



## IATC BOARD MAKES CHANGES

The annual meeting of the Issaquah Alps Trails Club was held January 26 at the Trail Center. Besides the election of officers and board members, much time was spent discussing communications issues and restructuring tasks and responsibilities.

President David Kappler has moved into the second year of his two-year term. Officers re-elected were Vice President for Advocacy Ken Konigsmark, Treasurer Cornelia Remy and Secretary Kathleen Petty. Doug Simpson stepped down as Vice-President for Operations. That post remains unfilled and is in the process of being re-designed. Also unfilled is the post of President-Elect.

Stepping down from the board after two three-year terms were Karen Tom and Richard Mann. Elected to replace them were George Potter and Doug Simpson. Also re-elected to additional terms were Richard Amidei, Sally Davies and Larry Hanson. Amidei, the club's webmaster, has stepped down, and Kappler appointed Potter to take over the website.

Kappler and the board are attempting to come up with a new job description  
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## CLIMBING MT. ACONCAGUA

By Doug Simpson

Most of us feel good about ourselves physically if we endure a hike of 10-12 miles or climb, say, Mount Si. One member of the Issaquah Alps Trails Club, stalwart hike leader Scott Prueter, spent the holidays scaling Mt. Aconcagua, the highest mountain in South America and the Western Hemisphere and one of the tallest in the world at 22,835 feet.

Prueter, a retired marketing manager, had previously climbed the Matterhorn, Mt. Kilimanjaro, Grand Teton, Devil's Tower in Wyoming, Mt. Rainier and other peaks in the Cascades and Canadian Rockies. Aconcagua had been a "life goal" of his, something he had long looked forward to undertaking.

Prueter grew up in a suburb of Minneapolis, where he did a lot of hiking and climbing out of state in his younger years. He scaled

the Matterhorn with just a guide in 1976 when he was 24. His climbs eventually brought him to Puget Sound so he could climb Mt. Rainier in 1977, a visit that made a big impact on his future life. When his employer, Textron, wanted to transfer him to Georgia, he resigned instead and migrated to Seattle, "The Climbing Capital of the U.S."

He got involved with the Mountaineers for a while, and took some of their courses, and in June of 2000 he joined the Issaquah Alps Trails Club, for which he was soon leading hikes. "My philosophy," Prueter said, "is to give back to society. So I've been pursuing what I love and giving back to others that I lead on hikes."

Prueter likes the IATC because he finds the organization responsible,

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### SPECIAL EVENTS

See website or hike schedule for details

April 11 & 25:

April 22, Earth Day: Invasive Plant Removal: mostly ivy, holly and Scotchbroom.

May 09 & 23:

April 28, Saturday: Searching for geocaches on Tiger Mountain while hiking.

April 28, Saturday: Hobby Fair, Pickering Barn - visit our booth.

May 12 & 13: Identifying wildflowers on Tiger Mountain.

June 3: Coal mining history walk.

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

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Issaquah Alps Trails Club  
PO Box 351, Issaquah, WA 98027  
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: [d.simpson@msn.com](mailto:d.simpson@msn.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.)

# PRESIDENT'S REPORT

By David Kappler

Our club's members have a great range of interests, abilities and activities. Common themes are environmental responsibility and healthy living. Some members seldom come on our hikes, but are adamant about our environmental work with government agencies, land acquisitions and restoration projects. With nearly every issue of the *Alpiner* detailing a new land acquisition or great effort by one of our government agencies, we can all be encouraged. Some members are strictly involved for a chance to hike with a group safely, frequently, and spontaneously. With our continued offering of hikes, it all looks great.

There are some clouds on the horizon, and all that we work for and offer is not automatic. Land managers are suffering staffing cutbacks, and dollars for acquisitions and improvements are lacking. Environmental values are compromised for short-term economic interests. Some members feel our hiking program has become less robust as leaders have tended to offer fewer of the longer, more challenging hikes. At our annual meeting some of these concerns were discussed.

The Discovery Pass predicted revenue to support state parks and state DNR has not yet materialized, but our joining in at Hiker Lobby Day with the Washington Trails Association has resulted in a much-improved program that will encourage purchase of the pass and make revenue available for protection and management of state lands. Our work with local jurisdictions such as the City of Issaquah has had some huge successes, but has turned worrisome as short-sighted economic concerns have overshadowed long-term environmental protection. Increased awareness and involvement by our member is required.

A real effort is being made to increase the diversity of our hikes. Leaders have committed to offering more long hikes, and others are exploring hikes and various

offerings to increase interest and participation. We will pay attention to what activities in our widened hiking program draw the most participants, so vote with your feet to let us know what you want us to offer more of!

We are also exploring ways to improve how we communicate with our members and how we can better connect with future members as well. George Potter has assumed the role of webmaster, and his background with technology has proven to be very helpful and appreciated. Dick Amidei gave years of service as our webmaster, and we are pleased he can now put his time and energy for the IATC into other areas of greater personal interest.

Please share your thoughts and feelings in the survey we are doing, and do feel free to talk with me and other members about what you want our club to offer. Help us see how we can be even more effective as guardians of the Issaquah Alps. My cell phone number is 425-652-2753, and if I can't answer your call I will get back to you in a timely manner.

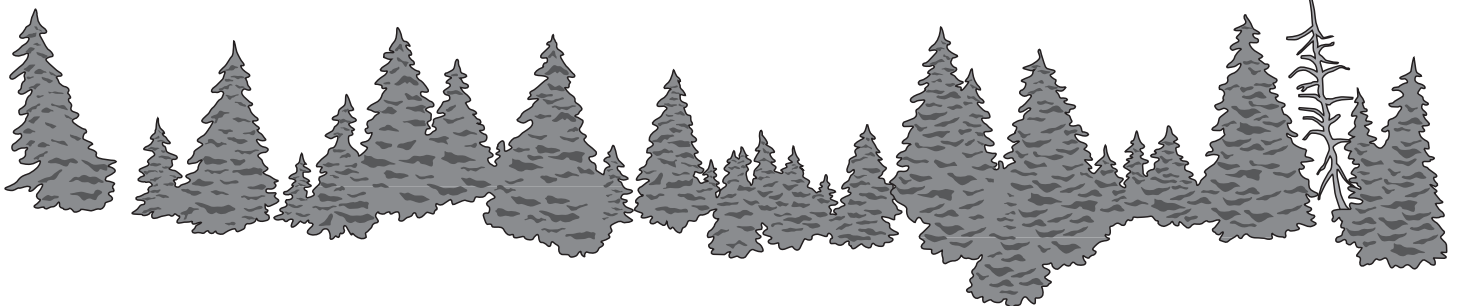
(Ed. Note: The survey will be in the next issue.)

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## USA TODAY FETES ALPS

The February 21<sup>st</sup> issue of *USA Today* featured hiking in the Issaquah Alps, bringing more recognition to Issaquah and its environs. As the article stated: "Hiking through Cougar Mountain Regional Wildland Park on to Squak Mountain State Park natural area, and on to Tiger Mountain State Forest adds mileage, but provides a scenic route."

*Runners World* and *Outdoor Magazine* have also heaped praise on the area in recent months.



## FORTERRA BACKS LOCAL PRESERVATION

(Note: This article was reprinted from the Issaquah Press.)

Forterra, the former Cascade Land Conservancy, lauded local efforts to preserve open space in a 2011 roundup of land conservation efforts throughout the region.

Overall, Forterra contributed to efforts to preserve almost 5,000 acres of forests, farmlands and natural areas last year. The non-profit organization recognized Issaquah for a successful transfer of development rights program.

The long-running effort to preserve Park Pointe—a slice of Tiger Mountain forest near Issaquah High School—ended in March 2011, after more than a decade of public and behind-the-scenes negotiations to halt construction of hundreds of houses once proposed for the land.

Issaquah is a Cascade Agenda Leadership City—a long-range planning effort from Forterra meant to reduce unchecked growth and encourage denser development in the region. The program includes 18 cities throughout the Puget Sound region.

### **IATC Board Makes Changes** *continued from page 1*

for Operations that includes coordination of special events and contact with city and county agencies.

Following up on the club's retreat of January 14, plans are afoot to coordinate hikes with the Audubon Society (for bird-watch hikes), the Native Plant Society, and a photography-based organization.

In 2011, the club held 128 hikes with 985 participating hikers, an average of 7.6 per hike, down about one hiker from the typical pattern.

Scott Semans reported that the club put in about 3000 hours of trail work in 2011. Semans himself gave over 1200 hours, mostly on Cougar Mountain. Ed Vervoort, the designated "Tiger Watcher," put in about 900 hours on Tiger Mountain. The remaining hours were provided by various volunteers.

A committee of Amidei, Potter and Simpson was appointed to prepare a survey to the membership to determine members' attitudes about the hiking program and expectations from the Alpiner and the website.

Plans were discussed for the preparation of a club map of Cougar Mountain by Harry Morgan, who prepared the club's Squak Mountain map a few years ago. Morgan has already done extensive work on the project.

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## IATC OFFERS SCHOLARSHIP

As part of the community service program of the Issaquah Alps Trails Club, funds in the Bill Longwell Memorial Scholarship are available for area high school seniors. The scholarship is now open to offspring of IATC members, even those outside the Issaquah School District's four high schools and Hazen High School.

First prize is a \$1000 cash award for the best essay submitted by contestants. An additional \$500 is available in either one award or split between two entrants. Contestants have a choice of two topics for this year's contest. Essays of 600-800 words must be submitted no later than May 1 to the Issaquah Alps Trails Club Scholarship Committee, Box 351, Issaquah, WA 98027.

Topic #1: *What do you like about the Issaquah Alps and their trail systems? How did these trails systems come about? How do you foresee these mountains and their trails in the future?*

Topic #2: *Looking back, the Issaquah Alps might have been clear-cut for timber, strip-mined for coal, or paved over for housing. How were the mountains largely saved from these scenarios? What difference has this made to you and other area citizens?*

Two years ago, the first place award went to Miles Burns of Skyline High School for his essay on "The Significance of the Issaquah Alps." Last year's award was divided among three youths who participated in the Mountains to Sound Greenway March in August from Ellensburg to Seattle.

## HIKER'S CORNER

By Joe Toynbee



Few persons in the history of the Issaquah Alps Trails Club can equal the impact of man named Jack Hornung. Jack arrived in the area in the late 1980s from Philadelphia, where he had been involved in urban planning. He soon became aware of the

Issaquah Alps Trails Club and of the Alps themselves, where he started scouting new trails, especially on Squak Mountain.

Jack had a forceful personality, and he soon was elected to the IATC Board. To better publicize the Alps, in 1989 he came up with what he called the Grand Alps Traverse, a one-way 24-mile hike from Lake Washington to Preston, traversing Cougar, Squak and Tiger mountains. Immense planning went into the event, but it got off the ground, and provided lunch and dinner along the way. The Traverse was so successful that it led to the Mountains to Sound Greenway March in 1990 and another Grand Traverse in 1991.

These marches provided the impetus in the formation of the Mountains to Sound Greenway Trust, which of course remains active in promoting the Greenway. Jack was initially active with the Greenway, but he was not an organization man and eventually went off on his own, partly because of conflicts with IATC founder Harvey Manning. He died several years ago. All of us who knew Jack remember him vividly and acknowledge the great contributions he made in carrying out the vision of Harvey Manning, who himself foresaw the Greenway concept.

## CHASING THE SNOW

Grab your hiking boots and help us chase the snow away along Mountains to Sound Greenway from Lake Washington to the Cascades above Snoqualmie Pass. The first hike will be on April 29<sup>th</sup> and then every other Sunday another section will be covered. See the schedule for details.

## ARE YOU UP TO DATE?

(It's Spring Cleaning Time)

IATC is an all-volunteer-based organization. There is no paid staff, so all hikes that are led, trails that built and maintained, and political activities that are engaged in to support and protect the Issaquah Alps are volunteer efforts. These activities cost money, however—to advertise our hiking program to both new and existing hikers, to purchase gear and tools for trailwork, and to keep the membership and public informed about local land use issues and take action on those issues when necessary.

So, if you haven't made a donation to the club in a while (*see the date by your name on this issue—this is your last contribution date*), please consider updating your membership now. **Starting this spring, we will begin removing names from our mailing list of those folks we have not heard from in a while. Don't let this happen to you.** Simply mail your check to **Issaquah Alps Trails Club, PO Box 351, Issaquah, WA 98027.**

Thank you for supporting our mutual goals.

## IATC'S POSITION ON BIKE TRAILS

Since pressure for more mountain bike trails in the Issaquah Alps is an ongoing issue, club members might be interested in knowing what the official position of the Issaquah Alps Trails Club is on bike trails. The following guidelines were written by past president Steve Williams in August of 2010.

- 1) Mountain bike trails and hiking trails should be separate.
- 2) No new mountain bike facilities should be built on Squak or Cougar mountains.
- 3) IATC supports DNR plans for connecting and improving bike trails on east Tiger Mountain in order to limit bike incursions and illegal use elsewhere on Tiger.

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diligent and friendly. It felt “warmer” to him, and he likes the people. He hopes his hikes will affect people’s lives in some way. “That’s what life is all about, making a difference,” he said.

One of his friends since climbing Mt. Rainier over 30 years ago is Doug Weaver of Bothell. Frequent climbing partners, they decided to sign up with Aventuras Patagonicas, which had been leading hikes to Aconcagua for 28 years without a fatality. They flew to Mendoza, Argentina on December 16 and joined a party of nine climbers and three guides. Three of the climbers were women, one of whom (age 26) had never climbed a mountain before. The three-week adventure was underway.

The group started from the trailhead at 8,000 feet in the Vacas River Valley and took three days to travel 35 miles to the 13,800-foot Base Camp (Plaza Argentina), which was like a small city set up to accommodate the extensive climbing business. Critical to the group’s success was acclimatization, and the tour leaders handled the process with great skill.

They used a process called “climb high, sleep low,” in which the climbers haul 60-pound packs to a higher camp and descend the same day to sleep at the lower camp. Thus they went up 2,300 feet and back down again, all the while getting used to breathing the ever-thinning air. This was repeated at each of the successively higher camps.

So it was from 13,000 feet to 16,300 feet at Camp I and on to Camp II at 17,500 feet. Camp III was only a little higher 17,800 feet, but the big push to High Camp took them to 19,600 feet, using the same acclimatization process. At this point, Prueter pointed out, “The oxygen was very rare. You can really feel it, and carrying heavy loads, wearing heavy boots, we needed frequent stops to rest.” Occasionally, Prueter was hyperventilating at High Camp because there was only 49% of the oxygen available at sea level, thus requiring two breaths for every one under normal conditions (43% at the summit).

It was now New Year’s Eve, and “Summit Day” would see in the new year. . . *if they made it*. As noted Seattle climber Ed Viesturs put it, “Getting to the summit is optional. Getting back alive is mandatory.”



**Climbing Mt. Aconcagua** *continued from page 1*

On average, about 4,000 climbers per year attempt Aconcagua, about 30% make the summit, and two to three deaths occur annually.

The new year came, bringing with it a weather forecast for a major storm coming in. In the back of his mind, Prueter recalled his promise to his wife and daughter that he would come back alive. He also thought about the 1996 Everest Expedition, in which eight climbers were caught in a storm and perished.

The group was up a 3 a.m. and departed at 5. Prueter worried that if the storm came earlier, with 12 hours on the mountain, they might not make it down safely. At the 20,000-foot level, Prueter turned back, then soon joined a second group for a spell, only to stop again after reaching 20,500 (higher than Mt. McKinley’s 20,200 feet). The temperature was under 10 degrees.

From his party, several turned back during the day, including two men and two women. Prueter’s friend Weaver slogged on to the top, alone at the time. He was certainly at risk, but made it back down to High Camp, calling it “the hardest thing I’ve ever done.” Four people in the group did reach the summit, along with one remaining guide.

“I was in good shape,” Prueter said. “I felt strong and I could have made it. It was strictly a judgment call. Weaver and the others took risks, but I chose not to. But everyone has the right to determine what they think is an acceptable risk.” As Prueter explained, “I was looking at the bigger picture of life: for me

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## MY FAVORITE TRAILS

By Richard Mann

My three favorite hikes in the Issaquah Alps are on Squak Mountain in Issaquah, and Annette Lake and the Kendall Katwalk up I-90 toward Snoqualmie Pass. Fifteen years ago, when I set out for the first time from the Mountainside Drive trailhead on Squak's north end, I didn't know where I was going except that I was headed for Central Peak at the top. The trail starts at 740 feet and wends its way two miles up to Central Peak, elevation 2,024, the high point on Squak.

I followed the signs that day till I reached the summit and its microwave towers. It was a cloudy but dry summer day. There weren't any views, and I didn't see any animals or hear any familiar birds. However, it was peaceful and quiet, not like the sound of traffic on the Tiger Mountain 3 trail which detracts from one's pleasure.

Since then, after joining the club, I have learned from the old timers the history of the Issaquah Alps and the people who built and named the trails. Especially useful have been the book written by Doug Simpson and the map designed by Harry Morgan.

The variety of trails on Squak and the different trailheads allow hikers and runners to enjoy the outdoors for workouts or more leisurely walks in the woods. My preferred trailhead now is at the south end of the state park. Restrooms are available there, and there is ample parking with picnic benches. The main attraction for me is the start of the Bullitt Gorge Trail, which winds through old growth forest up to the unique Debbie's View, where on a clear day there is a stunning view of Mt. Rainier.

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My second favorite hike is to Lake Annette. To reach the trailhead, take exit 47 off I-90. The elevation of the parking area is at 1,900 feet. The trail follows the eastern side of Humpback Creek. The trail is moderate in length (7.2 miles roundtrip) and elevation gain (to 3,600 feet).

The trail is surrounded by trees and bordered by Silver Peak (5,365 feet) to the east, the ridge of Humpback Peak to the west, and Abiel Peak (5,365 feet) to the south. Annette Lake is one of the most accessible of the Alpine Lakes and very beautiful. On a warm day after the bug season, you can enjoy sunbathing or swimming there. The trail is usually hikeable from June to November.

• • • •

My third choice among hiking favorites is the Kendall Katwalk, which is reached by taking exit 52 off I-90 to the Alpentel Road and the Pacific Coast Trail parking lot, elevation 3,000 feet. This is a challenging hike that gains 2,700 feet to reach its high point of 4,500 feet. The nearly 11-mile hike is strenuous in places, but rewards with great and unique views of the surrounding Cascade peaks. Part of the trail, hikeable only from mid-July to October, is blasted from a cliff of solid granite (thus the name). There are also heather meadows and views of Alaska and Joe lakes.

## RETREAT AIDS IATC PLANS

By Doug Simpson

With the IATC Board of Directors meeting only quarterly, President Dave Kappler called for a special retreat on January 14 to discuss issues of concern to the club. Several non-board members were among the 15 who gathered at the home of George Potter in Sammamish.

Among the topics discussed at the four-hour session were the club's hiking policies, communications via the Alpiner and website ([www.issaquahalps.org](http://www.issaquahalps.org)), the possibility of a Cougar Mountain map (by Harry Morgan, who charted the club's map of Squak Mountain), and personnel issues.

The ongoing discussion of dog hikes led to a consensus view that having three such hikes per month, just one on a weekend, should be maintained as has been the case in recent months.

Joe Toynbee pointed out that the club has been very consistent year round in averaging about nine hikers per outing, with about 1000 hikers in 120

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### Retreat Aids IATC Plans *continued from page 7*

hikes, about two-thirds of the hikers being women. Ways of “jazzing up” the hikes (such as organized verbal activities and post-hike social gatherings) and strategies for bringing in younger hikers were also discussed.

It was decided to pursue joint hikes with the Audubon Society, Native Plant Society and/or a photography group to establish specialized hikes. Hiking outside the traditional Lake Washington to Snoqualmie Pass corridor was also considered. Another possibility is hikes that provide student (or scout or church) groups an opportunity to earn service credits by hiking or doing trail projects with the club. Geocaching hikes are another possibility. Hiking safety was an issue raised by Dennis Harney.

It is likely that the hike descriptions will be altered, dropping the 2B, 3A type designations which have delineated the length and difficulty of hikes to more understandable adjectives such as “easy” or “strenuous.”

Several ideas under consideration brought about the need for a Special Events Coordinator, and/or a Publicity Coordinator to help plan and disseminate particular club activities. The possibility of joining the Issaquah Chamber of Commerce was also explored.

President Kappler would like to see wider distribution of the *Alpiner*, whose editor, Doug Simpson, is always looking for articles and story ideas. The publication’s relationship to the website was discussed. Website Manager Dick Amidei, after several years of service, is stepping down. George Potter will be succeeding him in that role.

The club’s policy on biking trails was also discussed. A survey about members’ desires of *Alpiner* and website content is in the works.

Board members in attendance were Kappler, Amidei, Simpson, Sally Davies, Jackie Hughes, Kathleen Petty, Cornelia Remy, Scott Semans and Ed Vervoort. Non-members participating were Potter, Morgan, Toynbee, club attorney Jim Hilton, Jean Lanz and Dave Warner.

### Climbing Mt. Aconcagua *continued from page 6*

it wasn’t worth the risk.” One of the climbers, a fit 30-year naval officer, came down sick with extreme dehydration.

On January 2, the team began the long descent (5,260 feet) to Base Camp the first day, and eventually back to Mendoza. Prueter and Weaver enjoyed a few days there and then in Valparaiso, Chile. Prueter left on January 14 to meet his wife and daughter in Minneapolis to celebrate his 60<sup>th</sup> birthday with family and friends. He returned to Seattle on January 27, after being away for 43 days.

Looking back on his experience, Scott Prueter called it, “a once-in-a-lifetime experience, a true bucket list checkmark. I was disappointed not to make the summit, of course, but I have no regrets. After all, I slept at a personal high for altitude and climbed higher than ever before.”

### IATC Position on Bike Trails *continued from page 5*

- 4) IATC supports a long-ranging Grand Ridge Park plan to resolve the issues of combined trail use, signage, enforcement, parking and amenities.
- 5) IATC strongly maintains that no further trails should be created for mountain-biking without functioning, funded enforcement, and without the ability to build and maintain such trails without diverting limited public trails funds from hiking trails and parks that support a vastly larger number of public users.
- 6) Issaquah is an outdoor recreation destination with hiking the largest and strongest component—and should be marketed as such.





# 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, dogs only on designated dog 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 good time hiking where others seldom tread.



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## Hike Information *continued from page 9*

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

*NOTE: Group hikes do not lend themselves to dogs unless on designated dog hikes.*

## 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.

Trail work parties last at least four hours. Trail maintenance is vital to the Club's work and is

## ✓ 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!*

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 351, 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 with Map	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, 2010 revision	3.00		
Book: Squak Mountain: An Island in the Sky	15.00		
Book: 55 Hikes Around Snoqualmie Pass	10.00		
Map: Issaquah Alps Cougar Mountain, 2001 revision	2.00		
Map: Issaquah Alps Squak Mountain (2005)	6.00		
Green Trails Map: Tiger & Taylor Mountains, Map 204S	(List 12.00) 11.00		
Green Trails Map: Cougar & Squak Mountains, Map 203S	(List 12.00) 11.00		
Green Trails Map: Rattlesnake Mountain & Upper Snoqualmie Valley Map 205S	(List 12.00) 11.00		
Green Trails Map: Mount Si NRCA & Snoqualmie Corridor, Map 206S	(List 12.00) 11.00		
<b>*All prices include shipping and handling.</b>			

**\*\*One (1) IATC Cougar 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.

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

Address Service Requested

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

## Issaquah Alps Trails Club Publications

See page 11 for the publications order form.

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

o *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.

o *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 (includes map).

o *Guide to Trails of Tiger Mountain*—By Bill Longwell. 2003 revised edition. Updated trail information, two new trails and numerous photographs (includes map).

o *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.

o *Eastside Family Hikes*—By Peggy Barchi. 2001 revised and updated edition. Descriptions of family hikes (annotated for stroller use and picnicking) on the Eastside.

o *Squak Mountain: An Island in the Sky* By Doug Simpson with trail descriptions by David Langrock. Provides a history of Squak Mountain and its gestation as a park. Includes 4 loop hikes covering most of the mountain trails. Includes many earlier writings by Bill Longwell and vignettes by others.

o *Green Trails Tiger & Taylor Mountain*. Map 204S.

o *Green Trails Cougar & Squak Mountains*. Map 203S.

o *Green Trails Rattlesnake Mountain & Upper Snoqualmie Valley*. Map 205S.

o *Green Trails Mount Si NRCA & Snoqualmie Corridor*. Map 206S.

o *Green Trails Quality Squak Mountain Map*. By IATC member Harry Morgan.

o *IATC Cougar Mountain map*. 2001 revised.

o *55 Hikes Around Snoqualmie Pass* By Harvey Manning.