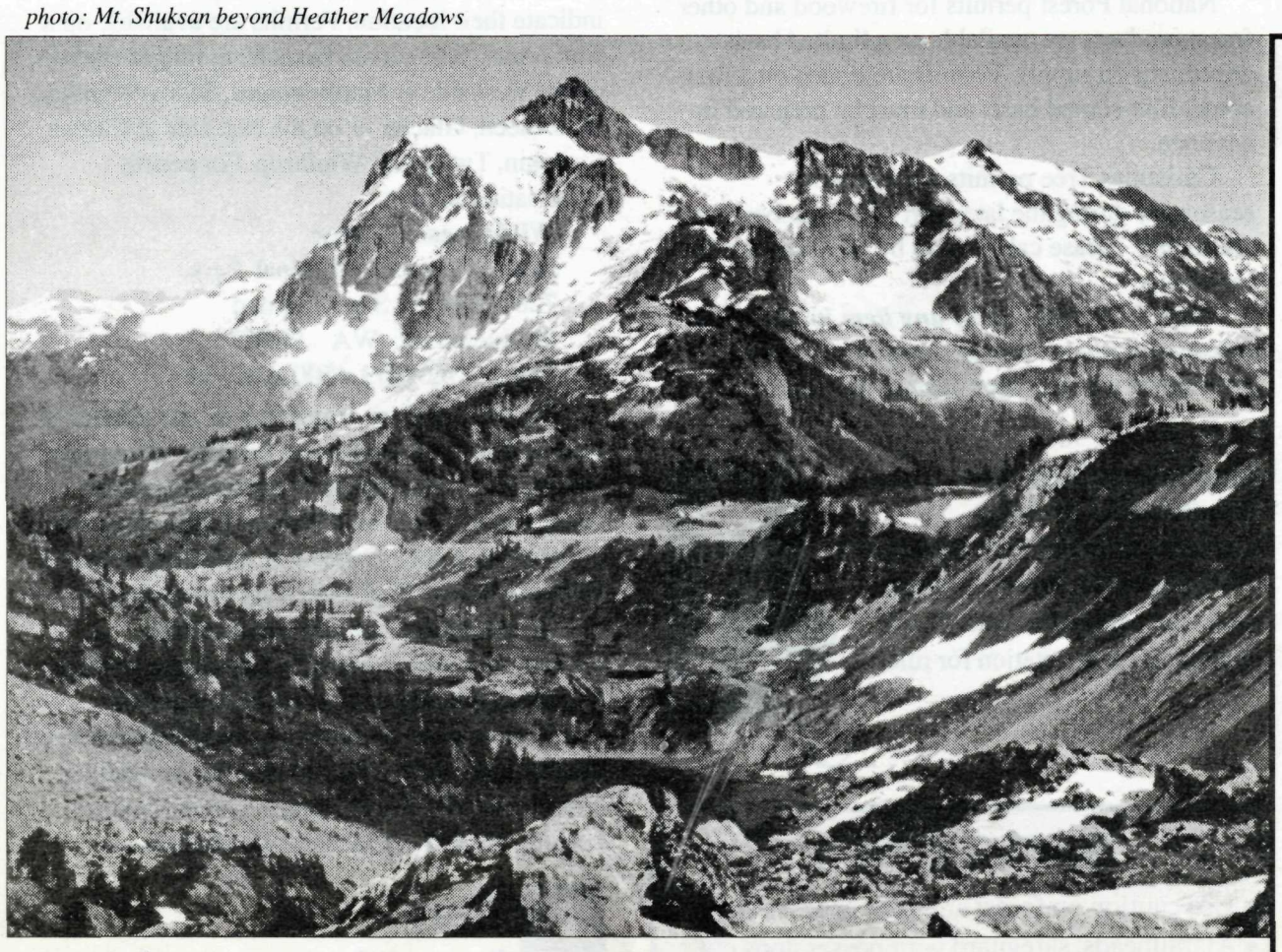
# NORTH CASCADES Challenger

## North Cascades National Park—Mt. Baker-Snoqualmie National Forest
## 1998 VISITOR INFORMATION GUIDE


*photo: Mt. Shuksan beyond Heather Meadows*



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# Welcome to the North Cascades

The National Park Service and U.S. Forest Service are happy that you have included the North Cascades in your recreation and travel plans.

The mountains, watersheds, forests and wildlife of this unique landscape make these protected areas an outstanding part of your public lands. A vast amount of the region is designated Wilderness; protecting pristine wild areas is critical to the earth's well being for watershed and air quality, biological diversity, and wildlife habitat. The special meaning of wilderness for many is both cultural and personal; wilderness is part of our heritage and can also provide a needed respite from our hectic lives.

We cooperatively manage and protect federal lands in the North Cascades. By working together, the two agencies recognize that natural processes happen without regard to political boundaries. Even distant activities that generate pollution and utilize natural resources affect wild places. You, too, have a role to play in preserving your national forests and parks.

We hope this publication encourages you to explore beyond the print. We invite you to share your perspective about the North Cascades. Feel free to contact us at the mailing address on the label. Have a safe and rewarding visit!

William F. Paleck
Superintendent
North Cascades National Park Service Complex

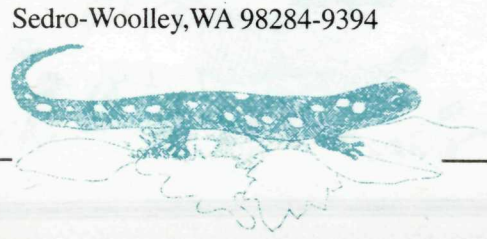
Jon Vanderheyden
Mt. Baker District Ranger
Mt. Baker-Snoqualmie National Forest

The **North Cascades National Park Service Complex** includes three areas of the National Park System totaling 684,000 acres. The three areas are **North Cascades National Park, Lake Chelan and Ross Lake National Recreation Areas**. Ten years ago, Congress designated 93 percent of the Complex as the **Stephen Mather Wilderness**. These areas embrace the crest of the North Cascades Mountains and are bounded on the west by the Mt. Baker-Snoqualmie National Forest.

The **Mt. Baker Ranger District** of the **Mt. Baker-Snoqualmie National Forest** includes more than 530,000 acres in northwestern Washington. The District encompasses:

- **Mt. Baker Wilderness**
- **Noisy-Diobsud Wilderness**
- **Sections of Glacier Peak Wilderness**
- **Skagit Wild & Scenic River System**
- **Mt. Baker National Recreation Area and Baker Lake**
- **Heather Meadows**
- **Mt. Baker Scenic Byway**


North Cascades National Park
Mt. Baker Ranger District
2105 State Route 20
Sedro-Woolley, WA 98284-9394

HAPPY 30TH ANNIVERSARY! NORTH CASCADES NATIONAL PARK

## Ten Wild Years!

This year we celebrate the 10th anniversary of the passage of the Washington Park Wilderness Act.

Just 200 years ago, the area we now call western Washington was an infinite wilderness, home only to native flora, fauna, and the Native Peoples. Evergreen forests stretched along the wild coastline, surrounded the glacier-laden Olympic mountains, and extended past Puget Sound to the graceful Cascade peaks. Elk, wolf, bear and cougar thrived in this resource-rich community. Tens of thousands of salmon forged their return up the untamed rivers.

With the 1805 arrival of explorers Lewis and Clark to the Pacific and subsequent settling by fur traders and missionaries, the dramatic alteration of this primeval realm began.

Today, almost four million people live in western Washington, with another one million expected by 2020. The vast reaches of wild Washington are gone, but the foresight of the American people saved significant remnants of this immeasurable heritage.

To establish national protection for wilderness, Congress passed the ***1964 National Wilderness Act*** "to assure that an increasing population... does not occupy and modify all areas ... leaving no lands designated for preservation and protection in their natural condition."

*"Ten Wild Years!" see page 11*

# What You Need to Know

## Ask

Questions? Stop by or call.

**Forest/Park Service Information Office—** Offers year-round visitor services. Located on State Route 20 in Sedro-Woolley, (360) 856-5700.

**North Cascades Visitor Center —** Provides information, naturalist programs, exhibits and multi-media presentations. Located near Newhalem on State Route 20 across the Skagit River.

**Heather Meadows Visitor Center —** Showcases the natural and cultural heritage of the Mt. Baker area. Located along State Route 542 at milepost 56. Operates summer only.

**Glacier Public Service Center —** Jointly operated by the Forest Service and the Park Service mid-May through mid-October. Located at milepost 34 on State Route 542.

**Golden West Visitor Center —** Located in remote Stehekin, Golden West provides information about the Lake Chelan National Recreation Area (NRA).

**Chelan Ranger Station —** In Chelan, operated by the Forest Service and the Park Service. Provides information about Lake Chelan NRA and Wenatchee NF.

## Coexisting with Wildlife

Your presence can affect plants and animals. For example, once accustomed to human food, a bear may seek it aggressively. Careful planning, travel and sanitation will reduce your impacts on wildlife:

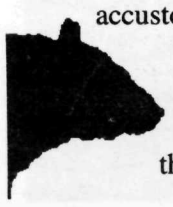
◆ **Cooking.** Try to have your sleeping area and personal gear about 100 yards (90 m) uphill or upwind from your cooking area. Wash dishes at least 100 feet from water sources with small quantities of biodegradable soap (or no soap at all). At frontcountry campgrounds, collect all grey water from cooking and washing in a bucket and deposit it in septic or vault facilities. Do not sleep in the clothing you wore while cooking. Keep sleeping gear and personal items free of food odors.

◆ **Food Storage.** Keep wildlife wild by not feeding them. Store food, garbage, cooking gear and toiletries properly at all times. Lock items in your car trunk if you are in the frontcountry. Otherwise, place them in a plastic-coated dry bag or backpack and hang it from a branch in your cooking area at least 15 feet (5 m) above the ground and at least five feet (1.5 m) out from the tree trunk. Also hang cosmetics, sunscreen, soap, toothpaste or any item with an odor. **Bear-resistant canisters are available commercially and for loan from National Park Service offices where you get backcountry permits.**

◆ **Hunting and Fishing.** Where hunting is permitted, store game meat the same as food. Dispose of fish entrails by first puncturing air bladders and then dropping them in deep water.

◆ **Horses.** Store horse pellets the same as food. For information about horse and trail safety and minimum impact riding, ask for a *Stock Use* bulletin from the ranger station or call the Backcountry Horsemen of Washington (360)876-7739.

◆ **Bear Sightings.** If a bear comes close to your campsite, you may be able to frighten it away by shouting or banging pots and pans. A bear accustomed to campground food may not be as easily discouraged. If you see a bear, report it to an agency biologist at (360)856-5700 or the nearest ranger station.



## Permits

Persons interested in commercial and non-commercial use of the National Park and Forest for purposes such as filming, outfitting and research must apply to the Forest Service or National Park Service.

National Forest permits for firewood and other forest products are available on a limited basis depending on supply. Permits are issued on a first-come, first-served basis and must be prepared in advance.

Christmas Tree permits are available seasonally during the later part of November into December. Please call or stop by the district office for details.

***NOTE: Collection of any item in quantities considered more than personal use is strictly prohibited without appropriate permits.***

**Mushroom Collection** is prohibited in the North Cascades National Park Service Complex but is allowed on some state and national forests. Check with local ranger station for rules.

## SAFETY TIPS

- Use caution on forest and park access roads.
- At trailheads, safeguard your possessions out of sight. Lock your vehicle.
- Bring extra water on hikes. A fine filter may be necessary, since even clean-looking water can carry giardia. Water may not be available near camps; treat and/or boil all water.
- Know your limits and when to turn back.
- Terrain is the primary cause of accidents in the North Cascades. Staying on trails, wearing adequate footwear and possessing a good topographic map can minimize the hazards of this rugged land.
- Be prepared for insects. You may encounter mosquitoes, wasps, bees, biting flies and ticks. After hiking, check yourself for ticks, which are known carriers of Lyme disease.
- Some stream crossings are not bridged. Cross streams in the morning (when they are lowest), scout for the safest crossings, or turn around if the rushing water is unsafe.
- Trails suffer storm damage every winter; please use caution and notify the park or forest if you encounter downed trees or washed out sections of trail.
- When horses are approaching, hikers should talk to make their presence known and step off the trail on the low side.

## Backcountry Safety

Don't let a pleasurable outing turn into an unexpected tragedy by not being prepared. Entering into a mountain experience — even a day hike — should not be taken lightly.

√ **Be well informed; contact park or forest for most up-to-date conditions.**
√ **Research maps & trail handbooks.**
√ **Carry the "10 Essentials" (see page 3).**
√ **Let others at home know your plans.**
√ **Make the best decision for your safety, including turning around.**

## Backcountry Camp

**National Park Service: Permits are required for all overnight stays in the Park Complex's backcountry.** More than 200 backcountry campsites are available for park visitors. All camps have toilets; signs along trails indicate their location. Permits are available on a first-come, first-served basis from ranger stations on the west side at Marblemount, Sedro-Woolley, Hozomeen, Glacier or on the east side at Chelan, Stehekin, Twisp and Winthrop. For permit information contact:

**Wilderness Center**
North Cascades National Park
7280 Ranger Station Road
Marblemount, WA 98267
Phone: (360) 873-4500, ext. 139

**Forest Service: Camping in the National Forest does not require a permit.** Overnight visitors to the Mt. Baker National Recreation Area, Chain Lakes and Watson Lakes must camp at designated sites. Parking at trailheads requires a National Forest Trail Park Pass (see page 7).

Campfires are not allowed in many backcountry areas located in sub-alpine settings. Most backcountry camps are in designated Wilderness where regulations designed to protect the resource apply. Visitors are encouraged to contact the Mt. Baker Ranger District before heading out to their backcountry destination.

## Stay

Campground options are listed in the centerfold, pages 8-9, along with the North Cascades Highway Map. Most vehicle access campgrounds are available on a first come-first served basis. However, both the **Forest Service (1-800-280-CAMP)** and **Washington State Parks (1-800-452-5687)** have expanded their telephone reservation systems. Washington State Parks information line is (1-800-233-0321).

North Cascades National Park does **not** have individual camping reservations.

Remote accommodations in the North Cascades include: **Ross Lake Resort**, Rockport, WA 98283, (206) 386-4437; **North Cascades Stehekin Lodge**, Box 457, Chelan, WA 98816, (509) 682-4494; and **Baker Lake Resort** (1-888) 711-3033.

Many other private accommodations are available in adjacent communities. Listings are available from visitor information or Chamber of Commerce offices.

## Hiking with Children

Bring along extra items such as:

- ❖ wholesome snack foods
- ❖ extra water
- ❖ sunscreen
- ❖ insect repellent
- ❖ a whistle in case they get lost

**Activity Ideas for Children:**

Have children bring along a friend or sing songs. Watch for birds in the forest or in the sky; identify plants, bugs, or animal tracks on the ground; listen for wildlife, like the drumming of a woodpecker or the shrill "whistle" of a hoary marmot. Encourage kids to explore using eyes, ears, hands, and nose, and then to draw a picture or write a poem about nature.

# Travel Tips

## Drive

Thousands of visitors drive for pleasure along the scenic roads of the North Cascades. State Route 20 offers east/west access across the mountains (this route closes during the winter from milepost 134 to 171). By mid-April it is normally possible to travel the entire Cascade Loop outlined on page 16.

The Mt. Baker Scenic Byway, State Route 542, leads visitors to Heather Meadows in the divide between Mt. Baker and Mt. Shuksan. The Mt. Baker Ski Area operates here during the winter months.

## Hike & Climb

Hundreds of miles of trails lead into the North Cascade mountains. Many enter designated Wilderness.

Day hikes do not require a permit. Overnight stays in North Cascades National Park's backcountry do. Hikers parking at National Forest trailheads in Washington and Oregon need to purchase a Regional Trail Park Pass *(see page 7 for details)*.

Know rules and regulations and get current trail conditions at all National Park and Forest Service offices. Obtain complete National Park backcountry information at the Wilderness Information Center in Marblemount.

Climbers should choose experienced partners or licensed guides and fill out Voluntary Climbing Registers at Sedro-Woolley, Marblemount, Glacier or Stehekin. Ask for a *Wilderness Trip Planner* or a list of outfitter guides.

## Living Lightly on the Land

The following travel tips related to backcountry use are based on principles developed by the national "Leave No Trace" program.

■ **Plan ahead.** Prepare mentally and physically. Choose destinations that you are in condition to handle and take suitable equipment. Check with rangers for current conditions.

■ **Limit party size.** Keep party size below 12 animals and people. In cross-country zones, travel in groups of six or fewer.

■ **Stay on the trail.** Avoid making parallel trails, cutting switchbacks or widening trails; this causes soil erosion and damage to plants. Wear smooth soled shoes in camp. Leave rocks, flowers, trees and mushrooms.

■ **Camp only in designated or established sites.** Prevent the spread of bare areas. In cross-country areas without established sites, avoid fragile alpine vegetation and camp on snow, rock, or in a grassy area of the forest. Do not level ground or dig ditches for tent pads.

■ **Use campstoves instead of wood fires.** Fires sterilize the soil and use material that would otherwise recycle naturally. Build fires only in existing fire pits when allowed. Do not burn garbage, as even charred debris attract animals. Do not leave until all coals are cool enough to hold.

■ **Pack out litter.** It is a good idea to eat all the food you prepare; leftovers may attract animals. Store garbage in the same manner as food.

■ **Dispose human waste properly.** Use vault and compost toilets where provided, and deposit **only** human waste and toilet paper in them. Urinate on a rock or on bare soil. If no toilets are available, dig a 4 - 6 inch deep hole 100 yards (90 m) away from campsites and water sources.

■ **Leave pets at home.** Pets are prohibited in North Cascades National Park. Taking animals into the backcountry disturbs wildlife. Dogs must be leashed in Ross Lake and Lake Chelan National Recreation Areas and developed recreation sites in National Forests. Treat animal waste as you would human waste.

## Enjoy

### Accessible Trails: *(ask for brochure)*

- Baker Lake: **Shadow of the Sentinels**
- Newhalem:
  **Sterling Munro** and **River Loop** at North Cascades Visitor Center; **Trail of the Cedars** near town; **Rock Shelter** near campground
- State Route 20 at milepost 134.5:
  **Happy Creek Forest Walk** nature trail
- Rainy Pass:
  **Rainy Lake Trail,** paved one mile route to Rainy Lake
- Heather Meadows:
  **Picture Lake; Fire & Ice; Artist Ridge**

### More Self-Guided Trails:

- Newhalem Creek Campground:
  **To Know a Tree Trail**
- Colonial Creek Campground:
  **Thunder Woods Nature** trail
- Hozomeen: **Trail of the Obelisk**
- Stehekin:
  **Imus Creek** and **McKellar Cabin**

### Naturalist Programs:

- **Amphitheaters at Colonial Creek,** summer nightly programs, and **at Newhalem Creek,** weekend only, see schedules
- **North Cascades Visitor Center,** daily walks, talks, and multi-media programs
- **Heather Meadows,** summer programs
- **Skagit Wild and Scenic River Eagle Watching,** winter weekends: slide programs and nature viewing
- **Golden West Visitor Center,** summer daily mini-talks and evening programs

### TOP 10 ESSENTIALS

Delays or changes in weather can cause emergencies. Even on short day hikes, each person should take and know how to use these items:

**Navigation**
Topographic map and compass.

**Food**
Extra food and water. Boiling water kills giardia; treatment pills may not.

**Clothing**
Extra clothing, including rain gear, wool socks, sweater, gloves and hat.

**Light**
Flashlight with spare bulb and batteries.

**Fire**
Waterproof matches and fire starter such as a candle.

**Sun Protection**
Sunglasses and sunscreen.

**First Aid**
Aid kit including any special medications you might need.

**Knife**
A folding pocket knife.

**Signal**
Audible/visual; whistle & metal mirror.

**Emergency Shelter**
Plastic tube shelter or waterproof bivouac sack.

## Ride

Stock (horses, mules, donkeys and llamas) are welcome on trails maintained to stock standards. Trails in the National Park and National Forests have different rules and seasons of use. Please check with the ranger station for detailed information and a listing of stock trails and their current conditions.

**Stock in Wilderness:**

- Stock parties on trails are limited to a total of 12 people and stock combined; for example, five people and seven horses. In National Park areas where stock are allowed off-trail, the limit is six.
- Grazing is permitted in Ross Lake and Lake Chelan National Recreation Areas. Grazing permits are required and can be obtained with your backcountry permit.
- Grazing is permitted in national forests but must be at least 200 feet from shoreline of any lake. No permit required.
- Grazing is prohibited in North Cascades National Park.
- In Wilderness, pack in sufficient processed feed pellets for your trip. Possessing or transporting any livestock feed other than processed feed is prohibited.

## Bike

Many people tour the North Cascades Highway and Mt. Baker Scenic Byway by bicycle. The remote beauty of these routes offers a unique and challenging experience. Be well supplied with water, food and warm, waterproof clothing. Travel single file on the right edge of the road and use reflectors and bright clothing.

Hiking trails are not designed for bike use; most trails are closed to motorbikes and bicycles. Most side roads are rugged enough for the most avid mountain biker.

## Boat

Recreation in the North Cascades can be water-oriented. For lake recreation, boat ramps are available at Lake Chelan, Baker Lake, Gorge Lake and Diablo Lake, and the north end of Ross Lake at Hozomeen. Boat rentals are offered at Baker Lake, Lake Chelan, and Ross Lake.

Passengers travel to Stehekin by cruising up 55-mile long Lake Chelan. The Lake Chelan Boat Company operates year-round, daily spring to fall. Schedules are available.

River floating is an adventure worth planning. Experienced boaters run the Skagit, Nooksack and Stehekin Rivers. For boating trips, plan in advance and ask for schedules, plus a list of ***Accommodations and Services*** or ***Outfitter Guides*** from a ranger station.

## Fish

Fishing in Washington, including in National Parks and Forests, requires a valid Washington State game fishing license.

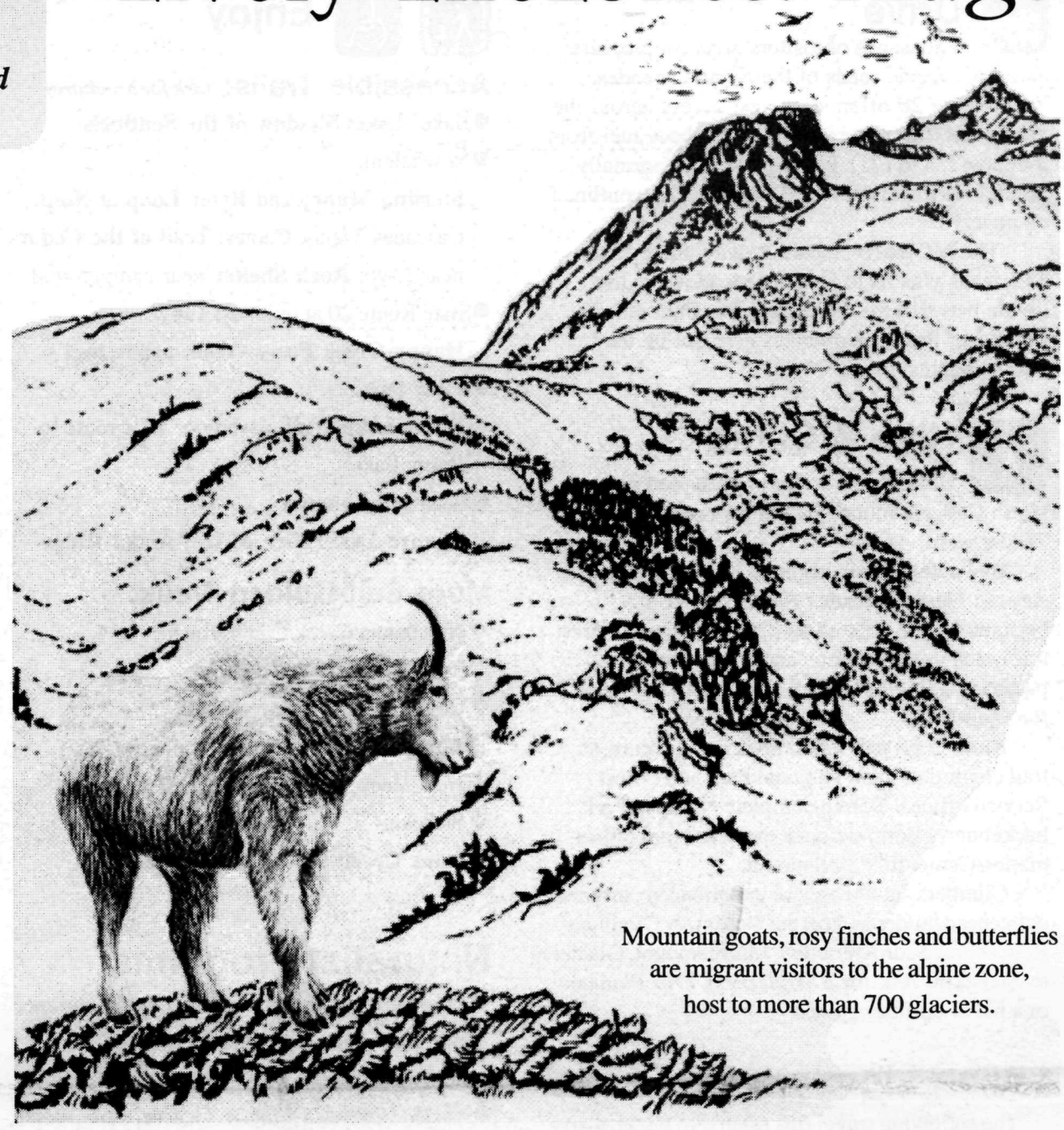
The Skagit River (Washington's second largest after the Columbia) and its impounded lakes are home to seven species of anadromous fish (five are salmon) and trout.

In order to protect spawning fish populations, it is necessary to comply with special regulations including closures, seasons, catch limits and gear restrictions. These are listed in the Washington State Department of Fish & Wildlife game fish regulations.

Lake Chelan has fresh water cod and salmon. The Stehekin River gives anglers a good chance at rainbow and cutthroat trout. Bait shops and local anglers are the best sources of information and advice.

# Lively Lifezones: Ridge

***Just like you, a plant or animal has an "address" that describes its natural home or habitat. Like any close-knit community, the North Cascades consist of different "neighborhoods" of habitat – defined by elevation – called lifezones.***



Mountain goats, rosy finches and butterflies are migrant visitors to the alpine zone, host to more than 700 glaciers.

Alpine Zone

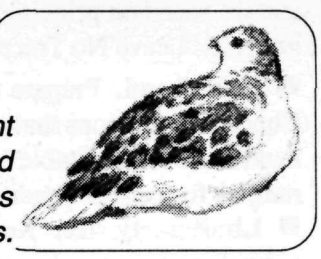
## Rocky Ridges: Life in an Icebox

**At high elevations, nature's freezer defrosts drip by drip. Cracking blue clusters of ice bury the tops of treeless rocks. Frigid winds and constant snowfall challenge organisms to adapt. Ice worms and red algae are some of the few life forms nurtured at the summits of the alpine zone.**

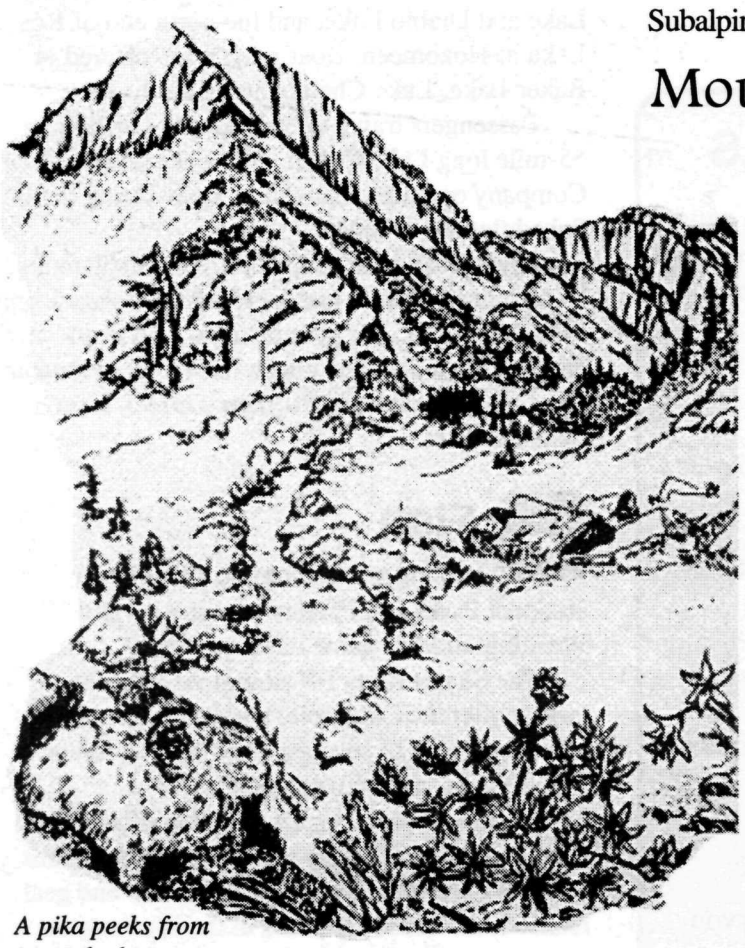
**Where to visit Alpine zones**

*Elevation 7,000+ feet or 2,100+ meters*

- ☞ High mountain peaks and ridges can be difficult to reach.
- ☞ 200+ peaks offer equipped, experienced mountaineers alpine challenges from scrambles to multi-day climbs.



*White-tailed ptarmigans frequent alpine and subalpine zones and change plumage with the seasons to avoid predators.*

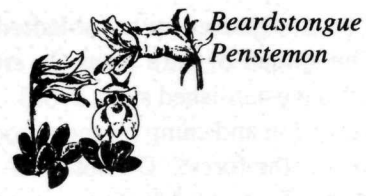


*A pika peeks from its rocky burrow*

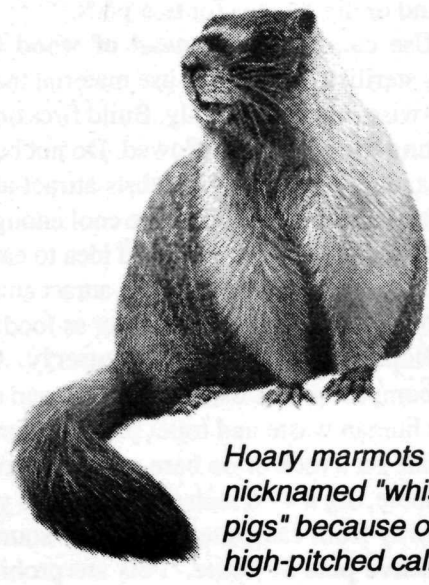
Subalpine Zone

## Mountain Meadows: Winter Welcome Mats

**Subalpine creatures nestle down in a habitat that invites chilly weather and nearly shrugs off summer. Stunted trees cluster on humps amid open meadows and rocky outcrops awaiting snow melt for a brief chance to grow after eight months of cold in the subalpine zone.**



*Beardstongue Penstemon*



*Hoary marmots are nicknamed "whistle pigs" because of their high-pitched calls.*

To avoid the bite of frigid wind, plants grow hugging the ground where it is often several degrees warmer than a hands-height above.

**Where to visit Subalpine zones**

*Elevation 4,000-7,000 feet or 1,200-2,100 meters*

- ☞ **Hike:** Cascade Pass
  Heather and Maple Pass
  Sourdough Mountain
  Trails in Mt. Baker NRA
- ☞ **Drive to:** Heather Meadows

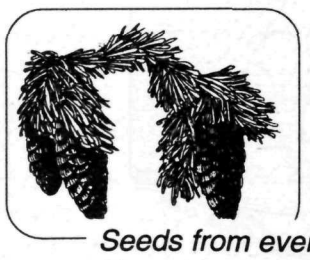
# to River Neighborhoods of Nature

*IN WILDNESS IS THE PRESERVATION OF THE WORLD.*

--HENRY DAVID THOREAU

Silver Fir Zone

## Mountain Forests: Wet and Wooded Mansions



*Seeds from evergreen cones, like the mountain hemlock in the silver fir zone, are the Townsend's chipmunk's favorite food.*

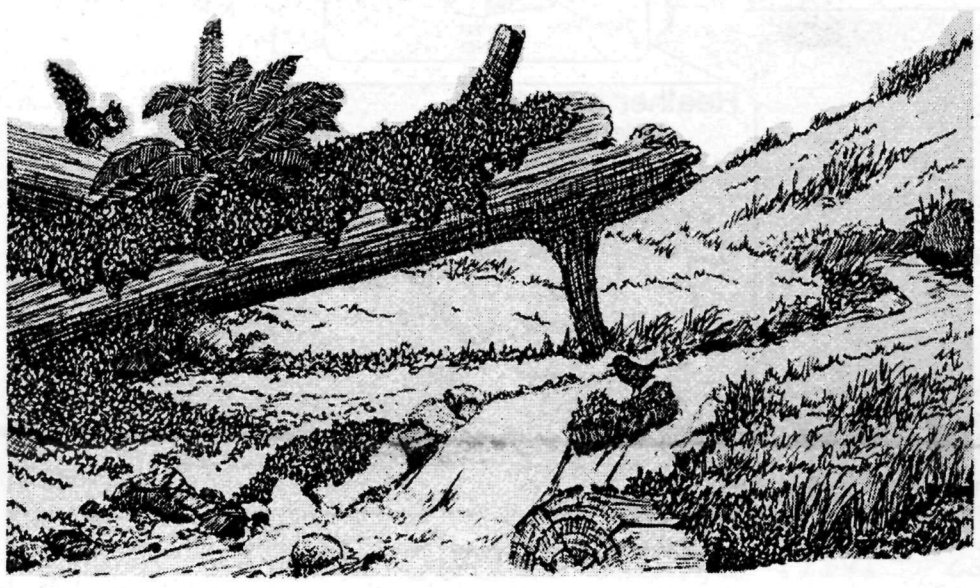
**If mountain forest habitat was a many-roomed house, the rivers and streams would be its hallways. Thousands of watery corridors connect the mountain slopes to the sea. These wet and wooded forests of the silver-fir zone provide shelter for many animals, including insects and birds.**

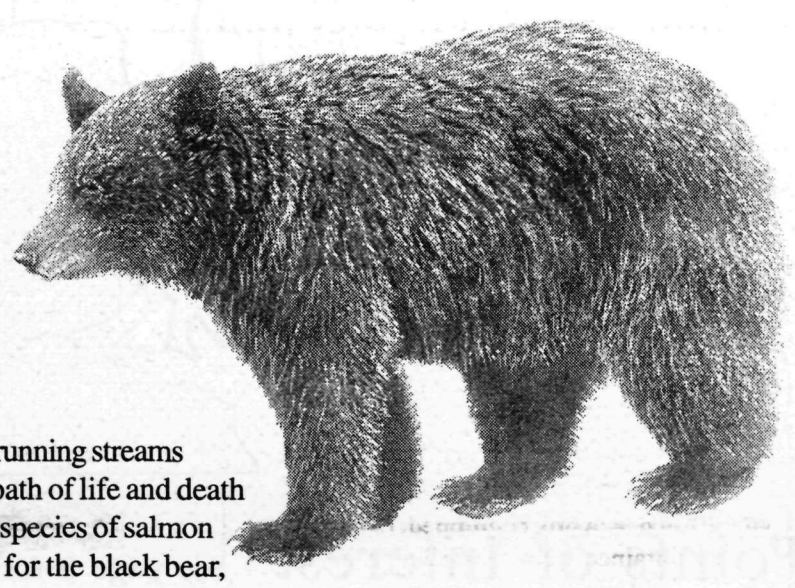
**Where to visit Silver Fir zones**

*Elevation 2,000-5,500 feet or 600-1,700 meters*

☞ **Hike:** Cascade Pass Trail
Cascade and Baker Rivers

☞ **Drive:** Mt. Baker Scenic Byway
State Route 20 near Rainy Pass

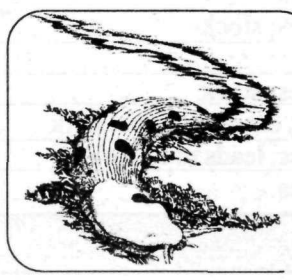




Cool running streams provide a path of life and death for five species of salmon and food for the black bear, a casual visitor between silver-fir and hemlock zones.

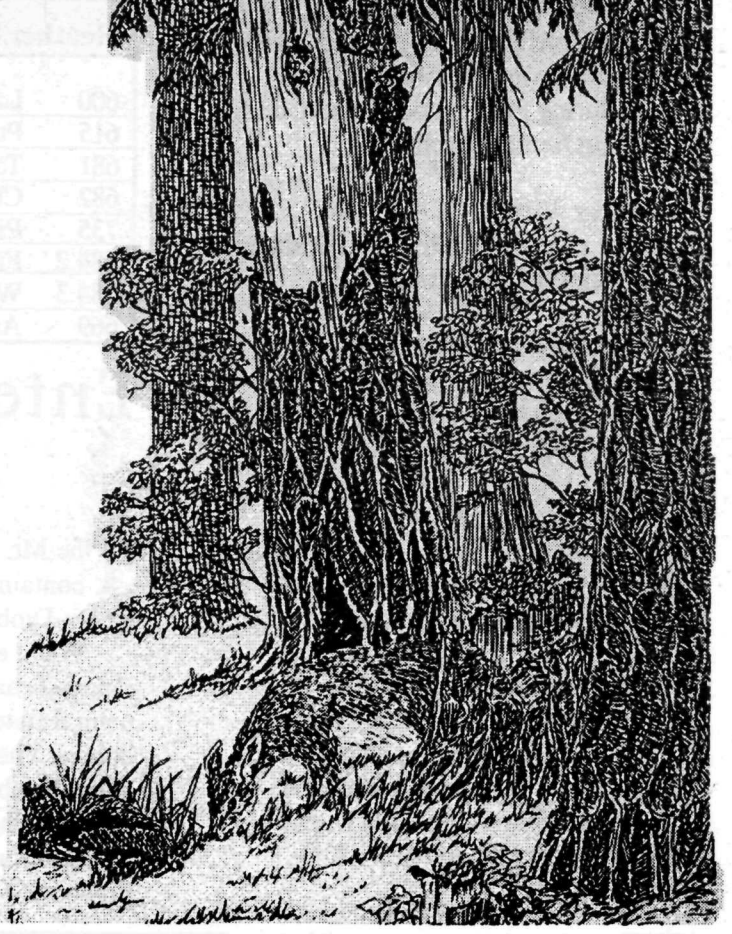
Hemlock, Redcedar, Douglas-fir Zone

## River Valleys: Forest Floors Thrive on Soil



*The banana slug is a woodland native that is a key forest recycler.*
*Can you find the opening to its spongy lung on the side of its body?*

**Most recipes for life in nature's kitchen start on the forest floor with fertile, moist soils teeming with life. The hemlock, redcedar, Douglas-fir forest contains a great diversity of plants and animals, including more than 3,400 species of "bugs."**



*Black-tailed deer*

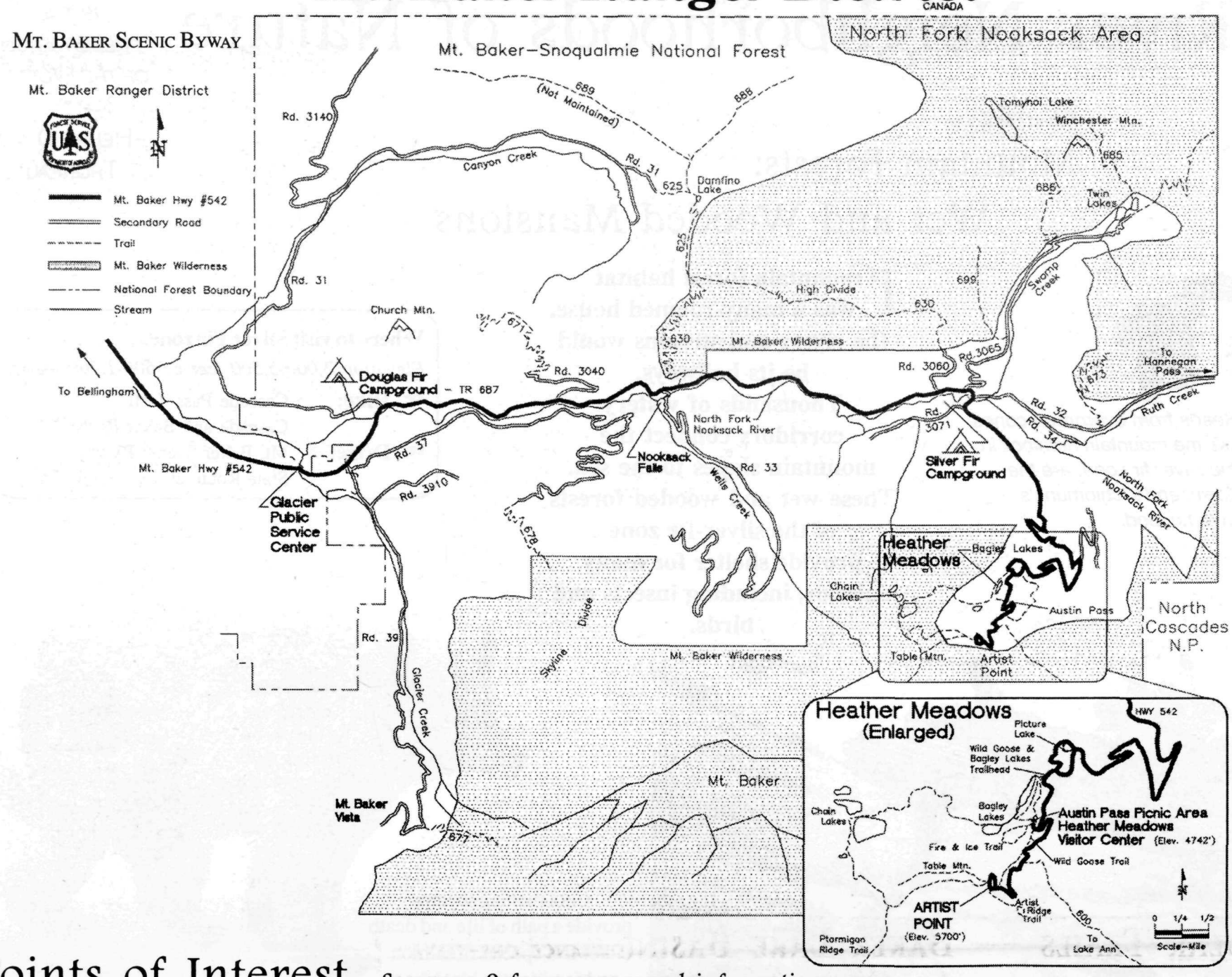
Each time you take a step, 20,000 arthropods (insects, spiders, etc.) could be beneath your foot.

**Where to visit Hemlock, Redcedar, Douglas-fir zones**

*Elevation: 0-2,000 feet or 0-600 meters*

☞ **Hike:** Happy Creek Forest Walk - State Route 20
Shadows of the Sentinels - Baker Lake
Thunder Creek Trail - Diablo Lake
Horseshoe Bend Trail - Highway 542

# Mt. Baker Ranger District




# Points of Interest - See page 9 for campground information

**Mt. Baker Scenic Byway**
The upper 24 miles of the Mt. Baker Highway (State Route 542) is designated a National Forest Scenic Byway and a Washington State Scenic Highway. The route winds along the North Fork Nooksack River, ending at spectacular Artist Point, elevation 5,140 feet, in the Heather Meadows Area. At road's end, trail systems lead into the Mt. Baker Wilderness. During winter months, motor traffic ends at the Mt. Baker Ski Area.

**Glacier Public Sevice Center (MP 34)**
Listed on the National Register of Historic Places. Jointly operated by the Forest Service and National Park Service during the summer season, mid-May through mid-October.

**Mt. Baker Vista**
Dramatic viewpoint at the end of Glacier Creek Road (Forest Road 39).

**Horseshoe Bend Trail (MP 36)**
One-and-a-half mile hiker-only trail wanders along a forested ledge above the North Fork Nooksack River.

**Nooksack Falls (MP 41)**
Dramatic waterfall plummets more than 100 feet over rocky outcrops. Fence-lined pathway leads to viewpoint.

**Heather Meadows Area (MP 53)**
Subalpine setting between Mt. Baker and Mt. Shuksan. Heather Meadows Visitor Center open summer season. Self-guided interpretive trails, vistas, naturalist programs, and picnicking.

## Popular Trails—Mt. Baker Scenic Byway

| Trail # | Name | Trailhead | Miles | Remarks (Distance one-way) |
|---|---|---|---|---|
| **Glacier Area Trails** | | | | |
| 625 | Damfino Lakes | Road 31 | 3.0 | Non-wilderness |
| 630 | High Divide | Highway 542 | 13.0 | Wilderness; stock; no fires |
| 671 | Church Mountain | Road 3040 | 4.2 | Non-wilderness |
| 677 | Heliotrope Ridge | Road 39 | 3.0 | Wilderness; no fires |
| 678 | Skyline Divide | Road 37 | 3.5 | Wilderness; no fires; stock |
| 687 | Horseshoe Bend | Highway 542 | 1.5 | Non-wilderness |
| 673 | Goat Mountain | Road 32 | 4.0 | Wilderness; no fires; stock |
| 674 | Hannegan Pass | Road 32 | 5.0 | Wilderness; stock; enters national park |
| 685 | Winchester Mountain | Road 3065 | 2.0 | Wilderness; no fires; leads to lookout |
| 699 | Yellow Aster | Road 3065 | 3.5 | Wilderness; no fires |
| **Heather Meadows Area Trails** | | | | |
| 600 | Lake Ann | Highway 542 | 4.7 | Enters wilderness; no fires |
| 615 | Ptarmigan Ridge | Trail 682 | 5.0 | Enters wilderness; no fires |
| 681 | Table Mountain | Highway 542 | 1.5 | Enters wilderness; no dogs; no fires |
| 682 | Chain Lakes | Highway 542 | 6.5 | Wilderness; no fires; camp in designated sites |
| 735 | Picture Lake | Highway 542 | 0.5 | No dogs; universally accessible |
| 684.2 | Fire and Ice | Highway 542 | 0.5 | Self-guided interpretive trail |
| 684.3 | Wild Goose | Highway 542 | 2.5 | Self-guided interpretive trail |
| 669 | Artist Ridge | Highway 542 | 1.0 | Self-guided interpretive trail |

# Entering Wilderness Requires Preparation

The Mt. Baker Ranger District contains two Wilderness areas, Mt. Baker and Noisy-Diobsud, and part of a third, Glacier Peak.

When entering Wilderness areas, be prepared for risk and challenge. These lands remain in a wild and natural state, untrammeled and uninhabited by human beings. The terrain can be rugged and the weather unpredictable.

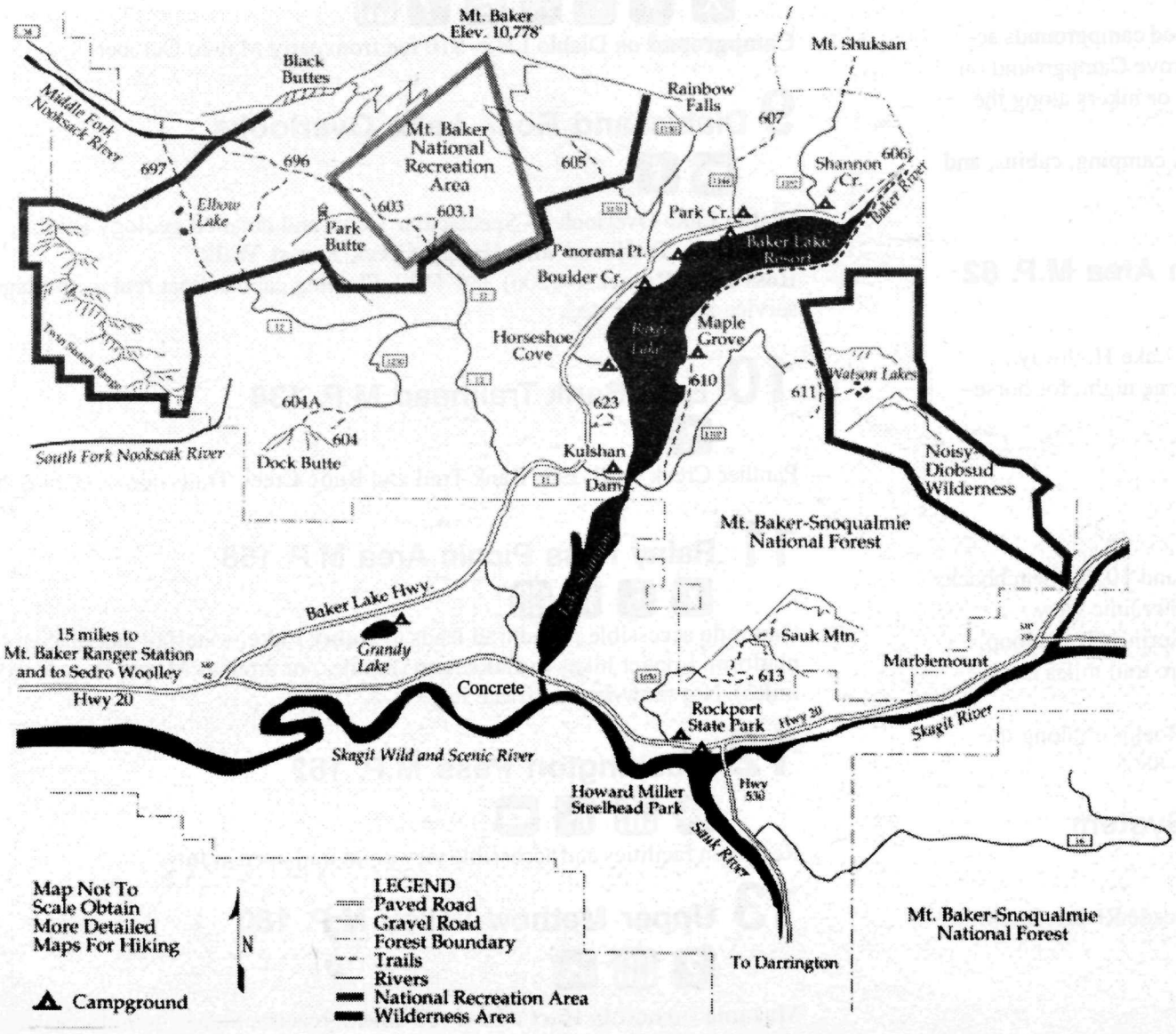
Keeping Wilderness intact for future generations requires some regulation. Party size in Wilderness is limited to 12, including saddle and stock animals.

To preserve the solitude of others, no motorized or mechanized equipment is allowed in Wilderness, and campfires are prohibited in many areas.

Please check with the nearest ranger station for current conditions before entering Mt. Baker Ranger District's Wilderness areas.

# Gateway to Wilderness

STATE ROUTE 20 ACCESS TRAILS MAP




## Skagit Wild and Scenic River System

Remarkable fisheries, wildlife and scenic qualities led to the designation of segments of the Sauk, Suiattle, Cascade and Skagit Rivers in the federal Wild and Scenic Rivers System in 1978.

Winter on the Skagit River has a special kind of magic — the magic of salmon returning from the ocean to spawn and die, followed by the return of one of the largest populations of wintering bald eagles in the Pacific Northwest.

During the winter months of the eagles' visit to the Skagit, Eagle Watcher Volunteers staff sites along the Skagit River between Rockport and Marblemount. Volunteers help manage visitor use along the river by distributing handouts about eagle watching etiquette, monitoring spotting scopes and sharing reference materials.

Interpretive programs are also offered at several locations on eagles and ecology of the Skagit River. The Eagle Watcher Program is sponsored by the Forest Service and North Cascades Institute.

## POPULAR TRAILS — BAKER LAKE BASIN (DISTANCE ONE-WAY)

| Trail # | Name | Trailhead | Miles | Remarks |
|---|---|---|---|---|
| **Mt. Baker National Recreation Area Trails** | | | | |
| 603 | Park Butte | Road 13 | 3.5 | Enters Wilderness, no fires, stock, leads to lookout |
| 603.1 | Scott Paul | Road 13 | 6.5 | No camping, hikers only |
| 603.2 | Railroad Grade | Trail 603 | 1.0 | Camp at designated sites, no fires, hikers only |
| 696 | Ridley Creek | Road 38 | 3.5 | Rocky sections, primitive, not maintained, Wilderness |
| 697 | Elbow Lake | Road 12 | 3.0 | Moderate hike through old-growth, stock, Wilderness |
| | | Road 38 | 3.5 | |
| **Baker Lake Area Trails** | | | | |
| 604.1 | Dock Butte | Road 1230 | 1.5 | Great mountain views |
| 604 | Blue Lake | Road 1230 | 0.5 | Easy trail for children |
| 606 | Baker River | Road 1168 | 3.0 | Old-growth river walk enters National Park, |
| 610 | East Bank | Road 1107 | 14.0 | Moderate trail, steep side slope; stock year-round |
| 611 | Watson Lakes | Rd 1107-022 | 2.5 | Wilderness, no fires, camp at designated sites |
| 611 | Anderson Lakes | Rd 1107-022 | 2.5 | Non-wilderness |
| 623 | Shadow of Sentinels | Baker Lk. Rd. | 0.5 | Accessible, self-guided wayside exhibits |
| **State Route 20** | | | | |
| 613 | Sauk Mountain | Road 1030 | 2.1 | Steep side slopes, great views, wildflowers |

## Mt. Baker National Recreation Area

**8,600 Acres; established 1984**

Hikers and stock parties access the Mt. Baker National Recreation Area at the end of Forest Road 13 or on the Mt. Baker Wilderness trails in the Middle Fork and South Fork Nooksack river drainage.

Trails are open to stock parties from August 1 to November 1. Visitors are urged to stay on designated trails and respect trail closure signs. Overnight campers must camp at designated sites established for their use. No campfires are allowed in the Mt. Baker National Recreation Area. In winter, recreationists snowmobile, nordic ski and snowshoe.

Please ask for detailed information on designated campsites and trail systems at the district office in Sedro-Woolley.

## Trail Park Pass, Heather Meadows Fee Info

The Mt. Baker Ranger District is participating in a three year Recreation Fee Demonstration Project. Trail parking passes are required at trailheads and at Heather Meadows.

The **Regional Trail Park Pass** program has been adopted on national forest lands in Washington, Oregon and parts of Idaho. Trail Park Passes are available as a $3 one day pass or a $25 annual pass at all Forest Service offices and selected local vendors.

The **Heather Meadows Pass,** required for parking in the area, costs $15 for a seasonal pass or $5 for a daily pass, good for three consecutive days. Motorcycles as well as Golden Age and Golden Access cardholders enter the area for half-price. Heather Meadows honors Golden Eagle Passports and any other National Forest Annual Pass including the annual Trail Park Pass.

*For more information on the various Fee Demonstration Programs contact your nearest Forest Service Office. A listing of area offices with telephone numbers is located on the back page of this publication.*

NOTE: The Okanogan National Forest on the east side of the scenic State Route 20 accepts the Regional Trail Park Pass at trailheads but requires a separate pass for overnight use in specific areas. For further information on the Okanogan National Forest program, call (509) 996-4000.

The Trail Park Pass is not required for trailheads within the boundaries of the North Cascades National Park Service Complex.

*glacier lily*

# Explore the North Cascades Highway:

## 1 Baker Lake Milepost 82 (off State Route 20)

Nine-mile-long recreational reservoir. Developed campgrounds accessed off the Baker Lake Highway. Maple Grove Campground on the lake's eastern shore is accessed by boaters or hikers along the East Bank Trail.
**Baker Lake Resort:** 1-(888) 711-3033. Store, camping, cabins, and boat rentals.

## 2 Mt. Baker National Recreation Area M.P. 82

Access via Forest Roads 12 and 13 off Baker Lake Highway.
**Mt. Baker NRA** trailhead camp available for one night, for horse users (after August 1), and for hikers.

## 3 Rockport M.P. 96-98

**Sauk Mt. Trail** access off Forest Roads 1030 and 1036. Switchbacks up south-facing slope to mountain ridge-top. Panoramic view.
**Rockport State Park:** Skagit View and Sauk Springs Trails loop south of SR 20 at Rockport State Park; five more trail miles circle park.
**Howard Miller Steelhead Park:** Located at Rockport along the Skagit River. Eagle viewing in winter, (360) 853-8808.

### Skagit Wild and Scenic River System

Segments of the Skagit, Sauk, Suiattle, and Cascade Rivers. Spawning salmon attract many wintering bald eagles.

## 4 Marblemount M.P. 106

**Wilderness Information Center** (one mile north of SR 20 on Ranger Station Road) and **North Cascades National Park Backcountry Permits, (360) 873-4500.** Permits are free; available in person only.

### Cascade River Road

Cross bridge over Skagit River at east end of town. Rough gravel road leads through National Forest to Cascade Pass trailhead in North Cascades National Park.

## 5 Ross Lake National Recreation Area M.P 112

117,574 acres; administered by North Cascades National Park Service Complex *(see pages 12-13).*
**Thornton Lakes Road/Trail:** access 4.7 miles up windy, gravel road *(see trail chart on page 13 for details).*
**Goodell Creek Campground:** Rustic sites along Skagit River; open all year, but without water and services in winter; $7. Raft launch.

## 6 Newhalem M.P. 120

**Newhalem Creek Campground** — Open May to September; $10.
**Newhalem Area Trails —** Rock Shelter, To Know a Tree, River Loop, Trail of the Cedars, and Sterling Munro.
**North Cascades Visitor Center** — Interpretive programs, books, and maps. Open daily mid-April through October; winter weekends.
**Skagit General Store** — Supplies and souvenirs.
**Ladder Creek Falls —** Located behind Gorge Power House. Loop trail through flower gardens and pools; lit at night.
**Gorge Creek Falls —** 242-foot waterfall three miles east of town.

## 7 Diablo M.P. 126

Seattle City Light tours of **Ross and Diablo Dams**. Informative presentation, boat trip, and dinner. Summer Thursday through Monday only. Fall weekend tours. Museum and snack bar at tour office (206) 684-3030.
**Sourdough Trail:** Strenuous five mile hike up Sourdough Mountain.

## 8 Colonial Creek Campground M.P. 130

**Campground** on Diablo Lake. $10 fee from early May to October.

## 9 Diablo and Ross Lake Overlooks

**Diablo Lake Overlook —** Spectacular views and detailed geology exhibit.
**Ross Dam Trailhead and Happy Creek Forest Walk.**
**Ross Lake Resort —** (206) 386-4437. Floating cabins, boat rentals, portage service and water taxi.

## 10 East Bank Trailhead M.P. 138

Panther Creek Trail, East Bank Trail and Ruby Creek Trails converge near here.

## 11 Rainy Pass Picnic Area M.P. 158

One-mile accessible paved trail leads to **Rainy Lake**, waterfall and glacier view platform. Longer hikes to **Lake Ann** (2 miles) or around **Maple Pass** loop (7.5 miles). Not snow-free until late July.

## 12 Washington Pass M.P. 162

Restroom facilities and accessible viewpoint trail open in July.

## 13 Upper Methow Valley M.P. 180

**Mazama turnoff to Hart's Pass** (22 miles); reaches highest point accessible by vehicles in Washington State (closed to trailers).
**Methow Valley Visitor Center M.P. 192**



# Your Map & Camping Guide to State Route 20

## Accessibility Opportunities for All

The National Park and Forest Services have been working hard to make recreational facilities available to everyone. Barrier-free trails, campsites, viewpoints, restrooms, and visitor information centers, are being continually upgraded for accessibility throughout the North Cascades.

Accessible restrooms are available at all visitor information stations and most campgrounds. Several trails adjacent to each highway route are either boardwalked or surfaced for wheelchairs and strollers as well as for individuals who have difficulty walking long distances.

### Highlights of the Scenic Highway:

Near milepost 120, don't miss the viewpoint trail at North Cascades Visitor Center or newly opened Newhalem Rock Shelter Trail. Check out the accessible trails at Rainy and Washington Passes, which offer spectacular views.

## Car Camping in the North Cascades

Many public campgrounds in the North Cascades are accessible by road. Most sites are filled on a first-come, first-served basis. Some private campgrounds and resorts provide cabins and showers.

Free campgrounds are primitive, requiring that you bring your own water and pack out garbage.

Some National Park campgrounds offer ranger/naturalist programs.

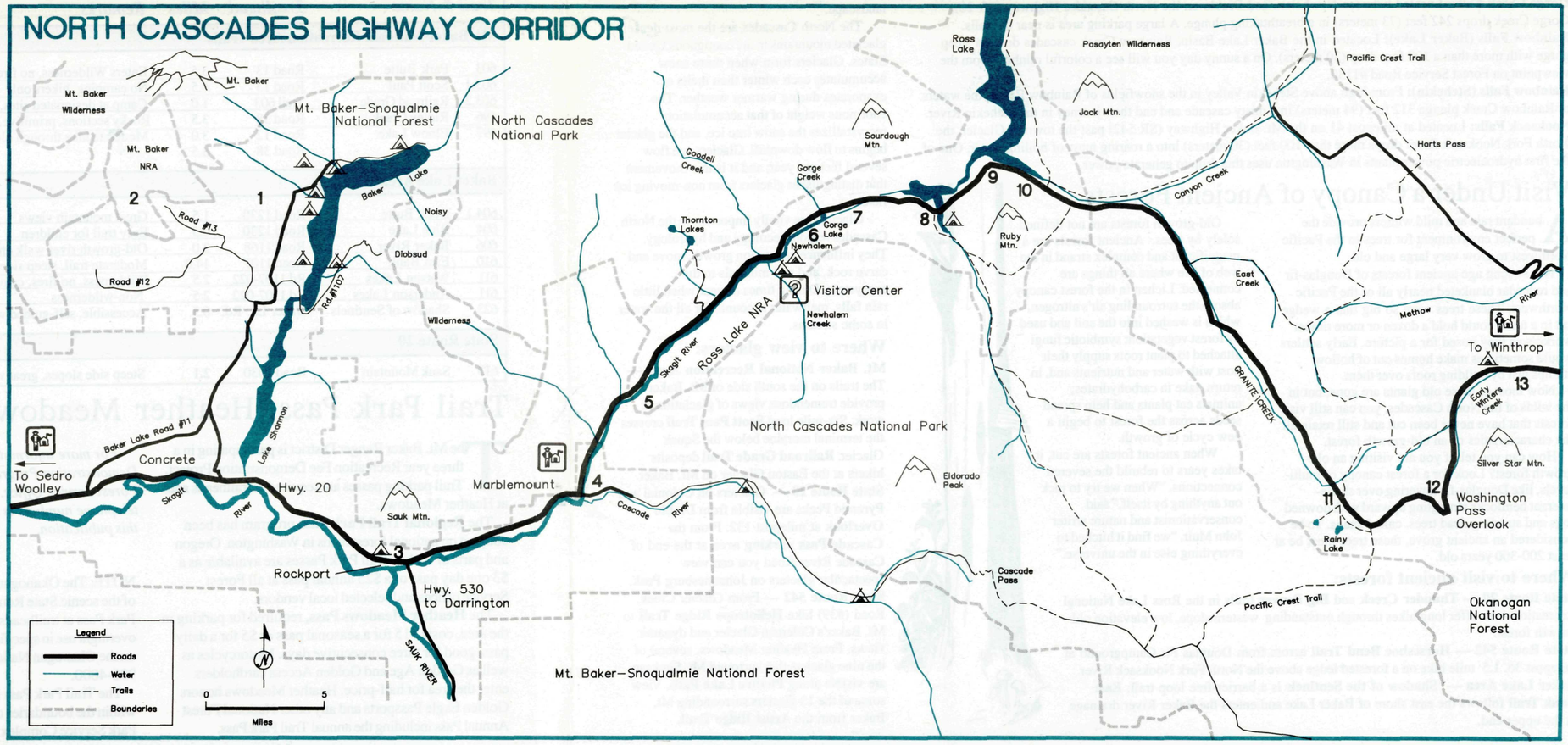
Reservations are taken at most National Forest campgrounds; call 1-800-280-CAMP for details. Call Sedro-Woolley (360-856-5700) to inquire about National Park and National Forest group camp reservations.

**Camping Map Legend:**

| | |
|---|---|
| FS | = Forest Service |
| SP | = WA State Park |
| P | = Puget Power |
| NP | = National Park Service |
| CP | = County Park |

| Location | Campground | Managed By | User Fee | Accessible Facilities | Drinking Water | Flush Toilets | Vault Toilets | Garbage Facilities | Boat Ramp | Hiking Trail | Fishing | Dump Stations | Hook-ups Available | * = Number of Campsites |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Hwy 542 | Douglas Fir | FS | ● | | ● | | | ● | ● | | ● | ● | | 30 |
| | Silver Fir | FS | ● | | ● | | | ● | ● | | | ● | | 21 |
| Baker Lake Road MP.14–MP.23 | Kulshan | P | ● | ● | ● | ● | | | ● | ● | | | ● | 79* |
| | Horseshoe Cove | FS | ● | ● | ● | ● | | ● | ● | ● | | | ● | 34 |
| | Panorama Point | FS | ● | | ● | | | ● | ● | ● | | ● | | 16 |
| | Boulder Creek | FS | ● | | | | | ● | ● | | | | | 10 |
| | Park Creek | FS | ● | | | | | ● | ● | | | ● | | 12 |
| | Shannon Creek | FS | ● | | ● | | | ● | ● | ● | | ● | | 20 |
| Hwy 20 MP.81–MP.180 | Rasar State Park | SP | ● | ● | ● | ● | | | ● | | ● | ● | ● | 38* |
| | Rockport State Park | SP | ● | ● | ● | ● | | | ● | | ● | | ● | 62* |
| | Steelhead Park | CP | ● | ● | ● | ● | | | ● | ● | | ● | ● | 59* |
| | Goodell Creek | NP | ● | | ● | | | ● | ● | | | ● | | 21 |
| | Newhalem Creek | NP | ● | ● | ● | ● | | | ● | | ● | ● | ● | 107 |
| | Colonial Creek | NP | ● | ● | ● | ● | | | ● | ● | ● | ● | ● | 162 |
| | Lone Fir | FS | ● | ● | ● | | | ● | ● | | ● | | | 27 |
| | Klipchuck | FS | ● | ● | ● | | | ● | ● | | ● | | | 46 |
| | Early Winters | FS | ● | ● | ● | | | ● | ● | | | | | 13 |
| Cascade River Rd | Marble Creek | FS | | | | | | ● | | | | ● | | 24 |
| | Mineral Park | FS | | | | | | ● | | | | | | 4 |
| Via B.C. | Hozomeen | NP | | | ● | | | ● | | ● | ● | ● | | 122 |

*For trails information along State Route 20, please see chart on pages 7 and 12.*



# Wilderness: A Treasured Natural Resource

The Mt. Baker Ranger District joins North Cascades National Park in celebrating the 10th Anniversary of the Washington Park Wilderness Act by recognizing the significance of designated Wilderness as a national treasure and enduring resource. National Forest wilderness areas on the Mt.Baker Ranger District include the 117,900 Mt. Baker Wilderness and 14,300 acre Noisy-Diobsud Wilderness and part of the Glacier Peak Wilderness.

The Mt. Baker Wilderness and the Noisy-Diobsud were established in 1984 by the Washington State Wilderness Act. Old growth forests, subalpine meadows, lakes, mountain streams and glaciated peaks dominate their landscape. An incredible diversity of life exists here, hanging in the balance of present and future public use.

The Forest Service and the National Park Service face the challenge of providing for human values and benefits while preserving the wilderness character. These lands represent opportunities for recreational use, scientific study and education. Natural processes are allowed to operate freely within Wilderness in order to ensure their continued integrity.

The Mt. Baker Wilderness offers recreationists the opportunity to mountain climb, hike, ride stock, and experience subalpine environments. Trails are relatively short in distance allowing travel through forested slopes to scenic ridgelines and alpine lakes. In comparison, the Noisy-Diobsud Wilderness has only one access trail leading to Watson Lakes. Opportunities exist beyond this access for the more experienced backcountry traveler. The larger Glacier Peak Wilderness has a more extensive trail system offering recreationists the opportunity for longer Wilderness trips.

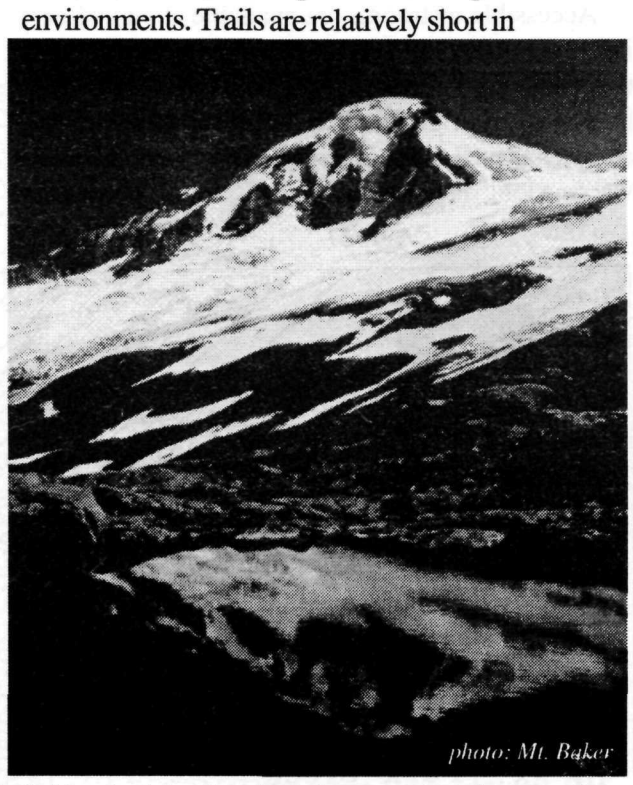


photo: Mt. Baker

*A thing is right when it tends to preserve the integrity, stability, and beauty of the biotic community. It is wrong when it tends otherwise.* --Aldo Leopold, A Sand County Almanac (1949)

Visitors can help preserve these national treasures by following rules and regulations established for protection of the Wilderness resource.

Learning and practicing Leave No Trace (LNT) principles can enhance a Wilderness experience as well as help preserve the resource. LNT skills and ethics promote practical application of trip planning, travel and camping techniques, pack-it-in, pack-it-out litter control, and proper waste management.

*For more information please feel free to contact the Forest Service or call 1-800-332-4100 for Leave No Trace information and materials.*

# Discover the Wonder of Waterfalls

Water is the essence of the North Cascades. It falls from the sky. Water melts off of glaciers, rages in rivers and — most dramatically — plunges from high places in spectacular waterfalls, abundant in these mountains.

**Where to discover waterfalls:** *(see map on pages 8-9)*

**Ladder Creek:** Located at milepost 121 on the North Cascades Highway (SR 20) behind the Gorge Powerhouse in upper Newhalem. Cross a suspension bridge to the powerhouse then follow signs.The trail's .4-mile loop (.6 km) takes you to beautiful pools, falls, and flower gardens. The trail includes some steep steps and handrails. Flashlights are advisable at night.

**Gorge Creek Falls:** Located between Newhalem and Diablo on the North Cascades Highway (SR 20), Gorge Creek drops 242 feet (73 meters) in a breathtaking plunge. A large parking area is near the falls.

**Rainbow Falls (Baker Lake):** Located in the Baker Lake Basin, Rainbow Creek cascades down a steep gorge with more than a 100 foot drop (30 meters). On a sunny day you will see a colorful rainbow from the viewpoint on Forest Service Road #1130.

**Rainbow Falls (Stehekin):** From high above Stehekin Valley in the snowfields of Rainbow Ridge, the waters of Rainbow Creek plunge 312 feet (94 meters) in a misty cascade and end their journey in the Stehekin River.

**Nooksack Falls:** Located at milepost 41 on the Mt. Baker Highway (SR 542) past the town of Glacier, the North Fork Nooksack River drops more than 100 feet (30 meters) into a roaring mass of boiling water. One of the first hydroelectric power plants in Washington uses this drop to generate power.

# Visit Under a Canopy of Ancient Forests

Abundant rain and mild winters provide the perfect environment for trees in the Pacific Northwest to grow very large and old.

Not so long ago ancient forests of Douglas-fir and redcedar blanketed nearly all of the Pacific Northwest. These trees were so big that a wedge cut in a trunk could hold a dozen or more timber workers as they posed for a picture. Early settlers would sometimes make homes out of hollow stumps just by building roofs over them.

Now most of these old giants are gone, but in the wilds of the North Cascades, you can still visit forests that have never been cut and still retain all the characteristics of an old-growth forest.

How can you tell if you are visiting an old-growth forest? Look for a forest canopy of multi-levels, like Douglas-fir towering over shade-tolerant hemlocks struggling upward with downed logs and standing dead trees, called snags. To be considered an ancient grove, these trees must be at least 200-300 years old.

Old-growth forests are not defined solely by trees. Ancient forests are a magnificent and complex strand in the web of life where all things are connected. Lichen in the forest canopy absorb the surrounding air's nitrogen, which is washed into the soil and used by forest vegetation; symbiotic fungi attached to plant roots supply their host with water and nutrients and, in return, take in carbohydrates; animals eat plants and help spread seeds across the forest to begin a new cycle of growth.

When ancient forests are cut, it takes years to rebuild the severed connections. "When we try to pick out anything by itself," said conservationist and nature writer John Muir, "we find it hitched to everything else in the universe."

**Where to visit ancient forests:**

**State Route 20 — Thunder Creek** and **Big Beaver** trails in the Ross Lake National Recreation Area offer long hikes through outstanding western slope, low elevation old-growth forest.

**State Route 542 — Horseshoe Bend Trail** across from Douglas Fir Campground at milepost 36. 1.5 mile hike on a forested ledge above the North Fork Nooksack River.

**Baker Lake Area — Shadow of the Sentinels** is a barrier-free loop trail; **East Bank Trail** follows the east shore of Baker Lake and enters the Baker River drainage at the upper end.

# Enjoy the Slow Flow of Cool Glaciers

When the last ice age climaxed about 14,000 years ago a continental ice sheet nearly a mile thick covered most areas of the North Cascades. The alpine glaciers you see today are comparatively young, but they continue to grind, sculpt and reshape the landscape.

The North Cascades are the most densely glaciated mountains in the contiguous United States. Glaciers form when more snow accumulates each winter than melts or evaporates during warmer weather. The enormous weight of that accumulation recrystallizes the snow into ice, and the glacier begins to flow downhill. Glaciers can flow several feet per year, and it is this movement that distinguishes glaciers from non-moving ice fields.

Glaciers are vitally important to the North Cascades region's ecology and hydrology. They influence vegetation growth, move and carve rock, and add minerals to the ecosystem. During times of year when little rain falls, meltwater accounts for all the water in some streams.

**Where to view glaciers:**

**Mt. Baker National Recreation Area —** The trails on the south side of Mt. Baker provide tremendous views of glaciation at work. Six-mile long **Scott Paul Trail** crosses the terminal moraine below the Squak Glacier. **Railroad Grade Trail** deposits hikers at the Easton Glacier on Mt. Baker.

**State Route 20 —** Glaciers on Colonial and Pyramid Peaks are visible from **Diablo Overlook** at milepost 132. From the **Cascade Pass parking area** at the end of Cascade River Road you can view spectacular glaciers on Johannesburg Peak.

**State Route 542** — From Glacier Creek Road (#39) hike **Heliotrope Ridge Trail** to Mt. Baker's Coleman Glacier and dynamic views. From Heather Meadows, several of the nine glaciers that surround Mt. Shuksan are visible along **Picture Lake Path.** View some of the 13 glaciers surrounding Mt. Baker from the **Artist Ridge Trail.**

# North Cascades National Park: Discover the Essence

To discover the special qualities of the North Cascades National Park, which celebrates its 30th anniversary this year, is to uncover a treasure chest of countless stories.

Years ago, would you have had the spirit to spend days finding simple treasures like food, gold or chert for arrowheads? Many people have walked these paths before you for as many different reasons. Preserved in these lands are clues to our future in a wealth of stories of the past.

Your adventure begins with a story about wilderness. You will find that 93 percent of the 684,000-acre park is designated Wilderness (see related article on page 1). The land has been preserved for you to explore, enjoy and experience the gift of solitude.

Wilderness lands surround the park and provide a cushion of habitat for wildlife like the grizzly bear that need large tracts of land to survive. These remote lands offer sanctuary for numerous rare and sensitive plants and animals.

Reach around you and down for a tale about diversity. Touch the corky bark of an old-growth tree or smell the musty aroma of the moss-covered soil around its roots.

Park biologists found more than 300 species of beetles in the Big Beaver Valley. Seventy-five mammal species and at least 200 bird species inhabit the park. More than 1,700 flowering plant species live amid the wet westerly winds and dry eastern slopes of the North Cascades. With a variety of climates and great vertical heights, the park preserves some of the most diverse life systems in the northern latitudes.

Look about you and up for the epic about glaciers. Do you see the jagged snow-covered peaks scraping the sky? Glaciers, thick sheets of moving ice, shaped the mountains and valleys and still sculpt the land today.

*photo: Cascade Pass*

*Breath-taking views, like the one from Cascade Pass shown here, draw visitors to the North Cascades National Park, established Oct. 2, 1968.*

Archeological finds tell us that human habitation followed receding glaciers of the last ice age. North Cascades glaciers supply water for fish, wildlife, plants and people in the Puget Sound Region.

Now listen for a memoir about falling water. Can you hear the sound that suggests the name of these mountains? Melt water dripping from glaciers collects and then cascades into alpine lakes and thunders through gorges and into river valleys.

Lakes and streams within the North Cascades provide abundant habitats for wildlife, settings for outdoor recreation and sites for three dams.

Water has provided pathways into the mountains for Native People for at least eight thousand years. Native People pioneered the mountain trails of today along with trappers, prospectors, engineers, loggers and settlers in the last century.

Take time to think of the stories of those who came before you. Imagine, believe and discover, then tell your own story of the essence of the North Cascades.

*Please ask a park employee for information about a safe and enjoyable stay in the North Cascades. We appreciate your help and ideas in protecting some of the grandest national treasures.*

## *Ten Wild Years,* *continued from page 1*

Protection of Washington's crown jewels began with the establishment of Mount Rainier National Park in 1899, Olympic National Park in 1938, and the North Cascades National Park Service Complex in 1968. But concern remained that national park status would not fully secure preservation of these parks' pristine areas.

***This year we celebrate the 10th anniversary of the passage of the Washington Park Wilderness Act.***

In March 1988, Senators Dan Evans and Brock Adams and Congressman Rod Chandler introduced legislation to designate a total of 1.7 million acres of wilderness within the three parks. Evans stated before the Senate that "we want the national parks in Washington to remain wilderness parks. This bill would prevent development from encroaching further into the wilderness areas of the parks."

On November 16, 1988, President Reagan signed the legislation into law, establishing for present and future generations the **Mount Rainier Wilderness, North Cascades Stephen Mather Wilderness**, and **Olympic Wilderness**. This year we celebrate the 10th anniversary of the passage of the ***Washington Park Wilderness Act*** and the preservation of more than 90 percent of each of Washington's three national parks.

It is difficult to anticipate changes that will occur in western Washington over the next several decades years. This area's population is likely to grow exponentially, resulting in unprecedented pressures on wilderness.

Park staff and visitors will continue to work together to ensure minimum impact wilderness use. Resource education, backcountry permit quotas, and revegetation will remain high priorities into the next century. Only with judicious management and a deep respect for our wilderness heritage will this remnant of primeval America endure for centuries, and beyond.

# Walk on the Wild Side!

## Multi-day Backpacking Hikes in the North Cascades

Day hikes are a great way to see the North Cascades, but there is nothing like a multi-day trip to really experience wilderness.

Below are several ideas for hikes you may want to try (backcountry permits required).

Two excellent trail books, *Popular Trails* and *Backpacking From Stehekin,* list dozens of other long hikes in the North Cascades. Both are available at all ranger stations.

### McAlester Pass — Rainbow Lake Loop (via Bridge Creek - Pacific Crest Trail)

*Loop trip*: 25.5 miles (41 km)
*Hiking time*: 3 days
*High Point*: 6,500 feet (1,950 m)–McAlester Pass
*Snow free*: Mid-July to October

Crossing Rainbow Creek and a late-melting snowfield are among the challenges on this hike. Following the Pacific Crest Trail south allows access to several possible loop hikes; other options along this hike include McAlester and Rainbow Lakes.

### Hannegan Pass — Ross Lake

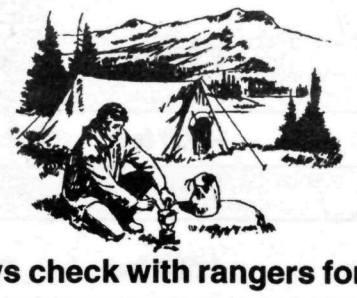
*One-way trip*: 46 miles (74 km)
*Hiking time*: 5 - 6 days
*High Point*: 5,206 feet (1,562 m)–Whatcom Pass
*Snow free*: Mid-July to October

On day 3 of this hike you can take a worthwhile side trip to one of the most scenic areas at this elevation in the park. Wildflowers, views of glaciers and about a dozen waterfalls are all part of the upper Little Beaver Valley around Twin Rocks Camp.

### Colonial Creek Campground — Stehekin Valley

*One-way trip*: 29.4 miles (47 km)
*Hiking time*: 3 days
*High Point*: 6,040 feet (1,812 m)–Park Creek Pass
*Snow free*: Late-July to September

The first 10 (16 km) miles wind through spectacular old growth forest. Terrific views of glaciers and the national park at the upper end of the Thunder Creek Valley. This valley drains 10 percent of all the glaciers in the contiguous United States.



**Always check with rangers for detailed hiking information and current conditions.**

# Ross Lake National Recreation Area

Thirty miles of State Route 20 access Ross Lake National Recreation Area, offering much of the region's camping, hiking and boating opportunities.

Three reservoirs provide power for Seattle City Light and recreational activities for visitors. The three dams vary in height: Gorge – 300 feet, Diablo – 389 feet, and Ross – 540 feet, with corresponding differences in lake size.

**Diablo Lake's** name is adopted from a Chinook word influenced by early Spanish explorers meaning "devil." Diablo Lake is open year round to fishing and boating. Camping and boat landing is available at Colonial Creek Campground or by backcountry permit *(see page 2)* at three boat-in sites.

*American dipper*

The uniquely-colored waters of Diablo Lake are due to the high concentration of glaciers upstream. The glaciers grind rock into a fine powder that stays suspended in the lake. Light reflecting off those rock particles causes the intense turquoise lake color. Thunder Creek is the major stream contributing glacial sediment to the lake.

**Ross Lake** is the largest of three reservoirs created by the impounded waters of the upper Skagit River. Ross Lake winds and twists almost 25 miles from the dam north to the Canadian border at Hozomeen. Access to the dam and lake from the south is limited to trail and water routes.

Diablo Lake, Ross Dam, and East Bank trails provide access for hikers from trailheads off State Route 20. Ross Lake Resort, (206) 386-4437, has cabins and small rental boats and provides portage over the dam and water-taxi service for trailheads and remote backcountry campsites, which require free permits.

Fluctuating water levels and seasonal snowpack dictate accessibility. The only road and boat ramp are at the north end of Ross Lake. Vehicle access and boat launching are possible by traveling the 40-mile gravel Silver-Skagit Road south of Hope, British Columbia. Hozomeen Campground is primitive, and it is necessary to pack out all litter and refuse. Ross Lake's limited access helps protect the pristine quality of the lake and its environment.

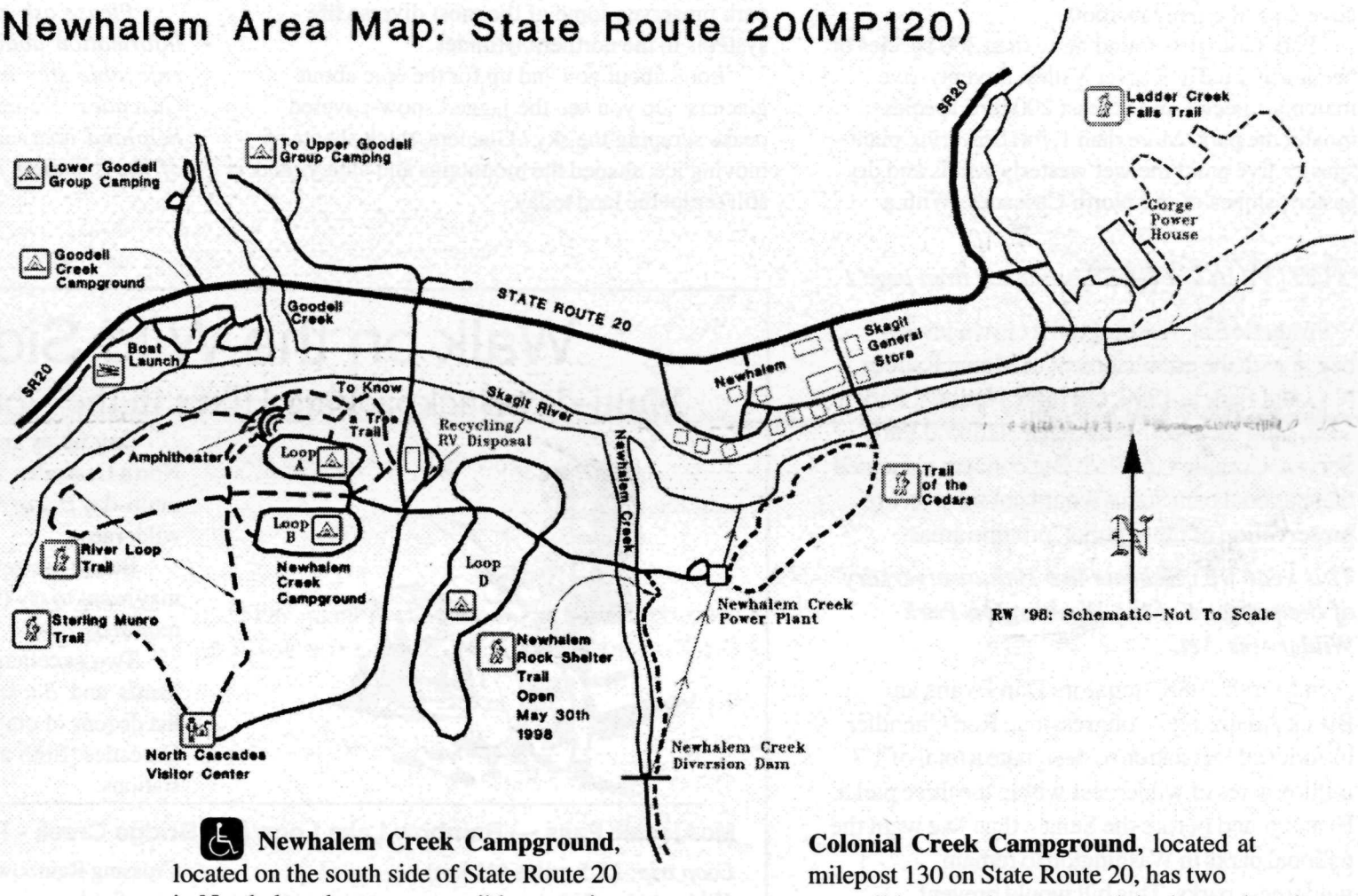
Ross Lake has a quality sport fishery of naturally reproducing trout that opens for fishing July 1 each year. The catch limit is three rainbow trout (13 inch minimum) per day. No bait or barbed hooks are allowed. If bull trout and Dolly Varden are hooked, they must be carefully and immediately released. A Washington State fishing license is required.

Ross Lake's natural fishery is unique, since the pressures of over-fishing have made stocking other lakes and creeks with hatchery fish necessary. Natural spawning occurs in the Skagit River above Ross Lake and in the tributary streams like Big Beaver, Lightning, Roland, Dry, and Ruby Creeks. All of Ruby Creek and 1/4 mile upstream from the mouth of Big Beaver are closed to fishing. All other tributaries are closed for one mile upstream.

**The North Cascades Visitor Center,** near Newhalem, interprets the North Cascades wilderness through exhibits and theater programs. Models, photographs, and videos demonstrate the variety of plants and animals of the mountain lifezones (*see page 4-5 for related article*). Wall maps and the relief model at the center of the lobby provides information about the region's geology.

Explore both the natural and human history of the area on trails near the visitor center. The new **Rock Shelter** trail highlights Native American life. **To Know a Tree** and **River Loop** trails allow you to examine the varied habitats along the Skagit River. Check with rangers about local hikes and programs.

## Newhalem Area Map: State Route 20(MP120)




**Newhalem Creek Campground**, located on the south side of State Route 20 in Newhalem, has one accessible campsite in each of the campground's three loops.

**Colonial Creek Campground**, located at milepost 130 on State Route 20, has two accessible campsites, one each in the north and south units.

| State Route 20 Trails | StateRoute 20 Milepost | Distance (Round-trip) | Elevation Gain | Difficulty | Remarks |
|---|---|---|---|---|---|
| **Thornton Lakes** | 117 | 10.4 miles | 2,300 feet | moderate | Long day hike; permit needed for overnight backcountry camping |
| **Sterling Munro** | 120 | 660 feet | level | very easy | Boardwalk; view into the Picket Range; universally accessible |
| **River Loop** | 120 | 1.8 miles | 50 feet | easy | Forested walk to river; accessible |
| **Rock Shelter** | 120 | .3 miles | 30 feet | easy | Accessible boardwalk to campsite used thousands of years ago by native peoples |
| **Pyramid Lake** | 127 | 4.2 miles | 1,500 feet | moderate | Steep forest; stream; small lake |
| **Diablo Lake** | 128 | 7.6 miles | 400 feet | easy | Trailhead across Diablo Dam |
| **Thunder Creek** | 130 | 1.6 - 38 miles | 6,300 feet | easy-difficult | Easy 1.6 miles round-trip to suspension bridge; permit needed for overnight backcountry camping |
| **Fourth of July Pass/ Panther Creek** | 130 138 | 10 miles | 2,900 feet | moderate | Access trail by hiking 1.8 miles up Thunder Creek Trail; steep to pass; permit needed for overnight backcountry camping |
| **Ross Dam** | 134 | 1.5 miles | - 500 feet | easy | Short, steep trail from State Route 20 to dam |
| **Happy Creek Forest Walk** | 134.5 | .3 miles | level | very easy | Accessible |
| **East Bank** | 138 | .5 - 34 miles | 1,500 feet | easy | Trail east (Canyon Creek) or west (Ross Lake); permit needed for overnight backcountry camping |

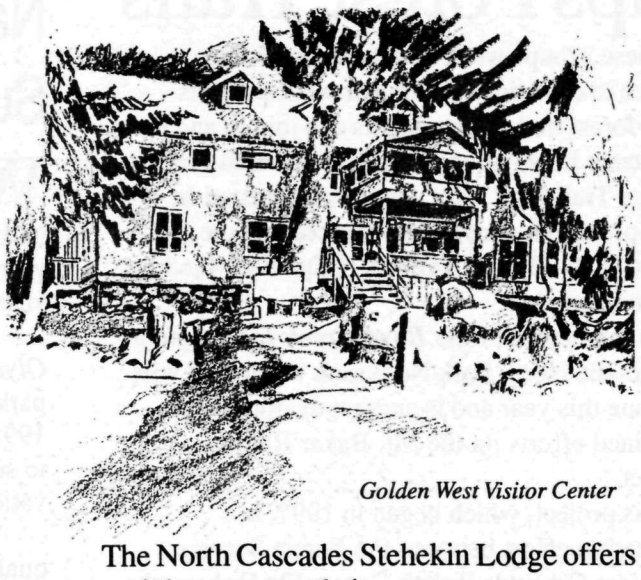
# Lake Chelan National Recreation Area

Stehekin, in the heart of Lake Chelan National Recreation Area, is a remote community situated along the lower few miles of the Stehekin River. It is a small community with no road connections to the rest of the world, making it a pleasant escape from life's frantic pace.

Visitors and residents arrive by passenger ferry or private boat, hiking, horseback, or float plane. Boaters using docks on Lake Chelan need to purchase a **dock site pass** to utilize any of the 16 public docks provided there. A $5 daily or $40 season pass is available to help defray dock and lakeside campground maintenance expenses.

When you arrive at Stehekin, come to the National Park Service's Golden West Visitor Center for information.

In the Golden West Gallery, the Arts and Humanities of Stehekin presents arts, crafts and programs by local and regional artists. Shows change every three weeks from May through October.



*Golden West Visitor Center*

The North Cascades Stehekin Lodge offers overnight accommodations, a restaurant, store, gasoline, boat moorage (not covered by docksite pass), bus tours and bicycle and boat rentals at Stehekin Landing.

Other businesses provide services during the summer season, including transportation, day and overnight horseback trips into the wilderness, bicycle rentals, and guided raft trips down the Stehekin River. Several businesses provide food and overnight accommodations on private property in the Stehekin Valley.

Trailheads and campgrounds along the Stehekin Valley Road can be accessed by National Park Service and private shuttle buses. The date for opening this road from High Bridge to Bridge Creek is June 19, but by July 17 the National Park Service hopes to run the shuttle service to Flat Creek. Currently, the 2.7-mile section of road between Flat Creek and Cottonwood Campground is closed due to severe flooding during fall 1995. Hikers, horseback riders and bicyclists will be able to reach Cottonwood Camp at the road's end, and motorcyclists will be able to go as far as Flat Creek.

During the summer season the lodge operates a tour bus to beautiful Rainbow Falls. The tour bus leaves from the Landing just after the boat arrives and returns approximately one hour before it departs.

## What to do when visiting Stehekin

*Shuttle bus at Car Wash Falls*

### Hour Stay

- Visit Golden West Visitor Center, which has exhibits, an art gallery, programs, books and naturalist talks.
- Learn about homesteading along the McKellar Cabin Trail. Allow 15 minutes walking time.

### Three-Hour Stay

- Walk the Imus Creek Nature Trail, a 3/4 mile self-guided loop with views that starts at Golden West Visitor Center.
- Pedal a bike 3.5 miles to Rainbow Falls, Old School and Buckner Orchard.

### Whole Day

- Take the shuttle bus and narrated tour up valley.
- Stroll down the Lakeshore Trail with a picnic lunch.

### Overnight

- Ride a bus to a trailhead and day-hike or backpack one of the many trails listed below.
- Attend a naturalist program at the Golden West Visitor Center. Check at the front door for program schedule.

## Creatures of Habitat

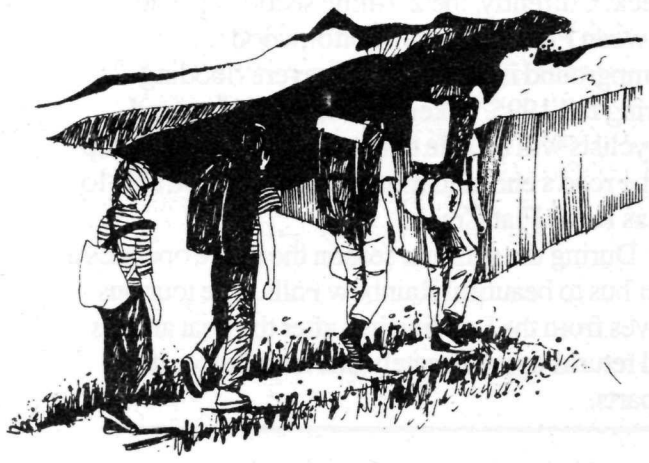
**Beavers** chew down **cottonwood, willow** and **aspen trees**, which grow by slow-moving streams in the **river valley lifezone** *(see related article pages 4-5)*. The beaver uses the wood as food, to build its shelter and to file down its sharp front teeth, which grow continually like your fingernails.

Beavers, the largest North American rodent, can chew bark off wood underwater without drowning, thanks to watertight closures behind their incisors and epiglottis.

| Stehekin Trails | Trailhead from Landing | Distance (One Way) | Elevation Gain | Difficulty | Remarks |
|---|---|---|---|---|---|
| **Lakeshore** | Golden West Visitor Center | 17.2 miles | 500 feet | moderate | Trail follows north shore of Lake Chelan with scenic views of the lake |
| **Purple Creek** | Golden West Visitor Center | 7.5 miles | 5,700 feet | strenuous | Hike an additional 1/2 mile to Boulder Butte for a panoramic view |
| **Rainbow Loop** | 2.6 miles | 4.4 miles | 1,000 feet | moderate | Bluffs overlooking Stehekin Valley and Lake Chelan |
| **Stehekin River** | 4.4 miles at Harlequin campground | 4 miles | level | easy | Trail follows river. Beaver ponds; birds; fishing holes |
| **Coon Lake** | 11.1 miles at High Bridge | 1.2 miles | 600 feet | moderate | Coon Lake is an excellent place for watching birds |
| **McGregor Mountain** | 11.1 miles at High Bridge | 7.7 miles | 6,525 feet | very strenuous | Steep hike to excellent views. Check at Golden West Visitor Center for route |
| **Agnes Gorge** | 11.3 miles | 2.5 miles | 400 feet | easy | Excellent views of Agnes Mountain |
| **Bridge Creek** | 15.9 miles | 14.3 miles | 2,600 feet | moderate | Pacific Crest Trail heading north |
| **Goode Ridge Lookout** | 16.1 miles | 5 miles | 4,800 feet | strenuous | Trail ends at old fire lookout with a panoramic view |
| **Cascade Pass** | 20.1 miles | 8.1 miles | 3,000 feet | moderate | Well-used trail through talus slopes and wooded ridge to Cascade Pass |
| **Horseshoe Basin** | 20.1 miles | 6.6 miles | 2,000 feet | moderate | More than 13 waterfalls cascade from snow-fields or cliff-rigged cirque. Evidence of mining history, including Black Warrior Mine. |

# Volunteer Service Helps Forest Trails

As visitation to the National Forests rises maintenance needs on the Mt. Baker Ranger District often exceed the agency's resources. Combined efforts between the Forest Service, private individuals and organizations like Washington Trails Association (WTA) and Volunteers for Outdoor Washington (VOW) have moved forward to protect trails, promote education and enhance recreational opportunities.



These groups work alongside the Forest Service to coordinate volunteer work projects along forest trails. Participants can join in and earn volunteers hours good towards a seasonal Forest Service Trail Park Pass. Persons interested in these programs are welcome to contact the WTA at (206) 625-1367 or VOW at (206) 545-4868 for more information.

Construction of the ***Boyd Creek Interpretive Trail*** in the North Fork Nooksack watershed will continue this year and is another example of combined efforts on the Mt. Baker Ranger District.

This project, which began in 1997, is a partnership effort between the Forest Service, Whatcom County's Fourth Corner Fly Fishers, the U.S. Fish and Wildlife Service, the Nooksack Tribe and others. When complete, the 0.2 mile self-guided interpretive trail will offer visitors a unique opportunity to observe a successful fish habitat improvement project and learn about the life cycles of fish that inhabit Boyd Creek.

# Skagit River Education Gains Momentum

Effective management of the Skagit Wild & Scenic River System depends on cooperative stewardship of the outstandingly remarkable values recognized in its designation. Local communities, private individuals, the Forest Service and North Cascades Institute (NCI) work together to protect, maintain, and restore these values. The crux of these efforts are focused on education.

Organized activities associated with North Cascades Institute's *Skagit Watershed Education Project* explore the river as a whole system with an emphasis on the relationship between healthy watershed and fisheries populations. The *Eagle Watcher* program coordinated by the Forest Service and NCI trains volunteers to provide bald eagle information to visitors during winter months along the Skagit.

Offshoots to these two established programs are efforts focused on river monitoring by a new cadre of volunteers called the *Skagit Stewards* and interpretive planning for the river system begun this year.

For more information, please feel free to contact Skagit Wild & Scenic River Manager, Jim Chu at the Mt. Baker Ranger District.

# Ross Lake Enhancements Underway

Visitors and the natural and cultural resources of Ross Lake National Recreation Area will be the beneficiaries of innovative agreements reached through the Skagit River Hydroelectric Project relicensing, approved in 1995. The Project includes three dams and associated power facilities owned by Seattle City Light within Ross Lake National Recreation Area.

The agreements were negotiated among Seattle City Light, tribes, conservation groups, and various state and federal agencies, including the National Park Service. They provide project funding of more than $100 million over the 30 years of the license.

The projects are designed to mitigate the effects of the dams in five categories: fisheries, recreation and aesthetics, wildlife, erosion and cultural resources.

Under the agreements, Seattle City Light will fund the North Cascades Environmental Education Center, one of many exciting projects.

Construction will begin in 1999, and the center will open in 2000 to offer classes to school groups, adults and Elderhostel participants (see article below).

**Other projects include:**

- Gorge Falls overlook and interpretive trail
- Wildlife monitoring
- Salmon studies in the Skagit River
- Greenhouse propagation of native plants for revegetation of impacted sites
- Protection plan for Ross Lake archeological sites

# Environmental Education Center Destined to Expand Discovery and Understanding

The North Cascades Institute, North Cascades National Park and Seattle City Light are putting their talents together to design a residential Environmental Education Center on the shore of Diablo Lake in Ross Lake National Recreation Area. The Environmental Education Center (EEC) will be a great support for field-based education about the natural and cultural environments of the North Cascades Region.

The EEC, to be constructed on the site of the old Diablo Lake Resort, will include dorms, classrooms, labs, staff housing, cafeteria, library and trails.

The three-group partnership will collaborate on the EEC throughout its development. North Cascades Institute (NCI) will provide educational programming and operations at the center. The National Park Service will dedicate the land for environmental education and provide additional support. Seattle City Light will provide the funding through the relicencing agreement.

# National Parks Fund Supports North Cascades

Washington State's national parks (Mount Rainier, North Cascades and Olympic) are its crown jewels. Drawing millions of visitors each year, they face increasing pressures from high visitation and tight budgets.

*The Mount Rainier, North Cascades & Olympic Fund* aids and supports the three national parks of Washington State. Founded in March 1993, the *Fund* leads private conservation efforts to support National Park Service goals of preservation and protection.

The *Fund* helps ensure visitors have a high quality, memorable experience through sponsoring educational and trail projects, resource assessment and restoration, and fish and wildlife projects. By securing financial contributions from individuals, corporations, foundations and businesses, the *Fund* supports park recommended projects. In 1998, three major projects at North Cascades are supported by the *Fund.*

***By securing financial contributions from individuals, corporations, foundations and businesses, the Fund supports park recommended projects.***

The Newhalem Rock Shelter Trail, which is a fully accessible interpretive trail to an archeological site, was completed. The project, dedicated May 30, 1998, helps park visitors learn about how people lived in the North Cascades for thousands of years.

Funding is being provided for NPS to find partners to assist with the maintenance and preservation of the historic Buckner Orchard at Stehekin. Children's environmental education, known as Junior Ranger programs are being supported in both the Skagit and Stehekin Districts of the Park Complex.

For more information about how you can help give nature a helping hand, call (206) 621-6565 or look for the *Fund's* brochure in any of the visitor centers located at all three Washington national parks.

## Learn with North Cascades Institute

North Cascades Institute is a nonprofit educational organization dedicated to increasing understanding and appreciation of the natural, historical and cultural landscapes of the Pacific Northwest.

The primary focus is field-based, environmental education for children and adults; from Elderhostel for seniors to Mountain School and Camp for school age children.

NCI's Mountain School recently won the first national Wilderness Education Leadership Award presented by the National Park Service. This award recognizes NCI's Mountain School program for educating young people in ways that honor the spirit and values of wilderness.

Nearly a thousand people are involved in this program annually and learn to appreciate the wild lands and watersheds of the North Cascades.

**North Cascades Institute**
**2105 State Route 20**
**Sedro-Woolley, WA 98284**
**Call (360) 856-5700 ext. 209**

# What You Need to Know

## Ask

Questions? Stop by or call.

**Forest/Park Service Information Office—** Offers year-round visitor services. Located on State Route 20 in Sedro-Woolley, (360) 856-5700.

**North Cascades Visitor Center —** Provides information, naturalist programs, exhibits and multi-media presentations. Located near Newhalem on State Route 20 across the Skagit River.

**Heather Meadows Visitor Center —** Showcases the natural and cultural heritage of the Mt. Baker area. Located along State Route 542 at milepost 56. Operates summer only.

**Glacier Public Service Center —** Jointly operated by the Forest Service and the Park Service mid-May through mid-October. Located at milepost 34 on State Route 542.

**Golden West Visitor Center —** Located in remote Stehekin, Golden West provides information about the Lake Chelan National Recreation Area (NRA).

**Chelan Ranger Station —** In Chelan, operated by the Forest Service and the Park Service. Provides information about Lake Chelan NRA and Wenatchee NF.

## Coexisting with Wildlife

Your presence can affect plants and animals. For example, once accustomed to human food, a bear may seek it aggressively. Careful planning, travel and sanitation will reduce your impacts on wildlife:

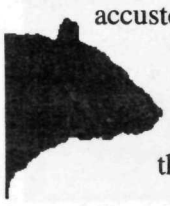
♦ **Cooking.** Try to have your sleeping area and personal gear about 100 yards (90 m) uphill or upwind from your cooking area. Wash dishes at least 100 feet from water sources with small quantities of biodegradable soap (or no soap at all). At frontcountry campgrounds, collect all grey water from cooking and washing in a bucket and deposit it in septic or vault facilities. Do not sleep in the clothing you wore while cooking. Keep sleeping gear and personal items free of food odors.

♦ **Food Storage.** Keep wildlife wild by not feeding them. Store food, garbage, cooking gear and toiletries properly at all times. Lock items in your car trunk if you are in the frontcountry. Otherwise, place them in a plastic-coated dry bag or backpack and hang it from a branch in your cooking area at least 15 feet (5 m) above the ground and at least five feet (1.5 m) out from the tree trunk. Also hang cosmetics, sunscreen, soap, toothpaste or any item with an odor. **Bear-resistant canisters are available commercially and for loan from National Park Service offices where you get backcountry permits.**

♦ **Hunting and Fishing.** Where hunting is permitted, store game meat the same as food. Dispose of fish entrails by first puncturing air bladders and then dropping them in deep water.

♦ **Horses.** Store horse pellets the same as food. For information about horse and trail safety and minimum impact riding, ask for a *Stock Use* bulletin from the ranger station or call the Backcountry Horsemen of Washington (360)876-7739.

♦ **Bear Sightings.** If a bear comes close to your campsite, you may be able to frighten it away by shouting or banging pots and pans. A bear accustomed to campground food may not be as easily discouraged. If you see a bear, report it to an agency biologist at (360)856-5700 or the nearest ranger station.



## Permits

Persons interested in commercial and non-commercial use of the National Park and Forest for purposes such as filming, outfitting and research must apply to the Forest Service or National Park Service.

National Forest permits for firewood and other forest products are available on a limited basis depending on supply. Permits are issued on a first-come, first-served basis and must be prepared in advance.

Christmas Tree permits are available seasonally during the later part of November into December. Please call or stop by the district office for details.

***NOTE: Collection of any item in quantities considered more than personal use is strictly prohibited without appropriate permits.***

**Mushroom Collection** is prohibited in the North Cascades National Park Service Complex but is allowed on some state and national forests. Check with local ranger station for rules.

## SAFETY TIPS

- Use caution on forest and park access roads.
- At trailheads, safeguard your possessions out of sight. Lock your vehicle.
- Bring extra water on hikes. A fine filter may be necessary, since even clean-looking water can carry giardia. Water may not be available near camps; treat and/or boil all water.
- Know your limits and when to turn back.
- Terrain is the primary cause of accidents in the North Cascades. Staying on trails, wearing adequate footwear and possessing a good topographic map can minimize the hazards of this rugged land.
- Be prepared for insects. You may encounter mosquitoes, wasps, bees, biting flies and ticks. After hiking, check yourself for ticks, which are known carriers of Lyme disease.
- Some stream crossings are not bridged. Cross streams in the morning (when they are lowest), scout for the safest crossings, or turn around if the rushing water is unsafe.
- Trails suffer storm damage every winter; please use caution and notify the park or forest if you encounter downed trees or washed out sections of trail.
- When horses are approaching, hikers should talk to make their presence known and step off the trail on the low side.

## Backcountry Safety

Don't let a pleasurable outing turn into an unexpected tragedy by not being prepared. Entering into a mountain experience — even a day hike — should not be taken lightly.

√ **Be well informed; contact park or forest for most up-to-date conditions.**
√ **Research maps & trail handbooks.**
√ **Carry the "10 Essentials" (see page 3).**
√ **Let others at home know your plans.**
√ **Make the best decision for your safety, including turning around.**

## Backcountry Camp

**National Park Service: Permits are required for all overnight stays in the Park Complex's backcountry.** More than 200 backcountry campsites are available for park visitors. All camps have toilets; signs along trails indicate their location. Permits are available on a first-come, first-served basis from ranger stations on the west side at Marblemount, Sedro-Woolley, Hozomeen, Glacier or on the east side at Chelan, Stehekin, Twisp and Winthrop. For permit information contact:

**Wilderness Center**
North Cascades National Park
7280 Ranger Station Road
Marblemount, WA 98267
Phone: (360) 873-4500, ext. 139

**Forest Service: Camping in the National Forest does not require a permit.** Overnight visitors to the Mt. Baker National Recreation Area, Chain Lakes and Watson Lakes must camp at designated sites. Parking at trailheads requires a National Forest Trail Park Pass (see page 7).

Campfires are not allowed in many backcountry areas located in sub-alpine settings. Most backcountry camps are in designated Wilderness where regulations designed to protect the resource apply. Visitors are encouraged to contact the Mt. Baker Ranger District before heading out to their backcountry destination.

## Stay

Campground options are listed in the centerfold, pages 8-9, along with the North Cascades Highway Map. Most vehicle access campgrounds are available on a first come-first served basis. However, both the **Forest Service (1-800-280-CAMP)** and **Washington State Parks (1-800-452-5687)** have expanded their telephone reservation systems. Washington State Parks information line is (1-800-233-0321).

North Cascades National Park does **not** have individual camping reservations.

Remote accommodations in the North Cascades include: **Ross Lake Resort**, Rockport, WA 98283, (206) 386-4437; **North Cascades Stehekin Lodge**, Box 457, Chelan, WA 98816, (509) 682-4494; and **Baker Lake Resort** (1-888) 711-3033.

Many other private accommodations are available in adjacent communities. Listings are available from visitor information or Chamber of Commerce offices.

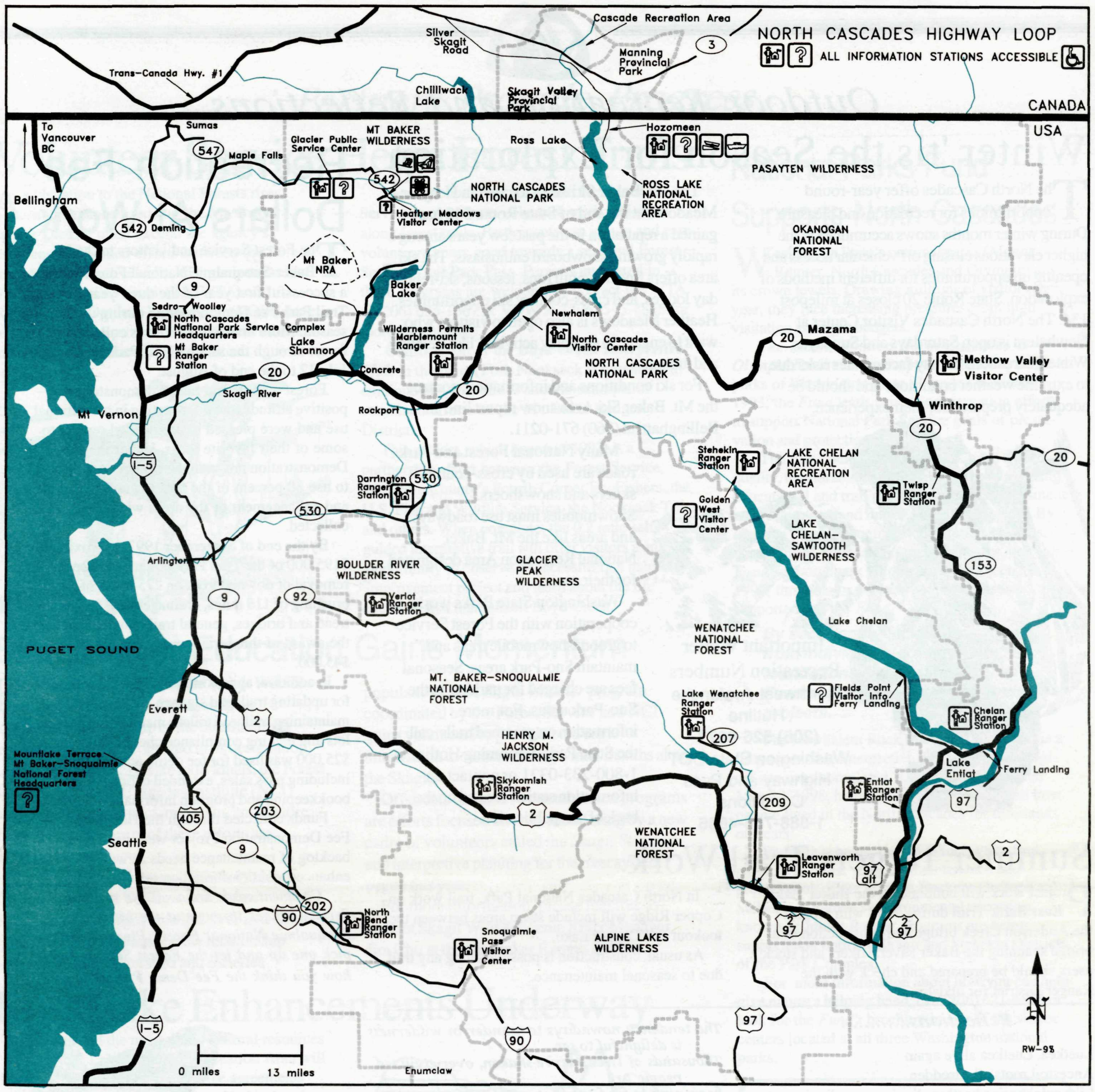
## Hiking with Children

Bring along extra items such as:

- ❖ wholesome snack foods
- ❖ extra water
- ❖ sunscreen
- ❖ insect repellent
- ❖ a whistle in case they get lost

**Activity Ideas for Children:**

Have children bring along a friend or sing songs. Watch for birds in the forest or in the sky; identify plants, bugs, or animal tracks on the ground; listen for wildlife, like the drumming of a woodpecker or the shrill "whistle" of a hoary marmot. Encourage kids to explore using eyes, ears, hands, and nose, and then to draw a picture or write a poem about nature.




# Park & Forest Information Stations

## Cascade Loop--Summer Hours

***The times listed are subject to change.***
***Please call in advance for more information.***

**North Cascades National Park;**
**Mt. Baker Ranger District;**
**Mt. Baker-Snoqualmie National Forest**

**SEDRO-WOOLLEY**
2105 State Route 20, 98284
Sat. - Thurs., 8:00am-4:30pm
Fri., 8:00am-6:00pm
Weekends in summer only
(360) 856-5700
TDD (360) 856-5700 x-310

**MARBLEMOUNT**
Wilderness Information Center (NPS)
Backcountry Information/Permits
*Fri. & Sat.., 7:00am-8:00pm
*Sun. - Thurs., 7:00am-6:00pm
(360) 873-4500 (ext. 37 or 39)

**NEWHALEM**
North Cascades Visitor Center (NPS)
Daily, 8:30am-6:00pm
(206) 386-4495

**STEHEKIN**
Lake Chelan National Recreation Area (NPS)
Golden West Visitor Center
Daily, 8:00am-4:30pm
(360) 856-5700 x-340 then 14

* ***July & August***

**Okanogan National Forest;**
**Methow Valley Ranger District**
**WINTHROP Methow Valley Visitor Center**
8:00am-5pm daily
(509) 996-4000

**TWISP Office**
Mon. - Fri., 7:45am - 4:30pm
Closed Saturday and Sunday
(509) 997-2131

**Wenatchee National Forest**
**CHELAN Ranger District**
Lake Chelan National Recreation Area
Daily, 7:45am-4:30pm
(509) 682-2576 (USFS)
(509) 682-2549 (NPS)

**LEAVENWORTH Ranger District**
Mon. - Sat., 7:45am-4:30pm
Sunday morning permits only
(509) 548-6977

**LAKE WENATCHEE Ranger District**
Mon. - Sat., 8:00am-4:30pm; closed Sundays except for holidays
(509) 763-3103

**Outdoor Recreation Information Center**
**(For help in planning trips)**
**(206) 470-4060**

**Mt. Baker-Snoqualmie National Forest**
Supervisor's office: (425) 775-9702
1-800-627-0062 or TDD 1-800-272-1215

**GLACIER PUBLIC SERVICE CENTER**
Daily, 8:30am-4:30pm (360) 599-2714

**HEATHER MEADOWS Visitor Center**
*Daily, 10:00am-5:00pm

**DARRINGTON Ranger District**
Daily, 8:00am-4:30pm (360) 436-1155

**VERLOT (Darrington Ranger District)**
Daily 8:00am-4:30pm (360) 691-7791

**SKYKOMISH Ranger District**
Daily, 8:00am-4:30pm
(360) 677-2414

**NORTH BEND Ranger District**
Mon. - Fri., 8:00am-4:30pm (425) 888-1421

**SNOQUALMIE PASS Visitor Center**
Thurs. - Sun., 8:30am-4:45pm
(425) 434-6111

*recycled paper*