

# Mountaineer

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

**Asylum on a  
sea of rock:  
The world inside  
a portaledge**

**What's good food  
at home is good  
for the trail**

**Some trail buddies  
you don't want to  
leave behind**

**Vote for your  
favorites in our  
photo contest**





July/Aug 2011 » Volume 105 » Number 4

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



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*Trail companions that will stand by you*



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*Life on the ledge*



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*Photo contest semifinals*

The *Mountaineer* uses . . .



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The *Mountaineer* would like to thank **The Mountaineers Foundation** for its financial assistance during the redesign of both this magazine and [www.mountaineers.org](http://www.mountaineers.org). The Foundation operates as a separate organization from The Mountaineers, which has received about one-third of the Foundation's gifts to various nonprofit organizations.

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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 (page 32) for times and locations for each of our seven branches.

**On our cover:** Steve Yi took this photo of Stan Hau on Electric Koolaid (rated 5.9+) at Red Rocks in southern Nevada. Both are intermediate climbing students with The Mountaineers

## Passion, diversity, community

While taking an iPod fueled trek up Mount Si, I was trying to distill The Mountaineers experience into an “elevator speech”—resulting in a struggle on both accounts. How do you convey our wide variety of activities and volunteer spirit in a simple word, or even a sentence or two?

Later—while helping my mom update her iPod touch—I was listening to John Denver’s “Rocky Mountain High,” a song about his discovery of the mountains and of himself. His lyrics helped me summarize The Mountaineers experience in a few words: passion, diversity and community—all of which lead us to action, exploration and discovery. These qualities embody our organization’s attributes as well as its challenges.

**Passion** is such a driving force for us coming together around the outdoors, and clearly drives our volunteer support, our educational efforts and mission-based publishing. It’s amazing to think about our 40,000 hours volunteered annually and how our publishing work builds intrinsic value for thousands who enjoy the outdoors.

**Diversity** in the types and number of activities, events and guidebooks supported by The Mountaineers is mind boggling—reaching across the entire spectrum of wilderness travel. I started my Mountaineers experience first with hiking, then climbing, scrambling and later with skiing. And I am counting on more to come! While the number of members has doubled since 1960, the number of our activities has increased seven-fold. The Mountaineers can truly become a lifelong engagement for anyone who loves the outdoors, no matter the form of their passion.

**Community** is about coming together to share an experience, learn from one another and to celebrate. I’ve recently been reading Peter Block’s book, “Community: The Structure of Belonging,” to better understand this phenomenon. One quote stood out:

*“We need to create a community where each citizen has the experience of being connected to those around them and knows their safety and success are dependent on the success of all others.”*

Our diverse community can at times be a challenge to enter. We have to get much better at helping people connect quickly with their desires and our activities. We recently met with a group called the Advisory Council—a mix of club members, other outdoor organizations, outdoor industry people and supporters—to ask what they thought of our recent changes, technology, outreach, communications and programming as we begin to update our strategic plan. (Please visit “About Us” on our website for more about who volunteers on the council.)

Members of the Advisory Council noted the opportunities we have to connect with younger people, to become more technologically savvy with our activities and our outreach and to build a community by becoming more approachable and engaging. In their eyes our reputation for publishing, education, safety and recreation provides a key building block for such a community, as long as we can harness new approaches.

I hope you will join us as we draft our next strategic plan, succeeding our current 2007-2012 plan. Participating in this process will serve as a great way to look forward to 2020 and determine what we want to become, as well as how to leverage our assets and opportunities. Executive Director Martinique Grigg and President-Elect Gavin Woody will lead this effort; we’d like your support and engagement in the coming year.

Be safe, and see you out there. Meanwhile, we’d like to hear from you at [tabmountaineers@hotmail.com](mailto:tabmountaineers@hotmail.com).



Tab Wilkins, Board President



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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Can you identify the summit in the foreground here? Send your answer (by August 1) by post or e-mail: brads@mountaineers.org; I'm Where?, 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. Mountaineers 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.
- **Lisa Loper** of the Everett Branch correctly identified Navajo Peak—one of four who did—and was drawn from the hat as the winner. The photographer was Carol Barmon.



The Mountaineers



**Bringing the Outdoors to You!**

**Saturday, September 17, 2011**  
**10 am - 5 pm**

Mountaineers Program Center, Magnuson Park, 7700 Sand Point Way NE, Seattle





PHOTO: JIM SURETTE

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# 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](http://www.stockalpine.com))

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## Mountaineers help create pass to aid state parks

By Sarah Krueger  
Conservation Manager

Gov. Christine Gregoire's biennial budget for 2011-2013 eliminates nearly all funding from the general fund for recreation on state lands. For State Parks, the loss of general-fund money means the agency needs to replace approximately \$61 million to operate the park system. The Department of Natural Resources and Washington Department of Fish and Wildlife each need to replace \$5.5 million in general fund losses to keep recreation lands open.



*Fran Troje of The Mountaineers Recreation Resources Division and Mark Maureen of the DNR celebrate Discover Pass legislation.*

The Mountaineers joined the effort to keep state lands open to recreation by supporting the proposal for a state-wide recreation pass as a solution to the loss of general funds. On May 12, the governor signed the Discover Pass into law.

As of July 1, the Discover Pass will be required for vehicular access to state recreation lands and water access sites managed by Washington State Parks (State Parks), Washington Department of Fish and Wildlife (WDFW) and Washington State Department of Natural Resources (DNR). These lands include state parks, water access points, heritage sites, wildlife and natural areas, trails and trailheads.

The Discover Pass costs \$30 per vehicle per year or \$10 per vehicle for a day-use pass plus dealer and transaction fees. The annual pass is good for one year from purchase date.

Volunteers who contribute 24 hours on agency-approved projects can earn a complimentary annual pass. Passes are available online, at sporting goods stores and upon renewing a vehicle license.

Revenue from the Discover Pass will be split among the three state agencies that provide recreational access to state lands in proportion to their need for general fund replacement: 84 percent to State Parks; 8 percent to WDFW; and 8 percent to

DNR. Without the general fund or funding from the access pass, each of the three agencies would be forced to make sharp reductions in services and, in some cases, to close entire recreation areas.

For details and locations, visit [www.discoverpass.wa.gov](http://www.discoverpass.wa.gov) or call 866-320-9933.

## Free LNT training for teens to be offered

**On August 22 & 23, Monday and Tuesday,** The Mountaineers will be offering a Leave No Trace Trainer Certification Course for teens who are interested in passing along outdoor ethics to others. Participants will learn safe and responsible camping, cooking and travel techniques. We are able to offer this course for FREE to up to 10 teens, thanks to generous donations given by participants at our Evening of Legends. Go to our website to fill out the application!



Richard Tomlin photo



Sebastian Werner photo



Jesse Bell photo

## Don't feed the animals! Learn food-storage basics

By Sarah Krueger

Conservation Manager

### Backcountry food preferences

vary among campers. Many opt for simple, freeze-dried, meal-in-a-bag entrees while others go gourmet with fresh ingredients. Some simply survive on energy bars and snacks, but everyone should have at least one common ingredient for their overnight trips: a plan for proper food storage.

Whether you are camping out of your sea kayak or bivouacking in the sub-alpine zone, there are a host of hungry critters hoping for a sample from your menu.

The conscientious camper will keep food, garbage, toiletries and other scented products well-guarded from resourceful birds and animals. Good habits preserve camping supplies but also prevent the habituation of wildlife. Animals attracted to the food source of careless campers often become bold, aggressive or addicted to the free lunch. By integrating food storage into your trip planning, you can avoid losing precious calories to camp robbers.

### The old hang-up

Hanging food and toiletries in a sturdy stuff sack will keep ground squirrels and mice from your stash and, if executed properly, will elude the paws of raccoons and bears. The supplies are simple: a stuff sack or animal-resistant bag, light carabiner, 50-100 feet of one-eighth inch or larger rope and a throw bag (tent

stake bags work well).

In bear country, food should hang at least 10 feet off the ground, 10 feet away from tree trunks and about 5 feet below any tree branches. Finding the appropriate tree for a hang can be a feat—especially in the Pacific Northwest where the conifers offer drooping branches. Often, a camper must suspend food on a rope between two tree trunks. Study and practice a variety of techniques for hanging food so you can adapt to the conditions at the campsite. Remember that even a well executed hang is not foolproof. Flying squirrels are known to leap onto suspended food bags, jays and ravens may poke holes in fabric and dexterous raccoons can pull off amazing stunts to reach dinner.

### Bear canisters

Hard-sided canisters offer fail-safe food storage in bear country as well as areas with particularly crafty raccoons. Canisters add an extra 2-4 pounds to a pack depending on the model and size, but they save campers the time and effort of properly hanging food and are particularly useful above the tree line. Canisters are increasingly mandatory throughout the Sierra Nevada range as well as Glacier, Grand Teton, and Rocky Mountain National Parks and certain areas of Olympic and Denali National Parks. Many park and wilderness areas maintain a list of approved canister models - do your homework.

### Animal-resistant bags

Popular among the ultra-light crowd, animal-resistant bags aim to keep rodents from gnawing on precious food supplies. Outsack and GrubPack stainless steel wire mesh bags come in a range of sizes, weighing 2.8 to 12.5 ounces. These mesh bags claim to resist rodents and raccoons but should be hung properly to protect food from bears. Crafted from high-tech fabrics used in personal armor, Ursack bags are another lightweight option. The Ursack Minor weighs 2.7 ounces while the heavier-duty Ursack S29 weighs 7.3 ounces and claims to be bear resistant (an optional aluminum insert protects food from the crushing force of curious bears). The Ursack S29 has yet to be approved as a substitute in most areas where land managers require bear canisters.

Outwitting wildlife takes a bit of work for the backcountry traveler, but the benefits are well-worth the effort. Choose a storage method that is appropriate for the environment you are visiting and check land manager regulations. Practice packing supplies into your bag or canister to make sure everything fits before your trip. Regardless of your method, food and toiletries should always be stored at least 100 feet downwind from campsites in bear country. With a bit of planning, you can sleep well knowing you'll have breakfast in the morning! ▲▲



# School's out, so get the kids out—outside that is

**By Becca Polglase**  
Education Manager

This summer be sure to join us for one of our many opportunities to get kids outside and loving the natural world. From family hikes and car camping, to self-guided activities to summer camp, there are many ways to GET KIDS OUTSIDE this summer.

## The Mountaineers Summer Camp

is for kids entering any grade between first and sixth. Join The Mountaineers for two fun weeks of exploring, playing and learning Mountaineers-style: AUGUST 8-12 AND AUGUST 15-19. Each day will focus on a unique skill, with a culminating activity on Friday. Campers will be able to swim on days when camp is located at Magnuson Park. Each day campers will play games, learn new skills, and engage in ONGOING STEWARDSHIP.

Join us for a family potluck to celebrate our summer's adventures on SUNDAY, AUGUST 21 from 4 to 7 pm at The Mountaineers Program Center at Magnuson Park. We'll recognize all the kids who participated in summer programs such as the HIKE TRACKER or CLIMB TRACKER, those who've followed the JUNIOR MOUNTAINEERS book, and those who attended our summer camps. Also, if you have pictures of your summer adventures, submit them to [beccap@mountaineers.org](mailto:beccap@mountaineers.org) by Monday, August 15, to have them included in our slideshow. Bring a dish to share, dress for our climbing walls, and RSVP on our website.



## A sample of weekly schedule for summer camps:

### August 8-12: Junior Mountaineers Camp

**Monday:** Introductions, teambuilding, CLIMBING, swimming  
**Tuesday:** Games, LEAVE NO TRACE, MAP & COMPASS, swimming  
**Wednesday:** HIKING field trip to Bridal Veil Falls/Lake Serene, PHOTOGRAPHY  
**Thursday:** KAYAKING in Lake Washington, CLIMBING  
**Friday:** SCAVENGER HUNT! and Family Day

### August 15-19: Junior Naturalists Camp

**Monday:** Introductions, AWARENESS DAY, swimming  
**Tuesday:** TIDE POOLS & BEACHES—field trip to Me-Kwa-Mooks  
**Wednesday:** FOREST HABITATS—field trip to Seward Park  
**Thursday:** WETLAND HABITATS (at Magnuson Park), swimming  
**Friday:** Campers make FIELD GUIDES of the places they've been, Family Day

**ARE YOU A TEEN  
WHO WANTS CAMPS  
LEFT CLEAN?**

**Become a certified  
Leave No Trace trainer  
for FREE!**

**August 22-23**

**See page 7**

**for more details**

## Grown-ups get to play, too!

**Summer's here!** Whether your inner-child is ready to explore or you just need some fresh air, being active outdoors is one of the best ways to stay healthy. If you've been hunkering down while waiting for the sun to appear, feeling completely out of shape, or training for some serious hikes, there are many ways for you to get in on the fun.

**Looking to try something new?** Are you new to The Mountaineers and feeling overwhelmed with options? Click on [Getting Started Series](#) in the activity search of our website to find a variety of activities designed for new members or folks new to an activity.

**New this summer!** We'll be offering top-rope rock climbing outings at some of our local crags. The only prerequisite is that you know how to belay, which can be done at one of our Learn to Belay classes. Find out more by visiting our [Getting Started Series](#) on the web.

# Membership has its benefits: The Mountaineers Peak Society



**PEAK  
SOCIETY**  
The Mountaineers

If you've considered stepping up your support of The Mountaineers with a tax-deductible gift, this may be the perfect time to make the move.

With a gift of \$1,000, you become a member of The Mountaineers Peak Society. And right now, thanks to the generosity of two fine people, you can give \$500 and they'll MATCH it while welcoming you as a new Peak Society member. Do you work for a matching-gift company? Give \$250, get your gift matched, and you're in! And remember...to qualify for the \$500 match, your gift must be paid in full by September 30.

While your reasons for giving may be entirely altruistic, you WILL be offered benefits:

- A year's membership with The Mountaineers
- Complimentary copies of the latest Mountaineers Books releases
- Special invitations to Peak Society Receptions like the one coming up on Thursday, July 7 (see below)
- Complimentary tickets to an upcoming Mountaineers production (and yes, we DO host a special reception for Peak Society members during the Banff Mountain Film Festival in December!)

You can elect to give a one-time gift OR break it down into quarterly payments. For more information, contact Emily Noel, Development Coordinator, at 206-521-6006.

## Peak Society prepares for Dan Evans reception



The Honorable Daniel J. Evans (pictured at left) has been a friend of The Mountaineers for many years. In April, our former state governor visited The Mountaineers Program Center to pay tribute to Polly Dyer, this year's Evening of Legends honoree. He also spent time visiting with Martinique Grigg, The Mountaineers' executive director.

And now, Peak Society members will come together on Thursday, July 7, for a special reception with Gov. Evans, who will be sharing his thoughts on matters most pressing to Washington State today. He'll also reflect on his days of hiking and climbing the mountains. Interested in learning more? Contact Emily Noel, [emilyn@mountaineers.org](mailto:emilyn@mountaineers.org), 206-521-6006.



*Peak Society Co-Chairs Doug Walker (top photo) and Rich Draves (above) invite you to the Peak Society*

## A hearty welcome to our Peak Society members

Kirk and Jill Alm

Dave Claar

Jim Dobrick

Rich Draves

Mark Glidden and Evy Dudey

Lee Fromson

Martinique and Eliot Grigg

Pam and Eric Linxweiler

John Ohlson

Patti Polinsky

David Shema

Steve Swenson and Ann Dalton

Tom Varga

Doug Walker

Mona West

Tab Wilkins

Gavin and Sara Woody

ANONYMOUS (1)

**For more information  
on Peak Society . . .**

[www.mountaineers.org/peaksociety](http://www.mountaineers.org/peaksociety)  
or call 206-521-6004



# Who's got your back when you're on the trail?

Story and photos  
by Ralph Teller



Angie Evins graphic

**Can the importance** of water, sodium, potassium, calcium and magnesium be overstated as trail partners? Not if you want to get back to the trailhead on your own two feet.

Maintaining hydration and electrolyte balance is critical to nerve and muscle function, therefore a key consideration for hikers and climbers hoping to perform at full capacity.

Electrolytes are molecules capable of conducting electrical impulses (they include sodium, potassium, calcium, magnesium and chloride). Without sufficient levels of these key electrolytes, muscle weakness or severe muscle contractions may occur.

Hyponatremia, a low concentration of sodium in the blood, has become more prevalent in ultra-endurance athletes, but it can also rear its head on the trail.

## Warning signs of dehydration:

- Thirst • Headaches • Fatigue
- Muscle cramping • Bloating • Dry mouth
- Dark yellow urine • Unclear thinking
- Weakness • Sweat decrease during exercise
- Significant weight loss during exercise

Adequate sodium balance is necessary for transmitting nerve impulses and proper muscle function. Even a slight depletion can cause problems.

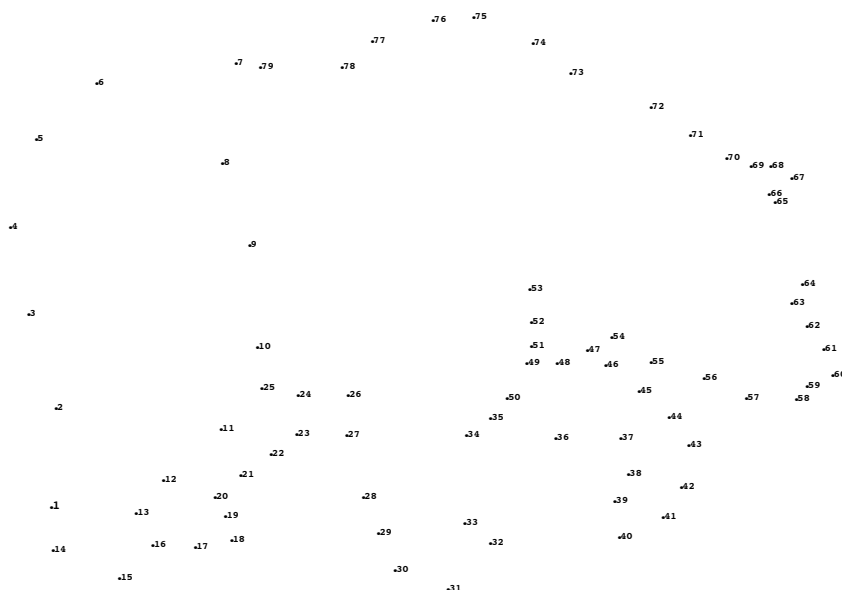
Long hikes or long, challenging climbs that take place in hot, humid conditions are prime situations for hyponatremia. During intense exercise, sodium is lost along with sweat.

An athlete who only replaces the lost fluid with water may contribute to a decreased

blood sodium concentration. Therefore, fluids with electrolytes are recommended for hikers and climbers during long outings. It's also advisable to carry salt pills on long days of continuous physical activity. Taking a salt pill (with water) at the onset of specific muscle pain is advisable

Continued on page 31

**Connect the dots—see what type of wildlife evolves!**



## Mountaineers Mad Lib

Ready to write a crazy story? Below you will need to write out four adjectives, one verb, one item of clothing, one name of a song, one adverb, and one name of an animal. When you're done, flip to page 20 to fill in your mad lib. Have fun!

Adjective

Adjective

Adjective

Adjective

Verb

Clothing item

Name of a song

Adverb

An animal

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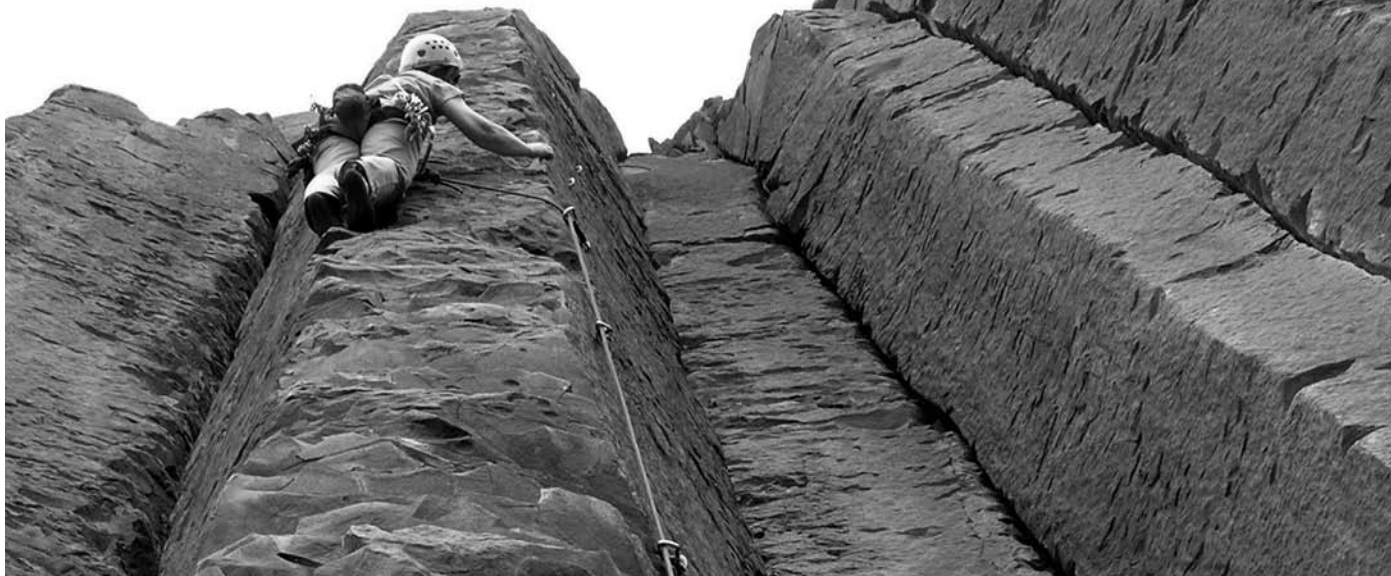
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## Our upcoming attraction: BASALT COLUMNS!



Gene Yore photo

For the past year volunteers have been working hard to raise money for the installation of basalt columns at The Mountaineers Program Center in Seattle. And now, thanks to many of you, the newest training addition to the program center will soon become a reality.

Four 28-foot, natural-stone, basalt columns will rise at the entrance

to the program center in the coming weeks. Over 700 Mountaineers members and the general public will be able to learn and practice vital climbing skills each year in a safer, more effective, and environmentally friendlier way.

Between staff and volunteers from both The Mountaineers and The Mountaineers Foundation, people have contributed over \$65,000. The success of the campaign was due in part to a matching gift challenge extended by the John Ohlson family in memory of his parents. Donations are still being accepted to cover remaining project costs. Visit [www.mountaineers.org/giving](http://www.mountaineers.org/giving) to make a tax-deductible gift.

**And EVERYONE is welcome** to help install the basalt columns. Visit <http://www.mountaineers.org/calendar/default.cfm> for a regularly updated list of volunteer work parties.

However you choose to participate, thank you for creating this unique, valuable and long-lasting asset for the Pacific Northwest climbing community. Look forward to an announcement of the basalt columns' grand opening at [www.mountaineers.org](http://www.mountaineers.org) and in a future issue of the *Mountaineer*.



Speaking of columns!  
Who's that  
on that wall?

*That's Seattle Mountaineers climb leader Sunny Remington on JR Token, Trout Creek, Oregon (from the June/July cover of Climbing magazine; photo by Ben Herndon)*

## Still time to bring your climbing up a pitch

A new Seattle Branch climbing course, AMPE (Advance Multi-Pitch Efficiency) offers a week of intensive crack and slab climbing at the world-class crags of Squamish in British Columbia from July 23 to July 30. Participants will have an opportunity to climb crack and slab pitches in the 5.8-5.10+ range as well as 6 to 17 pitch routes. Register online or contact course leader Loni Uchytel, [LoniUchytel@msn.com](mailto:LoniUchytel@msn.com).





Eric Becker photo

# Helen Engle

## Working for the environment just came naturally

By Jen Ludington

*The University of Puget Sound recently awarded Helen Engle of Tacoma an honorary Doctor of Science degree*

### Coming from a heritage

connected to the earth, Helen Engle has spent most of her life advocating for the environment. A Tacoma Mountaineer for 60 years, Helen's commitment to the world around her was celebrated most recently by the University of Puget Sound (UPS) when it awarded her an honorary Doctor of Science degree.

Calling her a "model of democratic citizenship," UPS noted Helen's ability for thoughtful, critical thinking.

"Our activities were oriented to the outdoors," Helen says of her growing up along the Chehalis River in Grays Harbor County, where her grandparents settled in 1871. "We had the oak savannah, the river, forests, the ocean, and lots of lakes for camping. Wildlife was plentiful and healthy."

When finally starting a family of her own, Helen and her husband, Stan, who joined The Mountaineers five years before Helen, found it important for their children to share the legacy of their experiences. The two were

inspired by many conservationists, including Aldo Leopold's philosophy of the land, John Muir's reverence for natural parklands, the spirited work of Mountaineers guidebook author Harvey Manning and collaborations with other notable Mountaineers, such as Polly Dyer, Wolf Bauer and Dee Molenaar.

**A recipient** of many awards and tokens for her achievements, Helen's resume promises more to come. Her leadership role in Audubon, as one of the Tacoma chapter's co-founders, and the Washington Environmental Council (as president) led to appointments to several state government advisory councils, including the Interagency Committee for Outdoor Recreation and the Wildlife Diversity Council to name just a couple. With each new position, appointment and experience, her influence and impact grew.

"Long before Earth Day we were actively speaking up for wilderness, free-flowing rivers, parks and open space," Helen

notes. Later, she expanded her knowledge and experience by taking courses and attending conferences and seminars all over the country.

She says it is more important today than ever for people to recognize what things were like

**"Long before Earth Day we were actively speaking up for wilderness, free-flowing rivers, parks and open space."**

before the environmental laws were passed. Countless activists for the environment were motivated by their experiences and encounters in their time, she notes. Her motivation occurred a couple years before joining The Mountaineers.

One day in June of 1953 or '54, she says, her three little boys were playing in their sandbox, climbing the big Royal Ann cherry tree, and riding their scooters and trikes. "That day

there was an inversion, with air so sulfurous one hated to take a deep breath," she recalls. "At the end of the day all the leaves on the cherry tree were shriveled and dropped off. I wondered if those smelter fumes (did) that to this big tree (and) what they were doing to my little boys?"

As a concerned mother Helen saw reason to devote her life to environmentalism. Her immediate impact can be seen in her seven children, who are now strong advocates for the country's grasslands, forests, rivers and marine resources. As an environmentalist she sees the need everywhere for prevention, protection and change.

Just as she was inspired by the works of other environmentalists, Helen has worked hard to plant seeds of inspiration in others—quite possibly her biggest contribution to the natural world. ▲▲

### About the author

Jen Ludington, a Mountaineer, majored in communications and creative writing at the University of Washington, where she wrote, edited and photographed for the *Daily*, the student newspaper.



## A vacation that endures long after you return home

By Megan Durham

**One of the curses of the modern world** is that it is sometimes incredibly difficult to find time for all the things we would like to do. Between work, the family and all the mundane details of everyday life, it is tough to find time to just relax and recharge, let alone give back to the community.

Unless you could somehow find a way to do both at the same time.

That's where volunteer vacations come in, offering a chance for participants to travel to interesting locations and work to make the world around them a little bit better at the same time. If you have a hankering for the great outdoors and don't mind getting your hands dirty, there are several opportunities to work with a group of other like-minded folk on much needed trail

maintenance projects.

"It really is a cheap, good vacation," explains Bob Adler, who has been volunteering on Washington Trails Association (WTA) work parties for over ten years now. The eight-day projects range from rebuilding trails to logging out fallen trees with cross-cut saws and setting a day aside in between for rest and relaxation.

He insists that, despite the work, participants have plenty of time to sleep, eat, relax and socialize with other crew members.

"There isn't anyone out there with a whip making you kill yourself with work. The priorities are—in order—be safe, have fun and get some work done." He adds, "I work in the city usually, so I really enjoy the chance to get out into the woods and get my hands dirty."

And there is more than just free time to look forward to. Brad Davies started going on volunteer vacations two years ago after a bout with cancer and he was amazed by two things: the beautiful scenery he was working in and the sheer amount of food that was provided.

"I was overwhelmed by the food they have. The sheer amount of it was intense," he says. Meal options range from fresh salads

and breakfast burritos to Thai food and huckleberry pancakes. With such a variety and the volume of the cuisine, Davies was happy that he was burning so many calories working every day. "I was like, this is what you guys eat every night? They eat like kings."

Not having to carry food, stove and other cooking gear frees up your baggage for extras that make your free time all the more enjoyable, like cards, musical instruments or chairs. Brad brought a camera and, among others, took a picture every day at lunch break.

"It was beautiful country. I show the pictures to people and say, 'this was my lunch break—imagine, where else can you have a lunch break with a view like this?'"

All tools and trainings are provided by the trail organizations. Participants aren't asked to operate potentially dangerous tools like chainsaws (they're verboten in several wilderness areas). Whether it is WTA, Earthcorps, Appalachian Mountain Club (AMC) or American Hiking Society, (AHS), they take their tools and your safety seriously. No prior experience is necessary, but they are careful to evenly mix experienced participants with newbies to ensure that there are always plenty of crew leaders and assistant crew leaders to go around.



Annik Wolfe photo

**Tools are usually provided; all you bring is enthusiasm for trails**

Continued on page 16



*Favorite haunts, like the Mt. Adams area, can be explored over weeks rather than just a weekend.*

Of course, that eclectic mix of people might very well be the best thing about these volunteer vacations.

Jack Sisco was a smokejumper for three summers as a young man and has done volunteer projects with the National Smokejumper Association as well as the WTA. He explains that part of the fun is working together as a team of like-minded individuals.

"There's a common thread. They all really like the outdoors."

It doesn't really matter where in Washington you're looking to travel, there are trips all over the state and for a wide variety of skill levels. Ken Vandver, a volunteer and assistant crew leader with the WTA since 1999, traveled all around on week-long trips last year.

"I was on the Hoh River, at Eight Mile Lake out of Leavenworth, went to East Crater between Mt. Adams and Mt. St. Helens and Robinson Creek out of Mazama." In years past he's spent time in even more spectacular locales, from the Goat Rocks Trail to the old

airstrip at Pasayten.

And all of those trips were very different, from trips reminiscent of car camps and cabins to full-on backpacking trips in the wilderness. As Adler tells it, there are all sorts of experiences available.

"You can be a real macho mountain man working deep in the backcountry or you could be doing a car camp in the front country. Last year WTA provided over 100,000 hours of volunteer service. There really is something available for everyone."

For those wishing to travel outside their state borders on a trail-work vacation, the AMC and AHS offer vacations from Alaska to the Virgin Islands. Most organizations require that participants be at least 18 years of age, although they also offer trips geared towards youth and teens.

Conversely, Seattle-based EarthCorps offers young people from outside the state and U.S. a way to visit the splendors of our region while giving something back to the environ-

## Mountaineers opportunities

Though The Mountaineers does not offer trail work vacations, we provide opportunities from time to time for those wishing to spend more than just a day giving something back to our trails. And they are free!

A three-day work party (starting Friday, July 22) at the **Three Fingers Lookout** will be offered by the Everett Branch, which will also offer a five-day work party at the **Mt. Pilchuck Lookout** starting Saturday, August 20. For details search trail maintenance activities under "Explore" at [www.mountaineers.org](http://www.mountaineers.org).

For other Mountaineers volunteer opportunities, check out the new "Volunteer" menu on our website.

ment. It provides volunteer opportunities for those under 18 years of age but it trains those of 18-25 years old to manage projects in its Corps Program.

Costs for WTA trips run about \$195 for the week (non-members pay an additional \$40 for their first trip) while AMC or AHS trips run from \$200-\$300. Which isn't, in fact, all that expensive a trip, especially when you consider the food supplied and the stress saved from having someone else in charge. EarthCorps provides those in its Corps Program a monthly stipend during a year-long training program.

Of course, the biggest benefit of all is not the money you're saving but the knowledge that you made a difference.

"When I was younger I hiked for years and years and took advantage of all the trails without ever doing anything," explained Davies. "Now that I'm older I like to give back."

What better way to enjoy the great outdoors and leave the world a little better at the same time? ▲▲

## For more about extended volunteer work

Washington Trails Association:  
[www.wta.org/volunteer/vacations](http://www.wta.org/volunteer/vacations)

American Hiking Society:  
[www.americanhiking.org/volunteerSearchRes.aspx?option=3](http://www.americanhiking.org/volunteerSearchRes.aspx?option=3)

Appalachian Mountain Club:  
[www.outdoors.org/conservation/trails/volunteer/trailopps/vol-crews-schedule.cfm](http://www.outdoors.org/conservation/trails/volunteer/trailopps/vol-crews-schedule.cfm)

## About the author

Megan Durham is a freelance writer living in Seattle but still an Arizona desert rat at heart. When she isn't helping to run an alternative-to-suspension program for middle school students, she can usually be found exploring the strange corners of the city and its perimeters. Her love of research is conveyed in her blog, Widdershins.



# The perfect food for the trail begins at home

Story and photos  
by Jim Hansen



*The trail food factory:  
a nine-tray Excalibur  
dehydrator.*

**My journey to homespun trail food** began with much longer journeys, such as hiking the John Muir Trail, the Appalachian Trail, the Pacific Crest Trail (PCT), the Continental Divide Trail and a handful of Mt. Rainier circumnavigations on the Wonderland.

Especially after my Wonderland journeys, when I was toting a 70-pound pack filled with freeze-dried meals for two, I noticed that I always lost a lot of weight by the end of the journey—sometimes 10-15 pounds over 10 days—not conducive to retaining energy on much longer hikes like the PCT. I also noticed my pack was heavy, mostly due to cookware, fuel, utensils and the resulting garbage from meals.

I didn't want to lose weight and I wanted to eat healthy, tasty food that required little fuel and time to prepare, while leaving close to a zero in garbage. So, I listed my meal design goals:

1. No cooking required, just add boiling water.
2. Light weight, 4-5 oz. per dinner.
3. Total garbage of one sandwich baggie, which can be recycled.
4. High enough calorie counts to hike 20-mile days without becoming emaciated.
5. Tasty.
6. Nutritious and healthy.
7. Fit ten days worth of food into a bear canister.
8. Ability to store food for six or more months in the heat of the day.
9. Selection of 30 or more different dinners when spending six months or so on the trail.

These simple goals made it apparent that I should focus on dehydrating my food. Removing water from food eliminates about 90 percent or more of its weight while extending its storage time. By dehydrating food and following my nine aforementioned goals, I dropped 35 pounds from my 70-pound pack while keeping it loaded with water and a 10-day food supply.

**I started learning about dehydration** by researching websites and reading books, such as "A Fork in the Trail," "Freezer Bag Cooking," "Backpack Gourmet," "Simple Foods for the Pack," and "The Dehydrator Bible," to name a few. Combining the knowledge gained from these books with my own knowledge, I started experimenting at home by following some recipes for the dinner table. I found my greatest fear—spending too much time and effort on

Continued on page 18

## Reduce spoilage, cost and waste (continued from page 17)

meal preparation—was for naught and that the results were great. My wife and friends ate every last bit!

When preparing my recipes for the dinners at home, all I had to do was make a higher number of servings than I would for myself on the trail, and then dehydrate what was left over for the hiking season.

### There are just a couple keys to perfect meal design for the trail.

1) Cook your pasta and grains al dente first and then dehydrate them. They will rehydrate and be fully cooked by just adding water (sav-

ing precious stove fuel as a result).

2) Choose foods that are low in oil and fat, which cause foods to spoil much faster. For instance, if you are using ground beef to make chili, you should brown the beef, drain the fat and then pour boiling water over it to maximize the removal of fat. Then blot it with paper towels as it dries in the dehydrator. But better yet, use turkey breast as a substitute to ground beef. You can buy whole turkey breasts, cook them, and then grind them up or chop them up finely to add to your foods.

If you are going to do this, you need a good

dehydrator. Things to look for include the ability to set a temperature, a fan, mesh-lined trays, and sheets to contain liquids (like soups that would fall through the mesh). The ones I've used and like are the Excalibur and Nesco American Harvest, in that order. Though fairly expensive, the dehydrator will eventually pay for itself. You can buy large quantities of ingredients on sale and in season to preserve them for later use and you don't have to buy freeze-dried meals off the shelf for \$8 or \$9 a pop.

More importantly, you are cutting your garbage volume. After my last ten-day trip, I was able to deposit all my garbage in a single sandwich baggie, and it wasn't even full—weighing about an ounce. And the baggies didn't smell because they had nothing wet inside them. I took the "garbage" home, washed it and used it again.

### Surf the cyber kitchen

Cheryl Talbert, Mountaineers hiking leader and a fellow "foodie," suggests these online resources:

[www.nutsonline.com](http://www.nutsonline.com)  
[www.maryjanesfarm.org](http://www.maryjanesfarm.org)  
[www.packlitefoods.com](http://www.packlitefoods.com)  
[www.justtomatoes.com](http://www.justtomatoes.com)  
[www.packitgourmet.com](http://www.packitgourmet.com)  
[www.purcellmountainfarms.com](http://www.purcellmountainfarms.com)

### About the author



Jim Hansen has been hiking and backpacking in the Northwest since he was knee-high. He has been cooking since he was a teenager and loves good food as much as sharing it with others. When not cooking or backpacking, Jim works as a computer scientist, hits the gym, plays the piano, scuba dives, bicycles, runs, scrambles, and takes both leisure and adventure trips abroad. His next long backpacking trip will be the John Muir Trail.

## Try this one!

### Couscous Primavera

*(Adapted from "A Fork in the Trail" and courtesy of Laurie Ann March)*

#### Ingredients

- 1/2 C cherry tomatoes, quartered
- 1 small green zucchini, chopped
- 4 garlic cloves, minced
- 1 carrot, diced
- 1/2 sweet red pepper, chopped
- 1 onion, chopped
- 1 tspn olive oil
- Salt and pepper to taste
- 1/2 tspn thyme
- 1/2 C frozen broccoli florets (or fresh)
- 1/2 C frozen peas
- Whole wheat couscous\*



**Preparation:** Preheat oven to 400° F. Place the tomatoes, zucchini, garlic, carrot, red pepper, and onion into a baking pan and toss with the olive oil. Sprinkle the vegetables with the seasonings, toss to combine, and roast about 35 minutes, stirring every 10 to 15 minutes. Remove the pan from the oven when they are done and set aside to cool. Arrange the vegetables on lined dehydrator trays and dry for 6 to 10 hours.

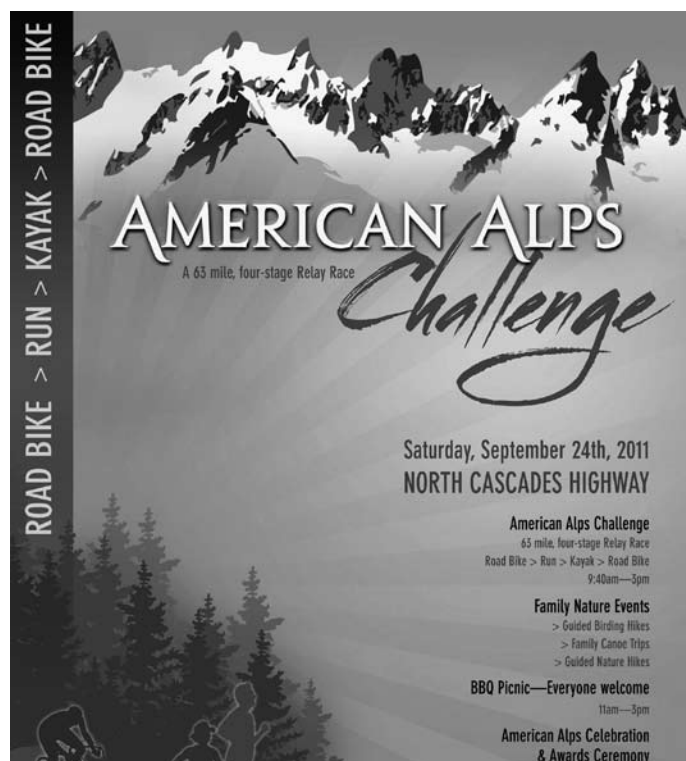
**Store in freezer bags** in a cool dark place until ready to package for your trip—putting 3/4 cups of the vegetables and 1/2 cups of the couscous into each baggie.

**Rehydrate** by pouring contents into a thermally-insulated mug or other container. Add boiling water to a level of 1-1/2 inches above contents. Place lid on container. Wait 30 minutes for the food to rehydrate.

\*This recipe is very versatile. You can use any base grain with the primavera. I use quinoa with this recipe frequently.

**Do you have some delectable, dehydrated recipes or tidbits to share with Mountaineers? Visit [www.mountaineers.org](http://www.mountaineers.org), log on, go to "Connect" and then "Communities." See "View all other Communities" and find "Tacoma Hiking and Backpacking" archives.**





## American Alps Challenge: Saturday, September 24

The American Alps Challenge relay, to be held along Highway 20 from Washington Pass to Marblemount, will be held Saturday, September 24 amidst the majestic North Cascades. It will include 63-miles of team road biking, running and kayaking. The race is being coordinated by Whatcom Events (management group for Ski-to-Sea).

Nature activities such as family canoeing, naturalist hikes and bird watching will also be offered. A closing awards ceremony and American Alps celebration will be held in Marblemount.

The primary purpose of the Challenge is to highlight the American Alps Legacy proposal to expand North Cascades National Park. The Challenge also encourages Washington residents to engage in the outdoor recreation pursuits that are possible in the North Cascades.

The American Alps Challenge is a partnership involving the North Cascades Conservation Council, The Mountaineers, Seattle Audubon, Skagit Audubon, Republicans for Environmental Protection, North Cascades Institute, and other organizations.

**For more about the Challenge and how to enter your relay team, visit [www.americanalps.org](http://www.americanalps.org).**

## offbelay

### Chris Madden

Chris Madden, a lifetime member of The Mountaineers and a member of Seattle Mountain Rescue for 34 years (since the time it was known as Mountain Rescue Council), died June 7, 2011.

Over the decades Chris participated in countless missions and served the mountain rescue community in many leadership roles. He received the SMR Founder's Award in 2005.

He joined The Mountaineers in 1972 and graduated from the Basic as well as Intermediate Climbing courses. He also graduated from the Winter Travel Course. A resident of Newcastle, Chris was awarded the Six Peak Pin from The Mountaineers.

Chris was known among the climbing community for his good cheer, dependability and wise judgment. Over the decades he participated in countless missions.

The Mountaineers Program Center hosted a celebration of Chris's life and achievements on June 26.

### Gregory Raymond Waiss

Gregory Raymond Waiss, 70, died May 21, 2011, after an extended battle with cancer. As a member of The Mountaineers he loved to hike and snowshoe. He also enjoyed gardening, family projects and dancing with his wife.

A resident of Puyallup and Gig Harbor over the last 23 years, he is survived by his wife, Thule, and daughter, Alycia, two stepchildren, six grandchildren, three brothers, and three sisters.

### Kay Reinartz

Kay Frances Reinartz, a Mountaineers member since 1979 and longtime Mountaineers History Committee member, died April 16, 2011, in Seattle, her home. She had defied all medical projections, living for nearly three years after diagnosed with an inoperable glioblastoma brain tumor, due greatly to her personal strength, stubbornness, and the constant, dedicated care and support of her husband, Richard Firth.

Known as a true historian by her fellow His-

tory Committee members, she loved to collect historical data for The Mountaineers. Her travels and academic research stretched across the globe to 45 countries, including Egypt, China, Nepal, Tibet and Central Europe.

She served on university faculties in New York, Montana and Washington, and toured Brazil for a year as a lecturer of American social and cultural history.

Widely recognized as a heritage leader in the Pacific Northwest, Kay helped establish community historical societies, served on numerous heritage boards and as a King County Landmarks Commissioner. She authored five books on community and regional history, including local histories of Ballard, Queen Anne, and the Duwamish Valley, receiving regional and national awards.

She and her husband first met as cavers while spelunking with others near Mount St. Helens in 1972. They became constant companions in many adventurous activities, including backpacking, climbing, skiing and foreign treks.

# Accidents in the hills help shape course instruction



Geoff Pegler photo

**Reports of incidents in the mountains suggest better ice ax training is needed**

Though climbing inherently carries some risk, examining accidents and near-misses—by poring through accident and trip reports as well as interviewing some of the principals—can enhance the culture of safety for which The Mountaineers is recognized worldwide.

The annual Mountaineers Safety Committee Report not only makes recommendations to further the culture of safety, but it is also used to educate and train the many volunteer leaders and instructors with The Mountaineers, according to Safety Committee Chair Dan Lauren.

“The ongoing goal is to build structure around this culture of safety such that The Mountaineers continues to be recognized as industry leaders in outdoor safety,” noted Lauren.

The Safety Committee just released its report for 2010, which can be found via [www.mountaineers.org](http://www.mountaineers.org) under “About Us” in the top menu bar. Just select the “Safety” link where the past five years of reports and recommendations can be found.

According to Lauren, the report marks the third year in a row free of fatalities. However, there were five major incidents, defined as those involving search and rescue, a 9-1-1 call and/or hospitalization. There were 11 significant incidents, defined as those involving injury and a doctor’s visit but no search and rescue or 9-1-1 call. There were a record number (73) of minor incidents—those in which a doctor was not needed.

“Review of accidents showed a lot of unroped falls on steep snow where ice-ax arrest either failed or was not done,” noted Lauren, “or an ice ax was not in hand.” The committee therefore made recommendations to better emphasize proper ice ax usage and self-belay during practice afield in Mountaineers scrambling and climbing courses.

For instance, he pointed out, climbers and scramblers “should have the ice ax in hand and not in the pack, and use it for actual self-belay and not as a cane.” He added, “The goal is to not fall in the first place, as self-arrest is not always successful.”

These findings were integrated into “Mountaineering: The Freedom of the Hills,” 8th Edition, Lauren noted.

Recommendations on how to better keep climbing parties together has also been integrated into course work and leader training, Lauren said.

Lauren expressed thanks to those volunteers from all branches of The Mountaineers who served on this year’s committee: Kirk Alm, Seattle; Helen Arntso, Seattle; Harlan Brown, Everett; Steven Glenn, Bellingham; N. Michael Hansen, Seattle; Stephan Kleine, Tacoma; Lisa Loper, Everett; Amy Mann, Tacoma; Miriam Marcus-Smith, Seattle; Jim Nelson, Seattle; John Ohlson, Seattle; Thomas Pearson, Olympia; Gary Peniston, Tacoma; Mindy Roberts, Tacoma; Kenneth Small, Bellingham; Tony Tsuboi, Everett; and Gene Yore, Seattle.

Lauren noted that although the report is used to strengthen The Mountaineers’ safety curriculum it is also utilized by those outside The Mountaineers community, such as the Mazamas in Portland and other regional climbing organizations.

He encourages anyone with questions or feedback to contact the committee at [safety@mountaineers.org](mailto:safety@mountaineers.org). ▲▲

## Mountaineers Mad Lib!

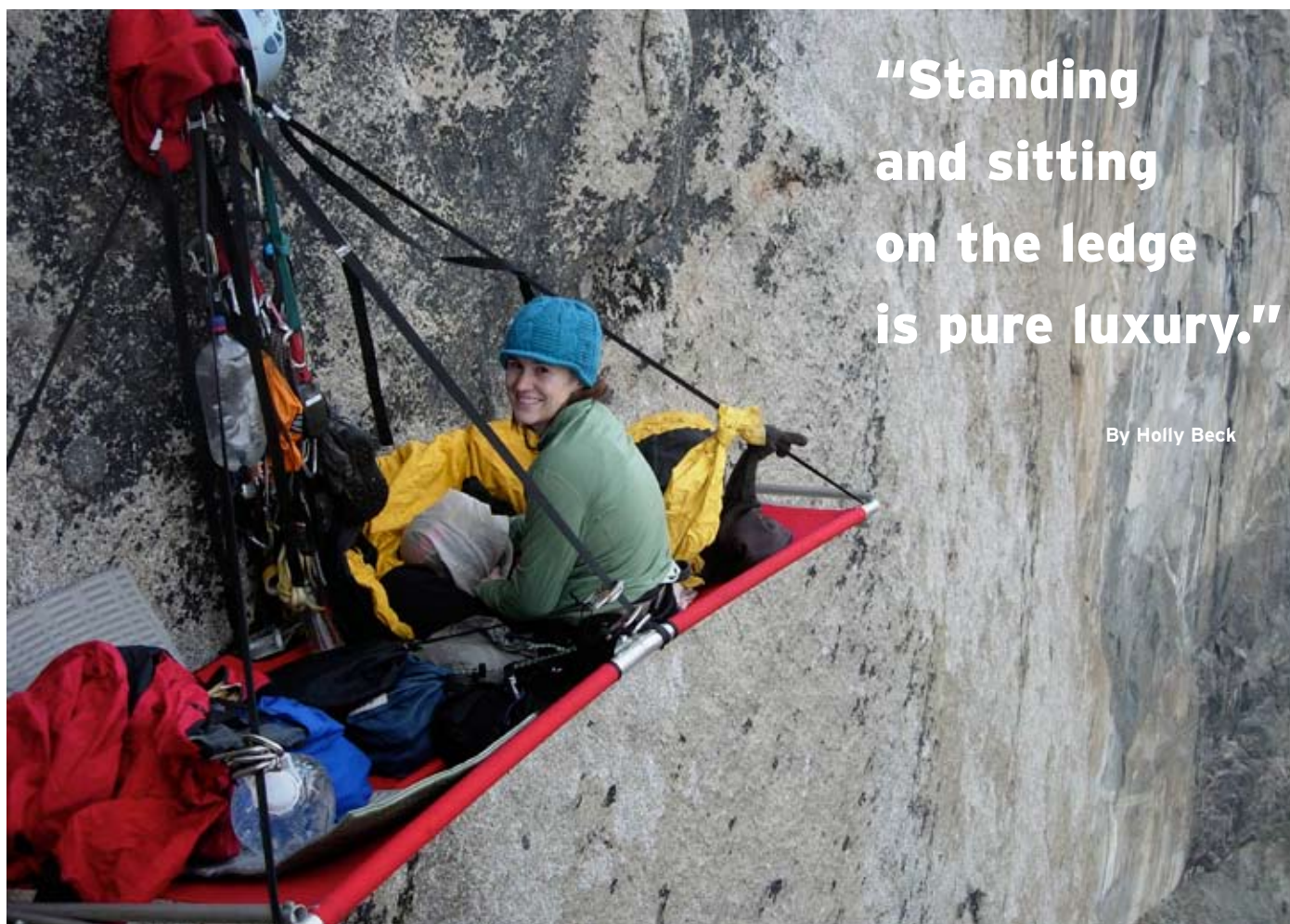
(continued from Playground, page 12)

One \_\_\_\_\_ summer day I went hiking with my  
(adjective)  
family and our friend, \_\_\_\_\_ Bigfoot. We were  
(adjective)  
\_\_\_\_\_ along the trail when all of a sud-  
(verb)  
den a \_\_\_\_\_ came straight  
(adjective) (name of animal)  
at us. He was wearing a \_\_\_\_\_ and singing  
(item of clothing)  
\_\_\_\_\_. We all tried to pull out our cameras  
(name of song)  
\_\_\_\_\_, but none of us got them out in time to  
(adverb)  
take a picture of that \_\_\_\_\_ animal.  
(adjective)



**"Standing and sitting on the ledge is pure luxury."**

By Holly Beck



Lorna Illingworth photo

Holly Beck chills on New Dawn, El Capitan

## Refuge, kitchen, kite—life on a portaledge

Week of 5-16-2011:

**As I write these words I sit in my portaledge** about 600 feet up on El Capitan. The sun radiates through my rain fly, and I am warm for the first time in over 24 hours. I am a solo climber on a route called Virginia. The weather forecast for today is 90 percent chance of snow, with rain or snow forecast for most of the next week.

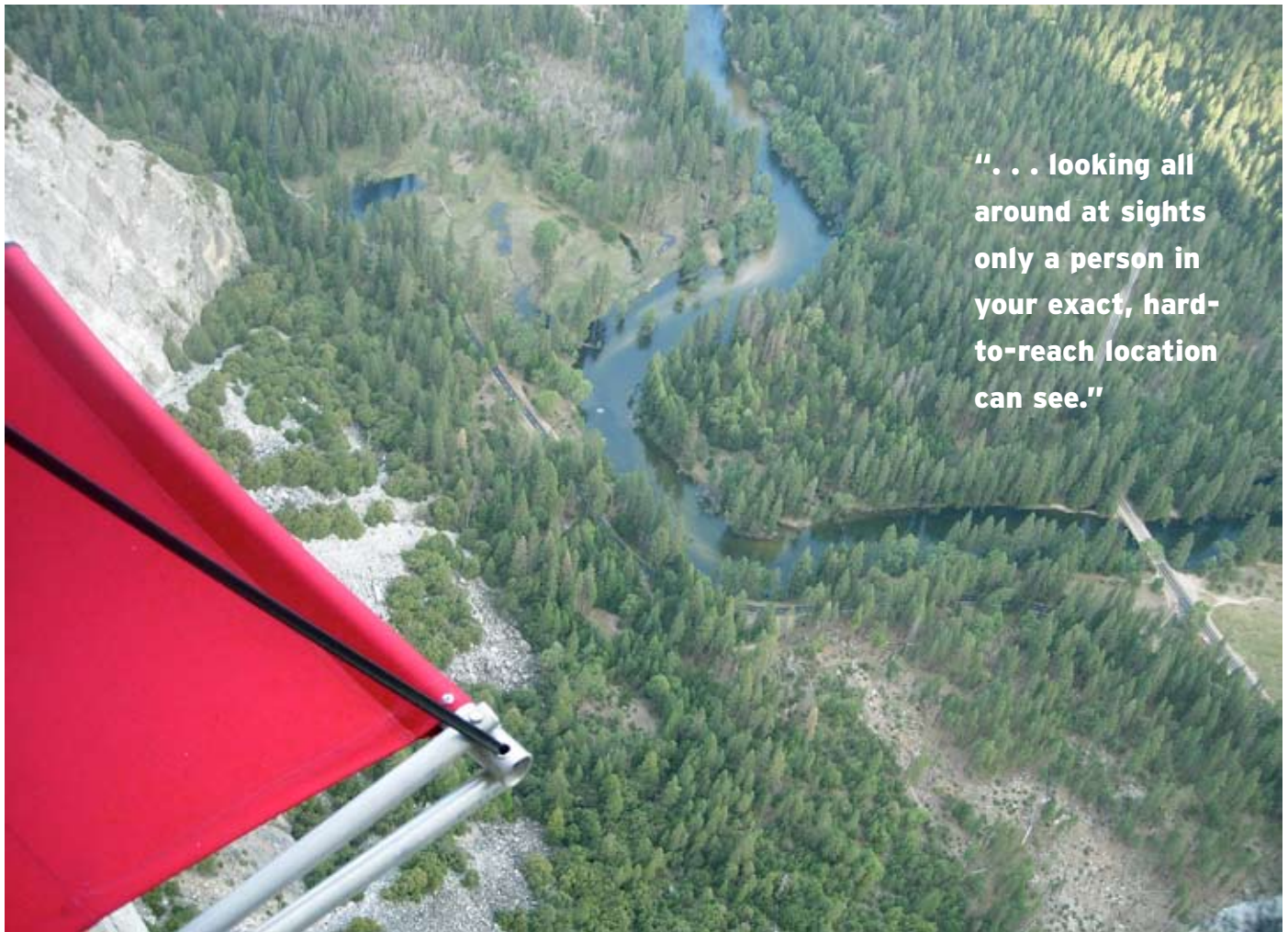
The portaledge is the modern wall climber's home for multi-day ascents. Tourists are quick to inquire, "How do you sleep up there?" Most people are shocked to learn that home is essentially a folding cot, with an approximately twin-sized canvas bed, suspended from the wall by six nylon straps. Most suspect that sleeping in a portaledge is terrifying.

In fact, ledge time is almost the reason for wall climbing. After a day of climbing, often scary due to the actual difficulty, exposure and reliance on gear (if a piece of aid gear blows, you fall)—not to men-

tion the discomfort of hanging and hauling loads in your harness—standing and sitting on the ledge is pure luxury. No more fear, no more hanging and sometimes, if you are really brave, perhaps even no more harness. Now is the time to dig into the big bag of food for something other than bars and energy gel. Out come beers, chocolate, Babybel cheese, V8, Snackwell cookies and more.

**The best way to fully appreciate the experience** of climbing on a big wall like El Capitan is to get in a full day of climbing, reach your distance goal for the day and allow yourself enough time to set up your ledge well before dark. Then you have time to enjoy the view—looking all around at sights only a person in your exact hard-to-reach location can see. You can watch tourists in El Cap Meadow and maybe even other climbers walking at the base or climbing on other routes. Right now my friend, Kate, is also ledged up about 1,000 feet

Continued on page 22



**"... looking all around at sights only a person in your exact, hard-to-reach location can see."**

*The Merced River from New Dawn*

to my right. I can see her from just the right position and we can talk to each other by yelling across the distance. So, even for a solo climber, it's not necessarily a solo experience.

**Once you have unloaded** all your gear into the ledge—sleeping bag, bivy sack, pad, extra clothes, food, water, personal bag, storm kit and waste kit—all memories of work on the wall are gone for the day. You look down to see the pitch you just climbed—strangely bare of all the gear used to ascend it. Maybe you can also see previous pitches of the route you ascended. It's interesting to just look around and pick out features of other routes—ones you have done before or those still on your list.

If you have a partner you compare notes on what food you have, making selections, carefully rationing, sharing some bites and

**"Eating in the portaledge is like that one amazing first dinner in Marblemount after a three-day climb in the Cascades."**

enjoying each item of your meal much more than you would on the ground. For instance, I love sardines on a wall, but when I once bought some during a trip to town, I found I could only manage a few bites. Eating in the portaledge is like that one amazing first dinner in Marblemount after a three-day climb in the Cascades; except the joy of eating goes on every night for 3-10 nights!

**The hardest time** to be in the portaledge is during inclement weather. Instead of the freedom of the views, you are now confined inside an extremely small space.

Last night I had set up without the rain fly and only later discovered the 90-percent snow forecast. I had to redo everything to insert the fly into the system while racing against darkness, and feeling intense hunger and exhaustion. When I finally got in, it was to a messier-than-usual ledge where I continued to do all my chores slowly, including the making of soup and a freeze-dried dinner. I slept restlessly with supply bags tossed about everywhere.

The snow began in earnest at 5:30 a.m. and the battle was on. I had a few cracks between my ledge and the fly, so the "up snow" was blowing inside the ledge and building fast.



On with the fleece gloves and out with the sponge. I had to sweep out all the snow, and when that was finished I worked on improvising little fixes to prevent or catch leaks. In re-

*"In really bad weather,  
wind tosses the portaledge  
around, lifting it like a  
sail, with you and all your  
goods inside."*

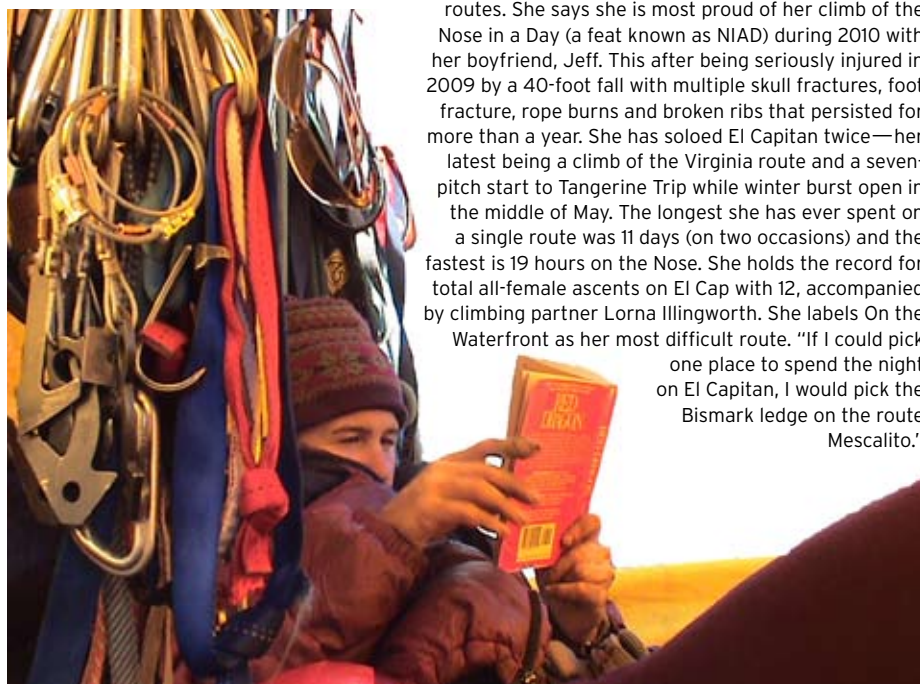
ally bad weather, wind tosses the portaledge around, lifting it like a sail, with you and all your goods inside. On this climb, for the first time ever, I was forced to create a tie-down anchor for the bottom of the ledge after being picked up and slammed against the wall repeatedly. In between the small battles against the snow, I slept.

The storm is dying now, and there is peace. A little warmth comes through the fly. I begin to dry my things. I want to get out and go climbing sometime today. But for now I am safe, dry and ready for some hot drinks. I think about the high-quality construction of my ledge and fly, and how these items have literally preserved my life for the last eight hours. Better send a thank-you note to the elves at Black Diamond. I am still alive, in my portaledge, drinking hot soup, listening to Pink Floyd, and hoping for some sunshine.

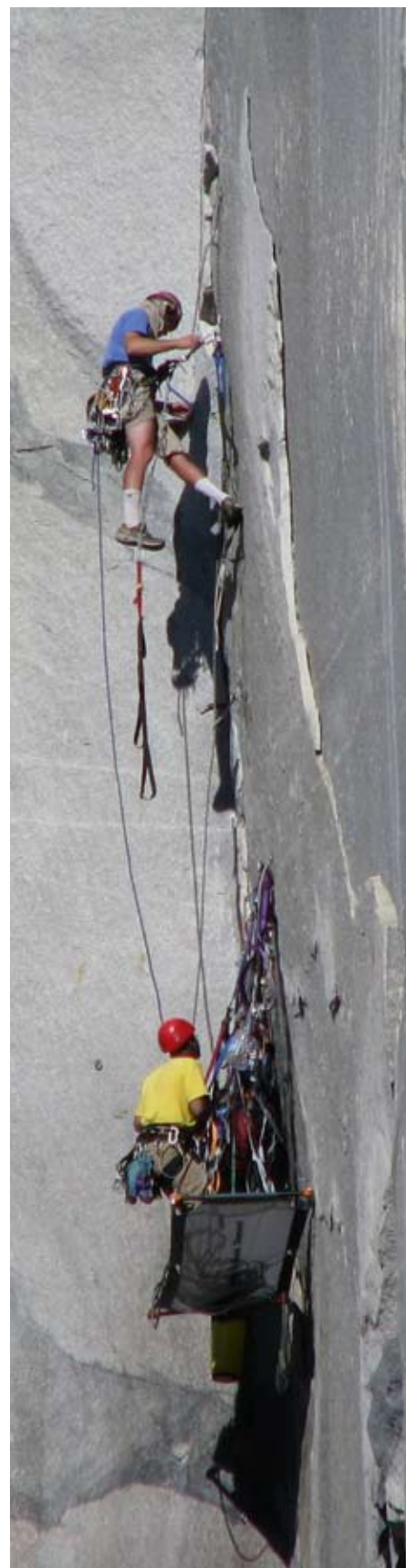
**Postscript:** On this climb, after five nights of sleeping under the fly, I finally got to enjoy one glorious night without the fly and all the stars I could ever dream of seeing. I had experienced probably the worst ledge time of my El Cap climbing career, and yet that last night without the fly reminded me that both the good nights and the bad nights in the portaledge are some of the most memorable and adventurous parts of each big wall journey. ▲▲

*A portaledge belay  
on Zodiac*

## About the author



Holly Beck, a Mountaineer since 1997, has climbed Yosemite's El Cap by more routes than any other woman in recorded history—33 ascents by 24 different routes. She says she is most proud of her climb of the Nose in a Day (a feat known as NIAD) during 2010 with her boyfriend, Jeff. This after being seriously injured in 2009 by a 40-foot fall with multiple skull fractures, foot fracture, rope burns and broken ribs that persisted for more than a year. She has soloed El Capitan twice—her latest being a climb of the Virginia route and a seven-pitch start to Tangerine Trip while winter burst open in the middle of May. The longest she has ever spent on a single route was 11 days (on two occasions) and the fastest is 19 hours on the Nose. She holds the record for total all-female ascents on El Cap with 12, accompanied by climbing partner Lorna Illingworth. She labels On the Waterfront as her most difficult route. "If I could pick one place to spend the night on El Capitan, I would pick the Bismark ledge on the route Mescalito."



Holly Beck photo

# You select the winners!

## 2011 Mountaineers Photo Contest Semifinalists

All Mountaineers members are eligible to select the winners of our 2011 Mountaineers Photo Contest. Simply go to our website, [www.mountaineers.org](http://www.mountaineers.org), to vote for your favorite photo among each category within each branch. Note: Only one entry was submitted for some branches, which automatically qualifies that image as a winner in the particular branch.

### Landscapes



**BELLINGHAM BRANCH:** A view from the helicopter by Willis Stewart



**EVERETT BRANCH:** Mount Shuksan by Norm Buckley



**FOOTHILLS BRANCH:** Banshee Peak wildflowers by Chris Pribbernow



**FOOTHILLS BRANCH:** Mount Rainier wildflowers by Chris Pribbernow





**OLYMPIA BRANCH:** Above, a view of Mount Shuksan by Tom Keenan. At right, Mount Ellinor by Douglas Scott



## Landscapes

**SEATTLE BRANCH:** Below, a Sonora sunset by Dale Baskin. At right, Early Winter Spires by Jim Nelson



## Landscapes (continued)

**TACOMA BRANCH:** Below, *Tulip Festival* by Troy Mason. At right, *Alpine Dusk Sets In* by Mathieu Marineau



## People in the Outdoors



**EVERETT BRANCH:** *An Alpine Start* by Ian Lauder



**EVERETT BRANCH:** *Sizing Up Little Tahoma* by Ian Lauder



**FOOTHILLS BRANCH:** Above, *Sahale Mountain* by Brian Stanley



**FOOTHILLS BRANCH:** Above, *The Final Ascent* by Chris Pribbernow



## People in the Outdoors



**KITSAP BRANCH:** South Early Winter Spire by Kyle Pease



**SEATTLE BRANCH:** Radka by Mike Warren



**TACOMA BRANCH:**  
Little Tahoma by  
Troy Mason

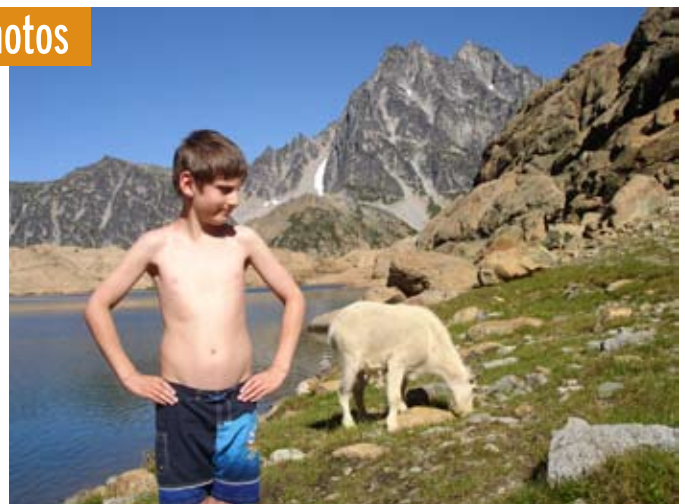


**SEATTLE BRANCH:** Stumbling on the Volcano by Dale Baskin



**SEATTLE BRANCH:** Evening Wheatfield by Katelyn Cooper

## Kids' photos



**SEATTLE BRANCH:** Ingalls Lake by Petar Spasic



Wells Gray Adventures photo



## 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 and lots of wildlife viewing—one of BC's best hut-to-hut hiking adventures.

**Cost:** About \$1,240 (10-12 people); \$1,415 (8-9 people); \$1,490 (6-7 people). Deposit of \$250 each required with leader approval.

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

## Three weeks hiking in Italy's Dolomites

Aug. 25-Sept. 15, 2011

Shari Hogshead photo



The Dolomites of northern Italy—aka 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 charming village-studded valleys and craggy, awe-inspiring karst mountains, provide visual feasts in every direction. Walk an extensive network of well-maintained, interconnected footpaths to interesting villages and well-placed rifugios (high mountain huts).

**Cost:** \$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

Bev Dahlin photo



This trip (*full but with a short wait list*) offers the experience of hotel-based hiking for more than 100 miles of the Pembrokeshire Coast Path along the southern coast of Wales. Spend two weeks hiking through some of the most beautiful coastal scenery of Europe. Stay in hotels in Fishguard, St David's and Tenby, taking local transportation to hike portions of the Pembrokeshire Coast Path.

**Cost:** \$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 preview:** <http://gallery.me.com/mrbunz#100214>.

Have you ever seen the spectacular colors the maples paint on the landscape of New England? If not, join us as we hike, walk, paddle and take photos under the fall-color canopy of the ancient Appalachian range, among the oldest mountains on Earth. The Mountaineers Recreational Properties Division offers an

Patti Polinsky photo



eight-day expedition to the northern terminus of Maine's Appalachian Trail.

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

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

## Nepal: Ultimate Mt. Everest Trek Plus

Oct. 11-Nov. 11, 2011

This outing (*full but with a wait list*) 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

Craig Miller photo



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 a daily itinerary, visit [www.mountaineers.org/activities/nepal\\_itin.html](http://www.mountaineers.org/activities/nepal_itin.html).

**Cost:** Including airfare, etc., \$5,500 (11-12 people)

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

## Patagonia's Awesome Glaciers, Lakes, Parks

Feb. 18-March 8, 2012

Explore the spectacular scenery of national parks in Patagonia's northern and southern regions, including the volcanic terrain of Nahuel Huapi NP, 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. 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 Southern Patagonia

Glen Strachan photo



parks for a mix of trekking and day hikes.

At Los Glaciers, 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." We finish in the historic seaport town of Punta Arenas, Chile.

**Cost:** \$3,950 (8-12 people). \$2,000 deposit due at registration.

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

## Ski the Alps in Austria

March 1-18, 2012

**Preview:** [http://web.me.com/mrbunz/Site\\_4/Ski\\_Austria\\_2012.html](http://web.me.com/mrbunz/Site_4/Ski_Austria_2012.html)

Join a grand adventure in Zurich, Appenzell, Innsbruck, Munich and two weeks in Austria for winter walking, snowboarding and skiing: downhill, on or off piste, or cross-country. Spend Week 1 in Schruns, Austria, with expansive terrain on groomed, powder slopes. Return to refreshments, the spa, a six-course dinner and live music.

In Week 2 we go to Lech, the highest valley of the largest ski area in Austria, St. Anton, with over 50 interconnected lifts for all levels of skiing on and off piste. Our small family-run hotel offers a wonderful breakfast buffet and elegant multi-course dinners after a relaxing spa. As we start home we stop in Innsbruck for lunch before arriving in Munich.

**Cost:** \$3,495 (12-16 people) \$1,000 deposit with registration.

**Leader:** Patti Polinsky, Meanysports@me.com, 206 525 7464.

Patti Polinsky photo



Go to [www.mountaineers.org](http://www.mountaineers.org) for all details on Mountaineers outings



*Lou Whittaker, scouts Cap Linxweiler and Christian D'Louhy*



*John Davis Sr., John 'Mac' Davis, Jr., Jim and Mary Lou Wickwire (l to r) enjoy a chat*

## Fifty-year members enjoy a memorable afternoon at The Mountaineers Program Center in Seattle

More than 90 men and women convened at The Mountaineers Program Center on May 21 to celebrate 50 years of membership in The Mountaineers. Coordinated by volunteer Donna Price with the support of her husband, Gerry, the 13th annual celebration brought together some of the Pacific Northwest's earliest and most notable climbers.

During the luncheon, Mountaineers Board President Tab Wilkins presented the annual state of The Mountaineers address. He also reflected on the differences between The Mountaineers today and The Mountaineers

50 years ago, including our transition to a 501(c)(3) operation which makes all donations and bequests to the organization tax-deductible.

A special award was presented to John Davis, Sr., by Mountaineers Executive Director Martinique Grigg. Davis, founder of Seattle's Davis, Wright, Tremaine law offices, has been a member and leader with The Mountaineers since 1959. Instrumental in many key phases of transition for the organization, he received The Mountaineers Lifetime Achievement Award for his Mountaineers work as well as his work for the greater Puget Sound community. His sons, Bruce Davis and John 'Mac' Davis, were by his side during the award ceremony. Mountaineers climbers Jim Wickwire and Ed Boulton offered reflections on John's remarkable life.

A viewing of "The Mountains Don't Care But WE Do!" was shown. The 30-minute film features the early history of the United States Mountain Rescue Association. At the same time, a group of nearly 40 young men



*Bob Jones: a Mountaineer since '56*

and women were coincidentally participating in mountain rescue training at the program center; they appeared fascinated when they peeked into Goodman Auditorium to observe those who had paved the path before them. The book of the same name as the film was written by Dee Molenaar and included notable climbers like Lou Whittaker. Both Dee and Lou—along with several other notables, including Bob Jones—were in the audience that day.

**Next year's 50-year member luncheon** is set for Saturday, May 19. For more information, contact Donna Price, 425-392-7855.



## Rovers invite all to summer hikes in the shadow of Mt. Baker



All Mountaineers are invited to the Rovers' summer outings at Mt. Baker Lodge

**Imagine waking up in the North Cascades** to a full-course breakfast, a view of Mt. Shuksan and a half-dozen hikes practically in the shadow of The Mountaineers' Mt. Baker Lodge. Then imagine that the lodge will open its doors for you for a full two weeks in late summer.

The Retired Rovers got fed up with imagining 22 years ago and have since hosted Mt. Baker Summer Outings for all Mountaineers to enjoy—year in and year out! Only this year is different. The Rovers will host two weeks of hiking, fun and camaraderie.

Artist Point, Table Mountain, Lakes Chain or just a walk outside the

lodge door and over rare terrain—ground that is usually covered in snow most of the year—the Mt. Baker Lodge will serve as base camp to these destinations August 12-19 and again September 9-16.

According to Rovers Chair Warner Hughes, the event planners feared that there may still be too much snow in late July to enjoy all the hiking around the lodge, so they decided to tag on the week in mid-September, which by the way is very near prime time for the blueberries and huckleberries on nearby trails.

The lodge's best chefs—headed by Donna Osseward and Evelyn Lester of Thanksgiving Weekend culinary fame—will be serving the food in the traditional hostel-style: help a little, eat a lot! Combined with comfy reading and gaming areas, an authentic cabin feel with fireplace and bunks, as well as plenty of friendly, fellow lodge-goers with which to trade hiking stories, the Mt. Baker Summer Outings make it easy to relish in the beauty of the North Cascades.

To find out more about Mt. Baker Lodge and its accommodations as well as what to bring, visit our Outdoor Centers pages (35-36) or [www.mountaineers.org](http://www.mountaineers.org). If you need more info, contact Barbara Post, 206-937-1374.

**Note:** Be sure to register for the summer hiking outings online under Mt. Baker Lodge, even though it is sponsored by the Retired Rovers. Participants must sign up with the lodge rather than the Rovers.

If you arrive at midday, please remember to bring your own sack lunch. Otherwise, all meals can be enjoyed via the lodge's kitchen crew.

## Youth Theater Camp set for first week of August

The Fourth Annual Youth Theater Camp, presented by The Mountaineers Kitsap Branch, will be held the first week of August. Theater Camp provides an opportunity for 8-15 year-old youth to learn about not only theater but also nature.

"I have been part of camp every year since the beginning," says Alexandra Winder, who now serves as an intern. "The campers have a ton of fun learning stage fighting, dancing, singing and acting from really amazing instructors," she notes. "Theater Camp is one of the most fun experiences I have ever had," she adds.

The participants are surrounded with the natural beauty of the Forest Theater, thus immersed in a culture of environmental responsibility and Leave No Trace ethics. Details and registration information are available at [www.kitsapmountaineers.org/theater](http://www.kitsapmountaineers.org/theater)



Gala Lindvall photo

In the Players' next production, "Into the Woods," the witch (Jenny Dreesen) tells the baker (Peter Nolte) and his wife (Megan Jones) that she has cast a spell on their house. For more about the summer production see page 42.



# Dehydration: a concern for all seasons (continued from page 11)

as well. Once the body starts to dehydrate, it can't function at its full capacity and as normal metabolism becomes impaired, your health and physical performance are at risk.

Dehydration can occur in all conditions, not just hot, humid days or at high elevations.

**In winter**, sweat may not pour from your brow the way it does in summer, but depending on your level of exertion and the dryness of the air, significant moisture loss occurs. Also, fluid intake normally drops because people don't crave cold drinks during the winter.

The onset of dehydration is often the cause of hypothermia. A person can become hypothermic if the rate of heat production during exercise is exceeded by the rate of heat loss. Dehydration, followed by hypothermia, causes a lower cellular metabolic rate which further decreases body temperature. During hypothermia, blood volume decreases due to inadequate fluid intake, thus



## About the author

Ralph Teller, a basic climbing graduate of The Mountaineers, is founder of 1Vigor, whose mission is to help people naturally enhance their health, fitness, athletic performance, quality of life and longevity. An Ironman triathlete, he has hiked and climbed many of the peaks in Washington state, including Mt. Rainier. He has lived in Fall City, Washington for the past 20 years. More health and fitness from Ralph can be found at [www.1vigor.com](http://www.1vigor.com).

## Your electrolyte friends on the trail

Fruits and vegetables—including canned or frozen vegetables such as corn, carrots and green beans—are high in electrolytes, as are bread, milk, and fruit. Water with a small pinch of salt (1/3 tsp per liter) and sugar (3-5 tsp/liter) with flour added to it will provide electrolytes, thus energy.

(mg/100g*)	Sodium	Chloride	Potassium
Milk	55	100	139
Wheat flour (whole)	2	38	290
Rice (polished, raw)	6	27	110
Potatoes	3	79	410
Carrots	50	69	311
Apricots	0.6	—	440
Dates (dried)	1	290	790
Oranges	1	3	170
Bread (whole meal)	540	860	220
Bananas	1	93	467

\* 100 grams is about 3.5 oz.



reducing functions of the central nervous system and key organs.

Drinking plenty of fluids during winter in the mountains is essential to maintain core body temperatures.

**Heat stress** as a debilitator in prolonged, strenuous exercise is well established. A substantial rise in body core temperature is often linked with the onset of fatigue. Fluid replacement before and during prolonged exercise in the heat has proven effective in reducing the elevation of body temperature and in extending endurance capacity.

When exercising in hot weather, the combination of both external and internal heat can cause heat within the body to intensify. A core body temperature that is too high can cause hyperthermia. Frequent hydration can reduce the onset of hyperthermia by inducing perspiration, which acts to cool core body temperatures.

**Caffeine**, according to scientific data, reduces heat tolerance

during exercise in a hot environment. Three physiological mechanisms are triggered by caffeine's kick. First, caffeine's diuretic effect may exaggerate the declines that occur with plasma volume and stroke volume. Second, caffeine stimulates the sympathetic nervous system, thus increasing sweat rate. Third, caffeine may increase heat storage and internal body temperature. These effects reduce heat tolerance, effectively hastening fatigue and exhaustion by exacerbating dehydration, thus increasing one's body temperature.

## Very humid weather

impairs evaporation of sweat. We tend to sweat more, but the cooling effect is lessened, which causes fluid loss and increases the chances for fatigue when we don't replace those fluids. Heat exhaustion or heatstroke may occur under these conditions.

## Windy conditions,

whether hot or cold, can sap moisture from your body even

when standing still. Extra hydration is necessary during windy conditions.

**Elevation gain** can greatly impact fluid intake. Trips with significant elevation gain are more strenuous and require greater fluid intake. Prolonged hiking and climbing at high elevations require greater fluid intake because of faster breathing rhythms and lower oxygen levels.

When long-distance hiking, climbing or backpacking is planned in weather conditions very different from your usual environment, it is recommended to arrive at your trip destination four days prior to the start of your hike or ascent. This allows enough time for your body to adjust to the different conditions and reach a hydration balance consistent to the new environment. ▲▲

**Make your own electrolyte-filled trail food. See page 17**

## 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. Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly 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. For all current activities and links to branch websites, visit [www.mountaineers.org](http://www.mountaineers.org).

### BELLINGHAM

**Chair:** Molly Kaufmann, [mollykaufmann@bellinghammountaineers.org](mailto:mollykaufmann@bellinghammountaineers.org).

**Website:** [bellinghammountaineers.org](http://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 other than summer, the branch hosts a meeting and slideshow for prospective members and new members to better orient them to branch offerings. The event usually is held at 7 p.m. in the Bellingham Library. Please check the branch home page (noted above) for updates on when and where the meeting is to be held.

**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 branch website as October draws nearer.

### EVERETT

**Chair:** Carrie Strandell, [wolfwoman0819@hotmail.com](mailto:wolfwoman0819@hotmail.com)

**Website:** [everettmountaineers.org](http://everettmountaineers.org).

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Ever-

ett 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. 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 branch activities and meet some nice people who happen to be Mountaineers, attend the monthly meetings on the first Wednesday of each month (except for July, August, and December). They start at 7 p.m. in the Dwell Conference Room of the Snohomish County East Administration Building, 3000 Rockefeller Ave., in downtown Everett. In August we hold our meeting during the branch family picnic at Legion Park in north Everett. Non-members are welcome to attend.

#### Schedule (tentative):

July - No meeting

Wednesday, August 3 - Family Picnic at Legion Park in north Everett.

#### HELP RESTORE TRAILS & LOOKOUTS:

The Everett Branch Lookout and Trail Maintenance Committee, well known throughout the Mt. Baker and Snoqualmie Ranger Districts as leaders in volunteer work, is always looking for volunteers to help out on fire lookouts. The passage of time and harsh environments, plus the many visitors, put much wear and tear on the lookouts so there is always work to be done. Check the Go Guide section or [www.mountaineers.org](http://www.mountaineers.org) for upcoming work parties in July and August. For more details about volunteering, contact Forrest Clark, [LOTM@everettmountaineers.org](mailto:LOTM@everettmountaineers.org)

### FOOTHILLS

**Chair:** Fran Troje, [foothills.branch@gmail.com](mailto:foothills.branch@gmail.com).  
**Website:** [foothillsmountaineers.org](http://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, 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 current and 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](mailto: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 (listed above) for the announcement of coming meetings.

### KITSAP

**Chair:** Mike Raymond, [branch@kitsapcabin.org](mailto:branch@kitsapcabin.org).

**Website:** [kitsapmountaineers.org](http://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. 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 holds quarterly membership meetings at 7 p.m. at the Norm Dicks Government Center in downtown Bremerton (345 6th St.). Anyone interested in programs offered by The Mountaineers is encouraged to attend. We'll share slides of our activities followed by a feature presentation. Refreshments will be served. Keep an eye on the Kitsap Branch website for coming dates and times.

**PIZZA & WORK PARTY** Join us on **May 18**, Wednesday, at 5:30 p.m. for 90 minutes of invasive species removal around Kitsap Cabin and along the driveway into Hidden Valley. Bring heavy work gloves and hand nippers. When finished, we will celebrate our stewardship with a pizza dinner. Contributions toward the cost of the pizza are gratefully accepted by the Conservation Committee.

**TRAIL RUNNING ADDED!** The branch has started offering trail running. Visit the branch website, [www.kitsapmountaineers.org](http://www.kitsapmountaineers.org), to find out more, or go to "Explore" and enter a search for trail running at [www.mountaineers.org](http://www.mountaineers.org). If you want to view listings now, see the Go Guide section of this magazine.

**HARK TRIPS:** Hiking and Active Recreation for Kids (HARK) is a Kitsap Branch program designed to get kids outside who are not able to get outdoors otherwise. On **July 9-10** there will be an overnight campout in Gifford Pinchot National Forest. On **July 24**, from 2 to 4 pm, kids will climb at Vertical World, Bremerton. Fees and equipment are covered; beginners welcome. For more details contact HARK Chair Laura Rightmyer, 360-830-0473, [rightmyer@q.com](mailto:rightmyer@q.com).

**VOLUNTEER ALERT!** We are always looking for volunteers to make our Kitsap Cabin more accommodating. If you're in the mood for cutting up some wood for our beautiful fireplace or wish to share your carpentry skills, let us know. Also, if you have some dry, burnable wood to spare at home, we could use it! If you can help in any of these ways, contact Mike Raymond, [branch@kitsapmountaineers.org](mailto: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](mailto:info@salmonsafari.org).

## OLYMPIA

**Chair:** Michael Silverstein, [silvermas@comcast.net](mailto:silvermas@comcast.net).

**Website:** [olympiamountaineers.org](http://olympiamountaineers.org).

The fastest growing of the branches, Olympia has been offering Mountaineers programs and training to the South Sound for more than 45 years, including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, outdoor leadership and naturalist activities.

**UPDATE YOUR PROFILE** The Olympia Branch urges all members to update their profiles on the main website at [www.mountaineers.org](http://www.mountaineers.org). Make sure your e-mail address is filled in and your phone numbers are up-to-date. As our communications continue to move online, your e-mail address becomes a critical tool for staying in touch.

## Learn more

The Olympia Branch holds a potluck and special adventure presentation for prospective, new, and current members on the first Wednesday of each month from September through May (excluding November). The next meeting will be **Sept. 7**. Contact Carolyn Bureson at [cbbureson@q.com](mailto:cbbureson@q.com) if you have questions.

**IF YOU WANT TO LEARN EVEN MORE** about joining The Mountaineers or wish to send a membership brochure 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 [olympmountaineers@gmail.com](mailto:olympmountaineers@gmail.com). Please include your mailing address so that we can send you a membership packet.

**THE OLYMPIA BRANCH BOARD** meets every month on the second Wednesday of the month. The next meetings are **July 13** and **August 10** at Alpine Experience in the Hyak Room. Members are encouraged to attend.

**OLYMPIA BRANCH ELECTIONS** will take place in July and elect candidates for vice chair, treasurer, and member-at-large. Watch for details on the branch website.

**HIKING AND CLIMBING AWARDS, PINS, AND PATCHES** Start getting your paperwork together if you want to receive your award at the Olympia Banquet this fall. Most of the awards are listed on the branch website. Please submit your completed paperwork (listing pin/patch, hike/climb, date, party members) requesting the award before September 30. Send it to Kerry Lowry, 3600 Snug Harbor Dr. N.E., Olympia, WA 98506, or [kerryndon@comcast.net](mailto:kerryndon@comcast.net). Call 360-456-2694 if you have questions.

**A NEW NAVIGATION CLASS** is starting in August. Watch the branch website for details.

**THE OLYMPIA BRANCH LIBRARY** is

located at Maxine Dunkelman's house, 5418 Lemon Rd. N.E. Contact Maxine at 360-352-5027 or [maxdunk@comcast.net](mailto:maxdunk@comcast.net) if you'd like to come by to browse, check out or return materials, 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 and searchable on the branch website. Maxine also attends our first-Wednesday potluck presentations with a selection of books to check out. Call her with requests.

## SEATTLE

**Chair:** Timmy Williams, [mtnrtimmy@clearwire.net](mailto:mtnrtimmy@clearwire.net).

**Website:** [seattlemountaineers.org](http://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

Watch the website for an announcement of the next **MEET THE MOUNTAINEERS** event. They are usually held midweek from 6:30 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. Members of The Mountaineers Board of Directors are on hand to find out what you'd like to see in the organization. Snacks and beverages will be available.

**FREE HIKING SEMINARS:** Do you have the hiking or backpacking bug but you just need to know a little more about how to get started in the Pacific Northwest? The Seattle Branch offers a free Beginning Hiking Seminar most months. The next ones are set for 6:30 pm on **July 21** and **August 18** at The Mountaineers Program Center. Though they are free, it is requested that participants register online for these seminar to make sure there is enough seating available.

**DO YOU WANNA DANCE?** The Seattle social/singles group holds dances and dance lessons, as does the Folk Dancing Committee. Contact Karen Ludwig, [karenludwig2000@yahoo.com](mailto:karenludwig2000@yahoo.com), for upcoming singles dances and visit [www.mountaineers/seattle/folkdance](http://www.mountaineers/seattle/folkdance).

**WHISTLER WEEKEND:** The Singles Committee invites Mountaineers to take part in this annual event on August 4-7, Friday-Sunday, at spectacular Whistler in British Columbia—not only known for its winter splendor. Register at [www.mountaineers.org](http://www.mountaineers.org). For more information, call Karen Turner, 253-202-7458.

See Tacoma on page 34

## TACOMA

**Chair:** Geoff Lawrence, [geoff.lawrence@tacomamountaineers.org](mailto:geoff.lawrence@tacomamountaineers.org).

**Website:** [www.tacomamountaineers.org](http://www.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.

Want a personal guide to what the Tacoma Branch offers? Contact one of our **new-member mentors** (see our branch website).

**INTRO TO HIKING AND BACKPACKING**  
Get the basics on what you need to begin hik-



### Planning has begun!

*The Tacoma Branch has been talking to members and strategizing on expansion of its learning center and meeting hub in Old Town (artist's rendering of the corner building above). An application for a grant to fund the project has been submitted and more fundraising meetings will resume in July. Watch for an article in the September/October issue of the Mountaineer magazine or visit the Tacoma Branch website currently for more information.*

ing in the Pacific Northwest. Tacoma will offer its next seminar at 7 pm on Tuesday, **August 2**. Registration is online or you may pay the \$5 fee (exact amount please) at the door on the night of the event.

**NAVIGATION COURSE ENROLLMENT** is open until August 25. The first of three session will begin at the Tacoma Program Center

on September 1 and continue to September 10. Enroll online.

**TACOMA BRANCH BOARD** meets on the last Monday of most months at 7 p.m. at the Tacoma Program Center and is open to all members. The next meetings will be **July 25** and **August 29**.



*The Foothills Branch joined a number of other Mountaineers branches in hosting a trail work party on National Trails Day, June 4. Above, they don their Mountaineers identity after a day of repairing the Ira Spring Trail. See page 15 for more about trail work, including where you can turn your dedication to trails into a vacation.*

## MOUNTAINEERS-WIDE: PLAYERS

Escape to the Kitsap Forest Theater! Stroll down the forested trail to our unique and breathtaking stage. Create a treasured family tradition!

**"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. See the ad on page 42 of this *Mountaineer*.

**Help Wanted:** If you are interested in helping with our show, please contact co-producers Gala Lindvall (206-542-4195, [galabaskets@comcast.net](mailto:galabaskets@comcast.net)) and/or Nancy Estill (206-595-8610, [nestill@u.washington.edu](mailto:nestill@u.washington.edu)). Visit [www.ForestTheater.com](http://www.ForestTheater.com).



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](http://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](http://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](mailto:jsterry60@comcast.net)) or by visiting the Baker Lodge website at [www.mountaineers.org/lodge/baker](http://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](mailto: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](http://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 public, 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 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](http://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.**

Those who lead Mountaineers trips and activities are always welcome to bring your group of Mountaineers members and guests 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 more about the Kitsap Branch, visit [www.kitsapmountaineers.org](http://www.kitsapmountaineers.org).

For information about the 2011 Players'

season, visit [www.ForestTheater.com](http://www.ForestTheater.com).

For information about the Mountaineers Foundation and the Rhododendron Preserve, visit [www.mountaineersfoundation.org](http://www.mountaineersfoundation.org).

## Meany Lodge

Meany is now open and available for private rentals and Mountaineer events during the summer and fall seasons. If you want a nice secluded cabin for a retreat or seminar, then visit our website at [www.meanylodge.org](http://www.meanylodge.org). Go to "Contacts" and send the chair or sports director an e-mail indicating you are interested.

### Meany Women's Wellness Adventure

**Weekend: July 8-10** Last year was such a rousing success that Linda and Patti are doing it again! This event is organized, run and attended by women. The weekend will be July 8-10. This year's program is still being developed, but will be similar to last year's with enough changes to keep things fresh and exciting. To allow all attendees the chance to sample the entire program, we are limiting the number of guests to 40 women. The event is selling out fast. For more information/registration, go to [www.meanylodge.org](http://www.meanylodge.org), go to the "Activities" tab, scroll down and click on "Women's Weekend."

### Meany Summer Bicycle Trek: July 16-17

NEW this year! A mountain bike trek from Hyak to Meany, along the Iron Horse Trail. If you think the trek is too much for your family (or yourself), you can simply drive up to Meany with your bicycle and ride around the beautiful campus. For more information/registration, go to [www.meanylodge.org](http://www.meanylodge.org), the Activities" tab, scroll down and click on "Bicycle Weekend."

### Meany Family Hiking Weekend: August

**6-7** Meany Lodge is adventure central August 6-7, with exciting outdoor activities for all ages. Hikes are organized for both Saturday and Sunday. Choose from hikes suitable for children as young as 2, or hikes that are considered strenuous. Sleep in the lodge or pitch a tent under the stars. The lodge facilities are available to you all night. Afternoon and evening activities are planned for our younger guests, and everyone will enjoy the fresh and scrumptious Meany food. Sunday morning starts early with a hearty breakfast before we head off for another day of adventure. For more information contact Brian, 425-999-5853, or email [hiking\\_coordinator@meanylodge.org](mailto:hiking_coordinator@meanylodge.org). Complete weekend details are available on the Meany Lodge website; go to the Activities" tab, scroll down and click on "Family Hiking Weekend."

# outdoorcenters

## Perseid Meteor Shower, August 12-13

Last year was the first time we did this, and everyone had a great time, so we're thinking about doing it again. Keep an eye on our website for updates.

## Meany Mushroom Weekend: October 28-30

Have you been wondering what all those people are doing in the woods around Meany in late September-October? If you have, then this weekend gives their secret away! Meany teams up with the Puget Sound Mycological Society for this popular event where you will discover what types of fungi grow in the Pacific Northwest, which are safe to eat, and ways to prepare these delectable gourmet treats. For more information/registration, go to [www.meanylodge.org](http://www.meanylodge.org), go to the "Activities" tab, scroll down and click on "Mushroom Weekend" to see what happened last year.

## Meany Summer and Fall Work Parties

Ever wonder how things get fixed at Meany? Well, as soon as the 420 road is passable, the Meany committee is up working on important projects. We have both midweek and weekend work parties throughout the summer and fall seasons. This is the time to come up and see what the lodge is all about and really get to meet and talk to the committee. The crowds are definitely smaller, you get to sample po-

tential winter menu items, and it doesn't cost you anything (except a little sweat equity). As an added bonus, one fall weekend we make fresh apple cider, and the last weekend we feast on STEAK!

So come on up and bring your kids (helpful ones are welcomed). Even if it's only for a couple of hours, Meany can always use your help! The work parties are listed on the Meany calendar ([www.meanylodge.org/calendar.html](http://www.meanylodge.org/calendar.html)), but here they are again:

MIDWEEK	WEEKEND
July 12-14	September 10-11
August 16-18	September 24-25
September 27-29	October 8-9
October 11-13	October 22-23
	November 5-6

For information on midweek work parties contact Ray Nelson, [nelson.rp@frontier.com](mailto:nelson.rp@frontier.com); for weekend work parties, Chuck Welter, [chair@meanylodge.org](mailto:chair@meanylodge.org)

To register go to [www.brownpapertickets.com/event/11606](http://www.brownpapertickets.com/event/11606).

## Snoqualmie Campus

Snoqualmie campus is closed to the public but available for group rental. Please contact The Mountaineers Program Center at 206-521-6001 if interested in group rental.

## Stevens Lodge

Visit [www.stevenslodge.org](http://www.stevenslodge.org) to view current activities at the lodge. For more information, contact Angela or Greg, 425-258-4847, [greg@stevenslodge.org](mailto: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.

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SEATTLE PARKS AND RECREATION



**READY FOR SOME ADVENTURE?** The Go Guide is home to THOUSANDS of trips, outings and events each year. A bulk of our trips open their arms to the general public as a sampler of Mountaineers activities. Listings with the words **"GETTING STARTED SERIES"** immediately following the destination are designed specifically to introduce the greater outdoors community to our community of Mountaineers, one that has enjoyed and preserved the great Northwest since 1906. Otherwise, the name of the committee that organizes and provides leaders for the trip or event immediately follows the destination.

If you are looking for camaraderie with a particular **BRANCH** of The Mountaineers, check out the color-designated abbreviations at the end of each listing: **BEL** = Bellingham, **EVT** = Everett, **FH** = Foothills, **KIT** = Kitsap, **OLY** = Olympia, **SEA** = Seattle, **TAC** = Tacoma.

While you are whetting your appetite by browsing through our bounty of trips, adventures and explorations, remember that you can go online at [WWW.MOUNTAINEERS.ORG](http://WWW.MOUNTAINEERS.ORG) to gain a fully-detailed view of all **UP-TO-THE-MINUTE** listings and more importantly, to **SIGN UP** for the trip or event of your choice.

Events and trips marked **OPEN TO ALL** don't require that a course be taken before participating. But keep in mind that they **REQUIRE REGISTRATION** unless otherwise noted. You will also need a current **WAIVER** on file with The Mountaineers to participate. Those marked **PRE-REQUISITES** mean a course or equivalent skills are required. Following are guides and keys to interpreting the trip listings.

### TRIP RATINGS

Rating systems are based on mileage, elevation gain and difficulty of the terrain. The ratings assume optimal conditions. Bad weather, getting off route or very soft snow, for example, can make a trip more difficult than its normal rating.

**Climbs:** BR=Basic Rock; B=Basic Alpine; BG=Basic Glacier; IR=Intermediate Rock; IM=Intermediate Mountaineering; II=Intermediate Ice; CRG=Crag Climbing; AID=Aid Climbing; WI=Water Ice

**Hikes:** E=Easy (up to 8 mi. RT, up to 1200' elevation gain). M=Moderate (up to 12 mi., 1200'-2500' gain). S=Strenuous (up to 14 mi., 2500'-3500' gain). VS=Very Strenuous (over 14 mi. and/or more than 3500' gain).

**Scrambles:** (non-technical, off-trail trips to a summit, often on snow and/or rock.) Difficulty (first digit) is rated from 1 (easiest) to 5 (toughest). The second digit=technical difficulty, rated from 1 (least technical, least exposed) to 5 (most technical and most exposed).

**Sea Kayak (approximate):** SKI=wind under 6 knots, ripple. SKII=wind under 10 knots, up to 1' chop crossing up to 1 nm. SKIII=wind under 15 knots, up to 2' chop (whitecaps), crossing up to 2 nm. SKIV=wind up to 20 knots, 3-4' breaking waves, crossing up to 5 nm. SKV=wind up to 20 knots, 4' breaking waves and surf, crossing up to 5 nm. See respective branch websites for details about ratings and skill prerequisites.

**Ski:** N=Nordic; M=Mountain; I\*=Instructional (beginner). 1=Easy for N (4-6 mi. RT, 500' gain); Intermediate for M (5-15 mi. RT, 1,500' plus gain). 2=Moderate for N (6-10 mi. RT, 1,000' plus gain); Advanced for M (6-20 mi. RT, 2,500' plus gain).

3=Intermediate/Harder for N (7-12 mi. RT, 1,500' plus gain); Expert for M (8-20 mi. RT, 2,500' plus gain). See respective branch websites for details about ratings and skill prerequisites.

**Snowshoe:** E = Easy (500' elevation gain, up to 6 mi. RT). E+ = Easy Plus (500-2,000' elevation gain, up to 10 mi. RT). M = Moderate (500-2,000' elevation gain, up to 10 mi. RT). S= Strenuous (2,000' elevation gain, no distance limit).

### ABBREVIATIONS

CG=Campground	E, W, N, S=East . . .
USGS=US Geological Survey	GT=Green Trails
Hwy=Highway	I=Interstate
ITC=Issaquah Trail Cntr	Jct=Junction
MRNP=Mt. Rainier	NP=National Park
NWFP=NW Forest Pass (fee)	mi=miles
FS=Forest Service	P&R=Park & Ride
Rd=Road	RS=Ranger Station
RT=Round Trip	SP=State Park
SR=State Route	TH=Trailhead

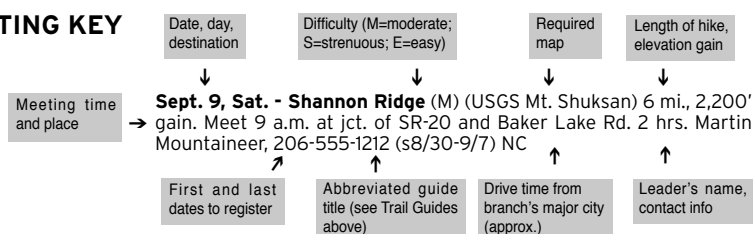
### MOUNTAINEERS TEN ESSENTIAL SYSTEMS: REQUIRED ON ALL MOUNTAINEERS TRIPS

1. Navigation
2. Sun protection
3. Insulation
4. Illumination
5. First-aid supplies
6. Fire starter
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

### SEA KAYAK, SAILING ESSENTIALS

Please see respective branch websites for details.

### TRIP LISTING KEY



# open to all (members and guests via registration)

Listings below include those built online through Sept 4 - go to [www.mountaineers.org](http://www.mountaineers.org) for the most up-to-date listings

## backpacking

**7/2-7/4, Sat-Mon - Heather Trail / Blackwall Peak, Manning Prov Park (BC)** Backpacking (M) 17 mi, 1150' in, 705' out. Meet at Manning Park Lodge at 8 AM. Leader: Linda Moore, (425) 347-7650 (s5/14-6/28) [SEA](#)

**7/8-7/10, Fri-Sun - Shi Shi Beach** - Family Activity Family Activities (E) 8 mi, 200'. Meet at Aurora Village Transit Center at 9 AM. Leader: Geneva Sullivan, (206) 963-5958 (s5/30-7/3) [SEA](#)

**7/23-7/24, Sat-Sun - Lake Eleanor** Backpacking (E) Mt Rainier East-270(GT). 2 mi, 400'. Meet at RS - Enumclaw at 6 AM. Leader: Mary Rohlman, (206) 724-8403 (s7/5-7/20) [SEA](#)

**7/30-7/31, Sat-Sun - PCT: Snoqualmie Pass to Pete Lake TH (Backpack)** Hiking (VS) 23.9 mi, Leader's Permission Required: Lawrence Landauer, (425) 844-4330 (s6/27-7/17) [FH](#)

**8/6-8/8, Sat-Mon - Third Beach** Backpacking (E) 2.8 mi, 210'. Meet at Ravenna P&R at 7 AM. Sign up with Leader: Roy Holman, (425) 303-8150 (s6/1-8/1) [EVT](#)

**8/6-8/10, Sat-Wed - PCT: Snoqualmie-Stevens, Trail 2000** Hiking (VS) 74.7 mi, Sign up with Leader: Lawrence Landauer, (425) 844-4330 (s4/1-7/29) [FH](#)

**8/12-8/14, Fri-Sun - Upper Brazeau Canyon / Cataract Pass (Jasper NP)** Backpacking (M) 16+ mi, 2100+'. Sign up with Leader: Linda Moore, (425) 347-7650 (s4/22-7/20) [SEA](#)

**8/13-8/22, Sat-Mon - PCT: Rainy Pass to Stevens Pass, Trail 2000** Hiking (VS) 121.4 mi, Sign up with Leader: Lawrence Landauer, (425) 844-4330 (s4/1-7/29) [FH](#)

**8/19-8/22, Fri-Mon - PCT: Harts Pass to Manning Park** Hiking (VS) 41 mi, Leader's Permission Required: Cheryl Talbert, (253) 229-4018 (s6/27-8/7) [FH](#)

**8/20-8/21, Sat-Sun - Grand Valley, Olympic National Park** Backpacking (M) Mt Angeles (USGS), Olympic National Park (TI). 9 mi, 2100'. Meet at Olympic NP Vis Ctr, Port Angeles at 8:30 AM. Leader: Linda Moore, (425) 347-7650 (s7/15-8/17) [SEA](#)

**8/24-9/4, Wed-Sun - PCT: Bridge of the Gods to White Pass, Trail 2000** Hiking (VS) 147.5 mi, Sign up with Leader: Lawrence Landauer (425) 844-4330 (s4/1-7/29) [FH](#)

**8/27-8/28, Sat-Sun - Park Butte - Railroad Grade, Mt. Baker NRA** Backpacking (M) Hamilton-45(GT). 10 mi, 2200'. Leader: Linda Moore, (425) 347-7650 (s7/21-8/24) [SEA](#)

**9/3-9/5, Sat-Mon - Bear Creek Mtn from Conrad Mdws (Goat Rocks Wilderness)** Backpacking (MS) Pinegrass Ridge (USGS). 13 mi, 3300'. Meet at Conrad Mdws TH at 8:30 AM. Leader: Linda Moore, (425) 347-7650 (s7/18-8/30) [SEA](#)

**9/3-9/5, Sat-Mon - Snowgrass Flat / Cispus Basin (Goat Rocks Wilderness)** Backpacking (M) Walupt Lake (USGS). 12 mi, 1800'. Meet at RS Enumclaw at 7 AM. Sign up with Leader: Mary Rohlman, (206) 724-8403, MRohlman@gmail.com (s8/1-8/26) [SEA](#)

**9/3-9/4, Sat-Sun - PCT Series Hike or Backpack** Hiking Leader's Permission Required: Chris Caviezel, (425) 434-0552, nordic.chris@gmail.com (s6/27-8/21) [FH](#)

**9/10-9/11, Sat-Sun - Yellow Aster Butte (Mt Baker Wilderness)** Backpacking (M) 8 mi, 2200'. Meet at Glacier Ranger Stn at 8:15 AM. Leader: Linda Moore, (425) 347-7650 (s8/1-9/8) [SEA](#)

## bicycling

**7/12, Tue - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** - New Members Welcome! Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s7/4-7/11) [SEA](#)

**7/14, Thu - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** - New Members Welcome! Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike Trail at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s7/4-7/13) [SEA](#)

**7/19, Tue - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** - New Members Welcome! Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike Trail at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s7/11-7/18) [SEA](#)

**7/21, Thu - Bothell-Marymoor**

**Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike Trail. at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s7/4-7/20) [SEA](#)

**7/26, Tue - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike Trail. at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s7/4-7/25) [SEA](#)

**7/28, Thu - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike Trail. at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s7/4-7/27) [SEA](#)

**8/2, Tue - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike Trail. at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s7/4-8/1) [SEA](#)

**8/16, Tue - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike Trail. at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s7/4-8/15) [SEA](#)

**8/20, Sat - Snohomish to Lake Stevens via bike trail** Singles/Social (TOUR\_M) Meet at Intersection of Maple and Pine Ave in Snohomish at 10 AM. Leader: Mike Moodi, (425) 408-0056 (s8/1-8/19) [SEA](#)

**8/23, Tue - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s8/1-8/22) [SEA](#)

**8/25, Thu - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike at 5:45 PM. Leader: Mike Moodi, (425) 408-0056 (s8/1-8/24) [SEA](#)

**8/30, Tue - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike at 5:45 PM. Leader: Mike Moodi, (425)



408-0056 (s8/1-8/29) [SEA](#)  
**9/1, Thu - Bothell-Marymoor Park Redmond via Burke-Gilman Bike Trail** Singles/Social (TOUR\_M) 21 mi, 50'. Meet at Sammamish River parking lot near Bothell Landing on 102nd Ave near downtown Bothell on the Burke-Gilman Bike at 5:45 PM. Leader: Mike Moody, (425) 408-0056 (s8/1-8/31) [SEA](#)

7/20) [OLY](#)

## hiking

**7/1, Fri - Green Lake at Rainier NP** Hiking (M) Mt Rainier West (USGS), Mt Rainier West-269(GT). 10 mi, 1650'. Meet at Carbon River Entrance to Rainier N.P. at 9 AM. Leader: Robert Michelson, (206) 363-6035 (s6/22-6/30) [SEA](#)

**7/2, Sat - Lower Big Quilcene River - Getting Started** Hiking (EM) USGS Map. 10 mi, 800'. Meet at Ash Way (164th) P&R southwest lot at 5 AM. Sign up with Leader: Bern Lamarca, (425) 232-5751 (s6/15-6/29) [EVT](#)

**7/2, Sat - Deer Ridge** Hiking (S) Mt Angeles (USGS), Tyler Peak (USGS). 10.5 mi, 2900'. Meet at Poulsbo Church of the Nazarene at 8 AM. Leader: Greg Thies, (360) 710-5308, (s6/7-7/1) [KIT](#)

**7/3, Sun - Oyster Dome** Hiking (M) 7 mi, 1700'. Meet at Northgate P&R (NE 103rd St & 1st Ave NE) at 8:30 AM. Leader: Steven LeBrun, (206) 283-5708 (s6/14-6/30) [SEA](#)

**7/4, Mon - Talapus & Olallie Lakes** Midweek Hikes (M) Bandera-206(GT). 4 mi, 1200'. Meet at IATC see leader notes at 9 AM. Leader: Chris Ensor, (253) 813-2622 (s6/20-7/2) [SEA](#)

**7/6, Wed - Iron Bear** Midweek Hikes (M) Liberty (USGS), Liberty-210(GT). 6 mi, 1900'. Meet at IATC see leader notes at 8 AM. No Registration Required, Leader: Jane Barrett, (425) 455-2314 [SEA](#)

**7/6, Wed - Granite Mtn** Hiking (VS) Snoqualmie Pass (USGS). 8 mi, 3800'. Meet at Meet exit 20 S side of I90 at stop sign at 4:30 PM. Leader: Chris Caviezel, (425) 434-0552, (s6/28-7/5) [FH](#)

**7/7, Thu - Bainbridge Island, Ferry** Retired Rovers (E) 3 mi, Meet at Ferry Dock Pier 52 at 10:30 AM. No Registration Required, Leader: Muriel Stoker, (206) 723-5039 [SEA](#)

**7/9, Sat - Lake Caroline** Hiking (S) Enchantment Lakes (USGS). 11 mi, 2870'. Meet at Leavenworth RS at 8 AM. Leader: Glen Strachan, (425) 869-8094 (s6/13-7/7) [SEA](#)

**7/9, Sat - Otter Falls and Lipsy Lake** - New Members Welcome! Hiking (E) Mt Si (USGS), Mt Si-174(GT), Skykomish (USGS), Skykomish-175(GT). 8 mi, 600'. Leader: Lisa Gaden, (206) 361-1029 (s6/24-7/8) [SEA](#)

**7/9, Sat - Talapus and Olallie Lakes** Hiking (EM) Bandera (USGS). 6 mi, 1200'. Meet at Eastgate P&R (under the overpass) at 8:30 AM. Leader: Rebecca Agnewich, (206) 713-2403 (s6/1-7/7) [SEA](#)

**7/9, Sat - Goat Lake (Monte Cristo)** Hiking (M) Sloan Peak (USGS). 10 mi, 1300'. Meet at Mariner Park and Ride-Everett at 8 AM. Leader: Michael Arriaga (s5/26-7/7) [SEA](#)

**7/9, Sat - Dirtyface Lookout** Singles/Social (VS) Wenatchee Lake-145(GT). 9.5 mi, 4300'. Meet at Brickyard P & R at 6:30 AM. Leader: Brian Carpenter, (206) 403-3004, (s6/13-7/6) [SEA](#)

**7/9, Sat - Lake Serene** Hiking (MS) Index (USGS), Index-142(GT). 8 mi, 2400'. Leader: Mike Baker, (425) 367-4380 (s6/24-7/6) [TAC](#)

**7/10, Sun - Colchuck Lake** Hiking (M) Enchantment Lakes (USGS). 9 mi, 2100'. Meet at Leavenworth RS at 8 AM. Leader: Glen Strachan, (425) 869-8094 (s6/13-7/7) [SEA](#)

**7/10, Sun - Annette Lake** Hiking (M) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). 7 mi, 1800'. Meet at Issaquah Transit Center, n. side (1050 17th Ave NW, I-90E, exit 15) at 8 AM. Leader: Johnny Jeans, (425) 746-2328 (s6/1-7/7) [SEA](#)

**7/12, Tue - Little Si** Midweek Hikes (EM) Mt Si NRCA - 206S (GT), North Bend (USGS), Snoqualmie (USGS). 5 mi, 1200'. Meet at IATC see leader notes at 9 AM. No Registration Required, Leader: Ralph Caldwell, (425) 836-2610 [SEA](#)

**7/13, Wed - Bare Mtn** Hiking (S) Mt Si (USGS), Skykomish (USGS). 8 mi, 3250'. Meet at See leader notes at 4:30 PM. Leader: Neil Carlsen, (206) 551-0572t (s7/4-7/12) [SEA](#)

**7/13, Wed - Centennial Trail - Arlington to Lake Stevens** Midweek Hikes (M) 13 miles mi, minimal'. Meet at N. Olympic Ave. & E. 2nd St. in Arlington at 9:15 AM. Leader: Kathy Biever, (206) 283-9047 (s7/1-7/11) [SEA](#)

**7/13, Wed - Annette Lake** Hiking (M) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). 7 mi, 1800'. Meet at Starbucks at North Bend at 9 AM. Leader: Linda Shewey, (253) 638-3062(s5/17-7/11) [FH](#)

**7/15, Fri - Pinnacle Saddle** Hiking (EM) Mt Rainier East-270(GT). 3 mi, 1150'. Sign up with Leader: Jim French, (360) 754-6551 (s6/10-7/13) [OLY](#)

**7/15, Fri - Shilshole/North Beach** Midweek Hikes (M) 7 mi, 200'. Meet at Hiram Chittenden Locks Gift shop at 10 AM. No Registration Required, Leader: Kieth Nissen, (206) 284-1385 [SEA](#)

**7/16, Sat - Sunrise Ridge via Switchback Trail** Hiking (M) Mt Angeles (USGS). 6.4 mi, 1600'. Meet at Poulsbo Church of the Nazarene Park and Ride at 8 AM. Leader: Dianne Moore, (253) 857-3030 (s5/12-7/15) [KIT](#)

**7/16, Sat - Guye Peak** Hiking (M) Snoqualmie Pass (USGS). 6 mi, 2100'. Meet at Tibbetts Park and Ride - Issaquah at 7:30 AM. Leader: Michael Arriaga, (s6/30-7/14) [SEA](#)

**7/16, Sat - Crystal Lakes & Beyond - RAINIER** Hiking (M) Mt Rainier East-270(GT). 8 mi, 2700'. Meet at TH on Hiway 410 at 8:30 AM. Leader: Robert Michelson, (206) 363-6035(s7/6-7/14) [SEA](#)

**7/16, Sat - Margaret Lake** Hiking (M) Snoqualmie Pass-207(GT). 6 mi, 1200'. Meet at Tibbetts P&R Issaquah at 7:30 AM. Leader: Heidrun Eberhardt, (425) 455-

2935, (s6/27-7/14) [SEA](#)

**7/16, Sat - Crystal Lakes - Rainier Hiking** (M) Mt Rainier East (USGS), Mt Rainier East-270(GT). 6 mi, 2300'. Meet at South Renton P&R 205 S 7th St (I-405S, exit 2B) at 7:30 AM. Leader: Wesley Rogers, (206) 789-0049 (s7/6-7/21) [SEA](#)

**7/16, Sat - Esmeralda Basin and Fortune Creek Pass** Hiking (M) Mt Stuart (USGS). 7 mi, 1750'. Meet at Preston P&R (I-90, exit 22) at 7 AM. Leader: Mary Rohlman, (206) 724-8403, (s6/28-7/14) [SEA](#)

**7/16, Sat - Beverly Creek/Tooth Saddle** Naturalists (M) Mt Stuart-209(GT). 8.5 mi, 2100'. Meet at Beverly Creek TH at 8 AM. Leader's Permission Required: Don Schaechtel, (509) 548-9967 (s6/17-7/13) [SEA](#)

**7/16, Sat - PCT: Crest CG to Panther Creek CG** Hiking (S) 12.4 mi, Leader's Permission Required: Jerry Hargrove (s6/27-7/3) [FH](#)

**7/16, Sat - West Cady Ridge to Benchmark Mtn** Hiking (VS) Bench Mark Mtn (USGS), Monte Cristo (USGS). 14 mi, 3800'. Meet at Brickyard P&R at 5:30 AM. Leader: Cheryl Talbert, (253) 229-4018 (s3/29-7/13) [FH](#)

**7/16, Sat - Tolmie Peak Lookout - Rainier** - New Members Welcome! Hiking (M) Mt Rainier West-269(GT). 6.5 mi, 1200'. Meet at Puyallup at 8 AM. Leader: Catherine Walters, (253) 759-1127 (s6/18-7/10) [TAC](#)

**7/17, Sun - PCT: FR 2000 near Rock Creek to Panther Creek CG** Hiking (S) 13.0 mi, Leader's Permission Required: Lawrence Landauer, (425) 844-4330 (s6/27-7/3) [FH](#)

**7/18, Mon - Light-footing to Lighthouses, Hike #12, Point No Point** Midweek Hikes (EM) 8.5 mi, 300'. Meet at Buck Lake Park, Hansville (north of Kingstons) at 10:30 AM. Leader: Julie Miller, (206) 283-1406 (s7/6-7/16) [SEA](#)

**7/19, Tue - Absolute Last Promontory via Sitka Spruce Trail** Midweek Hikes (M) Mt Si NRCA - 206S (GT). 8 mi, 2400'. Meet at Preston P&R, I-90 Exit 22 at 9 AM. No Registration Required, Leader: Ralph Owen, (425) 746-1070 [SEA](#)

**7/20, Wed - Centennial Trail - Lake Stevens to Snohomish** Midweek Hikes (M) 9 miles mi, minimal'. Meet at Subway in downtown Lake Stevens at 9:45 AM. Leader: Kathy Biever, (206) 283-9047 (s7/8-7/18) [SEA](#)

**7/20, Wed - Silver Peak from Windy Pass** Hiking (M) Snoqualmie Pass (USGS). 7 mi, 1800'. Meet at Meet exit 20 S side of I90 at stop sign at 4:30 PM. Leader: Monty Pratt, (206) 718-8812 (s7/12-7/19) [FH](#)

**7/21, Thu - Lodge Lake and Beyond** Midweek Hikes (E) Snoqualmie Pass-207(GT). 6 mi, 900'. Meet at Preston P&R, I-90 Exit 22 at 9 AM. No Registration Required, Leader: Joe Toynbee, (425) 228-6118 [SEA](#)

**7/23, Sat - Marmot Pass** Hiking (MS) Tyler Peak-136(GT). 10.6 mi, 3500'. Meet at TBD at 5:30 AM.

Continued on page 40

## conservation

**7/10, Sun - Conservation on the Ground: Ruth & Swamp Creek.** Small hydropower in Washington. Contact Sarah Krueger, sarahk@mountaineers.org.

**7/23, Fri - Conservation on the Ground: Church Creek Trail.** Contact Sarah Krueger, sarahk@mountaineers.org.

## dancing

**Every Tue - Folkdance** Dance-Meet at Magnuson Park Activity Center at 7 PM. No Registration Required, Leader: Johnny Jeans, (425) 746-2328. [SEA](#)

**July-Aug - Dance & Free Lessons** Singles. East Coast Swing, Waltz, Cha Cha, or West Coast Swing. Contact: Karen, at 206-484-9187. [SEA](#)

## family activities

**7/3, Sun - Granite Mtn** - Kids Welcome Family Activities (VS) Snoqualmie Pass (USGS). 8 mi, 3800'. Meet at TH at 9 AM. Leader: Rich Draves, (206) 669-3405, (s4/14-7/1) [SEA](#)

**7/15-7/17, Fri-Sun - Ohanapcosh Camping at Mt. Rainier National Park** - Kids Welcome Family Activities (E) Meet at TBD at 12:30 PM. Members: \$20. Sign up with Leader: Kathleen Brammer, (253) 896-4849, (s5/27-7/1) [TAC](#)

**7/23-7/24, Sat-Sun - Cispus area Waterfall Hikes and Cabin Overnighter** - Family Activity Hiking (E) Sign up with Leader: Dixie Havlak, (360) 943-2734, (s6/23-

# hiking

Sign up with Leader: Bern Lamarca, (425) 232-5751 (s7/6-7/20) **EVT**

**7/23, Sat - Mt Townsend via Townsend Creek (Upper TH) Hiking (MS) Tyler Peak-136(GT).** 8.5 mi, 2880'. Meet at Church of the Nazarene, Poulsbo at 8 AM. Sign up with Leader: David Burton, (360) 876-2229 (s5/24-7/22) **KIT**

**7/23, Sat - Lower Lena Lake Hiking (EM) Mt Washington (USGS), The Brothers-168(GT).** 6.4 mi, 1300'. Sign up with Leader: Vera Sutton, (360) 426-0231 (s7/1-7/21) **OLY**

**7/23, Sat - PCT: Wahtum Lake (OR) - Bridge of the Gods Hiking (VS) Leader's Permission Required: Marion Bauman, (206) 437-4773, (s6/27-7/10) **FH****

**7/24, Sun - Mt Fremont Lookout - Rainier Hiking (EM) Mt Rainier East (USGS), Mt Rainier East-270(GT).** 6 mi, 1400'. Meet at South Renton P&R (s. side, 205 S 7th St) at 8:30 AM. Leader: Cynthia Lukus, (206) 439-2136 (s7/6-7/21) **SEA**

**7/24, Sun - PCT: Bridge of the Gods to FR2000 Hiking (VS) 19.5 mi, Leader's Permission Required: Marion Bauman, (206) 437-4773 (s6/27-7/10) **FH****

**7/27, Wed - Mt Defiance Hiking (S) Bandera (USGS). 10 mi, 3300'. Meet at See leader notes at 4:30 PM. Leader: Sue Shih, (206) 935-7824, (s7/18-7/26) **SEA****

**7/27, Wed - Lake Serene Midweek Hikes (MS) Index (USGS), Index-142(GT).** 8 mi, 2400'. Sign up with Leader: Suzanne Stockton, (425) 643-0395 (s7/12-7/26) **SEA**

**7/29, Fri - Margaret Lake Midweek Hikes (M) Snoqualmie Pass-207(GT).** 6 mi, 1200'. Meet at Preston P&R, I-90 Exit 22 at 9 AM. No Registration Required, Leader: Peggy Owen, (425) 746-1070 **SEA**

**7/30-7/31, Sat-Sun - Royal Basin Hiking (S) Tyler Peak (USGS). 14 mi, 2600'. Meet at Ash Way (164th) P&R at 5 AM. Sign up with Leader: Bern Lamarca, (425) 232-5751 (s7/9-7/23) **EVT****

**7/30, Sat - Eagle Peak Saddle - RAINIER Hiking (S) Mt Rainier West (USGS), Mt Rainier West-269(GT), Randle (USGS). 7 mi, 2950'. Leader's Permission Required: Eric Quinn, (360) 556-4969 (s6/25-7/28) **OLY****

**7/30, Sat - Summit Lake - New Members Welcome! Hiking (E) Enumclaw (USGS), Enumclaw-237(GT).** 5 mi, 1200'. Leader: Lisa Gadeken, (206) 361-1029 (s7/15-7/29) **SEA**

**7/30, Sat - Spray Park - Spray Falls - RAINIER Hiking (M) Mt Rainier West-269(GT).** 8 mi, 2204'. Meet at Mowich Lake CG at 9 AM. Leader: Robert Michelson, (206) 363-6035 (s7/20-7/28) **SEA**

**7/30, Sat - Noble Knob, Corral Pass Hiking (E) Lester (USGS), Lester-239(GT).** 7 mi, 1000'. Meet at South Renton P&R (s. side, 205 S 7th St) at 8 AM. Leader: Janice

Pecoraro, (206) 284-3044 (s7/6-7/28) **SEA**

**7/30, Sat - Summerland - RAINIER Hiking (M) Mt Rainier East-270(GT).** 8.5 mi, 2100'. Meet at South Renton P&R (S. side, 205 S 7th St) at 7:30 AM. Leader: Heidi Walker, (425) 269-5128 (s7/6-7/28) **SEA**

**7/30, Sat - High Rock Lookout Hiking (EM) Randle (USGS), Randle-301(GT).** 3 mi, 1400'. Meet at Puyallup at 8 AM. Leader: Catherine Walters, (253) 759-1127 (s7/17-7/24) **TAC**

**7/31, Sun - Mt Dickerman Singles/Social (VS) Sloan Peak (USGS). 8.5 mi, 3800'. Meet at Ash Way P&R, exit 183, I-5 at 8:15 AM. Leader: Eldon Ball, (206) 366-8405 (s7/21-7/28) **SEA****

**8/2, Tue - Redtown Loop Cougar Mountain Retired Rovers (EM) 5 mi, Meet at Issaquah Trail Center at 10 AM. Sign up with Leader: Joe Toynbee, (425) 228-6118 (s7/15-8/1) **SEA****

**8/3, Wed - Heather Lake Midweek Hikes (EM) Granite Falls-109(GT).** 5 mi, 1,100'. Meet at SE corner of Ash Way P&R, I-5 Exit 183 at 9 AM. No Registration Required, Leader: Edmund Lewin, (360) 297-6633 **SEA**

**8/3, Wed - Lake Lillian Hiking (MS) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT).** 10 mi, 2000 + 800'. Meet at Meet exit 20 S side of I90 at stop sign at 4:30 PM. Leader: Chris Caviezel, (425) 434-0552, (s7/26-8/2) **FH**

**8/4, Thu - Spray Park, Knap-sack Pass Midweek Hikes (MS) Mt Rainier West-269(GT).** 6 mi, 1900'. Meet at Preston P&R, I-90 Exit 22 at 7:45 AM. No Registration Required, Leader: Ruth Godding, (425) 836-9873 **SEA**

**8/5, Fri - Melakwa Lake Hiking (MS) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT).** 9 mi, 2300'. Leader: Mike Baker, (425) 367-4380 (s7/18-8/3) **TAC**

**8/6-8/7, Sat-Sun - Harry's Ridge/Lakes Trail or South Coldwater Trail - Getting Started Hiking (MS) Meet at Ash Way (164th) P&R southwest lot at 5:30 AM. Sign up with Leader: Bern Lamarca, (425) 232-5751 (s7/2-7/20) **EVT****

**8/6, Sat - Van Trump Park - Rainier NP Hiking (S) Mt Rainier West (USGS). 8 mi, 2600'. Meet at Longmire Visitor Center at 8:30 AM. Leader: Robert Michelson, (206) 363-6035 (s7/26-8/4) **SEA****

**8/6, Sat - Esmeralda Basin and Fortune Creek Pass Hiking (M) Mt Stuart (USGS). 7 mi, 1750'. Meet at Issaquah Transit Center, n. side (1050 17th Ave NW, I-90E, exit 15) at 7 AM. Leader: Janice Pecoraro, (206) 284-3044 (s7/6-8/4) **SEA****

**8/6, Sat - PCT: Mt. Adams Highline Hiking (S) 16 mi, 2434'. Leader's Permission Required: Maureen Corlas, (425) 408-2651, (s6/27-7/24) **FH****

**8/7, Sun - Iron Peak Hiking (S) Mt Stuart (USGS). 7.5 mi, 2700'. Meet at NF Teanaway Rd EOP at 9**

AM. Leader: Karen Chi, (206) 679-8353 (s7/25-8/5) **SEA**

**8/7, Sun - Indian Henry's Hunting Ground Singles/Social (S) Mt Rainier West-269(GT).** 11 mi, 2,500'. Meet at Kautz Creek parking area at 8:30 AM. Leader: Bob Pankl, (206) 729-0162 (s7/29-8/4) **SEA**

**8/7, Sun - PCT: North Fork Tieton to White Pass Hiking (VS) 3320'. Leader's Permission Required: Joel Mott, (206) 455-4654, (s6/27-7/24) **FH****

**8/6-8/7, Sat-Sun - Big Four Ice Caves Climbing (E) Silverton-110(GT).** 3 mi, min. gain. Meet at Big Four parking area- south at 8 AM. Sign up with Leader: Terry Breneman (s6/1-7/31) **EVT**

**8/9, Tue - Crystal Ridge North Midweek Hikes (M) Bumping Lake-271(GT), Mt Rainier East-270(GT).** 6 mi, 2500'. Meet at IATC see leader notes at 8:15 AM. No Registration Required, Leader: Pete Girard, (360) 886-5072, **SEA**

**8/10, Wed - Wright Mtn Hiking (VS) Snoqualmie Pass (USGS). 10 mi, 3100'. Leader: Neil Carlsen, (206) 551-0572 (s8/1-8/9) **SEA****

**8/13, Sat - Buckhorn Ridge Hiking (VS) Tyler Peak (USGS). 12 mi, 4340'. Meet at Poulsbo Church of the Nazarene at 8 AM. Leader: Greg Thies, (360) 710-5308, (s7/2-8/12) **KIT****

**8/13, Sat - Shriner Peak Hiking (S) Mt Rainier East (USGS), Mt Rainier East-270(GT).** 8 mi, 3450'. Leader's Permission Required: Eric Quinn, (360) 556-4969, (s7/9-8/11) **OLY**

**8/13, Sat - Mt Fremont Lookout - Rainier - New Members Welcome! Hiking (EM) Mt Rainier East (USGS), Mt Rainier East-270(GT).** 6 mi, 1400'. Meet at Enumclaw McDonald's (110 Roosevelt Ave E) at 9 AM. Leader: Lisa Gadeken, (206) 361-1029 (s7/29-8/12) **SEA**

**8/13, Sat - Mason Lake - Ira Spring Memorial Hiking (MS) Bandera-206(GT).** 6.6 mi, 2000'. Meet at Tibbetts Park and Ride - Issaquah at 7:30 AM. Leader: Michael Arriaga (s7/28-8/11) **SEA**

**8/13, Sat - Paradise Glacier Trail - RAINIER Hiking (E) Mt Rainier East (USGS), Paradise-270S (GT).** 5.5 mi, 1100'. Meet at Longmire Visitor Center at 8:30 AM. Leader: Robert Michelson, (206) 363-6035 (s8/2-8/11) **SEA**

**8/13, Sat - Spider Meadows Hiking (MS) Holden (USGS). 12.5 mi, 1700'. Meet at Monroe P&R at 6 AM. Leader: Mary Rohlman, (206) 724-8403 (s8/1-8/11) **SEA****

**8/13, Sat - PCT: Wahtum Lake (OR) - Lolo Pass (OR) Hiking 15.3 mi, Leader's Permission Required: Barbara Folmer, (425) 271-1622, (s6/27-7/31) **FH****

**8/14, Sun - Grand Park via Lake Eleanor : Rainier, Lake Eleanor Hiking (M) Greenwater-238(GT), Mt Rainier East (USGS), Mt Rainier East-270(GT).** 8 mi, 1500'. Meet at South Renton P&R (205 S 7th St) at 7:30 AM. Leader: Wesley Rogers, (206) 789-0049 (s7/6-8/11) **SEA**

**8/14, Sun - red pass via com-monwealth basin Singles/Social (S) Snoqualmie Pass-207(GT).** 10 mi, 2700'. Meet at Tibbetts P&R, I-90, exit 15 at 8:45 AM. Leader: Eldon Ball, (206) 366-8405 (s8/4-8/11) **SEA**

**8/14, Sun - PCT: Lolo Pass (OR) - Timberline / Mt. Hood (OR) Hiking (VS) 17.1 mi, Leader's Permission Required: Jerry Hargrove (s6/27-7/31) **FH****

**8/16, Tue - Lake 22 Midweek Hikes (EM) Granite Falls-109(GT), Silverton-110(GT).** 5.5 mi, 1400'. Leader: Ralph Caldwell, (425) 836-2610 (s8/1-8/15) **SEA**

**8/17, Wed - Naches Peak Loop - Rainier Midweek Hikes (E) Bumping Lake (USGS), Bumping Lake-271(GT), Mt Rainier East (USGS), Mt Rainier East-270(GT).** 4.5 mi, 700'. Meet at Maple Valley P&R at 9 AM. No Registration Required, Leader: Joe Toynbee, (425) 228-6118 **SEA**

**8/17, Wed - Seward Park Retired Rovers (E+) Meet at Audubon/Environmental Center, Seward Park. at 10:30 AM. No Registration Required, Leader: Muriel Stoker, (206) 723-5039 **SEA****

**8/17, Wed - Melakwa Lake Hiking (MS) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT).** 9 mi, 2300'. Meet at eet exit 20 S side of I90 at stop sign at 4:30 PM. Leader: Monty Pratt, (206) 718-8812 (s8/9-8/16) **FH**

**8/19-8/21, Fri-Sun - Tacoma Mt. Baker Lodge Hiking Committee Weekend Hiking (E+) Mt Baker-13(GT), Mt Shuksan-14(GT).** Leader: Amy Mann, (253) 759-2796 (s6/1-8/18) **TAC**

**8/20-8/21, Sat-Sun - Ghost Lake Backpack Trip for Berry Lovers & Campfire Cooks Natural-ists (E) 6.4 mi, 1100'. Sign up with Leader: Dixie Havlak, (360) 943-2734 (s6/1-8/16) **OLY****

**8/20, Sat - High Divide Loop/Olympic Mountains Hiking (VS) Mt Olympus-134(GT), Seven Lakes Basin/Mt Olympus Climb - 133S (GT).** 18.8 mi, 3500'. Meet at End of Sol Duc Road TH: leave by 7:30 AM. at 7:15 AM. Leader: Greg Thies, (360) 710-5308, (s7/2-8/19) **KIT**

**8/20, Sat - Heather Lake - New Members Welcome! Hiking (EM) Granite Falls-109(GT).** 5 mi, 1,100'. Leader: Lisa Gadeken, (206) 361-1029 (s8/5-8/18) **SEA**

**8/20, Sat - Foggy Lake (Gothic Basin) Hiking (S) Monte Cristo-143(GT), Sloan Peak-111(GT).** 10.5 mi, 2800'. Meet at Mariner Park and Ride-Everett at 7:30 AM. Leader: Michael Arriaga (s8/4-8/18) **SEA**

**8/20, Sat - Berkeley Park - Rainier Hiking (EM) Mt Rainier East (USGS), Mt Rainier East-270(GT).** 7 mi, 1100'. Meet at Sunrise Visitor Center at 9 AM. Leader: Robert Michelson, (206) 363-6035 (s8/10-8/18) **SEA**

**8/20, Sat - Spray Park Hiking (EM) Mt Rainier West (USGS), Mt Rainier West-269(GT).** 6 mi, 1200'. Meet at South Renton P&R (S. side, 205 S 7th St) at 7:30 AM. Leader:



Heidi Walker, (425) 269-5128 (s8/3-8/18) [SEA](#)

**8/21, Sun - Lake Valhalla**  
Singles/Social (M) Bench Mark Mtn (USGS), Stehekin (USGS). 11 mi, 1100'. Meet at Trail head, south side of Stevens Pass, across from ski area. at 9:30 AM. Leader: Bob Pankl, (206) 729-0162 (s8/12-8/18) [SEA](#)

**8/23, Tue - Christoff (Huckleberry) Lookout Site** Midweek Hikes (S) Greenwater-238(GT). 8 mi, 3350'. Meet at IATC see leader notes at 8:30 AM. No Registration Required, Leader: Ralph Owen, (425) 746-1070 [SEA](#)

**8/24, Wed - Kendall Katwalk**  
Hiking (S) Snoqualmie Pass (USGS). 10.5 mi, 2700'. Meet at See leader notes at 4:30 PM. Leader: Linda Kuramoto, (425) 747-8627 (s8/15-8/23) [SEA](#)

**8/25, Thu - Shriner Peak**  
Midweek Hikes (S) Mt Rainier East (USGS), Mt Rainier East-270(GT). 8 mi, 3450'. Meet at Maple Valley P&R at 7 AM. Leader: Jon Struss, (206) 244-2669 (s8/11-8/23) [SEA](#)

**8/26, Fri - Summerland & Panhandle Gap - RAINIER** Hiking (S) Mt Rainier East (USGS), Mt Rainier East-270(GT). 12.5 mi, 2900'. Meet at White River Entrance Mt. Rainier NP at 8 AM. Leader: Robert Michelson, (206) 363-6035 (s8/16-8/25) [SEA](#)

**8/26, Fri - Rainbow Lake, via Mason Lake** Midweek Hikes (S) Bandera-206(GT). 10 mi, 3000'. Meet at Preston P&R, I-90 Exit 22 at 8:30 AM. No Registration Required, Leader: Peggy Owen, (425) 746-1070 [SEA](#)

**8/27, Sat - Blanca Lake** Hiking (S) Monte Cristo (USGS). 8 mi, 3300'. Meet at Brickyard Park-and-Ride at 7:30 AM. Leader: Michael Arriaga (s8/11-8/25) [SEA](#)

**8/27, Sat - PCT: Surprise Creek TH - Deception Lakes finish**  
**Surprise Cr** Hiking (VS) 15.0 mi, Leader's Permission Required: Chris Caviezel, (425) 434-0552, (s6/27-8/14) [FH](#)

**8/28, Sun - PCT: Surprise Creek to Stevens Pass** Hiking (VS) 16.6 mi, 5390'. Leader's Permission Required: Cheryl Talbert, (253) 229-4018 (s6/27-8/14) [FH](#)

**8/30, Tue - Crystal Peak**  
Midweek Hikes (S) Mt Rainier East-270(GT). 8 mi, 3100'. Meet at IATC see leader notes at 8 AM. No Registration Required, Leader: Peter Stevens, (425) 483-8851 [SEA](#)

**8/31, Wed - Light-footing to Lighthouses, Hike #13, Point Wilson** Midweek Hikes (E) 6.5 mi, 500'. Meet at Pope Marine Park on Water St. (between Madison & Monroe Sts.), Port Townsend at 12:15 AM. Leader: Julie Miller, (206) 283-1406 (s8/19-8/30) [SEA](#)

**8/31, Wed - Mt Margaret** Hiking (M) Snoqualmie Pass-207(GT). 5 mi, 1900'. Meet at Meet exit 20 S side of I90 at stop sign at 4:30 PM. Leader: Chris Caviezel, (425) 434-0552, (s8/23-8/30) [FH](#)

**9/3, Sat - Constance Pass** via

**Boulder Camp** Hiking (VS) Tyler Peak (USGS), Tyler Peak-136(GT). 19.6 mi, 3350'. Meet at Poulsbo Church of the Nazarene at 7:15 AM. Leader: Greg Thies, (360) 710-5308, (s7/2-9/2) [KIT](#)

**9/3, Sat - Indian Henrys from Longmire - Rainier** Hiking (S) Mt Rainier West (USGS). 13 mi, 3050'. Leader's Permission Required: Eric Quinn, (360) 556-4969 (s8/6-9/1) [OLY](#)

**9/4, Sun - Copper Mountain (North Cascades)** Hiking (VS) Mt Challenger-15(GT), Mt Shuksan-14(GT). 20 mi, 5600'. Meet at Hannegan TH at 7 AM. Leader: Cheryl Talbert, (253) 229-4018 (s5/30-9/1) [FH](#)

## photography

**7/10, Sun - Old Town and Light-houses, Newport, Oregon** - New Members Welcome! Photography (E+) Meet at Old Town Newport, in front of Mo's Annex, 675 SW Bay St., Newport OR at 10 AM. Leader: Harry Higgins, (206) 433-6536 (s4/25-7/7) [SEA](#)

**7/12, Tue - Tacoma Annual Photo Exhibition Image Selection** Photography Meet at Tacoma Clubhouse at 7 PM. No Registration Required, Leader: Joseph Becker, (253) 970-3100 [TAC](#)

**7/20, Wed - Potluck and Image Presentation** Photography (E) Meet at Seattle Program Center at 6:30 PM. No Registration Required, Leader: Herb Johnson, (206) 523-4544 [SEA](#)

**9/3, Sat - Lake Sylvia State Park** Photography Meet at RS at 9 AM. Leader: Anita Elder, (206) 832-1036 (s2/18-9/1) [SEA](#)

## retired rovers

**7/7, Thu. Bainbridge Island and Waterfront trail** (E) 3 mi. Marianne Hanson (206-329-4937) or Muriel Stoker (206-723-5039) for information. No registration necessary. [SEA](#)

**7/12, Tue - Retired Rovers Annual Picnic & Walk** (E) 2 mi, Meet at Hamlin Park Picnic Shelter at 11 AM. No Registration Required, Leader: Warner Hughes, (425) 898-4468 [SEA](#)

**7/19, Tue. - Edmonds Historic Sites and Houses walk.** (E) Leader: Nedra Slauson, 425-771-4532 (home) or 425-971-0196 (cell) [SEA](#)

**7/25, Mon. - Carkeek Park Art Walk** (E) 3.5 mi 500' gain. Leisurely pace and stop for lunch approximately half way through the walk. Leaders: Dave & Lorraine Swierkos, (206) 402-5962 Registration not required.

**8/2, Tue - Cougar Mountain Redtown Loop** (E+) 5 mi. min gain. Meet at 10 a.m. at ITC or later at Redtown TH, Newcastle. sLeader: Joe Toynbee, (425) 228-6118.

**8/9, Tue - Retired Rovers Monthly Meeting** Meet at Mountaineers Program Center at 11 AM. No Registration Required, Leader: Warner Hughes, (425) 898-4468 [SEA](#)

**8/12-19, Fri-Fri - Mt Baker Summer Outing** (First of two summer outings this year.) Must sign up via Mt. Baker Lodge. For details, call Barbara Post, 206-937-1374. [SEA](#)

**8/17, Wed - Seward Park** (E) 3 mi. No registration required. Leader: Muriel Stoker (206) 723-5039. [SEA](#)

**8/21, Sun - Kitsap Forest Theater** (E) Meet at Kitsap Theater at 12 PM. Sign up with Leader: Barbara McHargue, (206) 363-6181 [SEA](#)

**8/25, Thu - Chambers Bay Golf Course Trail** (So. Tacoma) (E) 3 mi. More details: Worth Gurley (253) 582-3844 [SEA](#)

## sea kayaking

**7/6, Wed - Wet Wednesday - Lake Washington** Sea Kayaking (I-II) Meet at Pontiac Bay (Sail Sand Point) at 6:30 PM. Leader: Brian High, (206) 706-1792 [SEA](#)

**7/13, Wed - Wet Wednesday - Lake Washington** Sea Kayaking (I-II) Meet at Pontiac Bay (Sail Sand Point) at 6:30 PM. Leader: Brian High, (206) 706-1792 (s6/2-7/13) [SEA](#)

**7/27, Wed - Wet Wednesday - Lake Washington** Sea Kayaking (I-II) Meet at Pontiac Bay (Sail Sand Point) at 6:30 PM. Leader: Brian High, (206) 706-1792 (s6/2-7/27) [SEA](#)

**8/3, Wed - Wet Wednesday - Lake Washington** Sea Kayaking (I-II) Meet at Pontiac Bay (Sail Sand Point) at 6:30 PM. Leader: Brian High, (206) 706-1792 (s6/2-8/3) [SEA](#)

**8/10, Wed - Wet Wednesday - Lake Washington** Sea Kayaking (I-II) Meet at Pontiac Bay (Sail Sand Point) at 6:30 PM. Leader: Brian High, (206) 706-1792 (s6/2-8/10) [SEA](#)

**8/17, Wed - Wet Wednesday - Lake Washington** Sea Kayaking (I-II) Meet at Pontiac Bay (Sail Sand Point) at 6:30 PM. Leader: Brian High, (206) 706-1792 (s6/2-8/17) [SEA](#)

**8/24, Wet Wednesday - Lake**

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## sea kayaking

**Washington (I-II)** Meet at Pontiac Bay (Sail Sand Point) at 6:30 PM. Brian High, (206) 706-1792 (s6/2-8/24) [SEA](#)

**8/31, Wet Wednesday - Lake Washington (I-II)** Meet at Pontiac Bay (Sail Sand Point) at 6:30 PM. Brian High, (206) 706-1792 (s6/2-8/31) [SEA](#)

## singles (social)

(See hiking, bicycling and dancing for other Singles activities)

**7/1, 8/5, Fri - Games Night** Meet at Phinney Neighborhood Center at 7 PM. No registration. Eldon Ball, (206) 366-8405 [SEA](#)

**7/2, 7/9, 7/23, 7/30 Sat - Green Lake Walk** Meet at Urban Bakery, 7850 E Green Lake Dr N at 11 AM. No registration. Karen Nordal, (206) 366-2736, knordal@mac.com [SEA](#)

**7/5-8/30, Each Tue - Eastside Social Outdoor Volleyball** Meet at Bellevue Downtown Park at 6 PM. No registration. Eldon Ball, (206) 366-8405 [SEA](#)

**7/6-8/31, Each Wed - Evening**

**Outdoor Inline Skate** Meet at Myrtle Edwards Park 7 PM. Mark Olsoe [SEA](#)

**7/7-8/25, Each Thu - Green Lake volleyball** Meet at 5800 block E. Green Lake Way N. at 6 PM. No registration. Eldon Ball, (206) 366-8405 [SEA](#)

**7/8-8/26, Each Fri - Eastside Outdoor Tennis Intermediate Doubles** Meet at Robinswood Tennis Center at 7 PM. Gregory Kidd, (425) 828-8590 (s6/6-7/6) [SEA](#)

## trail work

**7/5, Tue - Heybrook Lookout** Leader: Forrest Clark, (425) 487-3461 (s6/1-7/3) [EVT](#)

**8/20-8/25, Sat-Thu - Mt Pilchuck Lookout** Granite Falls (USGS). 4 mi, 2000'. Sign up with Leader: Forrest Clark, (425) 487-3461 (s8/2-8/13) [EVT](#)

**9/3, Sat - Lord Hill Regional Park (M)** 8 mi, 1000'. Sign up with Leader: Forrest Clark, (425) 487-3461 (s8/8-9/1) [EVT](#)

# KITSAP FOREST THEATER

THEATER INSPIRED BY A MAGICAL PLACE



July 30, 31  
August 6, 7, 13, 14, 20, 21  
2:00 pm

## INTO THE WOODS

A fractured fairy tale – what really happens after “happily ever after”!

Music & Lyrics by Stephen Sondheim  
Book by James Lapine

Escape to the Kitsap Forest Theater, located a short drive from the Bremerton ferry. Enjoy a great day trip with friends and family. Picnic under the firs before you stroll down the forested trail to our unique and magical theater. Call today for tickets.

Info Line: 206-542-7815 • Shows presented by The Mountaineers Players

Tickets available at: Ted Brown Music, Silverdale • Liberty Bay Books, Poulsbo; The Mountaineers, Seattle • 800-573-8484 • [www.ForestTheater.com](http://www.ForestTheater.com)

# prerequisites (or must be in course)

## climbing

**7/1-7/4, Fri-Mon - Snowfield Peak, Neve Glacier** Climbing (BG) Diablo Dam (USGS), Diablo Dam-48(GT), Ross Dam (USGS). Meet at Ash Way P&R at 6 AM. Sign up with Leader: Jenni Schwegler, (425) 354-8179 (s5/20-5/18) [EVT](#)

**7/1, Fri - Klawatti Peak, Any** Climbing (BG) Meet at Base of Eldorado Peak at 5 AM. Leader's Permission Required: Ed Greutert, (206) 230-8215 (s6/11-6/18) [SEA](#)

**7/1-7/5, Fri-Tue - Squamish, Aid Climb Outing** Climbing (AID) 3+hrs one way mi, Leader: Takeo Kuraishi, (425) 298-5872 (s4/25-6/29) [SEA](#)

**7/1-7/3, Fri-Sun - Johannesburg Mtn, SE Arete (Exploratory)** Climbing (BR) Cascade Pass (USGS). Meet at Marblemount RS at 7 AM. Leader's Permission Required: Dave Morgan, (206) 659-9833 (s6/6-6/28) [SEA](#)

**7/1-7/4, Fri-Mon - Mt Olympus, Blue Glacier** Climbing (BG) Mt Olympus (USGS). Leader's Permission Required: Jonathan Hawkins, (206) 915-3697 (s6/6-6/29) [SEA](#)

**7/1, Fri - The Tooth, S Face** Climbing (BR) Snoqualmie Pass

(USGS), Snoqualmie Pass-207(GT). Sign up with Leader: Julie Myer, (360) 870-1553 (s6/1-6/27) [TAC](#)

**7/2-7/4, Sat-Mon - Mt Rainier, Tahoma Glacier** Climbing (IM) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT). 0 mi, 14410'. Meet at Newcastle P&R at 6 AM. Sign up with Leader: Stephen Bobick, (425) 653-5526 (s4/1-5/20) [EVT](#)

**7/2, Sat - Auster Peak, S Route** Climbing (BG) Meet at Klawatti Col at 5 AM. Leader's Permission Required: Ed Greutert (206) 230-8215 (s6/11-6/18) [SEA](#)

**7/2-7/4, Sat-Mon - Dragontail Peak & Witches Tower, Combo** Climbing (BA) Meet at Wenatchee River RS at 8:30 AM. Leader's Permission Required: Eileen Kutscha, (206) 276-3683 (s6/3-6/29) [SEA](#)

**7/2-7/4, Sat-Mon - Glacier Peak, Disappointment Peak Cleaver** Climbing (BG) Glacier Peak East (USGS), Glacier Peak West (USGS). Meet at TH at 6 AM. Leader's Permission Required: Susan Chan, (206) 240-6412 (s4/15-6/27) [SEA](#)

**7/2-7/4, Sat-Mon - Mt Triumph, NE Ridge** Climbing (IR) Mt Triumph (USGS), 0 mi, 7270'. Leader's Permission Required: Pete Ray, (206) 291-3217 (s5/1-7/1) [SEA](#)

**7/2-7/3, Sat-Sun - Little Tahoma, E Shoulder** Climbing (BG)

Mt Rainier East (USGS), Mt Rainier East-270(GT). Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-6/25) [TAC](#)

**7/3, Sun - Primus Peak** Climbing (BG) Meet at Klawatti Col at 5 AM. Leader's Permission Required: Ed Greutert, (206) 230-8215 (s6/11-6/18) [SEA](#)

**7/3, Sun - Colchuck Peak, E Route** Climbing (BA) Meet at Leavenworth at 5:30 AM. Leader: Don Schaehtel, (509) 548-9967 (s6/21-6/30) [SEA](#)

**7/3, Sun - The Tooth, S Face** Climbing (BR) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). Sign up with Leader: John Hazelton, (253) 566-1621(s6/6-6/29) [TAC](#)

**7/4, Mon - The Tooth, S Face** Climbing (BR) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). Meet at Alpentel Parking Lot at 5 AM. Sign up with Leader: Nicholas Mayo, (360) 568-7308 (s5/28-6/25) [EVT](#)

**7/4, Mon - Dorado Needle, N Side** Climbing (BR) Meet at Klawatti Col at 5 AM. Leader's Permission Required: Ed Greutert, (206) 230-8215 (s6/11-6/18) [SEA](#)

**7/6, Wed - Exit 38: Trestle Area, Various** Climbing (CRG) Meet at Exit 38 Deception Crag at 6:30 PM. Leader: Jennifer Carter, (206) 940-2963 (s5/1-7/1) [SEA](#)

**7/7-7/10, Thu-Sun - Mt Challenger**

**er, Challenger Glacier** Climbing (IM) 0 mi, 8236'. Leader: Dwayne Campogan, (206) 853-7324 (s7/7-7/7) [EVT](#)

**7/7, Thu - Ingalls Peak, S Ridge** Climbing (BR) Mt Stuart (USGS), Mt Stuart-209(GT). Meet at At end of the Forest Road 9737 at 6 AM. Leader: Tord Kurthy, (425) 255-8940 (s6/13-7/5) [SEA](#)

**7/7-7/8, Thu-Fri - Mt Rainier, DC Route** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT). Leader's Permission Required: Bill Hecker, (253) 876-0658 (s6/13-6/17) [TAC](#)

**7/7-7/10, Thu-Sun - Glacier Peak, Kennedy Glacier** Climbing (BG) Glacier Peak East (USGS), Glacier Peak West (USGS), Glacier Peak-112(GT). 0 mi, 10541'. Sign up with Leader: Steve Klein, (253) 815-9054 (s5/26-6/23) [TAC](#)

**7/8-7/10, Fri-Sun - Mt Rainier, Emmons Glacier** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT), Sunrise (USGS). Leader's Permission Required: Henry Leap, (360) 658-8303 (s6/1-6/30) [EVT](#)

**7/8-7/10, Fri-Sun - Snowfield Peak, Neve Glacier** Climbing (BG) Diablo Dam (USGS), Diablo Dam-48(GT), Ross Dam (USGS). Meet at TBD at 7 AM. Sign up with Leader:



Paul Gehlsen, (425) 488-9362 (s6/1-7/6) **EVT**

**7/8-7/11, Fri-Mon - Mt Rainier, Ingraham Direct** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT). Meet at Paradise at 6 AM. Leader's Permission Required: Rich Draves, (206) 669-3405 (s5/26-7/6) **SEA**

**7/8, Fri - South Early Winter Spire, S Arete** Climbing (BR) Washington Pass (USGS). Sign up with Leader: Jeff Panza, (206) 755-9962 (s3/28-7/6) **SEA**

**7/8, Fri - Mt Baker, Coleman Glacier** Climbing (BG) Mt Baker (USGS), Mt Baker-13(GT). Meet at TH at 4:30 AM. Leader's Permission Required: Matthew Mussallem, (604) 551-1670 (s3/24-6/30) **SEA**

**7/9, Sat - Liberty Bell/Concord Tower Combo** Climbing (IR) Washington Pass (USGS). 7,720'. Leader's Permission Required: Pete Ray, (206) 291-3217 (s2/6-7/1) **SEA**

**7/9-7/11, Sat-Mon - Prusik Peak, W Ridge** Climbing (IR) Cashmere (USGS), Enchantment Lakes (USGS), Mt Stuart-209(GT). 0 mi, 8000'. Sign up with Leader: Joe Dumelin (s2/1-2/2) **SEA**

**7/9, Sat - Kangaroo Temple, N Face** Climbing (BR) Silver Star Mtn (USGS), Washington Pass (USGS). Meet at Turnout 1 mile E of Washington Pass at 5 AM. Leader: Cebe Wallace, (206) 842-3409 (s6/6-7/7) **SEA**

**7/9-7/11, Sat-Mon - Mt Rainier, Tahoma Glacier** Climbing (IM) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT). 0 mi, 14,410'. Meet at Longmire at 8 AM. Sign up with Leader: Mark Scheffer, (360) 805-6420, (s7/7-7/7) **SEA**

**7/9, Sat - Mt Baker, Coleman Glacier** Climbing (BG) Mt Baker (USGS), Mt Baker-13(GT). Leader's Permission Required: Scott Shafer, (425) 770-6060 (s5/23-7/8) **SEA**

**7/9, Sat - Silver Star Mtn, Silver Star Glacier** Climbing (BA) Silver Star Mtn (USGS), Washington Pass-50(GT). Sign up with Leader: Jeff Panza, (206) 755-9962 (s3/28-7/6) **SEA**

**7/9, Sat - Cutthroat Peak, W Ridge** Climbing (BR) Washington Pass (USGS). Meet at TH at 6 AM. Leader's Permission Required: John Rollins, (206) 320-9726 (s5/15-6/15) **SEA**

**7/9-7/10, Sat-Sun - Sahale Peak, Quien Sabe Glacier** Climbing (BG) Cascade Pass (USGS), Cascade Pass-80(GT). Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-7/2) **TAC**

**7/9, Sat - North Sister (OR), S Ridge** Climbing (BG) Sign up with Leader: John Hazelton, (253) 566-1621(s6/8-7/1) **TAC**

**7/10, Sun - Dragontail Peak, Serpentine Arete** Climbing Cashmere Mtn (USGS), Chiwaukum Mtns-177(GT), Enchantment Lakes (USGS), Mt Stuart-209(GT). 0 mi, 8840'. Sign up with Leader: Jim

Nelson, (206) 329-1073 (s6/3-7/8) **SEA**

**7/10, Sun - Silver Tip Peak, SE Route** Climbing (BA) 0 mi, 6140'. Meet at Barlow Pass Parking Lot, Mtn Loop Hiway at 6:30 AM. Leader: Timmy Williams, (206) 235-6402 (s6/27-7/7) **SEA**

**7/10, Sun - Kangaroo Temple, N Face** Climbing (BR) Silver Star Mtn (USGS), Washington Pass (USGS). Sign up with Leader: Jeff Panza, (206) 755-9962 (s3/28-7/6) **SEA**

**7/10, Sun - North Early Winter Spire, South Face** Climbing (IR) Washington Pass (USGS). 5 mi, Meet at Blue lake th at 6 AM. Leader's Permission Required: John Rollins, (206) 320-9726 (s5/15-6/15) **SEA**

**7/10, Sun - South Early Winter Spire, S Arete** Climbing (BR) Washington Pass (USGS). Leader's Permission Required: Pete Ray, (206) 291-3217 (s2/1-7/1) **SEA**

**7/10, Sun - Middle Sister, Hayden Glacier** Climbing (BG) Sign up with Leader: John Hazelton, (253) 566-1621(s6/2-7/1) **TAC**

**7/11, Mon - Sharkfin Tower, E Face** Climbing (BR) Cascade Pass (USGS), Cascade Pass-80(GT). Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-7/4) **TAC**

**7/13-7/14, Wed-Thu - Forbidden Peak, W Ridge** Climbing (IR) Cascade Pass (USGS), Cascade Pass-80(GT), Diablo Dam-48(GT), Forbidden Peak (USGS). 0 mi, 8815'. Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-7/6) **TAC**

**7/14, Thu - South Early Winter Spire, S Arete** Climbing (BR) Washington Pass (USGS). Meet at Blue Lake Trail Head at 6 AM. Leader: Tord Kurthy, (425) 255-8940 (s6/1-7/12) **SEA**

**7/15-7/17, Fri-Sun - Forbidden Peak, W Ridge** Climbing (IR) Cascade Pass (USGS), Cascade Pass-80(GT), Diablo Dam-48(GT), Forbidden Peak (USGS). 0 mi, 8815'. Meet at Ash Way P&R at 5:30 AM. Sign up with Leader: Stephen Bobick, (425) 653-5526 (s6/1-7/10) **EVT**

**7/15-7/17, Fri-Sun - McMillan Spire, W Ridge** Climbing (BA) Meet at Ash Way P&R at 5:30 AM. Sign up with Leader: Jenni Schwegler, (425) 354-8179 (s5/1-5/18) **EVT**

**7/15-7/17, Fri-Sun - Mt Rainier, Emmons Glacier** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT), Sunrise (USGS). Leader's Permission Required: Patrick Chaffeur, (360) 481-4819 (s5/1-7/9) **OLY**

**7/15-7/18, Fri-Mon - Mt Rainier, DC Route** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT). Sign up with Leader: Joe Dumelin (s9/1-7/4) **SEA**

**7/15-7/16, Fri-Sat - Sahale Peak, Quien Sabe Glacier** Climbing (BG) Cascade Pass (USGS), Cascade Pass-80(GT). Meet at Marblemount RS at 7 AM. Leader: Paulo Albu-

querque, (253) 630-8283 (s1/17-7/1) **SEA**

**7/15, Fri - South Early Winter Spire, E Buttress Direct** Climbing (IR) Meet at Washington Pass Hairpin at 7 AM. Leader: Takeo Kuraishi, (425) 298-5872 (s6/13-7/8) **SEA**

**7/15-7/19, Fri-Tue - Mt Olympus, Blue Glacier** Climbing (BG) Mt Olympus (USGS). Sign up with Leader: Steve Craig, (206) 852-4611 (s2/16-7/8) **SEA**

**7/15, Fri - Ingalls Peak, SW Face** Climbing (BR) Mt Stuart (USGS), Mt Stuart-209(GT). 0 mi, 7662'. Meet at TH at 6 AM. Leader: Peter Heinz, (425) 898-1208 (s6/13-7/5) **SEA**

**7/15, Fri - Mt Torment, SW Face** Climbing (IR) Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-7/8) **TAC**

**7/16, Sat - Ingalls Peak, S Ridge** - Students Only Climbing (BR) Mt Stuart (USGS), Mt Stuart-209(GT). Leader's Permission Required: Richard Irwin, (360) 580-8694 (s7/1-7/14) **OLY**

**7/16-7/18, Sat-Mon - Tokaloo Spire, E Ridge** Climbing (BA) Leader's Permission Required: Dave Morgan, (206) 659-9833 (s6/20-7/13) **SEA**

**7/16-7/17, Sat-Sun - Sahale Peak, Quien Sabe Glacier** Climbing (BG) Cascade Pass (USGS), Cascade Pass-80(GT). Sign up with Leader: Randy Nelson, (206) 660-8866 (s3/28-7/13) **SEA**

**7/16-7/17, Sat-Sun - Matier, NW Face** Climbing (II) Meet at Squamish McDonalds at 11 AM. Leader: Mark Scheffer, (360) 805-6420, (s6/20-7/14) **SEA**

**7/16-7/18, Sat-Mon - Bonanza Peak, Mary Green Glacier** Climbing (IM) 0 mi, 6,300'. Sign up with Leader: John Bell, (206) 363-0899 (s1/27-1/27) **SEA**

**7/16, Sat - Slippery Slab Tower, NE Face** Climbing (BR) Scenic (USGS), Stevens Pass (USGS), Stevens Pass-176(GT). Meet at Park&Ride on Mercer Island at N Mercer Way at 5:30 AM. Leader: Mike Lawrence, (206) 935-0600 (s6/27-7/12) **SEA**

**7/16-7/17, Sat-Sun - Mt Buckner, N Face** Climbing (II) Cascade Pass (USGS), Cascade Pass-80(GT), McGregor Mtn-81(GT). 0 mi, 9114'. Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-7/9) **TAC**

**7/17-7/19, Sun-Tue - Mt Rainier, Emmons Glacier** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT), Sunrise (USGS). Sign up with Leader: Colt DeWolf, (206) 352-9113 (s7/4-7/11) **SEA**

**7/19-7/21, Tue-Thu - Glacier Peak, Disappointment Peak** Climbing (BG) Glacier Peak East (USGS), Glacier Peak West (USGS). Meet at Ash Way P&R at 5 AM. Sign up with Leader: Jenni Schwegler, (425) 354-8179 (s6/3-7/11) **EVT**

**7/21, Thu - Kangaroo Temple, N Face** Climbing (BR) Silver Star Mtn

(USGS), Washington Pass (USGS). Meet at Hairpin turn (more details later) at 6 AM. Leader: Tord Kurthy, (425) 255-8940 (s6/20-7/19) **SEA**

**7/22-7/25, Fri-Mon - The Grand Teton, Exum Ridge** Climbing (IR) 0 mi, 13770'. Sign up with Leader: Joe Dumelin (s11/2-11/3) **SEA**

**7/22-7/23, Fri-Sat - Mt Thompson, W Ridge** Climbing (IR) Chikamin Peak (USGS), Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). 0 mi, 6554'. Meet at Commonwealth TH at 4 PM. Leader's Permission Required: Peter Heinz, (425) 898-1208 (s6/20-7/14) **SEA**

**7/22-7/24, Fri-Sun - Primus Peak** Climbing (BG) Sign up with Leader: Steve Kleine, (253) 815-9054 (s6/13-7/11) **TAC**

**7/23-7/24, Sat-Sun - Eldorado Peak, Inspiration Glacier** Climbing (BG) Cascade Pass-80(GT), Diablo Dam-48(GT), Eldorado Peak (USGS). Sign up with Leader: Cebe Wallace, (206) 842-3409 (s6/27-7/22) **SEA**

**7/23-7/24, Sat-Sun - Mt Rexford, W Ridge** Climbing (BR) Meet at Abbotsford McDonalds at 9 AM. Leader's Permission Required: Matthew Mussallem, (604) 551-1670 (s4/10-7/17) **SEA**

**7/23-7/24, Sat-Sun - Sloan Peak, Corkscrew Route** Climbing (BA) Sloan Peak (USGS). Meet at Ash Way P&R at 7 AM. Leader: Tab Wilkins, (253) 468-8713 (s5/23-7/22) **SEA**

**7/23-7/24, Sat-Sun - Eldorado Peak, NE Face** Climbing (II) Leader's Permission Required: Jonathan Hawkins, (206) 915-3697 (s7/4-7/21) **SEA**

**7/23-7/24, Sat-Sun - Mt Baker, N Ridge** Climbing (II) Mt Baker (USGS), Mt Baker-13(GT). 0 mi, 10778'. Meet at TH at 5 AM. Leader's Permission Required: Jennifer Carter, (206) 940-2963 (s5/23-6/16) **SEA**

**7/23, Sat - The Temple, W Side** Climbing (BR) Liberty (USGS), Mt Stuart (USGS). Leader's Permission Required: Dave Morgan, (206) 659-9833 (s7/4-7/27) **SEA**

**7/23-7/24, Sat-Sun - Mt Baker, Coleman Glacier** Climbing (BG) Mt Baker (USGS), Mt Baker-13(GT). Sign up with Leader: John Bell, (206) 363-0899 (s1/27-1/27) **SEA**

**7/24-7/25, Sun-Mon - Mt Rainier, DC Route** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT). Meet at TBD at 6 AM. Leader: Carl Duester, (253) 565-4322 (s3/7-3/25) **TAC**

**7/26-7/27, Tue-Wed - Mt Baker, Coleman Glacier** Climbing (BG) Mt Baker (USGS), Mt Baker-13(GT). Meet at Glacier RS at 9 AM. Sign up with Leader: Mark Scheffer, (360) 805-6420, (s5/23-7/22) **SEA**

**7/27, Wed - Columbia Peak, W Spur** Climbing (BA) Blanca Lake (USGS). Meet at Ash Way P&R at 6 AM. Leader's Permission Required: Tab Wilkins, (253) 468-8713 (s5/23-

Continued on page 44

7/25) **SEA**

**7/28-7/30, Thu-Sat - Mt Rainier, Emmons Glacier** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT), Sunrise (USGS). Meet at MRNP White River CG at 6 AM. Leader: Cebe Wallace, (206) 842-3409 (s7/11-7/27) **SEA**

**7/29-7/31, Fri-Sun - Mt Rainier, DC Route** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT). Meet at Longmire at 7 AM. Members: \$43. Leader's Permission Required: John Mackey, (360) 379-3960 (s5/3-7/22) **KIT**

**7/29-7/31, Fri-Sun - Little Tahoma, E Shoulder** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT). Sign up with Leader: Jeff Panza, (206) 755-9962 (s3/31-3/31) **SEA**

**7/29-7/30, Fri-Sat - Mt Stuart, W Ridge** Climbing (IR) Mt Stuart (USGS), Mt Stuart-209(GT). 0 mi, 9415'. Meet at Issaquah P&R at 7 AM. Leader's Permission Required: Tab Wilkins, (253) 468-8713 (s5/23-7/28) **SEA**

**7/29-7/30, Fri-Sat - Mt Shuksan, Sulphide Glacier** Climbing (BG) Lake Shannon-46(GT), Mt Shuksan (USGS), Mt Shuksan-14(GT), Shuksan Arm (USGS). Meet at Baker Lake Road/Hwy 20 Intersection at 9 AM. Leader: Mark Scheffer, (360) 805-6420, (s5/3-7/27) **SEA**

**7/29-7/30, Fri-Sat - Eldorado Peak, Inspiration Glacier** Climbing (BG) Cascade Pass-80(GT), Diablo Dam-48(GT), Eldorado Peak (USGS). Meet at Marblemount RS at 7 AM. Leader: Paulo Albuquerque, (253) 630-8283 (s1/17-7/1) **SEA**

**7/30-7/31, Sat-Sun - Mt Baker, N Ridge** Climbing (II) Mt Baker (USGS), Mt Baker-13(GT). 0 mi, 10778'. Meet at Ash Way P&R at 6 AM. Sign up with Leader: Stephen Bobick, (425) 653-5526 (s6/1-7/24) **EVT**

**7/30, Sat - The Tooth, S Face** Climbing (BR) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). Meet at Martin Way P&R at 6:30 AM. Sign up with Leader: Heather Hansen, (360) 352-2701 (s2/26-7/26) **OLY**

**7/30-7/31, Sat-Sun - Mt Cruiser, SW Corner** Climbing (BR) Mt Skokomish (USGS), Mt Steel (USGS), Mt Steel-167(GT). Meet at Mud Bay park n ride at 7 AM. Sign up with Leader: Douglas Souliere, (360) 705-2654 (s2/10-6/30) **OLY**

**7/30-7/31, Sat-Sun - Mt Shuksan, Sulphide Glacier** Climbing (BG) Lake Shannon-46(GT), Mt Shuksan (USGS), Mt Shuksan-14(GT), Shuksan Arm (USGS). Sign up with Leader: Deling Ren, (425) 698-5753 (s7/14-7/14) **SEA**

**7/30-7/31, Sat-Sun - Three Fingers, W Route** Climbing (BR) Silverton-110(GT), Whitehorse Moun-

tain (USGS). Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-7/23) **TAC**

**7/31-8/1, Sun-Mon - Mt Shuksan, Sulphide Glacier** Climbing (BG) Lake Shannon-46(GT), Mt Shuksan (USGS), Mt Shuksan-14(GT), Shuksan Arm (USGS). Meet at tbd at 6 AM. Leader's Permission Required: Paul Gehlsen, (425) 488-9362 (s6/30-7/28) **EVT**

**8/4-8/7, Thu-Sun - Prusik/High Priest/Temple Combo** Climbing (IR) Enchantment Lakes (USGS). Sign up with Leader: Bruce Frank, (425) 298-5582 (s4/1-8/3) **SEA**

**8/5, Fri - Prusik Peak, W Ridge** Climbing (IR) Cashmere (USGS), Enchantment Lakes (USGS), Mt Stuart-209(GT). 0 mi, 8000'. Sign up with Leader: Bruce Frank, (425) 298-5582 (s4/1-4/1) **SEA**

**8/5-8/7, Fri-Sun - Mt Shuksan, Fisher Chimneys** Climbing (BG) Mt Shuksan (USGS), Mt Shuksan-14(GT), Shuksan Arm (USGS). Sign up with Leader: Jeff Panza, (206) 755-9962 (s3/28-8/2) **SEA**

**8/5-8/7, Fri-Sun - Mt Adams, Mazama Glacier** Climbing (BG) Mt Adams East (USGS), Mt Adams West (USGS), Mt Adams West-366(GT). Leader's Permission Required: Mike Warren, (206) 200-7388 (s8/4-8/4) **SEA**

**8/5-8/6, Fri-Sat - Forbidden Peak, W Ridge** Climbing (IR) Cascade Pass (USGS), Cascade Pass-80(GT), Diablo Dam-48(GT), Forbidden Peak (USGS). 0 mi, 8815'. Sign up with Leader: Julie Myer, (360) 870-1553 (s6/30-7/31) **TAC**

**8/6-8/7, Sat-Sun - Kangaroo Temple, N Face** Climbing (BR) Silver Star Mtn (USGS), Washington Pass (USGS). Meet at TH at 6:30 AM. Leader's Permission Required: Nicholas Mayo, (360) 568-7308 (s7/18-8/4) **EVT**

**8/6-8/9, Sat-Tue - Spickard & Redoubt, Combo** Climbing (BA) Meet at Ash Way P&R at 6 AM. Sign up with Leader: Stephen Bobick, (425) 653-5526 (s6/1-8/14) **EVT**

**8/6-8/14, Sat-Sun - Mt Olympus, Traverse** Climbing (BG) Meet at Port Angeles WIC at 9 AM. Leader's Permission Required: Dave Morgan, (206) 659-9833 (s7/25-8/17) **SEA**

**8/6-8/7, Sat-Sun - Dragontail Peak & Witches Tower, Combo** Climbing (BA) Meet at Lake Stuart trail head at 8 AM. Leader: Tord Kurthy, (425) 255-8940 (s7/4-8/4) **SEA**

**8/6-8/7, Sat-Sun - Mt Ruth-Icy Peak, Traverse** Climbing (BG) Mt Shuksan (USGS), Mt Shuksan-14(GT). Meet at Glacier RS at 9 AM. Leader: Mark Scheffer, (360) 805-6420, (s5/3-8/4) **SEA**

**8/6-8/7, Sat-Sun - Observation Rock, N Face** Climbing (II) Meet at Mowich Lake TH at 7 AM. Sign up with Leader: Frank Neumann, (425) 503-2803 (s6/15-7/30) **TAC**

**8/7, Sun - Kangaroo Temple, N Face** Climbing (BR) Silver Star Mtn (USGS), Washington Pass (USGS). Meet at Hair Pin Turn at 6 AM. Leader's Permission Required: Doug

Payne, (206) 551-9693 (s6/27-9/26) **SEA**

**8/12-8/14, Fri-Sun - Mt Rainier, DC Route** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT). Sign up with Leader: Jonah Jensen-Young (s7/15-8/4) **BEL**

**8/12-8/13, Fri-Sat - Sharkfin Tower & Sahale Peak, Combo** Climbing (BR) Cascade Pass (USGS), Cascade Pass-80(GT). Meet at TH at 5 AM. Sign up with Leader: Frank Neumann, (425) 503-2803 (s7/15-8/1) **TAC**

**8/12-8/13, Fri-Sat - Mt Cruiser, SW Corner** Climbing (BR) Mt Skokomish (USGS), Mt Steel (USGS), Mt Steel-167(GT). Sign up with Leader: Julie Myer, (360) 870-1553 (s7/1-8/8) **TAC**

**8/13, Sat - Kangaroo Temple, N Face** Climbing (BR) Silver Star Mtn (USGS), Washington Pass (USGS). Meet at tbd at 4 AM. Leader's Permission Required: Paul Gehlsen, (425) 488-9362 (s6/13-8/10) **EVT**

**8/13-8/14, Sat-Sun - Mt Thompson, W Ridge** Climbing (IR) Chikamin Peak (USGS), Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). 0 mi, 6554'. Leader's Permission Required: Colt DeWolf, (206) 352-9113 (s8/1-8/5) **SEA**

**8/13-8/14, Sat-Sun - Mt Adams, Mazama Glacier** Climbing (BG) Mt Adams East (USGS), Mt Adams West (USGS), Mt Adams West-366(GT). Sign up with Leader: Jeff Panza, (206) 755-9962 (s3/30-8/10) **SEA**

**8/13-8/14, Sat-Sun - Mt Shuksan, Sulphide Glacier** Climbing (BG) Lake Shannon-46(GT), Mt Shuksan (USGS), Mt Shuksan-14(GT), Shuksan Arm (USGS). Meet at TDB at 6 AM. Leader: Peter Heinz, (425) 898-1208 (s7/5-8/2) **SEA**

**8/13, Sat - Liberty Bell, SW Face** Climbing (IR) Washington Pass (USGS). 0 mi, 7720'. Leader's Permission Required: Jennifer Carter, (206) 940-2963 (s7/13-8/6) **SEA**

**8/13, Sat - The Tooth, S Face** Climbing (BR) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). Sign up with Leader: Bill Wood, (206) 255-2723 (s7/28-7/28) **TAC**

**8/13, Sat - South Early Winter Spire, S Arete** Climbing (BR) Washington Pass (USGS). Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-8/6) **TAC**

**8/14, Sun - Liberty Bell, SW Face** Climbing (IR) Washington Pass (USGS). 0 mi, 7720'. Sign up with Leader: Michael Delmonte, (253) 862-2785 (s4/23-8/7) **TAC**

**8/15, Mon - Mt Baker, N Ridge** Climbing (II) Mt Baker (USGS), Mt Baker-13(GT). 0 mi, 10778'. Leader: Edward Palushock, (206) 223-5565 (s8/1-8/10) **SEA**

**8/19-8/22, Fri-Mon - Matier, NW Face** Climbing (II) Sign up with Leader: Sean Ardussi, (206) 397-7155 (s8/1-8/12) **SEA**

**8/19, Fri - Liberty Bell, SW Face** Climbing (IR) Washington Pass

(USGS). 0 mi, 7720'. Meet at Blue Lake TH at 6:30 AM. Sign up with Leader: Mark Scheffer, (360) 805-6420, (s7/25-8/17) **SEA**

**8/20, Sat - Cutthroat Peak, SE Buttress** Climbing (IR) Washington Pass (USGS). 0 mi, 8050'. Meet at Ash Way P&R, Lynnwood at 5:30 AM. Sign up with Leader: Stephen Bobick, (425) 653-5526 (s8/1-8/14) **EVT**

**8/20, Sat - Liberty Bell, SW Face** Climbing (IR) Washington Pass (USGS). 0 mi, 7720'. Sign up with Leader: Dwayne Campogan, (206) 853-7324 (s6/3-6/4) **EVT**

**8/20-8/21, Sat-Sun - Sloan Peak, Corkscrew Route** Climbing (BA) Sloan Peak (USGS). Meet at I-5/Martin Way park-n-ride at 7 AM. Sign up with Leader: Jeff Foster, (360) 491-3325 (s6/1-8/18) **OLY**

**8/20, Sat - The Tooth, S Face** Climbing (BR) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). Sign up with Leader: Bruce Towhey, (360) 426-0904 (s7/11-8/18) **OLY**

**8/20-8/21, Sat-Sun - Mt Rainier, Emmons Glacier** Climbing (BG) Mt Rainier East (USGS), Mt Rainier East-270(GT), Mt Rainier West (USGS), Mt Rainier West-269(GT), Sunrise (USGS). Meet at Paradise at 9 AM. Leader's Permission Required: Wesley Cooper, (206) 229-4101 (s8/1-8/14) **SEA**

**8/20, Sat - Dewey Peak** Climbing (BA) 7.5 mi, 3,100'. Meet at Close by Chinook pass, Details to come. at 6 AM. Leader: Tord Kurthy, (425) 255-8940 (s7/18-8/18) **SEA**

**8/20-8/22, Sat-Mon - Mt Stuart, N Ridge** Climbing (IR) Mt Stuart (USGS), Mt Stuart-209(GT). 0 mi, 9415'. Meet at Longs Pass/Ingalls Lake TH at 7:30 AM. Sign up with Leader: Chris Dessert, (206) 769-2387 (s6/3-8/19) **SEA**

**8/20, Sat - South Early Winter Spire, S Arete** Climbing (BR) Washington Pass (USGS). Meet at Blue Lake TH at 7 AM. Sign up with Leader: Deling Ren, (425) 698-5753 (s7/18-8/19) **SEA**

**8/20, Sat - Silver Star Mtn, Silver Star Glacier** Climbing (BA) Silver Star Mtn (USGS), Washington Pass-50(GT). Meet at Cutthroat Lake TH at 6 AM. Sign up with Leader: Mark Scheffer, (360) 805-6420, (s5/3-8/17) **SEA**

**8/21, Sun - South Early Winter Spire, W Face/SW Rib** Climbing (IR) 5 mi, 0'. Meet at Blue Lake TH at 6 AM. Sign up with Leader: Stephen Bobick, (425) 653-5526 (s8/21-8/21) **EVT**

**8/21, Sun - South Early Winter Spire, S Arete** Climbing (BR) Washington Pass (USGS). Meet at Blue Lake TH at 7 AM. Leader: Mark Scheffer, (360) 805-6420, (s5/3-8/17) **SEA**

**8/21, Sun - Liberty Bell, SW Face** Climbing (IR) Washington Pass (USGS). 0 mi, 7720'. Meet at Blue Lake TH at 7 AM. Sign up with Leader: Deling Ren, (425) 698-5753 (s5/17-8/19) **SEA**

**8/23, Tue - The Tooth, S Face** Climbing (BR) Snoqualmie Pass



(USGS), Snoqualmie Pass-207(GT). Meet at snow lake TH at 6:30 AM. Leader: Mark Scheffer, (360) 805-6420, (s8/1-8/21) [SEA](#)

**8/27, Sat - Eldorado Peak, Inspiration Glacier** Climbing (BG) Cascade Pass-80(GT), Diablo Dam-48(GT), Eldorado Peak (USGS). Meet at Eldorado TH at 4 AM. Leader's Permission Required: Dave Morgan, (206) 659-9833 (s7/18-8/10) [SEA](#)

**8/27-8/28, Sat-Sun - Mt Stuart, N Ridge** Climbing (IR) Mt Stuart (USGS), Mt Stuart-209(GT). 0 mi, 9415'. Meet at TH at 6 AM. Leader's Permission Required: Rich Draves, (206) 669-3405 (s5/25-8/24) [SEA](#)

**8/27-8/28, Sat-Sun - Dragontail Peak, Serpentine Arete** Climbing Cashmere Mtn (USGS), Chiwaukum Mtns-177(GT), Enchantment Lakes (USGS), Mt Stuart-209(GT). 0 mi, 8840'. Leader's Permission Required: Pete Ray, (206) 291-3217 (s7/15-8/25) [SEA](#)

**9/1, Thu - Yellowjacket Tower, E Flank** Climbing (BR) Leavenworth (USGS), Leavenworth-178(GT). Meet at Turnout on Icicle creek road (more detail to come) at 6 AM. Leader: Tord Kurthy, (425) 255-8940 (s8/8-8/30) [SEA](#)

**9/3-9/5, Sat-Mon - Mesahchie Peak, Mesahchie Icefall Couloir** Climbing (II) Mt Arriva (USGS), Mt Logan (USGS). 0 mi, 8975'. Meet at Ash Way P&R at 6 AM. Sign up with Leader: Stephen Bobick, (425) 653-5526 (s6/1-8/28) [EVT](#)

**9/3-9/5, Sat-Mon - Prusik Peak, W Ridge** Climbing (IR) Cashmere (USGS), Enchantment Lakes (USGS), Mt Stuart-209(GT). 0 mi, 8000'. Leader's Permission Required: Pete Ray, (206) 291-3217 (s8/15-9/1) [SEA](#)

**9/10-9/11, Sat-Sun - Mt Stuart, N Ridge** Climbing (IR) Mt Stuart (USGS), Mt Stuart-209(GT). 0 mi, 9415'. Sign up with Leader: Pete Ray, (206) 291-3217 (s1/20-1/21) [SEA](#)

**9/10, Sat - High Priest, N Face** Climbing (BR) Leavenworth-178(GT), Liberty (USGS), Liberty-210(GT), Mt Stuart (USGS). Meet at Snow Lakes TH at 5 AM. Leader's Permission Required: Dave Morgan, (206) 659-9833 (s8/15-9/7) [SEA](#)

**9/10, Sat - Kangaroo Temple, NW Face** Climbing (IR) Silver Star Mtn (USGS), Washington Pass (USGS). 0 mi, 7752'. Meet at Haripin Turn, SR-20 at 6:30 AM. Leader: Timmy Williams, (206) 235-6402 (s8/29-9/8) [SEA](#)

**9/10-9/11, Sat-Sun - Mt Daniel, Lynch Glacier** Climbing (BG) Mt Daniel (USGS), Stevens Pass-176(GT), The Cradle. Leader: Michael Delmonte, (253) 862-2785 (s5/7-9/2) [TAC](#)

Slip D-38 at 6 PM. Leader: Bill Ashby, (206) 852-3008, wsashby@earthlink.net (s7/12-7/27) [SEA](#)

**8/21, Sun - Shilshole Marina - BA** Sailing Leader: Bill Ashby, (206) 852-3008, wsashby@earthlink.net (s8/8-8/19) [SEA](#)

**8/28, Sun - Shilshole Marina - BA** Sailing Meet at Shilshole Marina Slip D-38 at 9 AM. Leader: Bill Ashby, (206) 852-3008, wsashby@earthlink.net (s8/15-8/26) [SEA](#)

## scrambling

**7/1-7/3, Fri-Sun - Oval and Star Peaks** Alpine Scrambling (S5T3) Hoodoo Peak (USGS), Oval Peak (USGS), Prince Creek (USGS). Leader's Permission Required: Fritz Klein, (206) 527-1836 (s6/6-6/28) [SEA](#)

**7/2, Sat - Barrier & Governors Ridge, Owyhigh Lakes TH., 6521' & 6614** Alpine Scrambling (S4T5) Chinook Pass (USGS), White River Park (USGS). 12 mi, 5000'. Meet at Safeway parking lot, College St. & Yelm Highway at 6 AM. Sign up with Leader: Jeff Foster, (360) 491-3325 (s5/1-6/30) [OLY](#)

**7/2, Sat - Mailbox Peak, 4841** Alpine Scrambling Chester Morse Lake (USGS). 7 mi, 4050'. Sign up with Leader: Craig S. (s4/2-7/1) [SEA](#)

**7/2, Sat - South Ingalis Peak, 7640** Alpine Scrambling (S4T3) Mt Stuart-209(GT). 11 mi, 3600'. Meet at See leader notes at 8 AM. Leader: Mike Sweeney, (425) 417-3081 (s6/20-6/30) [SEA](#)

**7/6, Wed - Banana Ridge ~ 5200** Alpine Scrambling (S3T3) Bandera (USGS). 8 mi, 4000'. Meet at Exit 20 at 4:30 PM. Leader: Richard Burt, (206) 632-8117, (s6/27-7/4) [SEA](#)

**7/8-7/10, Fri-Sun - Adams, South Spur, 12276'** Alpine Scrambling (S5T4) Mt Adams East (USGS), Mt Adams West (USGS). 14 mi, 6600'. Sign up with Leader: Adrienne Doman (s6/1-7/2) [OLY](#)

**7/9, Sat - Mt Ruth (Mt Rainier NP), 8690** Alpine Scrambling (S5T2) Sunrise (USGS). 10 mi, 4500'. Meet at Wilburton Park&Ride (I-405 & SE 8th St, Bellevue) at 6 AM. Sign up with Leader: Brian Booth, (206) 783-0409 (s6/29-7/8) [EVT](#)

**7/9, Sat - Goat Island Mtn (Mt. Rainier), 7301** Alpine Scrambling (S3T3) Mt Rainier East-270(GT), Sunrise (USGS), White River Park (USGS). 13 mi, 3500'. Meet at see leader notes at 8 AM. Leader: Mike Sweeney, (425) 417-3081 (s6/27-7/7) [SEA](#)

**7/10, Sun - Foss Peak, Unicorn Creek** Alpine Scrambling (S3T2) Mt Rainier East (USGS). 4 mi, 1900'. Meet at Martin Way P&R at 7 AM. Sign up with Leader: Curt Rosler,

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## hiking

**7/9, Sat - Stevens Canyon Trail by Mt. Rainier** Hiking (M) 6.6 mi, 2267'. Sign up with Leader: Jim French, (360) 754-6551 (s6/6-7/7) [OLY](#)

**7/9, Sat - Lake George - Rainier** Hiking (M) 10 mi, 1500'. Meet at West Side Road at 9 AM. Leader: Robert Michelson, (206) 363-6035 (s6/28-7/7) [SEA](#)

## naturalists

**7/17, Sun - Scatter Creek, Wenatchee Mountains** Naturalists (MS) Chiwaukum Mtns (USGS). 5-9 mi, 2880'. Meet at Scatter Creek TH at 9 AM. Sign up with Leader: Stewart Hougren, (206) 528-5899, (s7/1-7/11) [SEA](#)

## sailing

**7/8, Fri - Shilshole - STYC & CYC Summer Race Series** Sailing 5 nautical miles mi, 0'. Meet at Shilshole Marina Slip D-38 at 6 PM. Leader: Bill Ashby, (206) 852-3008 (s6/21-7/7) [SEA](#)

**7/14, Thu - Shilshole Marina - BA** Sailing Meet at Shilshole Marina Slip D-38 at 6 PM. Leader: Bill Ashby, (206) 852-3008 (s6/28-7/12) [SEA](#)

**7/19, Tue - Shilshole Marina - BA** Sailing Meet at Shilshole Marina Slip D-38 at 6 PM. Leader: Bill Ashby, (206) 852-3008 (s7/5-7/18) [SEA](#)

**7/28, Thu - Shilshole Marina - BA** Sailing Meet at Shilshole Marina

## scrambling

(360) 438-5610 (s5/10-7/7) **OLY**  
**7/15-7/17, Fri-Sun - Adams, South Spur, 12276'** Alpine Scrambling (S5T4) Mt Adams East (USGS), Mt Adams West (USGS). 14 mi, 6600'. Sign up with Leader: Adrienne Do-

man (s6/1-7/2) **OLY**  
**7/16, Sat - Mt Stickney, 5367'** Alpine Scrambling Mt Stickney (USGS). 11 mi, 4000'. Meet at See Leader Notes at 8 AM. Leader: Mike Sweeney, (425) 417-3081 (s7/4-7/14) **SEA**

**7/17, Sun - Stevens Peak (Mt. Rainier), 6510** Alpine Scrambling (S4T4) Mt Rainier East (USGS), Tatoosh Lakes (USGS). 10 mi, 4000'. Meet at Snow & Bench TH at 6:30 AM. Leader: Chuck Powrie, (425) 333-0535 (s7/5-7/14) **SEA**

**7/17, Sun - Hidden Lake Peak 7088** Alpine Scrambling Diablo Dam-48(GT), Eldorado Peak (USGS). 9 mi, 3300'. Meet at Ash Way P&R at 6 AM. Leader: Tab Wilkins, (253) 468-8713 (s5/23-7/15) **SEA**

**7/20, Wed - McClellans Butte, 5162** Alpine Scrambling (S3T3) Bandera (USGS). 8 mi, 3500'. Meet at Highpoint - Exit 20 at 4:30 PM. Leader: Pete McCormick, (425) 822-0128 (s7/11-7/18) **SEA**

**7/22-7/23, Fri-Sat - Brothers, 6866** Alpine Scrambling (S5T4) The Brothers (USGS). 17 mi, 6200'. Leader: Craig S. (s7/5-7/21) **SEA**

**7/23, Sat - Spark Plug, 6311** Alpine Scrambling (S4T4) Scenic (USGS). 10 mi, 4200'. Meet at See Leader Notes at 8 AM. Leader: Mike Sweeney, (425) 417-3081 (s7/11-7/21) **SEA**

**7/30, Sat - Castle & First Mother, 6116' & 6540'** Alpine Scrambling (S2T3) Mowich Lake (USGS). 5 mi, 1750'. Sign up with Leader: Barbara Silverstein, (360) 867-9010 (s2/28-7/28) **OLY**

**8/3, Wed - Rock-Thunder, 5360+** Alpine Scrambling (S2T4) Snoqualmie Pass (USGS). 8 mi, 2700'. Meet at Exit 20 at 4:30 PM. Leader: Richard Burt, (206) 632-8117 (s7/25-8/2) **SEA**

**8/4-6/6, Thu-Mon - Snowking, 7433** Alpine Scrambling (S5T4) Snowking Mtn (USGS), Sonny Boy Lakes (USGS). 10 mi, 5400'. Meet at SE8th Park and Ride, Bellevue, WA at 7 AM. Sign up with Leader: Justin McClellan, (360) 888-4932 (s5/1-8/1) **TAC**

**8/5-8/6, Fri-Sat - Mt Daniel, 7986** Alpine Scrambling (S5T4) Mt Daniel (USGS), The Cradle. 16 mi, 5200'. Meet at Deep Lk TH at 8 AM. Leader: Mike Sweeney, (425) 417-3081 (s7/25-8/3) **SEA**

**8/6, Sat - Chutla, Eagle & Wahpenayo, 6000, 5955 & 6231** Alpine Scrambling (S4T4) Mt Rainier West (USGS), Wahpenayo Peak (USGS). 10 mi, 4500'. Leader: Craig S. (s7/18-8/5) **TAC**

**8/7, Sun - Mt Angeles** Alpine Scrambling (S2T2) Mt Angeles

(USGS). 6 mi, 1924'. Meet at Mud Bay P&R at 6 AM. Sign up with Leader: Curt Rosler, (360) 438-5610 (s5/10-8/4) **OLY**

**8/7, Sun - Denman, Lane, Pin-nacle & Plummer, 6006, 6012, 6562 & 6300** Alpine Scrambling (S3T5) Mt Rainier East (USGS), Mt Rainier West (USGS). 9 mi, 3500'. Leader: Craig S. (s7/19-8/5) **TAC**

**8/13, Sat - Denman, Lane & Plummer, 6006, 6012 & 6300** Alpine Scrambling (S3T4) Mt Rainier East (USGS), Mt Rainier West (USGS). 8 mi, 2800'. Meet at Martin Way P&R at 7 AM. Sign up with Leader: Barbara Silverstein, (360) 867-9010 (s3/1-8/11) **OLY**

**8/13, Sat - Baring, 6125** Alpine Scrambling (S4T5) Baring (USGS). 7 mi, 3900'. Leader: Craig S. (s7/25-8/12) **SEA**

**8/13, Sat - Mastiff, 6741'** Alpine Scrambling Mt Howard (USGS). 10 mi, 3800'. Meet at Merritt Lake TH at 8 AM. Leader: Mike Sweeney, (425) 417-3081 (s8/1-8/11) **SEA**

**8/14, Sun - Bryant & Hemlock, 5801 & 5560** Alpine Scrambling (S3T4) Snoqualmie Lake (USGS). 8 mi, 3900'. Leader: Craig S. (s7/25-8/12) **SEA**

**8/20, Sat - Sperry & Vesper, 6000 & 6214** Alpine Scrambling (S5T4) Bedal (USGS), Silverton (USGS). 10 mi, 5800'. Leader: Craig S. (s8/1-8/19) **SEA**

**8/20, Sat - Fernow, 6190** Alpine Scrambling (S4T5) Captain Point (USGS), Scenic (USGS). 7 mi, 4800'. Leader: Mike Sweeney, (425) 417-3081 (s8/8-8/17) **SEA**

**8/27, Sat - Chikamin, 7000** Alpine Scrambling (S5T4) Chikamin Peak (USGS), Polallie Ridge (USGS). 18 mi, 0'. Leader: Craig S. (s8/8-8/26) **SEA**

**9/3, Sat - Crater Mtn, 8123** Alpine Scrambling (S5T5) Crater Mtn (USGS). 19 mi, 6200'. Meet at Crater Mt TH at 7 AM. Sign up with Leader: Mark Scheffer, (360) 805-6420 (s8/1-9/1) **SEA**

**9/3, Sat - Maude & Seven Fingered Jack, 9082 & 9077** Alpine Scrambling (S5T4) Trinity (USGS). 20 mi, 8500'. Leader: Craig S. (s8/15-9/2) **SEA**

**9/9-9/18, Fri-Sun - Pasayten Outing** Alpine Scrambling 55 mi, 0'. Sign up with Leader: Jeff Panza, (206) 755-9962 (s3/30-3/31) **SEA**

**9/10, Sat - Witches Tower, S. Face, 8520'** Alpine Scrambling (S5T5) Enchantment Lakes (USGS). 16 mi, 5100'. Leader: Craig S. (s8/22-9/9) **SEA**

## sea kayaking

**7/2, Sat - Chuckanut Bay** Sea Kayaking (II+) Leader: Ginger Stackpole, (360) 794-1736, ginger.stackpole@gmail.com (s5/17-6/30) **EVT**

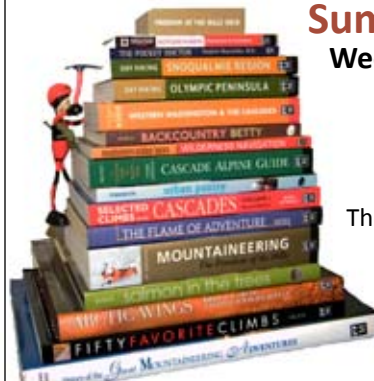
**7/22-7/23, Fri-Sat - Blake Island Overnight** Sea Kayaking (II+) Sign up with Leader: Alice Laird, (253) 856-1016, alboblaird@msn.com (s3/29-5/24) **SEA**

**7/23, Sat - Hood Canal-Potlatch State Park** Sea Kayaking (II+) Nautical Chart 18445 Page E (NOAA), South Hood Canal and Dabob Bay- WA201 (SeaTrails). Meet at Potlatch State Park at 10 AM. Sign up with Leader: Vern Brown, (360) 626-3963, vern@vernbrown.com (s4/8-7/15) **TAC**

**7/30, Sat - Port Townsend** Sea Kayaking (II) 6.5 nm mi, Sign up with Leader: Vern Brown, (360) 626-3963, vern@vernbrown.com (s6/15-7/23) **TAC**

## Watch for our 2011-2012 Course Guide in the next Mountaineer

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# open to all (members and guests via registration)

## climbing

**7/8-12/31, Fri-Sat - Alpine First Aid (AFA) Course - Seattle**  
Leader: Mary Panza, (206) 755-1254 (s12/1-10/31) **SEA**

**7/9-7/10, Sat-Sun - AFA Wilderness First Aid (RMI) - Seattle (Fee)** ClimbingMeet at Mountaineers Program Center at Magnuson Park at 7:45 AM. Members: \$125, Non-members: \$175. Leader: Mary Panza, (206) 755-1254 (s3/1-7/6) **SEA**

**7/14, Thu - AFA Scenarios - Seattle (Responder)** Meet at Mountaineers building at 6:30 PM. Leader: Jeff Panza, (206) 755-9962 (s3/1-7/11) **SEA**

**9/3-9/6, Sat-Tue - AFA Wilderness First Aid (RMI) Tacoma** Meet at Tacoma Program Center at 7:45 AM. Members: \$150, Non-members: \$200. Leader: Marty Babare, (253) 756-5576 (s4/27-9/1) **TAC**

**9/10-9/11, Sat-Sun - Sport Climbing Course - Everett** Meet at Magnuson Park at 8 AM. Members: \$125, Non-members: \$125. Leader's Permission Required: Damien Scott, (218) 234-9054 (s8/1-9/1) **EVT**

**9/10-9/11, Sat-Sun - AFA Wilderness First Aid (RMI) - Seattle (Fee)** Meet at Mountaineers Program Center at 7:45 AM. Members: \$125, Non-members: \$175. Leader: Mary Panza, (206) 755-1254 (s5/1-9/7) **SEA**

Go to [www.mountaineers.org](http://www.mountaineers.org) for an updated list of all courses and events

## conservation

**8/22-23, Mon-Tue - Leave No Trace Trainer Certification Course for Teens FREE** for up to 10 participants. Contact Sarahk@mountaineers.org for more details.

## hiking

**7/1-10/15, Fri-Sat - PCT Series** Hiking Members: \$50. Leader's Permission Required: Monty Pratt, (206) 718-8812 (s1/12-5/31) **FH**

**7/19, Tue - Edmonds Historic District, Historic houses and sites** Retired Rovers Meet at Edmonds City Pk, 3dr Ave. & Howelll at 10 AM. Sign up with Leader: Nedra Slauson, (425) 771-4532 (s7/1-7/18) **SEA**

**7/21, Thu - Beginning Hiking Seminar - Getting Started** Hiking Meet at Mountaineers Program Center at 6:30 PM. Leader: Michael Arriaga (s6/17-7/21) **SEA**

**7/25, Mon - Carkeek Park Art Walk** Retired Rovers 3 mi. Meet at NW 100th Place and 6th Ave NW at 10:30 AM. Leader: David Swierkos, (206) 402-5962 (s7/1-7/24) **SEA**

**8/2, Tue - Introduction to Hiking & Backpacking - Tacoma Branch** Hiking Meet at Tacoma Clubhouse 2302 N. 30th Street at 6:45 PM. Members: \$5, Non-members: \$5. Leader: Amy Mann, (253) 759-2796 (s1/1-8/2) **TAC**

**8/18, Thu - Beginning Hiking Seminar - Getting Started** Hiking Meet at Mountaineers Program Center at 6:30 PM. Leader: Michael Arriaga (s7/22-8/18) **SEA**

## naturalists

**9/1-9/30, Thu-Fri - Naturalists Study Group - Seattle** Members: \$35, Non-members: \$60. Leader's Permission Required: Cynthia Lukus, (206) 439-2136 (s9/7-9/30) **SEA**

## navigation

**7/20, Wed - Intro To Map & Compass - Getting Started** Meet at Seattle Program Center at Magnuson Park at 6:30 PM. Members: \$10, Non-members: \$15. Leader: Bill Ashby, (206) 852-3008 (s6/22-7/18) **SEA**

**8/17, Wed - Intro To Map & Compass - Getting Started** Meet at Seattle Program Center at Magnuson Park at 6:30 PM. Members: \$10, Non-members: \$15. Leader: Bill Ashby, (206) 852-3008 (s7/27-8/15) **SEA**

**9/1-9/10, Thu-Sat - Basic Navigation - Tacoma - Getting Started (M)** Meet at Tacoma Clubhouse at 7 PM. Members: \$55, Non-members: \$85. Leader: Susan Kelley, (253) 952-2770 (s1/1-8/25) **TAC**

## sea kayaking

**8/27, Sat - Don Beale Paddle making workshop** Sea Kayaking Members: \$120, Non-members: \$135. Leader's Permission Required: Vern Brown, (360) 626-3963 (s3/15-6/1) **TAC**

# prerequisites (courses & seminars)

## climbing

**7/2, Sat - Advanced Alpine Rock Course - Seattle** Meet at Mountaineers Program Center at 8 AM. Sign up with Leader: Chris Dessert, (206) 769-2387 (s5/1-6/1) **SEA**

**7/9-7/10, Sat-Sun - Olympia Intermediate Rock Field Trip II, Leavenworth (IR)** Leader's Permission Required: James Pierson, (970) 903-8832 (s5/14-7/6) **OLY**

**7/9-7/10, Sat-Sun - Advanced Alpine Rock Course - Seattle** Various climbing locations at 8 AM. Sign up with Leader: Chris Dessert, (206) 769-2387 (s5/1-6/1) **SEA**

**7/9-7/10, Sat-Sun - AFA Wilderness First Aid (RMI) - Seattle (Compensated)** Meet at Mountaineers Program Center at 7:45 AM. Leader: Jeff Panza, (206) 755-9962 (s3/1-7/5) **SEA**

**7/10, Sun - Intermediate Alpine Ice 1 Field Trip (Mt. Baker)** Leader: Gene Yore, (206) 443-9393 (s6/1-7/6) **SEA**

**7/19, Tue - Intermediate Alpine Ice Lecture** Meet at MPC Goodman Hall at 6:30 PM. Sign up with Leader: Terry Brenneman (s6/1-7/19) **EVT**

**7/23-7/24, Sat-Sun - Advanced Alpine Rock Course - Seattle** Various Climbing Locations at 8 AM. Sign up with Leader: Chris Dessert, (206) 769-2387 (s5/1-6/1) **SEA**

**7/23, Sat - Intermediate Alpine Ice 1 Field Trip (Mt. Baker)** Leader: Steve Biem, (253) 394-3864, (s6/1-7/20) **SEA**

**7/24, Sun - Intermediate Alpine Ice 1 Field Trip (Mt. Baker)** Leader: Steve Biem, (253) 394-3864 (s6/1-7/13) **SEA**

**8/6-8/8, Sat-Mon - Advanced Alpine Rock Course - Seattle** Various climbing locations at 8 AM. Sign up with Leader: Chris Dessert, (206) 769-2387 (s5/1-6/1) **SEA**

come learn – course/seminars



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