

# Introduction to the Natural World – Overview

Beauty is Truth, Truth Beauty. This is all  
you know and all you need to know

John Keats

The salubrious benefits of nature study  
is a well kept secret



# Hiking and nature study



# What makes a good nature hike?

- Almost any hike can be good
- You will see more in:
  - Hikes that change altitude
  - Hikes having ecotones (streams, forest-meadow interfaces ocean shore)
  - Hikes facing different directions (i.e. over a pass)
  - Hikes along a steep slope with forest clearings
  - Hikes with rocky outcroppings
  - Hikes that start early or end close to sunset
  - Hikes farther from human settlement and activity

# Spring – east side cascade hikes

- Exposed ridges
- Ponderosa pine-douglas fir eastside forest
- 2500-4500' elevation gain
- Snow melts off early on ridges
- Good April to June

# Balsamroot - composite



# Calypso orchid



# Trillium – lily



# Paintbrush and penstemon



# Ponderosa pine – pollen sacs 3 needles



# Larkspur – buttercup family



# Garter snake



# Black bear



# Summer

- Alpine Lake wilderness typical
- Hikes begin in woods, end in subalpine
- Steep climb below lake
- West side like forest – douglas fir and western hemlock
- Good July-October

# Bunchberry or canadian dogwood



# Twinflower - named after Linneaus



# Fritillary on valerian



# Wood or mertens saxifrage



# Davidson's penstemon



# Goats beard



# Autumn

- West side forest
- Subalpine meadows
- Western cedar, hemlock, mountain hemlock
- Fall color, flowers (late), berries, mushrooms
- More bear sightings

# Eunice lake woolly chantarelle mushrooms – not edible!



# Orange agoseris and harebells



# Enjoy alpine huckleberries



# Field of Lupine



# Sharing and learning



Join us on the trail!

