Olympic Bugler

Survivor: Olympic Style

What if someone told you that as of tomorrow, you couldn’t eat for seven months. Could you hurry to your refrigerator, pantry, or your favorite restaurant and quickly consume enough calories to see you through such a long fast? For humans, the answer is no. For marmots and other hibernating animals, the incredible answer is yes. In fact, if marmots haven’t accumulated enough fat by early autumn, they may not survive the winter. As the sun carves a lower arc in the sky, temperatures plummet and snow falls on the high country, life must adapt or perish. Winter is the challenging filter through which plants and animals must pass to make it to the next season of abundance. Their strategies are as varied as their life forms. Deer find shelter in the stability of a tree bark or fish surviving icy rivers, to elk wintering in sodden rain forests or marmots piled snug in burrows deep under mountain meadows. Migration is one option for winter survival. Swallows or swifts fly south to warmer latitudes, while deer and elk just move down hill. In fall, before they descend, deer prepare by molting to a thick winter coat with nearly 6,500 insulating hol- low guard hairs crowded in a square inch above each der. Deer and elk further conserve energy by limiting movements to make the mea- surable gains they get from poor quality winter forage longer last longer. These larger mammals can store some fat to help keep their mass warmer for longer periods than a tiny mouse, which must eat almost constantly to keep its internal furnace burning. But what do tiny flightless insects do? They can’t walk on little legs to Mexico. Unlike mammals which can shiver to generate heat, insects can’t shiver. Their hard exoskeletons are essentially liquid-filled shells, so internal organs are vulnerable to freezing ice crystals. Because the freezing point of miniscule amounts of water is lower, some small species can safely drop their internal temperatures, or supercool, far below the outside air temperature. They can also produce sugars to make a sort of intracellular antifreeze. For fish in icy waters, their physiology contains the solution. Rather than having saturated fats (the kind nutritionists tell us to avoid!), cold-water fish have a greater percentage of more oily unsaturated fats that stay liquid at lower temperatures. If a fish’s fat were to harden like a stick of butter in cold water, it couldn’t move. Instead fats oils allow them to stay live and to swim in winter con- ditions.

The Olympic marmot forages May through September, then retreats into a burrow to hibernate the winter away. By piling up with others in its colony and lowering their heart rate and tempera- ture, they will help ensure that fat reserves last to the following spring. Rather than migrate or hibernate, some species like gray jays, ravens, and snowshoe hares have adaptations that enable them to stay in the moun- tains all winter. Look for these animals or their tracks as you explore Hurricane Ridge. But please keep a safe distance and help keep wildlife wild by not feeding any animals, even birds. As an alternative, just as we need to bundle up and prepare for winter, so does each plant and animal in Olympic National Park. Behind each individual is an in- credible story of survival through the challenging filter of winter. What is yours?

Exploring Olympic in Winter

Olympic is a park for all seasons. In fact, hikers can experience several seasons in one outing. A trail beginning on a spring-like day in a forest may lead to a blizzard in the mountains. But hikers ready for unpredictable weather can experience the solitude of winter. It can get very wet here. Snow and rain can swell streams overnight, making crossings treacherous. Camp well above flood plains. Bridges or boardwalks are very slippery when wet or icy. On the coast, storms push tides higher, creating huge waves that easily move beach logs or trap hikers on rocks. Be prepared, always carry the 10 essentials, even for short hikes. They are: extra clothing, map, extra food and water, compass, flashlight, knife, matches, Sunglasses, fire starter/candle, first aid kit.

Don’t let winter chase you inside! Stop at the Olympic National Park Visitor Center or Wilderness Information Center (WIC) in Port Angeles, for maps, tide tables and trail conditions. For you and your pet’s safety, pets are not allowed on trails in the park. If you plan to camp overnight in the park’s wilderness, you can get the required permit, animal resistant food containers and information on the wilderness fee program at the WIC or Visitor Center. May through September some popular spots have quotas, including parts of the coast. Call the WIC (360) 565-3100 for details or reservations.

Low-Elevation Hiking

Elwha Valley: Geyser Valley Loop, West Elwha, West Lake Mills, Griff Creek, Cascade Rock trails and lower parts of the Elwha River trail.
Lake Crescent: Marymere Falls and Spruce Railroad trail.
Ozette: Cape Alava or Sand Point trails; to make a 9.3-mile loop, hike the beach between these two trails.
Mora and La Push: James Pond, Third Beach and Rialto Beach. (Check Second Beach Trail status, was closed as of November 2006.)
Kalaloch: Short trails to beaches and forest nature trail.
Hoh: Hall of Mosses and Spruce Nature trails, or lower Hoh River trail.
Quinault: Nature trails on both sides of the lake, Cascading Terraces and Hoh Lake trails, lower stretches of the North Fork and East Fork trails.

High Country Trips

A trip into mountains blanketed with snow offers a unique wilderness expe- rience. Snow camping requires a lot of preparation and many safety precau-
Services and Facilities

A winter visit to Olympic National Park’s mountains, coast and forest can be magical, but it takes planning as fewer services and facilities are available. Roads and facilities normally open may close due to snow, high water, downed trees, or staffing. Call (360) 565-3131 for road and weather updates.

Port Angeles Area

Olympic National Park Visitor Center: Open 10-4 Thursday through Monday (except November 23 and December 25) with exhibits, movie, book sales and staff to help you plan a visit. On Saturdays and Sundays it will be open 9-4. Most ranger stations do not have regular winter hours, so please call (360) 565-3300 for general park information.

Hurricane Ridge Road

Open Friday through Sunday and holiday Mondays, as well as December 26 to January 1, weather permitting. Closed Monday through Thursdays and December 25 From November 13, 2006 through April 1, 2007. Call (360) 565-3131 for 24-hour recording or tune to 530 AM in the Port Angeles area for current information. (See page 4 for details.)

Hurricane Ridge Area

Hurricane Ridge Visitor Center: Open 9:30-5 when the road is open, with restrooms, exhibits, movie and warming area. December 30, 2006- through April 1, 2007, an information desk is staffed 10-4 weekends and holiday Mondays.

Hurricane Ridge Snow Bunk & Rental Shop: December 16, 2006 to April 1, 2007, food service and ski/snowboard rentals will be available 10-4 weekends, holiday Mondays, and December 26 to January 1.

Hurricane Ridge Downhill Ski Area: When fully operating there are two rope tows and a Poma lift, for beginner to advanced skiers. Vertical rise is 665 feet. Weather permitting, tow operation is 10-4 weekends from December 16, 2006 through April 1, 2007, as well as January 1 and 15, and February 19. A full day pass for all tow is $28.00, half-day $16.00. For rope tows only, full day and half day rates are $16.00 and $14.00. The area is operated by the Hurricane Ridge Winter Sports Club whose members receive lift ticket discounts. For more information see www.hurricaneridge.com or call (360) 457-2879 (messages only). Cross country skiers using the ski area must use ski leases.

Equipment Rentals: Packages include ski, boots and poles. Hurricane Ridge Ski Shop requires a driver’s license to rent equipment.

Location Cross-Country Downhill Snowshoe
Hurricane Ridge $20/day $28/day $15/day
(no phone)
In Port Angeles:
Brown’s Outdoor (360) 457-4150 $8/adult additional day
none none $10/day
North by Northwest Surf Co. (360) 452-5144 Snowboards & boots $25/day
Adlitional day ($20/aditional day)


Snow Bus: A winter sports bus leaves Port Angeles’ Vern Burton Center, 308 E. Fourth St., at 9:00 and 11:30 a.m. and Hurricane Ridge at 4:00 p.m. weekends only January 13 through March 4, 2007 (depending on demand, the snow bus may continue through April 1). Round-trip is $5.00. To encourage use and reduce parking congestion at Hurricane Ridge, park entrance fees are waived for snow bus riders. For more information or group reservations, call (360) 457-2879 (message only).

National Park Campgrounds

The following park campgrounds are closed in winter: Altair, Deer Park, Fairholme and South Beach. Others are sometimes closed by storms, high winds or downed trees. Several have primitive winter camping, with pit toilets, no running water, and no fees. Most campgrounds fully open by May. The fee at most campgrounds with facilities is $12 a night, but ranges from $10 to 18 depending on facilities and season. Check at the Visitor Center, the park website (www.nps.gov/olymp), or call (360) 356-3133 for current status. The following campgrounds usually have some loops open year-round.

Quinault: Graves Creek (primitive in winter) and North Fork (primitive year-round)
Kalaloch: Kalaloch Campground (Starting in February, reservations can be made for Kalaloch campsites between June 22 and September 3, 2007 by calling (800) 365-CAMP or http://reservations.nps.gov.)
Hoh: Hoh Campground
Mora: Mora Campground
Ozette: Ozette Campground (primitive in winter)
Elwha area: Elwha Campground only (primitive in winter)
Hurricane area: Heart O’ the Hills Campground (walk-in if it snows)

Roads

Some park roads regularly close in winter and others may be closed temporarily by weather conditions. Deer Park Road is closed at the park boundary (9 miles from Highway 101, 2,000 feet elevation) from October until June 15, depending on snow. Obstruction Point Road is closed from October 15 until July 4, depending on snow. Dosewallips Road is washed out 5.5 miles from the end. Hurricane Ridge Road is closed until May 11, 2007 and the access road to the area is closed due to landslide risks from a 2006 fire. Quilcene Road is closed 7 miles from Highway 101 due to a washout. The Sol Duc, Hoh, Mora, Ozette, and Elwha and Quilcene valley roads are open year-round weather permitting. See page four for Hurricane Ridge

Logging and Other Facilities in the Park


Logging and Food Service Outside the Park

Local communities provide lodging and food service all year. Contact local Chambers of Commerce or the North Olympic Peninsula Visitor and Convention Bureau at 1-800-942-4042, www.olympicpeninsula.org.

Snowshoe with a Ranger

Join a ranger walk at Hurricane Ridge to experience the wonders of winter on snowshoes. If you can walk, you can snowshoe! The National Park Service provides snowshoes and instructions on this ranger-led program. A $5.00 donation per participant helps the park provide these snowshoe walks and funds snowshoe repair and replacement.

Participants should be prepared for the rigors of winter, including cold, snow, wind or even rain. Dress in layers so clothes can be added or removed. Wear warm, waterproof boots and bring hats, mittens, sunscreen and sunglasses. If the Hurricane Ridge Road is closed, walks are cancelled.

Snowshoe Walk: Snow permitting, this easy to moderate walk is offered at 2:00 on Saturdays, Sundays, and Monday holidays (January 1 and 15, and February 19, 2007) from December 30, 2006 through April 1, 2007, as well as December 26 to 29, 2006. The walk lasts 1.5 hours and covers less than a mile. Group size is limited to 30 people. Sign up starts at the Hurricane Ridge Information desk 30 minutes before the walk.

Snowshoe Walks for Community Groups: Clubs, youth groups or schools can schedule a reserved snowshoe walk. Walks for groups of 7 to 30 people are offered at 10:30 a.m. on Saturdays, Sundays and holidays (January 1 and 15, and February 20) from December 30, 2006 through April 1, 2007. Walks last 1.5 hours and cover less than a mile. Reservations MUST BE MADE IN ADVANCE. Call (360) 565-3136 for information or reservations.
Cross-Country Skiing & Snowshoeing

With its easy access and over 20 miles of trails and routes, Hurricane Ridge is the focus of cross-country skiing and snowshoeing in Olympic National Park. Though winter explorers of all abilities can enjoy the area, flat, easy beginner ski terrain is limited to the meadows above the Hurricane Ridge Visitor Center. Slopes and bowls in the area allow telemarkers to explore as well. None of the trails are groomed or marked; however, several use unpaved roads and can usually be followed. Before heading out on any trip remember to register at the Hurricane Ridge Visitor Center and check the current avalanche conditions. Below are descriptions of routes in the Hurricane Ridge area.

NOTE FOR SNOWSHOERS AND SNOWBOARDERS: Skiers, snowshoers and snowboarders can safely share this area. Please stay to the left to avoid damaging ski tracks on trails, and do not snowshoe or walk through the downhill ski area.

Easiest

Hurricane Hill Route 1.5 miles one way
This route starts at the end of the Hurricane Hill Road and climbs 700 feet to the summit of Hurricane Hill. There are several very steep sidehills, so use extreme caution under icy or avalanche conditions. As an alternative, skiers can follow the ridge line. Be careful to stay off cornices. Under good conditions, advanced skiers will find this a rewarding trip with good views and some nice bowls on the north side of the ridge. Check with the information desk before venturing out.

Obstruction Point Road: Waterhole to the end 4.3 miles one way
This route begins at the midway point on the Obstruction Point Road. In the first 0.5 mile the route climbs steadily 900 feet to above treeline. In clear weather, views can be spectacular but steep sidehills and exposure to storms make this a difficult route. It is recommended only under good conditions for experienced skiers. Travel beyond Obstruction Point can entail steep terrain with high avalanche potential.

More Difficult

Hurricane Hill Route 3 miles one way
Begin this route by crossing below the intermediate rope tow and climbing to the right of the ski hill (right of the trees). From the top of Alpine Hill, above the downhill ski slope, this route follows a narrow ridge toward the south side of Mount Angeles. The path crosses avalanche prone areas at several points and is not recommended under unstable conditions. Be especially careful to stay off cornices along the ridge. Several nice telemarking slopes are found on the east side of the ridge and lead to the Hurricane Ridge Road.

Obstruction Point Road: To Waterhole 3.5 miles one way
A pullout along the Hurricane Ridge Road 0.5 miles below Hurricane Ridge Visitor Center marks the beginning of this route. After descending a steep but short hill, the trail follows the snow-covered Obstruction Point Road. The first 1.5 miles of the trail are relatively easy and sheltered by forest. Near Steeple Rock the trail crosses steep, exposed slopes which may be icy and difficult to traverse. After Steeple Rock the trail flattens and meanders through subalpine forest. Beyond Waterhole, the trail climbs steeply.

Most Difficult

Sunrise Ridge 3 miles one way
Begin this route by crossing below the intermediate rope tow and climbing to the right of the ski hill (right of the trees). From the top of Alpine Hill, above the downhill ski slope, this route follows a narrow ridge toward the south side of Mount Angeles. The path crosses avalanche prone areas at several points and is not recommended under unstable conditions. Be especially careful to stay off cornices along the ridge. Several nice telemarking slopes are found on the east side of the ridge and lead to the Hurricane Ridge Road.

Other Areas

Depending on the snow level, other roads and trails in both the park and in Olympic National Forest may be snow covered. Check at the visitor center for current snow levels. The Deer Park Road may provide skiing or snowshoeing opportunities. For safety, this steep, narrow road is closed at the park boundary, 9 miles from Highway 101, at about 2,000 feet elevation. The road climbs steadily about 9 more miles from the park boundary up to Blue Mountain. If the snow level is low enough the road may be skiable from the boundary; but users will probably need to hike several miles before reaching snow.

For information on other routes on the Olympic Peninsula, refer to Cross-Country Ski Tours: Washington’s South Cascades and Olympics, by Tom Kirkendall and Vicky Spring, or Snowshoe Routes: Washington by Dan Nelson.
Visitor Information

Emergencies
In an emergency or to report a crime dial 911. For non-emergency help call (360) 565-3000 ext. 0 between 7 a.m. and 5:30 p.m. during winter.

Entrance Fees
Entrance fees apply year-round in all spur road areas (Elswha, Heart O’ the Hills, Hoh, Sol Duc, Ozette). A single visit pass (1-7 days) is $15 per private vehicle or $5 per person (age 16+) entering by bus, bike, or foot. The Olympic National Park Annual Pass is $30.

The new interagency America the Beautiful - National Parks and Federal Recreational Lands Pass will be launched January 1. This pass will replace existing national passes including the National Parks Pass and Golden Eagle Passport, and will be honored for entrance fees and reserved amenity fees within National Park, National Forest, Fish and Wildlife, Bureau of Reclamation and Bureau of Land Management lands. The cost will be announced mid-November. Versions of this pass will replace the lifetime Golden Eagle Passport ($10 for U.S. citizens, age 62+) and Golden Access Passports (free for permanently disabled U.S. citizens).

Each year approximately 80% of visitor fee revenue ($1,800,000) is used to fund projects at Olympic National Park. In 2007, fees will fund work on trails, roads, restrooms, campgrounds, ranger stations, and historic cabins. Fees will also continue to pay for the publication of the park map brochure and the staffing of entrance stations and wilderness user permits. Your support of the fee program has made these projects possible. Thank you.

General Park Information
For general park information call (360) 565-3130, or in the Port Angeles area turn to 5:30 AM; Lake Crescent or Quinault areas turn to 16:10 AM. The Wilderness Information Center (360) 565-3100, re-opens in early April with wilderness permits, and food storage and fee information for backcountry users. In winter, backcountry information is available at the Olympic National Park Visitor Center. Also, see the park website: http://www.nps.gov/olymp or the park’s Wilderness Trip Planner.

Pets are not allowed in public buildings, on trails, or in winter use areas. They must be on a leash in parking areas or campgrounds. Please do not feed any park wildlife, including birds. It is illegal, harmful to the animal and hazardous to you. Violators are subject to a $100 fine.

Hurricane Ridge Road Opening
Call (360) 565-3131 for current road conditions. Beginning November 17, 2006, the road will be open Fridays through Sundays and Monday holidays, as well as daily from December 26 through January 1, 2007, weather permitting. The road will be closed Mondays through Thursdays from mid-November through April 1, 2007. The road usually opens at 9:00 a.m., but times vary depending on conditions. At 4:00 p.m., it is closed to uphilk traffic at Heart O’ the Hills, five miles above Port Angeles. It is locked by 6:00 p.m. As days lengthen in spring, the road closes at dusk.

Storms, high winds, drifts or high avalanche conditions may delay or prevent road opening or may force an early closure. For safety, do not ski or walk on roads when snowplows are operating since the operators have limited visibility. Also for safety, vehicle passengers must be inside the vehicle or fully inside a pick-up truck bed. After April 1, 2007 the Hurricane Ridge Road may be open or closed depending on weather conditions, staffing and equipment availability. By mid May the road is usually open 24 hours a day.

Winter Driving
Olympic National Park follows Washington State guidelines for traction devices. Obey restrictions to reduce your chance of having an accident. You may be cited for operating a tire with chain requirements. For safe winter travel, carry chains to be prepared for changing conditions. The following designations are used:

No Restrictions: Road is mostly bare with ice/snow patches possible. Approved Traction Tires Advised: Road may be snow-packed. Approved Traction Tires Required: Road is snow-packed. Vehicle must have approved traction tires (with at least 1/8 inch tread) or chains on the drive wheels. Approved traction tires have Mud & Snow, the letter M+S, M/S, Mountain/snowflake symbols, or All Season lettering on the side wall. Studded tires are also traction tires. Vehicles over 10,000 pounds GVW and buses must have chains installed when traction tires are required.

Chains Required: Road is snow-packed and icy, or heavy snow is falling. Expect some difficulty. Vehicle must have chains (link, cable, or plastic) on drive wheels. Four-wheel drive vehicles may proceed without chains if they have approved traction tires on all wheels, are in four-wheel drive and chains are available to use on one set of drive wheels.

Tips to Keep Warm
The wet snow, wind and cold of the Olympic Mountains can easily rob a body’s warmth. Excessive loss of body heat, called “hypothermia,” often helps cause outdoor accidents. Hypothermia can progress from uncontrolled shivering to loss of consciousness and death. It is more easily prevented than treated. For your safety here are tips to help you avoid hypothermia and another winter hazard, frostbite:

- Wear wool or synthetics like fleece or polypropylene. They insulate even when wet. Avoid cotton clothing.
- Avoid wind. Wind robs your body of heat at any temperature.
- Wear a hat! Over half of your body’s heat is lost through your head.
- Take breaks and snack frequently to maintain warmth and energy.
- Dress warmly and in layers to shed or add more as needed.
- Stay dry. Moisture robs your body of heat.

Snow Play
Snow sliding is a favorite pastime for some, but it is also one of the most dangerous activities at Hurricane Ridge. Serious injuries, even permanent disability or fatalities, can occur when people collide with trees or other sliders. For your safety, sliding is permitted only in designated areas. The Sunrise Family Snow Play Area, one mile below the Hurricane Ridge Visitor Center, will be managed as a children’s and family sliding area. The Small Children Snow Play Area (for children eight and under) is only near the Hurricane Ridge Visitor Center.

If conditions become too dangerous or there is inadequate staff to safely manage the sliding areas, they will be closed. The Sunrise area is supervised only on weekends and holidays from late December through March. For the safety of participants, metal or hard plastic runner sleds and wooden toboggans are not permitted. Compressed air for inflating inner tubes is not available. To be as safe as possible, please observe the following rules:

- Slide only in the designated Sunrise or Small Children Snow Play areas. Note: the area designated for small children is limited to snow only, please do not slide with a ranger. Sliding is not allowed anywhere else in the Hurricane area or along the Hurricane Ridge road.
- For your safety, be sure the run is clear before starting your slide. Collisions can result in serious injury.
- Start only at the designated point. Descend one tube at a time and do not put more than one person on a tube.
- At the Sunrise Family Snow Play Area park only on the uphill side of the road. Be careful getting out of your car as the road may be icy and cars may not be able to stop.
- Follow directions of snow play area staff and pay attention to all area signs. If you don’t, you can be ejected from the snow play area.
- Pets, snowboards and skis are not allowed in the snow play areas.

Avalanche!

The Olympic Mountains’ terrain and weather create ideal conditions for avalanches. Before heading out, call the Northwest Avalanche Center (206) 526-6677; www.nwac.noaa.gov, and check it at Hurricane Ridge Visitor Center. Wear beacons and carry a snow shovel. The hazard levels range from low to extreme. Even in low hazard conditions avalanches can occur on some slopes. With extreme conditions backcountry travel should be avoided. The survival rate for avalanche victims is extremely low. If you or a group member are caught in an avalanche, take these steps in your rescue attempt:

- Ensure the safety of survivors.
- Mark where victims were caught and last seen.
- Quickly search downslope from the last seen points for clues.
- Search the avalanche debris below the last seen points by probing in a grid pattern with probes, ski tails or poles.
- Keep searching! The victim could be inches away from your boots.
- Send any extra person for help.
- If you are caught, make swimming motions with your arms and try to keep yourself on top of the snow. As the snow begins to slow down, push the snow away from your face to create an air pocket.

Published by the Northwest Interpretive Association, 184 South Jackson St., Seattle, WA 98104, (206) 220-4279. This non-profit organization supports educational programs at Olympic National Park by proceeds from sales at park visitor centers.