



JANUARY 2014

**JANUARY 1, Wednesday –
10AM NEW YEAR'S DAY**

Twin Falls Hike - from Upper Trailhead, past spectacular Falls on the South Fork, to Lower Trailhead.
Short car shuttle.

Very easy, 2.4 miles, 400' gain, moderate pace
George Potter - 425-516-5200

January 4, Saturday - 9:00AM

Soaring Eagle - Hike in Soaring Eagle Regional Park.
Moderate, 6-7 miles, 300' gain, moderate pace
George Potter - 425-516-5200

January 5, Sunday – 10AM

Cougar Mt – Visit three waterfalls
Moderate, 6.5 miles, 1500' gain, slow pace
Bob Gross – 425-427-8449

January 11, Saturday – 10AM

Cougar Mt – Visit the newly named Whittaker and Sherpa Trails (aka Wilderness Peak)
Moderate, 4 miles, 1300' gain, slow pace
Doug Simpson – 425-823-0747

January 12, Sunday – 9:30AM

Talus Trails and Beyond. Walk a mix of community Trails, park trails and short sections of paved trails on the Eastern slopes of Cougar Mountain.
Easy, 6 miles, 1000' gain, moderate pace.
Ralph Owen - 425-270-3322

January 18, Saturday - 9:00AM

Coal Creek Hike - See the Wilds of Newcastle; hike the Coal Creek Trail and Primrose Loop up to North Fork Falls.
Moderate, 9 miles, 1600' gain, moderate pace
George Potter - 425-516-5200

January 19, Sunday – 9AM

Tiger Mt's Tradition Plateau and New Park Pointe Trail
Easy, 6 miles, 600' gain, moderate pace
Dave Kappler – 425-392-3571



January 20, Monday – 10AM (MLK DAY)
Dogs Welcome -Leader's Choice in the Issaquah Alps

Bring leash/baggies/water
Easy, 4-6 miles, 800' to 1200' gain
Tom Pohle – 425-481-2341

January 23, Thursday – 7PM
ANNUAL IATC MEMBERSHIP MEETING

All members are encouraged to attend
TRAILS CENTER – 1st and Bush

January 25, Saturday – 9AM

Tiger Mt Loop including the Talus Rocks
Moderate, 6-8 miles, 1500' gain, slow pace
Richard Mann - 425-633-7815

January 26, Sunday – 9AM

Taylor Mt loop on roads and Trails to Holder's Knob
Moderate, 6.5 miles, 1100' gain, moderate pace
Dave Warner - 206-920-3212 (cell)

January 26, Sunday - 2:00 - 4:00PM

“Coal Mining at Cougar Mountain” an INDOOR Power-point presentation. 130 years ago there Were 21 mules & 200 men working here. Come And learn about a mountain older than Rainier.
Lewis Creek Park, 5808 Lakemont Blvd.
Steve Williams - 425-453-8997

January 31, Friday – 10AM

Dogs Welcome - Leader's Choice in Issaquah Alps
Bring leash/baggies/water
Easy, 4-6 miles, up to 900' gain
Jean Lanz - 206-322-0990



For all winter hiking please keep your Yak Trax in your pack. Slopes get slippery.



FEBRUARY 2014

February 1, Saturday - 9AM

Tolt MacDonald Hike - explore Tolt River/ John MacDonald Park and Ames Lake Forest
Moderate, 7-8 miles, 700-800' gain, moderate pace
George Potter - 425-516-5200

February 2, Sunday – 9:30AM

North Bend's Rattlesnake Ledge, bring Yak trax
Moderate, 5 miles, 1400' gain, slow pace,
Bob Gross – 425-427-8449

February 6, Thursday – Midweek Hike - 9AM

Cougar Mt - Two separate but connected loops Around Wilderness Peak and on to Longview Peak.
Moderate, 8 miles, 1900' gain, moderate pace
Scott Pruetter - 425-269-3079

February 8, Saturday – 9AM

Middle Tiger – Ascent to Middle Tiger Peak On the TMT + return via loop over South Tiger Peak
Strenuous, 10 miles, 2600' gain, moderate pace
Dave Warner - 206-920-3212 (cell)

February 9, Sunday – 9AM

West Squak Exploratory
Moderate, 5 miles, 1500' gain, moderate pace
Dave Kappler – 425-392-3571

February 15, Saturday – 9AM

Preston Snoqualmie Trail – Follow the Raging River along the old railroad bed from Preston to the Snoqualmie Falls Overlook.
Moderate, 10 miles, 400' gain, moderate pace
George Potter – 425-516-5200

February 16, Sunday – 9AM

Tradition Plateau/Grand ridge Loop. A walk in the Woods as we hike along some of Issaquah's Tradition Plateau NRCA and King County's Grand Ridge Park trails.
Moderate, 10 miles, 1300' gain, moderate pace.
Ralph Owen - 425-270-3322



February cont.

February 17, Monday – 9AM PRESIDENTS' DAY

Rattlesnake Mountains' Stan's Overlook
Moderate, 5 miles, 1100' gain, moderate pace
Mary Nolan – 425-837-1535

February 20, Thursday – 7PM

HIKE LEADERS' MEETING
Trails Center, 1st and Bush

February 22, Saturday – 9AM

Cougar Mt Loop – Newport Way to AA Peak
Moderate, 6-8 miles, 1500' gain, slow pace
Richard Mann - 425-633-7815

February 23, Sunday – 9:30AM

Weowna Park, big old trees, two loops and a
Waterfall canyon in east Bellevue.
Easy, 4.5 miles, 500' gain, moderate pace
Steve Williams - 452-453-8997

February 28, Friday – 10AM

Dogs Welcome - Leader's Choice in Issaquah Alps
Bring leash/baggies/water
Easy, 4-6 miles, up to 900' gain
Jean Lanz - 206-322-0990



MARCH 2014

March 1, Saturday – 9AM

Cedar River Hike - Hike along the River from
Landsburg to Highway 18. Short car shuttle.
Easy, 5.6 miles, 100' gain, moderate pace
George Potter - 425-516-5200

March 2, Sunday – 9AM

Cougar Mt – Visit 3 waterfalls and
Three viewpoints from Sky Country TH
Moderate, 8 miles, 1800' gain, moderate pace
Dave Warner – 206-920-3212 (cell)

March 8, Saturday – 9AM

Squak Mountain - Loop hike over Central Peak and
West Peak with Rainier view for lunch.
Moderate, 7 miles, 1,550' gain, moderate pace
Scott Prueter - 425-269-3079

March 9, Sunday – Noon DAYLITE TIME

Tiger Mt's Tradition Plateau – First signs of spring
Easy, 6 miles, 600' gain, moderate pace
Dave Kappler – 425-392-3571

March 15, Saturday – 9AM

Snoqualmie Valley Hike - From the Iron Horse Trail at
Rattlesnake Lake, past Christmas and Rainbow Lakes,
Along the South and Middle Forks of the Snoqualmie River.
Easy, 4.7 miles, 100' gain, Short car shuttle
George Potter - 425-516-5200

March 16, Sunday – 8:30AM

East Tiger Loop. A hike in the woods to
Tiger's highest peak from Highpoint and return.
Strenuous, 10 miles, 3300' gain, moderate pace.
Ralph Owen - 425-270-3322

March 22, Saturday – 9AM

Squak Mt Loop – South side of Squak to
Central Peak and West Peak
Moderate, 6-8 miles, 1700' gain, slow pace
Richard Mann - 425-633-7815

March 22, Saturday – 10AM

Dogs Welcome -Leader's Choice in the Issaquah Alps
Bring leash/baggies/water
Moderate, 5-8 miles, 800' to 1600' gain
Tom Pohle – 425-481-2341

March 23, Sunday – 9:30AM

Cougar Mt Ramble – Is Spring Here Yet?
Easy, 5 miles, 500' gain, slow pace
Joe Toynbee - 425-228-6118



March 29, Saturday – 9AM

May Creek Hike - Hike Newcastle Highlands Big Loop
Trail and the May Creek Trail along the Seattle & Walla
Walla RR Grade. Visit the Mystery Mail Truck.
Moderate, 8 miles, 600' gain, moderate pace
George Potter - 425-516-5200

March 30, Sunday – 9:30AM

«Western views» from Cougar Mtn.
(which will shortly disappear to private
million dollar mansions).
Easy, 5 miles, 600' gain, moderate pace
Steve Williams - 425-453-8997

March 30, Sunday – 10AM

Rattlesnake Mountains' Stan's Overlook
Moderate, 5 miles, 1100' gain.
Dogs Welcome - Bring leash/baggies/water
Jean Lanz - 206-322-0990

GEAR CHECKLIST:

**WATER, FOOD, DAYPACK, RAINGEAR,
WARM CLOTHES, HIKING FOOTWARE**



Hikes meet beside the grassy area located
approximately at 175 Rainier Blvd S, Issaquah
(near SE Bush St).

HIKES LEAVE AT THE TIME STATED.

PLAN TO ARRIVE A BIT EARLY



Bring your WA Discover Pass

and your National Forest Pass, if you have them.

A DISCOVER PASS WILL BE REQUIRED for vehicle
parking for any hike on state lands.

GO TO discoverpass.wa.gov for details.

A NORTHWEST FOREST PASS or an **INTERAGENCY
PASS WILL BE REQUIRED** for vehicle parking
for any hike in National Forests, etc. - for details,
GO TO fs.fed.us/passespermits/rec-fee.shtml