. Call and make offer. Robert Kisch, 425-747-8583 (Bellevue).

FOR SALE—Sierra West "Mobile Dome" two-person tent. 3½ season, 3 pole, free standing. Well ventilated, very sturdy. 32 square feet. \$75.

Two Feathered Friends "Puffin" down sleeping bags. Three season: fall-winter-spring. EXTRAS included. Please call for details by 6/21. Rob, 206-783-2558 (Seattle).

FOR SALE—Men's hiking boots, One Sport Moraine, size 10. Excellent condition. Cost \$145 new. Sell for \$50. Call Larry at 425-337-1773 (Everett).

FOR SALE—Eddyline Sea Star kayak, excellent condition. Includes compass, spray skirt, cockpit cover and paddle float. Price \$995 firm.

Also Nordic Track Pro by Psi; \$150 firm. Backswing; \$35. Casio keyboard; \$100. Call 360-697-4852 (Poulsbo).

FOR SALE—Asolo Snowpine back-country touring boots. Very good condition. Men's size 10½. \$125.

Also have one ski, Karhu XCD GT Kinetic, 210cm. Free to good home or I would like to find a mate for same.

Call Bruce Candioto, 206-842-6351 (Bainbridge Island).

OSAT—A clean and sober climbing and mountaineering club. 253-236-9674.

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, 425-821-5752 (Kirkland).

PAUL NICOLAZZO

The Long, Hot Days of Summer

—HEAT-RELATED PROBLEMS—

Most serious heat related problems occur during periodic "heat waves" when high temperatures, low wind, and high humidity overwhelm your ability to cool yourself.

You can exacerbate the problem by exercising, not eating (restricting your sodium intake), and allowing yourself to become dehydrated. In other words, going for that long exposed (and probably dry) hike that just happens to be during a hot spell ... and your only free weekend.

Now I'm not saying you should or shouldn't go on that hike, just that you will likely benefit by making an informed choice and being prepared (yes, I was a Boy Scout). In order to do that you will need to know much more about how your body responds to heat. And what to do when it's overwhelmed.

Your body responds to a heat challenge by dilating surface blood vessels to increase radiant and conductive cooling, and by sweating to increase evaporative cooling.

Your ability to effectively dump heat is variable and dependent upon your health and your level of acclimatiza-

tion. If you are healthy with a good circulatory system, the majority (80%) of the adaptive changes will occur within the first 4 to 5 days after exposure to an increased heat challenge. Complete acclimatization requires 2 to 3 weeks.

This is why heat waves are so deadly. There is no time for acclimatization. And a good reason why you should consider changing your weekend hiking plans during a heat wave if you are not acclimatized. Perhaps a river trip?

During the acclimatization period major changes occur in the thermoregulatory centers of your brain, within your peripheral vessels, and within your heart. Sweating, and therefore cooling, is increased and begun at a lower core temperature while electrolyte loss from both sweat and urine is minimized.

Metabolic efficiency is significantly increased and more usable energy is produced with less heat. Cardiac output and peripheral vasodilation are increased while the pulse rate is lowered. Essentially your body increases

its cooling capacity, produces less heat, and minimizes electrolyte losses as your brain cells become less sensitive to heat.

This is a good process ... it simply requires time. Most people who suffer from heat related problems do not give themselves enough time to acclimatize.

There are four major heat related problems: dehydration, heat exhaustion, heat stroke, and electrolyte sickness.

Dehydration occurs when a person's fluid intake exceeds their output leaving them lethargic, irritable, and sick. It is not restricted to a hot environment and can occur in any environmental condition. It is a common problem among all backcountry users.

Heat exhaustion occurs when a person becomes dehydrated in a hot environment; it is exacerbated by sunburn. As body fluids are lost through sweat and urine (or into the tissue spaces as in sunburn) the individual is unable to maintain their normal cooling processes and they become sick.

A person suffering from classic heat exhaustion is pale, lethargic, and ill (often with nausea and vomiting). They may have an increased core temperature

Major Heat Associated Illnesses

Environmental Conditions	Possible Problems	Signs, Symptoms, & Related History	Treatment
HOT! Moderate to high temperatures possibly with low wind and/or high humidity	Heat Exhaustion	<ul style="list-style-type: none"> • Core Temp below 105° F • Headache, Nausea, HOT! • Dark Urine, decreased output • History: not drinking enough H₂O 	<ul style="list-style-type: none"> • Replace Fluids & Electrolytes • Cool • Rest
	Heat Stroke	<ul style="list-style-type: none"> • Core Temp above 105° F • Altered Mental Status or unconscious • History: not acclimatized • HOT! 	<ul style="list-style-type: none"> • Stop Exercise • Immediate & Rapid Cooling • Replace Fluids & Electrolytes • Rest
	Dehydration	<ul style="list-style-type: none"> • Headache, Nausea • Dark Urine, decreased output • History: not drinking enough H₂O 	<ul style="list-style-type: none"> • Replace Fluids & Electrolytes • Rest
	Electrolyte Sickness	<ul style="list-style-type: none"> • History: drinking a lot of H₂O • History: not eating (esp. foods with Na) • Altered Mental Status or unconscious • Clear Urine, increased output 	<ul style="list-style-type: none"> • Replace electrolytes • Restrict H₂O • Rest

or fever (a signal that their cooling systems are failing). If they are not cooled quickly and rehydrated, they may develop heat stroke.

Simply put, *heat stroke* results from a severely increased core temperature (usually above 105° F) and the subsequent death of brain cells. If not cooled immediately, your patient will also die.

Electrolyte sickness often occurs in a hot environment when an over zealous "rescuer" encourages the unacclimatized patient to drink enormous amounts of water without replacing their electrolytes (primarily sodium). The water (in combination with their previous electrolyte loss) further dilutes their blood sodium levels causing muscle cramps and general sickness (the symptoms are similar to heat exhaustion).

While it is relatively easy to tell the difference between each of these problems, many people are confused. When you are confronted with this situation, remember that urine, not the amount of fluid intake, is the primary evaluative tool when assessing water balance; it should be clear or pale yellow.

If a person is not complaining of the heat and still feels sick, their urine is

clear and frequent, and they have been drinking water on a regular basis but not eating foods containing sodium, they are likely suffering from electrolyte sickness (not dehydration or heat exhaustion).

If they are HOT, irritable, anxious, dizzy, lethargic, etc. and their urine is dark, they are suffering from dehydration, heat exhaustion, or heat stroke. **Assume heat stroke and begin cooling them immediately.**

After they are cool, you can assess their hydration status and provide water (and electrolytes) if necessary. Refer to the accompanying chart.

Because acclimatized individuals sweat more than those who are unacclimatized they are predisposed to dehydration and heat exhaustion. Because their electrolytes are usually intact, they may be given plain water.

Unacclimatized people, because of their inability to efficiently cool themselves, the low tolerance of their brain cells to heat, and their high loss of electrolytes, are predisposed to heat stroke and electrolyte sickness. They should be cooled immediately, rehydrated, and given foods containing so-

dium and sugar.

As usual, prevention is easier and more fun than treatment: all heat illnesses can be easily prevented. Remember to allow time for the acclimatization process to occur. Minimize exercise in a heat challenge situation, especially with unacclimatized persons (four to five days).

Cool people when they become hot (preferably before they become lethargic or irritable). A spray bottle set on mist and sprayed in the air surrounding their head will help anyone keep cool in a dry climate. Jumping in a cold stream or river also works quite well.

Maintain your water and electrolyte balances. Remember to replace your electrolytes (sodium) as you replace water. Monitor your urine output and color. Drink before you are thirsty. Eat salty foods. Cool oral fluids are more easily absorbed than warm or very cold ones.

Now about that hike ...

△

Paul Nicolazzo, of Winthrop, runs the Wilderness Medicine Training Institute.

CHRIS WEBER

Christopher Lee Weber, an outdoor enthusiast since his move to Seattle in 1989, lost his battle with a rare form of cancer and died on Sunday, May 31.

Chris was an avid mountaineer for whom weekends all year round served only one purpose—going to the mountains. Chris was a graduate of many climbing courses and climbed with Mountaineer and Bulger friends.

Chris was in pursuit of Washington's 100 Highest Peaks and had only fourteen left to climb at the time of his death. Climber friends plan to summit these peaks and dedicate them to Chris.

Chris had amazing energy and, just a few months before his diagnosis with cancer in 1996, climbed Denali in an incredible 13 days from base camp to base camp.

Even after surgery and months of chemotherapy, Chris climbed hard throughout the summer of 1997 trying to tick off the more remote peaks for his 100 Highest goal. He succeeded in summiting 13 of them between trips to the hospital last summer.



Chris Weber.

John Roper

Incidental, of course, to his climbing career was Chris' employment as a program analyst for SAFECO. His expertise was in high demand there in circumventing the potential YR2000 computer glitches and he worked at this up until a few weeks before his death.

Chris left considerable family including parents, eight siblings and fourteen nieces and nephews—nearly all in Chris' original hometown of Cincinnati, Ohio. Chris' true "hometown" for the past nine years was the mountains with necessary stops in Seattle to resupply for the next trip. Chris will be sorely missed by friends and family and by those few mountains he had yet to visit in Washington.

A time of remembering Chris will be held at The Mountaineers, 300 3rd Avenue West, Seattle, in the Pinnacle Room at 7pm on Tuesday, July 7. All are invited to attend and bring a snack to share as we tell stories and reminisce about our friend Chris. For information please contact Holly Newman at 206-729-5300.

MATT MASTERSON

Backpacking in the Eastern Sierra

—SPOILED BY THAT CALIFORNIA SUN ... BUT WATCH THOSE CREEK CROSSINGS—

Last August was my fourth trip to the eastern Sierra. I have become spoiled by the sunny weather, paved forest roads, manicured trails, outstanding scenery and, especially, the hospitality of my cousins Dave and Gayle.

Gayle picked me up in Reno and we took Highway 395 to their home at Mono Lake. It is a spectacular drive. On the left is the vast Great Basin desert, and on the right is the front wall of the mighty Sierra.

I got right into vacation mode after dinner when Dave suggested a moonlight bike ride in the desert. We cruised down the center of the dark and lonesome Hawthorne Highway. The mountains were silhouetted black against the starry sky except for the luminescent snowfields. To the east there was no artificial light as far as the distant horizon.

The next day my girlfriend Tara arrived from Modesto, where she had been visiting, and we spent several days day-hiking. Dave took us to Cloud's Rest in Yosemite. The 3000-foot climb leads to a world of smooth and jagged rock ranging in tones from brilliant white to silver to gray. The popular valley floor lies a mile straight below and directly across the chasm is Half

Dome's striking profile.

We also hiked a number of trails near Bishop, which was new territory for me. I found the area to be more rugged in character and nothing less than the National Park.

Tara and I were getting conditioned and acclimatized for a backpack trip. As usual, we had no particular plan and were counting on Dave to recommend something. I had confidence he would come up with a great suggestion as he has in the past.

After much consideration he proposed this itinerary: We would hike from North Lake over the Sierra crest into Humphreys Basin. We would then follow Piute Creek to French Creek and follow it upstream, back over the crest and down, down, down to Pine Creek trailhead. It sounded great.

On August 19, Tara and I fueled up at the legendary Schatz bakery and commenced our hike under blue skies giving way to dark and rolling clouds.

After an hour of grinding switchbacks we broke free of forest and into the land of polished granite. The trail began a gentler ascent passing a series of lakes in sight of the pass.

We encountered a large group of men

and women taking a break. They were all very large, exceptionally fit and quite friendly. They spoke only German. We gathered they were concerned with bears. We smiled and nodded and shared their concern.

In the interest of solitude we moved on quickly. Tara and I are strong hikers but had trouble distancing them. About 3pm we reached Piute pass (11,423 feet) and looked over into Humphreys Basin, a huge Pleistocene landscape. It looked as though we missed the last ice age by a half-hour.

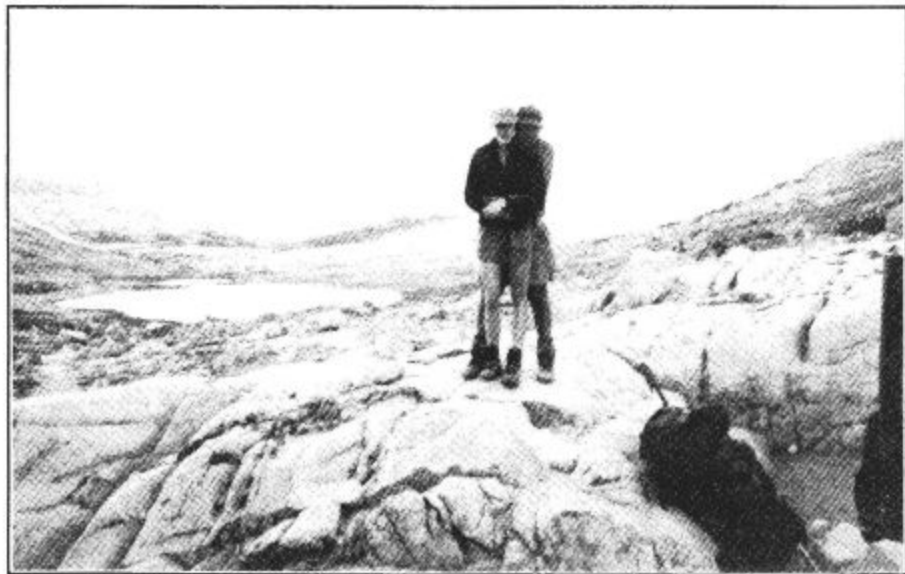
Mount Merriam, Goethe and Humphreys (at 13,986 feet) tower over the rubble-strewn plateau. It was gusty and cold, but the threatening storms never materialized. A hiker from Oregon met up with us. He took our picture and we chatted at length about the wonderful backcountry. He was clearly an experienced hiker and his gear well worn. His lack of a map was somewhat puzzling.

We descended into the basin, left the trail and headed toward the base of Mount Merriam, an area laced with lakes and tarns. We found a camp in a spot secluded by boulders and white-bark pines. Dinner was Cajun beans for me and potato-leek for Tara. We retired early. The tent flapped in strong winds through the night.

The morning came glorious. We had our oatmeal and coffee, packed up quickly, then meandered back down to the trail. We floated along, stopping frequently to marvel at the primitive landscape, snack, and drink fresh, cold (filtered) snowmelt.

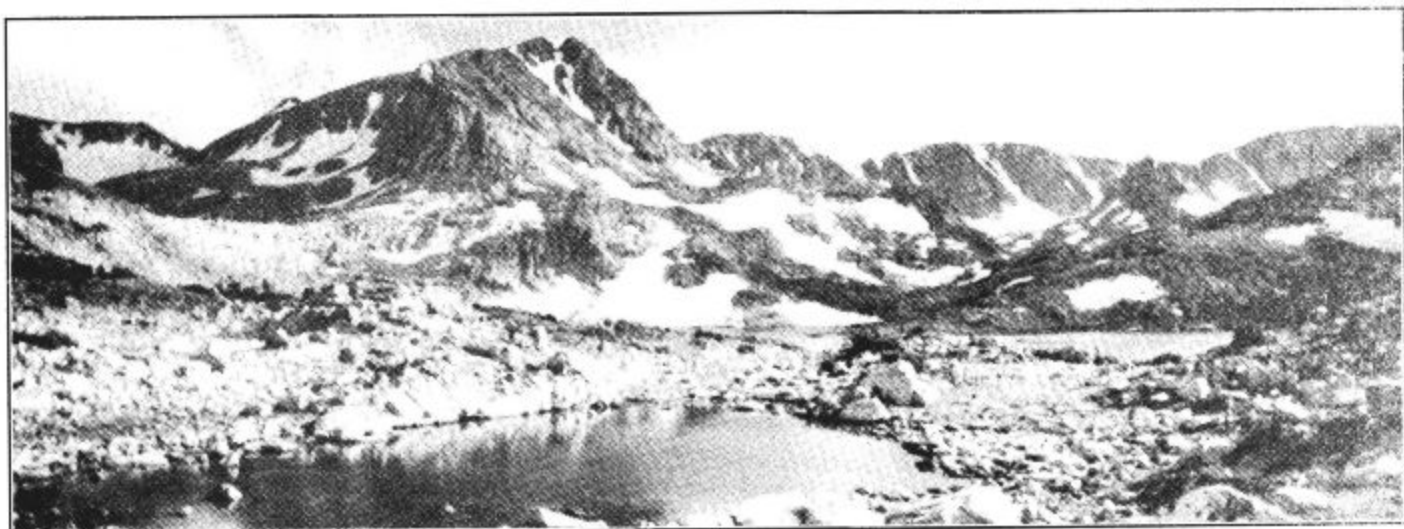
By noon it was perhaps 85 degrees and a lovely cascading creek provided yet another excuse to stop, and get wet too. Progress was slow. After cooling off we cranked up the pace as the trail left the basin and plunged into dismal forest teeming with mosquitoes.

The path became obscure and we eventually lost it altogether. We endured a half-hour struggling through brush before picking it up again. The mosquitoes became horrific. It was hot.



Matt Masterson

Tara and Matt at Piute Pass, 11,423 feet.



Matt Masterson

Our first camp, in Humphreys Basin.

Our Idyll had become an ordeal.

Hot and tired, we hiked fast attempting to outrun our tormenters. Eventually, we left the majority behind. At our turnoff we began looking in earnest for a camp. Nothing suitable presented itself as the path traversed a steep and timbered slope.

A half-mile from the trail junction Tara plunked down exhausted and declared she was done for the day. I dropped my pack and bushwhacked toward the creek in search of level terrain. I discovered a choice spot. It was a grassy meadow about 150 yards off the trail, across the creek. The creek flowed briskly about 18 to 20 inches deep over a succession of granite steps and deep pools.

I picked a wide spot and hauled each pack across, then escorted Tara. We set up camp deliberately and silently. After cleaning up and cooling off in the creek we became conversant and able to appreciate our surroundings.

The huge white massif of Merriam Peak dominated the surrounding forest. Our side of the canyon was an open field of dry grass scattered with boulders and mature pines. The creek was delightful. As late afternoon subsided it cooled off pleasantly.

After dinner I discovered an abandoned trail and explored it a ways. We were several miles behind schedule. Retiring early, we planned a quick and early start. That night we slept well as the mercury plummeted.

We rise before daylight and dewdrop ice-balls roll off the tent fly. Bundled in our warm clothes we pack up in short order, anticipating the chilly ford. We

don river sandals and pull up our pantlegs. Pack slung on, arms locked, we step into the icy flow. My first step is unsteady and I reinforce before taking another step. It lacks purchase.

I am at once hurtling downstream on a granite waterslide, aware I have screwed up big time. I know there is a small drop ahead and a risk of big injury if I go over. I seem to be accelerating, gaining momentum.

I attempt to brake with my heels, and my right foot wedges under a slab overhanging the far bank. I come to an abrupt halt, but the flow pins me to the rock and holds me chest deep in a vise grip. My pack floods with water, pulling me down. Fortunately, it was unbuckled and I am lucky to be able to remove it and maintain possession.

With a big effort I heave it up on the slab. I am stuck with no obvious exit. I hear Tara shout my name and I crane to look upstream. I see she is on all fours in the middle of the creek. She shouts again and the current sweeps her.

Luck and timing are good and I am able to reach back with my left hand and snag her sleeve as she washes by. I pull her in and she clammers over me onto the rock.

She immediately begins furious and futile efforts to pull me out with her 100 (soaking wet) pounds. I tell her to stop and direct her to bend a nearby sapling to within my reach (even more absurd). No application of force will free me.

The ferns on the bank above my head are white with frost. I know I had better figure out something fast or make the papers. I actually consider how bad it

will sound in *Pack & Paddle*:

WASHINGTON HIKER
FREEZES AND DROWNS
... IN CALIFORNIA!

The thought being more than I can take, I grasp one last straw. My pack, in its waterlogged state, combined with a big pull from Tara provide enough leverage and my foot is released from beneath the slab. That accomplished, it's possible to negotiate the current to a place where I can scramble out.

Once out, my mind races with things I must accomplish to reverse this disaster and cover up the evidence. I peel off soaking wet layers and command Tara to do the same.

I am grateful to be out, but also angered and embarrassed that I allowed this to happen. We have escaped drowning but must recoup body heat. Free of soggy clothes I make an uneventful round trip across the creek to retrieve Tara's pack.

On return I find she has made no progress. She is shivering and her speech is slurred. With assistance, she is soon snug in her down bag on a pad. I then direct frantic energies collecting scattered gear, emptying my pack and firing up the stove.

Our new Leki poles are missing. Everything is soaked. The stove will not light. My fingers aren't functioning well. My feet are blue; the right one has an ugly abrasion. It occurs to me that Tara may not be able to rewarm herself. I might not either. I snuggle in and shiver with her. 32 degrees and morning light have yet to arrive.

In the past we had discussed this life-saving technique and its amorous possibilities, but chattering teeth and numb

extremities preclude any romance. I was finally amused.

After a time sunlight touches the summits of the higher peaks. Daylight gradually creeps down the forested slopes. We remain chilled to the bone lying on our backs, watching sunshine slowly descend the lodgepoles towering above. When the rays finally strike us we are resurrected in minutes (very stiff to be sure).

We emerge to a scene of carnage. In my haste I had flung wet clothes and equipment everywhere. It looked as though my pack had exploded. We strung a clothesline, organized wet gear and positioned it in the sun. In no time at all everything was dry—everything, that is, except the ridiculous cotton sweat pants I wore into the river. I had thought I could afford the luxury on a California trip.

By noon we were ready to go. It seemed strange that after surviving this epic misadventure there was no one to shake our hands. Where was KING-5?

On returning to the trail we passed wonderful trailside camps in a hundred yards. The going was slow as we were both stiff and fatigued from the start, but the procession of lovely parkland meadows kept us plugging along. Thankfully, the climb was subtle.

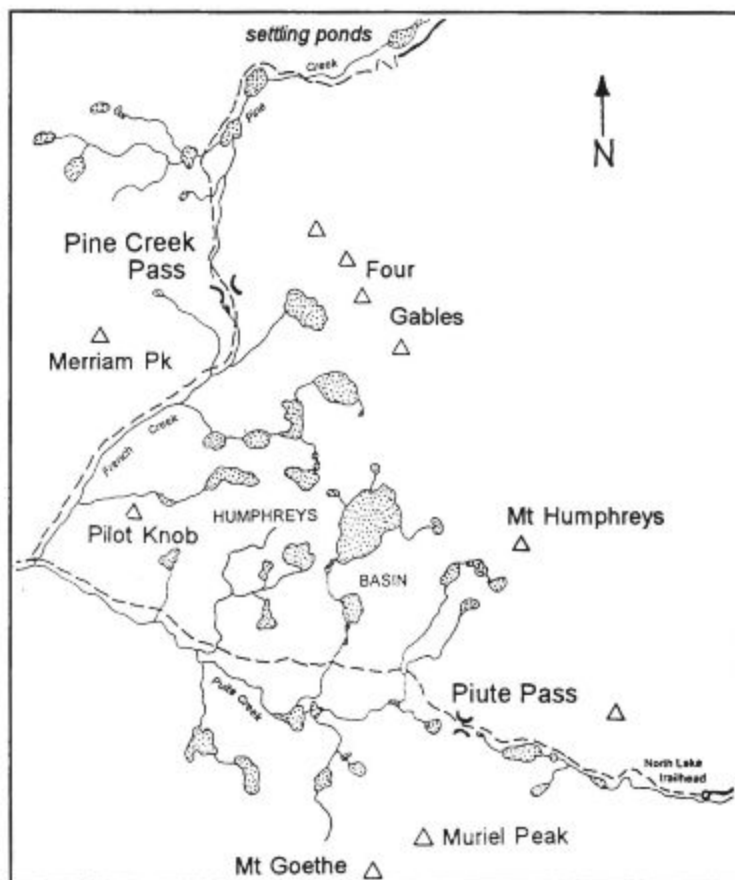
In time the lodge pole forest was left behind as we ascended the upper basin. The Four Gables form the headwall. They make a beautiful and imposing barrier. We decided to make camp here and climb the pass in the morning. It was most difficult selecting a camp with so many great choices available.

After dinner we strolled up toward the pass to watch the sun set. I heard a "whoosh" that startled me. It sounded as if an arrow had been shot past my ear. I looked around quickly and asked Tara if she too experienced it.

She acknowledged, but was suspicious that I was the source. In the distant sky I spotted a huge bird with an awesome wingspan. Could it be a condor?

Another outstanding Sierra morning was waiting when we crawled out of the tent the next day. The dawn lighted up the basin magnificently. Breaking camp was a slow process on this day, there being no hurry to leave such a wonderful place.

Despite our foot-dragging, we attained Pine Creek Pass (11,160 feet) quickly. The pass wasn't the typical saddle, or on an obvious divide, but in a hidden corridor that meandered along the crest for several miles.



Once through the labyrinth, the way began to descend past a number of picturesque lakes with increasing signs of humanity. We seemed to be the only hikers without fishing rods.

In time the trail broke out onto a precipice affording views to the hot and hazy Owens Valley and across to the formidable White Mountains. Four-thousand feet straight below was a tungsten mine, in the form of huge metal building structures, holding ponds full of toxic-looking liquids, and much busyness evidenced by semi trucks coming and going.

The trailhead where our car waited was also visible. Everything looked incredibly miniature. Hundreds of switchbacks later it seemed that nothing was any larger.

Eventually we stumbled out past the smelly pack station into the dusty parking lot.

It had been quite a trip. △

Matt Masterson, of Snohomish, moved to Washington from Michigan more than ten years ago. He works in the cardiovascular lab at Providence-General Hospital in Everett.



Matt and Tara at the end of the trip.

Matt Masterson

Books to read

Canoe and Kayak Routes of Northwest Oregon, by Philip N. Jones. *The Mountaineers*, second edition, 1997. \$14.95.

This second edition includes 30 new trips for a total of 70 outings. It has been expanded to cover more lakes, as well as southwest Washington, and includes flatwater rivers.

The trips are rated for all experience levels so you can choose ones suitable for your group. The author has included a very useful description of the little-known Columbia River Heritage Canoe Trail, and several outings along the trail.

The book covers the Willamette River and tributaries from Eugene north, the lower Columbia, half a dozen coastal rivers, and several trips in the Cascades, enough to keep a paddler happy for years.

Afoot & Afloat: Seattle's Lakes, Bays and Waterways, by Marge and Ted Mueller. *The Mountaineers*, 1998. \$14.95.

Here is another *Afoot & Afloat* book, the fifth in the series. If you use the other books, you'll definitely want this one, too.

Afoot & Afloat: Seattle covers Lake Sammamish, the Sammamish River, Lake Washington, Lake Union and the Locks—essentially all of the big freshwater available to Seattle paddlers. It also includes land-based activities: facilities, parks, driving directions, trails such as the Burke-Gilman and Sammamish River, and points of interest.

The book provides such varied information that it can be used by bicyclists, paddlers, wind surfers, walkers, and families looking for a wading pool or picnic site. The sketch maps are detailed and excellent.

Kayak Routes of the Pacific Northwest Coast, edited by Peter McGee. *The Mountaineers*, 1998. \$14.95.

This book arrived just as most of the *Pack & Paddle* staff was heading for Clayoquot Sound. We tossed it in the car with the peanut butter sandwiches and read it on the drive.

Kayak Routes of the Pacific Northwest Coast is a collaboration of many folks involved in the formation of a

designated marine trail from Washington to Alaska. Editor Peter McGee was instrumental in forming the BC Marine Trail Association that is working to create the BC section of the route.

The book covers sixteen distinct regions from Puget Sound to Prince Rupert, including the Queen Charlottes. Each chapter is written by local paddling experts and includes history, weather, special considerations for planning and suggested trips.

We found it very useful for learning about Clayoquot Sound and plan to use it for future trips along the coast.

Best Hikes with Children in Western Washington & the Cascades, by Joan Burton. *The Mountaineers*, second edition, 1998. \$14.95.

Not just for kids, *Best Hikes with Children* suggests dozens of hikes around the most popular and scenic areas of Western Washington.

They are not necessarily short or easy, but all have some highlight that will keep adventurous kids and their parents heading up the trail to new delights. Some of the trips are suitable for overnighting.

Because the backcountry doesn't come with handrails and non-skid carpeting, places that are particularly hazardous are marked in the text with eye-catching symbols. Lunch and turnaround spots are similarly highlighted. Graphics at the top of the page allow a quick search for one-boot, two-boot, or three-boot hikes.

And don't miss Vicky Spring's Foreword about her experiences growing up in a hiking family.

An Outdoor Family Guide to Washington's National Parks and Monument, by Vicky Spring and Tom Kirkendall. *The Mountaineers*, 1998. \$16.95.

Speaking of Vicky Spring, here is an example of what happens to a kid from a hiking family—she grows up to write her own hiking guidebooks. This one is done in partnership with her husband Tom Kirkendall. The research was done with assistance from their two kids.

Outdoor Family Guide covers just Olympic, Mount Rainier and North Cascade National Parks and Mount St Helens NVM (as well as the surrounding areas), but it is rich with trips and fun stuff to do.

The emphasis is not just on hiking, but also canoeing and bicycling, and related activities such as photography, fishing, and observing wildlife and wildflowers.

Each region begins with an introduction, followed by trips and things to do, always with an slant to kid-stuff. It's a fun book, great for moms and dads, and a must for grandparents.

All *Mountaineers Books* may be ordered by phone by calling 800-553-4453.



Kirkendall/Spring

Kids have fun clambering over fences on the Patterson Mountain trail. From *An Outdoor Family Guide*.

ROGER GRAY

Trail Maintenance

—A DAY ON A VOLUNTEER CREW ... AND A FREE TRAIL PASS—

In early May a group of us showed up at the Quilcene Ranger Station for trail maintenance. On the first day, the 6th, there were 24 of us milling about. Ranger Scott Burgwin took charge in his laid-back but efficient way and organized us into six work crews.

We then drove to the Ten Mile Shelter on the Big Quilcene trail. This was scheduled to be a two-day job, but because there were so many of us, we finished up in one day.

Ranger Scott sent one crew to carry large timbers down trail to build a bridge over Wet Weather Creek. Two other crews worked on sections of the lower trail. Another crew took a chain saw to clear a large downed tree from the trail. Still another crew took crosscut saws and cut trees off the trail above the shelter.

I was assigned to work with the llama packers. Llama packers, like mule skinnners, are made, not born. I have worked with horses and mules before, but not llamas.

Kit Niemann of Kit's Llamas and Jim Yeakel, who owns llamas himself and sometimes assists Kit, were the llama wranglers. Between them they had fourteen animals. That's a lot of llamas for two people to handle, plus this was

Kit's first outing of the season with her llamas and she had two animals that had not been used for packing before. So, I was given a string of three llamas to supervise. This proved interesting.

We loaded gravel in reinforced plastic bags, which were carefully weighed by a hand scale, forty pounds per llama for the smaller animals and fifty pounds for the larger ones. Jim explained that after the llamas get in condition they can carry heavier loads, sixty pounds and more.

Each bag weighed twenty pounds or twenty-five pounds, two bags to the llama. When we had the llamas loaded there was one twenty-five pound bag left over. Not wanting to waste it, I unwisely put it in my pack.

When the bridge crew finished building the bridge, we started off down the trail with our string of llamas loaded with gravel. There was a certain level of chaos at first, with the llamas tending to go around and around each of us packers in circles.

Kit and Jim were monuments of patience, but I got sort of dizzy with all the circling, got off balance from the bag of gravel in my pack, and fell over and landed on my back in the trail,

with the twelve legs of three llamas circling around above me.

Ranger Scott was nearby and saw my predicament and came to my rescue. He has obviously been around llamas before. Back on my feet I retrieved my hat and some of my dignity and reasserted my leadership with the llamas.

Eventually, we got lined out down the trail. As we marched along my lead llama kept sticking his head over my shoulder and stepping on my heels. Fortunately, their feet are soft. I finally put a stop to this undignified behavior by sticking the handle of the shovel I was carrying behind me to make a sort of barrier between man and beast, which the llama respected fairly well.

We deposited our gravel in low spots along the trail. The idea had been to get more gravel from the creek, but this turned out to be poor grade gravel with a lot of dirt in it. As it was getting late in the afternoon, we headed back up the trail to the llama vans. Kit and Jim donated their services and the work of their llamas, volunteers all.

Because we had finished up on the Big Quil on Wednesday, twelve of us went to work Thursday on the Mount Walker trail. Here I was introduced to instruments of torture with mysterious names: McLeod, Pulaski, loppers, grubhoe.

By now I considered myself a llama wrangler, but as the llamas were not needed this day, I was reduced to stoop labor. We sensibly started at the top and worked our way down, clearing brush back from the trail, digging out the uphill side of the trail to correct trail creep, and generally improving the trail.

Tools and supervision were furnished by Washington Trails Association. For our trouble, those of us who volunteered two days received free Trail-Park passes, worth twenty-five dollars. Along with the free camping pass I got from the Park Service for volunteering in the revegetation project, I won't have to pay anything to use the back country this year. △

Roger Gray, of Bremerton, is a hiker and paddler who has been a trail volunteer for several years.



Scott Burgwin

The trail crew heads out with llamas.

PANORAMA

NEWS FROM ALL OVER

DON BEAVON REACHES SUMMIT OF EVEREST—The 1998 Everest Environmental Expedition put five US members and seven Sherpas on the summit of Mount Everest on the morning of May 20. Among the summit party was *Pack & Paddle* reader Don Beavon of Lynnwood.

The US contingent started out with nine members. Below 27,500 feet, Sherm Bull slipped and fell, stopping on the edge of a crevasse. He was not seriously injured, but badly bruised. Bob Boice descended with him to the South Col.

Chuck Huss chose to turn back near The Balcony, and Jim Manley had to turn around when his oxygen regulator became frozen.

Those who reached the top—Don Beavon, PV Scaturro, Bob Hoffman, Chuck Demerest, and Mark Cole—had wonderful views and good weather. They descended to Camp IV, and the next day to Camp II. The following day they were breathing the thick air at Base Camp (about 17,000 feet) and drinking cold sodas.

In early June the team headed for Kathmandu and the US.

BABY SNATCHERS—“The Invasion of the Wild Baby Snatchers” sounds like the title of a monster movie.

But “baby snatching” occurs every spring and early summer as people “invade” the forests and beaches and sometimes discover newborn wildlife.

Some people can't resist the urge to pick up newborn animals that appear to be orphaned or helpless. The snatched wild babies include seal pups on the beach, ducklings on the water, and bear cubs, raccoon kits, coyote pups and deer fawns in the woods. In many cases, the parent animals even witness the abductions of their young.

Held in captivity by people who don't know how to properly care for them, the young animals usually become sick or instinctively aggressive. Most animals removed from the wild don't survive.

Taking wild babies out of the wild or holding wild animals in captivity is not only unsafe for animals and people, it's against Washington state law. The minimum fine for holding any wildlife in captivity is \$152.

Please stay away from wild baby animals. They are not abandoned.

NEW 8000-METER PEAK—A new mountain peak 8,011 meters above sea level has been discovered in Kashi, Xinjiang Uygur Autonomous Region. That makes a worldwide total of 15 mountain peaks over 8000 meters.

Called Zhongyang Peak, it is located on the main ridge of the Karakorum Mountains, southeast of Qogir Peak. Zhongyang Peak's altitude ranks 15th in the world.

Experts of the Lanzhou Institute of Glaciology and Cryopedology under the Chinese Academy of Sciences discovered the peak while drawing a map of the Qogir Peak. The height and position of Zhongyang Peak was first documented in 1976 during an aerial survey of the region. However, it was thought to be a twin of a nearby peak only 1 km away and wasn't given much attention. This time the experts were surprised to discover that there was an obvious saddle at 7830 m between Zhongyang Peak and the nearby peak, which makes Zhongyang an independent peak.

After careful study of the peak, Shi Yafeng, a Chinese glacier expert and CAS academician, has determined that the finding is significant. It is expected that Zhongyang Peak will soon be a new target for mountaineering enthusiasts.

Here are the 8000 meter Himalayan peaks and their elevations:

1. Everest, 8848
2. K2, 8611
3. Kanchenjunga, 8598
4. Lhotse, 8501
5. Makalu, 8463
6. Cho Oyu, 8201
7. Dhaulagiri, 8167
8. Manaslu, 8163
9. Nanga Parbat, 8125
10. Annapurna, 8091
11. Gasherbrum I, 8068
12. Broad Peak, 8047
13. Shisha Pangma, 8046
14. Gasherbrum II, 8035
15. Zhongyang Peak, 8011

DAVIS PEAK LOGGING?—On March 12, the Plum Creek Timber Company once again submitted a forest practices application to DNR to undertake extensive road building and logging at Davis Peak on the Cle Elum River. This is a slightly modified version of the proposal which Plum Creek had submitted, and then withdrew, last fall.

Under the new application, Plum

Creek would still build 1.25 miles of new logging road, install a 75-foot pre-fab bridge across the Cle Elum River, and rebuild 4500 feet of “existing” road. The new proposal would result in the logging of 73 acres at the base of Davis Peak, instead of 79 acres in the old proposal. Most of the logging would be on the roadless west side of the river.

The DNR approved Plum Creek's application on April 16.

The Alpine Lakes Protection Society has protested the Davis Peak project with Plum Creek, and also has filed notice of appeal with DNR.

Because of the pending Plum Creek/Forest Service land exchange in the I-90 corridor, Plum Creek and ALPS have entered into a standstill agreement. Plum Creek has agreed not to undertake any activity at Davis Peak this year.—*excerpted, with many details omitted, from Alpine, the newsletter of the Alpine Lakes Protection Society. For info on ALPS, call Jim Knibb, 425-823-0347.*

ST HELENS QUAKES—The number of earthquakes under Mount St Helens has increased from an average of 60 quakes per month last winter to 165 quakes during May.

Most of these quakes are very small, with only three larger than 2 on the Richter Scale. The tremors are relatively deep—one cluster of quakes at 2km to 5km below the dome, and the other cluster 7km to 9km deep.

According to the USGS, none of these earthquakes are low-frequency volcanic events that typically occur as precursors to major eruptions. The increased earthquakes may reflect increased pressure, however, and may eventually lead to renewed volcanic activity, but not without “significant additional precursory activity,” says the USGS.

EARLY NOTICE—Mark your calendars for October 8, 7:30pm. **Beck Weathers** will speak at Green River Community College on his experiences on Mount Everest.

We'll have more information in the next issue. If you haven't read *Into Thin Air*, do it before you hear Dr. Weathers speak.

REST STOP

EQUIPMENT, RECIPES, TIPS

SHOES—Nancy and I are just back from another of our annual trips to the Colorado River plateau in southern Utah. We use boots on the desert top and canyon rims but down in the canyons there tends to be a lot of water, even rivers.

This year, we tried LL Bean's Hurricane Island Shoes (catalog number KE25352 women's, \$49 per pair). We found them not only comfortable and supportive on rock, sand, mud and water, but also they have great friction on steep sandstone even when completely wet.

They are the best thing I have seen yet in many years of hiking under these conditions. I am ordering another pair so that when these wear out in the next five or ten years, I will be ready with a new pair!—*Charles Bagley, Seattle.*

PCT STOPS—Although hiking the PCT is a backcountry trek, the trail does pass through or near many towns and resorts, and crosses many major

highways.

A handy guide to these "trail towns" lists motels, restaurants, grocery stores and important services. Written by 1997 through-hiker Leslie Croot, the guide also includes information on obtaining permits and directions to PCT trailheads.

Order the *Pacific Crest Trail Town Guide* for \$5.99 plus \$1.25 postage from:

PCT Store
5325 Elkhorn Blvd #256
Sacramento CA 95842
or by phone: 888-PCTRAIL.

TRAILERS FOR YOUR TOYS—If you have ever admired those kayak trailers that outfitters use for kayaks, canoes and bicycles, you might like to check out the Multi-Use Trailer made by Slick Rydr.

For less than \$1000 you can get a small trailer that will hold a couple of canoes or kayaks, or bicycles. It can be towed at freeway speeds and has all the lights and chains required.

No more lifting those boats and bikes to the top of your vehicle! Just tow them. The trailer comes from Wisconsin by UPS. You pay the shipping charges, and you put it together with a couple of wrenches.

Phone for a brochure, 800-240-8425, or check the internet: www.slickrydr.com

BREAKFAST—This is nice for breakfast, lightweight and tasty, and NOT, thank god, oatmeal!

Cherry Walnut Couscous
½ cup plain couscous
½ cup nonfat dry milk
¼ cup dried cherries or cranberries
¼ cup chopped walnuts or almonds
3 tablespoons brown sugar
½ teaspoon cinnamon
¼ teaspoon salt

Place all ingredients in an airtight plastic bag. To make, bring 1¼ cups of water to a boil, add the mix, cover, let sit 5 to 10 minutes. Makes two cups for two servings.

Ingredients can often be found in the "bulk foods" which makes this inexpensive, besides being a welcome change from oatmeal. And very good.—*VB/MA, Arlington.*

PACK STORAGE—Try Hefly "One

Zip" freezer bags for bagging meals, snacks, small easily lost items. See-through, quart or gallon. A blue plastic slider zips them shut.

I stock a one quart with lip protection, knife, compass, notepad, pen, tissue, lighter, bandaids, film and move it from daypack to overnight pack. Always have what I need, and never lose small items in the bottom of my pack.

The bags seal positively and can be rinsed and reused. The blue sliding "zipper" holds well compared to other "zip" bags and the bag shape is shorter and wider. It also has a label area to record what's in it, and how much/how long to cook it.

The zippers don't last forever, but hold up quite well if you don't overstuff the bag.—*VB/MA, Arlington.*

COOL—Picture this. It is 90 degrees. Not a leaf stirs. Your mouth is dry and the climb is a 30-degree trail. Your pack weighs a little less than 200 pounds.

From behind you hear a cheerful voice say, "Excuse us, can we pass?" Turning, you see that these supermen seem cool and full of pep.

"What is your secret for staying cool?" you mumble.

As they pass, the last person in the group hollers, "Kool Ties!"

What, you wonder, is a Kool Tie?

Several days later, while rummaging around your local backcountry store, you find the answer. You pick up a funny-shaped neckerchief—it's rolled up and feels like it has tiny pebbles inside. You read the instructions: soak in water (the "pebbles" absorb the moisture) and wear around the neck.

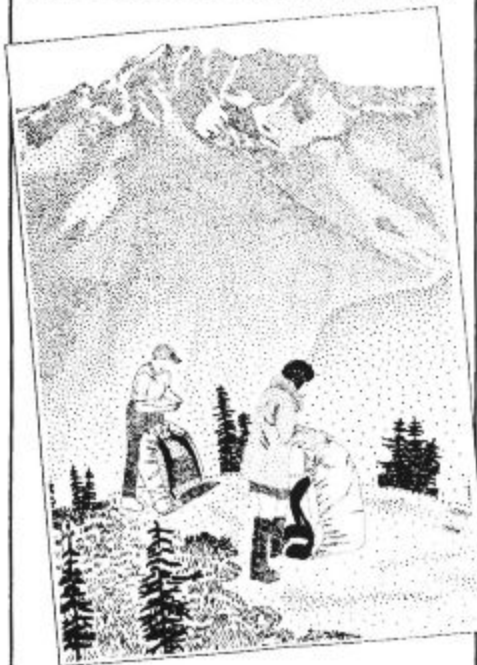
Try one. They're a wonderful invention.—*Robert DeGraw, Kirkland.*

TRAILHEAD SHUTTLE SERVICE—Bledsoe's Northwest Excursions will drop you off and pick you up at any trailhead anywhere in Washington, says their flyer.

Sounds interesting. Call them at 206-526-7996 for details.

BACKCOUNTRY NOTES

Pen-and-ink notecards of the Cascades. Blank inside. Envelopes included. Package of 8 for \$7.50 includes tax and postage.



Order from (or request brochure):
Backcountry Notes
PO Box 1063
Port Orchard WA 98366

WIN FAME & ADMIRATION!

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

PACK & PADDLE
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PORT ORCHARD WA 98366

EDITOR'S JOURNAL



In Gothic Basin.

FROM THE MAILBOX—"I especially enjoy the extended descriptions of multi-day trips and would like to see more of them."—*Mercer Island*

"Our Scout troop has thought of going on some of the trails in *Pack & Paddle*, such as part of our annual 50-miler."—*Lake Stevens*

"Love the magazine and do a lot of exploring from your pages."—*Everett*

"I get two magazines that I don't have to ponder over whether or not to renew. (The other is *Travelin'*.) Thanks for keeping *Pack & Paddle* simple and un-glitz."—*Bothell*

"I really like the up-to-date road closure information. I'd also like to know which trails have been cleared."—*Olympia*

MORNING HILL NEWS—The latest copy of *MHN* from Jennifer Stein Barker brings the news that her publication will be coming to an end with the end of the year.

It has been 7 years since she moved to the high eastern Oregon homestead she shares with husband Lance and began putting out a bi-monthly 5-page newsletter about her life "off the grid," using solar power for running her computer, the refrigerator, lights and CD player, among other things; her seasonal job with the Forest Service; and backwoods rural life in general.

It's not that Jennifer is going to retire. She is simply redirecting her considerable talent toward a new organization called the Eastern Oregon Renew-

able Energies Association.

If you wish to receive the last three issues of *MHN*, they will be available for \$1.50 each from

Jennifer Stein Barker

Morning Hill News

HC 84 Box 632

Canyon City OR 97820.

She still has copies of her cookbook for sale: \$11.95 each, postpaid, from the address above.

WILDLIFE—Lee and I are fortunate to have many birds in our woods. We know that mountain beavers, raccoons and skunks come by—we even see them occasionally—and visiting deer and black bears are a real highlight. We can tell when another tract of forest is being demolished, because the number of animal visits rises dramatically.

Recently, we had a mini-herd of deer visit for several days as a result of a new clearcut a couple of miles down the road.

We watched from the porch as they walked through our "meadow" carefully eating only the tops of the fireweed, just budding. One small patch, close to the house, is all that will bloom this year.

They discovered our two small apple trees and ripped great mouthfuls of leaves from the lower branches. We figured they needed the food, so we didn't chase them away, but when they headed

for the peas and strawberries, Lee and Yellow Cat gently steered them back into the forest.

A young black bear came through just this week. He will graze on the salal and huckleberries and maybe some of those big, juicy carpenter ants.

We have heard rumors that a young cougar was also displaced by the same clearcut. We haven't seen it. Yet.

CREVASSE RESCUE—With fear and trepidation I faced the last of the Basic Climbing class field trips: Crevasse Rescue. We went to the Nisqually Glacier on Mount Rainier. Our instructors found a nice "mine field" of crevasses, and each of us was lowered in, to be "rescued" by our rope mates.

For me, the anticipation turned out to be the worst part. Once actually in the crevasse, hanging securely from prussik loops and anchored with a second safety rope, I was able to look around and enjoy the eerie beauty of ancient ice.

See you in the backcountry.

Ann Marshall



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