The short and sweet version of the trip... we started from the large parking area on the north side of Chinook Pass... hiked the PCT for two miles to Sheep Lake and continued on the PCT another mile up to Sourdough Gap... crossed over the Gap and continued on the PCT for another .75 miles where we left the trail... eventually found a route to Three Way's east ridge... then followed the ridge to the summit.   
  
The only beta that we had for this scramble trip was two GPS tracks from peakbagger.com and a brief description from the authors of "Guide to 100 Peaks in Mount Rainier N.P."... and all three of these sources chose a route that stays on the PCT until the trail is within 250 vertical feet of a saddle on Three Way's east ridge... where they left the PCT, scrambled up to the ridge (~6440') and followed the east ridge to the summit... and this is the route we chose to try.   
  
The scramble up to the ridge went very smoothly... however, we could not find a comfortable way to deal with a large rock outcropping at the saddle... so we traced our steps back down 120 feet and started to traverse on loose scree in a westerly direction underneath very steep cliffs... where we eventually found what looked like a possible route that would get us above the cliffs and onto the east ridge.   
  
BarbE, Snowdog and Izzy nominated me to see if the route would go... and sure enough, we made the route go... as we were able to use several veggie belays to help us get off of the loose scree and onto the east ridge (~6700')... where it became an easy ridge walk to within 50 vertical feet of the summit... leaving an easy Class 3 route to the top (6796').