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

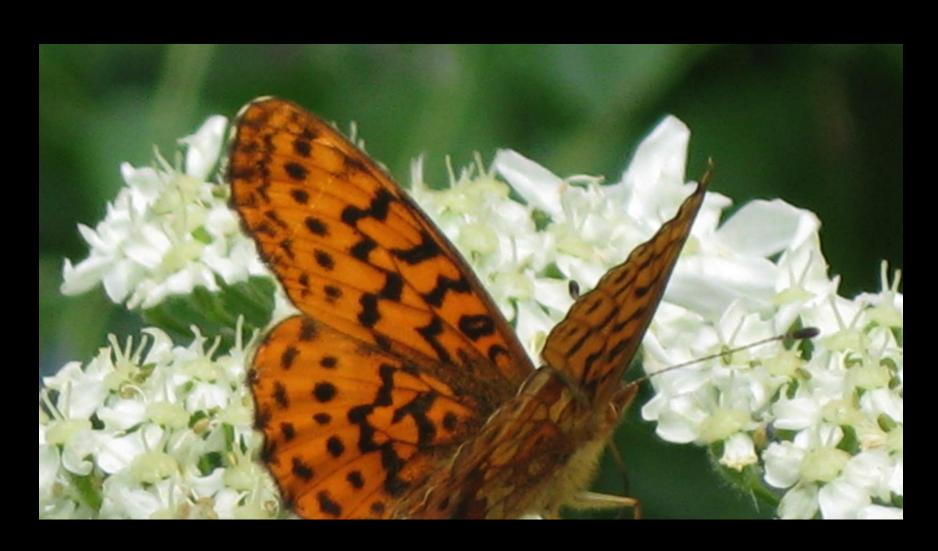
Bunchberry or canadian dogwood



Twinflower - named after Linneas



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 wooly chantarelle mushrooms – not edible!



Orange agoseris and harebells



Enjoy alpine huckleberries



Field of Lupine



Sharing and learning



Join us on the trail!

