

# THE ALPINER



October ♦ November ♦ December 2003

Cougar ♦ Squak ♦ Tiger ♦ Grand Ridge ♦ Taylor ♦ Rattlesnake

## Trail Fees

by Margaret Macleod and Doug Simpson

If you are getting frustrated by increasing numbers of trailsites assessing fees, you might be interested in purchasing one or more annual passes. Washington State Parks, the US Forest Service and, of course, National Parks are increasingly relying upon user fees to maintain their site facilities and trails. Passes can be purchased online as well as at park headquarters.

The State Parks Vehicle Parking Pass (such as for Squak Mountain's south end trailhead and Ollalie State Park at exit 38 off I-90) costs \$5 per day or \$50 for an annual pass. Unless you want to go to Olympia or the regional office in Auburn, you can purchase a pass online ([www.parks.wa.gov](http://www.parks.wa.gov)).

For Mt. Baker-Snoqualmie National Forest sites, passes and permits cost \$5 per day or \$30 for an annual pass. Go online ([www.fs.fed.us/r6/mbs/](http://www.fs.fed.us/r6/mbs/)) and follow these links: "Nature of the Northwest," "Public Lands Information Center," and "Washington Trails Association."

These can also be purchased from REI or four North Bend gas stations—Edgewick Texaco, Mt. Si Chevron, Mt. Si Texaco and North Bend Texaco. During business hours, you can also get them from the Mt. Baker Ranger Station and Mt. Baker-Snoqualmie National Forest supervisor's office.

*continued on page 3*

## Squak Mountain Guide

It's time for a Squak Mountain hiking guide. IATC board members Doug Simpson and David Langrock are undertaking the project to accompany existing guide-books for Tiger and Cougar mountains.

"Squak has so many great trails, but unfortunately too few hikers in the area really know about them," said Simpson. "We want to let hikers know what they've been missing. It's sad to hike for three or four hours on Squak and never see a soul, while on some Tiger trails you can hardly get away from the crowds."

To give the book a little different focus, Simpson and Langrock would like to utilize other hikers' impressions, experiences and adventures. What are your favorite trails? Your favorite places? Favorite memories? Please send these to Doug Simpson, 775 Mt. Fury Circle S.W., Issaquah, WA 98027 or email him at [furyfun2@aol.com](mailto:furyfun2@aol.com).

## Trail Maintenance Work Party

We're holding a trail maintenance work party on November 2nd and December 7th at Licorice Fern or Bear Ridge Trail. All volunteers are welcome. Contact Scott Semans at 425-369-1725.

# The Apparatus

## Club Founder

Harvey Manning

## President

Steven Drew · 392-4432 · IATCDrew@aol.com

## Vice President, Advocacy

Ken Konigsmark · 222-4839 · kenkonigsmark@yahoo.com

## Treasurer

Frank Gilliland · 603-0454 · frankbarb@earthlink.net

## Secretary

Beth Moursund · 644-4137 · newbethmo@hotmail.com

## Board of Directors

Steven Drew · 392-4432 · sdrewassoc@aol.com

Frank Gilliland · 603-0454 · frankbarb@earthlink.net

Kitty Gross · 641-4393 · kgross@macrosearch.com

Harry Morgan · 432-3249 · hcmorgan@att.net

Ken Konigsmark · 957-5094 · kenneth.d.konigsmark@boeing.com

David Langrock · 313-1971 · david\_langrock@yahoo.com

Doug Simpson · 392-6660 · furyfun2@aol.com

Scott Semans · 369-1725 · ssemans@aol.com

Fred Zeitler · 882-3435 · marianzzz@comcast.com

## Hikes Coordinator

Fred Zeitler · 882-3435 · marianzzz@comcast.com

## Women Walks Hikes Coordinator

Kitty Gross · 641-4393 · kgross@macrosearch.com

## Membership Records

Frank Gilliland · 603-0454 · frankbarb@earthlink.net

## Book Sales/Distribution

Scott Semans · 369-1725 · ssemans@aol.com

## Webmaster

David Langrock · 313-1971 · david@langrock.net

## The Alpiner

Nancy Wagner · 415-6427 · nancy@cuttothechasemarketing.com

## Advocates

Cougar Mountain: Charles McCrone · 392-3466 · cougarmt@wafirst.com

Issaquah/Squak Mountain: Steven Drew · 392-4432 · sdrewassoc@aol.com

Tiger Mountain: Larry Hanson · 392-2458 · larmarhan@msn.com

Grand Ridge: Melinda Livingstone · 392-7455 · melindal@blarg.net

Raging River/Preston: Maryanne Tagney Jones · 222-7615 · branches@halcyon.com

Rattlesnake Mountain/Taylor Mountain: Ralph Owen · 746-1070

## Chief Ranger/Trail Maintenance Crew Chief

Bill Longwell · 222-6775 · longwell2@msn.com

## Volunteer Trail Maintenance Coordinator

Charles McCrone · 392-3466 · cougarmt@wafirst.com

## Mountains To Sound Greenway

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.

Issaquah Alps Trails Club  
PO Box 351, Issaquah, WA 9027  
Website: [www.issaquahalps.org](http://www.issaquahalps.org)

IATC subsists on member donations only. Please send your tax-deductible contributions to the address above to help sustain our efforts to preserve, protect, and promote the Issaquah Alps and local environment.

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

Issue deadlines: November 21 for January; February 21 for April; May 21 for July; August 21 for October.

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

*continued from page 1*

For national parks, the Golden Eagle Pass (\$65 per year) can be used at most day-use federally-managed lands and recreation sites operated by the US Forest Service (USFS), National Park Service (NPS), Bureau of Land Management (BLM) and US Fish and Wildlife Service lands.

If you want to work off the fee, you can earn a Northwest Forest Pass by doing two days of volunteer work on US Forest Service trails with the Washington Trails Association ([www.wta.org](http://www.wta.org)). WTA also sells the NF pass through their online store.

### **Clarification of Alpiner Distribution Procedures**

Since we have converted from annual dues to voluntary donations, we have had several inquiries regarding the quarterly newsletter. What I get asked most frequently is "when will I get an Alpiner after I make a donation?"

As you all know, donations are a vital factor in keeping IATC functioning. They are also tax deductible. Getting added to the mailing list for our quarterly newsletter is easy. All we require is that you fill in and mail us a membership request form along with your donation to P.O. Box 351, Issaquah, WA 98027. The form can be printed from our website or cut from an existing Alpiner or membership flyer. Beginning with the next issue, an Alpiner will be mailed to you just prior to the start of each quarter. To keep our costs to a minimum, no interim copies will be sent out but our hike schedule can be found at [www.IssaquahAlps.org](http://www.IssaquahAlps.org). Also, please remember to send all publication order forms (for book & maps) with the specified payment to P.O. Box 466 or your order will be delayed.

We appreciate the continued support of our members and thank you for following these labor-saving procedures.

### **Always Look on the Bright Side of...development? by Charles McCrone**

Lest the Trails Club be characterized as nothing more than naysayers, foretellers of doom or general poor sports, I thought I'd write a short article looking at what could be called a fringe benefit of development. Cougar Mountain is the Alp that has seen the most mass development crowd its boundaries and the Trails Club has been intimately involved in both the debates over and the planning for many of these projects – most notably Meadowview (on the west) and Talus (on the east). During the planning stages, I focused almost exclusively on the process itself (quite exhausting at times) and the goal of preserving as many trails and open spaces as possible. It is only now, when the environmental impact statements and development agreements are a done deal, and construction has begun, that I've had attention to spare for what the development will mean for me as a hiker.

The fringe benefit I mentioned above is new closer access to old trails and trail features. For example, the Ballpark Meadow on Cougar just got a bit closer, due to the easy and immediate access from the Meadowview road system (off the Golf Club at Newcastle entry road) to the old Swingside Trail – a trail which for awhile had been off the map due to construction clearing. The thing that has opened my eyes to the value of this kind of access is hiking on four-year old speed. When your kid can only go a mile and a half, new access points are exciting. If it were not for him, I might well still decry the very same consequence of development I now find myself extolling.

There are some other changes like this on Cougar: Talus is going to change forever the character of the Precipice Trail system on the NE flanks of Cougar. The Telephone Trail – the gateway to

*continued on page 4*

*continued from pag 3*

the Military Road, Precipice Bottom and Big Tree Ridge areas — is now a stone's throw from houses. (Not that the prior access, walking up Westside Reservoir Road a little ways from SR 900 was so terribly hard either.) Will this bring increased use and visibility to the whole area, an area the Trails Club wishes to see preserved? Will this mean increased concern for its preservation, or overuse? In addition, Talus is offering new trail connections to Bear Ridge (near the Erratic), and the Shangri La and Surprise Creek Trails much higher up — and surrounding them with a whole new population. Will this make our favorite places too easy to reach and solitude harder to come by? Maybe, but for a young child it makes them simply reachable, and that seems a good thing.

I am glad there will remain, thanks to the past efforts of many, a host of places not so easy to reach on Cougar. And I'm sure if it had all been up to my vote in the past, I would still have voted to keep the areas now devoted to housing wild and less accessible. But I want to be a "gracious loser." We did our best to maximize the environmental and recreational dimension of these developments; and now that some new access points are inevitable, I'll use them to better reach all my favorite places more often — with a smile on my face.

### **Talus Trail Access Update**

by Charles McCrone

It has been awhile since I last reported on the east slopes of Cougar and the Talus development. Beginning last fall, construction of residences in the large urban village of Talus on the NE flank of Cougar Mountain began in earnest. To the pleasure of those involved in trails planning for Talus, many of the new trails and trail connection points could be seen on the ground before construction began. After a slight disruption during the clearing process, it is good to see that one of the most critical connections — between the

park and the Precipice trail system — is restored, albeit not yet in its final planned form.

Just east of the Cougar Mt. Park boundary the Shangri La and Surprise Creek trails join. In what has already begun to feel, strangely, as the "old days," one could either follow the bitter end of the Shangri La road out to a sparsely populated neighborhood with an old grassy meadow, or just before that head left to connect to a Y-shaped series of trails that offered connections to either the reservoir road or the Precipice Trail at the so-called Grand Nexus. Here's what has come to replace that connection.

The end of the Shangri La road is still there, and it passes a pair of concrete blocks to become a short barked trail down to one of the main Talus roads. This is real easy to spot driving in to Talus, as there is a little concrete patio at the road edge. Unfortunately, this fine preservation of the original Shangri La terminus is only temporary, soon to be removed by further parcel development. Just below the Shangri La-Surprise Creek meeting point is another temporary option: a wide new trail, soon to be road, that heads off slightly left — and passes a new pipeline swath that runs away north — before dead-ending at the same Talus road a bit further north. Both of these connections, in the Talus plan, will disappear with further housing, to be replaced by a new true trail directly between them.

To reach the next trail in our new link to the Precipice, from either of two routes mentioned above — and someday, likewise, from the coming replacement trail — walk the Talus road's sidewalk north until it curves eastward and downhill. A wide, new barked trail comes in from the left. Take this trail, winding above the backyards of new homes, to the north. This trail bends sharply and comes downhill to join the sidewalk just a few houses south of the powerline. Follow this short section of sidewalk due north until you reach the northwest corner of this neighborhood. Climb

up the blacktop (someday to be a driveway to a city maintenance facility) to the powerline. Pass under the powerline and find a short connecting trail heading north and slightly westward into the woods. This trail connects you to the splendid Telephone Trail right at the junction with Precipice Bottom Trail. Head left, uphill, to reach the Grand Nexus and the Precipice Trail proper.

It was an interesting task to take the Talus Trails Plan in hand and try to figure out the above routing on the ground. I wish that the two short stints on sidewalk were not going to be a permanent fixture of the new Precipice-Shangri La connector. According to the plan, there will someday be another new short trail forming a Y with the "backyards" trail and cutting off most of the longer sidewalk stretch, so be on the lookout for that. And we are glad that at least a majority of the route will be trail, and that room for these new trails was guaranteed in the Talus planning. Both the Shangri La and Telephone trails are going to have lots of new visitors!

---

## The First East Fork Bridge

by Bill and Mimi Longwell

When the East Issaquah Interchange opened this past August, it not only gave vehicles access to and from the Issaquah Highlands, it also provided hikers an unimpeded route to the north I-90 railroad grade, basically closed this past year.

This concrete route to the old Northern Pacific grade is indeed grand, but who remembers the original bridge access across Issaquah Creek to the north side of I-90? This original structure, built by Issaquah Alps Club members, basically turned the northside railroad from a seldom-used walking path to a popular multiple use route to the east.

In April, 1989, I spent much of my Spring vacation repairing an ancient Puget Power lineman's

bridge across High Point Creek. At that time a well-traveled trail followed the Puget Power (now Puget Energy) powerline from Preston into the High Point area. The High Point community was not keen about this repaired bridge because the trail threaded their neighborhood. Their complaints to DNR scuttled the completion of this bridge and I was out of work. Towards the end of my vacation week, David Kappler called me to relay a message from the Issaquah High School Cross-Country Team. Could the Issaquah Alps build a bridge across the east fork of Issaquah Creek, preferably next to the freeway, so the team could easily access the northside railroad path?

At that time the team was crossing Issaquah Creek via the I-90 bridge! On the freeway! Sometimes I used the same route or waded the creek. One crossed the guard rail at the end of I-90's Exit 18 into Issaquah, found a way over or through the I-90 fence and gate (about this time someone had cut a hole through the chain-link fence—eventually DOT unlocked this gate), walked under both freeway lanes, squeezed through another fence back onto the west-bound freeway lanes, walked with roaring traffic across the bridge, squeezed through another tight-fitting fence opening and dropped to a trail on the opposite side of Issaquah Creek that led up to the old grade.

Dave and I looked the potential bridge site over and decided to build. I was back to bridge-building. I spent three days in mid-April carrying timbers for the bridge approaches.

The next week Dave and I climbed the hill above the grade (now denuded by the new interchange route) and cut down two trees we needed for stringers. Now, how do we get the stringers down to the bridge site, 200 yards away? We did begin hauling one stringer a ways toward the creek. Hard Work. We needed help.

*continued on page 8*

**October**

Saturday, Oct. 6  
Salmon Days

Sunday, Oct. 7  
Salmon Days

Saturday, Oct. 11, 9 am  
Squak Mountain

Loop hike with great views of Mt. Rainier. West Peak optional.  
2C, 5-6 miles, 1300-1600 ft. gain  
Scott Prueter, 425-369-6016

Sunday, Oct. 12, 8:30 am  
Talus and Olallie Lakes

Hike outside Issaquah Alps region to beautiful Alpine Lakes. Trailhead pass required for drivers.  
3C, 8 miles, 1700 ft. gain  
Doug Simpson, 425-392-6660

Sunday, Oct. 12, 10:30 am  
Cougar Mountain

Explore upper AA Peak down to Clay Pit and Nike Launch site.  
2A, 4 miles, 300 ft. gain  
Bert Drui, 425-746-0709

Saturday, Oct. 18, 8:30 am  
Little Si

Hike new trail to old favorite.  
2C, 5 miles, 1300 ft. gain  
Jackie Hughes, 425-641-3815

Saturday, Oct. 18, 9 am  
Traditional Lake Plateau

Easy hike, past 2 lakes, 300 year old tree, an old bus and some views  
2B, 4-5 miles, 300 ft. gain  
Barbara Johnson, 425-746-5573

Sunday, Oct. 19, 9 am  
West Tiger 2

Hike up on TMT to great views. Return via Railroad grade and more.  
3C, 7 miles, 2200 ft. gain

Tom Palm, 206-783-6005

Sunday, Oct. 19, 1 pm  
Cougar Mountain

Explore trails north of the Park and Talus development.  
1A, 2 miles, 500 ft. gain  
Scott Semans, 425-369-1725

Saturday, Oct. 25, 9 am

Cougar Mountain, AA Peak. Old and new trails from Newport Way.  
2C, 6 miles, 1400 ft. gain  
Bob Gross, 425-427-8449

Saturday, Oct. 25, 9:15 am  
Woman Walk Hike

Squak Mountain loop  
2C, 5 miles, 1300 ft. gain  
Melinda Livingstone, 425-392-7455

Sunday, Oct. 26, 9 am  
Cedar Butte

New trails to nice views  
2B, 5 miles, 1000 ft. gain  
Jackie Hughes, 425-641-3815

Sunday, Oct. 26, 1 pm  
Cougar Mountain

Lewis Creek to Lakemont Park and back.  
1B, 2 miles, 500 ft. gain  
Scott Semans, 425-369-1725

Monday, Oct. 27, 7 pm  
Board Meeting

Trail Center, 1<sup>st</sup> & Bush, Issaquah

Wednesday, Oct. 29, 10 am  
Poo Poo Point

Popular hike to nice views  
2C, 4.5 miles, 1700 ft. gain  
Frank Gilliland, 425-603-0454

**November**

Saturday, Nov. 1, 9 am  
Squak Mountain Circumambulation

We'll hike familiar and seldom-used trails with stop for Rainier views.  
3C, 7-8 miles, 1800 ft. gain  
Fred Zeitler, 425-882-3435

Sunday, Nov. 2, 9 am  
Trail Work

All volunteers welcome  
Scott Semans, 425-369-1725

Sunday, Nov. 2, 10 am  
Cougar Mountain

Hike Coal Creek trail down to parkway. Small loop on return.  
2B, 6 miles, 700 ft. gain  
Frank Gilliland, 425-603-0454

Wednesday, Nov. 5, 9 am  
Squak Mountain

Easy loop hike to nice views.  
2C, 5 miles, 1300 ft. gain  
Melinda Livingstone, 425-392-7455

Saturday, Nov. 8, 9 am  
Tiger Mountain

Traverse from Preston to Issaquah across lower slopes of Tiger Mt.  
2B, 7 miles, 1000 ft. gain  
Joe Toynbee, 206-723-6716

Saturday, Nov. 8, 10 am  
Lake Sammamish

Explore the wilder part of this state park.  
2A, 4 miles, 0 ft. gain  
Dave Kappler, 425-392-3571

Sunday, Nov. 9, 8:30 am  
West Tiger 2 and 1

From Preston, we'll follow a cherry-stem loop over two of Tiger's peaks using Dwight's Way, the TMT and down the Bootleg.  
3D, 9 miles 2800 ft. gain  
Ralph Owen, 425-746-1070

Saturday, Nov. 15, 9 am  
West Tiger 3

Loop hike to popular destination via the quiet route  
3D, 9 miles, 2500 ft. gain  
Scott Prueter, 425-369-6016

**Hikers must be equipped for each hike. Please review the Hiking Checklist on page 10.**

Saturday, Nov. 15, 10 am  
Tiger Mountain

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

Sunday, Nov. 16, 9 am  
Poo Poo Point

One way hike, up Chirico trail to great views. Then Railroad Grade to TMT and down to High Point. Car shuttle.  
3C, 10 miles, 2400 ft. gain  
Doug Simpson, 425-392-6660

Sunday, Nov. 16, 10:30 am  
Tradition Lake Plateau

Discover Swamp, Big Tree + Adventure Trails plus 2 lakes.  
2A, 4-5 miles, 300 ft. gain  
Bert Drui, 425-746-0709

Saturday, Nov. 22, 9 am  
Cougar Mountain

Loop hike to Wilderness Peak, then Shy Bear trail to Longview Peak.  
2C, 7 miles, 1900 ft. gain  
Fred Zeitler, 425-882-3435

Sunday, Nov. 23, 9 am  
Rattlesnake Lodges (3)

Hike new trails to popular ledges with great views.  
2C, 5 miles, 1400 ft. gain  
David Langrock, 425-313-1971

Tuesday, Nov. 25, 7 pm  
Hike Leaders' Meeting

Thursday, Nov. 27, 9 am  
Cedar Butte

Half day hike on Turkey day  
2C, 5 miles, 1000 ft. gain  
Jackie Hughes, 425-641-3815

Friday, Nov. 28, 10 am  
South Cougar Loop

Work off the turkey on 7 different trails.  
2B, 5 miles, 800 ft. gain  
Warren Jones, 425-391-7409

Saturday, Nov. 29, 8:30 am  
West Rattlesnake Mountain Loop

From Snoqualmie Point, we'll visit Echo Lake, Powerline Prospect and Stan's Card Table Lookout. On way up, we'll follow little used and at times, steep routes, return via the Rattlesnake Mountain Trail.  
3C, 7-8 miles, 1500 ft. gain  
Ralph Owen, 425-746-1070

**December**

Saturday, Dec. 6, 9 am

Double Play: Cougar & Squak  
Will bag two peaks in this one way hike.  
3D, 8-9 miles, 2500+/- ft. gain  
Doug Simpson, 425-392-6660

Sunday, Dec. 7, 9 am  
Trail Work

All volunteers welcome  
Scott Semans, 425-369-1725

Sunday, Dec. 7, 9:30 am  
Squak Mountain

One way hike across eastside of Mountain back to trail center.  
2B, 6.5 miles, 1100 ft. gain, 1700 ft. gain  
Frank Gilliland, 425-603-0454

Saturday, Dec. 13, 10 am  
Tradition Lake Plateau

Hike from trail center. Some discussion of plants, history and geology.  
2B, 5 miles, 600 ft. gain

Dave Kappler, 425-392-3571

Sunday, Dec. 14, 9:30 am  
Lewis Creek - Lakemont Loop

Explore the Lewis Creek open space as well as Lakemont Perimeter and Summit trails. A mix of suburban wildland, big houses and views of lakes and mountains. Stop at Lakemont market for picnic lunch makings.  
3C, 7 miles, 1500 ft. gain  
Ralph Owen, 425-746-1070

Sunday, Dec. 14, 10:30 am  
Cougar Mountain

Down Coal Creek trail loop, back via Primrose trail.  
2A, 3.5 miles, 500 ft. gain  
Bert Drui, 425-746-0709

Saturday, Dec. 20, 9 am  
Tradition Lake Plateau

Loop hike from trail center to Plateau up to Talus caves via Section line. Return via Nook trail to Round Lake for lunch.  
2C, 6-7 miles, 1300 ft. gain  
Scott Prueter, 425-369-6016

Sunday, Dec. 21, 9 am  
Squak Mountain

Loop hike from Mountain Side to Central Peak, Fireplace, West Peak and Rainier viewpoint  
3C, 7-8 miles, 2000 +/- ft. gain  
David Langrock, 425-313-1971

Saturday, Dec. 27, 9 am  
South Tiger

Hike South TMT to Otter Lake, return via S. Tiger traverse. New lunch site with good views.  
2C, 7 miles, 1600 ft. gain  
Karen Van Pelt, 425-747-9381

Sunday, Dec. 28, 9 am  
3 Lakes and More

Hike on Weyerhaeuser lands past mighty Fuller Mountain to three pretty lakes. Lunch at "Fred's Biergarten."  
2B, 7 miles, 700 ft. gain  
Fred Zeitler, 425-882-3435

*continued from page 5*

Several people volunteered: Joe Toynbee, Bob Knutson, Dwight Riggs, Will Thompson and Marge Bates, the founders of early IATC trail work, all members of the "Weedwhackers".

April 26, the bridge-building day arrived. At seven that morning I drove up to the Exit 18 guard rail and began unloading the bridge parts. I hurried because I worried that someone would stop to ask what I was doing. Someone did--the Issaquah City engineer.

He began quizzing me about my intention, which obviously looked suspicious. I hemmed and hawed and finally, after embarrassing moments, he said to me, "You know, I don't think I want to know what you're doing here." And he drove off.

The other bridge-builders soon arrived. My friend Phil Hall had given me a heavy-duty pulley and bob Knutson brought another. With some stout rope and six strong people, we pulled the stringers down to the creek. Two of us waded the creek to attach them to both approaches.

It took us eight long hours, but we finished the job. The result: a strong, serviceable bridge, about three feet wide and twenty feet long, spanning the creek. Hikers, runners, and bikers used that bridge for at least ten years. Soon after completion of that span, I received a pleasant note from the Issaquah High School Cross-Country Team, thanking me and the IATC for the bridge. The team no longer would run on the freeway.

Late that fall, during an especially excessive rainy period, with the East Fork flooding, Dave Kappler called me to tell me of his worries. He was going to check the bridge to see if it still stood. He called back to inform me that the raging water was passing under the bridge and it remained strong.

When you cross the East Fork on the new concrete trail, think kind thoughts about its rough-hewn predecessor and its old-time builders.

## Hiker's Corner

Greetings fellow hikers,

Last year I presented some statistics from the American Heart Association regarding burning calories while hiking. This information generated lots of comments so I will repeat the essential facts and update them with recent data from Backpacker Magazine.

Calories burned by a 170 pound hiker without pack or hiking poles are 524 calories per hour at a pace of 2 to 2.5 miles per hour.

If we add a 10 pound pack to our hiker, he or she will burn 610 calories per hour: with a 30 pound pack we burn 796 calories per hour. If our hikers utilize hiking poles, they'll burn 640 calories with no pack, 744 calories with a 10 pound pack, 971 calories with a 30 pound pack. For a 200 pound hiker add 20% to the calories burned per hour.

We also know that we have to burn an extra 3500 calories to lose one pound of weight. Or on the reverse side, if we hike for 2 hours with a 30 pound pack and poles we burn over 2000 calories which lets us consume that quart of ice cream or that bottle of wine or that six-pack of beer.

So the next time I see you on the trails, I expect you to be equipped with a full pack and hiking poles.

See you on the trails,  
*Fred Z*



up the blacktop (someday to be a driveway to a city maintenance facility) to the powerline. Pass under the powerline and find a short connecting trail heading north and slightly westward into the woods. This trail connects you to the splendid Telephone Trail right at the junction with Precipice Bottom Trail. Head left, uphill, to reach the Grand Nexus and the Precipice Trail proper.

It was an interesting task to take the Talus Trails Plan in hand and try to figure out the above routing on the ground. I wish that the two short stints on sidewalk were not going to be a permanent fixture of the new Precipice-Shangri La connector. According to the plan, there will someday be another new short trail forming a Y with the "backyards" trail and cutting off most of the longer sidewalk stretch, so be on the lookout for that. And we are glad that at least a majority of the route will be trail, and that room for these new trails was guaranteed in the Talus planning. Both the Shangri La and Telephone trails are going to have lots of new visitors!

## The First East Fork Bridge by Bill and Mimi Longwell

When the East Issaquah Interchange opened this past August, it not only gave vehicles access to and from the Issaquah Highlands, it also provided hikers an unimpeded route to the north I-90 railroad grade, basically closed this past year.

This concrete route to the old Northern Pacific grade is indeed grand, but who remembers the original bridge access across Issaquah Creek to the north side of I-90? This original structure, built by Issaquah Alps Club members, basically turned the northside railroad from a seldom-used walking path to a popular multiple use route to the east.

In April, 1989, I spent much of my Spring vacation repairing an ancient Puget Power lineman's

bridge across High Point Creek. At that time a well-traveled trail followed the Puget Power (now Puget Energy) powerline from Preston into the High Point area. The High Point community was not keen about this repaired bridge because the trail threaded their neighborhood. Their complaints to DNR scuttled the completion of this bridge and I was out of work. Towards the end of my vacation week, David Kappler called me to relay a message from the Issaquah High School Cross-Country Team. Could the Issaquah Alps build a bridge across the east fork of Issaquah Creek, preferably next to the freeway, so the team could easily access the northside railroad path?

At that time the team was crossing Issaquah Creek via the I-90 bridge! On the freeway! Sometimes I used the same route or waded the creek. One crossed the guard rail at the end of I-90's Exit 18 into Issaquah, found a way over or through the I-90 fence and gate (about this time someone had cut a hole through the chain-link fence—eventually DOT unlocked this gate), walked under both freeway lanes, squeezed through another fence back onto the west-bound freeway lanes, walked with roaring traffic across the bridge, squeezed through another tight-fitting fence opening and dropped to a trail on the opposite side of Issaquah Creek that led up to the old grade.

Dave and I looked the potential bridge site over and decided to build. I was back to bridge-building. I spent three days in mid-April carrying timbers for the bridge approaches.

The next week Dave and I climbed the hill above the grade (now denuded by the new interchange route) and cut down two trees we needed for stringers. Now, how do we get the stringers down to the bridge site, 200 yards away? We did begin hauling one stringer a ways toward the creek. Hard Work. We needed help.

*continued on page 8*

*continued from page 5*

Several people volunteered: Joe Toynbee, Bob Knutson, Dwight Riggs, Will Thompson and Marge Bates, the founders of early IATC trail work, all members of the "Weedwhackers".

April 26, the bridge-building day arrived. At seven that morning I drove up to the Exit 18 guard rail and began unloading the bridge parts. I hurried because I worried that someone would stop to ask what I was doing. Someone did--the Issaquah City engineer.

He began quizzing me about my intention, which obviously looked suspicious. I hemmed and hawed and finally, after embarrassing moments, he said to me, "You know, I don't think I want to know what you're doing here." And he drove off.

The other bridge-builders soon arrived. My friend Phil Hall had given me a heavy-duty pulley and Bob Knutson brought another. With some stout rope and six strong people, we pulled the stringers down to the creek. Two of us waded the creek to attach them to both approaches.

It took us eight long hours, but we finished the job. The result: a strong, serviceable bridge, about three feet wide and twenty feet long, spanning the creek. Hikers, runners, and bikers used that bridge for at least ten years. Soon after completion of that span, I received a pleasant note from the Issaquah High School Cross-Country Team, thanking me and the IATC for the bridge. The team no longer would run on the freeway.

Late that fall, during an especially excessive rainy period, with the East Fork flooding, Dave Kappler called me to tell me of his worries. He was going to check the bridge to see if it still stood. He called back to inform me that the raging water was passing under the bridge and it remained strong.

When you cross the East Fork on the new concrete trail, think kind thoughts about its rough-hewn predecessor and its old-time builders.

## Hiker's Corner

Greetings fellow hikers,

Last year I presented some statistics from the American Heart Association regarding burning calories while hiking. This information generated lots of comments so I will repeat the essential facts and update them with recent data from Backpacker Magazine.



Calories burned by a 170 pound hiker without pack or hiking poles are 524 calories per hour at a pace of 2 to 2.5 miles per hour.

If we add a 10 pound pack to our hiker, he or she will burn 610 calories per hour: with a 30 pound pack we burn 796 calories per hour. If our hikers utilize hiking poles, they'll burn 640 calories with no pack, 744 calories with a 10 pound pack, 971 calories with a 30 pound pack. For a 200 pound hiker add 20% to the calories burned per hour.

We also know that we have to burn an extra 3500 calories to lose one pound of weight. Or on the reverse side, if we hike for 2 hours with a 30 pound pack and poles we burn over 2000 calories which lets us consume that quart of ice cream or that bottle of wine or that six-pack of beer.

So the next time I see you on the trails, I expect you to be equipped with a full pack and hiking poles.

See you on the trails,  
*Fred Z*



# Hiking Information

## 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 unless severe conditions pose a safety hazard. 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 18 should be accompanied by an adult. Please, no dogs 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 40 minutes depending on the location of the hike) or meal times (lunch will add another 20 to 40 minutes depending on the mood of the group).

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.

## 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

*continued on page 14*

## Hike Information, continued

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 dogs. Please leave your dogs at home when going on a Trails Club hike.*

## 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.

## 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 at the same place as hikes (see above). The Club is well supplied with heavy trail maintenance tools, but workers may also bring their own loppers, weed whackers, and other tools.

## 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!*

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 Publications Order Form

Return this completed form along with your check to:

Issaquah Alps Trails Club Publications, P.O. Box 466, Issaquah, WA 98027

Name: \_\_\_\_\_ Address: \_\_\_\_\_

ITEM	PRICE*	QTY.	TOTAL
Book: The Flowering of the Issaquah Alps--Revised!	\$ 9.00		
Book: The Authoritative Guide to the Trails of Cougar Mountain Wildland Park and Surrounds	15.00**		
Book: Guide to Trails of Tiger Mountain	15.00***		
Book: The Coals of Newcastle: A Hundred Years of Hidden History	15.00		
Book: Eastside Family Hikes	3.00		
Map: Issaquah Alps Tiger Mountain, 1998 revision	2.00		
Map: Issaquah Alps Cougar Mountain, 2001 revision	2.00		
Green Trails Map: Tiger & Taylor Mountains, Map 204S	7.00		
Green Trails Map: Cougar & Squak Mountains, Map 203S	7.00		
Green Trails Map: Rattlesnake Mountain & Upper Snoqualmie Valley Map 205S	7.00		
Green Trails Map: Mount Si NRCA & Snoqualmie Corridor, Map 206S	7.00		

\*All prices include shipping and handling.

\*\*One (1) IATC Cougar Mountain Map included.

\*\*\*One (1) IATC Tiger Mountain Map included.

Total: \_\_\_\_\_

### Issaquah Alps Trails Club Foundation and Membership Request Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
 \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_



All donations are tax deductible. Your donations fund The Alpiner publication costs and the club's minimal operating costs first, with 100% of remaining funds being directed where they can best address the trail design, construction, maintenance and advocacy needs throughout the Issaquah Alps. **Note:** Membership does not require a donation; however, donations help us preserve and enhance your Issaquah Alps.

Annual donation levels:

- The basic hiker.....\$15
- The project supporter.....\$25
- The IATC sponsor.....\$50
- The visionary.....\$100 and above

**IMPORTANT:** This form and your donation and/or membership request form should be mailed to: IATC Foundation, P.O. Box 351, Issaquah, WA 98027

Issaquah Alps Trails Club Publications

See page 15 for the publications order form.

Note: All of the following prices include shipping & handling.

- 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.
- Guide to the Trails of Cougar Mountain Regional Wildland 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).
- Guide to Trails of Tiger Mountain*—By Bill Longwell. 2003 revised edition. Updated trail information, two new trails and numerous photographs. \$15 (includes map listed in next column).

- 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. 100+ photographs, 4 maps, and Tim O'Brian's account of the incredible Seattle and Walla Walla Railroad. \$15.
- 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.
- Green Trails Tiger & Taylor Mountain. Map 204S. \$7.
- Green Trails Cougar & Squak Mountains. Map 203S. \$7.
- Green Trails Rattlesnake Mountain & Upper Snoqualmie Valley, Map 205S. \$7.
- Green Trails Mount Si NRCA & Snoqualmie Corridor*, Map 206S. \$7.
- IATC Tiger Mountain map. 1998 revised. \$2.
- IATC Cougar Mountain map. 2001 revised. \$2.

Issaquah Alps Trail Club  
 P.O. Box 351  
 Issaquah, WA 98027

Address Service Requested

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

**Inside this issue...**

Trail Fees .....	1
Squak Mountain Guide .....	1
Always Look on the Bright Side of...development?.....	3
Talus Trail Access Update.....	4
The-First East Fork Bridge.....	5
Hiking Schedule.....	6-7
Hiker's Corner.....	8
Hiking Information.....	9

\*\*\*\*\*AUTO\*\*3-DIGIT 980  
 SUBSCRIPTION DATE: 8/31/2004  
 CHARLES & MALENA MCCRONE  
 PO BOX 593  
 ISSAQUAH WA 98027-0022