

THE ALPINER



102?

October ♦ November ♦ December Cougar ♦ Squak ♦ Tiger ♦ Grand Ridge

IATC Awarded \$5000 Trail Maintenance Grant

Ken Konigsmark

The final rankings for National Recreational Trails Program (NRTP) grants, administered by the State Interagency Committee for Outdoor Recreation, were announced in late August. They include \$5000 in funding to support IATC's trail maintenance program.

Chief Trail Ranger Bill Longwell developed the grant request in early 2002. He created a strong proposal based on IATC's and Snoqualmie Valley Trails Club's proven histories of delivering on-the-ground trail maintenance on many miles of local trails.

In fact, in 2001, IATC/SVTC trail maintenance volunteers provided over 3,000 hours of trail maintenance from 77 different participants on 260 separate trips onto trails.

This type of trail maintenance is not free or easy. Chainsaws, hand saws, tools, brush cutters, and other equipment is needed. Gloves, chains, and blades wear out and need replacement. The newly secured grant funds are intended to fund the replacement of worn out equipment and to provide for ongoing supplies for the next few years.

IATC had received a similar \$5000 grant several years ago from the same NRTP program and the 2002 grant will allow Bill and his dedicated trail

maintainers to sustain the huge annual effort they put into trails.

If you're interested in joining in with IATC trail maintenance efforts, please contact Scott Semans for more information (see the Apparatus on page two for contact information).

***** New *****
Four NEW Green Trails Maps now available through IATC...see page 12 for more info & to order.

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The Apparatus

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Ted Thomsen · 454-8643

Whenever possible, please use e-mail to contact any member listed below.

The Alpiner is published in January, April; July, and October.

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Articles are welcome, preferably via e-mail to:
nancy@cuttothechasemarketing.com
Send diskette or hard copy to post office box number above.

Issue deadlines: November 15 for January; February 15 for April; May 15 for July; August 15 for October.

Note: All telephone numbers are area code 425 unless otherwise noted.

President's Report

Summer busy-ness is almost over, the higher mountain trails will soon be snowed in, and we'll all begin to hunker down again for the winter rains and darkness. This offers a good time to think about the opportunity for you to step up and become more active in IATC affairs and issues.

The fact is that this club has no paid staff and very limited funds. It survives only through the dedicated efforts of a handful of its members who invest the time needed to keep operations running, schedule free guided hikes, maintain trails, and provide an influential voice of advocacy active in critical local issues.

Whether due to increased time pressures, traffic problems, "cocooning" in our homes, or for whatever other reasons, IATC has not had many new faces stepping up to become involved in its leadership for several years. This is bad for several reasons: current leaders get burned out, no "new blood" comes in with enthusiasm and ideas, and the workload ends up on a handful of people.

Well, here's your chance....I'd welcome several new faces who would be willing to step up to become new board members, officers, or fill a key operational role for the club in 2003. No qualifications are required beyond an interest in protecting and sustaining our irreplaceable local forestlands, trails, and environmental qualities.

The board meets only once a month so the burden is not great. And, if you care about these issues and the overall quality of life that makes this area so special, you can't expect to make much of a difference about it unless you are willing to get involved yourself.

IATC has a long history of success and accomplishments, but I worry if this can continue without others stepping up to sustain the club and its operations.

If you'd consider getting more involved, please feel free to call me to discuss it, 425-957-5094 (W) or 425-222-4839 (H).

Now is the time.

Ken Konigsmark

Greenway Projects Enhance Alps; Offer Volunteer Options

The Mountains to Sound Greenway Trust, working jointly with Earthcorps, Washington Trails Association, IATC, private interests, City of Issaquah, and agency land managers, is underway on a number of trail and restoration projects in the Issaquah Alps area.

Beyond knowing of these projects, you may wish to consider volunteering to help with their implementation. You can do so by contacting Kelly Kirkland, Greenway Volunteer Coordinator at volunteer@mtsgreenway.org or 206-812-012. Or visit the Greenway website at www.mtsgreenway.org.

A brief description of current projects includes:

Trail projects: A completely new trail to Rattlesnake Ledges is well underway. The old 1.3 mile trail will be replaced by a more gentle 2.0 mile trail, but much work remains.

Then, several sections of new trail along the 11.3 mile cross-Rattlesnake Mountain trail are planned over the next couple of years. Trail projects in the Middle Fork Snoqualmie valley are also

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underway on both the Middle Fork Trail and the CCC Road/Trail.

Bianco Mine Restoration: Within the 400-acres of open space on Cougar Mountain donated by the Talus development, the City of Issaquah and Talus are completing a large restoration project to pull back huge piles of mine tailings that have sloughed off and polluted Tibbetts Creek for decades. It's hoped that there will be a planting project this fall to reforest the reclaimed mine site.

Preston Planting: At the Preston interchange (Exit 22), you'll now notice large piles of recently deposited soil. These areas will be planted with native conifers by Greenway volunteers this fall.

Sammamish Stewardship Saturday: On October 26, the Greenway will lead a large volunteer event in the Issaquah area to do plantings as well as maintain prior planted areas. Many other projects to complete removal of invasive plant species will also be scheduled this fall.

Early 2003 tree plantings: 10,000 seedlings will be planted early in 2003 within county park lands on Cougar Mountain, Taylor Mountain, and Grand Ridge.

Mailbox Peak Trail: Initial efforts are underway to plan and then complete a trail reroute for the Mailbox Peak trail. Construction effort likely won't begin until 2004.

Again, check the Greenway website at www.mtsgreenway.org, or contact Kelly if you're interested in learning more about or participating in these projects.

Hiker's Corner

We continue to have good turnouts for our hikes. For the first 6 months we scheduled 81 hikes, attended by 618 hikers.



Last year we had 1,231 hikers on 158 hikes; in the year 2000 we had 150 hikes and 1,393 hikers. Our best attended hikes seem to be the shorter ones (4 - 6 miles) or special interest hikes (Flower Walks, History hikes, Half-day hikes).

We continue our search for hike leaders. If you are interested in leading hikes for Issaquah Alps, please drop me an e-mail at MarianZZZ@aol.com.

You can also let me know if there are areas of interest you would like to see covered and other comments about our hikes program.

See you on the trails,

Fred Zeitler

Still Exploring at Age 4

Charles McCrone

Two summers ago, I wrote an article entitled "Cougar's Young Explorer" about my experiences hiking with my 16 month old son Ian.

I am happy to report I have now moved into that "third stage" of my hiking life, which I mused about then: Ian walking beside and talking about everything we see. Ian is almost 4 now, and already is breaking in his 2nd pair of REI boots.

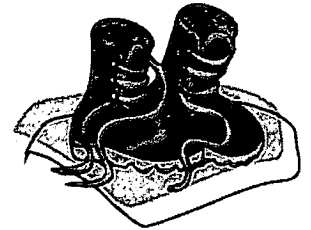
I used to tell people that these would be the minimal years for hiking, when Ian got too heavy to carry in a backpack and wasn't yet strong enough to walk far on his own. Fortunately, they have exceeded my gloomy projection, and we have continued to go out almost every week, with Ian walking anywhere between 0.2 mile and a mile and a half each time. What do I with him the rest of the time?

About a year and a half ago I discovered a miracle invention I call the ATS, or All Terrain Stroller. That's not its real name of course; it's just an exceptionally good jogger stroller.

Along the way, I've remapped Cougar Mountain in my head in a way I never expected, rating the trails on their "stroll-ability" (for example, the walk to the Red Town Meadow is a boon, but the Wildside was a disaster, and Bear Ridge was do-

able but a better upper body workout than any gym I can think of).

Pushing a stroller has certainly given me a new appreciation for tree roots in the trail, and a new awareness of how pitched the surface of a decent looking trail can actually be.



The real joys are the experiences Ian is having along the way: finding coal along the Bagley Seam Trail, looking under rocks, jumping into Coal Creek, playing "runaway chariot" with the stroller on steep hills (while he is not in it of course), playing hide and go seek along the trails with Grandpa.

I can't think of a better way to introduce a kid to a wide and unexpected diversity of experiences and discoveries than hiking. I have watched him go from seeming nervous on his own two little feet in the big woods on Marshall's Hill to being intrepid in just about every situation.

Lately, we talk about Mt. Si when we drive past, and he just expressed interest in climbing up it. I tried to explain how much longer that is than our usual two mile jaunt, and I wonder when it will ever be possible. But maybe the next few years will surprise me again.

Looking for More Volunteer Opportunities?

With fall just around the corner, King County Water and Land Resources Division's busiest season for volunteer plantings and other events is here! Opportunities range from planting native trees and shrubs along the Sammamish River to salvaging native plants and restoration events along Cavanaugh Pond and the Green River. For more information on these events, visit www.dnr.metrokc.gov/wlr/pi/calendar.htm.

October

Saturday, October 5
Salmon Days

Sunday, October 6
Salmon Days

Saturday, October 12, 10:00 a.m.
Cougar Mountain

Hike upper perimeter of AA Peak, including sidetrip to Clay Pit and covered mine shaft.
2B, 5 miles, 600 ft. gain
Burt Drui, 425-746-0709

Sunday, October 13, 9:00 a.m.
Middle Tiger

Hike to seldom visited Middle Tiger. Last use of Iverson RR trail before seasonal closure.
3C, 8 miles, 1500 ft. gain
Bob Gross, 425-427-8449

Sunday, October 13, 9:30 a.m.
Twin Falls Family Hike

Great winter hike to popular waterfalls.
2B, 3 miles, 600 ft. gain
David Langrock, 425-313-1971

Saturday, October 19, 9:00 a.m.
Cougar-Squak Traverse

One way journey over summits of Cougar and Squak mountains.
3C, 9 miles, 2300 ft. gain
Joe Toynbee, 206-723-6716

Sunday, October 20, 9:30 a.m.
Cedar Butte

Hike new trails and old.
2C, 5 miles, 1200 ft. gain
Jackie Hughes, 425-641-3815

Saturday, October 26, 9:00 a.m.
Poo Poo Point

Hike from hang glider landing field to great view of Mt. Rainier and Mt. Baker.
2C, 4.5 miles, 1700 ft. gain
Doug Straight, 425-235-5789

Saturday, October 26, 9:15 a.m.
Woman Walk Hikes (2)

Kitty Gross, 425-427-8449

Sunday, October 27, 9:30 a.m.
Tiger Mountain

Hike north TMT past Ruth's Cove to third bridge.
2C, 8 miles, 1600 ft. gain
Jamie McKenzie, 425-746-6683

Monday, October 28

Board Meeting, Trail Center, 1st & Bush

November

Saturday, November 2, 9:00 a.m.
Little Si

Nice winter hike to great views. New parking lot and start of hike.
2C, 5 miles, 1300 ft. gain
Bob Gross, 425-427-8449

Sunday, November 3, 9:00 a.m.
Trail Maintenance Work Party

All volunteers welcome.
For more information, contact:
Scott Semans, 425-369-1725

Sunday, November 3, 12:30 p.m.
Tiger Mountain Plateau

Hike from Issaquah up High School trail and adventure trail to the plateau, then a nice loop around 2 lakes.
2B, 5 miles, 600 ft. gain
Frank Gilliland, 425-603-0454

Monday, November 4, 8:00 a.m.
Snoqualmie Ridge Grand Loop

Some new 2002 trails coupled with hard and soft trails.
4B, 15 miles, 500 ft. gain
Bill Longwell, 425-222-6775

Saturday, November 9, 8:00 a.m.
Snoqualmie Ridge Standard Loop

Up and down hike through best and worst of the major development. Mostly soft trails.
3B, 10 miles, 1500 ft. gain
Bill Longwell, 425-222-6775

Sunday, November 10, 9:00 a.m.
Poo Poo Point

Chirico trail to great views of Mt. Rainier and Mt. Baker, then return to Issaquah via Tradition Plateau. Car shuttle.
3C, 10 miles, 2000 ft. gain
Tom Palm, 206-783-6005

Monday, November 11, 9:00 a.m.
Cougar Mountain

Loop hike to 3 waterfalls and a dam.
2C, 7 miles, 1500 ft. gain
Fred Zeitler, 425-882-3435

Saturday, November 16, 10:00 a.m.
Cougar Mountain

History Hike. See "old town," "new town," coal mines and railroad artifacts.
2A, 3 miles, 100 ft. gain
Bert Drui, 425-746-0709

Sunday, November 17, 10:00 a.m.
Tiger Mountain

Nook loop to Talus caves. Slow pace.
2B, 5 miles, 700 ft. gain
Trudy Ecob, 206-232-2933

Saturday, November 23, 8:30 a.m.
Mt. Washington

Hike to climber's viewpoint on Mt. Washington.
2C, 5 miles, 1600 ft. gain
Pete Girard, 425-432-2846

Sunday, November 24, 8:30 a.m.
Squak Mountain Ramble

From south trailhead to Rainier views, West Peak and Central Peak
3C, 8 miles, 2500 ft. gain
David Langrock, 425-313-1971

Sunday, November 24, 9:00 a.m.
Cougar Mountain

Nice half day hike to "Fantastic Erratic via Bear Ridge trail."
2B, 3 miles, 600-800 ft. gain
Kitty Gross, 425-427-8449

Monday, November 25, 7:00 p.m.
Board Meeting - Trail Center, 1st & Bush

Tuesday, November 26, 7:00 p.m.
Hike Leaders Meeting - Trail Center, 1st & Bush

Saturday, November 30, 9:00 a.m.
East Tiger

Hike to highest Tiger Peak.
2C, 7+ miles, 1500 ft. (+/-) gain
Fred Zeitler, 425-882-3435

December

Sunday, December 1, 9:30 a.m.
Poo Poo Point

Hike up from the hang glider landing area to good view of Mt. Rainier and Mt. Baker. Return via High School trail.
3C, 7 miles, 1900 ft. gain
Frank Gilliland, 425-603-0454

Sunday, December 1, 9:00 a.m.
Trail Maintenance Work Party

All volunteers welcome.
For more information, contact:
Scott Semans, 425-369-1725

Saturday, December 7, 9:00 a.m.
Cougar Mountain

Hike down Coal Creek trail to Parkway. Small loop on return.
2B, 6 miles, 1000 ft. gain
Frank Gilliland, 425-603-0454

Sunday, December 8, 12:30 p.m.
Squak Mountain

Half day hike to Central Peak and Rainier views.
2C, 5-6 miles, 1400 ft (+/-) gain
Fred Zeitler, 425-882-3435

Saturday, December 14, 10:00 a.m.
Cougar Mountain

Loop hike to De Leo Wall.
2B, 4 miles, 700 ft. gain.
Bert Drui, 425-746-0709

Sunday, December 15, 9:00 a.m.
Taylor Mountain

We'll search for the elusive, but pretty "Shaun Falls" on the middle slopes of Taylor Mountain. Route is via gated logging roads and seldom maintained trail. Long a favorite IATC destination, not visited by the club in several years.

2C, 7 miles, 2200 ft. gain
Ralph Owen, 425-746-1070

Wednesday, December 18, 9:30 a.m.
Lower Mt. Si loop.

We'll visit the rockslide vista as we prow the lower reaches of Mt. Si, using the Mt. Si, Tallus Loop and old Mt. Si trails along with 2 lesser-used cross-over trails. Moderate pace.

2C, 6 miles, 2000 ft. gain
Ralph Owen, 425-746-1070

Saturday, December 21, 12:30 p.m.
Twin Falls

Popular winter hike. Water falls should be in full force.
1B, 3 miles, 600 ft. gain
Bob Gross, 425-427-8449

Sunday, December 22, 9:00 a.m.
Cougar Mountain

Wilderness Peak Loop with descender Jim's and Wilderness Cliff trails.
2C, 4 miles, 1300 ft. gain
Peggy Owen, 425-746-1070

Sunday, December 22, 9:00 a.m.
West Tiger 3

Hike to popular destination via the quiet route.
2C, 8 miles, 2400 ft. gain
Tom Palm, 206-783-6005

Monday, December 23, 7:00 p.m.
Board Meeting, Trail Center, 1st & Bush Street

Thursday, December 26, 9:30 a.m.
South Tiger Loop

Hike South TMT to Otter Lake, return via South Tiger traverse. New wrinkle and route from Otter Lake.
2C, 7 miles, 1600 ft. gain
Warren Jones, 425-391-7409

Saturday, December 28, 9:00 a.m.
Cougar Mountain

Hike little used trail to AA Peak.
2C, 5-6 miles, 1200 ft. gain
Fred Zeitler, 425-882-3435

Sunday, December 29, 12:30 p.m.
Cougar Mountain

De Leo Wall and Coal Creek Falls loop
2B, 5 miles, 1200 ft. gain
Frank Gilliland, 425-603-0454

Checklist:

- Food
- Water
- Daypack
- Raingear
- Warm clothes
- Hiking Shoes

Each item is required in order to participate in an Issaquah Alps Trails Club hike!

Don't leave the trailhead without them!

New Issaquah Alps Maps Now Available Thru IATC

An article in the last *Alpiner* announced that Green Trails maps had just completed several new maps covering the entire Issaquah Alps area. All of these maps are now available through the IATC mail order service (see back page), which offers an easy way for you to obtain these maps while also benefiting the club.

Each of these maps are excellent references for identifying public land ownerships and trails in the local area.

Four maps are available, including:

#203S: Updated map of Cougar and Squak Mountains

#204S: Updated map of Tiger Mountain and Taylor Mountain

#205S: New map of Rattlesnake Mountain and the Upper Snoqualmie Valley

#206S: New map of Mt Si, the Middle Fork Snoqualmie area, and the area along I-90 to exit 42

IATC will also be selling these maps at our Salmon Days booth on October 5-6, so if you're planning to attend this festival, you can plan to purchase your maps then.

IATC members are currently working on enhanced color versions of our own maps, including one for Squak, which will show many more trails than the Greentrails, and will rate trail quality to a finer degree. The first of this new generation of IATC maps (Squak or Cougar) may be ready by the end of this year.

IATC's Women Walks

by Kitty Gross

Women Walks Coordinator

IATC's Women Walks are in their 5th season. The walks are scheduled the last Saturday of the month. They started in May and will conclude October 26th.

Six women hike leaders take new hikers as well as experienced hikers on the trails of Cougar, Tiger and Rattlesnake Mountains of the Issaquah Alps.

We all start out guessing who's a real hiker and who is the novice, but like most women, once we get the boots walking, we all start chatting and laughing, then end up sharing lunch together along with our experiences.

The hikes include some beautiful scenic sites such as Twin Falls, as well as, some challenging climbs up PooPoo Point on Tiger. New hikers just enjoy the experience of getting out into the woods and walking around Tradition Lake and through the woods of Big Tree.

Each hiker, no matter how old, must have their own water, food, and a good pair of walking shoes or hiking boots. Of course, if the weather is cold or cloudy, a jacket or rain gear is necessary.

The September and October hikes show off the fall colors of the Issaquah Alps, and it's great hiking in the cool crisp weather.

It would be nice to come across some critters in the woods, but I doubt that will happen with a group of chatting laughing women on the path!

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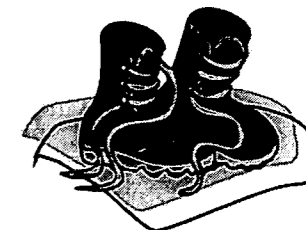
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Hiking Information

Checklist:

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- Water
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- Raingear
- Warm clothes
- Hiking Shoes

Each item is required in order to participate in an Issaquah Alps Trails Club hike!

Don't leave the trailhead without them!

Hike Leaders

Hike leaders are volunteers who donate 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. Minimum attendance is three, including the leader.

Trails in the Issaquah Alps may be good or bad, easy or hard, muddy or dusty, brushy or clear, steep or flat—or all the above. Some are not much more than animal trails. As volunteers, neither hike leaders, the Issaquah Alps Trails Club (IATC), or Club directors are in any way responsible or liable for a hiker's comfort, transportation, property, safety, or general well-being while traveling to and from the trailhead or hiking or working on 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 hike leaders and others who want to hike these trails. Children under 13 should be accompanied by an adult. Please, no pets on hikes.

Hike Classifications

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

Hiking Time

Class 1: 2 hours Class 3: 6 hours

Class 2: 4 hours Class 4: 8 hours

These are approximate hiking times. They do not include travel time to and from the trailhead (20 to 70 minutes depending on the location of the hike) or meal times (lunch will add another 20 to 70 minutes depending on the mood of the group).

continued on page 10

Hike Information, continued

Times are based on an assumption of a two-mile-per-hour pace with one-half hour added for each 1000 feet of elevation gain. Trail conditions, weather, and unexpected hazards could extend the hiking time.

Degree of Difficulty

A: Little or no elevation gain, up to 500 feet, no difficulties for average walker.

B: Some climbing, up to 1200 feet, or some other difficulty.

C: More climbing, up to 2500 feet, or some other difficulty.

D: Much climbing, over 2500 feet of 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 does not automatically mean easy; long does not automatically mean tough.

Hike Description Modifiers

Leader's choice: The leader had not decided where to hike before publication of the hikes schedule.

Trail party: Trail maintenance work party.

Exploratory: 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 while having a good time hiking where others seldom tread.

Family hike: For parents and children. Easy pace. Call leader for hike particulars.

NOTE: Group hikes do not lend themselves to pets. Please leave your pets at home when going on a Trails Club hike.

24-hour hikes hotline: 206-328-0480

Meeting Place

Trails Club hikes meet in the parking lot at the corner of First and Bush streets next to the IATC clubhouse (the little yellow stationmaster's house). To get there, take exit 17 (Issaquah Front Street) from Interstate 90 and turn south into downtown Issaquah. Go about one mile through town on Front Street, then go two blocks past the light at Sunset Way, and then turn left on Bush Street. Go two blocks to Rainier and turn into the lot on the left. Park beside the clubhouse or on the east side of the concrete bumpers opposite the Issaquah Food Bank. Do *not* park on the side of the bumpers closest to the Issaquah Food Bank.

Clothing

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

Trail Maintenance

Volunteers periodically organize and schedule trail maintenance parties as listed in the hikes schedule. Work parties meet (see *Meeting Place* on previous page) at the same place as regular hikes. 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 at least four hours. Trail maintenance is vital to the Club's work and is an integral part of the Department of Natural Resources (DNR) management plan for Tiger Mountain. Work parties must limit their activity to trails listed by the DNR as scheduled for maintenance. Construction of new trails is not allowed. Work parties are a great way to meet people! Individuals and groups are encouraged to adopt a trail—or section of trail—and take the responsibility of maintaining it.

Issaquah Alps Trails Club Membership Application



Return this completed application to:

Post Office Box 351
Issaquah, WA 98027

Name: _____

Address: _____

Telephone: _____

E-mail: _____

- New Renewal
- Annual regular dues.....\$15
- Annual contributing dues.....\$25
- Lifetime Membership.....\$200
- Limited income.....\$6

- ♦ All memberships cover the entire family (within the same household).
- ♦ A regular annual family membership is \$15. This covers the cost of printing and mailing The Alpiner and a part of the Club's overhead expenses.
- ♦ Contributing memberships at \$25 or more cover the rest of the Club's overhead expenses and allow us some financial leeway to plan special events, publish trail guides, and keep our trail maintenance tool supply fit and ample.
- ♦ Lifetime memberships at \$200 give us room to be creative and visionary and to venture forth on projects otherwise beyond our means and dreams.

I would like to volunteer with the Club in the area(s) of:

- Hike leadership
- Trail maintenance
- Hotline
- Women Walk Hikes
- Trails Center staffing
- Administrative support
- Event coordination

Issaquah Alps Trails Club Mail Order Service

Mail your request with your check payable to:

Issaquah Alps Trails Club

P.O. Box 351

Issaquah, WA 98027

 Flowering of the Issaquah Alps—Revised!

By Fred and Ann Weinmann and Harvey Manning. 1996 updated edition. This new edition lists trees, shrubs, ferns, and flowers found in the Issaquah Alps. Flowers are listed by color, season when flowering, and where many of the plants can be found. \$9 (includes shipping and handling).

 Guida. Cougar Mountain Regional Park and Surrounds

By Charles McCrone. 2000 edition. Completely updated version gives historical background and descriptions for every park trail, plus 30 other trails in the surrounding area including Bellevue, Newcastle, Renton, and the Precipice. \$15 (includes map listed in next column, tax, and shipping).

 Guide to Trails of Tiger Mountain

By Bill Longwell. 1998 revised edition. Updated trail information plus the new East Tiger Trail and new DNR trails. Plus encounters with animals. \$12 (includes map listed in next column, 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 of Cougar Mountain now hidden from all but hikers. More than 100 photographs, four maps, and Tim O'Brian's account of the incredible Seattle and Walla Walla Railroad. \$15 (includes shipping).

 Eastside Family Hikes

By Peggy Barchi. **2001 revised** and updated edition. Descriptions of family hikes (annotated for stroller use and picnicking) on the Eastside. \$3 (includes tax and shipping)

Tiger & Taylor Mountain. Map 204S \$7 (incl.

Cougar & Squak Mountains. Map 203S \$7 (incl. shipping)

Rattlesnake Mountain & Upper Snoqualmie Valley, Map 206S \$7 (incl. tax/shipping)

Mount Si NRCA & Snoqualmie Corridor, Map 206S \$7 (incl. tax/shipping)

IATC Tiger Mountain map. 1998 revised. \$2 (includes tax and shipping).

IATC Cougar Mountain map. 2001 revised.

\$2 (includes tax and shipping).

Tradition Lake map. Free with self-addressed stamped envelope.

T-Shirt: "Issaquah Alps Trails Club." Specify size (S, M, L, XL, XXL), color (blue or white), and sleeve length (short sleeve \$13, long sleeve \$17).

Issaquah Alps Trail Club

P.O. Box 351

Issaquah, WA 98027

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