

Mountaineer

E X P L O R E • L E A R N • C O N S E R V E

**To pack light,
just pack right**

**Take your spring skiing
to British Columbia's
backcountry**

**Conditioning:
Why go to the
gym when you
can go outdoors?**



Mar/Apr 2011 » Volume 105 » Number 2

Enriching the community by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest.



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Best of British Columbia's backcountry



Taking on Washington's Pacific Crest Trail

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DISCOVER THE MOUNTAINEERS

If you are thinking of joining – or have joined and aren't sure where to start – why not attend an information meeting? Check the Branching Out section of the magazine (pg, 29) for times and locations for each of our seven branches.

On our cover: A Mountaineers climbing trip, taken by Mike Sweeney.

Next step to 501(c)(3)? You!

In July of 2010 The Mountaineers Board of Trustees unanimously approved a plan to change our tax status from a 501(c)(4) to a 501(c)(3). As we began this journey our goal was to improve the membership experience and lay the groundwork for a stronger future for The Mountaineers. In fact, the most obvious and immediate impacts would be making a majority of your annual dues, and all of your generous donations, tax-deductible.



In January we received word that our application was approved by the Internal Revenue Service. All Mountaineers members, all past presidents and all branch chairs I have spoken to are in favor of this conversion. The last step is a vote of approval by our membership, and we respectfully ask you to vote, "Yes," in March to support this conversion. (For more information about the vote, **see the in-depth article on pg. 4** of this *Mountaineer*.)

First and foremost we undertook this initiative because The Mountaineers is obviously similar to our sister organizations, such as the Mazamas, Colorado Mountain Club, Appalachian Mountain Club, Adirondack Mountain Club and even the Washington Trails Association – all of whom are 501(c)(3)s. Some converted just as we are doing.

Combined, our organizations help tens of thousands of people – through education, activities and outreach – enjoy the natural wonders of our world with a bent towards preservation. I'd venture to say that our unique publishing activities reach millions of people interested in the outdoors. And each organization is supported by a base of amazing and dedicated volunteers.

The major operating benefit of being a (c)(3) is that we will be able to apply to foundations for grants to achieve our goals and provide a tax deduction to benefactors and corporations who support us. As a result we can enhance our long-term success by diversifying our funding base while reducing our dependency on dues and course fees. This additional funding will be deployed to provide greater support for our members, volunteers and programs, such as those serving youth and families, conservation and publishing.

There is no real downside to becoming a (c)(3). One requirement is being open to non-members, which we already are. Potential members can enjoy two of our numerous activities, subject to skill and conditioning requirements, without becoming a member. Similarly, a non-member may take a course, but must pay a higher fee than members do. There is no requirement for joining other than filing an informational form, signing a waiver and paying dues. Very few if any of our current operating procedures will have to be changed, and your sense of the organization won't be much different other than it being improved.

As with any successful organization, we must strike a balance between our traditions and adapting to change. A new tax status is the best way to protect our legacy of over 105 years and prepare us for the future. In the course of approving this strategy, the board of trustees reaffirmed our traditional "Purposes and Mission," keeping us grounded in our rich and wonderful past.

I hope your winter activity season is going well. And, please, vote in favor of our conversion. Be a part of this unique and historic step in our history.

Meanwhile, we'd love to hear from you at tabmountaineers@hotmail.com.

Mountaineers President Tab Wilkins



The Mountaineers is a non-profit organization, founded in 1906 and dedicated to the responsible enjoyment and protection of natural areas.

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Vote to change Mountaineers tax status to 501(c)(3)

Participate in a historic event!

MAYBE YOU'VE HEARD THE NEWS? The Mountaineers applied to the IRS for a change in our tax status from a 501(c)(4) to a 501(c)(3). And on January 13, 2011, we were approved!

There are several reasons you should care as a member and a supporter of The Mountaineers. First, we've long operated for charitable and educational purposes by offering trips and courses on outdoor recreation and conservation to our members and the public. Our volunteers work tirelessly to build educational curriculums and share their love of the outdoors with others. And the IRS agrees.

Second, a change to 501(c)(3) status will bring us closer to financial stability by making it easier for us to fundraise. A 501(c)(3) status allows individual donations and a portion of your membership dues to be tax deductible, and it allows us access to grants from foundations and corporations.

Finally, we will be able to join our sister organizations such as the Colorado Mountain Club, the Mazamas, American Alpine Club and the Appalachian Mountain Club who are already 501(c)(3) organizations.

Making the shift to a 501(c)(3) will be important to our success and your support is critical to the effort. In order to have the best possible chance of acceptance we formed a new Washington nonprofit corporation and applied as a "new" organization. This "new" organization is a carbon copy of The Mountaineers.

Many members have asked, "Why did we apply as a new organization, why didn't we just apply with our existing organization?" Our legal advisors recommended this approach as the way to give us the best chance of success. In fact, we submitted an application that was over 100 pages long, detailing the programs and services of The Mountaineers and how these would be transferred to the new organization. This application was subjected to a high level of scrutiny by the IRS and it passed with no questions! Now that this "new" organization has been granted 501(c)(3) tax status by the IRS, we will merge the existing Mountaineers into the "new" organization. Once the merger is complete there will be no apparent change to you as a Mountaineers member or volunteer. The Mountaineers will still have the same name, assets, facilities, conservation work, classes, purposes, members, policies, board, staff, publications and similar bylaws and publications.

HOW CAN YOU HELP? We will be conducting a membership vote to approve the merger of the new and existing organization. This vote will be electronic and soon you will receive an e-mail with voting instructions. There will also be paper ballots available. Call member services at 206-521-6001 for a paper ballot. We hope to complete the vote by the end of March. It is critically important that you participate and we hope you will support this important change with your vote of support of the merger. Please vote and please encourage your fellow Mountaineers to vote.

WANT TO LEARN MORE? DO YOU HAVE QUESTIONS? We will also be posting additional information online at www.mountaineers.org/taxstatus, including an FAQ and a list of open town halls and conference calls where you can come and ask questions in person to staff and board members. You can also contact Executive Director Martinique Grigg, martiniqueg@mountaineers.org, or Board President Tab Wilkins at tabmountaineers@hotmail.com with questions.

Thank you for your support of this important effort.

Executive Director Martinique Grigg
President Tab Wilkins
Mountaineers Board of Directors



501(c)(3) • Learn more at www.mountaineers.org/taxstatus

HAVE SKIS, and climb and ski WILL TRAVEL



Dylan Taylor

JOE STOCK'S idea of a good time typically requires skis, high mountains, long distances, and uncharted territory. Since 2006, Joe has made 100+ mile traverses through Alaska's Chugach, Neacola and Tordrillo Mountains – all involving more than 20,000 feet of vertical respectively – and has skied off the summit of Mount Chamberlain, the highest mountain in the Alaskan Arctic. In the spring of 2010, he skied a high and technical crossing of Alaska's Wrangell Mountains, a range noted for its high peaks, rugged terrain, bears, and an alarming lack of up-to-date cartography. During his little jaunts, he calls a Hilleberg Nammatj home.

"I never know what I'm getting into on remote Alaska ski expeditions: 75+mph winds, drifting snow or even swarms of mosquitoes, but I always know my **Nammatj** will handle the conditions. It sets up fast in a raging blizzard, has plenty of room for us and our gear, and it is bombproof." (For more, see www.stockalpine.com)

Hilleberg Nammatj



For over three decades, Hilleberg has been making the highest quality all-season tents available. Conceived and developed in northern Sweden, Hilleberg tents offer the ideal balance of low weight, strength, and comfort. Order our catalog "The Tent Handbook" for more information.

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Introducing people to the outdoors

The Mountaineers is committed to creating opportunities to make the outdoors more relevant to more people. One of the ways we're doing this is through our GETTING STARTED SERIES (GSS), a collection of programs that offer members and guests an opportunity to sample an activity, such as climbing, hiking, photography or navigation. All GSS programs are priced at under \$100, many are free. These programs have no pre-requisites, and while they may not serve as a prerequisite for other courses or trips, they provide a basic skill set that will undoubtedly help students come prepared to more extensive courses. Our GSS programs are listed by activity in the "Go Guide" section of the *Mountaineer*, and highlighted with orange lettering (see pg. 39). Here are some of them:



Learn to Belay: for beginners.

Experience Rock Climbing: Come try rock climbing and learn about The Mountaineers climbing programs. A fun evening or day outing, especially designed for those with no experience who would like to sample this fascinating sport. Climb on our new artificial walls at our Magnuson Park facility or outside at a nearby climbing area. A safe, low-pressure environment, with experienced instructors and belayers who focus on safety so you can enjoy and experience the sport of rock climbing. All equipment provided by The Mountaineers.

Learn to Belay: This class is designed for beginners, people wanting a review of belay skills, or parents who want to belay their children. All participants will come in for one, 2.5 hour teaching session, to learn safe belay technique with an ATC Belay Device. It will be taught

on-site at the Magnuson Park Program Center, on the indoor or outdoor wall (weather depending). The Mountaineers will provide all necessary gear, but please bring whatever gear you own so that you can learn on your own gear. (Offered year-round.)

Introduction to Rock Climbing: This multi-session course is designed for those who have little to no outdoor rock climbing experience. In this course you will learn the basics of top-roped outdoor climbing, to include learning basic climbing knots, belaying skills, climbing techniques and rappelling. At the end of this course you will be able to safely follow a lead climber on sport/crag climbs as well as know the basics for top-roping on your own. It does not prepare you for an alpine environment or leading rock climbs. (Offered spring/fall.)

Basic Navigation: Want to learn how not to get lost in the woods? Need to navigate better because you'll be going off trail? Need a navigation card for your Seattle class in basic climbing, snowshoe or alpine scrambling? Then the Basic Navigation Course is for you. Basic map and compass skills are taught – making navigation easy and fun to learn. The course is open to both Mountaineers members and non-members who are in reasonable physical condition and have an interest in navigation. Note that members may get registration preference in some circumstances. The course is REQUIRED for Seattle and Tacoma basic climbing, alpine scrambling, and snowshoe students.

Beginning Hiking Seminar: Hikers! Learn what to put in your pack, how to dress for comfort and safety, and what to expect on a Mountaineers hike. Experienced Mountaineers hiking leaders will discuss clothing, boots, and pack, the Ten Essentials, seasonal trail hazards, where to shop for equipment (and save money), and how to research your hikes. This seminar is designed to answer questions you, as a beginning hiker or new Mountaineers member, may have about how to get started. We will show samples of our equipment and show pictures of some of our favorite places to hike. There is NO COST for this seminar! You don't have to be a Mountaineers member to attend. However, registration is required for this seminar with a limit of 75. Members and non-members are asked to utilize the online registration system. If assistance is needed to sign up, please call member services at 206-521-6001. A minimum of three participants is required by the sign-up close date (two days prior to event) or the seminar will be canceled. Please check with the program center on the day of the seminar to make sure that it has not been canceled due to lack of participants.

See more of 'Reaching Out' on pg. 13

By Becca Polglase
Education Manager

Conservation on the Ground outings announced

By Sarah Krueger

Conservation Manager

Day hikes and thought-provoking discussion – the perfect trail mix – are being offered by The Mountaineers. Designed to connect membership to current issues affecting the state's public lands, Conservation on the Ground outings provide participants a ground-level view of areas teetering between development and preservation. Below are outings scheduled so far. For more details, contact Sarah Krueger, conservation manager at The Mountaineers, sarahk@mountaineers.org.

Saturday, May 7 - Off-Road Vehicles: Showdown at Reiter Enjoy a non-technical hike above the Index Town Wall to Reiter Foothills Forest, managed by the state's Department of Natural Resources. Also known as the "Reiter Pit" by off-road vehicle users, Reiter Foothills bears the scars of unmanaged motorized recreation. Learn how conservationists, agency staff, and non-motorized and motorized recreationists alike are trying to work together to plan an environmentally sensitive off-road vehicle trail system. Karl Forsgaard, attorney and chair of the National Recreation Issues Committee at the Sierra Club, will interpret this interesting tour of what has been at times a controversial recreation planning effort.

Saturday, June 19 - The Wild Olympics: Church Creek Trail Explore the Southern Olympics and enjoy the fruit of the Olympia Branch trail crew's efforts on the Church Creek Trail. Crew leader Jim French leads this 6.4 mile round-trip journey to Satsop Lakes and back. Representatives from the Wild Olympics Campaign will facilitate discussion about the political process of establishing new protections, for places like Church Creek, through the Wilderness and Wild and Scenic Rivers acts. Warning: extended periods of walking beneath big trees during this outing may cause sore necks.

Sunday, July 10 - Up a Creek: The Implications of Small Hydro How big is small hydropower? Western Washington's free-flowing streams are increasingly the target of proposals to develop small hydroelectric dams. Visit two such proposed dam sites in the North Cascades, Ruth Creek and Swamp Creek, and learn how large a footprint these projects actually leave. Local experts will guide the discussion about the business of hydroelectric power speculation in the Pacific Northwest.

See more "Conservation Currents" on next page



Karl Forsgaard photo

A view to Wild Sky Wilderness peaks from atop the Index Town Wall, Reiter Forest.



Jim French, Olympia Branch, at work on the Church Creek Trail. (See article on pg. 9.)

Join us for a Methow Trails Day!

Join The Mountaineers in celebrating trails and the beauty of the Methow Valley by attending National Trails Day festivities at the Sun Mountain Lodge on Saturday, June 4.

Enjoy hikes, trail stewardship opportunities, clinics and family-friendly activities, all based out of Sun Mountain Lodge in Winthrop. Camping sites and accommodations are available in the valley, or make your reservations today to enjoy half-priced lodging at Sun Mountain Lodge – just mention National Trails Day.

Keep an eye on www.mountaineers.org and the May/June *Mountaineer* for more details about all of our branches' National Trails Day plans as they develop.

Earth Day Celebration

Saturday, April 23, 2011
10 am - 4 pm
Kitsap Rhododendron Preserve

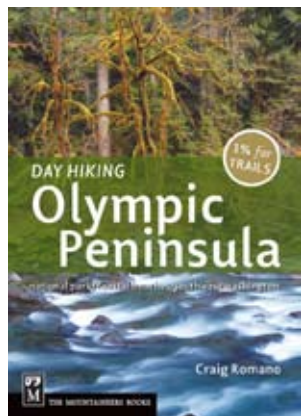
Join us for family-friendly games, hikes, storytelling, and stewardship activities in the beautiful Rhododendron Preserve!

Free! Sign up today:
www.mountaineers.org



Church Creek at heart of area eyed for more protection

A satellite view of the southern Olympic Mountains reveals a web of old logging roads stretched across a collage of clear cuts and planted forests. But just northeast of Lake Wynochee, a dense, rugged wrinkle in the heavily managed landscape betrays a wild and largely intact gem in the Olympic National Forest. To venture into the heart of this old-growth island, hikers can follow the relatively unknown, and once abandoned, Church Creek Trail. The hard work and hand tools of The Mountaineers' Olympia Branch trail crew reclaimed the trail in 2005, restoring access to some of the last remnants of ancient forest in the southern Olympics.



The Church Creek Trail and other South Olympics hikes can be found in "Day Hiking Olympic Peninsula."

Every spring, usually on National Trails Day in June, crew leader Jim French and a team of dedicated volunteers scout the Church Creek Trail for tread damage, overgrown vegetation and windfall. The trail gains 2,300 feet as it travels 3.2 miles up and over a divide, ending at the five Satsop Lakes. Along the rugged route, it's not uncommon for the team to encounter trees of 18" to 3' in diameter lying across the trail. "We are using cross-cut saws, and removal of the logs can take a considerable amount of work and an understanding of physics," Jim explains, "but it turns out that it's an adventure that people really enjoy."

Although the trailhead is within 50 miles of Olympia, the trail is quiet compared to more popular Olympic destinations. Jim jokes, "Sometimes we just hope to find a gum wrapper, so we know someone has been out there." The trail crew members, however, are not the only ones who appreciate the solitude of the area. The forest surrounding Church Creek is at the heart of a proposed wilderness area, one of several remnant old-growth forests that the Wild Olympics Campaign seeks to protect.

Championed by a broad coalition of recreation, conservation and civic organizations, including The Mountaineers, the campaign seeks long-term protection for the Olympic Peninsula's forests and rivers with a watershed-based approach that will establish new wilderness, Wild and Scenic Rivers and additions to the national park from willing sellers. A growing list of over 85 local businesses and farms on the peninsula support the plan, as well as most of the peninsula's county commissioners. "Many local businesses recognize that protecting our scenic recreation destinations is a down payment on the future of local tourism-based economies," explains Jon Owen, manager for the Pew Charitable Trust's Campaign for America's Wilderness.

The coalition is hopeful that Congressman Norm Dicks will agree to introduce legislation to move its campaign forward. Without wilderness designation, the cathedral-like trees of the Church Creek Trail may be vulnerable to the clear cuts that characterize the outlying forests. For the dedicated Olympia Branch trail crew, this may be more proof of visitation than they wish to see on their favorite trail.

Learn more about the campaign and sign a petition of support at www.wildolympics.org.

Access pass for state lands evolves in senate bill

A state bill introduced by Sen. Kevin Ranker aims to keep state lands open and accessible for recreation. At the heart of Senate Bill 5622 is a three-agency Discover Pass for access to state parks, Department of Natural Resources (DNR) and Department of Fish and Wildlife (DFW) lands. The day pass would cost \$10 per vehicle per visit. An annual pass would cost \$30 per vehicle and not transferable between vehicles. Volunteers who log 40 hours of service for the state agencies would be eligible for a free annual pass.

The Discover Pass legislation replaces an earlier proposal for a \$40-per-person Explore Washington Pass (January/February *Mountaineer*) that would only cover access to DNR and DFW properties. By including state parks in the proposal, the legislation serves a dual purpose of adding value to the pass and

generating desperately needed funds for the parks. Under the governor's current budget proposal, general funds appropriated to state parks would be cut by two-thirds in the next two-year biennium. The outlook for the 2013-15 biennium is a State Parks Department entirely cut off from general funds. The need for user-generated funding has never been greater for the 119 developed parks statewide.

"Without this bill, we will be closing many key recreation areas," Sen. Ranker remarked. "In this economy, maybe families can't afford to go out to dinner, but they should be able to pile in a car and go to a park."

The pass strives to raise \$71 million in the first two years. With the lion's share of visitors, state parks would receive 85 percent of Discover Pass funds, with the remaining 15

percent divided between DNR and DFW.

While some are skeptical that Washington can maintain state lands on user-generated funds alone, the pass is an important step in the right direction. A range of recreation groups are stepping up to support and shape the bill, which Ranker is quick to call "a work in progress." Among the questions still unanswered is how the pass will be equitable for hunters and fishers who already pay for access to DFW lands with their annual licenses.

During the bill's debut committee hearing in February, Mountaineers Conservation Manager Sarah Krueger provided testimony in support of the legislation: "A thirty dollar annual fee is acceptable; what is not acceptable is the closure of our parks and trails. We cannot afford to lose access to state lands."

Struggling to lighten your load?

The right gear can lead you to light gear

By Jim Nelson

Packing light is not so much about having the lightest “new thing” on the market, it’s more about having the **right gear**. Sounds simple, but in our world of consumerism it’s easy to buy the wrong thing, sometimes multiple times. In the realm of packing light, there have been very few true innovations from year to year.

I start by packing my Ten Essentials – all of them. After that, I think carefully about every other piece of gear. I simply ask myself, “Do I need this or not?” I make my final choices partly based on length of trip and the weather forecasts. I take very little on day trips, but everything necessary in case I have to spend a night out unplanned.

If you are unsure whether or not to bring a piece of gear, my advice is to take it. On future trips try and make do with less when you can. Over time you will learn exactly what the right amount of gear is for you.

Day trips are great for experimenting by leaving a non-essential item out. Over time I learned I could do with less. For example, my full clothing system weighs less than three pounds. And I rarely bring the full system on every trip. So this is the area on which I will focus, for it can save a substantial amount of space and weight in your pack for other items.

I start with my **wool boxers**, and then a pair of good pants. Tightly woven **nylon pants** are good because they dry quickly and are wind-proof. Because I’m hard on my pants I prefer the ones with reinforced seat and knee sections. My current favorite is the Montbell South Rim pant.

In my pack I always carry a pair of **light-shell pants**. The Montbell Dynamo pants (3 oz.) are hard to beat. These are not waterproof pants, but I prefer them over the less breathable and heavier water-



Jim Nelson photo

Author, Jim Nelson, on Stuart’s northwest face.

proof/breathable pants.

On my upper body I start with a **very thin base layer** – actually two, **one short sleeve and one long sleeve**. Sometimes I wear them both. After sweating hard I remove the wet one and put on the dry one. The wet shirt will quickly dry by wearing it over the dry one. When I start moving again, I strip down to one shirt, or base layer plus light shell, depending on conditions.

How thick your base layer is depends on temperatures, level of exertion, and also your body and individual comfort level. Experiment a bit and find what works best for you. One I like is Montbell LW Merino round neck shirts (130 grams per meter). I’ve learned that for me the thin weight keeps me drier, which keeps me warmer.

Continued on pg. 10

On the Ten Essentials

I can’t really think of any of the Ten Essentials I would not take. However, I don’t take extra clothing, but only because I have the experience from unplanned nights out to know that my minimal clothing, PLUS TARP, is adequate.

I do carry an EXTRA PAIR of sunglasses for any trip where I plan to be primarily on snow.

Finally, regarding the FIRST AID KIT, I bring very little. A roll of athletic tape can double as a repair kit for gear. And I always include an antihistamine, as well as the “Pocket Doctor,” This is a really good book, and easy to pack.



In Jim’s Ten Essentials:
compact, not too heavy
– and from Mountaineers Books.



Jim Nelson photo

Some new ultralight gear is worth checking out – such as crampons – but best saved for another article.

Continued from pg. 9

My next layer is a **light-shell jacket**. Not waterproof, but breathable and windproof. Integral Designs Pertex Wind Jacket w/hood (5 oz.) is a personal favorite, but I own several. The hood serves as one of my **three hats**, the second being a thin Merino wool hat. For very cold or extreme conditions, I'll add a Merino wool balaclava. My third hat is one with a brim for sun or rain.

For warmth, when not moving or any time I'm cold, I carry in my pack a **down jacket**. I own several, but the one I use most often is the Montbell UL down inner jacket (8 oz.). If I'm expecting wet weather, I bring a synthetic fill version, UL Thermawrap jacket (9 oz.) with Exceloft rather than one with down fill.

I include a pair of **gloves** or three, depending on conditions. I always have **several pair of dry socks** along, even on day hikes. There is nothing like fresh socks during the day to keep my feet comfortable. I'll change my socks several times on a long day out.

If the weather looks threatening, and for all multi-day trips, I also carry a **5' x 8' tarp**, and a **small umbrella**. The tarp is great if I need to get out of the wind and rain, or emergency. I use the Integral Designs Sil tarp (7 oz.) and the Montbell UL Umbrella.

For very wet weather I bring a **waterproof, breathable rain jacket**. I usually bring this and **rain pants** if I'm planning a forest hike in the rain—normally on day trips. For multi-day trips I bring a tent and tarp to get out of the weather. I know from experience that if I get caught without raingear and my light shells and wool clothing get wet, they will dry out very quickly once I reach shelter. Sometimes I'll wait out a heavy rain shower under my tarp, or even camp early if necessary.

For winter or cold weather I add a **down vest**. I finally found a vest without a high neck. Because I wear it under my down jacket, I don't want the double, puffy, high neck. The Western Mountaineering Flash vest (4oz.) is perfect for layering.

For winter or cold weather camping, I also add a pair of **long underwear bottoms** or, even better, a pair of **down pants**. When I get to camp, on go the down pants, which also allow me to extend my summer sleeping bag's range for winter trips. I find the Western Mountaineering Flash pants (6.5 oz.) just right.

Your **extra footwear** depends again on the length of your trip and conditions or season. In some instances I like simple flip-flops or Crocs or something similar. For a river crossing I might bring tennis shoes—superlight, comfy—and then cache them near the trail for the return trip. If it is a long distance to the stream crossing from trailhead, I wear my boots and after crossing the stream, put on dry socks. I still have to put up with wet boots but that is bearable with dry socks.

Bottom line, if a stream crossing appears serious, I don't mess around with Crocs or lighter footwear. I wear the boots to ensure solid footing.

This may not sound like much clothing for mountaineering, but after many trips I have confidence I'll be warm and able to spend a night out if necessary. By the way, unplanned bivouacs are a great learning experience, and almost a requirement for going extremely light. Keep that in mind – and that the right gear makes for light gear. ▲▲



About the author

Jim Nelson, who helps teach Mountaineers courses and owns a gear shop called Pro Mountain Sports near the U District of Seattle, has been climbing and hiking the Northwest since moving here in the early '60s. Co-author of "Selected Climbs in the North Cascades" Jim enjoys all types of climbing, "except during basketball playoff time."

Some trail food adds zero weight to your pack. See pg. 26

By Alan Vogt
Seattle Sailing Chair



Have you ever wondered what it would be like to help skipper one of those large sailboats you see on Puget Sound? Through either the Seattle or Tacoma branches you can start learning in April and be out on the water - sailing for FREE - by May!

With the wind in their hair, three crew members find a repose on the foredeck of the "Blue Fin."

Alan Vogt photo

Sailing? Mountaineers? Really?

How is it that sailing has a place within an organization that teaches people the skills associated with climbing mountains, navigating terrain and hiking in the back country (to name a few)?

The answer is quite simple. Like all Mountaineers activities, it stems from a desire to be in the outdoors free from noise and machinery. It has everything to do with "people-power" and wind-power, and nothing to do with engines and fuel.

A small carload of climbers discover a love for sailing

But how did sailing get its start within The Mountaineers? Long-time Mountaineer and volunteer Chuck Gustafson reports that it started more than 30 years ago. A group of Mountaineers were carpooling up to the mountains for a day of climbing. After an exhilarating day of sun, blue skies, and wind in their faces, they were talking on the ride home about the similarities climbing had to sailing...same wind, similar exhilaration, and blue skies (some of the time).

Together, this small group learned that they either

shared a passion for sailing OR had a desire to learn. They talked about other similarities between climbing and sailing - upper body strength, relying on others to assist in the process, and an appreciation for all that the natural elements bring to any experience. They knew that they didn't quite fit the mode of sailors associated with Seattle's legendary Yacht Club, so they began dreaming. They wondered if they could launch a crewing course of their own through The Mountaineers

KEEPING EXPECTATIONS IN CHECK

That carload of people who were also friends decided to host a meeting to assess the level of interest in a sailing course - 30 people showed up. Together, that small group created a crewing (as opposed to sailing) course that, like all Mountaineering courses, had safety at its core. They carefully identified some qualified skippers and put a notice in The Mountaineers *Bulletin*.

Not wanting to get their hopes up *too* much, they opened The Mountaineers doors that night and were absolutely stunned - people were lined up along the walls, down the stairs, and out onto the streets of Seattle! (This was when we were based out of the old Pike Street

Continued on pg. 12

Continued from pg. 11

location where the Washington State Convention and Trade Center is today.) That small group of climbers quickly knew that they'd struck a chord within the organization.

The Mountaineers Sailing program took off, has flourished over the years, and is now preparing to "launch" its 2011 season. And parlaying back to the similarities? Similar to The Mountaineers climbing courses, you have to learn the basics before you can head out sailing. You also have to be a participant.

Not your typical sunset cruise

With The Mountaineers, you become a member of the crew. While you'll certainly enjoy the new friends you meet and the meals you'll share together, you're not a bystander or tourist along for a sunset cruise. After a few classes, participants come together on-board skippers' boats in the Puget Sound. These skippers provide their boats free of charge; all you have to bring is good food to share. You learn about the basics of radio operation, walking on deck, and using a winch. Once you've completed the course, you'll be heading out into the coves and bays of the absolutely beautiful Puget Sound waterways. And if you wonder how truly beautiful it is, nothing compares to actually *being* out there.

Last year, The Mountaineers hosted more than 75 sailing trips through the two branches that offer courses - Seattle and Tacoma. Come along for the ride! Take the course and become a part of a long-standing Mountaineers tradition. Learn to sail!

Getting started

The course consists of four classroom sessions followed by a day on the dock before heading out. You'll learn about gear, safety, "rigging a sloop," assisting with dock arrival/departure, trimming a sail, and boat maneuverability. You'll also gain a basic understanding of charts and navigational aids.

COURSE NAME: Basic Crewing/Sailing Course

COST: \$95 members (more for prospective members; varies by branch)

SHORT-TERM COMMITMENT: Four evening courses (6:30 - 9:30 p.m.) in April, plus one on-deck training session

LONG-TERM BENEFIT: Once you've completed the above, you are welcome to join future Mountaineers sails at no cost.

SEATTLE CONTACT: Alan Vogt, 206-295-8788

TACOMA CONTACT: Laura Crews, 253-846-7560

BOAT SIZES: Vary from 24' TO 42' in length

EXPERIENCE NEEDED: None . . . and that's the beauty of learning to sail with The Mountaineers. You DO, however, need to have both a spirit of adventure and a yearning to learn. You don't sit idly and watch the skipper do his/her job. (And that would be SO NON-Mountaineer like, wouldn't it?) You play a key and active role as a member of the crew.

About the author

A Mountaineer for over 10 years, Alan Vogt takes the reins as chair of the Seattle Branch Sailing Committee this year. A skipper, he relishes in the history of Mountaineers sailing, from the building of gear for the course in Chuck Gustafson's garage, to the eight active boats and skippers today.

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Venturing: for teens and young adults

Venture Crew 99 started again this fall with current members from 8th-10th grades. Right now we are focusing on hiking, climbing and backpacking. One weekend our crew went on a seven-mile snowshoe trip – learning important outdoor skills along the way. We hope to summit Mt. Baker this summer and are also going to climb Unicorn Peak. We look forward to meeting more excited youth and are open to both new ideas and new members (to join, please contact Becca at beccap@mountaineers.org)

– Reported by Rebecca W., 13, and Sarah Bowen, 14



Earth Day 2011: Join us at Kitsap

The Mountaineers will host an all-ages Earth Day event at our Kitsap Cabin property on Saturday, April 23, from 10 a.m.-4 p.m. Family activities will include a visit to a locally rescued great-horned owl, a storyteller, Earth Day theater games, marshmallow roasting and guided family hikes to one of the largest trees in the country! Activities for adults and older youths will include stewardship projects, interpretive hikes with a local arborist, natural history walks and Leave No Trace hands-on sessions. The event is FREE and open to the public; pre-registration is encouraged. If you'd like to teach or share at this event, or if you have any questions, please contact Becca at beccap@mountaineers.org. Check our website often for updates.

A special THANK YOU goes out to the Garfield POST students who volunteered their time to belay and entertain Mountaineers children so their parents could participate in the Youth Summit!

Youth Summit 2011: connecting needs to resources

As part of its mission, The Mountaineers is working hard to expand its ability to expose youth to the outdoors. Youth are important to The Mountaineers for a variety of reasons:

- 1) They are the next generation of recreationists, conservationists, educators and Mountaineers;
- 2) They benefit from the outdoors – studies have found a correlation between the amount of time children spend outdoors and the prevalence of childhood obesity and other disorders – and we believe we have a responsibility to help get youth outdoors;
- 3) Many Mountaineers have children and would like to share their love of the outdoors with them.

The Mountaineers has recognized the value of involving youth in its programs as evidenced in our 10-year plan: "... our outings, gatherings

and offerings are open to all to learn about and enjoy the outdoors – especially the next generations of explorers, conservationists, educators and voters."

On January 18, over 30 volunteers from four branches met at our Youth Summit to discuss opportunities for youths and families within The Mountaineers and our communities. Currently The



youth & family

Mountaineers offers self-guided family programs like the Hike Tracker, Climb Tracker and Junior Mountaineer, as well as family hikes, climbing days, car camping and other outings.

Our lodges and recreational properties host family hikes, the Annual Winter Trails Day, family snowshoe days and youth ski lessons. In addition to our family programs, we collaborate with other organizations to provide youth outreach, including the Boy Scouts, Garfield High School, Big Brothers Big Sisters, Hope Place Shelter and several schools.

Youth Summit attendees identified these valuable resources within



Youth Summit 2011: planning for a great year.

The Mountaineers: experienced and eager volunteers, three beautiful mountain properties, 480 acres of Rhododendron Preserve that surround our Kitsap Cabin property, three artificial climbing

walls, and staff support.

As a result of the Youth Summit a group of parents will be working together to provide family activities throughout the year. A task force will also be convened to focus on integrating teenagers into Mountaineers programming. The task force will develop protocols and procedures, as well as strategies for successful teen programming, thus empowering the next generation of Mountaineers.

Our current collaborations with other organizations will continue to thrive. Education Manager Becca Polglase also will propose a process for initiation of new collaborations. Meanwhile, the strategic pursuit of grants and donations will provide financial support for our youth-outreach programs.

At the beginning of February a survey was sent to all members in pursuit of connecting families, youth and adult volunteers with opportunities that interest them. If you would like to get involved, but missed the survey, please contact Becca at beccap@mountaineers.org.

Families can join the Family Activities Yahoo! Group to stay abreast of upcoming Family Activities. Enthusiasm is growing for our youth and family programs, made possible by connecting our needs with our resources. Help us grow by becoming connected as a volunteer.



The Burke Museum will showcase the photography of Mountaineers Books author Paul Bannick.



After a record-breaking Seven Summits fundraiser, AC Sherpa is at it again: this time three Everest summits in one season.



Clean-air climb

Under the watchful eye of mountaineering legend and Honorary Chair Lou Whittaker, the Climb For Clean Air enters its 24th year. This July, a total of 54 lucky climbers will have the chance to attempt Mt. Rainier's 14,410' summit, all for the benefit of the American Lung Association of the Mountain Pacific.

Each participant must raise a minimum of \$3,750 for the American Lung Association. The donations will fund a variety of programs in our region, including lung-disease research, clean-air advocacy and reducing tobacco use among youths.

Space on the 2011 climb is going fast. Visit climbforcleanair.com to register or contact Laura Sanford at 206-441-5100, Ext. 23, lsanford@lungmtpacific.org.

Everest thrice

AC Sherpa, who climbed the seven highest summits on seven continents to set a world record for time last year, is taking his fund-raising energy back to one of those summits this spring – Mt. Everest.

AC, who climbed to the top of the Seven Summits within 42 climbing days, will try to climb to the top of Everest three times within one season, beginning April 25 from his native Nepal. He will be seeking donors for 5 cents per step to benefit his Seven Summits Foundation. The foundation raises money for projects bringing education and health services to remote Nepalese villages.

You can follow his three attempts to summit Everest and find out more about the foundation through www.himalayan-foundation.org.

Mazamas events

Mazamas are inviting all Mountaineers to their ANNUAL USED EQUIPMENT SALE where great prices are offered on "gently used" recreational gear. The sale will be Friday, March 25. For more information visit www.mazamas.org/your/adventure/starts-here/C22.

Mazamas also invite Mountaineers to join them in exploring ancient and contemporary PERU THIS SPRING – April 11-May 2.

There will be another Peru outing offered by Mazamas in the fall. For more information about either trip, contact the leader, Ellen Gradison, ellengradison@peak.org, 541-829-0484.

Going Full Circle!

The Mountaineers Program Center is now a Full Circle Farm drop-off station. Full Circle customers living in the Magnuson Park region will be able to

walk, cycle or drive down to The Mountaineers Program Center to pick up their goods at the front door of the center.

Visit www.fullcirclefarm.com for more information and be sure to drop by The Mountaineers Program Center for a Full Circle discount coupon before making your next order.

Book is featured

Our friends at the Burke Museum will be exhibiting conservation photography, based on the book, "The Owl and the Woodpecker," (Mountaineers Books, 2008), by acclaimed photographer Paul Bannick.

The exhibit, augmented by sounds of the birds, will showcase the most important species of owls and woodpeckers in North America, and the critical importance of conservation. It will run through Aug. 7. For more information call 206-543-5590 or visit the Burke Museum website.

Race, outdoor events aimed at North Cascades preservation

Toward further preservation of the North Cascades, Mountaineers are joining the North Cascades Conservation Council (NCCC) in asking everyone to put on their bicycling gear, running shoes, paddle gear or hiking boots.

A participatory publicity event set for the first Saturday in August – The American Alps Challenge – will be two-tiered: a competitive relay race from Washington Pass to Marblemount and various non-competitive activities such as hikes.

The competitive event will consist of running, bicycling, canoeing and kayaking – all starting at Washington Pass in the morning and finishing at Marblemount in early afternoon. This will be a team competition requiring team registration.

In order to introduce as many people as possible to the North Cascades, some activity committees from The Mountaineers will schedule hikes and trips into the North Cascades that day.

There will be food, drink and socializing at Marblemount. All participants will be eligible for event T-shirts. So mark your calendars and be prepared to join in the fun.

Evening of Legends to celebrate the Dyers



Polly and John: Ketchikan 1945.

Evening of Legends

Friday, April 8, 6 pm

Mountaineers Program Center

Keynote speaker:

The Honorable Daniel J. Evans

Polly Dyer first fell in love with the wilderness when her family moved to Ketchikan, Alaska in 1940. Having moved from the East Coast at a time when "proper" women were

not yet allowed to wear trousers, Polly did most of her early hiking in a skirt.

On one of her first hikes in Alaska she scaled the summit of a small peak. Upon reaching the top, she said, she just wanted to "hug everything in close" to her.

On another of her early hikes, Polly met the man she credits for introducing her to conservation, her late husband, John Dyer.

When the couple moved to Auburn in 1950 they joined The Mountaineers and with the ever-present support of her husband, Polly quickly became a force on the political landscape of Washington. Often the only woman in the room, Polly took on some of the most important issues of her time and served on several governor-appointed committees on the environment.

The Dyers' living room hosted innumerable conservation meetings over the years, including some they either spearheaded or helped lead. Richard Fiddler of the Sierra Club stated, "Nearly every conservation leader in the Pacific Northwest had learned how to fight for wilderness preservation in John and Polly Dyer's large living room."

Without these two inspirational environmental leaders, the landscape of Washington and perhaps the entire country would look very different today. We would share the Olympic Coast with at least one road, wilderness areas would still be an idea, the land that is now North Cascades National Park might have gone unprotected, and the spirit of conservation in Washington State would likely look and feel very different.

It is nearly impossible to convey the impact that these two extraordinary individuals have had on conservation. The Mountaineers hopes that you will join us on April 8 for its Second Annual Evening of Legends to honor this amazing duo and recommit ourselves to protecting the areas they worked to preserve.

Evening of Legends is a fundraiser for The Mountaineers and all proceeds will be used to ensure that people continue to love, value and conserve the majestic outdoor spaces of the Pacific Northwest, just as Polly and John Dyer did.

For more details on what Polly has accomplished over the years, visit historylink.org and search for "Polly Dyer." ▲▲

Please join The Mountaineers for
An Evening of Legends
A Celebration of the Life and Achievements of
Polly & John Dyer

Keynote Address by the Honorable Daniel J. Evans

Friday, April 8th, 2011

Reception & Dinner at 6 p.m. \$100/person

Dessert Only at 7 p.m. \$20/person

The Mountaineers Program Center
7700 Sand Point Way NE, Seattle

Please RSVP by March 25th

Attire is Northwest Business Casual

Tickets available online

www.brownpapertickets.com/156072



Polly Dyer organized this 1958 hike along the Olympic Peninsula with Supreme Court Justice Douglas to raise awareness and gain protection for one of the last remaining roadless areas of the Pacific Coast.

Want out of the downhill dregs?

Here's what you need to start your migration to the backcountry

By Jeff Bowman

There comes a moment when many a downhill skier gets enough of lift ticket prices, the idle time spent in lift lines, dangling their skis on a stalled chair and navigating crowded slopes. At this point, many see the expanse and solitude of backcountry skiing as an overdue remedy. They just don't know how to get started in the steep, deep and less-trampled terrain. Fortunately, the conversion from downhill to backcountry is not as difficult today as it used to be.

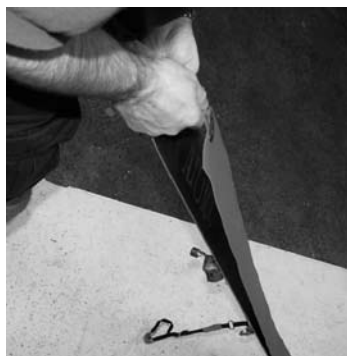
Backcountry ski gear for alpine touring (AT; aka "Randonee") has evolved significantly in the past decade, giving the skier many options, and sometimes confusion, about which gear to choose. Bottom line, the best gear for you is that which performs well for the type of trip and terrain you plan to ski. You may have your sights set on an hour's drive to ski a bowl full of fresh powder. You might prefer multi-day ski tours or climbing



UPHILL MODE – Bindings for alpine touring have 2-3 increments of uphill settings that allow you to climb varying angles of slopes more easily.

a mountain summit to ski back down. Major tip: It is nearly impossible to choose one set of gear that will perform well in all of these scenarios. Identify the type of skiing you will do the most and gear-up for that.

Here is some guidance for selecting the backcountry ski gear that will get you where you want to go.



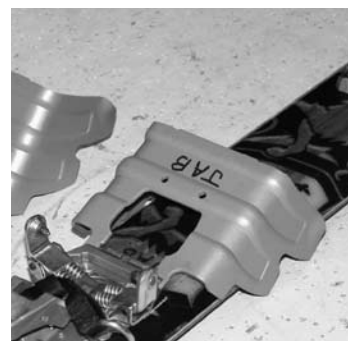
SKINS – Clip them to the tip and tail of the ski so that they adhere to the bottom of the ski (just like a Post-It Note). The texture of skins allows the ski to slide forward while gripping the snow just enough to keep the ski from sliding backwards.

Boots: This is the most important part of your gear and the first place to spend time and money. Find a shop with a good boot fitter if you don't know of one already. They can help you find the boot that fits you best, make a custom foot-bed (insole) and modify the boots as needed to fit your feet "like a glove." Backcountry skiers spend a lot of time climbing, so all AT ski boots come with a walk/uphill mode and a ski/downhill mode. You can choose AT ski boots that are lighter weight and have more flex for easier uphill travel, or ones that are heavier and stiffer for greater performance and control when skiing downhill. No matter the style of boots you choose, select ones that come with heat-moldable liners or have your boot fitter retro-fit them with heat-moldable liners. Wear them with thin- to medium-weight socks, and your feet will be warm, even in Arctic-like temperatures.

Skis: Just as racers choose different skis for downhill and slalom, backcountry skiers need to choose skis that will perform best for the conditions and type of skiing they plan to do. Skis range in width (under the foot) from 70 mm to more than 120 mm. Current designs include traditional camber, early rise, tip

rocker, full rocker and reverse camber. Wider skis with some rocker are great for deep powder, and narrow skis with a traditional camber and side-cut are better for long uphill travel and skiing down harder snow. Ski length is a matter of personal preference and skill level. Though some ski mountaineers choose very short skis, AT skis usually range in length, from the ground to your chin, or forehead. Trying demo skis or renting them is a great way to find a ski that you like best. Several shops offer to credit rental payments toward a ski purchase.

Ski maintenance tip: Learning how to wax



WHEN NEEDING MORE GRIP than your skins are providing, add some ski crampons – made for moving uphill on hard or icy snow, like that you'll commonly find on an early spring morning. Made to fit specific bindings, they come in various widths to accommodate narrow to wide skis.

your skis and doing so before every outing will prolong their life and keep them performing well all season. Look for a ski-waxing seminar or talk to your local ski shop. Tuning ski edges is best left to professionals who have the equipment, knowledge and skill to do the job well. Have your skis tuned every other year if not every year, depending on how often you ski – perhaps more often if you ski hard, icy conditions.

Skins: For travel uphill you'll need climbing skins. You can purchase climbing skins that

The essentials

Of course, don't forget your ski poles – a two-section lightweight pair with large snowflake baskets is best – or your snow shovel, avalanche probe, avalanche beacon and the knowledge to use them. More importantly, carry the knowledge that will keep you from having to use them. If you are not already enrolled in an avalanche awareness course, The Mountaineers will offer a variety of them next season. Enroll!

are designed for your skis or ones that you may trim to fit. If your ski touring will take you up hard or icy snow, such as that on an early spring morning, ski crampons that are designed to work with your bindings may give you the extra traction you need.

Bindings: Just like traditional downhill ski bindings, AT ski bindings connect your boots to your skis with a safety release in case of a hard fall. They also have a heel-free mode and

heel elevators to allow travel on both flat and uphill terrain, as you would if cross-country skiing. The choice of AT ski binding boils down to one of convenience versus weight.

There are two general styles of AT ski bindings: a step-in/rail style, much like downhill ski bindings made by Fritsch and Marker, and the Dynafit system. The step-in/rail system adds the benefit of a free-heel mode for uphill travel. Though convenient and easy to use, these bindings are much heavier than the Dynafit system, which integrates a two-piece binding (toe and heel pieces) with the boot. This means that the ski boot must have the toe and heel inserts that work with the Dynafit binding. Several AT ski boots on the market have these inserts. Dynafit bindings are a little harder to enter but much lighter. Both binding styles have a DIN-rated safety release mechanism.

With AT ski bindings you have the choice of purchasing those with ski brakes or with keeper straps. AT ski brakes are just like the

ones that come with downhill ski bindings. They are heavier than keeper straps that clip to a ring on your boot or clip around your ankle. Keeper straps ensure that you do not lose a ski that releases in deep powder. ▲▲



About the author

Jeff Bowman keeps his fingers in a lot of pies at The Mountaineers, including his service as a staff member for more than 10 years. When not climbing, backpacking, leading, instructing, joining a search-and-rescue or chipping in with content for "Mountaineering: The Freedom of the Hills," he is either teaching youngsters how to ski at Stevens Pass or cooking . . . um . . . pies, not to mention other culinary delights. We disconnected his oven and range long enough to persuade him to write this edition of "Gear Grist."

steppingup

Step up at Kitsap Cabin for Earth Day celebration



Tucked in the old-growth of the Rhododendron Preserve, among the bears, beavers and the salmon, is the historic hub of many a Mountaineers event, from live theater to salmon safaris for kids. Right now the Kitsap Cabin is especially rallying the capable for work parties in preparation of its next grand event: an Earth Day Celebration on Saturday, April 23. Anyone

who possesses the skill to make cushions for our benches is encouraged to step forward. The branch also needs better signage. You can also help by splitting some firewood for the beautiful fireplace, or by donating some dry, good-burning firewood. If you can help out with any of these projects, contact Mike Raymond, branch@kitsapmountaineers.org.

For more about the Earth Day event, see pgs. 7 and 8.

**Thanks go out to Mountaineers Foundation donors.
Watch the May/June Mountaineer for more.**

LEGACY OF ADVENTURE

JOURNEY TO THE WORLD'S HIGHEST PEAKS



Leif Whittaker shares the adventure of his climb to the top of the world.

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Comfy lodging abounds for backcountry skiers migrating north in spring

Mountaineers outing leader shares his British Columbia favorites



If you desire a hard-core, guided experience, Durrand Glacier Chalet provides a lot of vertical skiing plus peaks to bag, (selkirkexperience.com)

By Craig Miller

Friends sometimes ask me, "What is the best backcountry ski lodge?" There are many criteria one could use to evaluate and rank backcountry ski lodges. Some of the most important factors are the weather and snow, but they are difficult to forecast, so are omitted here.

I have been fortunate to visit and usually spend a week or more at backcountry ski lodges, huts, and yurts in western North America. As you might guess, I am trying to get to all the backcountry ski lodges, but new ones are being built faster than I can get there!

Perhaps the largest number of backcountry ski lodges in North America is in Canada's provinces of British Columbia and Alberta. Of these, most are in the interior Columbia Mountains. These mountain ranges include the Selkirk, Purcell, Monashee, Cariboo,

Kootenay, and Esplanade. This region often has the best of both worlds—lots of snow like the Coast and Cascade ranges, but cold, dry powder like the Rocky Mountains.

Here are my subjective votes – by category, eh – for the best backcountry ski lodges in British Columbia and Alberta.

ACCESS

Selkirk Mountains' Rogers Pass – Although not in the backcountry, the **Glacier Park Lodge** has some of the most accessible big backcountry ski terrain in North America. You can drive to the front door, and it has a restaurant. Four major drainages provide outstanding advanced mountain runs. I met author Chic Scott here, and we swapped tall tales over dinner! (glacierparklodge.ca; ask for the Skiers' Special rates)

The historic **Wheeler Hut**, made of logs and operated by the Alpine Club of Canada (ACC), is reached by an easy one-hour ski up the old

railroad grade. Offering a truly wilderness feel, it is strategically located at the junction of the Illecillewaet River and Asulkan Brook. However, at 4,000 feet, there are chances for rain instead of snow. (alpineclubofcanada.ca/facility/wheeler.html)

SCENERY

For spectacular views, I like big vertical mountains with steep relief from valley bottom to summit, glaciers, icefalls, granite spires, and no view of logging roads or clear-cuts.

The **Conrad Kain Hut** is located in the Bugaboo Range beneath granite Snowpatch Spire and Bugaboo Spire. This is where Hans Gmoser started the world's first helicopter skiing operation. He founded Canadian Mountain Holidays (CMH), which continues today, and helps backcountry skiers. When we were in the Conrad Kain Hut, CMH was concerned about the high avalanche hazard. They helicoptered us down to their Bugaboo Lodge for the day, and out to the road for a reasonable fee! (alpineclubofcanada.ca/facility/kain.html)

Mount Assiniboine Lodge (closed through 2012 for renovation) and Naiset Huts are located in the Canadian Rockies near Canmore. The lodge and log cabins have spectacular views across Lake Magog to Mt. Assiniboine, the "Matterhorn of the Rockies." In my opinion, the Canadian Rockies are generally more scenic than the American Rockies because they are more vertical and have some glaciers. (assiniboinelodge.com)

The ACC's **Great Cairn Ben Ferris Hut** is located in the Selkirk Mountains, and has spectacular front-porch views of Mt. Sir Sandford, the highest peak in the Selkirks. (alpineclubofcanada.ca/facility/cairn.html)

Yet another ACC jewel, the **Bill Putnam (Fairy Meadow) Hut** is located in the Adamant Range of the Selkirks. Here there are glaciers, granite rock, and lots of powder snow. (alpineclubofcanada.ca/facility/fairy.html)

Mistaya Lodge is located north of the Wapta Icefield Traverse's Peyto Hut. Here you will find spectacular Rocky Mountain scenery with intermediate terrain. (mistayalodge.com)

FOOD

The food quantity and quality is important after a hard day's skiing. I burn about one calorie per vertical foot of elevation gain; if I ski 6,000 vertical feet in a day, then I may burn (and eat) 6,000 calories. In the catered operations, the budget and chef determine the quantity and quality of the meals.

Callaghan Backcountry Lodge is located in the Coast Mountains near Whistler/Black-

Some of the best back-country skiing in the world is in Canada's British Columbia and Alberta – great terrain, snow, scenery, lodges and friendly people

– Craig Miller

comb, where the Nordic cross-country ski events for the 2010 Winter Olympics were held. Their chef creates gourmet menus of outstanding quality and presentation. Breakfast is buffet, sack lunches are made for you and dinner plates are served to you at your table, as in a first-class restaurant. Dinner entrees include roast AAA prime rib with Yorkshire pudding, cedar-plank Pacific salmon, roast leg of lamb, and stuffed chicken Callaghan. Living the life! (callaghancountry.com/trailhead/index.php)

Purcell Lodge also has gourmet cuisine. Breakfast may include an assortment of fresh fruits and juices, lodge-made granola and muesli, hot cereals, fresh baked croissants or muffins, traditional pancakes and real Canadian maple syrup, or an imaginative egg dish with potatoes, and pots of homemade jams and preserves. (purcellmountainlodge.com)

INDOOR FLUSH TOILETS

Have you ever had to get up in the middle of the night, stumble in a blizzard to a dark outhouse and freeze your buns off?

Callaghan Backcountry Lodge (see under "Food") has private toilets in the Solitude suite and Superior rooms.

Purcell Lodge (see under "Food") has several shared toilets in the inner core on the same floor as the bedrooms.

Kokanee Glacier Cabin has two shared flush toilets for clients on the main level, one floor below the sleeping level. (alpineclubof-canada.ca/facility/kglacier.html).

Valkyr Lodge has one shared flush toilet on the main level, one floor below the sleeping level. (valkyradventures.com)

PRICE

The **Keith Flavelle Hut** is free on a first-come-first-served basis. It is located in the Coast Range near Pemberton across Cerise Creek. If possible, avoid the weekend and holiday crowds. This dumb American author didn't know it was Canada's Victoria Day holiday on one occasion, joining 50 others on a Sunday night. I snow camped outside! (No website.)

Vowell-Malloy Igloo is free, but very primitive. It is located in the Bugaboo Range and can be accessed by a CMH Bobbie Burns Lodge helicopter from Parsons. We spent two nights here and skied to the top of Mt. Conrad on our layover day. Then we traversed in one day to the Conrad Kain Hut (see under "Scenery"), and had the entire Bugaboos to ourselves. (No website.)

The **Columbia Valley Hut Society** operates five huts (Dave White Cabin, Jumbo Pass Cabin, Mark Kingsbury Hut at International Basin, McMurdo Cabin, and Olive Hut). Of these, the Mark Kingsbury Hut is the best wilderness location, and must be accessed by ski (along the Bugaboos to Rogers Pass traverse) or by helicopter (from Golden). Each hut must be reserved online; the price is only \$10 Canadian per person per night. (cvhsinfo.org/contact.htm)

The **Kootenay Mountaineering Club** maintains four huts on the Bonnington Range traverse (Grassy Mountain Hut, Steed/Marble Hut, Copper Hut, and Huckleberry Hut). Each hut must be reserved online; the price is also only \$10 Canadian per person per night. (kootenaymountaineering.bc.ca/cabins.html)

About avalanche awareness

The avalanche danger in the Columbia Mountains may be from buried surface hoar layers, while the avalanche danger in the continental Rocky Mountains is often from depth hoar (sugary snow crystals that do not bond well). If you need to hone your avalanche awareness skills, check out The Mountaineers course offerings.

HUT-TO-HUT TRAVERSE

Wapta Icefield is a classic five-day outing in the Canadian Rockies near Lake Louise, with nights spent at the Alpine Club of Canada's Peyto Hut, Bow Hut, Balfour Hut, and Scott Duncan Hut. We continued two more days across the Trans-Canada Highway to the Elizabeth Parker Hut, under the Valley of Ten Peaks, across Moraine Lake, and out the road.

Golden Alpine Holidays is located in the Esplanade Range. Our self-guided and self-catered group skied several days at Sunrise Lodge and then traversed in one day past Meadow Lodge to Vista Lodge for several more days of great skiing. Make sure the correct amount of food gets sent to the right place. One in our group—who will remain nameless—had his chicken dinner for 12 people helicoptered to the wrong lodge! Golden Alpine recently bought Sentry Mountain Lodge at the north end of the range, allowing a four-hut traverse. (goldenalpineholidays.com)

Wells Gray Chalets are in the Cariboo Mountains' Wells Gray Provincial Park. We skied several days around Trophy Mountain Chalet (good turns), then traversed north to Discovery Cabin, and finally to Fight Meadows Chalet (flatter terrain for touring), and out. (skihike.com)

The **Bonnington Range traverse** links four small, well-maintained huts in the Kootenay Mountains, and is very inexpensive. The traverse is a clockwise horseshoe skied in 5-7 days. You can carry your skis across the narrow exposed saddle between Colony Peak and Empire Peak, or ski around it. (kootenaymountaineering.bc.ca/cabins.html)

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HOSTEL

The Lake Louise Alpine Centre is not actually a backcountry lodge, but it is an outstanding hostel to access spectacular backcountry day trips in the Canadian Rockies (to Lake Louise, Moraine Lake, up the Icefields Parkway, etc). With a vehicle, you can have an inexpensive backcountry ski vacation here. There is a visitor center and grocery store within walking distance, kitchen to cook your own meals, Bill Peyto's cafeteria, a reading loft, sauna and laundry facilities. (hihostels.ca/pm/en/lakelouisehostel.aspx?sortcode=2.22)

TERRAIN

The best terrain usually faces north and northeast, from where the cold, dry, powder snow is more likely. If a slope faces south or west, the snow could get sun-crusting in the spring or late winter.

On the other hand, south-facing slopes can offer good spring corn snow at certain times of the day. Trees can provide shade from the sun, but they need to be far enough apart to enable good glade skiing. If trees are too far apart, the open areas may become sun-crusting. Slope angles should be 20-45 degrees. I



About the author

Craig Miller has traveled the globe for outdoor adventure. Often his travels include a cadre of other Mountaineers under the aegis of The Mountaineers International Outings Committee.

He has taken groups to Asia, South America, Europe, and Mexico. Some of his treks involve climbing, skiing, and paddling while some involve just backpacking or trekking.

Miller has volunteered for The Mountaineers in several capacities, from committee work to serving on the board of trustees to leading many a trip in the activities mentioned.

One of his deepest passions is pursuing the deepest snow he can find during ski season. In that vein he has visited at least 100 different backcountry ski lodges and is more than willing to share his knowledge about them. To keep it simple, he has chosen to just focus on British Columbia in this article about what he believes are the best B.C. has to offer.

Want to learn more?

There are many wonderful backcountry ski lodges with lots of positive attributes. Before visiting one of these lodges or huts, you can learn a lot more by checking out the following books:

"Alpine Huts: A guide to the facilities of the Alpine Club of Canada" by Keith Haberl

"Backcountry Huts & Lodges of the Rockies and Columbias" by Jim Scott
"Exploring the Coast Mountain on Skis" by John Baldwin

"Ski Touring in Rogers Pass" by J.P. Kors and John Kelly

"Ski Touring in the West Kootenays" by Trevor Holsworth

"Ski Trails in the Canadian Rockies" by Chic Scott

"Summits & Icefields: Canadian Rockies" by Chic Scott

"Summits & Icefields: Columbia Mountains" by Chic Scott

like runs with descents of at least 1,000 vertical feet – justifying the time to skin up again.

Another consideration is the mix of beginner, intermediate and advanced terrain. Most desirable lodges are located at treeline (about 6,500 feet). If the weather is good and avalanche hazard is low, then you can ski above the lodge in the alpine zone. However, if the weather is poor and avalanche hazard is considerable, then you can ski below the lodge in the trees, which may provide visual reference, protection from wind and better snow anchoring (although no guarantee from avalanches).

Ice Creek Lodge has lots of north and northeast-facing terrain, and big long runs. It is serious large terrain, best for advanced skiers in stable conditions. Some ski runs are as long as 2,400 feet. In poor stability and/or bad weather, the tree skiing may be somewhat limited. (icecreeklodge.com)

North Creek Hut is located in the Coast Mountains near Pemberton, and is operated by the British Columbia Mountaineering Club. In the spring, it had outstanding corn snow on many long runs. We left much of the superb terrain untracked. Go there when the avalanche hazard is low, because the approach to some runs goes up through a terrain trap. Take your ski crampons for early morning spring approaches. (bcmc.ca/equipment.asp#Huts)

Battle Abbey is located in the Selkirk Mountains south of Glacier National Park. Battle Abbey has all types of guided skiing for intermediate to advanced ski tourers and boarders. Below the hut, 2,000 feet of intermediate to extreme tree skiing is available while the snow is falling. After the storms have passed, dozens of bowls of untracked powder can be found above the hut. When the conditions permit, several 5,000 vertical-foot runs await. Otherwise there is plenty of moderate alpine terrain to ski while conditions improve. (battleabbey.ca)

Selkirk Lodge is located in the Selkirk Mountains southwest of Glacier National Park. It has lots of alpine terrain, on glaciers, with guided skiing. (selkirkbackcountrylodge.com)

Sorcerer Lake Lodge is located in the Selkirk Mountains north of Glacier National Park. One can find tree skiing or open glacier skiing, lots of 25- to 40-degree slopes, and a few 9,000- to 11,000-foot high peaks to ascend. This is mountaineering country so it's important to come equipped. There is enough tree skiing to keep you challenged and having fun on bad weather days. It has the Perfect Glacier, Nordic Glacier, and Mt. Iconoclast. (sorcererlodge.com) ▲▲

Sauna in the Woods for Sale



www.MyWildernessRetreat.com

Put the outdoor gym to work

Why hit the gym
when you can hit
the beach instead?



All photos by Sean Airhart
for "Fit by Nature"

Seattle is blessed with city parks, beachfront and stunning hiking trails within a half-hour's drive. Regardless of where you live – suburb, small town, or city – chances are you're not far from some hills, beaches or forest. Yet we often spend hours indoors at the gym to get in shape specifically for outdoor adventures. Wouldn't it make sense to get fit in the outdoors in order to play hard in the outdoors? John Colver is a Seattle-based athletic coach, mountain guide and author. You just might want to let your gym membership lapse for a month or two after reading what he has to say about getting inspired and fit in the outdoors.

Author and guide John Colver points to the outdoors for your conditioning regimen

Gyms can be so convenient – they're like one-stop shopping for a workout. What would you say are the benefits of getting fit at an outdoor park or beach rather than a gym?

John – The environmental benefits alone are significant: fresh air, a connection to our surroundings, and the fact that one can feel the change in seasons. The beauty of nature alone is a very positive distraction which has the effect of making a work-out fly by. There are many physiological benefits as well; one of the most obvious is uneven terrain. Uphills and downhill train different muscle

groups, and varied surfaces improve ankles, knees, and hip stability and strength. Another big benefit is the development of balance and proprioception – our awareness and coordination of the space we are moving through. So training outdoors allow us to get a more varied, complete workout and see our strength, balance and stability all improve greatly.

Me? I do it because it's fun. If I'm having fun training outside, I can be sure I'm getting fitter and stronger.

Goal-setting can be one of the hardest parts about fitness. How does one stay realistic, yet also push to a new level?

John – My experience is that in reality we can accomplish huge gains and life-changing transitions through outdoor fitness activities. Perhaps the vastness of the environment changes what we think we can achieve, since there are no ceilings and no constraints in the outdoor gym. Instead of seeing electric lights, we can see light years into our universe.

But great gains are made step by step, so I encourage an athlete to pick one primary goal for a season (or 12 weeks). Some examples of goals would be: Improving endurance, balance, flexibility or core strength. Having a tangible event to prepare for can help, too. Maybe try a day hike, a 5k race, or a triathlon. Speak to people and find out what's involved,

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By Emily White
Mountaineers Books Publicist



Turn a resting spot along your running route into a workout bench (top photo) or a park into a group exercise room without walls (above).

Colver's 'Dirty Dozen'

Try the quick regimen below – 12 exercises in 12 minutes. Do each exercise for 45 seconds, then rest for 15 seconds.

1. Steam Engine
2. Toe Toucher
3. Twister
4. Half Moon
5. Squats
6. Lunges
7. Plie
8. Push-ups
9. Crocodiles
10. Scissors
11. Steam Engines on Back
12. Plank

Nature is loaded with equipment

Continued from pg. 21

and allow yourself enough time to train for your goal. As long as you are moving forward you will find your event or your passion – or it will find you.

In your book you talk about using “natural gear” in the outdoors, like logs and sandy beaches. What are some other simple things to use when trying to get a workout in the outdoors?

John – In my mind, everything outdoors is good. Stairs (Seattle has tons!) are great, and a picnic bench is a great exercise machine (triceps, push-ups etc). Children's play areas are not just for young people, and athletic fields can be an oasis in the city. Be creative – I lead some classes at offices where we warm up in the warehouse and run around the building or use nearby trails as part of our program. Many items such as old tires, rocks and bricks make great agility obstacles, and water bottles all make great weights too. That said, don't under estimate the potential for body weight exercises – your best piece of equipment is YOU.

In your book you outline 12 weeks of outdoor workouts. Can you give a basic rundown of what those twelve weeks should feel like from start to finish?

John – The first two weeks are for adaptation – to get used to new movements, ease into training, and to explore new surroundings and workout areas. It's important to go easy so as to allow the ligaments and tendons to get use to working. Then we have about four to six weeks of foundation where the output of effort goes up. During this time we really learn to move with strength and good form, practicing movement, balance and increasing our body's range of motion. Most people experience significant gains around week five. During the last four weeks we enter the peak phase – where we can really explore our limits, as we are now stronger, more able to use our cardiovascular system and we now know our bodies more. The peak phase is where we gain the big results we hoped for at the start. This is where we claim our strength as a fit outdoor athlete.

If you had to give just a few basic nuggets of nutritional advice, what would they be?

John – Eat breakfast. Drink lots of water. Space your meals evenly throughout the day. Eat natural things. Don't starve yourself – you need good, quality food to get good fitness results. And finally, make sure you get enough carbs; you need them to give you energy for workouts.

What are some of the best outdoor places in and around Seattle to get some exercise?

John – Magnuson Park is perfect! Green Lake, Discovery Park, Myrtle Edwards Park, Lincoln Park, and Volunteer Park are all also great. Capitol Hill and Queen Anne have great stairs with views of Lake Union. Additional parks include Tacoma Point State Park, Kirkland Waterfront, Bridal Trails, Redmond, North Bend Community Center, Snoqualmie Ridge, and Edwards State Park in Kenmore – it's hard to go wrong around here.

About John Colver

An award-winning athletic coach, mountain guide, and former competitive cyclist, John's outdoor training company, adventX, was named “Best Outdoor Fitness Program” by *Seattle* magazine. He also was nominated for KING-5 TV's “Best of Western Washington: Top Five Personal Trainers” award.

He has personally trained more than 600 clients using the principles outlined in “Fit by Nature,” soon to be published by Mountaineers Books and co-authored by M. Nicole Nazzaro. He has trained people ranging from age 17 to 70, from aspiring mountaineers and marathoners to casual athletes to those readying themselves for military training.

He has raced in the expert category in mountain biking and has completed 14 marathons and two Ironman triathlons.

The Seattle resident presents outdoor fitness clinics at Microsoft, Boeing, the American Lung Association, and REI, to name a few.



You're a big advocate of what you call the "Daily Dozen"—a set of 12 key exercises done for about 45 seconds each. How can just 12 minutes of exercise get one ready to climb in the Cascades this summer?

John – It can't. The primary goal for climbers and hikers needs to be boots on the trail. However, much hiking can happen on weekends, and the Daily Dozen is the perfect complement to add leg, core and shoulder strength/mobility to our bodies in preparation for climbing. While Long Aerobic training (hiking/biking) is of prime importance, the Daily Dozen is a fantastic alternative to the gym. This helps improve our ability to carry a pack, dig snow, use an ice axe, put up camp, etc. The nice thing about the Daily Dozen is that it's easy to do. And seven days at 12 minutes each is 1 hour and 24 minutes of strength training: equal to two trips to the gym each week, no membership required. Frequency is important too – we get stronger if we do less more often, rather than more less often. I suggest doing it twice for a full half-hour work out.

I've been following a fitness program throughout the spring. How do I know when I'm fit enough to climb a peak like Mt. Rainier?

John – I look at the specifics: to climb Mt. Rainier by a standard route, I will have to carry a pack weighing 40 pounds if I go with a guide service, or more than 50 pounds if I have to carry overnight gear. On day one I'll

hike six hours, and summit day could be 14 hours or longer. So I'll try to replicate this in training, and I'll measure my performance. If I can climb Mt. Si with a 50-pound pack in under three hours and still walk the next day, I'm probably doing OK. A hike to Camp Muir is a great predictor of success. Just make sure that everyone is prepared for mountain weather and that navigation/mountain skills are high. Fatal accidents occur on the Muir Snowfield alarmingly often. Looking outside the box, if I can do 70 miles on my bike, that is a good indicator, and running a half-marathon is a valuable test (though not everyone enjoys running). Your conditioning routine should otherwise match the actual activity you are training for. Mt Si is good because it is so close, and there is safety in numbers – there are lots of folks on the trail and it's not hard to find the way up and down in any weather.

If you had to choose only one exercise which has the most benefit for hikers and climbers what would it be?

John – The squat. Why? It develops the quadriceps, glutes, hamstrings, abdominal and back muscles. All of which are employed in hiking/climbing. Three tips for a good squat:

1. Start with good posture and 'neutral spine' hint. To do this: stand up tall and imagine you are going to have to carry your friend on your shoulders; you'll bend legs slightly, straighten your back, and tighten your abdominal muscles.

2. Keep your weight mainly on your heels.
3. While looking ahead, push your hips backward, rather than focusing on going down. This will engage your hamstrings and glutes and make sure your weight is balanced (and not stressing your knees).

Through your fitness program, adventX, you see a lot of people achieve some pretty remarkable goals. Tell us about one of your greatest turnaround clients – has anyone gone from couch bum to mountain climbing superstar?

John – Heather de Vrieze. She might not have been a couch bum, but she had part of her brain removed in a high-risk surgery to save her life. She then went to Law school, had a child and developed a fatal skin cancer. Heather's boss at her law firm arranged a company event to climb Mt Rainier. Some residual problems made it tough for Heather, so she called it a day halfway up. On the next attempt a similar thing happened, and we turned back after two miles. The third time, Heather stood on top and was very strong. That was four years ago. Heather has since been at adventX each week. She has climbed Rainier four times by four different routes, Mt Baker by two routes, and Mt. Adams as a trip leader. Last year she reached the 19,674-foot summit of Mt. Kilimanjaro – a lifelong goal for Heather. She was the strongest team member. She now leads some of our training hikes and is a wealth of inspiration and knowledge. ▲▲





Chris Caviezel photo

Some of the hikers in the PCT Series 2010: (l to r) Chris "Orange Pacer" Caviezel, Chuck "Fire Plug" Cerveny, Maureen "Tracker" Corlas, Joel "Good Deeds" Mott, Vivian Olsson, Lawrence "Bee Keeper" Landauer

These Mountaineers are hiking the PCT to 'pieces'

Hiking series lets you get a leg up on the Pacific Coast Trail by hiking it a section at a time

How do weekend hikers log almost 1,517 miles of the Pacific Crest Trail over one hiking season? It's simply a matter of division for The Mountaineers Foothills Branch: divide the miles of trail by 26 – the number of hikers going step by step, section by section, weekend by weekend over the nearly 500 miles of trail that exist within Washington state's boundaries.

Those 26 hikers recently celebrated their collective mileage at the first Foothills Branch PCT Hiking Series graduation ceremony.

"It's difficult to access many parts of the PCT for day hikes and even some backpacks," stated Chris Caviezel, PCT series coordinator. It is just as difficult to figure out a way to hike parts of the PCT from weekend to weekend.

"We did most of our trips as point-to-point hikes, and that required a lot of logistics. We would normally arrange two hikes in the same area for the weekend. That way if people wanted to camp nearby, in their car, or even a hotel, they would not have to return to the same area on a different weekend."

Participants would normally meet at a Park & Ride at 6 a.m. on Saturday morning, according to Caviezel. "In one case the group even met on Friday night to get closer to a hike that was to start just south of Mt. Adams the next day." The goal was to try to be on the trail by 9 a.m., Caviezel said. "Depending on the distance, we tried to be off the trail by 7 p.m."

The pace of the hikes varied, depending on distance and weather.

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North American Outing: California's Wilderness Coast

June 1-12, 2011

Backpack the spectacular Pacific Ocean Lost Coast-Kings Range-Sinkyone Wilderness (moderate, 52 mi., 7,000' gain). For itinerary, see www.mountaineers.org. Share costs. Limit 12. Reserve by May 1.

Leader: Craig Miller craigfmiller@comcast.net, 206-285-2399.

North American Outing: Wells Gray Hut to Hut Hiking

August 4-11, 2011

Join a hut to hut hiking adventure through the remote Cariboo Mountains of British Columbia's Wells Gray Provincial Park. Imagine seven days of spectacular alpine hiking with a light pack and enjoying the comforts of three wilderness chalets with catered meals. This is one of BC's best hut to hut hiking adventures. We should see several wildlife species.

Fee: About \$1,240 (10-12 people); \$1,415 (8-9 people); \$1,490 (6-7 people). Deposit of \$250 required per person to reserve with leader approval.

Leader: Linda Moore, aben-teuerbc@yahoo.com (preferred), 425-347-7650.

Hiking Italy's Dolomites

Aug. 25-Sept. 15, 2011



Shari Hogshead photo

The Dolomites of northern Italy—known as the “pale mounts” and renowned for their enrosadira sunsets when the mountains turn spectacular hues of pink—encompass some of the most beautiful hiking areas in the world. Green alpine meadows, stretching between



California's wilderness coast: June 1-12

charming village-studded valleys and craggy, awe-inspiring karst mountains, provide visual feasts in every direction. Mountain walkers trod an extensive network of well-maintained and interconnecting footpaths and visit interesting villages and well-placed rifugios (high-altitude mountain huts).

Fee: \$3,300; deposit of \$2,000 is required to reserve a spot after leader approval. Applications may be obtained by contacting leader.

Leaders: Shari Hogshead and Paul Gauthier, 425-957-4548, skimntr@aol.com.

Wales Coastal Hiking

Sept. 2-16, 2011

This trip offers the experience of hotel-based hiking for more than 100 miles of the Pembrokeshire Coast Path along the southern coast of Wales. We will spend two weeks hiking through some of the most beautiful coastal scenery of Europe. We will be staying in hotels in Fishguard, St David's and Tenby, taking local transportation to hike portions of the Pembrokeshire Coast Path.

Fee: \$2,975 per person; deposit of \$2,975 to reserve a space.

Leaders: Bev Dahlin or Steve Johnson, bevandsteve@hotmail.com, 206-522-0113.

North American Outing: New England Fall Colors Hike

October 2-9, 2011

Trip previews:

<http://gallery.me.com/mrbunz#100214>

<http://gallery.me.com/mrbunz#100199>

Have you ever seen the spectacular colors the maples paint on the landscape of New



Wells Gray Adventures photo

Wells Gray Provincial Park: August 4-11

England? If not, join us as we hike, walk and paddle, and take photographs under a canopy of fall colors in the ancient Appalachian Mountains, among the oldest mountains on Earth. The brilliantly jeweled gold and ruby ridges, and ponds, will be etched in your memory forever.

The Mountaineers' Recreational Properties Division will again offer an eight-day expedition to the northern terminus of Maine's Appalachian Trail.

Fee: \$1099. Deposit: \$500; remainder by July 1.

Leader: Patti Polinsky, meanysports@me.com, 206-525-7464.

Nepal: Mt. Everest to Rolwaling Valley

Oct. 11-Nov. 11, 2011



Craig Miller photo

This outing combines the world's highest mountain, Himalayan culture, an optional peak climb, and a remote valley. Our trek begins with a mountain flight to one of the world's most amazing airstrips—Lukla. A layover day at the famous Sherpa capital, Namche Bazaar, will allow us to experience the culture. At Tengboche Monastery, you can hear the Buddhist monks chant prayers and play music. Then we will hike to the Mt. Everest classic view and base camp. For the daily itinerary, please visit www.mountaineers.org/activities/nepal_itin.html.

Total fee: \$5,500 (11-12 people); \$6,000 (8-10 people); \$6,500



Patti Polinsky photo

Little Lyford Pond, Maine: October 2-9

(5-7 people). \$2,000 deposit by March 1 with leader's approval

Leader: Craig Miller, craigfmiller@comcast.net, 206-285-2399.

Patagonia's Awesome Glaciers, Lakes, Parks

Feb. 18-March 8, 2012

Explore the spectacular scenery of the national parks in Patagonia's northern and southern regions, including the volcanic terrain of Nahuel Huapi NP in the Lake District, the world-renowned Perito Moreno Glacier, Los Glaciers NP (Unesco World Heritage Area) in Argentina and Torres del Paine NP (International Biosphere Reserve) in Chile.

On Day One we'll hike near our base in San Carlos de Bariloche in the Lake District, known as the South American Switzerland, and then head for the Southern Patagonia parks for a mixture of trekking and day hikes.

In Los Glaciers NP, we'll trek to close-up views of Cerro Torre and the north and east faces of Monte Fitz Roy. In Torres del Paine NP, we'll follow the “W” trek and the “Traverse of the Horns” for impressive views of peaks, glaciers and lakes. The outing ends in the historic seaport town of Punta Arenas, Chile.

Fee: \$3,950 (8-12 people).

\$2,000 deposit due at registration.

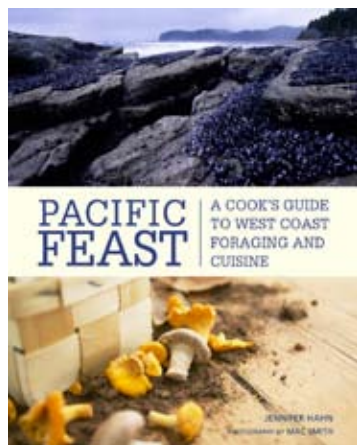
Leader: Glen Strachan, 425-869-8094, glenstrg@msn.com.



Glen Strachan photo

Go to www.mountaineers.org for all details on Mountaineers outings

Trail food you don't have to pack



Looking to catch an MBooks author in person? Here are a few places where you are more than likely to get lucky! Check www.mountaineersbooks.org for full details.

Sunday, April 17: Craig Romano, 2 p.m. at Columbia Gorge Interpretive Center, Stevenson, WA; also Wednesday, April 20, at REI in Portland at 7 p.m.

Saturday, March 5: Jennifer Hahn at Elliott Bay Bookstore, Seattle, 2 p.m.; also Sunday, April 17, 2 p.m. at Eagle Harbor Book Company, Bainbridge Island, WA

The Mountaineers Books
1001 SW Klickitat Way, Ste 201
Seattle, WA 98134
Books Governance Board Chair Don Heck
Publisher Helen Cherullo
www.mountaineersbooks.org

Trying to think of new ways to keep your pack light on your next kayaking or backpacking trip? What if we told you there's a way to pack light AND create a tastier dinner?

Bellingham author, kayak guide, and ethnobotany instructor Jennifer Hahn has often used foraged foods to cut her pack weight on solo journeys that range from treks on the Pacific Crest Trail to kayaking the Inside Passage. From Turkish towel to bull kelp, and chanterelles to salal berries . . . all of these wild foods can be found in your Northwest travels – you just have to open your eyes to expand your taste buds.

In the new “Pacific Feast: A Cook’s Guide to West Coast Foraging and Cuisine” (Skipstone), Hahn provides detailed field notes on 40 species, including where to find them, which parts are edible, gourmet culinary uses, and sustainable harvesting guidelines.

From the introduction: “Imagine for a moment one long feast table spanning from the islands of Yakutat Bay in southwest Alaska to Point Conception, California, and beyond, rising from the Pacific Ocean to the Cascades crest. Since the great Ice Age, this 3000-mile-long table is where Northwest Coast indigenous people traversed rain forests, clam-squirting beaches, wildflower meadows, muskegs, and river estuaries to gather all the food, medicine, and supplies needed to live . . . Of course, we can’t all go out and live like Daniel Boone or subsistence hunters in the outback of wild Alaska and British Columbia. And the wild food systems couldn’t sustain us all if we tried. However, we can harvest wild foods in a way that provides for their continued abundance for generations to come—by doing so with a gentle hand.”

Lady Fern (*Athyrium filix-femina*)

Family: Dryopteridaceae

Status: Native

Other Common Names: Northwestern lady fern, common lady fern

FIELD NOTES

Description: Lady ferns are shaped like lacy green feathers – narrow at the top and bottom, broad in the middle. About 3 to 9 annual fronds (leaves) sprout in a funnel shape from a humped, scaly perennial rootstock. Most specimens are 2 to 6 feet in height. For reproduction, lady ferns bear hundreds of spore patches – brown, kidney-shaped to oblong bumps called sori – on each frond’s underside.

Location: Find lady ferns in shaded seeps, along streambanks, in the deep or dappled shade of moist woods. This circumboreal species crops up all across North America and Eurasia from sea level to 6000 feet. On the Northwest Coast lady ferns range from Alaska to California.

Edible Parts: Tightly coiled new shoots (called crosiers or fiddleheads) no taller than 6 to 7 inches; fronds are toxic when unfurled and mature; rootstalks (rhizomes) can be roasted for emergency food. Remove papery scales from fiddleheads before cooking by rubbing them under running water.

Harvest Calendar: spring: riddleheads (tightly wound); early spring: rootstalks

Culinary Uses: Try fiddleheads fried in tempura batter; dipped in fondue; blanched and then added to salad with dates, ouzo and lemon dressing; marinated with mushrooms and tomatoes; drizzled with truffle oil vinaigrette; grilled; pressed into crab quiche; strewn atop poached eggs or pizza; in relishes; pickled; tossed with pasta, parmesan, and lemon; roasted with goat cheese and bacon; in cream soups. Anything that works for asparagus is more delightful with fiddleheads. The Japanese use rhizomes for pastry starch, and Russian-Alaskan settlers made them into home brew.

Harvesting Tips for Fiddlehead Ferns: Use a sharp knife or your fingers to snap off the base of a tightly-closed fiddlehead. Harvest when the stalk is one hand tall and the fiddlehead is tightly rolled (not loose). You can eat the short stalk below the fiddlehead as well. Remove 33 percent or fewer of the fronds from one fern plant, and harvest only every other year.

Chef d' campground!



Kids - are you tired of the same old snacks and meals? Here are some yummy foods you can make yourself (or with a little help from an adult) and BRING CAMPING!

Pizza in a Pot

Ingredients

- 2/3 c couscous
- 1 T diced sundried tomatoes
- 1 T diced dried bell peppers
- 1 t dried oregano
- 1 t dried basil
- 1/4 t dried garlic, powder or diced
- 1 T olive oil
- 4 oz. shelf stable pepperoni slices (see notes)
- 2 oz. mozzarella cheese (see notes)



Recipes courtesy of:
www.trailcooking.com
www.grouprecipes.com/887/trail-mix-for-kids.html
http://camping.lovetoknow.com/Kids_Camping_Recipes

Instructions

At Home:

Pack the dry items into a sandwich or quart freezer bag. Pack the oil, meat and cheese with it.

On the Trail:

Add 1 cup water to your pot and bring to a boil. Turn off the stove and add in the dry ingredients, oil and pepperoni. Stir well, put the lid on tightly and let sit for 10 minutes. Meanwhile dice the cheese. Top the pot with the cheese and let sit for a minute.

Notes: Shelf-stable pepperoni is often sold next to the deli meats in grocery stores but doesn't need to be kept cold until opened. Buy the pre-sliced (think for a pizza).

For the mozzarella cheese, use 2 pieces of string cheese. It is fine to carry for a couple days, it will get soft but is still edible.

Banana Canoe

(Yummy hot or cold)



Ingredients:

- 1 fresh banana with a firm peel
- 1 Tbsp M&M's
- 2 tsp granola
- 2 tsp mini-marshmallows

Instructions:

1. Place your banana on thick aluminum foil (or two layers).
2. Don't peel the banana, just cut a slice out along length of the banana.
3. Stuff chocolate chips, granola, and the marshmallows into the opening of your "canoe."
4. Wrap the banana with the aluminum foil.
5. Carefully place the banana over the hot coals with tongs, and leave it there for about 10 minutes. Be sure to get an adult to help with the fire!
6. Use tongs to place the banana on a picnic table to cool, then eat with a spoon. YUM!!!



Trail Mix

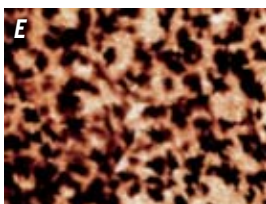
Put it in a zip-lock and take it hiking with you!

Ingredients

- 1 c. of miniature pretzel sticks
- 1 c. of any flavored Cheerios
- 1 c. of butterscotch chips or peanut butter chips
- 1 c. of cheese-flavored crackers or goldfish
- 1 c. of any little chocolate candies or miniature M&M's
- 1 c. of dried fruit/cherry
- 1 c. of peanuts or cashews

I am found outdoors - what am I?

Look at these close-up pictures of nature. Can you guess what each of these are?



Find answers
on pg. 46

Photo contest for kids too!

Submit your best outdoor photo by May 15 for a chance to win a \$25 gift card to REI!



See pg. 36 for details.

Free backcountry clinics open to all

The Seattle Branch Mountaineers Climbing Committee has scheduled a series of free lectures and presentations over the next two months at The Mountaineers Program Center in Magnuson Park, Seattle. All members and the general public are welcome to attend.

TRIPLE CROWN: Hiking the Pacific Crest, Appalachian, and Continental Divide Trails Thursday, March 3 at 7 p.m. in the Cascade Room. Many Triple Crowners “through-hike” an entire trail each year. Paul Griffith “section-hiked” the 7,500 miles over 10 years. Whether you are going from Mexico to Canada or Snoqualmie to Stevens Pass, Paul’s talk will introduce you to long-distance hiking: the planning,

lightweight packing, navigation, resupply, and what to expect on the trail.

THE OLYMPIC MARMOT: A Pleistocene Relic in a Rapidly Changing World Tuesday, March 15 at 7 p.m. in the Cascade Room. Marmota Olympus, the Olympic marmot, is a species found only in our own Olympic Mountains. A highlight of any alpine trip in the range, the Olympic marmot numbers are declining and climate change further threatens the species.



Cathedral Meadows, PCT.

For the past decade, wildlife biologist Sue Griffin has been directing field research into the severity and causes of recent declines, and is seeking to understand how climate change will affect the Olympic marmot in the future. She will share slides of marmots, talk about their engaging lives and social habits, and bring us up to date on her research and findings.

WEATHER FORECASTING FOR MOUNTAINEERS Thursday, March 31 at 7 p.m. in Goodman A. Understanding and predicting mountain weather is a critical skill. Learn from an expert, Michael Fagin, founder of Washington Online Weather, www.wowweather.com, and www.everestweather.com. An Alpine Scrambling Course grad and a professional weather forecaster, Mike will discuss weather planning whether you are climbing near home or around the world. He will explain what forces give us wet or dry conditions, how to predict what’s headed our way, where to find the best weather information before leaving home, and how to forecast in the field – what various cloud formations portend and what it means when the wind shifts, among other noticeable dynamics.

ULTRA-LIGHT PACKING: Thursday, April 14 at 7 p.m. in Goodman A. Is your pack light enough? Do you start up Rainier with 25 pounds – including overnight gear, climbing gear, food, water, fuel, the rope, and the stove? On a 500-mile hike, does your gear weigh 5-8 pounds (not counting the running shorts, tee shirt, floppy hat, and sneakers)? This evening’s talk will introduce packs, sleeping bags and tents from two pounds to under a pound, cook sets that weigh ounces, night-and-day gear like the poncho and sleeping “quilt,” and matching camping techniques.



Taking your skills to the next level

Keep your eye on the website and print publications for more details on these advanced climbing courses and seminars:

Advanced Alpine Rock is a new course to be offered this summer for those climbers looking to take their alpine rock climbing to the next level. Gain the skill and confidence to tackle complex alpine rock objectives. Applications accepted through April 30. Course begins June 2. For more information go to <https://sites.google.com/site/advancedalpinerock> or contact Chris Dessert at christopher.dessert@gmail.com.

Denali Seminar is a one-field-trip course, normally held every other year, that covers the skills you need to plan and execute an expedition to Denali (aka Mt. McKinley). Discussion includes equipment, food, team dynamics, logistics, route selection, winter/ expedition camping, accident and altitude illness prevention. The field trip will cover sled rigging, fixed-line ascent and descent, and crevasse rescue with a sled. The course begins in April.

Advanced Sport Climbing: Training and Technique is a 10-week intensive training cycle toward a redpoint at Vantage. It includes physical conditioning, mental training, skill development, advanced belay technique, and practice in lead falls. Students will select a challenging project at Vantage to work on as a redpoint. At the first session, students pair up with a training partner for the duration. Leader’s permission required. Must be able to comfortably lead sport routes up to 5.8. Course begins in March!

Moving up on the crags!

Advanced Multi Pitch Efficiency is a Crag Committee offering designed to help the 5.8 trad climber to push their grade into the 5.9 - 5.10’ and move into longer routes. Students may also apply (April 1-May 27) to climb world-class, multi-pitch routes at Squamish, B.C. for a full week, but they must be able to climb comfortably in the 5.8 trad range. For more information visit www.mountaineers.org/seattle/climbing/Courses/Crag.html#ampecourse, or contact LoniUchytill@msn.com.

Welcome to our seven branches of The Mountaineers

Fueled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others that require a set of learned skills to safely enjoy, follow a common curriculum from branch to branch. Some, however, may have slight differences in the names of the courses they hold in common, such as Snowshoe Level 1 and Snowshoe Lite; Snowshoe or Backcountry Ski Course and Winter Travel; or Sailing Course and Crewing Course. Just look for the descriptions when visiting course information online or in this *Mountaineer*. See course events in the "Go Guide" section of this magazine. Though our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a bit different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you may join any branch of your choosing. Note that once you are a member you may participate in trips or courses in any branch. **One way to gain a taste test of a particular branch is to attend a new/prospective members' meeting. General dates of these meetings are noted under each branch heading.**

BELLINGHAM



Chair: Molly Kaufmann, mollykaufmann@bellinghammountaineers.org.

Website: bellinghammountaineers.org.

The Bellingham Branch, tucked alongside the craggy expanse of the North Cascades, features a vital, close-knit climbing program, as well as courses in first aid and alpine scrambling. It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. The lodge facilitates many of the courses and seminars offered by the branch. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round.

In addition to the courses noted above, Bellingham also offers hiking trips, snowshoe tours and backcountry ski trips.

Learn more

In most months, the branch hosts a meeting and slideshow for prospective members and new members to better orient them to branch offerings. The event is commonly held at 7 p.m. in the Bellingham Library, but is usually not held in October, January, June, July or August. Please check the branch home page (accessible via www.mountaineers.org) for updates on time and place. Sometimes a guest speaker and special program on an outdoor adventure is featured.

ANNUAL BANQUET: In January of each year, the branch hosts one of its grandest events, the Bellingham Annual Banquet. Watch the website for news about the 2012 banquet.

CLIMBERS' RENDEZVOUS: Instead of a regular October members' meeting, the branch celebrates with its **Annual Climbers' Rendezvous Dinner**. Keep an eye on the web and in this magazine as October draws nearer.

EVERETT



Chair (interim): Matt Vadnal, matthewvadnal@aol.com

Website: everettmountaineers.org.

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year and its first outing, a hike to Lake Isabelle. Several hundred members of the public attended "stereopticon" presentations at the Everett High School auditorium. Dr. Linman, his wife, and seven other branch members reached the summit of Glacier Peak in August 1910 during The Mountaineers' annual outing. The branch was not "officially" founded until 1911 when The Mountaineers charter was amended to provide for branches. This anomaly allows the branch – now with over 850 members – to continue its centennial celebration in 2011!

Everett members share a wide variety of activities, ranging from trail maintenance and lookout restoration, to mountain climbing, hiking, skiing, snowshoe touring, scrambling, navigation, family activities and singles' events. Please explore the branch website or attend one of the branch monthly meetings to discover more about the branch.

Learn more

To learn more about the branch and its activities, attend the monthly membership meeting on the first Wednesday of each month (except for July, August, and December) in the Drewell Conference Room in the Snohomish County East Administration Building, 3000 Rockefeller in downtown Everett. The highlight of each meeting is a presentation ranging from a series of topics: from conservation/environment to recreation and often featuring guest speakers. Join us for those meetings on **March 5, April 6, May 4 and June 1!**

The Everett Nordic Course is nearly complete. Twenty-five students attended three lectures and field trips at Lake Wenatchee and Stevens Pass Nordic Center. Rain and wet snow did not deter this intrepid group during the last, off-track trip at Smithbrook (east of Stevens Pass) on January 29. To receive a graduation certificate, the students have to complete one ski tour.

The Basic Climbing Course (BCC) is now underway. Thirty-eight students registered for the course, the 57th annual offering. Some graduates have said that the BCC's challenging curriculum makes the course as demanding as many college courses. The emphasis is on mastering basic skills. Completing the course prepares the student to safely and successfully climb the highest peaks in the state.

Alpine Scrambling, MOFA (Mountain Oriented First Aid) and Navigation Courses will take place in March, April and May. Check the branch website for more information.

ELECTION OF OFFICERS: The branch chair has appointed a Nominating Committee to select candidates for several branch officer positions currently open. An election using electronic media will be held in March.

If you are interested in serving now or in the future, contact Matt Vadnal at matthewvadnal@aol.com. The branch is always looking for a few good men and women to serve in our volunteer organization.

FOOTHILLS



Chair: Fran Troje, foothills.branch@gmail.com.

Website: foothillsmountaineers.org.

The newest neighbor in The Mountaineers hood, Foothills Branch is continuing to add new programs and adventures to its offerings, year by year.

Covering communities on the Eastside,

Continued on pg. 30

Go to www.mountaineers.org for access to all contacts and details for all branches

from Bellevue all the way to Ellensburg, the branch offers opportunities for safe and enjoyable outdoor recreation year-round. Foothills members are only a short drive to The Mountaineers Snoqualmie Campus at the summit.

The branch offers conservation and recreational access advocacy, hiking, photography and skiing. As its membership grows, the branch is looking for **volunteers** to steer new programs and provide new ideas for additional programs. You might even want to become one of our leaders or instructors! We can put you on that trail. Just notify Foothills Chair Fran Troje, foothills.branch@gmail.com, 425-746-6726.

Learn more

The Foothills Branch new and prospective members' meeting is held most months through the year. They usually start with a socializing session at 6:30 p.m., followed by a brief update on branch goings-on and a feature presentation at about 7:20 p.m. Meetings are held in Issaquah at the King County Library System Service Center. Watch the Foothills website for the announcement of the March and April meetings.

KITSAP



Chair: Mike Raymond, branch@kitsapcabin.org.

Website: kitsapmountaineers.org.

The Kitsap Branch is home to a preserve, a program center – the Kitsap Cabin – and an outdoor stage. All of these make up a potpourri of activity and delight for Mountaineers and guests.

Kitsap offers courses and programs in climbing, alpine scrambling, hiking, snowshoe tours, photography and sea kayaking, not to mention its youth outreach program, HARK (Hiking and Active Recreation for Kids). Its Salmon Safari for youths – giving them streamside observations of spawning salmon in the Rhododendron Preserve – is only a short hike from Kitsap Cabin amidst some of the longest standing old-growth forest in Western Washington's lowlands.

Also a short hike away is the magical Kitsap Forest Theater, home to two **Mountaineers Players** stage productions each year.

Learn more

The Kitsap Branch of the Mountaineers will hold its QUARTERLY MEMBERSHIP GATHERING on **Monday, April 7**, at 7 p.m. at the Norm Dicks Government Center in downtown Bremerton (345 6th St.). Anyone from the public who is interested in programs offered by The Mountaineers is encouraged to attend. We'll share slides of our activities and a featured presentation, yet to be determined. Refreshments will be served. Mountaineers from neighboring branches are welcome as well.

The Kitsap Branch EXECUTIVE COMMITTEE will meet **March 30** and **April 27** at 6:30 p.m. All members are welcome to attend. The meeting will focus on the continued development of our annual calendar as well as possible restructuring of our committees. We will entertain reports from our activity chairs, as well.

PIZZA & WORK PARTY The Conservation Committee will host this event on Wednesday, March 16 from 5:30 to 7 p.m. Help pull blackberry bushes and other non-natives from around Kitsap Cabin and along the driveway into Hidden Valley. Bring sturdy gloves and hand nippers if you have them. At 7 p.m. it's dinner at Seabeck Pizza. Donations toward cost of pizza gratefully accepted.

TRAIL RUNNING ADDED! The branch has just started offering trail running. Visit the branch website, www.kitsapmountaineers.org, to find out more.

VOLUNTEER ALERT! We are looking for volunteers to make our Kitsap Cabin more comfortable, including its benches. Anyone who possesses the skill to make cushions for the surface of our winter-chilled benches is encouraged to step forward. The branch also needs better signage. Anyone skilled at crafting several sandwich-board signs is encouraged to volunteer and will be much appreciated. If you're in the mood for cutting up some wood for our beautiful fireplace, let us know. Also, if you have dry, burnable wood, we could use it! If you can help out with any of these projects, contact Mike Raymond, branch@kitsapmountaineers.org.

CONSERVATION/EDUCATION PROGRAMS:

To find out the latest about Kitsap conservation projects, contact Katha Miller-Winder, conservation and education chair, info@salmonsafari.org.

HARK (Hiking and Active Recreation for Kids) – Check the branch website for trip dates in March and April.

OLYMPIA



Chair: Michael Silverstein, silvermas@comcast.net.

Website: olympiamountaineers.org.

A vital limb of The Mountaineers for more than 45 years, Olympia Branch invites all to participate in its programs. Courses are based in the South Sound region and led by a corps of outdoor enthusiasts and environmental stewards looking for adventure with the goal of enjoying and preserving all the wilderness the Pacific Northwest has to offer.

Learn more

The Olympia Branch holds a meeting and special "Adventure Presentation" for current, new and prospective members on the first Wednesday of the month from September through May (excluding November). It is held at The Olympia Center, 222 Columbia St.

NW, Rooms 101-102. The next meetings will be **March 2** and **April 6**. Socializing and a potluck meal begin at 6 p.m. The Adventure Presentation begins at 7 p.m. As with all our branches' monthly meetings, this is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades (including some as Adventure Presentation programs) and connect with a greater community of outdoor enthusiasts.

If you have any questions about joining The Mountaineers, If you want a membership brochure sent to a friend, or if you have moved and don't want to miss an issue of the bimonthly *Mountaineer* magazine, send an e-mail to olymountaineers@gmail.com. Please include your mailing address so that we can send you a membership packet.

MARCH 2 ADVENTURE PRESENTATION:

Five 10-minute adventures will be shared at the next branch meeting. Presenters will be: Maria M. Ruth, author of "Rare Bird: Pursuing The Mysterries of the Marbled Murrelet;" Mike Riley, Olympia Mountaineer, who will speak on "Ice Climbs, Colorado to the Canadian Rockies;" Jean Fisher, "So Little Time, so Much to Do" an adventure in kayaking, biking and skiing; Jim Wilson, "Ski Tour, Ruby Mountains, Nevada;" Allen Mote, "Color in the Desert: Southwest Trails and Canyons."

APRIL 6 ADVENTURE PRESENTATION:

Nigel Foster has created his life around kayaking. He has authored seven books, been published in more than a dozen kayaking magazines, produced a six-volume series of sea kayaking Instructional videos, and designed a number of kayaks and kayaking accessories. He also teaches kayaking all over the world. His adventure show will be titled "Around the World to Kayak."

OLYMPIA BOARD MEETINGS: **March 9** (our quarterly membership meeting) at Olympia Center and **April 13** at Alpine Experience.

OLYMPIA BRANCH LIBRARY: Located at Maxine Dunkelman's house, 5418 Lemon Rd. N.E. Contact Maxine at 360-352-5027 or maxdunk@comcast.net if you'd like to come by to browse, check out or return books, which can also be done at Alpine Experience (in the box behind the front counter). Books, DVDs and maps owned by the branch are listed on the branch website. Maxine is also at our first-Wednesday membership night with a selection of books to check out. Call her with requests.

THE OLYMPIA LEADERSHIP COURSE will start on April 26. The course – for hikers, scramblers, climbers, winter travelers and kayakers – will employ situational exercises so that students may explore and develop their own leadership style while they observe and learn from leadership styles of their fellow students. See the Olympia website for more details about enrolling.

RADICAL REELS: Friday, March 11 at the Capitol Theater (206 5th Avenue SE, Olympia). Details on branch website.

SEATTLE



Chair: Timmy Williams, mtntimmy@clearwire.net.

Website: seattlemountaineers.org.

The largest of our branches, Seattle gives lovers of the outdoors an opportunity to try out hiking, backpacking, scrambling, climbing, skiing, snowshoeing, wilderness navigation, first aid, family activities, folk dances, leadership training, naturalist study, photography, singles events, Retired Rovers activities, Under the Hill Rovers activities and sailing.

Learn more

Beginning in April, the Seattle Branch of The Mountaineers will be "sunsetting" their monthly New Member Nights (first Wednesday of each month) and offering "MEET THE MOUNTAINEERS" at various times throughout the year, the next being Thursday, May 5, from 6:30 p.m. to 9 p.m. at The Mountaineers Program Center. Dozens of volunteers from the branch committees will be eager to introduce you to all things Mountaineers and Mountaineers Board of Trustees members will be on hand to find out what you'd like to see in the organization. Snacks and beverages will be available.

INTRODUCTION TO THE NATURAL WORLD is a course designed for hikers, climbers, photographers, scramblers, and conservationists who want to learn more about the mountains they enjoy. Enrollment is now open. Identify flowers, trees, shrubs, birds, mammals, butterflies, and more. Lectures are set for **March 10 and 15 as well as April 7**. See pg. 32 for a feature about the latter. To enroll visit www.mountaineers.org.

TACOMA



Chair: Geoff Lawrence, geoff.lawrence@tacomamountaineers.org.

Website: tacomamountaineers.org.

The second largest of all seven branches, Tacoma hosts its own program center and hub in the quaint Tacoma neighborhood of Old Town near Puget Sound. Close to Mt. Rainier and yet another Mountaineers property, Irish Cabin on the Carbon River, Tacoma Branch offers an extensive list of activities and courses in backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, bicycling, singles events, wilderness navigation, avalanche awareness, folk dancing, photography and family activities.

Visit our website, browse through our activities, our events calendar, the "Who We Are," and learn about us.

Learn more

Orientation meetings for new, current and prospective members are held the **third Friday** of most months at the Tacoma Program Center. They start at 7 p.m. and include socializing, a presentation about our branch and a featured speaker. Check our website for details about our next new-member meeting.

If you would like a personal guide to what the Tacoma Branch offers, please contact one of our **new-member mentors** (see our branch website).

TACOMA BRANCH BOARD meets on the last Monday of most months at 7 p.m. at the Tacoma Program Center. All members are invited.

TRAD/CRAG CLIMBING: Learn to lead moderate outdoor rock routes (5.4-5.8) using traditional gear—no bolts. Trad climbers place and remove their own protection. Field trips include Tieton, Vantage and Leavenworth. Class begins **April 30**. For more course info, see the branch website or contact leader Mark Lemon, 253-314-6998, marklemon@centurytel.net.

USED EQUIPMENT SALE: See the branch website for details about how to sell and buy at this Tue., **March 1** money-saver at the Tacoma Program Center.

LEADERSHIP SEMINAR: Learn the skills of being all you can be as a leader at this Sat., **March 26** workshop. See the branch website or contact either Amy Mann, agmann@comcast.net, 253-759-2796, or Kathleen Brammer, brammerka@comcast.net, 253-896-4849.

MOFA REFRESHER: The Tacoma Mountaineering Oriented First Aid Refresher Course will be held **March 13**, Sun., 8 a.m.-4:30 p.m., **March 23**, Wed., 6-10 p.m. and **March 27**, Sun., 8 a.m.-4:30 p.m. at the

Tacoma Program Center. Condensed into 20 hours, the refresher provides full MOFA recertification, including Red Cross Adult CPR & Standard First Aid. It is open to folks who have taken MOFA within the past five years. Those with advanced medical training (e.g. EMTs, nurses, physicians) may also take the refresher in lieu of taking the full MOFA course. **Fee** (includes text book): \$80 members, \$105 non-members. See online self-registration at www.mountaineers.org, or call member services, 206-521-6001 or 800-573-8484. For more details or if you are interested in taking only CPR/First Aid, contact MOFA Chair Angela McKee, 253-460-0727, k2teleskier@yahoo.com. Check future publications or the website for details about the regular MOFA Course.

NAVIGATION ENROLLMENT OPEN:

Those in courses who need to fulfill their navigation requirement still have time to enroll for the March and April sessions. Register online or contact Susan Kelley, suzanneakelley@yahoo.com, for more details.

TRAIL FOOD ROUND TABLE: Learn all the tricks to dehydrate food on **Sun., April 3**. For details contact Amy Mann, agmann@comcast.net, 253-759-2796.

DISCUSS AND SHARE PHOTOS: Join Tacoma Mountaineers photographers for our next regular monthly meeting on Tue., **April 12**, 7-9 p.m. at the Tacoma Program Center. For more information, contact the chair, Joe Becker, josephebecker@comcast.net, or visit our Tacoma Branch website. **Note:** The May meeting will be on a Monday, May 9, when we will likely be sharing images from our spring outings, planning summer outings and start planning for our annual photo exhibit in the fall.

MOUNTAINEERS-WIDE: PLAYERS

Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking stage. Create a treasured family tradition!

Spring, 2011: "Oklahoma!" will be staged on May 29, 30, June 4, 5, 11, 12, 18 and 19 at 2 p.m. Rodgers & Hammerstein's first collaboration remains one of their most popular. Set in a Western Indian territory just after the turn of the century, the high-spirited rivalry between the local farmers and cowboys provides the colorful background for several bumpy love stories. Director: Jenny Estill; Music Director: Gail Foster; Choreographer: Guy Caridi; Accompanist: Debbie Valenta; Costumer: Margie Kluth; Sets: Will Gray.

Summer, 2011: "Into the Woods" will be performed on July 30, 31, August 6, 7, 13, 14, 20 and 21 at 2 p.m. From a book by James Lapine, this Stephen Sondheim musical is a whirlwind journey through the fantastical world of fairytales and fables. Follow the cast of characters from some of Grimm's classic stories as they begin "Once Upon a Time," go into the woods and discover what's after "happily ever after." Director: Craig Schieber; Music Director: Amy Beth Lindvall; Chorographer: Guy Caridi; Accompanist: Olivia Hickerson; Costumer: Barbara Klingberg; Sets: Chris Stanley.

Kitsap Forest Theater Facebook Page: You can follow us on Facebook (and Twitter!). Search for Kitsap Forest Theater and become a fan. Audition and show information will be updated. Follow our story and share our excitement!

Help Wanted: If you are interested in being involved in any way with either or both shows, please contact co-producers Gala Lindvall (542-4195 - galabaskets@comcast.net) and/or Nancy Estill (595-8610 - nestill@u.washington.edu). We would love to have your help! Visit www.ForestTheater.com.

First there is a mountain, then . . .

By Chris Caviezel

"The mountains we climb appear so resistant and permanent, but are they?" asks Dr. Pat Pringle, featured lecturer for a Seattle Branch Naturalists' course in April. "The revolutionary leaps in geological sciences and technology over the past several decades have brought our knowledge about the Pacific Northwest landscape and landforms into a clearer focus. Those 'stable' mountains are moving, and sometimes have collapsed catastrophically."

Pringle began his career working for the U.S. Geological Observatory from 1982-1990, where he studied the volcanoes of Mt. Rainier, Mt. St. Helens, and Mt. Hood. He later became intrigued with landslides, and his presentation is more about the history of Washington and Oregon

through the eyes of the volcanoes and landslides that have occurred.

During the 1986 dome-building eruption of St. Helens, Pringle was the public information officer at the Cascade Volcano Observatory. The use of radiocarbon dating and tree rings to study buried or submerged ancient forests provides clues to the history and impacts of past volcanic eruptions, fault movements and great landslides, Pringle states.

Remains of trees can become preserved in submerged coasts sites which result from landslides, lava flows, and/or fault-dammed lakes. Additionally, remains may be found within landslide deposits and in riparian environments, in particular where the grade or level may have been raised by sediment deposits. Frequently these natural occurrences will happen downstream of volcanoes.



Coming lectures

Thursday, March 10: Daniel Schindler discusses "The Value of Intact Landscapes for Sustaining Salmon and their Fisheries"

Thursday, April 7: "Eruptions, Earthquakes and Landslides of the Pacific Northwest and the Buried Forests that Tell their Tales," with Pat Pringle

Both lectures will be held at The Mountaineers Program Center from 7 to 9 p.m.
Naturalists' Study Group members: free
Others: \$5 donation asked

Part of Pringle's presentation will include background on his proposed study of Mt. Hood at White Bark Pine, in an area known as the Ghost Forest, most of which is on the east side of Mt. Hood. In this area, volcanic ash fell a few hundred years ago. The purpose of this proposed study will be to characterize the Ghost Forest and to determine whether or not the White Bark Pine died by the eruption of volcanoes, white pine blister rust or some other cause. Many Mountaineers members learned about the white pine blister rust during a short film that was shown during the recent Backcountry Film Festival held at the Mountaineers Program Center in January.

Pringle will also share the results of recent studies of buried trees at Mt. Rainier and Mt. Hood. These studies help to shed light on the historical observations of Broughton (1792) and Lewis and Clark (1805 and 1806) as well as on future volcanic hazards.

"Roadside Geology of Mount St. Helens National Monument and Vicinity" and "Roadside Geology of Mount Rainier National Park and Vicinity" are just a few of the books that Pringle has authored. Additional information about Pringle, a faculty member of Centralia College and the Earth Sciences Program, can be found at www.centralia.edu/academics/earthscience/pringle/profpringle.html.

Pringle is renowned for his ability to recount many different and interesting stories, and his presentation will feature many fascinating slides of volcanoes and the geology of the Pacific Northwest.

This presentation is free to Mountaineers Study Group Members. The public is welcome and is asked to make a \$5 donation.

Wilbert 'Bert' Daniels, Tacoma Branch

A 22-year member of The Mountaineers, Wilbert E. 'Bert' Daniels died on January 21, 2011, at the age of 71.

Born in 1939 in Kenduskeag, ME, and one of seven children of parents of modest means, Bert sought brighter horizons after two years of odd jobs when he joined the U.S. Navy. He served as an Electronics Technician, Second Class aboard the destroyer USS The Sullivans (DD 537) in Guantanamo Bay during the Cuban Missile Crisis.

After leaving the Navy he worked at the Jet Propulsion Laboratories in Pasadena, CA. While there, his father became gravely ill and he flew back to Maine to share the last couple hours of his father's life. He was treated to coffee at 4 a.m. by nurse Avis McCluskey. She became the love of his life and they raised two sons, Albert and Gregg.

The family moved back to Maine and Bert received his degree in engineering physics at the University of Maine at Orono in 1970. His 30-year career in the electronics industry included such firms as Western Electric, Bell Labs, Corning Components, Fairchild Semiconductor, Boeing and JX Crystals. He had several patents foundational to the electronic technology that we enjoy today.

While a Mountaineer, he earned the 5 Peak Pin, Tacoma Irish Cabin First 12 and the Tahoma First Peak Award. Bert's philosophy and principles in life mirrored those he held in the mountains: teamwork, accomplishment without detriment to others, and carrying one's own weight.

He is predeceased by his wife of 44 years, Avis Daniels, and is survived by his sons Albert, a Navy Reserve officer and federal employee, and Gregg, an accomplished chef in Seattle.

John Faley, Seattle Branch

John Faley, an active member of the Seattle Branch for 25 years, passed away on September 29, 2010, in his home following a courageous battle with cancer.

Originally from Belvidere, Illinois, Faley came to Seattle in 1985 and had been a Mountaineers member since 1986. He was active in the Naturalists study group, helped with GPS and navigation classes, was a hike leader, and participated in scrambling trips.

He started volunteering with the Naturalists last year, according to Mountaineers member Lynn Graf, chair of the Seattle Branch Navigation Committee. He came to all of the study sessions and frequently led trips, right up to the time of his passing. He was passionate about birds and attempted to learn as much as he could in an effort to share his knowledge with his fellow Mountaineers.

At the time of his passing, John was beginning the process to become a "master birder," which involves a two-year Audubon course designed to learn about the identification and natural history of the birds of Washington state.

"John taught regularly at navigation (courses), joined us on snowshoe trips and hikes, and led Naturalists' trips. We'll miss him," said Graf. She said they were happy and impressed to see him remain active up to his final days and in spite of his health condition. His sig-

nificant other, Michiko McAndrew, would bring him to the (navigation) events, Graf said.

John graduated from the University of Wisconsin with a double major in biology and wildlife management and later earned his master's in accounting from the University of Connecticut. He worked as a CPA for various companies and held the position of internal auditor for Weyerhaeuser.

Dean Mills, Olympia Branch

Dean Robert Mills, who joined The Mountaineers in 1962, died January 16, 2011, in Olympia. A native of Everett where he completed public school, he earned a BA in secondary education at Western Washington State College in 1966 and married fellow student Barbara Bryan upon graduation.

He served in Korea with the Peace Corps and then joined the U.S. Army where he served with the Signal Corps, handling White House communications for the Johnson and Nixon administrations.

He started climbing mountains in high school and shared his skills with others through affiliation with The Mountaineers, where he earned the Five Peak and Six Peak awards as a basic climbing, intermediate climbing and Nordic ski graduate. He later devoted most of his recreational time to fishing and was very active in local fishing organizations.

Dean shared his love of the natural environment with all the family; spirited camping, skiing and fishing trips were a norm. Waldron Island in the San Juans became a second home which he loved for its wild beauty, and for the fellow residents committed to experimenting with ecologically-friendly technology, as he was. He is survived by his twin brother, Dennis, his wife, Caroline, children Vern, Bill, and Jennifer, and seven grandchildren.

Leon A. Uziel, Seattle Branch

Leon A. Uziel, a lifelong member of The Mountaineers, died November 20, 2010, in Seattle. He was 84.

A native of Seattle, he graduated from Garfield High School and the University of Washington where he received a doctorate degree from the school of law. Leon joined the Washington State Bar Association in 1955 and received his 50-year pin in 2005.

Enthusiastic about art in its many forms, he traveled the world. He treasured his friends, keeping in touch with those he knew as a child and with the many Mountaineers he met during his lifelong membership, not to mention those in the Sno-King dance group. He enjoyed the mountains, earning the Six Peak Award while a Mountaineer.

Monika Johnson, instructor

A friend to The Mountaineers community as a former glacier travel/crevasse rescue instructor, Monika Johnson died during the first days of February in a climbing accident on Red Mountain. She was 40 years old. It was reported that a cornice had broken off beneath her, causing her to fall hundreds of feet to her death. A physical therapist at Virginia Mason Medical Center, she was known by her friends as a strong climber and a humble, empathetic and skilled mountaineer.

mountaineerslodges

Mountaineers lodges are open year-round for members and guests. Reservations are made through a prepay system which accepts payment by either credit card or a check. If paying by credit card, simply call 206-521-6001 by 5 p.m. (for all lodges except Meany which is via www.brown-papertickets.com; 800-838-3006) on the Thursday prior to the weekend. If paying by check, the payment must be received by 5 p.m. Thursday prior to the weekend you wish to reserve. All we ask of you thereafter is to call the program center, 206-521-6001, by 5 p.m. on Thursday to confirm that your payment has been received and that a reservation has been secured. **Cancellations:** All cancellations, except for Meany, must be made at club headquarters by 5 p.m. on the Thursday before the lodge visit. The cooks need to know you're coming! This is also the deadline for refunds.

Baker Lodge

The Mountaineers Mt. Baker Lodge is nestled in the spectacular beauty of the North Cascades and just a short walk from the upper lifts of the Mt. Baker Recreation Co. Watch the website via www.mountaineers.org for updates and details on open weekends this spring.

Reservations: At times during the season Mountaineers activity groups have signed up for specific weekends. Even though groups may be scheduled for a weekend, unless otherwise indicated, the lodge is open to the public on all dates, with reservations on a first-call basis through online registration or by calling 206-521-6001. Payments are made at time of reservation with credit card.

Questions can be answered by contacting Bill Woodcock (206-696-6127), Judy Sterry (206-366-2750; jsterry60@comcast.net) or by visiting the Baker Lodge website at www.mountaineers.org/lodge/baker.

To ensure that there is room for your group and to avoid scheduling conflicts, please contact Judy Sterry (contact info above) for November-May reservations and Jim Gipson (425-985-0616, gipwood@msn.com) for June reservations before publicizing the date of your event. Non-scheduled openings may be arranged if hosts can be found, but because most of our volunteer hosts are working full-time, midweek reservations may be hard to staff. The sooner you ask the more likely it is that someone can be found.

Schedule/rates: Please click on "Calendar and Reservations" on our website's home page: www.mountaineers.org/lodge/baker.

Amenities: The lodge is normally open by 7 or 8 p.m. on Fridays. If you need a more specific opening time, call the host listed online.

Trail lights from the parking lot to the lodge are on until 10:30 p.m. and the trail is marked by flagged poles. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each person should bring a sleeping bag, personal gear and a flashlight. Cars should have a shovel and chains. Saturday/Sunday breakfasts and Saturday dinner are served on weekends.

Baker Lodge welcomes the entire public of all ages and abilities. Families with children of age 5 or under should call the host prior to registering.

Fifth graders can obtain a **free** lift ticket



Mt. Baker Ski Camp

Dates and times: March 12-13, 9 a.m. at Heather Meadows, Mt Baker Ski Area.

Prerequisites: Advanced beginner to advanced telemark, randonee, alpine skiers.

Required equipment: Metal-edge skis, plastic boots (recommended) with safety straps, and beacon (optional).

Fee: \$185 for Mountaineers members, \$200 for non-members; \$10 cancellation fee. Fee covers the two days of lessons. Note: Lift tickets and lodging are extra.

Registration: www.foothillsmountaineers.org/winter/tele.html

Contact: Shannon Marie, 206-849-3203, before 9 p.m., or smariet23@aol.com

if they are accompanied by a paying adult, complete an application and have proof that they are in the fifth grade. Visit the ski area website at www.mtbaker.us for a copy of the application and additional information.

Get involved: Do you enjoy hosting people at parties, special events or in your home? Do you enjoy being a part of a team that puts meals together for others? If so, Baker Lodge may be your next opportunity.

The Baker Lodge Committee is looking for energetic individuals/couples/families to assist with general operations throughout the year. You can become hosts for Baker Lodge with just two weekends of training. Specific duties range from opening and closing the lodge, assisting with and/or supervising meal preparations, and coordinating lodge activities (The possibilities are limited only by your imagination.)

Members of the Baker Lodge Committee are interested in exploring new ideas for maximizing this "beautiful little gem of a lodge" that sits in the shadows of Mt. Baker. Couples could team up with other couples to serve as hosts. Families could come together and welcome other families in for a family weekend. **HOSTS STAY FOR FREE.**

And for those who lead Mountaineers trips and activities, Baker Lodge leadership reminds you that you are always welcome to bring your group of Mountaineers members and guests up to the lodge for any overnight or weekend.

Driving directions: N. on I-5 to Bellingham, take Exit 255, the Mt. Baker Highway, and go E. on SR-542 about 54 mi. to the ski area. At the Firs Lodge, turn right onto the one-way loop road that leads 0.3 mi. to our lodge on the right side of the road. We are about 1-1/2 hours from Bellingham and 3 hours from Seattle.

Kitsap Cabin

Built mostly by Mountaineers women in 1918, the Kitsap Cabin is home to The Mountaineers Kitsap Branch and The Mountaineers Players during spring and summer as they rehearse and perform at the Kitsap Forest Theater. The Players also hold their Youth Theater Camp at the Forest Theater.

Kitsap Cabin is surrounded by the Rhododendron Preserve, a 460-acre private reserve operated by The Mountaineers Foundation. It is one of the largest remaining parcels of Puget Sound lowland, old-growth forest in the Puget Sound Basin and serves as a buffer from encroaching development for not only the theater but also the creeks that are vital for spawning salmon each fall.

The cabin and theater are available for private rentals. For rental information, please call 206-542-7815.

For information about the Kitsap Branch of The Mountaineers, visit www.kitsapmountaineers.org.

For information about the 2010 Players' season visit www.ForestTheater.com.

For information about the Mountaineers Foundation and the Rhododendron Preserve, visit www.mountaineersfoundation.org.

Meany Lodge

Meany Lodge will say goodbye to the 2010-11 winter season with our Annual Winter Carnival, March 11-13. This family-centered weekend will feature fun and games for children of all ages and sizes. During the day, we're planning a lot of outdoor activities, including snow/ice sculpting and snow races, not to mention Meany's own version of Olympic ski-cross, the Kirkland 500!

As the sun goes down, we will turn to more sedate activities, such as the ever-popular s'mores snack hour. In the evening, the Meany Talent Show, featuring Meany's own style of talent, will follow a tasty Meany Lodge dinner. Last but not least will be a Meany premier video night from our home-grown producers.

For Winter Carnival reservations: <http://www.brownpapertickets.com/event/128390>

For day use: <http://www.brownpapertickets.com/event/128394>

To view Meany's overnight rates: www.meanylodge.org.

To view some great shots of Meany mavers having fun, check out <http://www.youtube.com/watch?v=b3MGdZeVer4%20>.

Snow Cat schedule: The Tom Cat will depart the Crystal Springs parking lot at the following times, which are also on our web page. Please plan to arrive early to get in queue for the tow and to have your gear loaded.

Friday: 7 p.m. (full weekend guests only)

Saturday: 8:30, 10 a.m., and 5:30 p.m.

Sunday: 8:30 a.m.

Remember you need to purchase a Sno-Park permit if you are coming to Meany.

Mark your summer calendar! We don't stop having fun when the snow stops. Keep an eye on www.meanylodge.org and this magazine's summer issues for details about the following:

Meany Women's Weekend – July 8-10

Meany Summer Bicycle Trek – July 16-17

Meany Family Hiking Weekend – August 6-7

Perseid Meteor Shower Festival – mid-August

Meany Mushroom Weekend – October 28-30

More lodge information: Chuck or Joan Welter, 253-926-0867, chair@meanylodge.org.

Snoqualmie Campus

Looking for a beautiful mountain setting less than an hour's drive from downtown Seattle? Somewhere to hold your next family or group picnic? Then make your family or group reservations now for The Mountaineers' Snoqualmie Campus! If you want to scout out the 77-acre campus first, contact us at snoqualmiecampus@yahoo.com or 425-434-6177. You may also check us out on Facebook and YouTube.

We are located between Summit Central and Summit West ski areas, amidst tall stands of silver fir, alpine shrubs, grassy meadows and wetlands. Access to the Pacific Crest Trail, Iron Horse Trail and Gold Creek are only minutes away. Visitors often see nesting birds of prey and elk.

We are scheduled to be open Saturdays and Sundays through the end of March, 10 a.m.-3 p.m., snow conditions permitting. Snowshoes are available for rent on campus for \$10 per pair with advance reservations, but please call

in advance to be certain the campus is open.

This summer the campus will be available for group rentals and family events.

Summer work parties will be starting in July and will include some potluck meals and campouts.

Parking is free and there is easy bus access for groups at the campus. In winter the slopes are great for snowshoeing, cross-country skiing, avalanche training, snow-cave camping, LNT, sledding, geo-catching and snow play. In summer and fall there are picnic and camping areas to accommodate individuals, families, small and large groups. There are open areas for meetings, classes and recreation. The Coleman Memorial Shelter is equipped with a gas grill (propane and firewood available at cost), fireplace and picnic table. The old lodge site has water and electrical hookups. There are flushing toilets.

Use policy, fees and credits: Daily user fees are \$10/person or \$25/family, payable in advance. No Sno-Park or Northwest Forest Pass permits are required to park. And the number in a group can exceed 12. Group and course rates are negotiable. Persons willing to perform campus service projects can reduce or eliminate their user fees. Overnight parking is free with advance reservations. All Mountaineers members, guests, the general public may make reservations.

Mountaineers and activity leaders: If you are planning to access or lead a group onto or through the campus on a day when the campus is closed, we still require a reservation from you. Please check in with the campus host and make your fee payment.

A bit of history: The Mountaineers has maintained a presence at Snoqualmie Pass since 1914 when it built a lodge on Forest Service land. A new lodge was built in 1948 and served Mountaineers for 50 years before a fire razed it on May 12, 2006. Today, outbuildings and incredible alpine terrain remain.

Volunteers and donations welcome: Like other Mountaineers lodges and programs, we are volunteer operated, user-fee and donation supported. We always need volunteers of any skill level and seek donations of building materials as well as campus supplies. Volunteers can earn credits toward free skiing via 2011-12 Summit ski vouchers. Camp out or bring your RV and enjoy an overnight for free after a full day of fun outdoor work. And be sure to stick around just long enough after the work is done for some good food. Some of the most immediate work will include:

- **Snowshoe trail enhancements and marking.** We hope to bring back the old snowshoe route for the next winter season by clearing and marking snowshoe trails.
- **Beacon Basin improvements.** Enhance the

existing avalanche beacon training system.

- **Upper tow-shack renovation.** Repairs on the former "rope tow" shack: fix the roof leaks, remove the tow motor, clean or remove other old equipment to create classroom space.

Campus hosts: We are looking for volunteers who would like to stay on campus this summer in their own tent or RV as campus caretakers. You will provide basic, friendly host services to campus visitors this summer. The length of stay is flexible.

If you can't make it up to the campus to volunteer, we do accept monetary donations for the operating fund and repairs to the storm-damaged road, the Coleman Memorial roof, and tow-hut modifications for classrooms. We will also consider bartering for use of the campus. Snowshoes and other camping supplies are needed to help assist courses taught on campus. Also needed are shovels, snowshoes, snowmobile, the loan of a snowmobile for events, clippers, saws, wheelbarrows and first-aid supplies.

Our future: We invite Mountaineers members' comments and suggestions for planning the campus future. Please email us at snoqualmiecampus@yahoo.com or call 425 434-6177. Visit our website at www.snoqualmiecampus.org.

Driving directions

Take exit 53 from I-90 and head towards Summit Central. Watch for The Mountaineers sign on the right.

Stevens Lodge

Visit www.stevenslodge.org to view current activities at the lodge. For more information, contact Angela or Greg, 425-258-4847, greg@stevenslodge.org.

Bring a warm sleeping bag, toilet articles and a towel for the shower, suitable clothing, your gear and a flashlight. Some pillows are available, but feel free to bring your own if you desire. Bring a padlock if you wish to secure your equipment. Stow your gear in a pack or sled suitable for walking the 600-foot distance to the lodge.

Driving directions

Take US-2 to the Stevens Pass Ski area. Turn into the parking entrance just below Tye Creek Lodge (the old West Lodge) on the W. side of the summit. Stay left at the entrance and go around the hairpin turn at the far end of the lot, then continue to the upper level parking area, Lot #4. Park here. Look for a steep Cat track/service trail leading up the bank at the far end of the lot. Stay on it and turn right at the top. Go past the lodge on the left (Penguins' Ski Club) for 500' until you come to a sharp 90-degree bend in the trail. The reddish-brown, four-story building is the lodge.



On the PCT Series docket . . .

April 1 – Pacific Crest Trail Movie Night: Crossroads Community Center, Bellevue

April 15 – Pacific Crest Trail Movie Night: Mountaineers Program Center, Seattle

April 19 – Pacific Crest Trail Slide Show: REI store, Seattle

May 5 & 12 – Lightweight Hiking/Backpacking 2-Night Seminar: REI store, Seattle

May 9 – Light and Healthy Backpack Food Made Simple: REI store, Issaquah

For more info on any of these classes, or the Pacific Crest Trail Series, please visit:
www.mountaineers.org/pct-series

Continued from pg. 24

"Nicer weather and great views, along with a short hike, results in a moderate pace," Caviezel noted. Longer hikes in inclement weather, with moderate views, result in a faster pace.

The program is designed to introduce Mountaineers members to the PCT – primarily in Washington State – through a series of day hikes and backpacks.

Through this introduction, hikers experience more than just the natural wonders of the trail. They also experience the human connection, Caviezel explains.

"The group interacts with PCT through-hikers and other section hikers quite often," notes Caviezel. Through-hikers are those traversing the PCT from state to state. "On a few weekends we had (them) stay with us at The Mountaineers Meany Lodge."

The Mountaineers spirit of camaraderie also shines outside of the lodge, on the trail. Often Foothills hikers give M&Ms and other treats to the through-hikers they encounter, who then take a minute or two to chat.

One particular PCT philanthropist, dubbed the 'Trail Angel' but otherwise known as Deborah Huyer, met the Foothills hikers at the end of a Saturday hike at White Pass and drove them to Packwood for dinner. She then drove the hikers back to their campsite for a game of Scrabble and in the morning drove them to their next hiking junction at Chinook Pass. "Deborah's efforts saved the group 2 1/2 to 3 hours of logistics," noted Caviezel, "something that was even more appreciated on a weekend that had our group hiking 40-plus miles in two days."

Wildlife is abundant on and off the trail, according to Caviezel. "In fact a bear gained entry to the food pantry at Meany Lodge and had to be promptly chased out," he said.

The PCT series program, the brainchild of Caviezel, welcomes participants for next season. Hikers don't have to go on every trip, he said, just pick and choose. ▲▲

Will you be on the 2011 team?

Here is a list of Mountaineers members (with their sundry trail names) who graduated from the Foothills PCT Series last year – including their respective mileage:

Chris Caviezel (Orange Pacer) - 185.8
 Maureen Corlas (Tracker) - 167.7
 Steve Le Brun (Upward Dog) - 150.9
 Lawrence Landauer (Bee Keeper) - 123.4
 Monty Pratt (La Machine) - 101.3
 Robert DeForrest (IPA) - 82.9
 Joel Mott (Good Deeds) - 82
 Barbara Folmer (Sergeant Sweetheart) - 87.1
 Susan Shih (Little Miss Bugligee) - 69.8
 Charles Cervený (Fire Plug) - 41.7
 James McDonnell - 41.2
 Kevin Johnson - 40.2
 Marion Bauman - 40.1
 Julie Eiselt - 38.5
 Nathan Blower (Stumbler) - 36.1
 Mark Eiselt (Music Man) - 34.2
 Cheryl Talbert (Beast) - 30.3
 Myron Clinton - 28.1
 Sharon Sanborn - 26.5
 Karrin Dobbe (ICantBelieveIFinishedThatHike) - 26.4
 Carrie Dunn - 23.7
 Mae Waldron (Steady) - 21.8
 Virginia Thomas (Lynx) - 17.5
 Chris Tiffany - 10
 Alexandra Miller - 4.5
 Marsha Grizwin - 4.5
 Total, rounded off: 1,517

Photo contest begins!

Do you have a great outdoor photo you'd love to see published in the *Mountaineer*? Starting April 1, check out our website for our 2011 Mountaineers Photo Contest. Below are the basic rules.

Three Categories:

- People Outdoors
- Landscapes
- Photos submitted by kids

Two finalists per category per branch:

Finalists' photos will be printed in the July/August issue and on our website. Members will vote, and one winner per category will receive a half-page display in the September/October issue, and a \$50 Mountaineers voucher!

Contest ends May 15, 2011. See www.mountaineers.org for details.

Can you identify the summit in the foreground here? Send your answer (by April 1) by post or e-mail: brads@mountaineers.org; Summit Savvy, The Mountaineer, 7700 Sand Point Way N.E., Seattle, WA 98115. If you guess correctly, you'll receive a \$15 coupon good for Mountaineers purchases, and we'll publish your name in next month's column. (In case of a tie, one winner will be chosen at random.) Club employees or persons shown in the photograph are not eligible. Each month we'll publish a new mystery landmark and identification of the previous one.



- **Send your photographs** for possible publication as a mystery summit (include identification for our benefit). See e-mail and mailing address at left. If we use your photo, you will receive a \$15 Mountaineers coupon good for Mountaineers purchases.
- **More than a dozen nailed** the January/February mystery summit, Mt. Stuart, as photographed by Sean Albert. Winning the draw from the hat is Tom Snyder. The summit above may prove a bit more elusive. Good luck!

MT ADAMS MT BAKER MT SHASTA MT ELBRUS MT HOOD MT KILIMANJARO
MT OLYMPUS MT RAINIER DENALI VOLCANOES OF MEXICO



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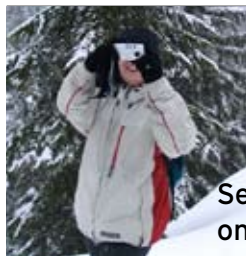
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See Page 4 to learn
about a historic vote
for Mountaineers



It's a Mountaineers photo contest!

See announcement and rules
on the bottom of pg. 36

Specializing in:



June-Aug: Africa, Elbrus in Russia



Feb., March, Sept., Oct., Nov: Nepal, Tibet, Bhutan



Dec.-Jan: Argentina, Antarctica

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