



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



Andrea Liu

IATC AWARDS SCHOLARSHIPS

As part of its community relations program, the Issaquah Alps Trails Club awards scholarship funds to area high school seniors. The winner of a \$1000 scholarship this year is Amanda Liu of Skyline High School, who is bound for Harvard.

The second place award of \$500 goes to Blake Knuth, also of Skyline, who will attend Yale in the fall. Third place grants of \$250 go to Akash Ramachandran of Issaquah High (University of Washington) and Shirley Chung of Skyline (University of Southern California).

Liu, whose essay is printed on page 6, has a 4.0 grade-point average;

continued on page 4

VETERAN SEMANS STEPS DOWN

Scott Semans has resigned from the board of the Issaquah Alps Trails Club after 12 years of dedicated service. Semans' main contribution has been his tremendous devotion to building and maintaining trails.

In recent years Semans has worked primarily on trails on Cougar and Tiger mountains. Since the death of Bill Longwell, the club's long-time Chief Ranger, Semans has been the primary overseer of the club's trailwork. In addition, he has handled the club's sales of mail order books.

Semans has a profitable business in buying and selling coins, so successful that he needs to devote more time to it. He remains a member of IATC and will continue in his role handling orders for the club's books.

CHANGES TO HIKE DESCRIPTIONS

The often confusing number/letter descriptions of IATC's hikes are being replaced by a simpler system. Instead of pondering whether a 2B or a 3C is suitable, hikers can now get a pretty straightforward description.

Very Easy: up to 4 miles and 600 feet of elevation gain – for beginners.

Easy: up to 6 miles and 1200 feet gain – not difficult for occasional hikers.

Moderate: up to 10 miles with 1200 to 2500 feet gain – usually not difficult for regular hikers.

Strenuous: up to 12 miles and 3500 feet gain – for experienced hikers in good condition.

Very Strenuous: over 12 miles and/or over 3500 feet gain – only for experienced hikers in very good physical and aerobic condition.

SPECIAL EVENTS

See website or hike schedule for details

- July 1: Please cut out and send in the enclosed survey on pages 11 & 12 by 7/15. Drawing for \$50 REI certificate. Check website for details.
- July 14: Joint hike with Washington Butterfly Association – 7:15 at Trail Center.
- July 26: IATC Board meeting – 7 p.m. at Trail Center.
- August 5: Chasing the Sun – last hike in the series at Ridge Lake on Pacific Crest Trail. See schedule for details.

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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
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

It was a busy spring in the Issaquah Alps. On weekends the trailheads were often overflowing and coverage by the national, regional and local media brought hikers to the Alps. The need for additional facilities is apparent, but we also need to expand the knowledge base about possible places to hike and thus spread out the usage.

Cities, King County, and State Parks have made some important acquisitions over recent years. These acquisitions have brought permanent protection to some very sensitive land and will enhance access to area parks and open spaces. But in recent years the most significant acquisitions have been by the Washington State Department of Natural Resources. Most notable recent acquisitions have expanded the Natural Resource Conservation Areas (NRCA) in the Middle Fork/Mt. Si area and created the 10,000 acre Raging River State Forest in the basin between Tiger, Rattlesnake and Taylor mountains.

In NRCA's, such as northwest Tiger Mountain, the primary purpose is protection of plants, animals, soil and water. Low impact recreation is allowed as a secondary usage so long as the impacts to the primary purpose are well mitigated. For a state forest, the designation for most of Tiger Mountain, the primary purpose is generation of sustainable income from the property. Again, recreation is allowed, but as a secondary use. Older acquisitions all have long term management plans, but formal plans are needed for the newer acquisitions and some older plans may need enhancement where they now adjoin new DNR land when they previously adjoined private land that may not have allowed public access.

Plans for these new DNR lands are being developed. The DNR has formed a Snoqualmie Corridor Recreation Planning Committee to develop a comprehensive

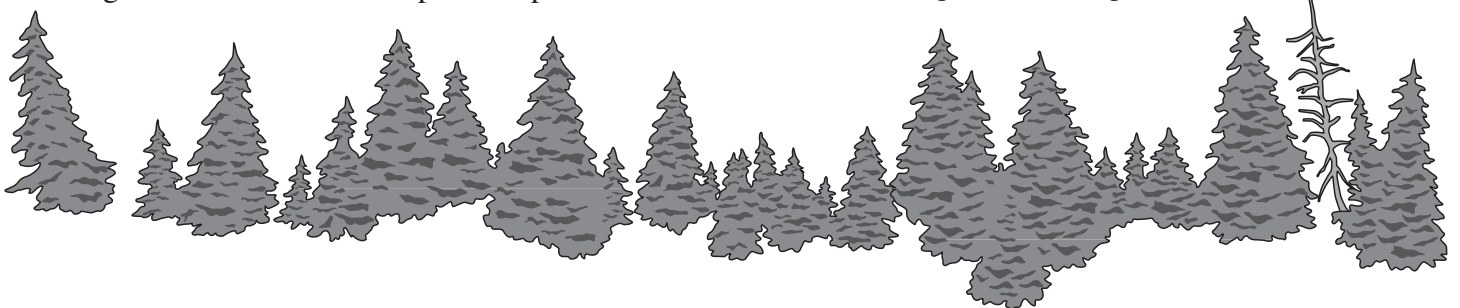
recommendation. The committee members are drawn from a broad range of recreational interests. Several members are identified with hiking and conservation organizations, but I am the main person identified with the western part of the Snoqualmie Corridor, the Issaquah Alps. I am especially interested in hearing from our members about the Raging River State Forest potential for hiking trails and special place protection. Your knowledge on how we can connect Tiger, Rattlesnake and Taylor to and through the new state forest would really be helpful. Please feel free to call me at any time, and I would be glad to go on any hikes you would like to take me on to increase my knowledge and the possibilities for this area.

David Kappler – davidkappler@hotmail.com
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NO SMOKING PLEASE

King County may become part of a national movement to ban the use of tobacco in public parks. Such areas include trailheads as well as athletic fields, playgrounds and picnic shelters. The City of Issaquah already has such a ban on athletic fields.

The major trail center that might be affected is the Cougar Mountain Regional Wildland Park. Though smokers are seldom seen on trails or even at trailheads, participants in those areas are certainly entitled to clear air. Besides possible health risk, areas where smoking is prevalent account for 70 percent of the litter, which takes up to 15 years to decompose leeching chemicals. The only Issaquah park where smoking is a problem is the skateboard park near Issaquah Middle School. Apparently, there is a correlation between skateboarding and smoking.



An Editorial

GREAT SERVICE FROM SEMANS

Scott Semans will be missed. Few members of the Issaquah Alps Trails Club have contributed so much to the club with so little recognition. Semans was in his twelfth year on the IATC board when he recently submitted his resignation.

In the history of the club, only the late Bill Longwell put in more hours doing club trailwork. After Longwell's death, Semans was the "ex officio Chief Ranger," whose hours on trail projects were staggering. Though Semans enjoys hiking, and sometimes leads hikes, his greatest satisfaction comes with building trails or upgrading them. He once told me that he looks forward to coming back in twenty years and seeing the trails he built are still in use. His trails meet a very high standard.

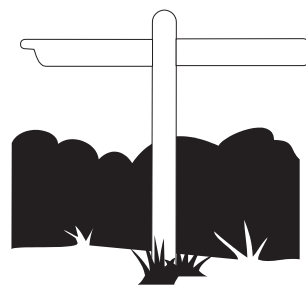
Semans was a throwback to the days when Longwell, Harvey Manning, Ralph Owen and others would envision a trail that would provide a new route or connection—and then build it. In recent years, closer oversight of trails systems by King County State DNR and the city of Issaquah have resulted in tighter supervision of trails systems limited within agency plans.

Semans will continue helping with trailwork with the increasingly active Newcastle Trails Club. He remains a member of IATC, but in a much less active capacity. The club owes Scott Semans a great debt of gratitude for his enormous contributions over the years. He will be missed.

--Doug Simpson



TRAIL LINK NOW CLOSED



The regional East Lake Sammamish Trail through Issaquah is closed for up to a year as crews remove the existing gravel surface and construct a 120-foot asphalt trail. The closure affects a 2.2 mile stretch from Northwest Gilman Boulevard to SE 43rd Way.

The estimated cost to complete the segment is \$2.74 million. The county used funding from the King County Open Space and Trails Levy, Federal Congestion Mitigation and Air Quality Program, and the Washington Wildlife and Recreation Program.

Plans call for crews to add gravel shoulders, concrete sidewalk connections, retaining walls, fencing and signage, plus wetland planting and landscaping. The upgrade is meant to make the trail accessible to a wider range of users, including bicyclists with narrow tires, those with inline skates and others.

The completed East Lake Sammamish trails will stretch 44 miles from Seattle's Ballard neighborhood to Issaquah.

IATC Scholarships & Awards *continued from page 1*

she also received the Washington Scholars Award, a Washington Principals' Scholars Award and the Puget Sound Phi Beta Kappa Award. Knuth, whose essay will appear in the next issue, maintains a 3.88 GPA. Ramachandran is bound for the University of Washington, and Chung parlayed her 3.963 GPA into a bevy of awards, including a National Merit Scholarship, the Eastside Fire & Rescue, the Kiwanis Club of Sammamish, the Rotary Club and the US Marine Corps. Ramachandran, who maintains a 3.984 GPA, is an AP Scholar and a Principal's Scholar. He was also captain of the Eagles' soccer team.

(Excerpts from other essays will appear in this and future issues.)

HIKER'S CORNER

By Joe Toynbee

The last pages of the *Alpiner* have a paragraph called “*Clothing*,” which states: “Dress for Pacific Northwest Outdoors.” What the heck does that mean? It means that when you assemble your gear you need to envision the possibility of cold wind, driving rain, ankle deep mud and, yes, even hot sun. Some equipment can serve more than one purpose, such as a waterproof jacket also acting as a windbreaker. Footgear should not only keep your feet dry, but serve as traction on steep slopes.



Naturally, a pack will be lighter in July than in December, but there is a minimum of gear that a hiker should always carry. One helpful idea is to talk to IATC hike leaders about what gear they carry themselves.

What Should I Wear?

Aside from physical conditioning, there is nothing more important to a beginning hiker than the proper clothing and boots. Volumes have been written on the subject, but here are some suggestions.

- 1) Think thrift store. You probably won't be able to find a proper pair of boots in a thrift store, but some searching should turn up usable pants and shirts and for far less money.
- 2) If you splurge on anything, do it on boots and jackets. Going *el cheapo* here can be false economy.
- 3) Take multi-use items; for example, a windbreaker which doubles as a rain jacket.
- 4) Put clothing on in layers. Three light garments can be far warmer than one thick one, plus providing more flexibility.
- 5) Take an umbrella. Unless there is a strong wind blowing, an umbrella provides great protection.
- 6) Look at what other hikers are wearing, and ask them for suggestions.
- 7) Don't try to outguess the weather.

MY FAVORITE HIKES

By Doug Simpson

The Issaquah Alps are blessed with hundreds of hiking trails to suit every taste for distance, elevation gain and scenic pleasure. Three of my favorite trails are on Squak Mountain, Rattlesnake Mountain and the Twin Falls Natural Area.

Squak Mountain, our “island in the sky,” has more distinctive contours than any of the other Alps, and it is easily approachable from all four sides. My favorite Squak hike is from either of two approaches on the east end—steeply up the East Ridge Trail, through Thrush Gap, up to the Phil's Creek Trail, then down to the East Side Trail and back to the East Ridge. It is heavily wooded, serene and with lovely lookouts and creek crossings. It covers about six miles (though many alternative options are there for exploration) and is moderate in difficulty.

To reach the Rattlesnake Lake area, take exit 32 off I-90 past downtown North Bend, then drive a few miles up 436th to the parking area. To reach the Rattlesnake ledges, you skirt around the lake, then start up through magnificent trees and rock outcroppings before you switch back up to the first and finest ledge, which affords terrific views of the lake below, Mount Si and the I-90 corridor. With a little more effort, you can reach two other ledges that are less open but more private—and with similar views. The round trip to the first ledge is about four miles of moderate difficulty.

My third hike is relatively short, but oh so pretty. Take exit 34 after North Bend, turn right, and drive on 468th about a mile, after a left turn, to the Twin Falls site. Get there early on weekends for a parking spot. You are almost never out of sight of water, as the first half of the hike follows the South Fork of the Snoqualmie River. It's a lovely walk and provides several “beach” sites for relaxing or having lunch. As the river changes course, the trail starts up and wends its way to Twin Falls, which you can enjoy looking

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WINNING SCHOLARSHIP ESSAY

By Andrea Liu

(Ed. Note: In rigorous competition from seniors in area high schools, IATC has awarded \$2000 in scholarships, with half the total going to the first place essay, which is printed here.)

Sunlight filtered softly through the leafy canopy above me, disintegrating into liquid golden drops that shimmered and danced on the packed earth of the forest floor. I took a deep breath, letting the clean mountain air scented with the wood undertones of fir envelop my senses. All around me, I saw trees, shrubs, ferns and moss, the lush signs of growth and life – images that constantly reminded me of why I love the Issaquah trails and the Pacific Northwest so much.

The trails of the Issaquah Alps lie on the Cougar, Squak, Tiger, Taylor and Rattlesnake mountains as well as Grand Ridge and Mitchell Hill. The hills are composed of andesitic volcanic rock lying on top of older folded rocks from when the coastal plains of the North Cascade subcontinent merged with Washington approximately fifty million years ago. During the last ice age, glaciers heavily eroded the Alps. The lobe of ice from the Vashon Age left a glacial erratic on Cougar Mountain and contributed to the caved shapes of Rattlesnake Ledge and Squak Mountain.

Coal was discovered on Cougar Mountain in 1863, turning Seattle into the major economic hub of Puget Sound. However, when the coal mining stopped, conservation activists became concerned by the suburbs closing in on the hills. In 1976, nature author Harvey Manning termed these hills the “Alps” in his trail guidebook to advocate their preservation. In the 1980s, the trail systems came about as the Issaquah Alps Trails Club and other conservation groups and activists pushed for trails, protection of open space, and public ownership, which led to the successful establishment of Cougar Mountain Regional Wildland Park and Tiger Mountain State Forest.

The moss-covered remains of mine shafts stand as a display of the Issaquah Alps trails’ historical value, silently communicating the area’s rich history as the major supplier of coal on the Pacific Coast. The

trails are also spots of natural beauty that offer a refreshing landscape from everyday life in the city or suburbs; and their close proximity to home makes them extremely convenient to visit and appreciate. I go running on a trail in the area at least twice a week, always preferring to breathe the fresh air outdoors over working out in a stuffy gym. Whether I want to go for an afternoon run, a family outing, a hike with friends, or a calming walk to return to nature, the trails can always provide an environment suitable for any mood. The trails are especially valuable to me because I know that such trails really cannot be found anywhere else.

I have moved a total of seven times, between two countries (the US and China), four cities (including two mountainous ones), and six areas or school districts on both the East and West Coast. Although moving multiple times meant that I had to undergo quite a few cultural transitions, I am thankful for all these experiences because they allowed me to become a citizen/member of so many different communities and gain awareness of the world around me. After seeing the natural environments destroyed in China’s cities and the steadily encroaching suburbia on the East Coast, I found that I had an immensely greater appreciation for the pristine, tree-covered mountains as well as the miles and miles of lush mountain trails unique to the Pacific Northwest. It’s easy to forget just how much of a gift trails like these are, but I know that I will not.

I foresee that these trail systems will become more connected and extensive in the future. As the city of Issaquah continues to grow as an urban center, the population of Issaquah is also rising, which translates to more residents commuting to work, biking, walking, or running along the Issaquah Alps trails. However, Issaquah’s growth also entails the construction of more urban/housing developments around the area, which may become a problem for trail or natural habitat preservation in terms of the allocation of city funds and the use of open land. Therefore, though I envision

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Winning Scholarship *continued from page 6*

the extension of Issaquah trails in the future, I also believe that it needs the support and involvement of Issaquah citizens. More people will need to take action to not only preserve, but improve the beautiful forest trails in our “backyards” that contributed significantly toward making Issaquah the great residential area that it is now.

Today, more and more Issaquah youth are recognizing the increasing importance and benefits of community service. These middle and high school students are looking for volunteering opportunities or ways to impact their community. Thus, harnessing the creative energy and enthusiasm of this demographic group will also be essential to maintaining the vitality of the Issaquah trail systems. In this way, we can secure a better environment for future generations in the area.

Quotes from a Student Essay

Shirley Chung (Skyline High):

The trails carved into the mountainsides are like a language that tells the story of Issaquah’s past, present, and future. . .

The Issaquah Alps are a shining example of what the Northwest has to offer, and the trail system is a way for people to access them. As Issaquah and the surrounding areas undergo the process of urbanization the Alps represent an opportunity for people to escape from the bland life associated with suburbia and to connect with nature. . .

I see the trails as a testament to the efforts of community members. They symbolize the strength of Issaquah’s residents, who contribute to the preservation of Issaquah’s natural beauty through their advocacy and volunteer work. During a hike through the trails, I am able to appreciate simultaneously the scenic beauty, buried history, and passion Issaquahians have for their home. . .

In an ever-increasingly fast-paced world, the younger generations will seek to slow down. Many will turn to the trails when they decide to put away their iPads and smart phones and appreciate Issaquah’s notable beauty.



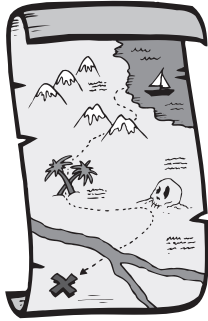
BUTTERFLY BOUND?

As part of its program to expand hiking parameters, the Issaquah Alps Trails Club is planning a joint hike on July 14 with the Washington Butterfly Association. Spokesman Dave Nunnallee said the local group goes out every other Saturday, primarily to Central Washington, where the butterflies are most in evidence.

Easton to Ellensburg is a good area, Nunnallee explained, where as many as 160 species of the 550 known nationally can be found. Starting in Seattle, the group stops in Issaquah to take its members (anywhere from 8 to 25) across the Pass, usually returning after 5 p.m. On the 14th, local participants from both groups will meet with Melanie Weiss for a 7:15 departure.

“Our pace is slow,” Nunnallee explained. We proceed in cars and stop and explore when we reach a productive habitat.” He cited the Reecer Canyon area as an outstanding one. “We’re looking forward to our joint hike with IATC,” he said.

The WBA, a local chapter of the National Association of Butterfly Association, has several hundred members statewide and meets monthly at the Center for Urban Horticulture at the University of Washington.



IATC GOES GEOCACHING

Issaquah Alps Trails Clubs has begun offering geocaching hikes for those who are interested in some additional adventure while enjoying a hike. Geocaching involves finding a hidden cache using clues and a GPS. The caches range in size from very small to the size of 5-gallon containers, or even larger. They typically contain a log book and other items that are free for the taking, provided you leave an item in return. Items range in value from pennies to value of many dollars. Some caches have a theme like reading, scouting, hunting, gaming, etc.

Geocaching began in May, 2000, shortly after the GPS selectivity was removed and the accuracy greatly improved allowing small containers to be specifically located and found. The first documented cache was placed on May 3, 2000 by Dave Ulmer of Beavercreek, Oregon and found twice by May 6, 2000. The first finder was Mike Teague of Vancouver, Washington. The original stash contained software, videos, books, food, money, and a slingshot. Currently geocaches are placed in over 100 countries around the world. In the first 12 years it is estimated there are over 1,760,000 active geocaches which are published on various websites. Over 5 million people regularly go hunting for caches.

If you are into geocaching, or would just like to learn more about this activity, join us on our next geocaching hike scheduled for July 28. We especially encourage families for these hikes. Children enjoy the fun, and it is a good way to take a hike and have some fun. See the Hikes section of the "Alpiner" or follow this link to our website for more details <http://www.issaquahalps.org/Events/schedule.aspx>

Quotes from a Student Essay

Akash Ramachandran (Issaquah High):

Every other weekend, my father and I, occasionally joined by my mother, attempt to hike a trail in or near Issaquah. To this day, the hikes never seem to get boring, nor to the scenic views ever become old. In addition, these trail systems have essentially been an unexpected aid to the development of my relationship with my father. The long, arduous hikes allow for priceless bonding time and the formation of trust in each other as we push each other to hike greater distances each time. . .

In these tough times, nearly everything has a cost. Yet, due to the unappreciated difficult and time-consuming work of the Issaquah Alps Trails Club, hiking does not have a cost. As the club expands and awareness of hiking opportunities in Issaquah spreads, more and more people will begin to consider this appealing activity. . .

It is important to comprehend the uniqueness and usefulness of hiking: it provides great bonding time, improves fitness and ultimately provides a picturesque view at the top that makes every step from the bottom and all the exertion worth it.



My Favorite Hikes *continued from page 5*

up or down from the footbridge that crosses the falls. You can extend the hike by going up the hillside to the east and connecting to the John Wayne Trail, Olallie State Park and points farther east. But the hike to the falls is relatively easy 2.5 miles with just 500 feet of elevation gain.



GREENWAY TO GO NATIONAL?

By Doug Simpson

Those of us in King County and Puget Sound have come to appreciate not only the beauty of the Mountains to Sound Greenway, but also the environmental significance of a swath of land protected from urban growth and its resultant concrete jungle.

Perhaps it's time to brag a little the rest of the country and let others know that we have something pretty special here. The best way to do this may be to claim national recognition.

So after twenty-plus years of the Greenway, the organization is seeking status as a **Natural Heritage Area**. After extensive study and over a hundred meetings, the process of seeking that recognition is underway. After its feasibility study, it was concluded that "National Heritage Area designation is the best way to carry forward the Greenway vision for generations to come."

The next step is to submit the Feasibility Study to Congress, which must give its authorization. Support letters will be collected to aid the process. Of course, support will be sought from the area's Congressional delegation. Resolutions from state and local officials will also be submitted.

Once the Heritage Area is created, stakeholders are expected to develop a cooperative management plan for the various partners to work together, seeking opportunities for funding and collaboration "to protect the Greenway's natural areas and livable communities, without affecting property rights or and management structures."

The Mountains to Sound Greenway connects more than 1.5 million acres and conserves the shared heritage of towns, alpine wilderness, farms, forests and "extensive outdoor recreation and wildlife habitat

throughout a region that also includes the fifteenth largest metropolitan area in the country."

Over 200,000 acres of land have been conserved and 800,000 acres are now in permanent public ownership.

TRAILHEAD SET FOR IRON HORSE

The historic railway grade that is part of Iron Horse State Park is a magnificent trail through forests, mountains, shrub-steppe and the longest recreational tunnel in the country.

Washington State Parks recently acquired land with plans to build a trailhead on the south side of the trail at the South Cle Elum Depot. The depot was a stop on the Milwaukee Road, the rail line once promoted as the world's longest electrified railroad. Now, that rail line is known as the John Wayne Pioneer Trail, and is a major recreation destination within a linear state park.

"The nearest high-capacity trailheads are 13 miles west or 16 miles east," says Jason Both, manager of Lake Easton State Park. "In the future, this new parcel will allow us build expanded facilities for trail users in the heart of South Cle Elum. This is a popular location for both Depot visitors and recreation-seekers."

Iron Horse State Park begins at its western terminus at Cedar Falls, just south of North Bend. The long trail that makes up the park leads hikers, bicyclists, equestrians, wagon riders, cross-country skiers, snowshoers and dog-sledders over high trestles, through the Cascades, past farms and desert grasslands. This former railway is now the backbone of the original trail system within the Mountains to Sound Greenway. Three tunnels along the route within the Greenway are currently closed and await repair—one near Easton, the other two near Thorp. Reopening the tunnels and building a future South Cle Elum trailhead will both depend on significant funding being allocated to Washington State Parks.

(Article reprinted from "Mountains to Sound Greenway Connections.")

HALL CREEK WORTH A LOOK

By Cal McCune

The Hall Creek area off I-90's exit 38 and near Mt. Washington is an area worth exploring. Much of the main hillside is made of dust from volcanic emissions that turned to a compact, somewhat pale-greenish stone, tuft. The other side of the hill, near Change Creek, is partly vertical, perhaps so by somehow missing the crushing passing of a glacier or two. The top of Mt. Washington looks like it got rounded by a glacier, but if you look you can see three pinnacles that seem to have been high enough to have remained free of glacial influence.

In late summer, Hall Creek is a lovely scramble. At one point, you have to study a face wall for handholds and then, later, descend by pressing against an overhand on the west side. At another point there is a flat sill across the top of a waterfall—and you simply wade. So far, I have not been able to continue up the stream beyond a stunningly lovely 120-foot or so cascade of water. You can walk up alongside the cascade on solid rock half way to a gunk hole, but only if the surface is dry—when wet the gentle slope is very slippery. This coming summer I hope to explore the river above the cascade, where it seems to have a gentle, meandering river.

To reach the area, you simply go to the railroad bridge across Hall Creek. Then you walk to the southeast side of the bridge. There is a trail there leading down to the creek. You go on the trail about 40 to 60 feet and about there is a weak trail straight up to a log dump. According to maps, BLM owns about 150 acres of land on each side of Hall Creek up the railroad bridge. Years ago I saw markers in the woods there suggesting the forest was to be cut down. That would be the woods very close to the bridge.

There is an odd thing about those woods: the ground between the trees is covered with moss, and living in that moss is a shy meadow of rattlesnake lilies. Some of the dead trees in that forest host huge holes where woodpeckers once labored. Beginning in that same

woods at the old railroad bed is a somewhat secret trail that runs uphill to the south up to the ridge and then along the ridge to an old logging road; and then on to a pond and then up to the top of Mt. Washington. Finally, as a loop it leads back to the general parking area.



FOREST WATCHERS TRAINED FOR DNR

By Ed Vervoort

After a two-year hiatus, the State Department of Natural Resources is restarting its Forest Watch program. Ian Adler has been hired primarily from NOVA grant funding for the Education and Enforcement Specialist position.

Adler, with previous experience with the Forest Service in Oregon, started March 1. It is hoped that his presence can help reduce bad user behavior on DNR land in the Snoqualmie Unit. The primary areas that he covers include Tiger Mountain, Rattlesnake Mountain, Mount Si, and the Middle Fork area.

Because this is such a vast area to cover, DNR has provided a training session for DNR's Forest Watch Program. Seven IATC members attended the May 12 session at which Adler, Sam Jarrett and Jordan Reeves presented information and answered questions. Attending were Sally Davies, Jim Hilton, David Kappler, George Potter, Scott Semans, Ed Vervoort and Steve Williams.

Among the topics covered were procedures for making contacts with users, reporting procedures, safety procedures and general concerns. Forest Watchers are limited to observing and educating; enforcement, if needed, will only be carried out by DNR employees. The Watchers are able to alert DNR to which areas most need DNR's attention.

Please help build a better club by filling out our survey or go to www.IssaquahAlps.org. Provide your contact information to be entered in a drawing for a \$50 REI gift certificate. This information will not be shared outside of the club.

Check the organizations you are a member of:

- Issaquah Alps Trails Club (IATC) Snoqualmie Valley Trails Club (SVTC) Mountaineers
 Washington Trails Association (WTA) Mountain to Sound Greenway (MTSG) Sierra Club
 Other hiking, outdoor, environmental, conservation, athletic clubs or groups – Please Specify:
-

About how many hikes you have taken in the last 12 months:

- By yourself With friends With the IATC With the SVTC With the Mountaineers
 With Other clubs or groups – Please Specify:
-

How much time do you typically like to spend on a hike: Hours Hiked

How far do you typically like to go on a hike: Miles Hiked

How much elevation do you typically gain on a hike: Feet of Elevation Gain

How far are you typically willing to travel from Issaquah to the trailhead: Miles

How far do you typically travel to Issaquah for a hike: Miles

On a scale of 0 (Not at all) to 10 (Very), how likely would you be to participate, if the IATC offers such hikes:

- Longer hikes Hikes with more elevation gain Shorter hikes Hikes with less elevation gain
 Scenic hikes Bird watching Photography hikes Geocaching hikes Dog hikes
 Singles hikes Family hikes Youth group hikes Young adult hikes Hikes for ages 30 to 40
 Hikes for ages 40 to 60 Hikes for Seniors Evening hikes Moon light hikes
 Overnight backpacking hikes Other kinds of hikes groups – Please Specify:
-

On a scale of 0 (Not at all) to 10 (Very), how likely would you be to participate, if the IATC offers such activities:

- Family picnics Potluck gatherings Talks on history, geology, etc.
 Relax/socialize/eat after a hike Other kinds of activities groups – Please Specify:
-

How often do you typically visit the IssaquahAlps.org website: times per Day/Week/Month (circle one)

On a scale of 0 (Not at all) to 10 (Very), how often do you go to the website for:

- Check hike schedule Look at pictures Look up contacts Buy publications
 Report trail work Other reasons for visiting the website – Please Specify:
-

On a scale of 0 (Not at all) to 10 (Very), what would make the website more useful or make you more likely to visit more often:

- Easier navigation around website Current issues articles Current Alpiner
 More detail on hike locations More detail on hike descriptions More links to other websites
 Social links like Facebook, or Twitter The ability to post pictures and comments
 Other website improvements – Please Specify:
-
-

What would make the Alpiner more useful to you:

What else would improve the club:

What would you like to help with or find out more about:

Officer Board Member Director Alpinist Publications Website
 Regional Advocate Hike Coordination Hike Leader Trail Work Training
 Other Capacities – Please Specify: _____

Name: _____

Prefix First Name Middle Name or Initial Last Name Suffix

Sex: Male Female Date of Birth ____ / ____ / ____

Email Address: _____

Phone Number: (____) _____ - _____ x _____

Office Title, ex: Dir of Science _____

Street Address or PO Box _____ **Apt or Unit** _____

Address 2nd line _____

City _____ State _____ Zip Code _____ - _____

- fold 1 -

- fold 2 -

(STAMP)

Issaquah Alps Trails Club Survey
P.O. Box 351
Issaquah, WA, 98027

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

Very Easy: up to 4 miles and 600 feet of elevation gain – for beginners.

Easy: up to 6 miles and 1200 feet gain not difficult for occasional hikers.

Moderate: up to 10 miles with 1200 to 2500 feet gain – usually not difficult for regular hikers.

Strenuous: up to 12 miles and 3500 feet gain – for experienced hikers in good condition.

Very Strenuous: over 12 miles and/or over 3500 feet gain – only for experienced hikers in very good physical and aerobic condition.

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.

continued on page 14

Hike Information *continued from page 13*

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		
*All prices include shipping and handling.			

****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

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

Issaquah Alps Trails Club Publications

See page 15 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.