

Issaquah Alps Trails Club

"The Apparatus"

President: David Kappler • 392-3571

Vice-President: Tom Wood 391-8027

Secretary: Suzy Roth • 392-6259

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Connie Fair • 747-7388

Mary Cadigan • 641-4046

Dennis Burk • 391-3835

Jack Hornung • 545-9122

Bill Longwell • 255-1295

Ralph Owen • 746-1070

Gus Nelson • 392-7428

Joe Toynbee • 723-6716

Issaquah Alps

24-hour Hotline: 328-0480

Finance Committee Chair:

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Hikes coordinator: Suzy Roth • 392-6259

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Membership records:

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Land and Trails Committee Chair:

Gus Nelson • 392-7428

Squak Watcher: Gus Nelson • 392-7428

Cougar Watcher: Ralph Owen • 746-1070

Issaquah Watcher: Ruth Kees • 392-3410

Tiger Watcher:

Laurene McLane • 392-0204

Tiger's Eye: Larry Hanson • 392-2458

Raging River and Preston Watcher:

Maryanne Tagney Jones • 222-7615

Chief Ranger: Bill Longwell • 255-1295

Friends of Grand Ridge Rep:

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Issaquah Tourism Rep:

Jack Hornung • 545-9122

Volunteers of Washington Rep:

Joe Toynbee • 723-6716

Washington Trails Assn. Rep: Tom Lucas

Walking Organizations Liaison:

Linda Reiter • 391-0589

Legal Advice: Tom Lucas

ALPINER

April * May * June 1990

The Pull-Out issue of the Alpiner:

Not one, but TWO great maps inside:

- 1) The Mountains to Sound Route Map and brochure to answer ALL your questions
- 2) Grand Ridge map with trail descriptions

News Update:

The March, Return to Newcastle and Return the Tools

In the three months since the Mountains to Sound Committee first met, the following major tasks have been completed:

- Most of the route has been scouted. The main areas still in doubt are covered with snow and won't be scouted until the spring thaw.
- Four out of five camping spots have been booked. An overnight spot in the Rattlesnake Lake area is still being sought.
- The Tri-Mountain Volkssport Club has sanctioned the last leg of The March (Mercer Island to Waterfront Park in Seattle) for its members and other Volkssporters. This alone may add hundreds--even thousands--to The March on day five.
- Advance publicity has been plentiful. Articles and editorials have appeared in the *Seattle Times*, *Seattle Post-Intelligencer* and *Bellevue Journal-American*, and we have gotten air time KING and KIRO radio. Several reporters have expressed interest in doing The March.
- Seven people registered for The March before there was a formal registration system. Alas, these applica-

tions (and deposits) were lost. If you are one of The Marchers who registered before February 1, please call our newly-installed Responsible Registration Person Nancy Painter at 235-0690 or 283-1152.

Return to Newcastle

For the eighth year the club will help celebrate the history of coal mining on Cougar Mountain with the "Return to Newcastle." Come join us on Sunday, June 3, 1990, from 10 a.m. to 5 p.m. for this great event.

There will be historic displays of photos, maps, and artifacts. Old miners and family members will again gather and share their experiences. Food will be available and musical entertainment, a big hit last year, will return. The club will sell its T-shirts and books, including our history of the area, *The Coals of Newcastle*. Scheduled and guided history and nature walks will be provided throughout the day.

Eight to 10 leaders are needed to escort Return to Newcastle tourists on history walks lasting one to two hours. A training class will be held Sunday, May 27 at 12:30. See the May hikes schedule. History learning packets will be given to all new leaders.

On Saturday, June 2, we will have a continuous work party at the site and out on the trails from 9 a.m. until dark. Come any time and bring trail tools if you have them or use the ones provided

HELP! HELP! HELP! TOOL INVENTORY

The Club is trying to locate all its trail tools. If you have any please contact Gus Nelson at 392-7428.

Continued on page 9

April 1990 Hikes and Events

SUN APR 1

Cougar Mtn. Wilderness Area. Lunch at Clay Pit 3C 9:00 Bob Eschrich 232-5764

South Tiger Mtn. New trail, nice woods, vistas 2C 9:30
Laurene McLane 392-0204

TUE APR 3

Tiger Mtn. South Variations 3C 8:30 Joann Howe 432-0741

WED APR 4

Mountains to Sound planning meeting, Issaquah Community Hall 7:30 p.m.

THU APR 5

Kelsey Creek Park. Family Hike, 4 yrs old and up 1A 10:30 Judy Chamberlin 392-8813

FRI APR 6

Lake Tradition Plateau 2B 9:30
Paul & Pat Kaald 746-8741

SAT APR 7

TRAIL WORK PARTY
Meet at 8:30

Mountain to Sound scouting hike for potential leaders. 8:00 Meet at Issaquah McDonald's. Ralph Owen 746-1070 Stan Unger 283-7823

SUN APR 8

Tiger Mtn. Caves, Lake Tradition and the Big Tree. Bring flashlights! 3C 9:30 Clifton Cooper 932-3124

Tiger Mtn. Lake Tradition Flora & Fauna Exploration 2B 12:30
Larry Hansen 392-2458

TUE APR 10

Squak Mtn. Summit Loop 3C 9:00
Tom Mechler 255-0922

WED APR 11

May Valley-a vital link between Cougar Park and May Creek Park 2B 9:00 Everett Wilcock 271-6255

New meeting place for hikes! See page 11
"Meeting Place"

APRIL

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

FRI APR 13

Twin Falls State Park New trail to bridge over So. Fork Snoqualmie R. & Rattlesnake Ridge 2B 9:30
Mary Cadigan 641-4046

SAT APR 14

State Parks Earth Day Celebration Squak Mtn. State Park. Hike to summit from Issaquah on new trail & encounter Waterfall Creek 3C 8:30
Gus Nelson 392-7428

South Tiger Mtn. Trail. Early spring flower hike 1A 9:30 Bill Longwell 255-1295

SUN APR 15

Twin Falls State Park. Snoqualmie Valley Trails Club Meet at the trailhead. 2B 1:00 Tom Wood 391-8027

TUE APR 17

Tiger Mtn. 3 Loop 3C 8:30 George Mischler 746-8144

WED APR 18

Rattlesnake Mtn. Ridge 2B 9:30
Kate Gross 329-2412

THU APR 19

Tiger Mtn. Leader's Choice 3C 8:30 Bob Knutsen 243-4546

Lake Sammamish State Park. Family hike, very easy, suitable for strollers, young children 1A 10:30
Peggy Barchi 432-5446

Trails Club Board meeting, Newport Way library, 7:30 p.m.

SAT APR 21

Cougar Mtn. spring flower ramble 3C 9:00 Joe Toynbee 723-6716

Lake Tradition Plateau. Beautiful lakes and giant tree! 2B 12:30 Bob Gross 392-0539

Mountain to Sound scouting hike for potential leaders. 8:00 Meet at Issaquah McDonald's. Ralph Owen 746-1070 Stan Unger 283-7823

SUN APR 22

Cougar Mtn. Wilderness Loop. Lunch at Long View 2C 9:30
Ann Leber 746-3291

Little Si Mtn. Summit. 2B 12:30
Greg Brigrance 745-6326

TUE APR 24

Tiger Mtn. Leader's Choice 3C 9:00
Will Thompson 488-8592

Issaquah Town Walk 2B 6:30 pm
Linda Reiter 391-0589

WED APR 25

Grand Ridge Variations 2B 9:00 John Seebeth 391-3843

FRI APR 27

Twin Falls State Park. Spectacular view from new bridge and viewing platform. 2B 9:30 Betty Culbert 432-7387

SAT APR 28

Shaun Falls, Taylor Mtn. 2C 10:00 Doug Welti 322-7714

Squak Mountain Geology Exploration 2B 9:30 Laurence Baum 827-2345

SUN APR 29

Tiger Mtn. - 15 Mile Canyon and Hobart Railroad Grade 3B 8:30
A.J. Culver 392-3002

Cougar Mtn. - Wilderness Creek to Wilderness Peak 2C 12:30
Steve Cavit 271-7780

May 1990 Hikes and Events

TUE MAY 1

Old Milwaukee RR Grade from McClellan Butte trailhead west & new trail through Olallie Park 3B 8:30
Gus Nelson 392-7428

THU MAY 3

Lake Tradition Vista Family Hike, 4 yrs old and up 1A 10:30
Judy Chamberlin 392-8813

FRI MAY 4

Preston-Railroad Grade. Nice spring evening walk 1A 6:30pm
Bill Longwell 255-1295

SAT MAY 5

Tiger Mtn. Traverse south to north spring flowers; one way, car exchange 4C 8:30 Joann Howe 432-0741

Cougar Mtn. - Military Road and Coal Creek Park; Lunch at Pig farm 2C 9:30 Ann Leber 746-3291

Mountain to Sound scouting hike for potential leaders. 8:00 Meet at Issaquah McDonald's. Ralph Owen 746-1070 Stan Unger 283-7823

SUN MAY 6

TRAIL WORK PARTY Rattlesnake Mtn. 8:30 George Jackman 221-3925

TUE MAY 8

Tiger Mtn. Leader's Choice 3C 9:00
Will Thompson 488-8592

WED MAY 9

Cougar Mtn. Wilderness Peak & beyond 2C 9:00 Tom Mechler 255-0922

Mountains to Sound planning meeting, Issaquah Community Hall 7:30 p.m.

FRI MAY 11

Lake Alice Rd to Snoqualmie Falls 2B 9:30 Paul & Pat Kaald 746-8741

New meeting place for hikes! See page 11
"Meeting Place"

MAY

S	M	T	W	T	F	S
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SAT MAY 12

Tiger Mtns 2 & 3 3C 8:30
Trudy Ecob 232-2933

Twin Falls/Olallie State Park

3B 9:30 Peggy Owen 746-1070

SUN MAY 13

Twin Falls and Milwaukee RR Grade 3C 8:30 George Mischler 746-8144

TUE MAY 15

Issaquah Town Walk 2B 6:30pm
Linda Reiter 391-0589

THU MAY 17

Tiger Mtn. Exploration 3C 8:30 Bob Knutsen 243-4546

Lake Hills Greenbelt Family Hike, very easy, suitable for strollers, young children 1A 10:30 Peggy Barchi 432-5446

Trails Club Board meeting, Newport Way library, 7:30 p.m.

SAT MAY 19

Tiger Mtn. Caves
Bring flashlight to explore caves 2C 12:30 Bob Gross 392-0539

Mountain to Sound scouting hike for potential leaders. 8:00 Meet at Issaquah McDonald's. Ralph Owen 746-1070 Stan Unger 283-7823

SUN MAY 20

Tiger Mtn. Trail Traverse. Spring flowers; boots required 4C 9:00
Clifton Cooper 932-3124

Grand Ridge

3B 9:30 Dennis Burk 391-3835

TUE MAY 22

Kerriston 2B 9:30 Al Blalock 746-4155 Ed Bowser 747-3349

WED MAY 23

Grand Ridge Variations 2B 9:00
John Seebeth 391-3843

THU MAY 24

West Tiger 1 3C 9:00
Laurene McLane 392-0204

SAT MAY 26

Rattlesnake Mountain Geology Exploration 2B 9:30 Laurence Baum 827-2345

Grand Canyon of Fifteen Mile Creek to Middle Tiger Summit 3B 12:30 Greg Brigance 745-6362

SUN MAY 27

Talapus & Olallie Lakes (Alpine Lakes Wilderness) 3C 9:00 Tom Wood 391-8027

Return to Newcastle Training Hike. Some new trail changes downstream 12:30 Ralph Owen 746-1070

TUE MAY 29

Taylor Mtn/Shawn Falls 2C 9:30 Mary Cadigan 641-4046

THU MAY 30

Lake Tradition 2B 9:30 Al Blalock 746-4155 Ed Bowser 747-3349

June 1990 Hikes and Events

SAT JUN 2

Cougar Mtn. - Anti-Aircraft Peak, Far Country, Coal Creek Falls Loop. Skunk cabbage in bloom! 3C 9:30 Ann Leber 746-3291

Tiger Mtn. Middle Tiger Loop 3B 8:30 AJ Culver 392-3002

Mountain to Sound scouting hike for potential leaders. 8:00 Meet at Issaquah McDonald's. Ralph Owen 746-1070 Stan Unger 283-7823

SUN JUN 3

RETURN TO NEWCASTLE
Cougar Mtn. Coal Creek trailhead 10 am to 5 pm (see page 1)

TUE JUN 5

Rattlesnake Ridge 2B 9:30 Al Blalock 746-4155 Ed Bowser 747-3349

WED JUN 6

Mountains to Sound planning meeting, Issaquah Community Hall 7:30 p.m. (Tentative)

THU JUN 7

Cougar Mtn. - Newcastle Family Hike, 4 yrs old and up 1A 10:30 Judy Chamberlin 392-8813

FRI JUN 8

Lake Tradition Plateau 2B 9:30 Paul & Pat Kaald 746-8741

SAT JUN 9

TRAIL WORK PARTY
Meet at 8:30

SUN JUN 10

Cougar Mtn north to south traverse 3C 9:30 Clifton Cooper 932-3124

Grand Ridge 3B 9:30 Dennis Burk 391-3835

TUE JUN 12

Little Si 2C 9:30 Mary Cadigan 641-4046

New meeting place for hikes! See page 11
"Meeting Place"

JUNE

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

THU JUN 14

Middle Tiger Mtn. and Artifacts Trail 3C 9:00 Connie Dow 392-2190

FRI JUN 15

Grand Ridge 2B 9:30 Betty Culbert 432-7387

SAT JUN 16

Cougar Mtn. Wilderness Peak via Boulders, Big View, Old Growth Forest, "Bag a Summit" 3C 9:00 Steve Irby 255-3211

Middle Tiger Mtn. See wildflowers and Mt. Rainier 3B 12:30 Bob Gross 392-0539

Mountain to Sound scouting hike for potential leaders. 8:00 Meet at Issaquah McDonald's. Ralph Owen 746-1070 Stan Unger 283-7823

SUN JUN 17

Annette Lake - Cascades Mtns. 3C 9:00 Tom Wood 391-8027

Tiger Mtn. Lake Tradition Flora & Fauna Exploration 2B 12:30 Larry Hansen 392-2458

TUE JUN 19

Preston to Snoqualmie Falls easy and pretty 2A 5:00 pm Clifton Cooper 932-3124

WED JUN 20

Grand Ridge Variations 2B 9:00 John Seebeth 391-3843

THU JUN 21

Lake Tradition Plateau. Family Hike, very easy, suitable for strollers, young children 1A 10:30 Peggy Barchi 432-5446

Trails Club Board meeting, Newport Way library, 7:30 p.m. (Tentative)

FRI JUN 22

Tiger Mtn. Leader's Choice 3C 9:00 Will Thompson 488-8592

SAT JUN 23

Taylor Mtn./Shaun Falls. Nice wildflowers 2C 9:00 Gail Palm 783-6005

Rattlesnake Mtn. Ledge 2C 12:30 Greg Brigance 745-6326

SUN JUN 24

TRAIL WORK PARTY
Meet at 8:30

TUE JUN 26

East Tiger Mtn. summit via Eastside Rd. through Silent Swamp Trail 3C 8:30 Gus Nelson 392-7428

WED JUN 27

Mountains to Sound planning meeting, Issaquah Community Hall 7:30 p.m. (Tentative)

THU JUN 28

Combination Twin Falls/Little Si 3C 9:30 Al Blalock 746-4155 Ed Bowser 747-3349

SAT JUN 30

Cougar Mtn.- possibly Mountain to Sound route over Cougar 3B 9:30 Ann Leber 746-3291

The Trails of Grand Ridge

by Dennis Burk

For some of you the Grand Ridge forest is an old friend who is long overdue for a visit. For others it will be a delightful new acquaintance. In either event, I encourage you to grab this map and stretch your legs in the only "Alp" that lies north of I-90.

The trails on Grand Ridge are wide and well marked, the grades are gradual and the greatest elevation gain is 900 feet (from the Sunset trailhead to the ridge above High Point.) Most hikes on Grand Ridge are rated 2B or 3B. However, if you want to walk sections of the gas or powerline right-of-ways, you could stretch a Grand Ridge hike to a 4B.

High Point North Trailhead

Drive east of Issaquah on I-90 and take exit 20 at High Point. Turn left at the end of the offramp onto High Point Road, drive north under I-90, past the westbound onramp and turn left into a gravel parking area. The parking area is on the north side of I-90, west of High Point Road between the westbound onramp and Issaquah Creek.

The High Point north trailhead provides access to a number of trails north of I-90. East from this trailhead a trail follows the freeway fence and joins the Preston-Fall City/Snoqualmie trails. To the south the trail follows an old railroad grade that parallels the north side of I-90 for two miles to the Sunset Way westbound offramp overpass. At this point the trail splits and one leg ducks under the freeway along Issaquah Creek and comes up on the south side of I-90 at the Sunset trailhead. The other branch continues west paralleling the freeway and ends at the 1st N.E. trailhead.

280th & 63rd Trailhead

From the High Point North trailhead, follow High Point road east along the north side of the freeway. A mile from High Point turn left (north) up 280th Ave. SE and continue uphill until the road makes a sharp right turn (east) and becomes SE 63rd Street. The trailhead is at this elbow of 280th and 63rd. Park on the gravel shoulder at the elbow, taking care not to block access to the mail boxes.

From here you can reach the best-known hike on Grand Ridge, the "Hour Trail" that was made popular by Harvey Manning's hiking guide "Footsore #1". It was so named by the horse stables on the north side because it took about an hour to ride the loop on horseback from the stable. Except for a half mile on the north side of the loop, the Hour Trail follows old logging roads, so the trail is substantial.

The trail runs west from the trailhead along the north side of an electric fence. The first .3 mile of trail is a connector between the trailhead and the Hour Trail loop. It crosses two streams.

For your first time on the Hour Trail, I'd recommend turning left (west) at the junction and going clockwise around the

loop. About .2 mile west a trail branches left toward the south and climbs 200 feet in .5 mile to the Telephone Trail and the top of the ridge above High Point. This trail can be a nice out-and-back side trip to the Hour Trail or, as a 3-mile alternative to the west side of the Hour Trail, you can continue west on the Telephone Trail to the Powerline, then north along the Powerline to another connector trail that will bring you back to the northwest corner of the Hour Trail.

A good-sized wetland lies to the west of this connector and between the Hour Trail and the Telephone Trail. A trail also encircles the wetland and joins the Telephone and Hour Trails at two other points towards the west. The Wetlands Trail is poorly marked at this time and I do not recommend it without a guide.

Continuing clockwise around the Hour Trail for .3 mile, you come to a branch to the right (north) that climbs 100 feet to the top of the hill then continues for .7 mile to rejoin the Hour Trail on the north side. This secondary loop is still brushy at the north end but it does offer some views of surrounding hills when the leaves are off the trees.

After .5 miles, the Hour Trail turns sharply to the right and heads east. At this point a connector trail continues north .1 mile then west for .3 mile to join the Powerline right-of-way and the Black Nugget Road trailhead.

On the north side, the Hour Trail runs through a beautiful stand of evergreens and crosses a stream that drains a small wetland. The logging roads continue onto private horse stable property and are used by those horses. The stable property is now bypassed with a footpath that ties in with the north end of the previously mentioned Hilltop Trail then drops steeply downhill to rejoin the logging road in the northeast corner of the Hour loop. The steep portion of this trail is on soft ground and is not suitable for horses.

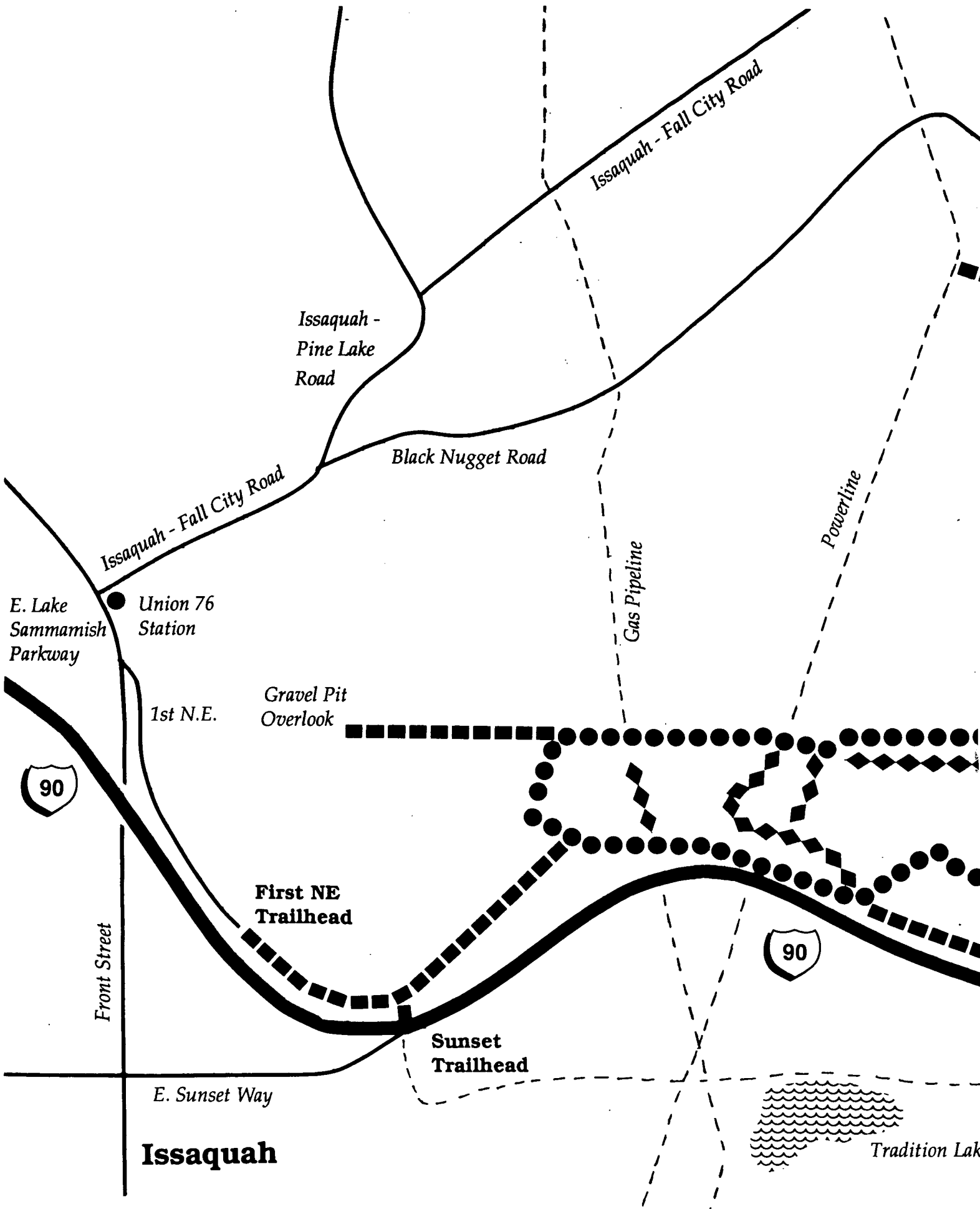
Where the footpath rejoins the old logging road, a left turn will take you north onto horse stable property and turning right will take you south .5 mile to your starting point on the Hour Trail. On this east side of the loop, trails also branch to the east to connect with trails on Mitchell Hill and trails north to the Trossachs and Boeing Farm properties. These trails are poorly marked at this time and not recommended.

Sunset Trailhead

Drive east on I-90 and take exit 17 to Front Street in Issaquah. At the end of the offramp, turn right and head south on Front Street to East Sunset Way. Turn left (east) onto Sunset, drive .7 mile and park on the shoulders of Sunset Way. The trailhead is just west of where the Sunset westbound offramp overpass converges with the Sunset eastbound on ramp on the south side of I-90. Two trails start from this trailhead. One starts on the south side of Sunset and heads up the hill to Tradition Lake. The other starts on the north side of Sunset and connects to a number of trails on Grand Ridge.

The start of the trail is difficult to see from your car. Walk east on the north side of Sunset behind the concrete guard rail until you see a gate in the chainlink fence. The trail heads

Continued on back page



Issaquah - Fall City Road

Issaquah -
Pine Lake
Road

Black Nugget Road

Issaquah - Fall City Road

E. Lake
Sammamish
Parkway

● Union 76
Station

Gas Pipeline

Powerline

1st N.E.
Gravel Pit
Overlook

90

First NE
Trailhead

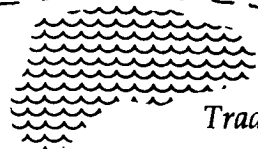
Front Street

90

Sunset
Trailhead

E. Sunset Way

Issaquah

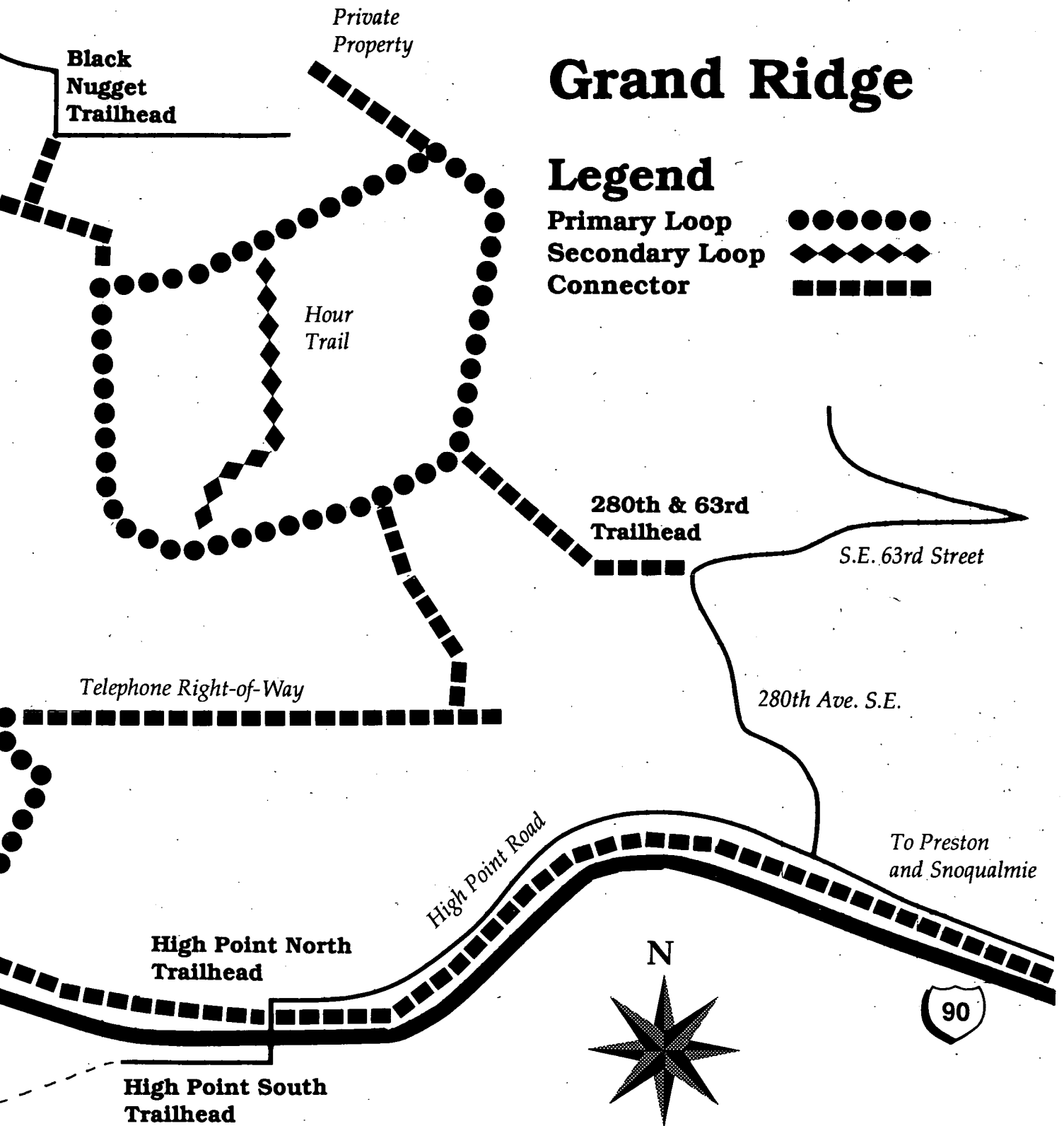


Tradition Lak

Grand Ridge

Legend

- Primary Loop ●●●●●●●●
- Secondary Loop ◆◆◆◆◆◆◆◆
- Connector ■■■■■■■■



Grand Ridge hikes...

Continued from front page

north through the gate and follows Issaquah Creek under I-90. Just north of I-90 the trail crosses the creek on a log bridge built by Issaquah High School students and other volunteers. From the creek the trail bends to the right (east) and follows the AT&T underground cable right-of-way up a slope to the abandoned railroad grade (Rail Trail) that parallels the north side of I-90. Note the large boulder on the north side of the rail grade. It is an "erratic" that was transported here by glaciers perhaps from several hundred miles away.

A left turn will lead you to the 1st NW trailhead .6 mile toward the west. A right turn takes you east up the Rail Trail to the High Point North trailhead in 2 mile. The AT&T cable also follows this route. Several trails branch to the north from the Rail Trail and climb the south flanks of Grand Ridge. I'll describe a loop that makes a nice 4-5 hour hike.

Head east along the Rail Trail for .5 mile to the first branch to the left (north). This trail winds up the hill for .2 mile then branches to the right (east). In .2 mile both legs intersect the telephone right-of-way (Tele Trail) that runs east and west for 2.5 miles from the gravel pit to the ridge above High Point. If you want to overlook the gravel pit and Issaquah, take the left branch and turn left again at the Tele Trail for .5 mile.

If you want to head east, take the right branch and turn right again at the Tele Trail. This route will cross the Gasline right-of-way in .1 mile. A left turn (north) will take you .75 mile to the Black Nugget Road. A right turn (south) will lead back to the Rail Trail. Continuing east for .3 mile, the Tele Trail crosses the Powerline right-of-way. A left turn (north) will take you .25 miles to the Black Nugget Road or to the northwest corner of the Hour Trail. A right turn (south) also leads back to the Rail Trail in .4 mile.

A little less than .1 mile east of the Powerline, the Tele Trail branches right (south) and winds down hill .4 mile to the Rail Trail. Halfway down it joins the Powerline trail. In another .12 mile east the Tele Trail branches again. The left branch is the continuation of the Tele Trail and the right branch is an old logging road that ambles a little southeast but more or less parallels the Tele Trail. Both trails are tied together again with a .2 mile connector trail .6 mile to the east, so take either branch.

I recommend taking the Tele Trail 1.3 miles to the top of the ridge above High Point and stopping there for lunch. From this point a .5 mile trail heads north to the Hour trail. To return to the Sunset trailhead by the most direct route, backtrack west on the Tele Trail and turn left (south) on the connector trail to the old logging road. Turn left at the logging trail and follow it downhill and across two streams for .7 mile to the Rail Trail, then turn right (west) and stroll 1.3 miles back to the Sunset Trailhead.

1st NE Trailhead

Drive east on I-90 and take exit 17 to East Lake Sammamish in Issaquah. At the end of the off-ramp turn left (north) under the freeway on East Lake Sammamish. A block beyond the freeway ramps turn right on 229th Ave SE then keep making rights until you are on 1st NW paralleling I-90 on the north side heading east. The street signs are difficult to find but if you can get I-90 on your right and a trailer park on your left, you are getting real close. At its east end, 1st NE crooks sharply to the left and deadends at a King County gravel pit gate. Park on the grass shoulder at the bottom of the crook. The trail starts at a hole in the chainlink fence and meanders along the north side of I-90 for .6 mile where it joins the Rail Trail.

Black Nugget Trailhead

Drive east on I-90 and take exit 17 to East Lake Sammamish in Issaquah. At the end of the offramp turn left (north) under the freeway on East Lake Sammamish. About .2 mile beyond the freeway ramps, past the Unocal 76 station, turn right at the light onto the Issaquah-Fall City Road. Drive up the hill .7 mile and veer right onto the Black Nugget Road. The first .06 miles of the Black Nugget is under improvement. At its crossing of the gas pipeline it reverts to its original one and a half lane gravel experience. The gravel winds and twists for another 1.4 miles where, just past the powerline, it makes a definite 90-degree turn to the left. That's where the trail starts. Park on the grass shoulders. If you run into the Black Nugget Stables, you have gone too far! Please do not park anywhere near the stables.

This trail heads south .15 mile where it splits. The right branch leads to the Powerline right of way in another .15 mile and the left branch leads to the northwest corner of the Hour Trail in a similar distance.

Issaquah Alps Trails Club

P.O. Box 351

Issaquah, WA 98027

For hike schedules and more information about the Issaquah Alps Trails Club, call the 24-hour hotline at 328-0480.

Snoqualmie Valley Trails Club Spring Hike Schedule

April 15 - Twin Falls to Weeks Falls. Earth Day celebration hike with State Parks. 3B 1:00 NB Tom Wood 391-8027

April 21 - Cedar Butte Exploration. (Poor trail conditions and difficult terrain) 2B 9:00 NB John Johnson 633-3805

April 28 - CCC truck road. Big Blowout to Moss Cliff. 2B 9:00 NB Pat Brewington 888-2426

May 6 - Moss Vista 2B 1:00 NB Darcy Brewington 888-2426

May 12 - Twin Falls to Owl Hike Spot 3C 9:00 NB Tom Wood 391-8027

May 19 - Sunday Lake 3B 9:00 NB Mike Means 888-3893

May 22 - Mt. Si - Moon Wall 3C 9:00 NB June Stevens 222-5452

June 2 - High Yield Forest Trail 2B 9:00 NB Pat Brewington 888-2426

June 9 - Mason Lake and beyond 4C 9:00 NB Jeff Hogan 434-6506.

June 13 - Little Si 2C 9:00 NB June Stevens 222-5452

June 24 - Middle Fork Dingford Creek 3B 9:00 NB Mike Leake 333-4243

June 30 - Lake Thompson 3C 9:00 NB Warren Jones 284-0748

*NB = meet at North Bend Park & Ride, 4th & Main, next to the library.
FC = meet at Fall City Park & Ride, junction of SR 202 and SR 203*

*Membership in the Snoqualmie Valley Trails Club is \$10 per year.
For information call 888-2426.*

An Issaquah Manifesto

By Will Thompson

It is time to think about, and to begin to experiment with, a properly constituted alpine-urban interface in our region.

Natural beauty wherever it exists, from the turbulent and barely predictable skies to brooding accumulations of energy deep in the earth, is a dynamic equilibrium expressing the great forces to which the natives of this land once paid homage. Today, for better or worse, humanity is one of those great forces, a deliberate force which can accentuate the beauty of the mountains if it wishes, or a disruptive force which could degrade them.

Two hundred and twelve years ago, Captain Cook discovered a rainy coast where savages carved boats shaped like a poet's dream; 101 years ago civil organization here opened wide the floodgate of population. Today we face another stage of that progression, in which urbanization of the region will soon become as complete as its forest cover once was.

Today our coastal cities reach the feet of the mountains in only a few places, in Washington State notable along the approach to Snoqualmie Pass. Tomorrow urban development will break like surf against all the steep margins of our sheltered coastal lowland, from the headwaters of the Willamette in Oregon to the northern Straits of Georgia in British Columbia.

Along Interstate 90, push has already come to shove on Cougar Mountain. Tiger Mountain, on the other hand, is now dedicated by the state to an experiment in optimal combinations of residence, recreation, education and forestry. North Bend and Snoqualmie are hot real estate at the base of the Mt. Si Recreation Area. A small city is growing up expeditiously, but perhaps also with some limited forethought, on Snoqualmie Pass itself.

Mountain recreation has, among other virtues, a civilizing influence which is often not realized. All authority which is not mere oppression has as a principal function protective control of precisely those complex and powerful forces the ordinary, or even extraordinary, manifestations of which we see as natural beauty.

To have observed how natural forces balance out in that elegant equilibrium, perhaps especially as one sees their vigorous resolution in mountains, is to have a better measure than one otherwise can of the capabilities, and even more acutely the limitations of humanity in dealing with its environment. People with that experience are enabled, in many cases, to understand more fully and to deal more capably (and perhaps more patiently) with community problems and community functionalities.

In vast urban aggregations which exclude natural beauty, on the other hand, the distinction between beneficial and oppressive civil authority can become more obscure more easily than it has here until now. That is especially true among young people shut into such places, as we see clearly in our eastern cities and begin to see even here.

For that reason, as well as for our mere pleasure, it is urgent that we enlist as volunteers, in cooperation with local government, land management agencies, and affected neighborhoods, to ensure that our developing urban-alpine interface remains as open as possible to joyous movement of our people up and down (preferably on foot!), and thus to a flow of essential values from the *mountains to the sea* and back again.

Return to Newcastle

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by the club. We will also need a number of people to sell T-shirts, books, pass out information and answer simple questions.

You are also welcome to join us on an overnight campout at the site both Saturday and Sunday evenings. To volunteer, contact Suzy Roth at 392-6259 or David Kappler 392-3571.

My Favorite Birds in the Issaquah Alps Part 1

by *Bill Longwell*

I awoke with a start. It was 9:45 p.m. I lay in my tent, but could not quickly establish any continuity with previous days. Outside a shadowy silence occupied my campsite. The shadows in my mind began to clear as I sorted out the facts of my immediate existence.

My campsite, a grassy pocket along the Pacific Crest Trail, sat above the Columbia River. I was at the end of the second day of a four-day hike. This morning I had departed from the green views of Trout Creek in the Wind River drainage. Tomorrow I would cross the Columbia and climb towards Mt. Hood.

What had awakened me was a Swainson's Thrush calling from the darkening forest outside my tent. "Quirt. Quirt." I answered from my tent with a practiced imitation. Then came a flutter of wings as the bird flew into the brush near my tent. Again we exchanged calls, both rather interested in each other's conversation. The Swainson's Thrush seemed quite anxious to know what type of fellow bird called from the dark interior of the tent. Finally I tired and fell asleep.

I next awoke at dawn, 3:45 a.m. As I lay planning my ambitious third day's walk, wings again fluttered toward me. A Swainson's Thrush perched above the tent and continued the conversation of the previous evening. I was convinced this was the same bird. Had it waited for me to make some noise? Again I kept up my end of the dialogue before I fell asleep.

The memory of that thrush stands out as the highlight of that early summer backpack.

Ever since 1970, when I began serious birding, I have worked to hold birds near me by whistling or trying to mimic their calls. As I learned their various names and habits, I began to look for certain species. Eight migrating birds became my favorites and began to stand out on the lists I kept, lists of dates and places of sightings. When I have tracked down all eight, then I figure that spring has arrived for me.

Here are my favorites.

Swainson's Thrush

This is the bird I love more than any other.

In the past three years (87, 88, 89) I have observed the arrival of this thrush on exactly the same date, May 12. (Yes, I have accounted for the one leap year.) For two consecutive years my first sighting of the Swainson's Thrush occurred at the same location, the broad horseshoe curve of the King County Trail a quarter mile west of the Lake Alice Road. I can hardly wait for May 12, 1990. Will my luck hold?

This thrush has an easily-imitated, distinctive call and a gorgeous song. Other have described the call as a "liquid sounding 'quirt'," the same sound a drop of water makes when it falls into a pan of water.

No other bird can match the song, often heard at dusk, a soaring, melodious flutelike, upward spiraling trill. This is a bird that calls and sings in the darkness. It even sings as it migrates--in the night skies.

Since each bird's territory is small, many Swainson's Thrushes seem packed into a limited area. Observe that this

thrush is a little sleeker than a Robin, has a light brown back and dark speckles on its buff breast.

I once came upon a Swainson's Thrush nest along the Tiger Mountain Trail, just before the descent into Fifteenmile Creek. The bird had carefully built its nest in an old spring-board hole. The female sat there on it nest and eyed me as I eyed it. Finally, I fished for my camera in my pack. That disturbance startled the female and it darted away. I took pictures and continued on my way.

The Swainson's Thrush always responds to my imitation of its call. With patience I can entice this bird from its perch to fly to a nearby branch. I'm sure it thinks it is responding to another thrush. Sometimes when it sees me instead, it apparently feels cheated and so flies right at me to let me know that I am NO Swainson's Thrush. I duck and move on.

Black-throated Gray Warbler

This warbler generally arrives in the Issaquah Alps in early April after wintering in Mexico and remains through August or September. It seems rather common in our forests. I've observed this bird far more in the past three years than in previous years. Are its numbers increasing?

It is a bird of mixed forests and high tree tops. Its sleek shape gives it the appearance of a torpedo as it drops from higher branches to a lower perch. Its black and white face and black-streaked breast gives it the appropriate uniform for speed. When it first returns to our area it is curious. If I'm patient, by mimicking its call I can coax it to descend to branches just above my head. But once the Black-throated Gray Warbler begins to nest, it's almost impossible to attract. Its wheezy, musical song is full of the sound of "Z" or "PSS" and rises in a series of four notes. As with other species, this warbler has its own rhythm in calling, "Pss-PSSSS-pss-pss."

I've often found this warbler along the service road between the High Point trailhead and the powerline near Lake Tradition. Another place to observe it is along the Railroad Grade on the north side of I-90.

Olive-sided Flycatcher

Our family has always used a password or a hand sign to communicate to each other. Any form of "three", whether three whistles, three fingers or the word "three" mean to us "I love you." Hearing the "pip-pip-pip" of the Olive-sided Flycatcher instantly reminds me of my family and our commitment to each other. Perhaps this is the reason this bird has worked its way onto my "favorite" list.

The song is even more memorable. Some thirsty ornithologists have characterized it as "Quick! Three beers!"

This bird chooses high perches. With its three-part call, the Olive-sided Flycatcher warns all nearby visitors that they walk or fly in its territory.

Because of its large, stocky head, this bird is larger than the Wood Pee Wee. It is also the most prolific of flycatchers. If you see a flycatcher on a snag, you most likely are viewing an Olive-sided. It builds its nest in conifers. Manning's Reach may be an easy place to search because most conifers there are human-sized.

Next Alpiners: more birds

Hike Information

HIKE LEADERS

The hike leaders are volunteers who have donated their time to lead people who want to hike and explore the trails in the Issaquah Alps and other nearby foothills (Cascades) in King County. Hikes are scheduled and led year-round regardless of weather or attendance.

Trails in the Issaquah Alps may be good or bad, easy or hard, muddy or dusty, brushy or clear, steep or flat, easy or hard--or all of the above. Some are not much more than animal trails. As *volunteers*, neither the hike leaders, the Trails Club or club directors are in any way responsible or liable for hiker's comfort, transportation, property, safety or general wellbeing while traveling to and from the trail head or while hiking or working any trail.

The club's sole purpose is to show hikers where the trails are and to lead the way. The public, other clubs, youth groups, church groups and others are welcome and wholeheartedly invited to join with the hike leader and others who want to hike these trails. Children under 13 should be accompanied by an adult.

HIKE CLASSIFICATIONS

Each hike has a number and letter designation after it (i.e. 2C). Numbers indicate the hiking time and letters indicate the degree of difficulty.

Hiking time

Class 1: 2 hours

Class 2: 4 hours

Class 3: 6 hours

Class 4: 8 hours

These are *approximate* hiking times, not including travel time to and from the trailhead (20 to 70 minutes, depending on the hike) and meal times (lunch will add another 20-70 minutes, depending on the mood of the group). The times are based on an assumption of a two mile per hour pace, with a half hour added for each 1000 feet in elevation gain. Trail conditions, weather, and unexpected hazards can extend the hiking time.

Degree of Difficulty

A: level terrain: no difficulties for an average walker

B: some climbing: up to 800 feet, or some other difficulty

C: more climbing: up to 2200 feet, or some other difficulty

D: much climbing: over 2200 feet elevation gain

This is an *estimated* degree of difficulty. Most trails in the Issaquah Alps are not up to the high standards of state and national parks. Issaquah Trails can be very steep in parts or muddy and brushy. Hikers may gain 1000 feet in just one mile of a five-mile, 1500-foot elevation gain hike. Sometimes there are trees to climb over or nettles and berry bushes to beat through. *Short* doesn't automatically mean easy and *long* doesn't automatically mean tough.

HIKE DESCRIPTION MODIFIERS

Exploration

The leader shows trails and points of interest along the way. The trails to be hiked or points visited depend on the weather and the group's interests.

Leader's Choice

The leader had not decided where to hike before publication of the hike schedule.

Trail Party

Trail maintenance work party.

Variation

The leader may detour, take short cuts and loops, explore or otherwise deviate from the main trail to make the hike more interesting.

Exploratory Bushwhack

The leader goes cross country off the main trail system to explore animal trails, canyons, old logging roads, or old railroad grades. Expect to go through brush, over logs, tiptoe through wildflowers and/or mud and have a good time hiking where others seldom tread.

Youth Hike

For children ages six to 12.

Parents must come along.

Toddler's Walk

For parents with very small children or infants.

MEETING PLACE

Starting January 1, 1990, Trails Club hikes will meet in the parking lot just south of Issaquah City Hall instead of the Metro Park and Ride. To get there, take Exit 17 (Issaquah-Front Street) off Interstate 90 and turn south into downtown Issaquah. Go one mile or so down Front Street to S.E. Andrews and turn left. Go one block to parking area between First Avenue and Rainier Blvd. Park south of Andrews Street.

CLOTHING

Dress for the Pacific Northwest outdoors--expect rain, snow, sunshine, fog and everything in between. Bring extra clothing, rain gear, food, drink, matches, flashlight and first aid supplies. Wear comfortable hiking boots or hiking shoes.

TRAIL MAINTENANCE

Volunteers organize and schedule trail maintenance parties from time to time. These work parties generally meet at the Park and Ride lot. The Club is well supplied with heavy trail maintenance tools, but workers may also bring their own loppers, weed whackers and other tools. Trail work parties last between two and four hours. *Trail maintenance is a vital part of the Club's work--and a great way to meet people!* Individuals and groups are also encouraged to adopt a trail, or section of trail, and be responsible for maintaining it.

**ISSAQUAH ALPS
HOTLINE: 328-0480**
24 hours a day, recorded hike descriptions and club messages

**Membership Application
Issaquah Alps Trails Club**

P.O. Box 351, Issaquah, WA 98027

Name: _____

Address: _____

Phone: _____

- Annual Regular Dues \$10
- Annual Contributing Dues \$20
- Lifetime Membership \$100
- Limited Income \$5

- All memberships cover the entire family.

- A regular annual family membership is \$10. This covers the cost of printing and mailing the *Alpiner* and a part of the club's overhead expenses.

- Contributing memberships at \$20 or more cover the rest of the club's overhead expenses and allow us some financial leeway in planning special events, publishing new trail guides and keeping our trail maintenance tool supply fit and ample.

- Lifetime memberships at \$100 give us room to be creative and visionary, to venture forth on projects otherwise beyond our means and dreams.

Issaquah Alps Mail Order Service

P.O. Box 351, Issaquah, WA 98027

- Guide to Trails of Cougar Mountain Regional Wildland Park, Coal Creek Park, May Creek Park* By Harvey Manning and Ralph Owen. 1989 Updated edition. Replacing the 50+ trails guide, this new edition brings you all the old favorites plus new favorites-- Precipice Trail, improved trails from SR 900 and *all new maps!* \$8.50 (includes map, tax and shipping)
- Guide to Trails of Tiger Mountain* By Bill Longwell. 1989 updated edition. New trails: Tradition Plateau Trail (adding Swamp and Wetlands Trails), the *new* Bootleg Trail, the *new* Preston Trail. Plus encounters with animals. \$8.50 (includes map, tax and shipping)
- Bedrock and Bootssoles--An introduction to the Geology of the Issaquah Alps* By Marvin Pistrang. A thorough but simple chronology of the geology of the Alps from the early Eocene period to modern times. \$3.50 (includes tax and shipping)
- The Coals of Newcastle: A hundred years of hidden history* By Richard K. McDonald and Lucille McDonald. A complete history of the once-thriving coal mining area on Cougar Mountain, now hidden from all but hikers. More than 100 photos, four maps and Tim O'Brian's account of the incredible Seattle and Walla Walla Railroad. \$11.50 (includes tax and shipping)
- Tiger Mt. map* \$1.75 (includes tax and shipping)
- Cougar Mt. map* \$1.75 (includes tax and shipping)
- Tradition Lake map* Free. Send business-sized (#10) stamped, self addressed envelope.
- Grand Ridge Map* Free. Send business-sized (#10) stamped, self-addressed envelope.
- T-Shirt: "Issaquah Alps Trails Club"* Specify size (S,M,L,XL) color (blue or white) and sleeve length. Short sleeve: \$10, long sleeve: \$13.

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P.O. Box 351
Issaquah, WA 98027

Non Profit
U.S. Postage
PAID
Issaquah, WA
Permit #70

The Alpiner is published in
January, April, July and October by
The Issaquah Alps Trails Club
Subscriptions: \$10 per year.
Alpiner mailing list:
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Editor: Rodi Ludlum • 643-4095

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