

# Mountaineer

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

## HIKING

Fall is prime time  
to hit NW trails

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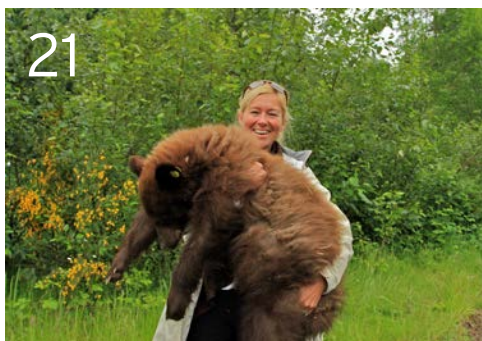
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Sept/Oct 2013 » Volume 107 » Number 5

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



the *Mountaineer* uses . . .



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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 set a date to meet The Mountaineers? Check the Branching Out section of the magazine (page 32) for times and locations of informational meetings at each of our seven branches.

**On our cover:** Tyler Mitchell, professional outdoor photographer, catches a hiker showered by the sun on Yellow Aster Butte in the North Cascades.

## Financial fruits of our hard work are being seen

**As you read this,** I will be approaching the end of my four-month tenure as interim executive director and Martinique Grigg will be returning from maternity leave to retake the helm with her much-missed effervescence, optimism and vision.

I'm pleased to be writing the "Tying In" piece for this issue because as director of finance and operations, I can share with you a first-hand view of how far The Mountaineers has come financially and how bright our financial picture is due to bold, vision-based actions taken by the board of directors and executive leaders during a three-year turnaround plan culminating this fiscal year.

Built on the foundation of hard work from 2010 to 2012, we are outperforming many of our three-year estimates. Following are just some of the advances in the past 12 months that have accelerated our financial turnaround as we look toward 2017 and beyond.

- **Fundraising:** We saw significant growth in fundraising and community awareness due to the popularity of Peak Society and the success of EVEREST 50, our first fundraising event. We also continued to receive significant support for new programs from REI Foundation, Eddie Bauer, Mountaineers Foundation and the National Forest Foundation.

- **Community Engagement:** We expanded our community by exceeding 10,000 members, developing a presence on social media platforms, and growing our conservation *Currents* e-newsletter subscriber base 75 percent to over 14,000 subscribers. Our prominence in the outdoor recreation community increased with partnerships on the Vantage Toilet Fund project and with 5,000 volunteer hours of stewardship work at trails, lookouts and climbing crags.

- **Technology Development:** We are deep into implementing our technology project.

- **Youth Programs:** We significantly increased the impact of our youth programs, achieving five-year goals in just three years. Our Mountain Workshops, Teen Program and Summer Day Camps—guided by new staff members—have initiated new community partnerships with youth organizations and have allowed us to expand youth programs to the Tacoma and Kitsap branches.

**The results are nothing short of exceptional.** We expect to continue the trend and finish the fiscal year stronger than planned with a surplus in operating income, outperforming both our budget and the three-year plan.

In the coming year, we are focused on implementing programs and projects to further strengthen our organization, with a focus on developing volunteer infrastructure, launching a new technology platform and website, expanding youth programs and implementing a membership and marketing strategy to grow our community. It's an exciting time to be a Mountaineer, with a bright and solid future ahead of us all.



Leann Arend  
Director of Finance and Operations



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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# It's true: goodbye is the hardest word to say

**On a Saturday evening** in Seattle's Fremont neighborhood, I am standing outside in the rain at the entry to a parking lot. I see across the block my fellow staffers, Jeff and Vito, guiding guests into their assigned parking lots for our Mountaineers event, but not just any event. It is Everest 50. It is about Jim Whittaker and Tom Hornbein and all that is glorious about American mountaineering, especially the inspiration it provides anyone who feels the tug of outdoor adventure in their veins.

I am seeing faces of all kinds, and I am seeing many of them in attire that I otherwise would never see a Mountaineer in—ties, suits, dresses, oxfords, heels, dressy overcoats and not a shadow of just coming off the trail or mountain, barring one or two.

I finally capitulate to my umbrella and as soon as I do, one of the incoming guests says with a wry smile, "What's that for?"

At this point many of the faces I see passing are mysteries. I am too busy making sure guests have a stall in which to park next to the event venue, Fremont Studios.

After the parking lot fills, I relegate my umbrella to sheltering some of the guests as I walk them to the building's entry, where I see more fellow staffers—Sarah and Shauna—welcoming each guest, taking their hats and coats at check-in.

A couple hours later I am inside the Fremont Studios auditorium where I am assigned as a "runner" for our Mountaineers "raise the paddle" fundraiser. In the faint light that a big panoramic screen provides, I see another fellow staffer darting to and fro between a hundred guest-filled tables and making contortions reminiscent of a competitor in the TV show, *Wipeout*. Chris then scampers with nary a sound through a door to the lobby where records of our guests' gracious donations are documented.

Some of these guests start to become less mysterious to me now that I am out of the parking lot and introductions are made on stage—Jake Norton, Brent Bishop, Robert F. Kennedy, Jr. among them. A face in the milieu of those raising their paddles, Eddie Vedder, was not mysterious at all; I only wished he had parked in my assigned lot so that I could at least say, "Hey, Eddie," and perhaps shake his hand. I see some that I recognized when they parked, including the Honorable Daniel J. Evans, our former governor who sat near Jay Inslee, our current governor.

When the event ended, about 11 p.m., I slumped into a chair in the lobby for respite after being on my feet the entire time. The sense of what had just happened began to fill my consciousness.

Our staff—on their own free time—and 33 volunteers from our membership ranks, on their free time, pulled off an extravaganza unprecedented for The Mountaineers. And with aplomb.

**We turned a corner in our history** with Everest 50. It was more grand, more entertaining, more inclusive and more productive for our educational programs than any banquet, film production or wing-ding ever hosted by The Mountaineers—especially any I have attended or covered as The Mountaineers' managing editor for nearly 20 years.

The spirit and dedication of our staff and volunteers have never wavered over my precious time here, whether we were moving to our new program center a few years ago, presenting OutdoorsFEST, an annual banquet, a Banff film production or a gear swap. However, on the evening of April 20 in Fremont when achievements of yet a greater sort were being duly celebrated, I noticed something. The volunteer and staff commitment had strengthened. It strode lockstep toward a destination and a vision of what we can be in our next 100 years.

As I ruminate on the verve and spirit that drove Whittaker and Hornbein to the top of the world, I can't help but think how common the will to pull off the unprecedented is throughout our Mountaineers membership. I know it is this contagious *esprit de corps* that has kept me coming to work each day and kept my head from falling on the keyboard as I crossed the final "t" and dotted the final "i" of a *Mountaineer* magazine at 2 a.m. so that it could make press on time.

I couldn't have sustained my effort and commitment to my work without the humble yet glaring dedication and commitment of all of you who take your time from work and family to devote your energies and expertise to something else you love—the outdoors and The Mountaineers. You were my fuel, each of my 19 years.

**I have worked for no better cause** professionally than The Mountaineers. I am proud of this, but I will not miss it. This is because as I leave here for new adventures and professional enterprises—in a new home with my family far south of here—your heart, your generosity, your vision and your inspiration to achieve the otherwise unachievable will live inside of me and continue to energize me. So, instead of saying goodbye, I would like to say, "Thank you." May many adventures yet lie ahead for each of you and this esteemed organization.

*Brad Stracener, Managing Editor*



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## American Alps Traverse

On August 14, The Mountaineers hosted Kyle Miller and Jason Hummel, along with Lowell Skoog, for a picture show of the American Alps Traverse. Dubbed by Eddie Bauer (Kyle is a sponsored rider) as the “undisputed champs of Cascadian sufferfests”, Kyle and Jason chronicled their epic for a captivated, sold-out crowd at The Mountaineers Program Center in Seattle. The odyssey was a 16-day, 120-mile, 60,000 vertical foot traverse through the North Cascades.

By Kristina Ciari  
Membership Marketing Manager



Jason Hummel: AlpineStateOfMind.com

**Inspired by long time Mountaineers member** and current Historian Lowell Skoog, Jason and Kyle completed the continuous traverse through some of the most remote terrain in the North Cascades. Linking together Isolation Traverse, Ptarmigan Traverse, Extended Ptarmigan and the Suiattle High Route, including a summit of Glacier Peak, they experienced 1,000 knee-wrenching feet of elevation gained or lost for every mile traveled. Epic.

When I completed my first hike to Muir five years ago, I never imagined the profound impact it would have on my life. It sparked a love for wild places and introduced me to our amazing community of Pacific Northwest adventurers. After that hike – which felt like a true epic at the time – I threw myself into outdoor pursuits with reckless abandon. First rock climbing, then hiking and backpacking, then running. By the time I took up backcountry skiing in 2011, I had met the best friends of my life and was having the time of my life. And I was outside. A lot.

Outside is where I met Kyle Miller, a fellow lover of all things outdoors. I was immediately taken with his down to earth sensibility. Kyle is a genuine, happy person who embraces life and crushes in the backcountry.

Kyle met his backcountry ski partner, Jason Hummel, as you would expect – touring in Snoqualmie Pass. Their meeting was serendipitous. Jason, an experienced backcountry telemark skier and photographer, had been dreaming up a 7-day trip into Olympic National Park. Both unemployed at the time, Jason and Kyle planned the week-long trek into the Valhalla Range. They’ve been getting out together ever since.

Published internationally, Jason has made a name for himself capturing steep lines in big mountains. Pictures never quite do justice for mountain landscapes, but Jason’s keen eye comes close to capturing the real life majesty and intimidating size of the American Alps.

With Kyle taking off to spend months in New Zealand, and Jason equally excited for international travel in 2014, I sat down with the duo for a quick chat. This interview and the entire Picture Show in fact, is a result of my chance run-in with Kyle in the backcountry.

### **Tell us about yourselves.**

**Kyle:** I have an addiction to the outdoors and the adventures that come with them. Born and raised in Kent, WA, I tried snowboarding for the first time when I was 20 and that was it.

**Continued on page 11**

# FOR THE ADVENTURE ON YOUR WAY TO THE ADVENTURE.



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## Recreation community makes case for Wild Olympics

By Sarah Krueger

Public Lands Programs Manager

**If you have driven on the Olympic Peninsula** recently, you have seen them—dueling yard signs posted by both supporters and detractors of the Wild Olympics Campaign. The effort to protect the first new wilderness areas in the Olympic National Forest in nearly 30 years and mark the first-ever Wild and Scenic River designations on the Olympic Peninsula is obviously rousing passions on the Peninsula.

The Wild Olympics Wilderness and Wild and Scenic Rivers Act would permanently protect more than 126,000 acres of roadless backcountry in the Olympic National Forest and designate 19 rivers and seven tributaries—totaling 464 miles—as Wild and Scenic.

Sen. Patty Murray and Rep. Norm Dicks introduced the legislation in June of 2012 but the bill still awaits reintroduction in this Congress (as well as endorsement from new Congressman Derek Kilmer who replaced former co-sponsor, Rep. Dicks).

While The Mountaineers has long supported the Wild Olympics Campaign, other recreation voices are joining the call. Earlier this year The Mountaineers rallied partners in the climbing community, including Washington Climbers Coalition, Washington Alpine Club, Access Fund, and American Alpine Club to endorse the Wild Olympics in a letter to Congressman Kilmer. The letter of support noted that proposed additions to the Mount Skokomish Wilderness will protect scrambling and climbing objectives such as Mt. Washington, Mt. Pershing, Jefferson Peak, Mt. Ellinor and the nearby Ellinor Towers.

Additionally, the letter noted that the legislation also touches two of the few traditional and sport rock climbing crags on the Olympics, the Hamma Hamma River Rocks and McCleary Cliffs. By designating the Hamma Hamma River as Wild and Scenic, climbers for generations to come will continue to enjoy views of the free-flowing river from the roadside basalt formations that compose the walls and boulders at the Hamma Hamma River Rocks. Further, climbers at McCleary Cliffs will appreciate the view of protected wilderness additions above Lake Cushman.

**While mountain bike use is excluded** from federally-designated wilderness, Evergreen Mountain Bike Alliance and International Mountain Bicycling Association formally endorsed the proposal. The groups spoke to the campaign's collaborative process that included boundary adjustments and protected specific



Chris Badger photo

**Lush habitat along the Satsop River would be part of the Wild and Scenic designation**

mountain biking trail corridors such as the Gold Creek Loop on the Dungeness River and South Fork Skokomish trail, both of which pass through stands of old-growth forest.

**Support from the paddling community** grew with the endorsement of American Canoe Association, American Whitewater, Olympic Peninsula Paddlers, Paddle Trails Canoe Club, Washington Kayak Club and Washington Recreational River Runners. These groups expressed their appreciation for a carefully crafted legislation that recognizes the importance of public access to rivers and waterways.

In addition, 16 major outdoor recreation businesses based in the region, including Cascade Designs, Outdoor Research and Filson, endorsed the proposal while noting, "Across Washington, direct consumer spending on outdoor recreation adds \$22.5 billion annually to the state's economy, and supports 226,600 jobs. Recreation in the Wild Olympics supports outdoor businesses, and healthy outdoor businesses contribute to healthy local economies."

The recreation community recognizes that miles of backcountry hiking trails, access to popular mountain-bike trails, river put-ins, scrambling objectives and cross-country alpine traverses would all be protected with the Wild Olympics legislation.

**To weigh in** on the merits of the Wild Olympics yourself, consider writing to your legislators and asking them to reintroduce the Wild Olympics Wilderness and Wild and Scenic Rivers Act. ▲▲



## Conservation brief

### Shape the future of forest roads

The Mt. Baker-Snoqualmie National Forest is evaluating its forest road system (see Conservation Currents in the July/August *Mountaineer*) to identify long-term priorities for road closure and maintenance. It is partnering with a cadre of stakeholders, including The Mountaineers, to engage the recreational community with sustainable road analysis via a series of public workshops and an online survey. This is an important opportunity to help shape the future of forest access and guide the restoration of degraded roads.

What areas of the forest are important to you and why? What roads are essential? What roads should be decommissioned? Please take time to visit the *Sustainable Roads* blog and complete the online questionnaire. Visit [www.mbssustainableroads.wordpress.com](http://www.mbssustainableroads.wordpress.com).

## Farewell and thank you for all of your dedication and inspiration

**Over the past three years**, I've had the privilege of serving as Public Lands Programs manager for The Mountaineers. My role has been to facilitate our three-pronged approach to public lands conservation: advocacy, stewardship and outdoor ethics.

I've contributed to land-use planning processes and wilderness campaigns, launched an

invasive species monitoring program, weighed in on land management policies, coordinated stewardship of several climbing areas and spent countless hours disseminating Leave No Trace best practices. All the while, I've worked alongside wonderful volunteers, some who have dedicated decades to furthering The Mountaineers legacy of conservation, and forged rich relationships with our partners at state and federal agencies as well as conservation and recreation organizations.

**When all is said and done**, I have had an incredible experience working with incredible people for an incredible organization. And, as odd as it may sound, that's why I'm leaving.

Inspired by my exposure to the complexities of modern public lands management, I aspire to be

a more effective advocate for the outdoors. This fall I leave The Mountaineers to begin a three-year journey at the University of Washington to pursue a Master's of Public Administration at the Evans School of Public Affairs and a Master's of Science at the School of Environmental and Forest Sciences. I am beyond excited to apply the skills I've gained at The Mountaineers to navigate this new challenge.

Thanks to all of you who have made these past few years so rewarding!

— Sarah Krueger



From left, Sarah Krueger with Sen. Patty Murray, Cynthia Wilkerson and Andrea Imler of the Wilderness Society, Harry Romberg and Mike Town at a Washington, D.C. conference.

# Mountaineers raise the bar for teen outdoor adventure

By Becca Polglase  
Education Director

*Teens tackle Mount Baker*

## The adventure bar has again been raised

by The Mountaineers, thanks to dozens of volunteers and teens hungry for outdoor experiences. Through The Mountaineers youth education programs, Seattle area teens spent the summer climbing, hiking, backpacking and camping throughout the Pacific Northwest.

With the help of technically skilled volunteers who devoted their free time in the spring to teaching these teens, they were able to put their skills to use on adventures that included climbs of Barrier and Tamanos Peaks, Unicorn Peak, The Tooth and Mt. Baker—all highlights of early summer activities. They seasoned their summer fare with a rafting trip and a day of multi-pitch cragging in Leavenworth.

Later in the summer, the teens enjoyed a five-day backpacking trip in the North Cascades, followed by a week-long camping, climbing and hiking trip at Squamish, British Columbia. ▲▲



## Interested in being a part of these adventures?

The Mountaineers has year-round teen programs in both Tacoma and Seattle. We welcome youth, ages 14-19, to join during the month of September and again in January. We kick off the fall with a weekend of climbing, camping and hiking in Leavenworth September 21-22. Youth meet monthly and determine their monthly activities and weekend trips. For more information, contact the teen advisor at your branch:

**Tacoma**—Brigit Anderson, [brigita@mountaineers.org](mailto:brigita@mountaineers.org)

**Seattle**—Madden Coghlan, [maddenc@mountaineers.org](mailto:maddenc@mountaineers.org)

## Not quite old enough for our teen programs?

The Seattle Branch hosts a year-round outdoor club for 10-13 year olds, and their parents, called Explorers. Explorers start their autumn season with a weekend camping trip September 14-15. For more information contact Caitlin O'Brien, [caitlino@mountaineers.org](mailto:caitlino@mountaineers.org).



## American Alps Traverse (continued from page 6)

I decided to dedicate my life to pursuing the ski bum lifestyle. Ten years later I'm a professional split-boarder and a sponsored athlete for Eddie Bauer and K2. I am lucky to travel around the world pursuing my passions.

**Jason:** I am an adventurer first and photographer second. Beautiful places are what attract me to adventure. Whether I am skiing, biking, boating, or kayaking, the mode of transport is less important than just getting out there.

### When did you first become interested in backcountry travel?

**Kyle:** I was about two years deep into snowboarding and wasn't ready to put my gear in the closet when the local ski hill closed. Later that week I found myself on the slopes of Mt. Rainier and I was hooked. There was something alluring about not having to plan my day around what time the chairs opened and closed. I could travel on my own timeline.

**Jason:** For me, backcountry travel was something I was born to do. I didn't have a choice. My parents immersed me in the natural environment. It became the focus of my life. When I wasn't in the outdoors, I wanted to be.

### How did you first learn about the American Alps Traverse?

**Kyle:** Like many others, I would read about Lowell Skoog's wild and amazing adventures and the American Alps Traverse concept. For many years it was nothing more than a way for Hummel to heckle me. Splitboards are not the best equipment for such a grand idea.

**Jason:** Lowell Skoog, a Pacific Northwest ski historian and pioneer, completed a grand traverse of the Cascades in 2007, a project he did in sections over several

decades. In his story about the adventure, he mentioned the American Alps Traverse concept. For many years he had dreamed of linking the sections but never fulfilled that dream for numerous reasons. Since then, I've wanted to take a swing at it. It wasn't until this year that I got my chance.

### What was the most rewarding part of the journey?

**Kyle:** For me it was heading from the Napeequa Valley to Glacier Peak. I had been in the area twice in the previous two months so I felt like I knew every rock, stream and glacier between Ten Peak and Glacier Peak. Here I was filled with memories of past trips and had a great opportunity to spend time quietly reflecting upon my life.

**Jason:** As I become more and more familiar with the Cascades, having spent a lifetime traveling through them, I am always surprised with how they still continue to challenge me. As I get older, I just keep changing my perspective. Slowly another adventure is there, waiting. What rewarded me with the American Alps Traverse is what rewards me with every adventure. It is simply the challenge of trusting my skills and knowledge to take

me through difficult terrain in inhospitable places.

### Did anything happen during the traverse that you weren't expecting?

**Kyle:** The weather actually stayed good throughout most of the trip! We didn't have to hunker down in the tent for days on end.

**Jason:** Few trips go as well as the American Alps did. I honestly didn't expect to finish because of weather. It rains a lot in the Pacific Northwest and even more in the mountains. Some years you only have a few nice days in June—the month we set out on our adventure. For 16 days straight we didn't have any significant weather! That was amazing and the primary reason we were able to finish the traverse.

### Any words of advice for backcountry travelers or aspiring photogs?

**Kyle:** Take your time and learn the ropes of backcountry travel. The only reason our trip ran so smooth is because we had learned from previous mistakes and successes.

**Jason:** Photography is capturing an instant in time. When you are most tired, exhausted, scared and cold that's the time to pull your camera out. There's no better advice I can give than that.



Jason Hummel AlpineStateOfMind.com

## Youth Program impact due to early support

By Mary Hsue  
Director of Development



**It's the second week in August** and the last of six weeks of The Mountaineers Summer Day Camp in Seattle. Groups of children and their counselors are gathered in and around the program center preparing to head out for another day of outdoor adventure. Laughter and chatter between new friends ring throughout the building in anticipation of the day's activities.

Summer Day Camp is just one of a number of opportunities that offer young people multiple pathways for learning and engaging with the outdoors. In addition, The Mountaineers Youth Programs include Mountain Workshops for underprivileged youth, Explorers for middle-school aged youth, and the Teen Program.

Since the launch of our first youth programs, we've seen 80% growth in two years. With the number of outdoor experiences provided by existing programs combined with the launch of one week of Summer Day Camp in Tacoma, our numbers are sure to exceed our five year goals - in just three years. It's astounding to see how far we've come in the three years since The Mountaineers Youth and Family Initiative was developed.

**Gifts from individual donors have been integral** to The Mountaineers' success in growing youth programs over the past two years, but special recognition must be given to key partners who provided significant early-stage funding that enabled The Mountaineers to launch its Youth and Family Initiative and pilot those first youth programs.

We're grateful to **Eddie Bauer** and the **Mountaineers Foundation** for investing in The Mountaineers and our vision of inspiring stewardship and conservation through outdoor adventure. The results speak for themselves. Private, unrestricted funding matters and makes a difference in our programs and in the community. **Thank you. ▲▲**



Fueled by individual donor, corporate and foundation support The Mountaineers youth programs empower young people to get outside and discover a love and passion for the natural world. To learn more about the impact of private support or for more information contact Mary Hsue at 206-521-6004 or [maryh@mountaineers.org](mailto:maryh@mountaineers.org).



# The Mountaineers

## 2013-14 COURSE GUIDE

It may be the bowline knot or ice ax arrest. It may be setting up your first GPS receiver. Perhaps an Eskimo roll in your kayak or becoming a better 5.8 trad leader on crags. You might just want to get outdoors for the first time in the Northwest. Every outdoor adventurer has an outdoor skill they wish to hone, but finding a one-stop shop to do this is tough. Cast your woes aside; The Mountaineers has everyone of you in mind. We can teach you nearly everything about outdoor adventure and getting outside.



D.E. Todd photo

**The Course Guide offers brief overviews** of our primary offerings, from those requiring one evening or a day of your time, to those that teach comprehensive skills over several months.

As you consider a course, try thinking a month or two down the road to allow enough time for planning, scheduling, conditioning and signing up; enrollment usually begins about two or three months before your first session. Some courses require field trips into the mountains or on waterways, while some are conducted solely at our outdoor program centers.

You are welcome to participate in any Mountaineers activity or course regardless of your branch affiliation. In this guide, branches and outdoor centers are identified as follows: BAKER = Baker Lodge; BEL = Bellingham; EVT = Everett; FH= Foothills; KIT = Kitsap; MEANY = Meany Lodge; OLY = Olympia; SEA = Seattle; TAC = Tacoma. The months that the respective courses begin follow the branch abbreviation. For example, FH/DEC means that in the Foothills Branch the course begins in December. Go online ([mountaineers.org](http://mountaineers.org)) and get in touch with those who are listed as coordinators or instructors of the particular course(s) that interest you. They'll keep you posted on further details as you go, and will make sure your adventure with The Mountaineers is safe, fun and educational.

## Alpine Scrambling

**Alpine Scrambling**—Many Northwest summits are accessible without all the technical gear and training that alpine climbing courses offer. Scrambling takes the adventurous, high, off-the-beaten path to summits in the Cascades and Olympics—sometimes on moderately steep rock and snowfields. Instruction covers proper equipment and clothing, route-finding, avalanche awareness and avoidance, rock and snow travel, ice-ax arrest, glissade techniques and wilderness ethics. BEL/DEC; EVT/FEB; KIT/MAR; OLY/JAN; SEA/JAN; TAC/FEB

**Intense Alpine Scrambling**—This course compresses the three-month basic course into two weeks. Webcast lectures

**Continued on page 14**



Mike Warren photo

#### **Learn ice ax arrest in our Alpine Scrambling Course**

are capped with one long weekend in the field, split between Seattle and Leavenworth. This is designed for people who already have strong conditioning and enjoy an intense learning experience. SEA/APR

**Advanced Scrambles Leadership**—This course is for graduates of the Alpine Scrambling and Basic Climbing courses. The focus is on safety, leadership, trip planning and alpine rescue. Classes consist of a mix of presentations, skill development and testing. Indoor sessions are divided into two parts: one hour of lecture and one hour of skills training. Field trips are active, scenario-driven events based on trips that have not gone well. SEA/ALLYR; TAC/SEPT

**Winter Scrambling Seminar**—See why adventuring into the crowd-free winter wonderland is so much fun. Learn how to safely tackle summits in winter with non-technical gear, often including snowshoes. Learn about selected winter scrambles, elevation gain, where to park near trailheads, potential avalanche exposure and more. EVT/NOV-DEC

## Avalanche Training

Potentially life-saving, the AIARE Level 1 course is for anyone planning or leading backcountry winter activities or mountaineering. Decision-making based on avalanche hazard evaluation, avoidance and travel in avalanche-prone terrain, use of transceivers and avalanche rescue makes up the crux of this 24-hour course. Some courses involving snow travel will automatically enroll a student in this course as a requirement (check details as the course curriculum may vary somewhat from branch to branch). EVT/DEC; FH/DEC; SEA/DEC; TAC/JAN

## Climbing

Mountaineers courses cover the full gamut of climbing adventures. Enrollment for all basic and intermediate climbing courses ends by the first of each year for the Seattle Branch, the end of November for Bellingham and soon after New Year's for other branches. Sessions begin from January through February, depending upon the branch. **Note:** Registration for the Basic Alpine Course in Seattle will begin October

15 this year. Please see the website for details about all 2014 climbing programs.

**Getting Started Series (GSS)**—A collection of courses and outings designed for members and prospective members who have little or no experience with climbing. The GSS offers a range of opportunities, from learning to safely belay and climb, to more advanced rock and snow outings. There are no prerequisites to join any of the courses, other than a desire to try climbing and have fun with like-minded people. Each course is taught by experienced climbers and leaders. We focus on safety while having fun trying something new. Try one or several GSS offerings. Meet new people, learn and have fun. Classes are offered year-round. Course content varies from month to month, so check back often by browsing the web or calling The Mountaineers Program Center.

**Basic Climbing**—A one-to-two-year course consisting of classroom instruction, field instruction and climbing experience designed to provide the basic skills necessary to safely climb rock, snow and the glaciated peaks of the Pacific Northwest. It covers selection and care of equipment, wilderness travel, roped and glacier travel, belaying, rappelling, rock climbing, crevasse rescue and many other topics. Graduation requirements include attendance of all lectures and field trips—about six of each—and successful completion of three climbs. In Olympia, the Wilderness Skills Course is prerequisite. BEL/DEC; EVT/JAN; KIT/FEB; OLY/JAN; SEA/JAN; TAC/FEB

**Intense Basic Alpine Climbing**—The Intense Basic Alpine Climbing Course compresses what is otherwise a six-month lecture and field trip curriculum into 11 days. Watch <http://sbca.mountaineers.org> for more about the course. SEA/JUNE



**Intermediate Climbing**—This course takes graduates of the Basic Climbing Course to the intermediate-climbing level (generally up to 5.7 rock, 55-degree snow and ice, easier mixed). Students will practice snow anchors, belays, emergency shelters, avalanche rescue and use of transceivers. Students also will learn to lead on rock and ice, including how to place protection, build and equalize anchors, swing leads and perform self-rescues. BEL/MAR; EVT/JAN; KIT/DEC; OLY/FEB; SEA/NOV; TAC/JAN

**Sport Climbing/Intro to Rock Climbing**—The course is for anyone wanting to safely enjoy sport climbing (climbing protected by fixed, permanent anchors) — indoors or outdoors, on artificial gym walls or native rock. No prerequisites; beginners welcome. Instruction includes climbing sport routes on top-rope, leading sport routes while using bolts and quick-draws, setting up anchors on bolts and chains, clipping bolts, belay technique, rappel technique, climbing signals and communication, untying from rope at anchor and transitioning to rappel, lowering techniques, necessary knots—all with an emphasis on safe use of equipment. EVT/SEPT; SEA/SEPT & APR; TAC/SEPT; other branches pending.

**Leading on Bolted Routes Intro**—Ready to take the sharp end? Come work on easy, single-pitch leads in a positive and relaxed instructional atmosphere. For grads of Basic Climbing Course or Sport Climbing, this entry-level leading course is for those comfy with climbing 5.9 sport routes on top-rope. SEA/SEPT

**Trad and Crag Climbing**—Learn to lead moderate outdoor rock routes (5.4-5.8) using traditional gear—no bolts. Differs from Sport Climbing as trad climbers place and remove their own protection as they climb and descend. This course covers plac-

ing passive and active protection, building anchors, setting up rappels and hanging belays, swinging leads and crack-climbing techniques. Field trips to climbing crags. SEA/MAR; TAC/APR, SEPT

**Beyond Basic Rock**—This course, for Basic Climbing Course graduates, is designed to teach rock climbing skills that will enable you to climb safely in the backcountry. You will improve on the skills learned in basic climbing, including belaying, rappelling, and climbing in balance. In addition you will be introduced to more advanced climbing techniques, placing protection, building anchors and lead climbing. A series of four lectures combined with hands-on climbing at Warehouse Rocks; then moving outside to four different rock-climbing areas. OLY/MAR

**Bouldering for Beginners**—Learn how to scale boulders in two evening sessions on The Mountaineers Program Center's boulder and one weekend day afield. SEA/AUG

**Introduction to Water Ice Climbing**—Explore the world of vertical ice climbing. One evening in the classroom and two full days on the ice will provide you with a solid foundation of water ice climbing skills. You will learn about safety considerations specific to ice climbing, evaluating ice quality and strength, moving efficiently on steep and varied ice, constructing top-rope anchors and techniques for following an experienced leader on vertical ice routes. A small class size and top-roped setting will help ensure a fun, personalized and safe learning environment. SEA/SEPT

**Introduction to Leading Water Ice**—For those who have basic proficiency at following moderate alpine or water ice climbs, this course builds on your existing experience to teach you the skills needed to safely lead water ice climbs. You will

learn about leading techniques specific to water ice, risk management, dealing with the strenuous nature of steep ice, as well as practicing mock and actual leads. This course lays the foundation for more advanced water ice climbing as you continue to develop your skills informally with peers or participate in The Mountaineers' ice climbing outings. SEA/OCT

**Introduction to Mixed Climbing**—If you are interested in alpine mixed climbing, join us to learn and practice dry-tooling techniques in a top-roped setting. This is also a great way to improve your skills and conditioning for ice season, even without the ice. SEA/NOV

**Advanced Water Ice**—Learn and practice advanced water ice techniques. Start with one day of expert instruction from an AMGA certified guide in Canmore and spend the next few days practicing your new skills. The one instruction day will include a half-day of advanced multi-pitch climbing techniques for making a safe and efficient ascent and descent; the rest of day will be for learning steep ice climbing techniques. SEA/FEB

**Water Ice Seminars**—Learn and practice advanced ice techniques for improving efficiency, speed and safety. The seminars consist of midweek evening meetings. Each seminar focuses on a specific topic. We work through relevant exercises and learn from each other as a group. Some of the seminar topics include 1) sharpening tools, 2) keeping and staying warm, 3) double-rope management, 4) water ice pro—placing pitons, 5) movement and conditioning, and 6) self rescue for ice climbers.

**Miscellaneous**—Other seminars and specialized courses are offered throughout the year, many by Seattle and Everett

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Branches, including Aid & Big Wall Climbing that is usually held in spring with a cadre of qualified Mountaineers at sites such as Yosemite. Other special seminars and climbing trips include advanced rescue techniques, ice-ax arrest refresher, crevasse-rescue refresher, play days on rock and ice, and rock-climbing techniques for friction, crack, and face climbing, and a Denali Expedition Planning Seminar held in odd years (2015, 2017, etc.) . Check [www.mountaineers.org](http://www.mountaineers.org) and each branch's website for further information.

## First Aid

First aid certification is required for graduation from courses in alpine scrambling, basic climbing and snowshoe beyond Snowshoe Lite. Refer to the course coordinators for the type of first aid course you need to graduate.

**Alpine First Aid Course**—This is a first aid course designed to meet the wilderness first aid requirements for graduation from the Alpine Scrambling and Basic Climbing courses. Part I is taught by Remote Medical International and Part II consists of a hands-on practical session at The Mountaineers Program Center. SEA; TAC

**Advanced Alpine First Aid Course**—For the professional rescuer; advanced, field oriented first aid. BEL/JAN, MAR

**Wilderness First Aid Course**—This is a 16-hour course designed to provide elementary skills in remote care. The course, open to all, adopts a hands-on, experiential format providing students with the skills and confidence for making remote medical care decisions. Wilderness First Aid fulfills all Tacoma/Seattle Mountaineers climbing/scrambling course first aid requirements and "MOFA refresher" requirements previously required under Mountain Oriented First Aid. It is also ideal for backpackers and

all other wilderness travelers. TAC/SEPT

**MOFA (Mountaineering Oriented First Aid)**—A 32-hour first aid course for wilderness travelers. Consists of lectures, demonstrations and practical experience, including Red Cross Adult CPR and Standard First Aid. Volunteers with simulated injuries act as victims for final exam. The class consists of either four full weekend days or a series of evening classes. KIT/APR; OLY/OCT&MAR

## Folk Dancing

International folk dance classes at The Mountaineers offer informal fun along with almost-weekly instruction in a variety of international folk dances, usually of European and North American origin. Many can be learned in a single session, others offer more challenging rhythms and patterns that may take a season to master. Couples and line dances are both taught. Partners are not required, nor is prior experience. For all ages. Dress is informal; wear shoes that protect your toes. SEA/ALLYR; TAC/ALLYR

## Hiking/Backpacking

**Intro to Hiking and Backpacking Workshop**—Learn the ABC's of hiking in the Northwest with The Mountaineers. At this one-evening lecture hiking leaders discuss necessary clothing and equipment (including the Ten Essentials), conditioning, outdoor etiquette, safety and other topics. KIT/SEPT, MAY; SEA/ALLYR; TAC/MAR, APR, MAY, JUN

**Conditioning Hiking Series**—Want to take on more challenging heights and distances with your hiking? And enjoy the rewards? This course will help you get in shape and get prepared for longer journeys and higher ground than you are currently hiking or backpacking. SEA/APR

**Backpacking Building Blocks**—AKA "B3," this new course is designed to provide new, experienced and "lapsed"

backpackers with the knowledge, tools and practical experiences to be skilled, safe and successful on overnight to multi-day backcountry trips. Backpacks of varying intensity in the lovely Pacific Northwest backcountry are part of the curriculum with classroom sessions beginning in January and field trips in May. Enrollment is limited, so watch [www.mountaineers.org](http://www.mountaineers.org) for updates on enrollment this fall. FH/JAN

## Leadership

Become a better leader! This seminar is for current and prospective leaders of any type of Mountaineers trip. Students work with outdoor problem-solving scenarios. KIT/OCT; OLY/APR; SEA/NOV; TAC/MAR

## Leave No Trace Training

From bear hangs to blue bags, learn about techniques to lighten your recreational footprint and gain skills for teaching others the principles of low-impact recreation during The Mountaineers Leave No Trace Trainer Course. Course graduates earn the nationally-recognized title, Leave No Trace Trainer, and receive a certificate. APR, SEPT

## Mushroom Identification

Learn not only which mushrooms are edible and where to find them, but how to make them delicious for the table. Meany Lodge hosts this fun, educational workshop open to all in cooperation with the Puget Sound Mycological Society. MEANY/OCT

## Naturalists

**Intro to the Natural World**—This course is designed for hikers, climbers, photographers, scramblers and conservationists who want to learn more about the mountains they enjoy. You will learn the basics of how to identify flowers, shrubs, trees, birds, mammals, butterflies and other forms of life. This course features four lectures and four field trips to exceptional areas for



learning about and viewing nature in the Pacific NW. SEA/APR

## Navigation

**Basic Navigation**—This course teaches the skills necessary to navigate through wilderness. You'll learn to relate features on a topographic map to your surroundings, use your compass to determine bearings to objects in the field, use a map and compass to determine your location and desired direction of travel. The course combines evening classes with weekend field trips. Basic Navigation certification is required for graduates of some courses, including Alpine Scrambling, Basic Climbing and some Snowshoe courses. EVT/MAR, APR; KIT/OCT; OLY/JUNE; SEA/NOV, FEB, MAR; TAC/MAR, APR, SEPT

**Basic GPS**—Learn to use a GPS unit. Identical units will be supplied during class so that all students work with the same device. Current Basic Navigation Course certification is a prerequisite. Two evening classes and a field trip. TAC/JUNE

**GPS for New Users**—A one-evening course to familiarize you with your newly acquired GPS receiver. Open to all; no prerequisites. SEA/BIMONTHLY

**Intro to Map & Compass**—A one-evening workshop on using battery-free methods of navigating wilderness and not becoming lost. SEA/MAY-SEPT; TAC/TBD

## Photography

Add an extra dimension to your outdoor adventures by bringing home great photographs! Learn to take better landscapes, wildlife and action shots, and “the pictures that tell the story” with skills you'll gain in The Mountaineers' photography courses and seminars. In March **Seattle** offers a Basic Photography Course, with optional field trips and indoor workshops to help you practice what you learn in the course.



*Stand Up Paddling is one of our newest offerings*

Seattle also has evening and weekend workshops that cover a variety of photographic subjects. All are listed on the Seattle Photography Committee website and on The Mountaineers website under activities.

**Foothills, Kitsap and Tacoma** branches also have evening workshop discussions. Check the branch websites and the main Mountaineer website for details.

## Sailing

Learn how to be on the crew of a sailboat, how to rig a sloop-rigged boat, departing from and arriving at a dock under power, understanding sail trim and sailboat maneuvering, knowledge of charts and navigation aids, personal gear requirements and safety practices. SEA/MAR; TAC/APR

## Sea Kayaking/SUP

**Basic Sea Kayak**—Learn the skills necessary to safely paddle around Puget Sound and other open waters. The course covers kayak handling techniques, wet exit and solo reentry, paddling/bracing skills and other necessary techniques. Graduation requires attendance at all lectures, all open-water sessions and two club-spon-

sored paddles. FH/MAY; KIT/MAR; OLY/APR; SEA/MAR; TAC/APR

**Other Sea Kayak courses**—Branches may offer workshops or seminars on various sea kayak skills, including roll technique and enter/exit. For example, the Seattle Branch offers “Beyond the Basics” clinics led by certified instructors and skills assessments provided throughout the year. Besides rolling and enter/exit, the clinic includes essentials of touring and all the needed skills for coastal kayaking. Its “Rescue Rodeo” is an annual event, generally held in May. Check “Sea Kayak” at [www.mountaineers.org](http://www.mountaineers.org) for ongoing developments throughout the branches. **Getting Started Series** in Seattle also offers a couple introductions to kayaking on Lake Union in the summer.

**Stand Up Paddling**—Want to learn how to stand up on a board and navigate all kinds of Northwest waters? This course covers safety, fun places to go and techniques with field trips each weekend in late spring and summer. SEA/JUNE

## Skiing

**Cross-Country Ski**—Enjoy our Northwest winter landscape by kicking and gliding your way through the scenery. Cross-country skiing is a great way to stay in shape, make new friends and enjoy the outdoors throughout the winter. Depending on branch, the courses can be multiple weekends, one day or half-day; some branches offer multiple courses based on skier ability and technique level. Foothills and Seattle offer a wide variety. EVT/JAN; FH/JAN; MEANY/JAN-FEB; OLY/JAN; SEA/JAN; TAC/JAN

**Backcountry Ski/Snowboard**—Learn how to safely ski in the backcountry and avoid avalanche danger. Discover the free-

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dom and thrill of skiing untracked powder snow in the backcountry; extend your ski season by skiing all year long on the slopes high above the lift areas. Depending on branch, the courses can be multiple weekends, one day or half-day. FH/NOV; MEANY/JAN-FEB; TAC/JAN; EVT/NOV

**Telemark Ski**—Learn the free-heel turn and how to safely telemark in the backcountry. Depending on branch, the courses can be multiple weekends, one day or half-day. SEA/JAN; MEANY/JAN-FEB; TAC/JAN

**Multi-Day Ski Lessons**—Weekly lessons in telemark and randonee skiing skills. FH/JAN; MEANY/JAN-FEB; SEA/JAN

## Snowshoe/Winter Travel

**Basic Snowshoe Course** gives beginning students a solid foundation in snowshoe travel: techniques, proper clothing, gear selection, Ten Essentials, food, safety and related topics. Number of lectures and field trips varies among the branches. EVT/JAN; FH/JAN; KIT/DEC-JAN; SEA/JAN; TAC/JAN

**Backcountry Snowshoe Skills**—For graduates of the basic course, this class takes snowshoeing to the next level, addressing the skills needed for safe travel and survival in the backcountry, including emergency shelters, ice-ax arrest, avalanche awareness, safe route-finding and incident response. One lecture and one field trip. EVT/JAN; SEA/FEB; TAC/JAN

**Winter Camping**—Open to snowshoe, alpine scramble, and climbing graduates. Learn how to make a comfortable camp in the snow, including digging and spending the night in a snow cave. One lecture, then one all-weekend field trip. SEA/FEB

**Winter Travel**—Snowshoers and Nordic skiers can take advantage of this course covering avalanche awareness and safety,

the Ten Essentials, backcountry etiquette, cold-weather ailments, clothing and equipment, and building overnight shelters. Increase your safety in the backcountry. KIT/DEC-JAN; OLY/JAN

## Wilderness Skills

Open to all—Mountaineers and the general public—this course teaches the basic skills necessary to safely and enjoyably venture into the forests and mountains, whether day hiking, backpacking or on more adventurous outings. (It is a prerequisite course for Olympia alpine scrambling and basic climbing students.) A Wilderness Skills 2 (backpacking) is offered in Olympia in the fall. OLY/JAN, MAY; other branches pending.

## Wilderness Travel

Are you ready to go hiking but aren't sure where to start? This course is a fun way to practice key outdoor travel skills and spend time exploring the mountain trails you've read about in guidebooks. Sponsored by the Seattle Hiking Committee, the Basic Wilderness Travel (BWT) course provides an introduction to topics including backcountry navigation, mountain weather, and conditioning for mountain travel. SEA/MAR

## Outdoor Center offerings

**MEANY LODGE** features an entire **winter sports program** ([www.meanylodge.org/winter/ski\\_program.html](http://www.meanylodge.org/winter/ski_program.html)) and family-fun lessons for all ages, 4+ to 90-something, and of all abilities, taught by certified instructors. Lessons (even drop-ins) in downhill, snowboard (age 7+), cross-country classic and skating, backcountry and telemark are offered January-February.

**Trek and lunch:** Glide into Meany on snowshoes, cross-country or free-heel skis

each Saturday.

**Women's Adventure to Wellness Weekend:** A Meany Lodge workshop and health spa for women held in early July. From cuisine to massage to exercise and nature's bounty, the Wellness Weekend instills the regimen of self-care.

Meany also offers a **Remote Medical First Aid Class** and its **Mushroom Weekend** seminar/excursion in October..

**MT. BAKER LODGE** hosts its **Mt. Baker Ski Camp** in March at Heather Meadows for intermediate to advanced telemark, randonee and alpine skiers.

**KITSAP CABIN** is the hub for a **Children's Theater Camp** in August and a brand new Mountaineers Art Course that will debut with a **Basic Watercolor Techniques** painting class that starts this fall. Watch [mountaineers.org](http://mountaineers.org) and [kitsapmountaineers.org](http://kitsapmountaineers.org) for enrollment details.

**South Sound Environmental Issues Course** is offered by the Tacoma Branch through the University of Puget Sound. A series of environmental lectures focus on giving students a voice and impact on issues affecting the environmental health of the region. For details, contact Katharine Appleyard, 253-879-3716 or [kappleyard@pugetsound.edu](mailto:kappleyard@pugetsound.edu). ▲▲

**For all up-to-date course  
registration details and  
descriptions, visit  
[www.mountaineers.org](http://www.mountaineers.org)**



# Fall bursts with berries and shrooms on the trail



Author with a bag of chanterelles

By Teresa "Dicentra" Black

Fall may be my favorite time of the year for hiking. I love getting all snuggled into my sleeping bag on a cool night with the smell of fallen leaves at my nose. The air has a nice snap to it, the trails are still snow-free and foraged food is ready for the taking. The vine maple and huckleberry turn brilliant red/orange and there is a good chance you might see bears.

They like the sweet, tart, juicy huckleberries, too. I can pick and eat huckleberries until my fingers and tongue turn purple and my belly aches.

Fall is just as good a time for mushroom hunting. I love seeing

the sunshine-yellow mushrooms poking their heads up out of the duff, especially after a good rainstorm. They have a mild, but distinctly earthy flavor. I'm only confident enough to pick chanterelles, but that's good enough for me! It is one of the easier mushrooms in our region to identify. Don't confuse it with the inedible wooly chanterelle. You should never eat wild mushrooms if you can't identify them.

Chanterelles can be dehydrated if you find an abundance, but it is better to dry a complete dish than to dry individual mushrooms. That said, making a chanterelle powder from dried mushrooms is delicious. Just dry the mushrooms and run them through a blender. Sprinkle the powder on instant rice or potatoes. The powder is also a good addition to bouillon for soups. I once had the delight of trying chanterelle vodka, served ice cold. Surprisingly good! But try some various recipes for yourself from the following. And have fun foraging!

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## Huckleberry Margaritas

Freshly picked huckleberries  
tequila, snow  
True Lime (optional)

## Berry Vanilla Mousse

1 package vanilla mousse mix  
1/3 cup powdered milk  
3 tablespoons dried berries

**At home:** Combine the mousse mix and milk in a zip-lock bag.

**In camp:** Add 1 cup of cold water to the mousse mix. Squish to combine, making sure there are no dry spots. Allow to set. Top with the dried berries and enjoy.

## Berry Breakfast Risotto

(One serving)  
1/3 cup instant rice  
1 tablespoon sugar  
1 tablespoon powdered milk  
Handful of freshly-picked huckleberries

**At home:** Combine all of the dry ingredients in a zip-lock bag.

**In camp:** Add hot or cold water to cover the rice and stir well. Eat topped with fresh berries.

## Enchanted Taters

Imagine how delicious these would be with fresh chanterelles. Just sauté the mushrooms in some oil before adding them to the water.

(Two servings)

1 cup roasted-garlic-flavor instant mashed potatoes  
1/2 cup dried chanterelle mushrooms

salt and pepper and olive oil to taste

**At home:** Run the mushrooms through a food processor or blender until they are a coarse powder. Combine the mushrooms and instant potatoes.

**In camp:** Add two cups hot water and stir well before eating.

## Northwest Mushroom and Rice Pilaf

(One serving)  
1/3 cup instant rice  
2 tablespoons instant wild rice  
4 tablespoons dried mushrooms  
1 teaspoon dried onion flakes  
1 tablespoon dried mixed vegetables  
1/2 teaspoon vegetable or chicken bouillon  
1/2 teaspoon butter powder  
1/2 teaspoon dried basil  
1/4 teaspoon dried thyme  
salt and pepper to taste

**At home:** combine everything in a zip-lock bag.

**In camp:** Add enough hot water to cover, stir and let sit until the rice and mushrooms are rehydrated. Stir and enjoy!

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## About the author

A Seattle native, Teresa became frustrated with what was available for backcountry recipe ideas and set out to create her own. Using a lifetime of hiking and camping experience, *One Pan Wonders* and two subsequent books with the same name are the result. Her dishes have been featured in *Backpacker* magazine and she writes for several other publications. Her motto: with a little creativity and some preparation, eating well during outdoor activities is an easily attainable goal.

# How to avoid fall's chill in camp

October and November are wonderful months to hike and camp throughout much of the U.S. Not only will you enjoy the change of season, but crowds will be down, too. Here are some tips to keep you warm in camp at night, provided by instructors for the Wilderness Basics Course of the San Diego Chapter of the Sierra Club.

- **In camp, put on your warmest clothing.** Use your rain gear as a vapor barrier.

Chad Beeman photo



*Mondo meals at camp are key to staying warm when autumn in the mountains rears its cool, damp head*

- **Don't allow yourself to even begin to get cold!** If you shiver, that is a sign that your body is cooling down. If you feel cold, add more clothing and move around a bit. If that is not enough, get into your sleeping bag until you feel warm and can reemerge into camp life.

- **Eat a big, warm dinner** with plenty of carbohydrates and fats.

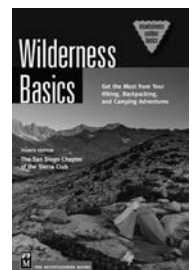
- **After dinner, snack on fatty foods**, such as peanuts. The process of digesting fatty foods increases body heat.

- **Exercise.** When feeling cold, get up and stretch or go for a brisk walk. The exercise will increase body heat. When in your sleeping bag, do isometric exercises.


- **Drink warm fluids.** Throughout the night, continue to drink warm fluids.

- **Designate a bottle** (clearly marked!) that you can use to urinate into while in your tent. (Women can use a tent bottle along with a special funnel designed for their anatomy.) This bottle will save you from getting up at 2 a.m., getting dressed, and going out into the cold during the night.
- **In camp, sit on a pad** to insulate you from the cold ground. Find a wind-sheltered spot or orient yourself so your head is downwind. Wear dry gloves and stocking caps to offset heat loss from your extremities.
- **Just before you turn in for the night**, make an extra bottle of hot water; ensure that the bottle does not leak; then put the bottle into your sleeping bag. (This will also provide you with warm water to start morning coffee.)
- **Share your tent or shelter** with others to add body heat.

*Adapted from Wilderness Basics, 3rd Edition,  
by the San Diego Chapter of the Sierra Club (The  
Mountaineers Books)*







Article and photos  
by Tami Asars

## It's a bear-y time of the hiking season

When I saw the tiny black head pop up from underneath the devil's club, not far from where I stood, I knew I had officially stepped over an invisible boundary and was now face to face with the potential of a very dangerous situation. The mom, who was farther up the trail, had already risen up on her hind legs and was sniffing the air to determine the threat. My dog, Summit, and I were taking advantage of the long daylight hours by romping up Grand Ridge trail just outside of the busy suburban population of Issaquah.



**Rules to follow  
at home when  
a furry visitor  
comes a callin'**

*Author Tami Asars, holding a tranquilized black bear, has some tips for living on the border of bear country. See page 23*

Nearby, hammers were pounding on new construction, freeway noise purred like a waterfall, and the damp foliage had the distinct earthy scent that comes after a few days of a Northwest deluge. Why had I not noticed the very unmistakable bear tracks in the mud? Why had I not paid attention when the pileated woodpecker sounded the alarm overhead? Why had I not been making a little noise—the first rule of hiking in bear country? Perhaps because I was much too deep in thought and busy escaping the constant mind-noise that plagues the cluttered brain. Whatever the reason, I'd missed the signs and now had to think quickly. This was not my first wild bear encounter. In fact, far from it.

**Continued on page 22**

## A bear-y time of the hiking season (continued from page 21)

**Bears have long been a part of my life.** I grew up playing in tree forts deep in the conifers behind our house where I bobbed and weaved to avoid stinging nettle burns and applied extra vigilance for wildlife, including the occasional black bear that would wander through our makeshift playgrounds. As I grew, I found myself spending countless hours in the remote backcountry and crossing meadows filled with bear scat. I observed them on hillsides, sidestepped them near switchbacks and grazed with them on huckleberry slopes—I on two legs, they on four.

### Seeing bears on trails had become so common for me that a handful of friends were a bit wary to join me on my adventures

Last summer, I hiked over 800 miles solo while researching my upcoming guidebook on day hiking in the Goat Rock and Mount Adams Wilderness Areas. Friends who had other passions would corner me at parties and the first question was always the same. “Aren’t you afraid of bears, especially being alone?” When I’d answer, “No,” and explain that I find cities much more dangerous than wilderness areas, they would look in awe.

**Bears had become welcome friends** as I crested mountaintops and dropped into river valleys. They had a pulse, they had facial expressions, they raised young, were somewhat predictable, and seeing them feral and in good health was an indicator that the ecosystems where I hiked supported their needs and for that matter, mine. Seeing bears on trails had become so common for me that a handful of friends were a bit wary to join me on my adventures; my photos causing their predator/fear response to elevate beyond reason.

Even when I returned home for the weekends during the summer, it was not uncommon for bears to walk across the meadow in front of the house. Ripe salmonberries growing with wild abandon attracted bears, both young and old, to graze in the woodlands near our property. I’d become our neighborhood’s backseat biologist, helping folks with questions and educating the occasional city-slicker-turned-country-folk about how to live in harmony with the creatures that walked our properties.

Friends at the State Department of Fish and Wildlife had invited me many times on events called “hard-releases,” otherwise known as tough-love for mischievous bears that caused havoc to humans. This involved live trapping of the furry marauder, tranquilizing the bear, taking its measurements, outfitting it with an ear tag, then once it was fully awake, giving it a scare with specially trained dogs, bean-bag shots and shouting. The events were always hard to watch, but had a very high rehabilitation success rate; a far better option than yesteryear’s methods of euthanasia.

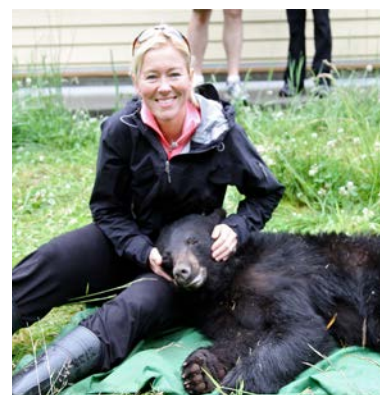
**So, when I came face to face** with a mother and cub on Grand Ridge, I knew bear behavior quite well, but that did little to quell the nerves that rose from the pit of my stomach. My dog sensed my trepidation and remained unusually quiet by my side. It was almost as if he didn’t realize what I had seen. I walked backwards slowly, using caution not to make eye contact, but to keep her in my vision. Slowly she dropped to all fours and began walking towards me. My heart raced, but I sensed she was more curious than aggressive and continued my very casual strolling pace, putting distance between us. Had she charged, I would have had no option but to stand my ground and let go of Summit’s leash; a thought that made me shudder.

Eventually Mother Bear stopped, put her nose in the air and stood near her cub. The situation was defused and I could not have been more grateful for the outcome. As Summit and I hiked back down the hill towards the car, overhead I heard the pileated woodpecker tapping on a dead tree. All was perfect, again, in the forest. ▲▲

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### About the author

An outdoors writer and photographer, Tami Asars is author of the book, *Hiking the Wonderland Trail*, (Mountaineers Books), as well as a regional correspondent/columnist for *Washington Trails* magazine, contributor to hiking blogs and various outdoor publications. Her photos have appeared in national periodicals and outdoor branding campaigns. Catch her next book in spring of 2014, *Day Hiking Goat Rocks and Mount Adams*. Visit her website: [www.tamiasars.com](http://www.tamiasars.com).



**Asars sometimes accompanies the State Department of Fish and Wildlife when it traps, sedates and relocates “mischievous” bears**



## If you encounter a bear . . .

Although aggressive behavior is very rare, a bear will defend its young or food source if it feels threatened. Startling a bear can also lead to distress and agitation. Most times they prefer to avoid confrontation and will flee, but when they are agitated, you'll be able to read the signals clearly. They wear their emotions on their big black sleeves and you'll see signs of distress such as jaw popping with head turning, huffing or vocalizing, or aggressive slamming of their paws to the ground. If a bear behaves this way, it's trying to tell you that you've crossed the line. In this case:

- **Do not look the bear in the eye.** Eye contact is perceived as a challenge and a sign of dominance.
- **Never turn your back to the bear,** but if safe to do so, slowly walk backwards and give the bear as much space as possible.
- **Talk calmly and quietly** so the bear can identify you as a human and do your best to diffuse the situation.

Occasionally a bear will "bluff charge" as its way of trying to resolve the situation on its own. A bear charges, then stops short of you and veers off, running away. If you practice good bear etiquette this will never happen to you, but if it ever does, your body language in this situation could save your life. Stand your ground, hold as still as possible without making eye contact and don't even take half a step backwards. Once the bear is gone, promptly find a tree to hide behind and change your soiled drawers.



## Take precautions:

- In bear country, make noise by singing or clapping your hand occasionally.
- Hike in groups during daylight hours.
- Watch for bear signs, such as tracks, piles of scat laden with berries, and small trees which have been scratched to bits by hungry bears looking for grubs and serving as nice scratching posts for the bear.

## Living in bear country

**Trash cans:** Be sure they are placed out the morning of pickup, instead of the night before. Double bag (or ziplock) anything if it has a strong odor, particularly fish skins, coffee grounds and leftovers. If a trash can is raided and it's safe to do so, pick up contents immediately to avoid creating a stash for other hungry bears. Better yet, invest in a bear-proof style trash can.

**Bird feeders are a great source of protein for bears** who will go to almost any lengths to eat the contents. Discontinue feeding birds until winter when natural food becomes more scarce and the bears are hibernating.

**Clean BBQ grills well** and burn off any food after cooking. Better yet, store them in a garage or protected area and pull them out when needed.

**Cool it on compost:** Decaying organic matter smells pretty good to a bear, so avoid compost bins and/or compost piles.

**Yell or honk at bears,** especially those who slowly lumber away or who may be close to your property. Help them associate people with fear.

**Keep dogs on leashes!** Dogs who chase bears may find themselves in too deep, then run back to their owners with a bear in pursuit.

# 'Our Secret Rainier'

## Part III: Crystal Peak, a conifer heaven

By Mickey Eisenberg and Gene Yore

Mount Rainier National Park (MRNP) is filled with glorious places to visit. Its visitors justifiably flock to the well-known destinations: Sunrise, Paradise, Camp Muir, Summerland, Spray Park and Comet Falls to name just a handful. But there are dozens of other wonderful places—less well known and perhaps a bit more difficult to find—that have a beauty all their own. Longtime Mountaineers trip leaders, Gene Yore and Mickey Eisenberg, call these places “Our Secret Rainier.” This is the third of a periodic installment from Gene and Mickey on these hard-to-find gems in the park.



**One of our favorites hikes** in Mount Rainier National Park is Crystal Peak. We like Crystal not only for its old-growth forest and grand vistas, but also for having such a variety of conifers. In fact, it has the most conifer species found on any single hike in our state. There are 18 conifer species found in Washington State, and this hike has 15 of them. Many can be found near the 4,600' trail junction. The only Washington conifer species not on this hike are western larch, mountain larch (see more about larches on page 27) and Sitka spruce. (Full disclosure: The only lodge-pole pine we found was actually on the trail to Lower Crystal Lakes.)

Here are the approximate locations to find the conifers:

**4,600 ft.:** Engelmann spruce, red cedar, western hemlock, silver fir, Douglas fir, western white pine, subalpine fir, yew (a yew tree—actually a bush—may be found 70 yards up the Crystal Lakes Trail from the junction).

**4,730 ft.:** Alaska cedar (just past scree field)

**5,190 ft.:** Noble fir and lots of mountain hemlocks in the area

**5,200 ft.:** Ponderosa pine, grand fir (a grand fir was also noted at 4,350')

**Near summit:** White bark pine

**The higher slopes of the hike**, beyond 5,200 ft., pose considerable avalanche risk, so it is best to do this hike once the snow is gone or much stabilized. Save this one for a sunny day in mid-July through September. Flowers are spectacular in late July and early August. In late August and early September, you will find copious huckleberries from 5,200 to 5,800 ft., with lovely mountain ashes adjoining the trail. ▲▲

*Mount Rainier National Park has over 100 climbable peaks (not counting Mount Rainier itself) either within or immediately adjacent to the Park boundary. Information about all 100 may be found in Guide to 100 Peaks at Mount Rainier National Park (excluding the big one, Rainier), published by Mountaineers Books. While most are scrambles and a few are climbs, there are 15 peaks that are reachable as hikes.*

18 Cascade Conifers	Description	Elevation	Cones	Needles	Stomata	Other
Douglas Fir	Bottle brush	Up to 4500	3-4 in, 3 pt bracts	1 in, flat, pointy tip	2 bottom	Not true fir
Western Hemlock	Droopy top	Up to 4500	.5-.75 in	Unequal	2 bottom	State tree
Mountain Hemlock	Less droopy	Over 4000	1-3 in	More equal	Top & btm	
Silver Fir	Pale btm need	2000-5000	3.5-6 in	Sides & top	2 bottom	Silver bark
Grand Fir	2 rows of needles	2000-5000	2-4.5 in, grn-brn	Equal, side by side	2 bottom	
Noble Fir	Blue green	3000-5000	4-7 in, bracts	4 sides, top groove	2 top	Rainier and south
Subalpine Fir	Bottle brush	Over 4500	2.5-4 in	Equal	2 top, faint	Steeple
Ponderosa Pine	Distinctive	Up to 4500	3-6 in	3 5-10 in		East only
Lodgepole Pine			1-2 in	2 1-3 in		L = 2
Western White Pine		Up to 5000	6-11 in	5, splayed		W = 5
Whitebark Pine		5000+	2-3 in	5, stouter, bundled		W = 5
Sitka Spruce	Coastal most	Up to 2000	2.5-4 in	++Prickly	2 top	
Engelmann Spruce	Mountains	3000-6000	1.5-2.5 in	4 sides, prickly, blue green	Top & bottom	Can roll needles, East most
Western Red Cedar	Reddish bark	Up to 4000	.5 in, rosebud	Smooth scales		West mostly
Alaska (Yellow) Cedar	Droopy branches	3000-6500	.5 in, roundish	Prickly scales		West only, krummholz
Alpine Larch	Deciduous	Over 5000	Bracts	Clusters	4-sided need	East only
Western Larch	Deciduous	3000-5000	Bracts	Clusters	3-sided need	East only
Pacific Yew	Bush in shade	Up to 8000	Red berry	Like Grand	No stomata	West only

Excerpted from *The Seattle Naturalists Quick Guide to 18 Cascade Conifers* by Mickey Eisenberg

**Directions:** Drive SR-410 4.1 mi. south of the Crystal Mountain Ski Ares turnoff, to the Crystal Lakes trailhead. Park on either side of the road. Park entrance fee is not required.

**Route:** Leave from the Crystal Lakes trailhead (3,520 ft.). You will immediately cross Crystal Creek. The trail divides at 4,600 ft., with the left branch going to Crystal Lakes and the right branch heading south to Crystal Peak. Head south across the west slope of Crystal Peak. The trail breaks into the open around 5,200 ft. At approximately 5,800 ft. the trail does a 140-degree turn and heads northerly to the old lookout site on the peak.

**Skill level:** Hike (with a quarter-mile foot path to the summit)

**Beauty:** 7 on a scale of 10 (Glorious! Choose a clear day.)

**Effort:** 4 on a scale of 10

**Distance:** 7.6 mi. RT

**Elevation:** 3,100 ft. total gain

**Total time:** 5 hours

**Best season:** July until first snow

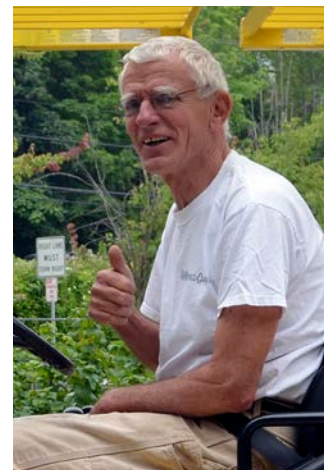
**Maps:** USGS White River; Green Trails Mt. Rainier E.

**Equipment:** Hiking gear

## About the authors



*Mickey Eisenberg with daughter, Devora Eisenberg Chavez*



*Gene Yore volunteers around the program center when not in the alpine*

Gene Yore and Mickey Eisenberg have taken Mountaineers climbing courses, served as leaders and generally have volunteered for all things Mountaineers. Gene joined The Mountaineers in 1991 and Mickey in 1996. The two are to release an ebook, *A Guide to 100 Peaks at Mt. Rainier National Park*, in which much of their 'Secret Rainier' will appear on an iPad via iBooks or on a computer via iTunes. All author royalties will go toward Mountaineers scrambling, climbing and hiking committees.



## Colorful is a hike, but sometimes more so are the acquaintances

By Tami Asars

**I had been at camp for about two hours when he showed up.** Soaking wet and looking miserable, he searched for the last available wilderness camp. All of us who had arrived before him had wisely chosen not to take site No. 3, which featured a rivulet from a three-day deluge.

I stood and watched him struggle to set up his homemade hammock/tarp/flopsical. He had carefully strapped each loop to the arm's-width branches of slide alder in hopes that some force of reverse physics would keep his rear-end from dragging in the water. Swamp-hiney was not a pleasant sensation and the durable water repellency finish on the thin nylon made his sleeping shelter a fine candidate for such an ailment. The more he struggled, the guiltier I felt, until finally, I offered to let him share my site—an opportunity he was thrilled to receive.

We began to exchange stories as we futzed around with our packs. He, simply put, was the definition of a colorful character.

Larry was by trade a “rolfer,” a fancy term for a holistic healthcare worker trained in the specialty practice of soft-tissue manipulation. He spent his summers in Maine, but lived in Arizona during winter. He enjoyed using big words in casual dialog, such as anomalistic and perspicacious, and referred to the spreading phlox as saxicolous, a term that I admittedly had to write in my journal and look up later.

We’d met the night before at the previous camp, our permits coinciding with each other as often is the case on the Wonderland Trail. I had come to research my *Hiking the Wonderland Trail* guidebook, while Larry had come to find himself, the meaning of life and perhaps a friend or two.

While I was walking around camp, something caught my eye, so I stopped for a double-take. There was Larry chatting away with two distinguished-looking, older gentlemen and showing them the correct technique for using trekking poles. He marched through their campsites and stomped out painfully large, pants-splitting steps, planting his poles firmly as he stepped, then circling back and demonstrating again. And again. And again, repeating each time, “Got that?”. The older men, cornered by this amusing parade, politely nodded a “yes.” Next up was the correct way to tighten your laces, followed by a soda-can stove flare-up demonstration, with the grand finale being “camp yoga,” consisting of positions that would even make Dennis Rodman blush.

When he arrived at camp in the deluge, Larry admitted that to scale down his pack weight, he’d opted to leave his waterproof layers at home. “But it’s only 20 pounds!” he proudly exclaimed about his pack as water beaded down his forehead.

“Thanks for offering to share your site, I have something for you,” he said as he rooted through his pack like a wet muskrat. Before long, I was being offered pickled seaweed and mustard greens, which I politely declined. We chatted for a bit more that evening before we retired to our respective housing.

**The night was long, loud and extremely rainy.** By morning, there was not a trace of Larry to be found. As I packed up my things, I found myself smiling about the colorful characters that I’d met over the years on trails and how I’d remembered each one for their uniqueness and conversational dinners served with a side of humorous stories.

Later that day, I stumbled upon Larry as he slopped up a large hill. With a sneer he told me he was going to bail once he got to Mowich Lake by sweet-talking a day hiker into a ride to civilization, then catching a bus to the airport.

“This inclement weather is repugnant,” he mumbled under his puffs. Giving him my biggest smile, I bade him very safe travels and wished him the best. ▲▲

(For more about Tami Asars, see her profile on page 22.)

## Fall is when the larches march onto the alpine stage

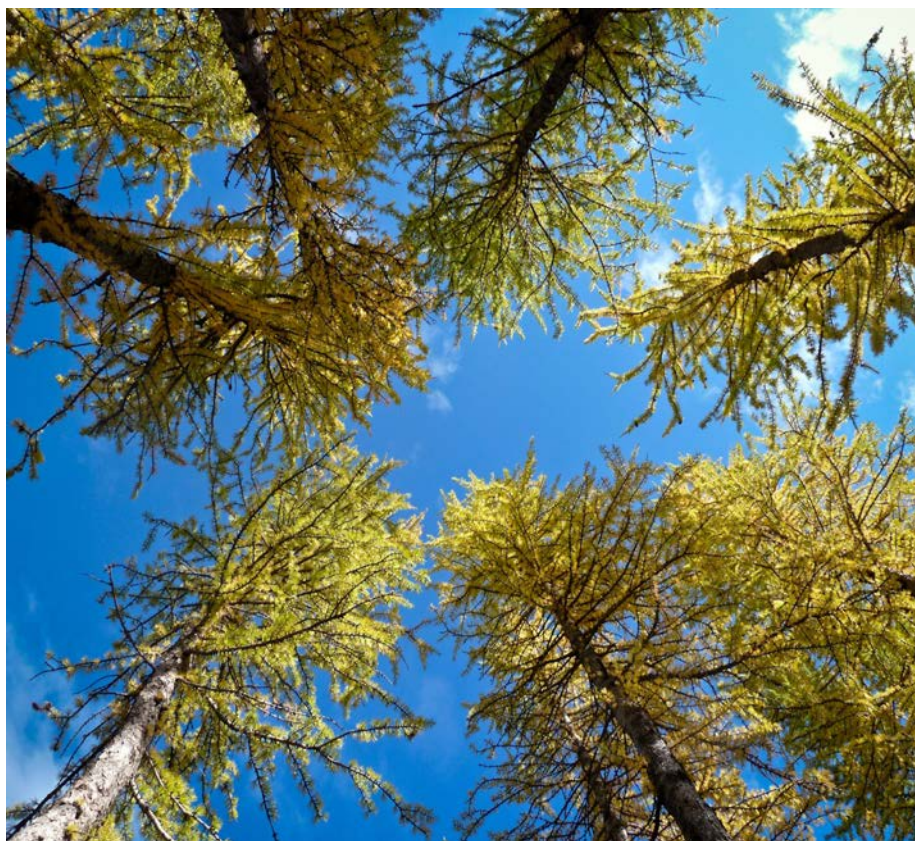
By Joan E. Miller

**It's only natural** that Mountaineers would find larches appealing. The trees are among the hardiest around. You have to admire their perseverance. Larches thrive only at high elevations, in full sunlight, anchoring deeply in poor soils and resisting fires. In winter they stand firm against frigid temperatures, while flexing with heavy snows and violent winds.

A tough life for a tree! But larches are among the longest-lived conifers in the pine family, with specimens living 500-700 years or more. They are native to North America and though found in the Pacific Northwest, don't call these trees evergreen. In the fall, when other conifers are keeping their green brotherhood, larches are stepping out onto the stage. It's in this season that this deciduous conifer demands our attention. Out on the trail, your eyes don't have to work hard to spot the patches of gold and yellow that burst from the palette of green.

**The Northwest is home** to two species of larch: western larch or *Larix occidentalis* (also called tamarack) and subalpine larch or *Larix lyallii* (also called alpine larch). Telling the two species apart is basically a matter of place. The western larch grows at elevations between 2,000 and 5,500 feet, while the alpine larch is found from 5,000-9,000 feet, well above elevation limits of other conifers.

Western larches are more common and in Washington can be found along the eastern slopes of the Cascade Mountains,



Manisha Powar photo

*Looming larches at Ingalls Lake, a hike which starts from the Teanaway Valley*

### Good fall hikes for seeing larches

**Libby Lake:** Reference: *Day Hiking North Cascades* (Mountaineers Books), Hike 112. One of the most forlorn and loftiest lakes in the Sawtooths, but its brilliant larches at its outlet make this hike worth the effort.

**Carne Mountain:** Reference: *Day Hiking Central Cascades* (Mountaineers Books), Hike 92. The panoramic view of other peaks and valleys from this Chiwawa region gem is the complement to a glowing show of larches in the fall.

**Mount Lillian:** Reference: *Day Hiking Central Cascades* (Mountaineers Books), Hike 120. Fall makes this not only a timely hike for larches but also for minimal exposure to the pesky motor-heads who chug their all-terrain vehicles up and down the route. Midweek hiking is even better in this regard.

**Eagle Lakes:** Reference: *Day Hiking North Cascades* (Mountaineers Books), Hike 114. A jaunt that is easy on the lungs, it is upper Eagle that is bedizened by larches inside a cirque of spiraling crags. Fall is the perfect time for this hike.

Continued on page 34

## European resorts: panaceas for all kinds of snow play



By Patti Polinsky

When you think of Europe, what does it bring to mind? A vacation? Travel to some place new? Spectacular snow-covered mountains? World-famous cities? Small villages tucked on steep slopes? International dining and many tongues being spoken around you?

Mountain resorts in Europe offer an experience not found anywhere in the United States. Mountains stretch as far as you can see. Observation huts are on the highest peaks and accessible even to non-skiers. As you ski you will pass small huts, where

a family specialty is prepared for lunch. Ordering lunch often presents special challenges but pictures of the cuisine are of great help.

Resorts dot stretches as far as 20 miles and across several mountains. Trails connect the different sectors. Some resorts also offer trains and post buses to connect the sectors.

Every form of snow play, not just skiing and snow boarding, can be enjoyed. You can find walking paths to explore the resort or to visit nearby villages. Some winterwanderwegs lead to mountain huts nestled on promontories where you can sit outside and enjoy a relaxing afternoon or lunch. Every tourist bureau has winterwanderweg maps and will offer suggestions for your outing. Snowshoe trails will offer steeper hikes on prepared trails. Some resorts have Nordic walking routes. European resorts offer classic and skating cross-country routes.

Many resorts operate small, family-run hotels, slope-side, where all you could ask for is included with your stay. You will receive an American buffet breakfast, a multi-course dinner, sauna, steam-room, ski rooms with boot dryers and sometimes, swimming pools.

A spring vacation to Europe will leave you wanting to try another resort in the Alps soon. Join me and make your own memories during my 2014 Austria-Switzerland trip (see below).

### XC ski Sun Valley, ID

Feb. 2-9, 2014

The price includes seven-night stay in rooms with two queen beds, pool, hot tub, breakfast voucher, ski trail passes for over 200 km of Nordic trails. **Price:** \$975. **Leader:** Shari Hogshead, skimntr@aol.com or by phone, 425-260-9316.

### Backcountry ski B.C.

Feb. 9-18, 2014

Intermediate to advanced backcountry skiers will be thrilled by Hilda Lodge's terrain, from alpine bowls to old-growth forests. The deluxe, new lodge has private bedrooms, bedding and towels, AC power, internet access, indoor plumbing, wood-fired hot tub, and sauna! We will self-guide and self-cater exclusively for The Mountaineers. Helicopter in and out. **Price:** \$1,600 by Oct. 1. **Leader:** Craig Miller, craigmiller@comcast.net.

### Ski two of B.C.'s finest

Feb. 15-22, 2014

Classic and skate skiing on exceptionally well-groomed trails at Silver Star and Sun Peaks.

**Price:** \$775 if 12 participate; \$890 if 10 participate (includes accommodation and ski trail passes). **Leader:** Cindy Hoover, cyn@zipcon.com, 206-783-4032.

### Backpack N. Zealand

Feb. 16-March 3, 2014

Enjoy three, 2-3 day, strenuous backpacks on the South Island's striking Routeburn, Kepler and Hump Ridge tracks, with day hikes among glaciers and high peaks, a boat trip on Milford Sound and hotel stays in vibrant, small towns. On the tracks, you'll carry only food, clothing, sleeping bag and cookpot while staying in huts.

**Price:** \$3,000 (main), \$550 (an Abel Tasman extension), \$500 (a Tongariro extension). Application and \$1,000 deposit due by June 1. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

### Ski or walk Austria and Switzerland

Feb 27-Mar 16, 2014

Walk or ski in Davos/Klosters, Switzerland and Serfaus, Austria, with elevations from 3,000-9,600 ft. Winterwanderwegs are over 100 km in each resort. There is

unlimited powder slopes and wide, groomed slopes for skiers. Dinners will be prepared by a five-star chef in a 200+ year-old, charming, small hotel for this group of 12. **Price:** \$2,960. **Leader:** Patti Polinsky, Meanysports@me.com, 206-525-7464.

### Trek the high Andes

May 17-28; May 30-Jun 11, 2014

Experience village culture, ancient Inca ruins and strenuous high-altitude trekking. Two linked 12-day segments start in Cusco and Huaraz, Peru. Day hike to ruins and colorful markets, and trek remote high country with guides to Machu Picchu and through the Cordillera Blanca around 19,511 ft. Cerro Alpamayo. **Prices:** \$2,700 and \$1,900, respectively. **Leader:** Cheryl Talbert, cascadehiker@earthlink.net.

### Trek Switzerland's Via Alpina

Sept. 1-25, 2014

**Slide show:** Friday, January 17, at 7 pm in The Mountaineers Seattle Program Center. **Summary:**

*Backpacker* magazine rated Switzerland's Via Alpina "The World's Best Hike." The Alpine Pass Route is the classic long hike across Switzerland. This outing combines very strenuous hiking, spectacular Alpine scenery, European culture, and delicious food. You carry only a daypack and sleep in beds. **Price:** \$4,000. **Leader:** Craig Miller, craigmiller@comcast.net.

### Trek or climb

#### Nepal's Khumbu

Trek Oct. 8-28, 2014 or Climb Oct. 8-Nov. 9, 2014

**Slide Show:** Friday, January 24, at 7pm in The Mountaineers Seattle Program Center. **Summary:** We all trek to Kala Patar viewpoint and Mt. Everest base camp, sleeping in lodges. Climbers continue to Makalu, camping. Trek is strenuous; climb is very strenuous. You carry only a daypack. **Price:** Trek, \$3,000; or climb, \$4,000. **Leader:** Craig Miller, craigmiller@comcast.net.

See mountaineers.org  
for all details  
on Global Adventures



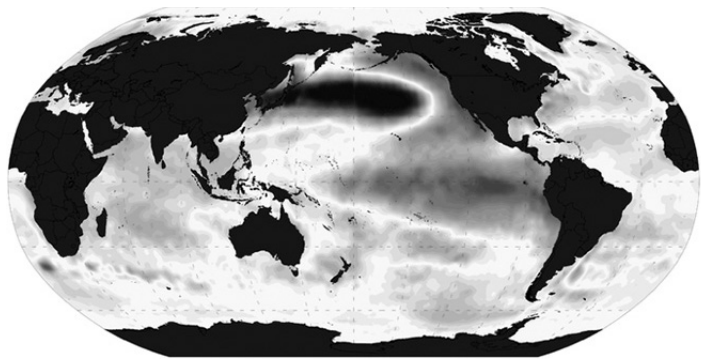
## Between La Niña and El Niño lies the big 'La Nada'

For most of us in the Northwest, there is never too much of a good thing when it comes to summers like the one now nearing its end, thus prompting the question: How much longer will the dry, warm conditions linger into fall? This is always a tricky question to answer.

Hopeful to not shatter anyone's anticipation of a summer-like autumn, we should keep in mind that snow has come to the 5,000-foot level of the Cascades as early as September 2. But usually it comes later in September or in October. Lucky hikers can usually climb to the 5,000-6,000 ft. level with minimal snow on the ground until November 1.

**The Big La Nada.** The El Niño/Southern Oscillation (ENSO) often correlates to winter snowfall in the Cascades. ENSO refers to the sea-surface temperature (SST) anomalies in the Pacific Ocean off the coast of Peru. El Niño occurs when there is an above normal SST in the Eastern Pacific. La Niña occurs when there is below normal SST.

There are many ways to measure if we are in the El Niño or La Niña phase. If the departure from normal is great-



*The Pacific Decadal Oscillation temperature map starting from neutral (#)*

er than or equal to 0.50 C for over three consecutive months, it is an El Niño. If the departure from normal is below 0.50 C, it is a La Niña. When neither El Niño nor La Niña exist, we call this a "neutral phase" or "La Nada" (nothing). Some of the current forecast models are suggesting that we are heading toward La Nada this fall and winter. This would mean a non-eventful fall-winter season—somewhat normal temperatures and normal precipitation or snow.

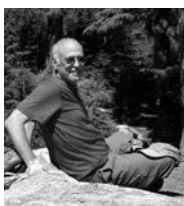
**There are other indices** used in seasonal forecasts to determine the upcoming seasons. They some-

times interact with ENSO. One is the Pacific Decadal Oscillation (PDO), referring to the SST from the coast of Alaska south to the Washington, Oregon and California coasts. This summer we recently shifted to above normal SST and there is some speculation on whether this is a long-term trend or not. During a warming phase the SST in West Coast waters is above normal and there is a tongue of cooler water to the west. There are other indices but space here does not allow for explanation of their complexities.

**Keeping an eye on ENSO and its phases.** The Climate Prediction Center (CPC), part of the National Oceanic and Atmospheric Administration (NOAA) monitors ENSO and its phases. Visit [www.cpc.ncep.noaa.gov/products/analysis\\_monitoring/enso\\_advisory](http://www.cpc.ncep.noaa.gov/products/analysis_monitoring/enso_advisory). Another organization that provides seasonal forecasts is the International Research Institute (IRI). The IRI was established as a cooperative agreement between NOAA's Climate Program Office and Columbia University.

And to stay abreast of Northwest patterns and indicators in general, check my blog [www.westcoastweather.com](http://www.westcoastweather.com).

### About the author



Michael Fagin provides mountain weather forecasts for the Washington Cascades and Olympics. He also provides forecasts for Mount Everest expedition groups and provides custom forecasts to independent climbers on a worldwide basis. His weekly hike/ski weather segment is heard every Tuesday at 9:50 a.m. on KUOW (94.9 FM in Seattle). Also find him via: [www.westcoastweather.com](http://www.westcoastweather.com); [www.everestweather.com](http://www.everestweather.com); [www.hikewashington.net](http://www.hikewashington.net).



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**Mountaineers Business Members** value the spirit, volunteerism and history of The Mountaineers and support the organization's mission: "... to enrich the community by helping people explore, learn about, conserve and enjoy the lands and waters of the Pacific Northwest and beyond." They are a community within the community of The Mountaineers—all sharing the same interest and passion for the outdoors. We thank the following Mountaineers business owners for their support.

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earthhumor@comcast.net  
206-963-4521  
WA Lic #: LOUIEC902C6

## FINANCIAL SERVICES

**Mearl Bergeson** (Joined 2011)  
Merrill Lynch Wealth Management  
1215 4th Ave., Ste. 2600  
Seattle, WA 98161

www.fa.ml.com/mearl\_bergeson  
mearl\_bergeson@ml.com  
206-464-5632

## LANDSCAPE - CONSTRUCTION

**Matthew Eads** (Joined 2007)  
Terrain Build, Inc.  
3703 S. Edmunds St. Box 41  
Seattle, WA 98118  
www.terrainbuild.com  
matt@terrainbuild.com  
206-607-7761

## REAL ESTATE - SALES

**Leah Schulz** (Joined 2006)  
The Force Realty  
12507 Bel-Red Rd. #103  
Bellevue, WA 98005  
www.RealEstateByLeah.com  
leah@leahdschulz.com  
206-523-1288

**Cisca Wery** (Joined 2003)  
Windermere Real Estate Company  
8401 35th Ave. NE  
Seattle, WA 98115  
www.LakeWA.com  
cisca@windermere.com  
206-715-7187

## REAL ESTATE - APPRAISALS

**Bruce Wolverton** (Joined 1992)  
Frontier Appraisal Services  
Serving King, Snohomish,  
Island & Pierce Counties  
www.FrontierAppraisals.com  
brucewol@comcast.net  
425-344-2296

## SOFTWARE - GIS - MAPPING

**Tom Gaskins** (Joined 2011)  
LandPrint.com - 3-D terrain models  
9302 157th Pl. NE  
Redmond, WA 98052  
www.LandPrint.com  
tom@LandPrint.com  
206-790-7640

## TRAVEL SERVICES

**Ambrose Bittner** (Joined 2009)  
Red Lantern Journeys - Asia tours & treks  
1000 N. Northlake Way, Ste. H  
Seattle, WA 98103  
www.redlanternjourneys.com  
ambrose@redlanternjourneys.com  
206-568-0710

## Become a Mountaineers Business Member!

Designed for the **small business owners** in our midst, this category of Mountaineers membership provides an opportunity for dedicated members to support The Mountaineers at an even higher level. In recognition of this increased support and in addition to all other member benefits, business members receive a Business Member Directory listing on this page and on our website, as well as invitations to special membership events (watch mountaineers.org for notices).

To find out more about upcoming business member events or to become a member of this group, contact Leah Schulz, leah@leahdschulz.com, 206-523-1288.

For a **complete list** of membership benefits and how to access them, see our **Member Benefits page:** [www.mountaineers.org/membership/benefits.cfm](http://www.mountaineers.org/membership/benefits.cfm). You can also find answers to frequently asked questions via The Mountaineers Support page: <http://help.mountaineers.org>, or contact [info@mountaineers.org](mailto:info@mountaineers.org); 206-521-6001.

**And remember:** As a mission-based and volunteer-driven, 501(c)(3) nonprofit, all but \$10 of your dues are **tax-deductible** to the full extent of the law.

## Board elections to be held in October

Maintaining the momentum of the last three years, The Mountaineers Nominating Committee has met throughout 2013 to identify candidates for directors on our board. This year all of the candidates are incumbents. The board believes the three are the best candidates for at-large director positions for 2013 and therefore unanimously endorses all three candidates—Lee Fromson, Kara Stone and Matt Sullivan. Each of the candidates is eager to continue serving The Mountaineers and possesses the professional skills and personal commitment needed to further The Mountaineers mission.

The Mountaineers will soon be sending all members with email addresses an electronic ballot for board of director elections. The ballot will appear October 1. Meanwhile, please log into your Mountaineers account to make sure your email address is up to date.

The board has set the **Annual Meeting for 6:30 p.m. on Thursday, September 12**, at The Mountaineers Seattle Program Center. Nominations from the floor will be communicated by email and on our website prior to the election and will be included on the ballot.

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### Lee Fromson

Lee has worked in the outdoor industry for over 30 years and presently is employed by REI as the Senior Vice President, Merchandising. Lee has been a Mountaineers member since 2009 and is an avid outdoor adventurer. Lee is active in the conservation community, currently serving on the Board of Directors for the National Forest Foundation, Board of Advisors for the Appalachian Mountain Club and the Conservation Alliance Advocacy Committee, in addition to The Mountaineers Board of Directors service for the last three years.

"My experience in the outdoor industry has taught me how important getting out into the mountains is for the U.S. economy, for a person's mental health and physical well-being, and for developing our next generation of environmental stewards of the remarkable treasures that exist in our country. For many people the outdoors can be an intimidating place. The Mountaineers is the most influential and trusted pathway to helping people get outdoors. I would be honored to continue serving this organization and shape its strategic direction through my passion for the outdoors and my professional experience."

### Kara Stone

Kara is General Manager of the REI flagship store where she has managed a multi-million dollar business with hundreds of hourly employees. Kara also has extensive volunteer and youth programming experience, serving on the boards of YMCAs for over seven years. Joining The Mountaineers in 2012, Kara is a charter member of The Mountaineers Advisory Council and a current member of The Mountaineers Board of Directors.

"For all of us that consider time outdoors essential to life, and have found assurance and stability in the unpredictable environs of the mountains, there has likely been an influential person or organization that has connected us to the outdoor lifestyle."

### Matt Sullivan

Matt is an experienced marketing and market research executive with such Fortune 100 companies as Microsoft, Kellogg's Company, Procter & Gamble, Guinness, and J. P. Morgan, and he currently runs his own research company, Matsu Research. A Mountaineers member since 1998, Matt is a paddler, hiker, snowshoer, skier, and runner. He volunteers for The Mountaineers youth programs and youth sports teams, including those with the YMCA. Matt has served on The Mountaineers Board of Directors for the last three years, leading market research efforts to better meet the needs of current and future members.

Matt, who enjoys a breadth of outdoor activities on land and water, wants to help The Mountaineers introduce more youth to the outdoors. "I am extremely excited to see the progress we have made over the last three years, with huge growth in our youth programs from summer camps to regular activities. In addition, infrastructure changes such as becoming a 501(c)(3) have allowed us to achieve fiscal health. It is an exciting time to be part of The Mountaineers and I hope to continue serving the organization."

***For more information about  
the election  
process and the  
candidates, please refer  
to [www.mountaineers.org/  
elections/2013](http://www.mountaineers.org/elections/2013).***



## Welcome to our seven branches of The Mountaineers

Propelled 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, require a set of learned skills to enjoy safely and 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 refer to the 2013-14 Course Guide 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 in 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

**Vice Chair:** Minda Paul

**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.



### EVERETT

**Chair:** Louis Cogas, [earththumor@comcast.net](mailto:earththumor@comcast.net)

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

The Everett Branch of The Mountaineers was founded in 1910 by H.B. Linman, an Everett dentist. The new organization successfully sponsored over a dozen hikes that year. Its first outing was 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 allowed the branch to hold its centennial celebration in 2010 and 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

**MEMBERSHIP MEETINGS:** 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 most months and often feature a guest presentation. The meetings take summer off and resume in September. Members, guests and the general public are invited to join us at 7 p.m. in the Snohomish County East Administration Building, 3000 Rockefeller Ave., Rm F107 in downtown Everett.

**HELP RESTORE TRAILS & LOOK-OUTS:** For more details about volunteering, contact Forrest Clark, [LOTM@everett-mountaineers.org](mailto:LOTM@everett-mountaineers.org).



### FOOTHILLS

**Chair:** Fran Troje, [foothills.branch@gmail.com](mailto:foothills.branch@gmail.com).

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

The newest of Mountaineers branches, Foothills offers trips and classes to communities on the Eastside, from Bellevue all the way to Ellensburg, the branch offers opportunities for safe and enjoyable outdoor recreation year-round.

The branch offers conservation and recreational access advocacy, hiking, and photography. 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 meeting for new and prospective members is held most months throughout the year. They start with a socializing session at 6:30 p.m., which is 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. See the branch website for the latest information on the next meeting.

**VOLUNTEER:** The Foothills Branch Hiking Committee is looking for volunteers to be a part of our committee. We are also looking for hike leaders, including backpacking leaders. For more information, please contact co-chair of the Hiking Committee, Chris Caviezel at [Nordic.chris@gmail.com](mailto:Nordic.chris@gmail.com) or 425-434-0899.



### 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 allow a potpourri of activity and delight for Mountaineers and guests.

Kitsap offers courses and programs in climbing, alpine scrambling, hiking, snowshoeing tours, photography and sea kayaking. Its Salmon Safari for youths—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 are served. Watch the Kitsap Branch website for dates and times.

**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:** Carla Jonientz, [carlajonientz@yahoo.com](mailto:carlajonientz@yahoo.com).

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

### Learn more

**CELEBRATING 50 YEARS.** The Olympia Branch has been offering Mountaineers programs and training to the South Sound for 50 years—this year!—including hiking, skiing, sea kayaking, snowshoeing, backpacking, climbing, outdoor leadership and naturalist activities.

**MEET THE OLYMPIA BRANCH AT POTLUCKS.** The potluck and adventure presentations are back, starting September 4! The Olympia Branch holds a potluck and special adventure presentation on the first Wednesday of each month from September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE, just north of Priest Point Park. The next meetings are **September 4** and **October 2**. Socializing and the meal begin at 6 p.m. (arrive early). Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7 p.m. This is a great opportunity to meet fellow Mountaineers, share ideas, learn about others' escapades, and connect with a greater community of outdoor enthusiasts. Contact Carolyn Burreson, [cbburreson@q.com](mailto:cbburreson@q.com), if you have questions. You can also request library materials for pick up at the potluck (see Branch Library listing below).

**IF YOU WANT MEMBERSHIP INFORMATION** about The Mountaineers, to have a membership brochure sent to a friend, or if you have moved and don't want to miss an issue of the bimonthly *Mountaineer* magazine, send an e-mail to [olymountaineers@gmail.com](mailto:olymountaineers@gmail.com). Please include your mailing address so that we can send you a membership packet.

**SEPTEMBER 4 POTLUCK AND ADVENTURE PRESENTATION:** Donovan Pacholl, a Northwest native and owner of Embark Adventures, will share his experiences living and climbing on Mt. Kilimanjaro, where he lived for two years.

**OCTOBER 2 POTLUCK AND ADVENTURE PRESENTATION:** Joseph and Joyce LaValle will describe their Coast To Coast walk of 192 scenic miles on one of the most popular long distance paths in England. They began their hike at the Irish Sea town of St. Bees and end at the North Sea town of Robin Hoods Bay. They'll share their pictures of walking through three, contrasting National Parks, the mountains of the Lake District, the River Swale Valley, and the barren, exposed, and bleak North Yorkshire Moors. The path passes historical significant castles, abbeys and villages.

**BRANCH ELECTIONS** were held this summer for the positions of chair elect, social chair, treasurer, and member at-large. Results are available on the branch website. Thanks to the candidates for their willingness to step forward and help the branch.

**COURSES START:** The fall MOFA course will be held over two weekends, on **October 12, 13, 26, and 27**. The fee is \$150 for members. Visit the website for more information. Contact Bob Kernanen, [keranen@hcc.net](mailto:keranen@hcc.net), 360-340-1882, with questions.

**BRANCH BANQUET:** Again this year our annual recognition banquet will be held at the Worthington Center at St Martins University. Our keynote speakers will address the nuts and bolts involved in achieving the Seven Summits, the highest peak on each of the seven continents. Mark your calendars: Saturday, **October 26**. In September, watch for email notices and check our website for registration details. For more information, contact Greg Lovelady at [GregL12@comcast.net](mailto:GregL12@comcast.net).

**ACTIVITY AWARDS:** Register before September 15 for one of the many activity awards to be presented at the branch banquet. Most of the awards are listed at the branch website. **Details:** Kerry Lowry, 3600 Snug Harbor Dr N.E., Olympia, WA 98506, [kerryndon@comcast.net](mailto:kerryndon@comcast.net), 360-456-2694.

**BRANCH ANNUAL SERVICE AWARD NOMINATIONS:** Submit the name of an Olympia Branch member you would like to see recognized for his or her long-term service to The Mountaineers, for leadership over branch activities, for a genuine spirit of service to The Mountaineers, for education provided to our outdoor community or services to our natural environment. Include a description of why the nominee should be recognized for long-term service, or get more details from Curt Rosler, [rosler6419@comcast.net](mailto:rosler6419@comcast.net).

**THE OLYMPIA BRANCH BOARD** meets every month at 6 p.m. on the second Wednesday of the month. The next meetings are **September 11** and **October 9**. Check the branch website for times and locations.

Members are encouraged to attend and to check the website to confirm location and starting times.

**OLYMPIA BRANCH LIBRARY:** Open for the summer and located at Maxine Dunkelmann's house, 5418 Lemon Rd. N.E. Contact Maxine, 360-352-5027 (8 a.m.-8 p.m.), [maxdunk@comcast.net](mailto:maxdunk@comcast.net), if you'd like to browse or check out or return materials. Returns can also be made 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. A librarian always attends our first-Wednesday potluck presentations with a selection of books to check out.

## 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

**MEET THE MOUNTAINEERS:** The Seattle Branch holds a Meet The Mountaineers open house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers offerings. Keep an eye on the website for information about the next one.

**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. They begin at 6:30 p.m. on **September 19** and **October 17** at The Mountaineers Seattle Program Center. Though they are free, participants are urged to register online for the seminars to make sure there is enough seating.

**INTRO TO MAP AND COMPASS:** Learn the basics in how to keep from getting lost in the wilderness. See website to register.

**FOLK DANCING:** Each Tuesday at The Brig in Magnuson Park, just southeast of The Mountaineers Program Center. What kind of music do we play? Traditional folk dances plus line dances, sets (squares or contras), mixers, waltz, polka, hambo, two-step variations and patterns along with ragtime, foxtrot, swing, tango and more. No

**Continued on page 34**

partner needed; come by yourself or bring a friend. Admission: \$6 Mountaineers, \$7 non-members. Age 30 and under free. See [www.mountaineers.org/seattle/folkdance](http://www.mountaineers.org/seattle/folkdance).

**DO YOU WANNA DANCE?** The Seattle singles group offers dances and lessons. Contact Karen Ludwig, [karenludwig2000@yahoo.com](mailto:karenludwig2000@yahoo.com), for upcoming singles dances.

## 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 maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier, the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including 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.

Learn more about us by visiting our branch website to view our activities, our events calendar and other offerings.

### Learn more

#### MEET THE TACOMA MOUNTAINEERS:

Tacoma Branch holds a free meeting on the third Friday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7 p.m. with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of 22 activities).

## MOUNTAINEERS-WIDE PLAYERS

Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. A treasured family tradition in the greater Seattle arts community since 1923, The Mountaineers Players continues to bring Puget Sound audiences quality outdoor theater under the conifer canopy of its Kitsap Forest Theater every spring and summer.

**Help wanted:** We need help with set building and painting, ushering, parking, cooking at Kitsap Cabin, running concessions, property maintenance, etc. If interested, please contact the Kitsap Forest Theater, 206-542-7815, [players@ForestTheater.com](mailto:players@ForestTheater.com). We would love to have your help! Visit [www.ForestTheater.com](http://www.ForestTheater.com).

See [mountaineers.org](http://mountaineers.org)  
to access our entire  
community of  
Mountaineers branches

## Larches march onto the alpine stage (continued from page 27)

as well as in the Blue and Wallowa Mountains in the southeast corner of our state. The alpine larch ranges as far south as the Wenatchee Mountains but is mainly in the North Cascades. The western larch is also taller, larger and straighter than the alpine larch, which also is noted by woolly hairs covering buds and young twigs, and frequently a broad, irregular crown.

If you examine larches closely, you'll see the leaves are grouped into clusters; alpenes with 30 to 40 needles in a spiral cluster and westerns with 15-30 needles. The cones are 1-2 inches long. Western larches usually begin producing cones when they are about 25 years old, though they can begin earlier. But it's not until they're 40 to 50 years old that they begin to yield their heaviest crops. Astonishingly, alpine larches do not begin producing cones until

they are about 100 years old.

Apart from providing us with a brilliant fall spectacle, larches play important roles in the ecosystem. By stabilizing snow loads on steep slopes, they reduce the threat of avalanches and help protect watersheds. Many animals have been known to find sustenance in larch stands by feeding on bark or seeds. Mountain goats, bighorn sheep, hoary marmots, pikas, mule deer, elk, bears, red squirrels and snowshoe

hares are among larch foragers. For blue grouse, larch needles are a vital food source.

There are many trails that offer spectacular views of golden larches, especially in the Alpine Lakes Wilderness. But the trails there can be long and arduous, so we offer some easier options. Larches begin to turn in late September, peaking in mid-October. They drop their leaves by November, so hurry. The larches are beckoning. ▲▲



### About the author

Joan Miller grew up on the East Coast but happily calls the Pacific Northwest home now. A member of The Mountaineers Naturalist Group, she admits she still can't identify all the firs. She is a birder and avid student of nature, a former journalist, photographer, and works in nonprofit fundraising.



Most 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.brownpapertickets.com](http://www.brownpapertickets.com); 800-838-3006) on the Wednesday prior to the weekend. If paying by check, the payment must be received by 5 p.m. Wednesday 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 Wednesday 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 the program center by 5 p.m. on the Wednesday before the lodge visit—the cooks need to know you're not coming! This is also the refund deadline.

## Baker Lodge

Summer and fall at Mt. Baker Lodge offer wonderful hiking on a great variety of trails. Numerous trails are within walking distance or a short drive from the lodge. Many are suitable for children. Artist Point is just three miles away at the end of a paved road, with panoramic views of Mt. Baker, Mt. Shuksan, and the North Cascades.

Trails usually are completely snow-free by mid-August, giving even inexperienced hikers access to some of the most spectacular scenery in the Pacific Northwest. Early fall provides all the above plus fine blueberry picking, so bring your containers. For a list of hikes and trail conditions visit the Mt. Baker-Snoqualmie National Forest web page. Click on Mt. Baker Highway (SR-542) and scroll down the page for trail-head, road and trail conditions. If you've visited the lodge only in winter, or not at all, make your plans now for a special summer treat.

The lodge usually is open by 7 or 8 p.m. on Fridays. Call the hosts listed on the schedule if you have questions about the lodge or opening time. If you arrive after 10:30 p.m. be prepared with a flashlight or headlamp. Each person should bring a sleeping bag, pillow, lunches, personal gear, and a flashlight and/or headlamp. Unless otherwise indicated the lodge provides Saturday and Sunday breakfasts and Saturday dinner. Baker Lodge welcomes the public, all ages and abilities. Families with children age 5 or younger should call the host prior to registering.

**Fall events:** The lodge will be open all weekends in September and one full week, September 20-27. Amateur astronomers will be at Artist Point with their telescopes at 9 p.m. on Saturdays, August 31, September 7 and 28, weather dependent. Guest speakers at the Heather Meadows Visitor Center will talk about the history of volcanoes at Baker, geology, the Nooksack River and birds in the area. Join us for great hikes, stargazing and informative lectures. Check the Baker website for speaker schedule. Our first early-winter opening will be Thanksgiving, snow or no snow.

**Schedule & Rates:** On the home page of our website ([www.bakerlodge.org](http://www.bakerlodge.org)) click on "Calendar and Reservations" for our

current schedule. Groups may be listed on the schedule for specific weekends. However, unless otherwise indicated, the lodge is open to those outside of the group and the public, with reservations on a first-call basis, 206-521-6001, or through online registration.

**Groups at Baker:** The Mt. Baker Committee encourages groups, such as scouts, school/youth, or family and friends gatherings, to consider using the lodge whether or not they are members. Not only does the area offer many options for outdoor activities, but it is especially appropriate for experiential classes in outdoor related skills and activities. Contact Judy Sterry (206-366-2750; [jsterry60@me.com](mailto:jsterry60@me.com)) for group reservations.

**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 help 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. We are interested in exploring new ideas for maximizing this beautiful little gem of a lodge that sits in the shadow of Mt. Baker with a fantastic view of Mt. Shuksan. Couples or friends can team up with other couples or singles to serve as hosts. Families can come together and welcome other families for a family weekend, etc. **Hosts stay for free!**

**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

Kitsap Cabin, built mostly by Mountaineers women in 1918, is the social "hub" of the Kitsap Forest Theater, the Kitsap property and Kitsap Branch. It is the spring and summer home base for the Mountain-

eers Players as they rehearse and perform at the beautiful Kitsap Forest Theater. It is also the "home base" of the Kitsap Forest Adventure Camp and The Mountaineers Kitsap Branch. The Kitsap yurt was installed on the property several years ago and is a perfect meeting and gathering space.

Kitsap Cabin and yurt are surrounded by the Rhododendron Preserve, a 460-acre private reserve operated by The Mountaineers Foundation. The preserve is one of the largest remaining parcels of Puget Sound Lowland old growth forest in the Puget Sound Basin, and acts as a buffer protecting the Kitsap Forest Theater and salmon spawning creeks from encroaching development.

**We are looking for volunteers** to help with property maintenance—please contact us to volunteer your time. The cabin, yurt and theater are available for private rentals. For rental information, call 206-542-7815.

**Kitsap Branch:** [www.kitsapmountaineers.org](http://www.kitsapmountaineers.org)

**Mountaineers Foundation/Rhododendron Preserve:** [www.mountaineersfoundation.org](http://www.mountaineersfoundation.org)

## Meany Lodge

To keep everyone up to date as to what is happening at Meany, we send out informational emails roughly once or twice a month. We also send out emails geared to some of our specific events (i.e., Women's Weekend, Mushroom Weekend and other big events). So, if you are interested in anything Meany has to offer, visit our website at [www.meanylodge.org](http://www.meanylodge.org) and fill out the requested information.

**Midweek Work Parties**—There are a couple more midweek work parties. If interested, get in contact with Ray Nelson, [nelson.rp@frontier.com](mailto:nelson.rp@frontier.com), for details.

**Fall Work Parties**—The fall work party season starts September 7-8 and runs every two weekends through November 2-3. These are the weekends that non-retired Meany volunteers make the effort to get things ready for winter. Even if you can only come up for one day or a couple of hours, we really do need your help. Contact Chuck Welter, [chair@meanylodge.org](mailto:chair@meanylodge.org), to find out what is being planned. Click on [www.brownpapertickets.com/event/](http://www.brownpapertickets.com/event/)

Continued on page 36

# outdoorcenters

424456 to sign up.

**Mushroom Weekend**—In conjunction with the Puget Sound Mycological Society, the annual Fall Mushroom weekend will be held Oct 25-27. This is a great way to not only learn what types of fungi can grow in the Pacific Northwest, but also to go out and find them. Cost for Friday-Sunday is \$140 and \$100 for Saturday-Sunday. Visit [www.meanylodge.org/fall/mushroomweeknd/12\\_mushroom.html](http://www.meanylodge.org/fall/mushroomweeknd/12_mushroom.html) for basic info and [www.brownpapertickets.com/event/424544](http://www.brownpapertickets.com/event/424544) to sign up.

**Meany Winter Sports Season**—Did you know that of all The Mountaineers Outdoor Centers, Meany Lodge is the only one with its own winter sports facilities and school. We offer a wide variety of winter sports. Visit [www.meanylodge.org/winter/ski\\_program.html](http://www.meanylodge.org/winter/ski_program.html) to see our many options. And if you don't think you need lessons, come up and try our hill. There is a saying at Meany: "If you can ski Meany, you can ski anywhere. And once you have skied Meany, you will never want to ski anywhere else!" Come and give us a try. For the price of a full day pass at Snoqualmie, you get a weekend with meals, a place to sleep and as many and as much winter sports as you want.

**Meany Winter Season Pass**—So, you

think you want to spend all your winter weekends playing in the snow—well, do we have a deal for you. The Meany Season Pass entitles you to come to Meany, get fed, have a place to sleep and play in the snow whenever Meany is open. Of course, you also get the Meany camaraderie, which is priceless. Visit [www.brownpapertickets.com/event/424551](http://www.brownpapertickets.com/event/424551) to purchase a pass.

**Meany Rentals**—Meany is available for private rentals and Mountaineers events. If you want a nice secluded cabin for a retreat or seminar, visit our website at [www.meanylodge.org](http://www.meanylodge.org) Go to "Contacts" and send the chair an email telling him that you are interested; we will check the Meany calendar.

## Snoqualmie Campus

Snoqualmie Campus is available for group rentals on Saturdays and Sundays only. Please contact The Mountaineers Program Center, [info@mountaineers.org](mailto:info@mountaineers.org) (preferred) or 206-521-6001, if you are interested in renting the property for your group.

## Stevens Lodge

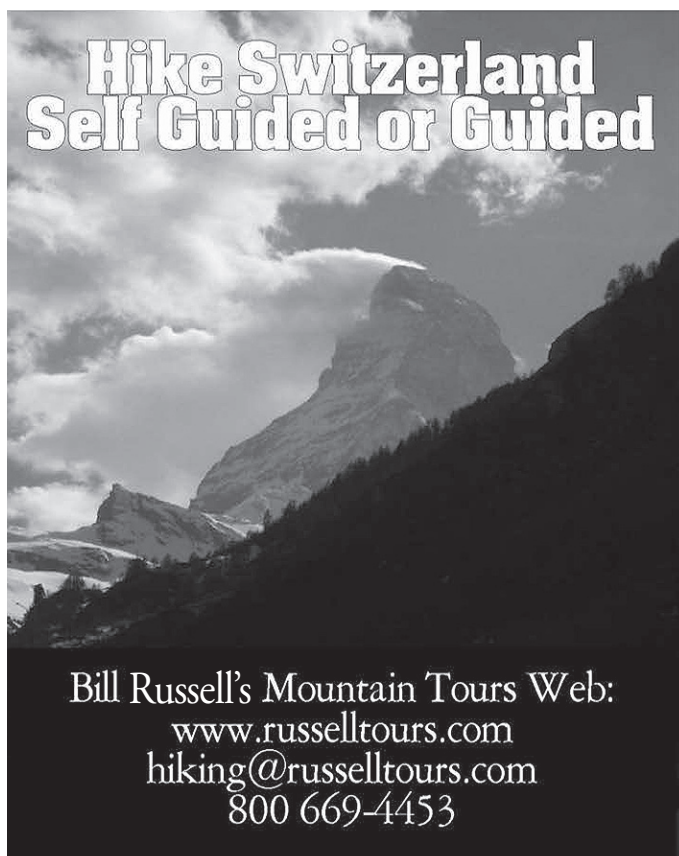
The Mountaineers has a fantastic facility for members to enjoy at Stevens Pass. Located just above Lot 4 at the Stevens Pass Ski Area, Stevens Lodge is the only

ski-in, ski-out facility on the pass. We are open every weekend from December to April, including holiday Mondays in January and February.

The lodge has three dorms with 12-24 bunks in each. Bathrooms are shared and there is a shower in each restroom. The main living area has a large dining room and lounge area with a fireplace. Meals are included in your price of lodging: breakfasts on Saturday and Sunday and dinner on Saturday. Meals are prepared by volunteers and served family-style at a posted time. Please note any dietary restrictions when making your reservation.

Guests are asked to contribute to the running of the lodge by picking up at least one "chore" a day, which can be shoveling snow, serving dinner or hauling firewood. This community effort is what keeps the lodge ticking.

**It's easy to make a reservation** to stay at Stevens Lodge during the season. Visit The Mountaineers website and click through to Stevens Lodge, then register under "Lodges and Centers." We also welcome group reservations for birthday parties, youth groups, etc. Please call Member Services at 206-521-6001 if you have any questions about visiting Stevens Lodge. We hope to see you at the cabin!



**Hike Switzerland**  
**Self Guided or Guided**

Bill Russell's Mountain Tours Web:  
[www.russelltours.com](http://www.russelltours.com)  
[hiking@russelltours.com](mailto:hiking@russelltours.com)  
800 669-4453

## SAVE THE DATE September 30, 2013 Seattle Program Center

**Be inspired to get outside!**

Debating between climbing or scrambling?  
Curious about how to become a hike leader?  
Wondering how to introduce a friend?

**JOIN US** on September 30th to get answers to burning questions from activity group and outdoor center representatives. Learn about and sign up for courses and events.

Try rock climbing on the indoor wall and sell or buy gently-used gear at Gear Grab. Contact [tessw@mountaineers.org](mailto:tessw@mountaineers.org) to participate in Gear Grab. Check [www.mountaineers.org](http://www.mountaineers.org) for more.



## The virtues of hiking the High Divide

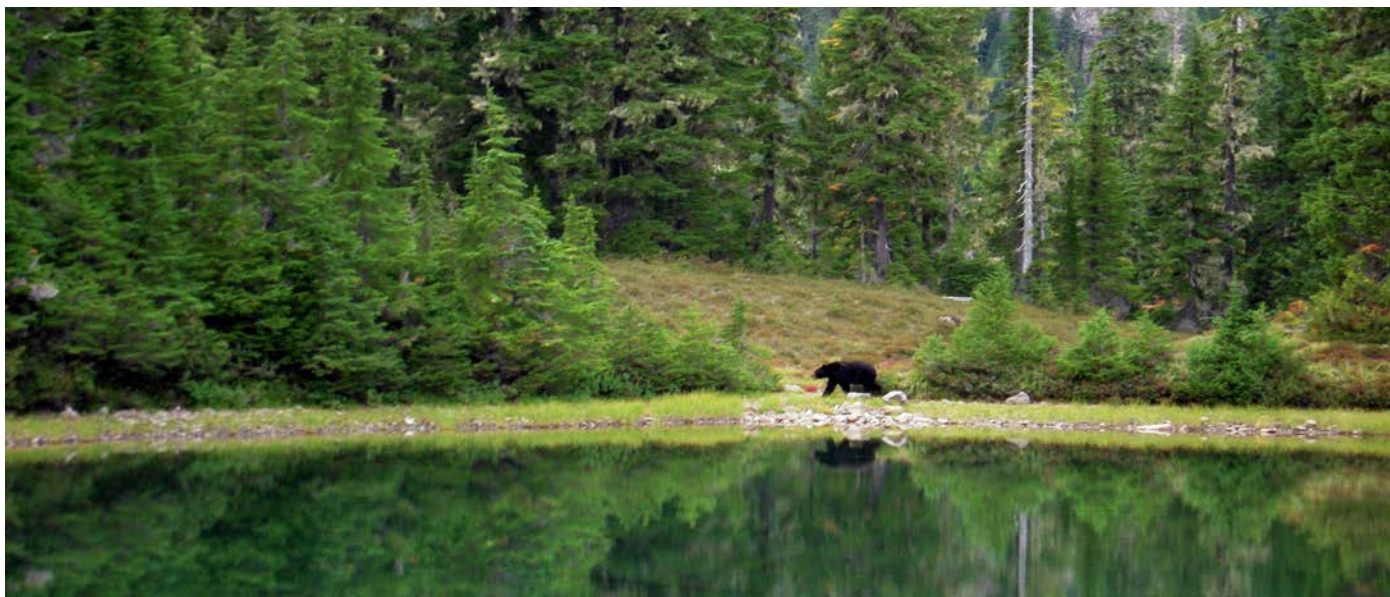
"Never before had I felt so alive, so full of purpose, and so at ease with myself and the world than in that special corner of the Olympic wilderness."

– Craig Romano, *Mountaineers* guidebook author



By Brad Stracener  
Managing Editor





A black bear strolls about Deer Lake on the loop

Barry Kellems photo

**The Olympics are ingrained** in our Mountaineers legacy. The first Mountaineers summer outing in 1907 took a group of 82 by train, coach and horse team to tackle the summit of Mt. Olympus. Since then, The Mountaineers has been instrumental in helping preserve much of the Olympic Peninsula. And since 1907 countless Mountaineers have followed in the footsteps of their predecessors to the summit of Olympus.

In his book, *Day Hiking Olympic Peninsula*, Mountaineers guidebook author Craig Romano asserts:

"... it wasn't until September 1989, three months after moving to the Northwest, that I fell for the Olympics—and fell hard. It was on a solo backpacking trip to the High Divide where I experienced a catharsis. Never before had I felt so alive, so full of purpose, and so at ease with myself and the world than in that special corner of the Olympic wilderness."

Barry Kellems, the first to confess he is not a writer, is, however, a Mountaineer. And he is just as impassioned and drawn to the Olympics as were those in the summer outing of 1907 and contemporaries such as Romano.

One might say Barry is part of The Mountaineers hoi polloi. But his climb to adventure through The Mountaineers rank and file is probably less common than the average seeker of high alpine solace. As a new Mountaineers member in the mid-1990s, Barry started with the alpine scrambling course. Like many a Mountaineer there were lapses in his outdoor activity after graduating from the course, but he later started to go on many Mountaineers hikes and eventually became a hike leader. It wasn't until 17 years after joining The Mountaineers that he decided in his mid-50s to take the basic alpine climbing course. He is now a leader for the Conditioning Hiking Series (CHS) course offered by the Seattle Branch of The Mountaineers. It prepares and trains Mountaineers to take on hikes more challenging—usually higher and longer—than the average Northwest hike.

He has led many trips to the High Divide Loop and Seven Lakes Basin, so we decided to conduct a Q&A with him about this inspiring destination.

#### **What do you find rewarding about the High Divide?**

The High Divide is a very rewarding hiking destination. Located in a relatively

remote corner of Olympic National Park, it involves significant distance—nearly 20 miles round trip. Because of this, it does not see as many day hikers as some other parts of the park, despite its great beauty. And because of the lack of crowds, it is a great place to observe wildlife.

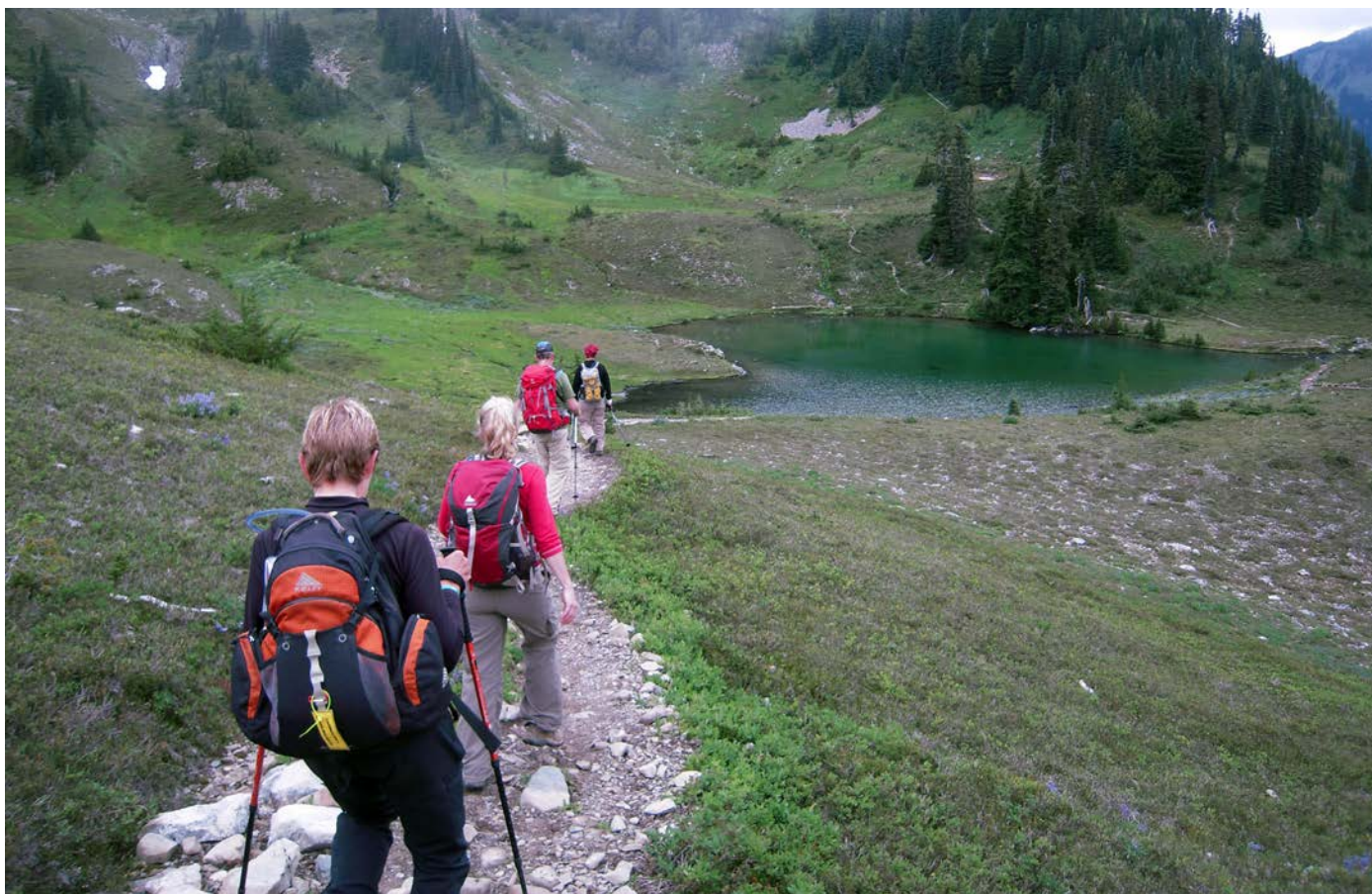
#### **About Barry Kellems**

Barry moved to Washington from Oregon and joined The Mountaineers in 1994 to first take the alpine scrambling course. He later became a hike leader which led to taking the basic climbing course last year and viewing the world from the top of Rainier. He currently helps Mountaineers hikers prepare for the Northwest's longer day hikes, such as the High Divide Loop, as a Conditioning Hiking Series leader.



Barry Kellems photo





Barry Kellems photo

*Conditioning Hiking Series students approach Heart Lake (see page 13 for summaries of all Mountaineers courses in the 2013-14 Course Guide)*

### **Have you hiked in the Olympics much before and what draws you to the Olympics in general?**

I have hiked in the Olympics since the '70s when I came up from Oregon for a backpack into Royal Basin. I continue to return because I enjoy the scenic beauty, the variety of seashore, forest, lakes, rivers, alpine meadows and mountains, wildlife, and overall wilderness experience of the Olympics. I have hiked in every corner of the park.

### **How did you prepare and what tips do you have for those wanting to tackle the High Divide?**

The Mountaineers has a lot of great courses to get the uninitiated ready to tackle the High Divide. The CHS course was especially helpful in getting me ready for this 16-20 mile day hike. By completing the CHS course, and then continuing to lead CHS hikes for several years, my conditioning has continued to improve and to some extent allowed me to successfully complete the basic climbing course.

### **For you, what are the highlights of the loop?**

One was seeing a black bear browsing on berries along the shore of a pothole lake. Another was watching Mt. Olympus emerge from the clouds to give us an amazing view from the top

of Bogachiel. We have also had a bird's-eye view of a large herd of elk from the divide and have seen several goats along the way. ▲▲

## **Vital stats for the Loop**

**THE SHORTER HIKE:** 16 mi. from Sol Duc Hotsprings Rd. to Bogachiel Peak and back. From here most of the highest peaks of the Olympics are visible as well as the scenic 7 Lakes Basin.

**THE 18.2-MILE LOOP:** Continue east along the High Divide past Heart Lake before dropping down and following the Sol Duc river to the trailhead—more challenging but also more rewarding.

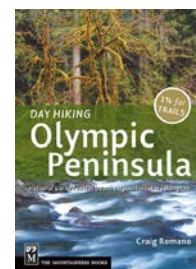
**ELEVATION:** 3,050 ft. gain (moderate to steep)

**BEST SEASON:** Mid-July through September

**RIVER CROSSINGS:** A few; easy to cross in late summer and fall

**PERMITS/RESERVATIONS:** Camping is limited between May 1 and September 30. Obtain permits at the Wilderness Information Center in Port Angeles during business hours.

**BEAR CANISTERS:** Required for overnights







**READY FOR SOME ADVENTURE?** The Go Guide offers **just a sampling** of the THOUSANDS of Mountaineers trips, outings and events each year. go online at [WWW.MOUNTAINEERS.ORG](http://WWW.MOUNTAINEERS.ORG) to gain a fully-detailed view of all **UP-TO-THE-MINUTE** listings. A bulk of our trips open their arms to the general public as an introduction to 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. **SIGN UP** for the trip or event of your choice and remember that if you are a Mountaineers member you may register for an event or course in any branch 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 **PREREQUISITES** mean a course or equivalent skills are required. Following are guides and keys to interpreting the trip listings.

### TRIP RATINGS

Ratings are based on mileage, elevation gain and difficulty of terrain. They assume optimal conditions. Bad weather, getting off route or very soft snow, for example, can change the severity of a 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 on ratings and 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).

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 on ratings and prerequisites.

**Snowshoe:** E = Easy (up to 500' elevation gain, up to 6 mi. RT). M = Moderate (500-2,000' elevation gain, up to 10 mi. RT). S= Strenuous (over 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—P&R
Rd—Road	RS—Ranger Station
RT—Round Trip	SP—State Park
SR—State Route	TH—Trailhead

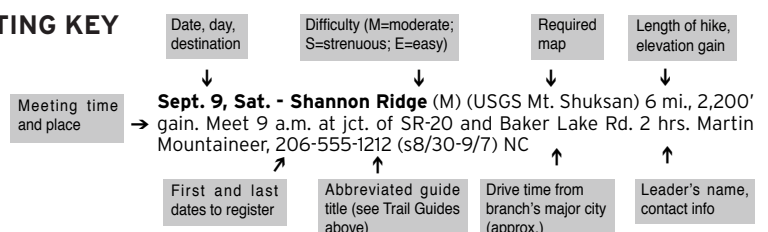
### MOUNTAINEERS TEN ESSENTIAL SYSTEMS: REQUIRED ON ALL MOUNTAINEERS TRIPS

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





# come explore — trips/events

(just a sampling; see mountaineers.org for all listings)

## open to all (members and guests via registration)

Listings below include those built online through July 17. See [www.mountaineers.org](http://www.mountaineers.org) for up-to-date listings

### backpacking

**9/2-9/5, Mon-Thu - Rainier Backpack - Wonderland** Backpacking. (VS) Mt Rainier East-270(GT), Mt Rainier National Park - 217 (NGTI), Mt Rainier NP Hiking Guide & Map (EP), Mt Rainier West-269(GT). Meet at Longmire Mt. Rainier NP at 6:00 PM. Sign up with Leader: John Konopasek, (253) 970-7758, johnkonoiv@gmx.com (s5/13-8/15) **TAC**

**9/3-9/10, Tue-Tue - Yosemite -- Cathedral Range Loop** Backpacking. (M) 46 mi, 7,200'. Meet at Reno-Tahoe International Airport, Reno, NV at 12:30 PM. Leader's Permission Required: Nicole Hansen, (425) 471-3176, Nicole.Hansen@comcast.net (s5/31-7/9) **FH**

**9/6-9/11, Fri-Wed - Entiat River Loop** Backpacking. (S) Holden-113(GT), Lucerne-114(GT). 35 (48 with side trips) mi, 7,900 (10,000 with side trips)'. Leader's Permission Required: Maureen Corlas, (425) 408-2651, simonson2@earthlink.net (s7/10-8/31) **FH**

**9/7-9/9, Sat-Mon - Pacific Crest Trail: White Pass to Chinook Pass** Backpacking. (VS) Bumping Lake-271(GT), Mt Rainier East-270(GT), White Pass-303(GT). 29.5 mi, 3100'. Meet at 164 & Ash way P&R at 5:00 AM. Sign up with Leader: Henry Leap, (360) 658-8303, frooger1@comcast.net (s8/1-8/28) **EVT**

**9/7-9/8, Sat-Sun - Snowgrass Flat / Cispus Basin (Goat Rocks Wilderness)** Backpacking. (M) Walupt Lake (USGS). 12 mi, 1800'. Meet at Star Lake P&R at 6:00 AM. Leader's Permission Required: Heidi Walker, (425) 269-5128, fotogirl.heidi@gmail.com (s8/19-9/5) **SEA**

**9/7-9/12, Sat-Thu - Stevens Pass To Snoqualmie Pass, southbound** Backpacking. (VS) Kachess Lake-208(GT), Snoqualmie Pass-207(GT), Stevens Pass-176(GT). 74 mi, 16,000'. Meet at Stevens Pass Hghy trailhead at 7:00 AM. Leader's Permission Required: Marion Bauman, (206) 437-4773, bauman.bm2@gmail.com (s6/5-8/17) **FH**

**9/14-9/15, Sat-Sun - Yellow Aster Butte (Mt Baker Wilderness)** Backpacking. (M) 8 mi, 2200'. Meet at trailhead at 8:30 AM. Leader: Linda Moore, (425) 347-7650, abenteuerbc@yahoo.com (s7/20-9/10) **SEA**

**9/26-9/30, Thu-Mon - Lake La Crosse, via O'Neill Pass** Backpacking. (M) Mt Christie-166(GT), Mt Steel-167(GT). 46 mi, 4,000'. Leader's Permission Required: Dick Lambe, (206) 232-4965, dicklambe@hotmail.com

(s5/8-9/19) **FH**  
**10/4-10/6, Fri-Sun - Stein River Canyon/Stein Valley Nlakapamux Heritage Park BC** Backpacking. (EM) 10-12+ mi, 1000+'. Leader: Linda Moore, (425) 347-7650, abenteuerbc@yahoo.com (s9/1-9/30) **SEA**  
**10/12-10/14, Sat-Mon - Snowy Lakes** Backpacking. (VS) Washington Pass-50(GT). 23 mi, 3300'. Meet at Green Lake P&R at 6:00 AM. Leader's Permission Required: Heidi Walker, (425) 269-5128, fotogirl.heidi@gmail.com (s9/23-10/10) **SEA**

### climbing

**9/20-9/22, Fri-Sun - Climbers Rendezvous** Climbing. Meet at Bridge Creek Campground at 3:00 PM. Leader: Adam Clark, (386) 871-5702, aclark20@gmail.com (s1/1-9/17) **EVT**

### dancing

**9/3-10/29, Tue - Folkdance - Seattle** Dance. No Registration Required, Leader: Johnny Jeans, (425) 746-2328, jjmtjnys@yahoo.com **SEA**

### hiking

**9/1, Sun - Lake Ann (Mt Shuksan)** Hiking. (M) Mt Shuksan (USGS), Mt Shuksan-14(GT). 8.5 mi, 1000'. Meet at Mt. Baker Lodge at 9:00 AM. Leader: Brian Carpenter, (206) 403-3004, fleasgach@gmail.com (s7/20-8/26) **SEA**

**9/2, Mon - Crystal Mtn Trail with Gondola return** Midweek Hikes. (M) Mt Rainier East-270(GT). 6 mi, 2472'. Meet at Maple Valley Park & Ride at 8:00 AM. Members: \$18, Non-members: \$18. Leader: Chris Ensor, (206) 794-5198, ctrails@comcast.net (s8/16-8/30) **SEA**

**9/4, Wed - Centennial Trail - Lake Stevens to Snohomish** Midweek Hikes. (M) 71 miles mi, minimal'. Meet at Subway in downtown Lake Stevens at 9:45 AM. Leader: Kathy Biever, (206) 283-9047, eskay39@comcast.net (s8/19-9/2) **SEA**

**9/7, Sat - Ingalls Lake** Hiking. (S) Mt Stuart (USGS). 9 mi, 2600'. Meet at Ash Way (164th) Park & Ride southwest lot at 5:30 AM. Sign up with Leader: Bern Lamarca, mountain\_babe@comcast.net (s8/14-8/28) **EVT**  
**9/7, Sat - Colchuck Lake** Hiking. (M) Enchantment Lakes (USGS). 9

mi, 2100'. Leader: Mike Baker, (425) 742-7853, baker1mich@frontier.com (s8/21-9/3) **TAC**

**9/11, Wed - Mt Jupiter** Hiking. (VS) The Brothers-168(GT). 14.5 mi, 3700'. Leader: Sue Shih, (206) 935-7824, sueshih@live.com (s8/26-9/8) **SEA**

**9/14, Sat - Summit Lake** Hiking. (M) Enumclaw (USGS), Enumclaw-237(GT). 6 mi, 1200'. Meet at Ash Way P&R at 5:30 AM. Sign up with Leader: Bern Lamarca, mountain\_babe@comcast.net (s8/28-9/11) **EVT**  
**9/19, Thu - Snow Lake** Midweek Hikes. (M) Snoqualmie Pass-207(GT). 7 mi, 1700'. Meet at Preston P&R at 8:45 AM. Leader: Chris Ensor, (206) 794-5198, ctrails@comcast.net (s9/3-9/17) **SEA**

**9/21, Sat - Navaho Pass** Hiking. (S) Mt Stuart (USGS). 11 mi, 2900'. Meet at Ash Way P&R southwest section at 5:30 AM. Sign up with Leader: Bern Lamarca, mountain\_babe@comcast.net (s9/4-9/18) **EVT**  
**9/24, Tue - Grand Park via Lake Eleanor : Rainier, Lake Eleanor** Midweek Hikes. (M) Greenwater-238(GT), Mt Rainier East (USGS), Mt Rainier East-270(GT). 8 mi, 1500'. Meet at Enumclaw at 8:00 AM. Leader: Jon Struss, (206) 244-2669, jonstruss@comcast.net (s9/9-9/22) **SEA**

**9/29, Sun - Around Mother Mountain** Hiking. (VS) 15 mi, 4000'. Leader: Steve Payne, (253) 315-0426, stevepayne@mindspring.com (s8/21-9/26) **SEA**

**10/5, Sat - Cutthroat Pass, Rainy Pass** Hiking. (M) Washington Pass (USGS). 5 mi, 1800'. Meet at Eastmont (aka El Capitan) P&R in Everett at 5:30 AM. Sign up with Leader: Bern Lamarca, mountain\_babe@comcast.net (s9/18-10/2) **EVT**  
**11/3, Sun - Fall Potluck - Tacoma Hiking/Backpacking Committee** - New Members Welcome! Hiking. Leader: Amy Mann, (253) 759-2796, agmann@comcast.net (s9/1-11/3) **TAC**

### naturalists

**9/21-9/22, Sat-Sun - Stonerose Fossil Beds Dig & Geo Hike** Naturalists. 1-4 mi RT hikes mi, Meet at Stonerose Interpretive Center (Republic) at 9:30 AM. Leader: Linda Moore, (425) 347-7650, abenteuerbc@yahoo.com (s8/1-9/17) **SEA**

Please visit  
[www.mountaineers.org](http://www.mountaineers.org)  
for all trip and course  
updates

## navigation

**10/5, Sat - Heybrook Ridge Stewardship** Navigation. Baring (USGS), Index (USGS). 4 mi, 1,200'. Meet at Heybrook Ridge TH (mile marker ~37) at 9am. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s4/21-10/3) [SEA](#)

## photography

**9/18, 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, wherbjohn@msn.com [SEA](#)  
**9/27-9/29, Fri-Sun - Mt. Baker Fall Color Weekend** Photography. (EM) 0.5 to 6 mi, 100 to 700'. Meet at Baker Lodge at 5:00 PM. Leader: Rich Lawrence, (425) 502-2152, richlawrence77@yahoo.com (s7/1-9/26) [SEA](#)

## retired rovers

**9/10, 10/8, Tue. - Rovers Meeting** Bring your own brown bag lunch. Meet at Mountaineers Program Center, noon for hike. Muriel Stoker (206) 723-5039.

**9/12, Thu - Woodland Park Zoo Walk** (E) 3 mi. Meet at the South Entrance of the zoo at 10 a.m. After our walk we'll eat at the zoo cafeteria—bring or buy. Bring your Gold Card for reduced admission fee. No sign-up. Malinda Peters (206) 526-8732.

**9/17, Tue - Green Lake Walk-Around** (E) Meet at 10:30 am on path by Green Lake Community Center, 7201 E. Green Lake Dr. N. near Ravenna Ave. We'll walk counter-clockwise. If you're late, find us by walking clockwise. Coffee nearby, bring lunch and/or buy. Pat Zeisler, (206) 525-5505. No signup required.

**9/26, Thu - Seward Park** (E) 3 mi. Meet at 10 am at Audubon/Environmental Center near the entrance to Seward Park. Bring a bag lunch and

drink, and we will picnic afterward. Muriel Stoker (206) 723-5039. No signup.

**10/2, Wed - Washington Park Arboretum** (E) 3 mi. Meet at Arboretum Visitor Center at 10 a.m. for a walk through the new Pacific Rim New Zealand forest and elsewhere in the Arboretum. Afterward we'll have lunch at Fuel Coffee and lunch at nearby cafe—bring a lunch or buy. No signup required. Muriel Stoker, (206) 723-5039.

**10/11, Fri - Luther Burbank Park Hike** (E) under 3 mi. Meet at 10:30 am at North parking lot of Luther Burbank Park on Mercer Island. Lunch afterward, if we like, in one of Mercer Island's cafes. For information or possible help with transportation, call leader June Skidmore (206) 524-7371. No signup.

**10/15, Tue - Green Lake Walk-Around** (E) under 3 mi. Meet at 10:30 am on path by Green Lake Community Center, 7201 E. Green Lake Dr. N. near Ravenna Ave. June Skidmore, (206) 524-7371. No signup.

**10/31, Thu - Seward Park** (E) 3 mi. Meet at 10 am at Audubon/Environmental Center near the entrance to

Seward Park. Bring a sack lunch and drink, and picnic afterward. Come in costume, if you like. Marianne Hanson (206) 329-4937. No sign-up.

## singles/social

(Also see Hiking)

**9/7-11/2, Sat - Green Lake Walk** Singles/Social. Meet at Urban Bakery, 7850 E Green Lake Dr N at 11:00 AM. No Registration Required. Leader: Karen Munn, (206) 366-2736, kjmunn@mac.com [SEA](#)

## stewardship

**9/28, Sat - Iron Goat Trail - National Public Lands Day** Trail Maintenance. Meet at Martin Creek at 8:45 AM. Leader: Sandy Evans, (360) 652-4459, evans.sandy@frontier.com (s3/1-9/27)

## prerequisites (or must be in course)

### climbing

**9/1-9/3, Sun-Tue - Sahale Peak, S Slope** Climbing. (BA) Cascade Pass (USGS), Cascade Pass-80(GT). 0 mi, 0'. Meet at Marblemount RS at 7:00 AM. Sign up with Leader: Barney Bernhard, (360) 479-3679, barneybernhard@gmail.com (s6/1-8/15) [KIT](#)

**9/1, Sun - Ingalls Peak, East Ridge** Climbing. (IR) Mt Stuart (USGS), Mt Stuart-209(GT). 0 mi, 0'. Meet at Ingalls Lake at 7:00 AM. Sign up with Leader: Hannah Pratt, (253) 627-0580, hannahpratt@gmail.com (s5/20-7/10) [TAC](#)

**9/6, Fri - The Tooth, S Face** Climbing. (BR) Snoqualmie Pass (USGS), Snoqualmie Pass Gateway - 207S (GT), Snoqualmie Pass-207(GT). 2600'. Meet at Alpentel Parking Lot at 6:00 AM. Sign up with Leader: Nicholas Mayo, (206) 714-1405, nicholas.e.mayo@gmail.com (s9/5-9/5) [EVT](#)

**9/7, Sat - Observation Rock, N Face** Climbing. (II) 13 mi, 3400'. Sign up with Leader: Judson Webb, (206) 354-7872, hoarfrost555@gmail.com (s5/10-9/7) [TAC](#)

**9/14-9/15, Sat-Sun - Mt Ruth-Icy Peak, Traverse** Climbing. (BG) Mt Shuksan (USGS), Mt Shuksan-14(GT). 0 mi, 0'. Meet at Ash Way P&R at 6:00 AM. Leader's Permission Required: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s8/15-9/15) [EVT](#)

**9/14, Sat - Ingalls Peak, S Ridge** Climbing. (BR) Mt Stuart (USGS),

Mt Stuart-209(GT). 0 mi, 0'. Meet at trailhead at 7:00 AM. Leader: Jan Abendroth, (206) 920-9938, jan.abendroth@gmail.com (s8/15-9/1) [SEA](#)

**9/14-9/15, Sat-Sun - Eldorado Peak, NE Face** Climbing. (II)

0 mi, 0'. Sign up with Leader: Judson Webb, (206) 354-7872, hoarfrost555@gmail.com (s5/15-9/13) [TAC](#)

**9/14-9/15, Sat-Sun - Mt Cruiser, SW Corner** Climbing. (BR) Mt Skokomish (USGS), Mt Steel (USGS), Mt Steel-167(GT). 0 mi, 0'. Meet at TBD at 7:00 AM. Leader's Permission Required: Curtis Stock, (206) 465-0105, cstock34@msn.com (s7/8-9/6) [TAC](#)

**9/15, Sun - Ingalls Peak, East Ridge** Climbing. (IR) Mt Stuart (USGS), Mt Stuart-209(GT). 0 mi, 0'. Meet at campsite off Ingalls lake at 7:00 AM. Sign up with Leader: Jan Abendroth, (206) 920-9938, jan.abendroth@gmail.com (s8/15-9/1) [SEA](#)

**9/15, Sun - South Early Winter Spire, S Arete** Climbing. (BR) Washington Pass (USGS). 0 mi, 0'. Meet at blue lake trailhead at 6:30 AM. Leader: Mark Scheffer, (206) 406-0856, mark\_scheffer@yahoo.com (s8/30-9/18) [SEA](#)

**9/21-9/29, Sat-Sun - Yosemite National Park, Aid Climb Outing** Climbing. (AID) 17 hrs one way mi, Leader's Permission Required: Takeo Kuraishi, (425) 298-5872, takeo.kuraishi@gmail.com (s3/11-10/18) [SEA](#)

**9/21, Sat - Ingalls Peak, East Ridge** Climbing. (IR) Mt Stuart (USGS), Mt Stuart-209(GT). 0 mi,

0'. Meet at Ingalls Lake Trailhead at 6:00 AM. Leader: Mark Scheffer, (206) 406-0856, mark\_scheffer@yahoo.com (s8/15-9/9) [SEA](#)

**9/23-9/24, Mon-Tue - Leaning Tower, West Face** Climbing. (AID) <1m mi, 1,000' + 1,200'. Leader: Takeo Kuraishi, (425) 298-5872, takeo.kuraishi@gmail.com (s3/25-9/13) [SEA](#)

**9/26, Thu - Half Dome, Snake Dike** Climbing. (IR) 0 mi, 0'. Leader: Takeo Kuraishi, (425) 298-5872, takeo.kuraishi@gmail.com (s3/25-9/13) [SEA](#)

**9/28, Sat - Observation Rock, N Face** Climbing. (II) 13 mi, 3400'. Sign up with Leader: Paul Gehlsen, (425) 488-9362, paul.r.gehlsen@boeing.com (s6/30-9/25) [EVT](#)

**9/28, Sat - Guye Peak, W Face** Climbing. (BR) Snoqualmie Pass (USGS), Snoqualmie Pass-207(GT). 0 mi, 0'. Meet at North Bend RS at 7:00 AM. Leader: Bill Ashby, (206) 852-3008, wsashby@earthlink.net (s6/27-9/27) [SEA](#)

**9/28, Sat - Eldorado Peak, Inspiration Glacier** Climbing. (BG) Cascade Pass-80(GT), Diablo Dam-48(GT), Eldorado Peak (USGS). 0 mi, 0'. Meet at Eldorado Trailhead at 5:30 AM. Sign up with Leader: Mark Scheffer, (206) 406-0856, mark\_scheffer@yahoo.com (s8/1-9/22) [SEA](#)

**9/28-9/29, Sat-Sun - Sahale Peak, Quien Sabe Glacier** Climbing. (BG) Cascade Pass (USGS), Cascade Pass-80(GT). 0 mi, 0'. Meet at Marblemount Ranger Station at 7:00 AM. Sign up with Leader: Jeffrey Wirtz, (541) 829-

1567, jrwirtz73@gmail.com (s7/15-9/20) [TAC](#)

**9/29, Sun - Observation Rock, N Face** Climbing. (II) 13 mi, 3400'. Meet at Mowich Lake at 5:00 AM. Leader's Permission Required: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s8/1-9/22) [EVT](#)

**10/6, Sun - Unicorn Peak, S Side** Climbing. (BA) Mt Rainier East-270(GT). 0 mi, 0'. Meet at Newcastle P&R at 5:15 AM. Leader's Permission Required: Stephen Bobick, (425) 653-5526, sbobick2@gmail.com (s6/12-10/1) [EVT](#)

**10/10-10/14, Thu-Mon - Red Rocks Outing** Global Adventures. (CRG) 0 mi, 0'. Members: \$375. Leader's Permission Required: Loni Uchytel, (206) 440-3007, loniuchytel@msn.com (s4/5-9/1)

## navigation

**9/27, Fri - Committee Meeting - Seattle Navigation** Navigation. Meet at Seattle Program Center at 7pm-8:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s4/21-9/25) [SEA](#)

**10/17, Thu - Committee Meeting - Seattle Navigation** Navigation. Meet at Seattle Program Center at 7pm-8:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s4/21-10/15) [SEA](#)

## scrambling

**9/6-9/8, Fri-Sun - Mt Stuart 9415** Alpine Scrambling. (S5T5) Mt Stuart-209(GT). 14 mi, 8000'. Leader: Craig S., craig.mountaineers@gmail.com (s8/19-9/3) **SEA**

**9/7, Sat - Del Campo 6610** Alpine Scrambling. (S4T5) Bedal (USGS), Monte Cristo (USGS). 10 mi, 4500'. Meet at Frontier Village P&R at 6:15 AM. Leader's Permission Required: Carol Barmon, (360) 914-1570, carol.barmon@gmail.com (s7/1-9/4) **EVT**

**9/7, Sat - EXPLORATORY** Alpine Scrambling. Sign up with Leader: Mark Scheffer, (206) 406-0856, mark\_scheffer@yahoo.com (s8/1-9/5) **SEA**

**9/7, Sat - Fay & First Mother 6492 & 6480** Alpine Scrambling. (S2T2) Mt Rainier West-269(GT). 5 mi, 2500'. Meet at Mowich Lake parking lot at 7:00 AM. Leader: Debra Moore, (425) 415-1331, bilindebra@gmail.com (s7/1-9/4) **SEA**

**9/7-9/8, Sat-Sun - Mt Stuart 9415** Alpine Scrambling. (S5T5) Mt Stuart-209(GT). 14 mi, 8000'. Meet at Ingalls Crk TH at 5:00 AM. Leader: Bill Ashby, (206) 852-3008, wsashby@earthlink.net (s6/6-9/6) **SEA**

**9/7, Sat - Marcus & Palisades 6962 & 7000** Alpine Scrambling. (S3T3) White River Park (USGS). 9 mi, 3400'. Meet at Palisades

Lake TH at 8:00 AM. Leader: Alastair Brownlee, (206) 849-1811, a.brownlee@outlook.com (s8/1-8/15) **SEA**

**9/8, Sun - EXPLORATORY** Alpine Scrambling. Sign up with Leader: Mark Scheffer, (206) 406-0856, mark\_scheffer@yahoo.com (s8/1-9/5) **SEA**

**9/14, Sat - Echo & Observation 7862 & 8364** Alpine Scrambling. (S4T4) Mowich Lake (USGS). 13 mi, 3800'. Meet at Mowich Lake at 7:00 AM. Sign up with Leader: Nancy Lloyd, (360) 628-4237, nancylloyd@yahoo.com (s8/31-9/12) **OLY**

**9/14, Sat - McGregor Mtn** Alpine Scrambling. (S5T3) 16 mi, 6680'. Leader's Permission Required: Mary Aulet, (425) 822-0128, mraulet@comcast.net (s1/9-8/14) **SEA**

**9/14, Sat - Merchant Peak** Alpine Scrambling. (S4T5) Baring (USGS). 6 mi, 3900'. Meet at Merchant Pk TH at 6:00 AM. Leader: Bill Ashby, (206) 852-3008, wsashby@earthlink.net (s6/13-9/13) **SEA**

**9/15, Sun - Hibox 6560** Alpine Scrambling. (S4T4) Chikamin Peak (USGS). 8 mi, 3900'. Leader: Craig S., craig.mountaineers@gmail.com (s8/26-9/14) **SEA**

**9/16, Mon - Committee meeting - Seattle Scrambling** Alpine Scrambling. Meet at Seattle Program Center at 7pm. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com **SEA**

**9/20-9/22, Fri-Sun - Hinman 7492** Alpine Scrambling. (S5T3)

Mt Daniel (USGS). 22 mi, 5900'. No Registration Required, Leader: Craig S., craig.mountaineers@gmail.com **SEA**

**9/20-9/22, Fri-Sun - Mt Daniel 7986** Alpine Scrambling. (S5T4) Mt Daniel (USGS), The Cradle. 16 mi, 5200'. Leader: Craig S., craig.mountaineers@gmail.com (s8/26-9/17) **SEA**

**9/21-9/22, Sat-Sun - Hadley 7515** Alpine Scrambling. (S4T3) Groat Mtn (USGS), Mt Baker (USGS). 13 mi, 4700'. Sign up with Leader: Chris Johnson, (425) 820-9344, christopher.g.johnson@comcast.net (s8/27-9/18) **EVT**

**9/21, Sat - Rampart Ridge, East Ridge 5870'** Alpine Scrambling. (S3T3) Chikamin Peak (USGS). 12 mi, 3100'. Meet at Rachel Lake TH at 7:00 AM. Leader: Bill Ashby, (206) 852-3008, wsashby@earthlink.net (s6/20-9/20) **SEA**

**9/27-9/29, Fri-Sun - Maude & Seven Fingered Jack 9082 & 9077** Alpine Scrambling. (S5T4) Trinity (USGS). 20 mi, 8500'. Leader: Craig S., craig.mountaineers@gmail.com (s9/9-9/24) **SEA**

**10/21, Mon - Committee meeting - Seattle Scrambling** Alpine Scrambling. Meet at Seattle Program Center at 7pm. No Registration Required, Leader: Jerry Lockwood, (425) 290-6174, lockwood.jerry@gmail.com **SEA**

## sea kayaking

**9/7, Sat - Golden Gardens via Ballard Locks** Sea Kayaking. (II) Meet at Ballard Locks, 3015 NW 54th Avenue NW Seattle at 9:00 AM. Sign up with Leader: Linda Cooley, (206) 769-7481, cooleylj2003@yahoo.com (s6/29-9/6) **KIT**

**9/10, Tue - Everett Harbor Jetty Island and Vicinity** Sea Kayaking. Meet at Everett Marina Park at 4:15 PM. Leader: John Morton, (425) 244-5565, paladin@boathouse-outfitting.com (s6/1-9/5) **EVT**

**9/29, Sun - Makah Bay to Point of the Arches** Sea Kayaking. (V) Roadless Coast, Neah Bay to Ruby Beach - WA302 (SeaTrails). 12nm mi, Meet at Hobuck Beach at 8:30 AM. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s5/4-6/28) **KIT**

**10/5-10/6, Sat-Sun - Blake Island, From Southworth** Sea Kayaking. (II+) Meet at Southworth at 1100 AM. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s6/30-9/30) **KIT**

**10/13, Sun - Egdon to Kingston** Sea Kayaking. (III) 11 nm mi, Meet at Egdon Park / boat Ramp at 10:00 AM. Sign up with Leader: Charlie Michel, (360) 710-0616, michel99@btopenworld.com (s6/18-10/12) **KIT**

Please visit [www.mountaineers.org](http://www.mountaineers.org) for all trip and course updates

## I'm where?

Can you identify the summit in the foreground here? Send your answer (by October 1) by post or e-mail: maryh@mountaineers.org; I'm Where?, 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.

- No one identified Navaho Peak in the July/August *Mountaineer*. The photo was taken by Mark Iffrig.



# come learn — course/seminars

(just a sampling; see mountaineers.org for all)

## open to all (via course registration)

Listings below include those built online through July 17. See [www.mountaineers.org](http://www.mountaineers.org) for up-to-date listings

### climbing

#### 9/1-10/12, Sun-Fri - Sport Climbing Course - Everett

Climbing. Members: \$125. Leader's Permission Required: Patrick Gray, (206) 883-6175, patrickg99@gmail.com (s6/28-9/14) [EVT](#)

#### 9/7-9/8, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee)

Climbing. Meet at Mountaineers Program Center at 7:45 AM. Members: \$160, Non-members: \$205. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s4/1-9/3) [SEA](#)

#### 9/17, Tue - AFA Scenarios - Seattle (Responder) Climbing.

Meet at Mountaineers Program Center at 6:30 PM. Leader: Miles McDonough, milesmcDonough@gmail.com (s4/1-9/15) [SEA](#)

#### 10/5-10/6, Sat-Sun - AFA Wilderness First Aid (RMI) - (Fee)

Climbing. Meet at Mountaineers Program Center at 7:45 AM. Members: \$160, Non-members: \$205. Leader: Mary Panza, (206) 755-1254, makinanoise@hotmail.com (s4/1-10/1) [SEA](#)

#### 10/16, Wed - AFA Scenarios - Seattle (Responder) Climbing.

Meet at Mountaineers Program Center at 6:30 PM. Leader: Miles McDonough, milesmcDonough@gmail.com (s4/1-10/14) [SEA](#)

#### 10/22, Tue - Basic Climbing Equivalency Evaluation - Seattle

Climbing. Meet at Magnuson Program Center at 6:00 PM. Leader: Peter Clitherow, (206) 632-9844, peter.clitherow@gmail.com (s3/1-10/23) [SEA](#)

#### 10/23, Wed - Basic Climbing Course - 2nd Year Kitsap

Climbing. Meet at TBD at 6:30

PM. Members: \$100. Leader: Michael Raymond, (360) 204-2111, mikeraymond55@gmail.com (s11/2-5/31) [KIT](#)

### hiking

#### 9/12, Thu - Hike Leader Seminar

- Seattle Hiking. Meet at Seattle Program Center at 7:00 PM. Leader: Susan Graham, (206) 696-2297, mudonmyboots@yahoo.com (s2/28-9/12) [SEA](#)

#### 9/19, Thu - Beginning Hiking Seminar

Hiking. Meet at Mountaineers Program Center at 6:30 PM. Leader: Michael Arriaga, evtmountaineer@yahoo.com (s8/16-9/19) [SEA](#)

#### 10/17, Thu - Beginning Hiking Seminar

Hiking. Meet at Mountaineers Program Center at 6:30 PM. Leader: Michael Arriaga, evtmountaineer@yahoo.com (s9/20-10/17) [SEA](#)

### navigation

#### 9/11-9/21, Wed-Sat - Basic Navigation - Tacoma

Navigation. (M) Meet at Tacoma Mountaineer Program Center, 2302 N. 30th, Tacoma at 6:30 PM. Members: \$55, Non-members: \$85. Leader: Dayhike Mike Baker, (206) 601-0674, michael@uw.edu (s1/1-9/11) [TAC](#)

#### 9/18, Wed - Introduction to Map & Compass - Getting Started

Navigation. Meet at Seattle Program Center at 6:30pm-8:30pm. Members: \$10, Non-

members: \$15. Leader: Greg Testa, (206) 910-1381, gtesta48@hotmail.com (s4/21-9/16) [SEA](#)

#### 10/30, Wed - Basic Navigation Workshop - INSTRUCTORS

Navigation. Baring (USGS), Index (USGS). Meet at Seattle Program Center at 6:45pm-9:30pm. Leader: Peter Hendrickson, (206) 658-5930, p.hendrickson43@gmail.com (s5/19-10/28) [SEA](#)

### first aid

#### 9/14-9/15, Sat-Sun - Wilderness First Aid at Tacoma Program Center

First Aid. (NA) Meet at Tacoma Program Center at 7:45 AM. Members: \$180, Non-members: \$225. Leader: Mark Hallman, (253) 756-7499, mhallman@harbornet.com (s6/28-8/24) [TAC](#)

#### 10/12-10/27, Sat-Sun - MOFA - Olympia First Aid.

Members: \$150, Non-members: \$275. Sign up with Leader: Bob Keranen, (360) 340-1882, keranen@hcc.net (s9/1-10/4) [OLY](#)

### sea kayaking

#### 10/2, Wed - Speaker "Kayaking the Inside Passage"

Sea Kayaking. Meet at Tacoma Mountaineers Clubhouse, 2302 North 30th St, Tacoma at 6:00 PM. No Registration Required. Leader: Beth Owen, (253) 514-1865, bluekayak123@yahoo.com [TAC](#)

## prerequisites (courses & seminars)

### climbing

#### 9/12, Thu - Crack Climbing for Basics, Program Center Magnuson

Climbing. (BR) Meet at Magnuson Program Center, South Plaza at 6:00 PM. Members: \$30, Non-members: \$30. Leader: Loni Uchtyl, (206) 440-3007, loniuchtyl@msn.com (s6/21-9/18) [SEA](#)

#### 9/14, Sat - Intermediate Alpine Ice 1 Field Trip (MRNP)

Climbing. Meet at Paradise at 7am. Leader: Mark Scheffer, (206) 406-0856, mark\_scheffer@yahoo.com (s7/29-9/12) [SEA](#)

#### 9/15, Sun - Intermediate Alpine Ice 2 Field Trip (MRNP)

Climbing. Leader: Mike Maude, (206) 200-6613, mjm000@msn.com (s7/29-9/11) [SEA](#)

#### 9/21-9/22, Sat-Sun - Self Rescue I - Fundamental Techniques - Everett

Climbing. Members: \$150, Non-members: \$200. Leader's Permission Required: Damien Scott, (218) 234-9054, damien.r.scott@gmail.com (s3/1-9/19) [EVT](#)

#### 9/21, Sat - Intermediate Alpine Ice 1 Field Trip (Mt. Baker)

Climbing. 7 mi, Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s7/16-9/18) [SEA](#)

#### 9/22, Sun - Intermediate Alpine Ice 2 Field Trip (Mt. Baker)

Climbing. Mt Baker (USGS). 6 mi, 1500'. Leader: Stan Hummel, (206) 604-2716, shummel@nwlink.com (s7/16-9/18) [SEA](#)

#### 9/26, Thu - Crack Climbing for Basics, Program Center Magnuson

Climbing. (BR) Meet at Magnuson Program Center, South Plaza at 6:00 PM. Members: \$30, Non-members: \$30. Leader: Loni Uchtyl, (206) 440-3007, loniuchtyl@msn.com (s6/21-9/25) [SEA](#)

#### 10/5-10/6, Sat-Sun - Self Rescue I - Fundamental Techniques

- Everett Climbing. Leader's Permission Required: Damien Scott, (218) 234-9054, damien.r.scott@gmail.com (s3/6-9/19) [EVT](#)

#### 10/19-10/20, Sat-Sun - Self Rescue II - Advanced

**Techniques - Everett** Climbing. Leader's Permission Required: Damien Scott, (218) 234-9054, damien.r.scott@gmail.com (s3/6-10/18) **EVT**

Mike Sweeney, (425) 417-3081, mmsween@frontier.com (s4/21-10/8) **SEA**

3963, hohfern@gmail.com (s5/20-9/6) **KIT**  
**9/15, Sun - Intermediate Incident Management/ rescues/ towing/ currents** Sea Kayaking. (IV+) Meet at Bowman Bay at 7:30 AM. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s5/20-9/6) **KIT**

**9/28, Sat - Coastal Kayak Surf Zone Basics** Sea Kayaking. (V) Meet at Hobuck Beach at 8:00 AM. Members: \$40. Sign up with Leader: Vern Brown, (360) 626-3963, hohfern@gmail.com (s5/3-9/26) **KIT**

## navigation

**10/10, Thu - Instructor Training** Navigation. Baring (USGS), Index (USGS). Meet at Seattle Program Center at 6:30pm-9pm. Leader:

## sea kayaking

**9/14, Sat - Deception Pass Clinic/ Intro to currents** Sea Kayaking. (IV) Meet at TBD at 9:00 AM. Members: \$40. Sign up with Leader: Vern Brown, (360) 626-

**Please visit [www.mountaineers.org](http://www.mountaineers.org) for all trip and course updates**

## Have you used your MEMBER BENEFITS lately?

Mountaineers membership is more valuable than ever. For a complete list of member benefits and how to access them, log onto our website and check out our Member Benefits page <http://www.mountaineers.org/membership/benefits.cfm> or contact Member Services, [info@mountaineers.org](mailto:info@mountaineers.org). As a mission-driven 501(c)(3) non-profit, all but \$10 of your dues are tax-deductible, and your annual dues provide The Mountaineers with vital support to continue our recreation, education and conservation efforts in the community.

## AVAILABLE THIS FALL & WINTER FROM YOUR MOUNTAINEERS BOOKS



**Wilderness GPS: A Step-By-Step Guide**—*authored by Mountaineers members*

**Crag Survival Handbook: The Unspoken Rules of Climbing**

**The Green Vine: A Guide to West Coast Sustainable, Organic, and Biodynamic Wineries**

**Avalanche Essentials: A Step-By-Step System for Safety and Survival**—*new from the author of Staying Alive in Avalanche Terrain*

**Small Feet, Big Land: Adventure, Home, and Family on the Edge of Alaska**—*by the author of A Long Trek Home*

**Wilderness Basics: Get the Most from Your Hiking, Backpacking, and Camping Adventure, 4th Ed.**

**Waterfall Lover's Guide: Pacific Northwest, 5th Ed.**—*more than 700 waterfall hikes*

**Cycling the Great Divide, 2nd Ed.**—*North America's premier mountain bike trail*

**Mountaineering in Antarctica: Climbing in the Frozen South**—*lush, coffee-table dream book*

**Accidents in North American Mountaineering, 2013**

**American Alpine Journal, 2013**—*back after being unavailable to the public for two years*

**Fiva: An Adventure that Went Wrong**



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## INNOVATION

By  
Eric Linxweiler



Jason Thomas photo

From left, Dave Ohlson, Atlanta Macklin, and John Ohlson, with Intense Basic students Jason Thomas and Chris Watson at the summit of Mt. Rainier.

*"There are those who look at things the way they are, and ask why...  
I dream of things that never were, and ask why not?"*

—Robert F. Kennedy

Mountaineers members have a long and proud history of being leaders in the outdoors. Over one-hundred years ago, early Mountaineers were inspired to create a member-based organization unlike any other at the time. Soon Mountaineers were forging routes to the summits of some of the most challenging peaks in the Pacific Northwest.

In each decade since The Mountaineers was formed, the organization has adapted to changing times and members' needs by promoting innovation and the development of courses and opportunities to get people outside. The Mountaineers pioneered alpine climbing techniques, logged many first ascents and established new routes all over the Pacific Northwest. We also produce **THE** comprehensive text of best practices for mountaineering and climbing and more recently saw the introduction of specialized courses to provide the most current and relevant education and instruction.

This culture of innovation has enabled The Mountaineers to adapt to the changing needs of its members to ensure that successive generations of outdoor enthusiasts would be inspired to find their next great challenge and be able to achieve their goals. We continue to be a growing community with the capacity to generate ideas and solutions for future needs not yet realized.

### About the author

Eric Linxweiler, a Mountaineers member since 2002, is president and lead consultant at Inflection Point, fund development committee chair, a former Mountaineers board president, a graduate of basic and intermediate climbing courses, and father of three children with whom he often shares the gifts of the outdoors in our Pacific Northwest.

Over one hundred years of constant innovation and invention is not indicative of a culture of luck, it represents a sustainable culture of innovation—one that seeks challenges, overcomes them, and asks "what's next?"

Intense Basic Alpine Climbing course is a recent example of members taking the initiative to develop an intensive educational opportunity for people interested in learning at a more rapid pace. Launched in June 2013, the course compresses six months of rock and alpine instruction and field trips into ten continuous days. Although not the first, it is the most recent example of the creativity we bring to outdoor instruction.

"It's a lot of information and instruction presented in a short period of time. Because the skill level varied among students, those with more skills and experience started assisting those with less experience. By the end of the course, a few even committed to volunteering next year." said John Ohlson, Intense Basic mastermind and course leader.

Inspired by volunteers like John, Jason Thomas (pictured above) has—in just four months—joined The Mountaineers, completed the Basic course, and has already volunteered to help with the Program Center's friction slab project as a site leader.

Whether you want it to or not, change happens. However, in spite of constant change, it's the ever present culture of innovation that enables us to uphold our core values of volunteerism, mentorship, and stewardship. Mountaineers have learned, and continue to demonstrate, that it's a never ending challenge to maintain relevancy and ensure that the next generation learns what it means to be a Mountaineer. ▲▲



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