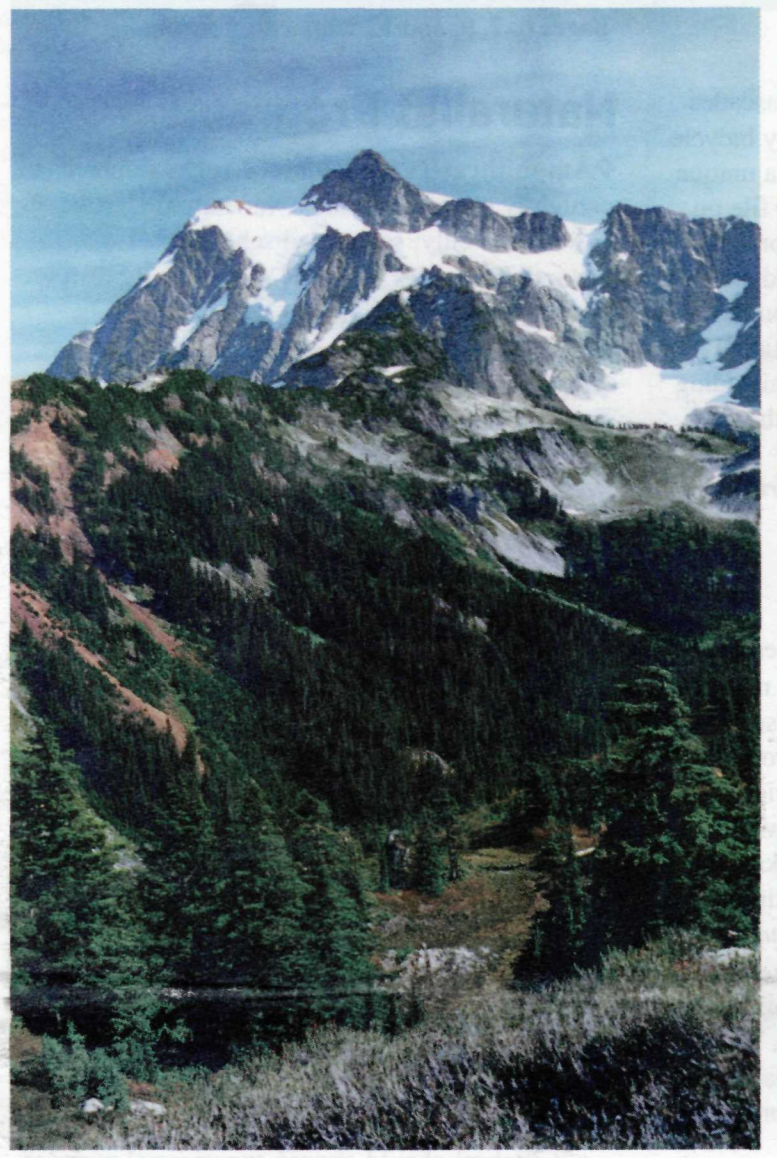
North Cascades National Park — Mt. Baker-Snoqualmie National Forest

NORTH CASCADES Challenger

2001-2002 VISITOR INFORMATION GUIDE







Discover In This Issue

2-3	What You Need to Know & Travel Tips
4-5	A Common Vision & National Park Challenge
6-7	Mt. Baker Ranger District: Gateway to Wilderness
8-9	Traveling the North Cascades Highway
10-11	Rising Mountains, Icy Waters & Cascade Features
12	Ross Lake National Recreation Area
13	Lake Chelan National Recreation Area
14-15	Cooperation, Websites & Expanding Connections
16	Area Map & Park/Forest Information Stations



Welcome to the North Cascades!

Benvenuti **Bienvenidos** Bienvenue

Ньитамms BiNE ATi VENiT Willkommen

ノースカスケード国立公園へ、ようこそ。

Experience this unique region of natural features and cultural histories in a safe and enjoyable manner. Look beyond the scenery to the essence of the landscape and the intrinsic values of your public lands.

We hope you will enjoy your visit! The North Cascades is primarily wilderness and watersheds whose health is crucial to the entire Pacific Northwest. As stewards of public lands we strive to preserve abundant habitats, natural processes, and cultural resources. You are invited to explore interrelationships of humans, plants and animals in this spectacular setting.

The National Park Service, the U.S. Forest Service, and our many partners are implementing natural resource management for the 21st century. By promoting sustainability of resources, clean watersheds, partnerships, education, and personal responsibility, we hope to preserve a high quality of life for future generations.

Please accept our invitation to share your perspective on the management of these public areas. Feel free to contact us at our web sites or by writing to us at the address below. Have a safe and rewarding visit!

William F. Paleck
Superintendent
North Cascades National Park

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

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



- **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**. Congress has 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.
- **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**
  - **Mt. Baker Scenic Byway and Heather Meadows**

What You Need to Know

Ask

Questions? Please stop by or call one of the Park & Forest Information Stations listed on the back page. Websites are listed on page 15.

As you drive the North Cascades Highway (SR 20), stop in at the **Forest/Park Service Information Office** in Sedro-Woolley (360-856-5700), where you can find year-round visitor services. At the **North Cascades Visitor Center**, located near Newhalem off SR 20, find information, naturalist programs, exhibits and multi-media presentations.

Glacier Public Service Center, located at milepost 34 of State Route 542 east of Bellingham, is jointly operated by the Forest Service and Park Service from mid-May to mid-October. **Heather Meadows Visitor Center,** at milepost 56, showcases the natural and cultural heritage of the Mt. Baker area and is usually open from July to October.

Chelan Ranger Station, operated by the U.S. Forest Service and National Park Service, provides information about Lake Chelan NRA and Wenatchee NF. From Chelan or Fields Point Landing, take a ferry to remote Stehekin.

Passes & Special Use Permits

Northwest Forest Passes are required for all Forest and some Park Service trailhead parking areas in the North Cascades. Heather Meadows Area is included in this pass requirement. For information on the NW Forest Pass, see page 4.

❖ **National Passport Program**

U.S. citizens over 62 or with a permanent disability may ask to obtain *Golden Age* or *Golden Access* Passports. National Parks annual entry passes are available to all for $50. For a $15 upgrade, the National Parks Pass becomes a *Golden Eagle Passport*, providing park, forest and wildlife refuge entry nationwide. Ask for the *Federal Recreation Pass Programs* brochure for details. National Park Passes and Golden Eagle Passports are entry passes that are not valid for trailhead parking, only entrance fees.

Commercial and non-commercial use of the National Park or National Forest for purposes such as filming, outfitter guiding, or research require permits.

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

❖ **Forest Service Christmas tree permits** are available during the latter part of November into December. Call or stop by the district office for further details.

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

NOTE: Where collecting is permitted, collection of any item in quantities more than adequate for personal use is strictly prohibited.

Where to Stay

Campground options and reservation information are listed on pages 8-9, along with the North Cascades Highway Map.

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 private accommodations are available in local communities. Listings are available from Chamber of Commerce offices listed on page 9.

Drive

Highway drives access the scenic routes of the North Cascades. Gravel access roads may not be safe for travel by all vehicles. **State Route 20** runs east/west across the mountains and closes during the winter from milepost 134 to 171. By April it is usually possible to travel the entire **Cascade Loop** outlined on the back page.

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

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.Travel single file on the right edge of the road and use reflectors and bright clothing. Bike use is not permitted on westside trails. Side roads are rugged enough for avid mountain bikers. The Okanogan National Forest east of Washington Pass allows trail riding on designated trails. Be well supplied with water, food, and warm, waterproof clothing.

Ask for the site bulletin: Cycling the North Cascades Highway.

Boat

Lots of water-oriented activities are available. Use of approved life jackets is required and children under 12 must wear them. Use of personal watercraft (such as jet skis) is prohibited in the North Cascades National Park Service Complex. River floating is an adventure worth planning. Experienced boaters run the Skagit, Nooksack, and Stehekin Rivers. For boating trips, plan in advance by asking for a list of *Outfitter Guides* or *Accommodations and Services*.

Lake recreation: Boat rentals are offered at Baker Lake, Lake Chelan, and Ross Lake. Boat ramps are at Baker Lake, Gorge Lake, Diablo Lake, the north end of Ross Lake at Hozomeen and Lake Chelan.

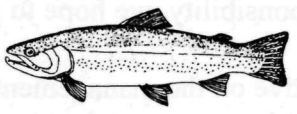
Passengers travel to Stehekin by cruising up 50-mile long Lake Chelan. The Lake Chelan Boat Company operates year-round, daily spring to fall. Schedules are available from the company (1-509-682-2224) or from any ranger station.

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 eight species of anadromous fish (five salmon, steelhead, and cutthroat trout), as well as several freshwater species.

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.

Pets

Dogs are **not permitted** on the trails or in cross-country areas within the national park . Leashed dogs are allowed in the national recreation areas, along the Pacific Crest Trail and along roads in the national park. Dogs must be leashed in developed recreation areas within the national forest, as well as on trails in Heather Meadows in the Mt. Baker Ranger District.

Accessible Opportunities for All

Barrier-free trails, campsites, viewpoints, restrooms, and visitor information centers are being added and 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 boardwalk or surfaced for wheelchairs and strollers, as well as for individuals who have difficulty walking.

Accessible trails are indicated on trail lists on pages 6, 7, 9, and 12 with a symbol.

Naturalist Programs

- ❖**Amphitheaters** at **Colonial Creek:** summer nightly programs, and at **Newhalem Creek:** weekend only; see posted schedules.
- ❖**North Cascades Visitor Center:** daily walks, talks, multi-media, and children's programs.
- ❖**Hozomeen:** weekend programs at Ross Lake.
- ❖**Heather Meadows:** summer programs.
- ❖**Skagit Wild and Scenic River Programs:** winter weekends–speakers and eagle viewing, summer weekends–river walks and talks.
- ❖**Purple Point Information Center**: summer daily talks, evening and children's programs.

Hike & Climb

Hundreds of miles of trails lead into the North Cascades mountains. Most long hikes and climbs enter designated wilderness.

Overnight stays in North Cascades National Park Service Complex's backcountry require free permits. In Washington and Oregon, the **NW Forest Pass** is required for parking in many places. *See page 4 for details*.

Staff at the Wilderness Information Center in Marblemount can help you plan your trip and will issue backcountry permits for the North Cascades National Park Service Complex.

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* and *Climbing Notes* or a list of outfitter guides.

Hiking with Children

Children should remain with adults for their safety. Teach your children that remaining quiet and blending with the surroundings will offer the best opportunities for wildlife observation.

Bring along extra items such as:

- ❖ wholesome snack foods
- ❖ extra water
- ❖ sunscreen
- ❖ insect repellent
- ❖ a whistle for the child to use if lost

Activity Ideas for Children:

Have children bring along a friend. Play observation games. Watch for birds in the forest or sky. Identify plants, bugs, or animal tracks. Listen for wildlife, like the drumming of a woodpecker or the shrill "whistle" of a hoary marmot. Draw a picture or write a poem about nature. Encourage kids to explore using eyes, ears, hands, and nose.

Family Fun Packs and Junior Ranger programs are available at the North Cascades Visitor Center and Purple Point Information Center.



Travel Tips

Backcountry Camping

National Park Service: Permits (no charge) are required for all overnight stays in the Park Complex's backcountry, which includes the National Park and Ross Lake and Lake Chelan National Recreation Areas. More than 200 backcountry campsites are available. Most camps have toilets; signs along trails indicate location. Permits are issued in person only on a first-come, first-served basis. For areas not accessed through Marblemount, permits may be obtained at the ranger station nearest your point of entry. Ranger stations on the west side are located in Marblemount, Sedro-Woolley, Hozomeen, and Glacier; and on the east side in Chelan, Stehekin, Twisp, and Winthrop. For permit information, contact:

Wilderness Information Center
North Cascades National Park
7280 Ranger Station Road
Marblemount, WA 98267
Phone: (360) 873-4500, ext. 39

Forest Service: Camping in the National Forest does not require a permit; however, parking at trailheads requires a Northwest Forest Pass. Overnight visitors to the Mt Baker Natl. Rec. Area, Chain Lakes, Lake Ann, and Watson Lakes must camp at designated sites.

Campfires are not allowed in many backcountry areas located in sub-alpine settings.

Coexisting with Wildlife

By careful planning, travel, and sanitation you can reduce your impacts on wildlife:

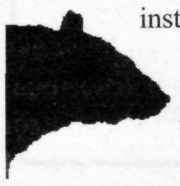
♦ **Cooking.** Try to have your sleeping area and personal gear about 100 yards (90 m) uphill or upwind from your cooking area. Wash dishes at least 100 feet from water sources with small quantities of biodegradable soap (or no soap at all). At frontcountry campgrounds, collect all grey water from cooking 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. **Bear-resistant canisters for backcountry use are available commercially and on loan from National Park Service offices where you obtain backcountry permits**. Otherwise, place items in a plastic-coated dry bag or backpack and hang it from a branch or rope stretched between two trees 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, and any item with an odor.

♦ **Hunting and Fishing.** Where hunting is permitted, store game meat the same as food. Ask for game and fish regulations when purchasing your license. Dispose of fish entrails by puncturing air bladders and dropping them in deep water.

♦ **Horses.** Store horse pellets the same as human food. For information about horse and trail safety and minimum impact riding, ask for a *Stock Use* bulletin or call the Backcountry Horsemen of Washington (360) 352-8979.

♦ **Bear and Cougar 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. **Do not run** from either bears or cougars, as rapid movements may trigger an attack instinct. If you see a bear or cougar, call or report it at the nearest ranger station. Information collected will be used for long term monitoring.



Leave No Trace

The following backcountry travel tips are based on principles developed by the national "Leave No Trace" program. For more details, contact LNT at 1-800-332-4100 or visit its website (*http://www.lnt.org*).

Plan Ahead and Prepare: Design your trip to match your skill level. Carry adequate and appropriate clothing, food, equipment, and fuel.

Check with rangers for current conditions.

Camp and Travel on Durable Surfaces: In high use areas, concentrate activity within established campsites and trails where additional use causes little impact. Avoid making parallel trails, cutting switchbacks, or widening trails. In remote areas, travel in groups of no more than six people. Hike and camp on surfaces such as rock, sand, gravel, and snow.

Pack It In, Pack It Out: Repackage food to save weight and space and minimize potential litter. Pack out all trash, including food waste, as animals can become accustomed to and dependent on unnatural food sources.

Dispose of What You Can't Pack Out: Properly dispose of human waste. Use vault and compost toilets where available. In backcountry areas, dig a "cathole" 4-6 inches deep in organic soil at least 200 ft. from water, trails, and camp. Urinate on rock or bare soil. Waste water from dishwashing, cooking, bathing, or laundry should be scattered at least 200 feet from camps and water sources.

Leave What You Find: Do not alter campsites by trenching around tents or building walls, tables, or lean-tos; dismantle excessive user-built facilities such as multiple fire rings. Avoid damaging live trees and plants. Leave flowers, natural objects, and cultural artifacts for others to enjoy.

Minimize Use and Impact of Fires: Use campstoves instead of fires whenever possible. Collect fuel from a wide area far from camp. Know current regulations and weather concerns. Do not leave until all coals are cool enough to hold.

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, without a permit, in national forests but must be at least 200 feet from the shoreline of any lake.

♦ Grazing is prohibited in North Cascades National Park.

♦ In wilderness, pack in sufficient processed feed pellets for your trip. Possessing or transporting any unprocessed livestock feed is prohibited.

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. Treat and/or boil all ground water. Water may not be near camp.
- Hiking over challenging terrain with inadequate skill or equipment is the primary cause of accidents in the North Cascades. Staying on trails, wearing adequate footwear, and using 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 may carry Lyme Disease.
- Bear and cougar encounters may be dangerous situations. Keep your distance; do not run. Back away slowly; appear as large as possible. Abide by the tips in the adjacent article on *Coexisting with Wildlife* and ask for the brochure—*Living with Wildlife.*
- When horses are approaching, hikers should talk to make their presence known and step off the trail on the low side.
- Some stream crossings are not bridged. Cross streams in the morning (when they are lowest), scout for the safest crossings, or turn back if the rushing water is unsafe.
- Downed trees or washed out sections of trail should be reported at a ranger station.

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.

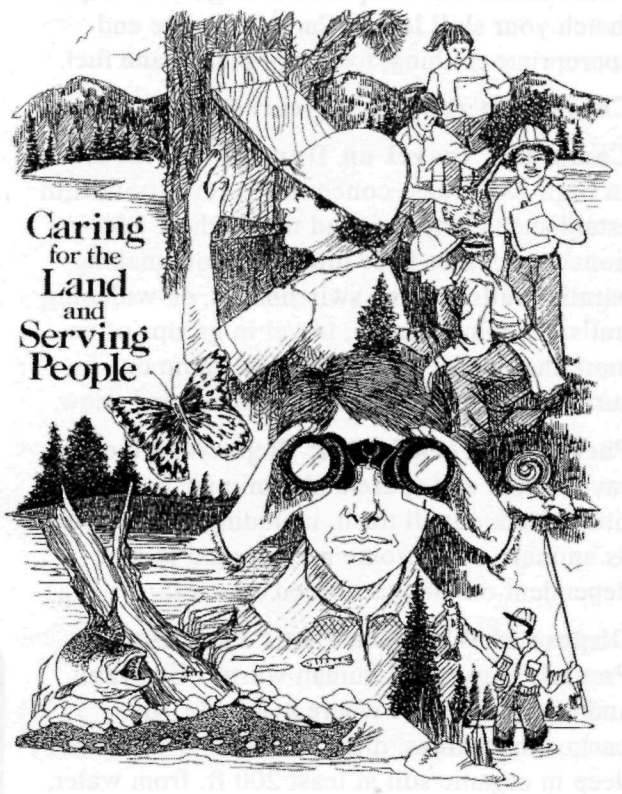
√ **Be well informed; contact the Park or Forest Service for current conditions.**
√ **Research maps & trail handbooks.**
√ **Carry the "10 Essentials".**
√ **Let others at home know your plans.**
√ **Make the best decision for your safety, including turning back.**
√ **Do not depend on cell phones; there are many 'dead spots' in these mountains.**

A Common Vision

"If there is any duty which more than another we owe to our children and our children's children to perform at once, it is to save the forests of this country, for they constitute the first and most important element in the conservation of natural resources of the country."

- Theodore Roosevelt

Moving into the 21st century we can look back on the foresight of visionaries who realized the merit of sustainable natural resource management. The heroic efforts of individuals like Theodore Roosevelt, Gifford Pinchot, and Bob Marshall helped to establish the benefits of public lands. The current National Forest System, including tracts of Wilderness Areas, National Recreation Areas and Wild & Scenic Rivers were a direct result of their efforts. Magnificent stretches of landscape offer us values associated with a sense of renewal, habitat for wildlife and fish, clean air and water, crucial minerals for fuel, science and manufacturing, and a wide variety of recreational opportunities. These public lands are your lands.



On the Mt. Baker Ranger District, the Forest Service and its many partners are focused on stewardship of your national forest. Today's "Forest Ranger" works alongside other Federal, State, and County agencies, as well as a variety of organizations and individuals to protect and restore resources like clean air and water. Their goal is to provide long lasting benefits for all by caring for the land and serving people's needs.

The Mt. Baker area is a dynamic place. Complex issues like forest ecology and timber production, tribal rights, protecting endangered species, restoring salmon habitat, hydroelectric power, and a growing recreational use are part of today's environment.

Bonds between communities and the Forest Service continue to be forged through cooperation. Volunteers spend hundreds of hours helping with conservation resource education efforts, trail work, wildlife and fisheries habitat protection projects, visitor services, and recreation site maintenance. The value of these efforts is priceless as they blend the visions of those who have gone before us with the future of the national forest.

North Cascades Honors Northwest Forest Pass

North Cascades National Park joined Pacific Northwest National Forests in the Northwest Forest Pass program last year. The NW Forest Pass program offers a number of advantages to the national park and forests and their visitors. Funds received are returned to the area where they were collected to help maintain trails, facilities and visitor services. Support for the fee program is an opportunity for you to help care for your land – your natural legacy.

North Cascades is one of the few national parks with no entrance fee. Within the park complex, the NW Forest Pass is required for parking anywhere along the Cascade River Road and at specific trailheads within Ross Lake National Recreation Area: Thornton Lakes Trail, Pyramid Lake Trail, Ross Dam Trail, and East Bank/Panther Creek Trails. Travelers heading further east along the North Cascades Highway will enter the Okanogan and Wenatchee National Forests where the same Northwest Forest Pass is honored.

Do I Need A Pass?

If you are planning a trip to the Mt. Baker-Snoqualmie National Forest or North Cascades National Park Service Complex, you will need a **Northwest Forest Pass** where there are facilities, trails or services. Separate fees are charged at developed campgrounds and private resorts within the National Forest and Park.

Check at the ranger station for details on the Northwest Forest Pass or on the internet at *http://www.fs.fed.us/r6/mbs/* to order.

Passes may also be purchased at ranger stations, at local private vendors, or by calling 1-800-270-7504.

Cost of the Pass

One Day Vehicle Pass
$ 5.00
Good for one calendar day

Annual Vehicle Pass
$30.00
Good for one year from date of purchase.

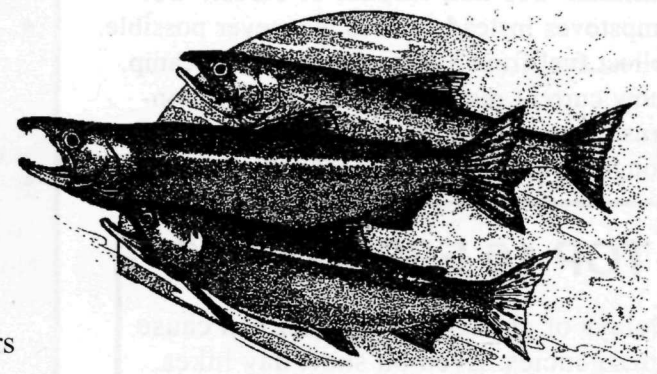
*Golden Age and Golden Access Passports enable qualified cardholders to purchase passes at half price.

Watershed Pledge

Cooperation is key to a Northwest Forest Watershed Agenda--water quality affects all

The national forests truly are the headwaters of the nation. Today, 80 percent of the nation's freshwater sources originate on national forest lands. Watersheds absorb rain, recharge underground aquifers, provide clean water to people, and reduce drinking water treatment costs. They serve as habitat for thousands of species of fish, wildlife, and rare plants. In the North Cascades, the mighty Skagit River, flowing from mountain high to Puget Sound, is the second largest watershed in Washington State. Numerous species and stocks of native salmon, steelhead, trout, and char thrive here along with abundant wildlife and native vegetation. Recognizing the countless benefits that healthy watersheds provide to people and to natural ecosystems, the Forest Service:

- Makes watershed restoration and maintenance a high priority in forest plans
- Restores degraded ecosystems to attain desirable plant conditions
- Reconstructs, relocates, and decommissions roads to help restore degraded watersheds
- Prevents non-native organisms from entering or spreading through watersheds
- Protects, maintains, and recovers native aquatic species



Help protect spawning salmon!

Be an observant river visitor:

- Don't disturb salmon that are swimming upriver–they use the last of their strength to spawn.
- Avoid riverbed gravel where salmon eggs could be incubating.

Know the fishing rules:

- *Fishing in Washington*, available where you buy your fishing license, will tell you when and where you can fish, what kinds of fish you can catch, and what kind of tackle to use.

Report illegal fishing:

- If you see someone fishing illegally or disturbing spawning salmon, contact the Washington State Highway Patrol:
  - Skagit County–(360) 757-1175
  - Whatcom County–(360) 676-2076
  - Snohomish County–(360) 658-2588

Balancing Humanity and Nature

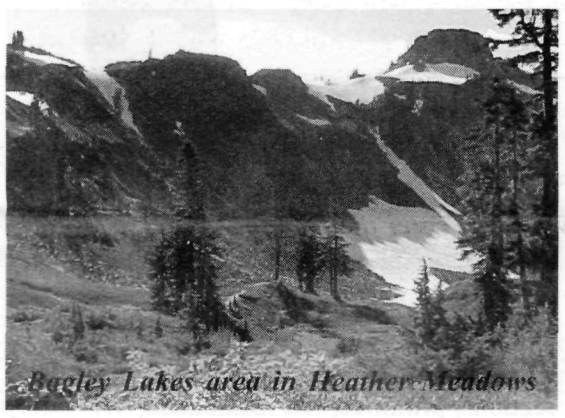
The National Park Service cares for special places saved by the American people so that all may experience our heritage.

From its creation in 1916, the mission of the National Park Service has been to preserve areas of natural beauty to benefit present and future generations. Established in 1968, North Cascades National Park is relatively new. Over the last 100 years, human activities such as logging, hydroelectric power generation, road construction, development, and introduction of non-native species (not natural to the park), have increasingly impacted natural systems in and around North Cascades National Park. Impacts include loss or decline in populations of native species, damaged vegetation, air pollution, diminished water quality, erosion, and landslides. The Park Service recognizes that impacted ecosystems require vigilant scientific monitoring in order to determine the best possible preservation and restoration. Long-term ecological monitoring is an ongoing process designed to address the following concerns:

- Water Resources: Protect water quality, glaciers, natural flows, and the health of aquatic systems
- Air Quality: Maintain good (Class I) air quality to preserve visibility and reduce impacts to biological diversity
- Native and Endangered Species: Locate and preserve rare, threatened, and endangered species
- Non-native Species: Identify, map and evaluate non-native species for effective management

While there is virtually no place on earth that does not show evidence of adverse human impact, the lands in this park are among the most pristine in the world. To preserve and pass these lands on to our descendants in excellent condition are among our highest goals. North Cascades National Park Service Complex is in a monitoring network with six other national parks in the Pacific Northwest under the National Park Service's Natural Resource Challenge. We are seeking other agencies, universities, and interest groups as partners in this effort.

Treasured Ecosystem



Bagley Lakes area in Heather Meadows

There may be places in the North Cascades that humans have never seen. There are seas of ice carved peaks--near unreachable in their raw splendor. Long, soft valleys lead from the verdant lowlands into the heart of the mountains and the quiet majesty of cedar, fir, and pine old-growth forests. Subalpine mountain meadows full of blue, yellow, and pink flowers border sparkling glacial lakes. All of these treasures and more lie within the North Cascades Ecosystem.

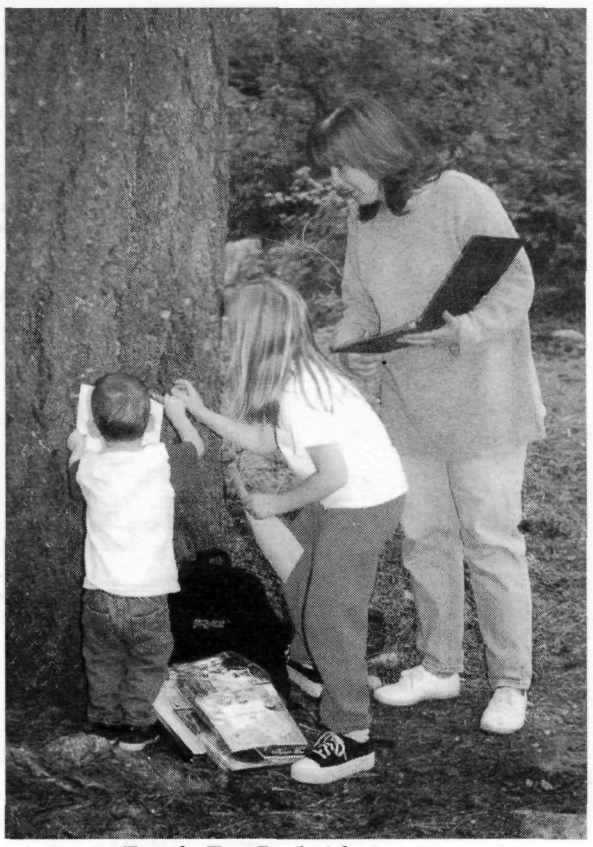
The Park, Forest, and Recreation Areas are the core of a larger North Cascades ecosystem that extends from Snoqualmie Pass in Washington to the Fraser River in British Columbia. Recently, with the addition of Snowy Provincial Park in British Columbia, this region became the largest preserved area along the 4,000 mile U.S. Canadian border. This ecosystem straddles the crest of the Cascade Mountains, encompassing some radically dissimilar terrain. Elevations range from under 500 feet to over 9,000 feet above sea level. Dramatic rainfall differences between westside and eastside drainages create areas of diverse vegetation with over 1,700 vascular plant species. Estimates of fungal plant species exceed three thousand. In order to determine the health of the North Cascades Ecosystem, park biologists must monitor its vital signs.

Ecosystem vital signs can range from ice samples and measurements of high-mountain glaciers to the presence and health of aquatic insect larvae at the bottom of the Skagit River. Presence and quantities of pollutants in glaciers and waterways can indicate human impacts on the ecosystem, and the extent of those impacts can be revealed by *indicator species*. Indicator species can be sub-classified as *keystone* or *umbrella* species. A keystone species is one that affects the livelihood of a large, interconnected web of species. Macroinvertebrates (larval insects) are an example of a keystone species. Scarcity or absence of certain macroinvertebrates at the bottom of a stream or river can indicate water quality and a loss of overall diversity in the food chain. Umbrella species are those that mirror the health of many other species. Bald eagles are an example of an umbrella species. If eagle populations decline, for example, due to chemical ingestion, it is likely that other species in the eagles' food chain are contaminated as well.

Reminders from our National Symbol

The bald eagle embodies a positive image of our nation and of the American people. Its successful recovery as a formerly endangered species shows that we can improve habitat for survival. The Skagit River and other watersheds of the North Cascades are habitats that attract one of the largest winter gatherings of bald eagles in the contiguous United States. Eagles travel here to feed on spawned-out salmon carcasses. They are sustained through the winter and in turn help cleanse the river while returning the nutrients in the fish to the land. This completion of a key life cycle reminds us that nature's recycling and clear, clean water are critical to survival.





Family Fun Pack Adventures

Your Place in the North Cascades

What is it that brought you to the North Cascades? People have very personal reasons for visiting these peaceful waters and humbling peaks. Some come for a physical and mental challenge, while others prefer a quiet moment just watching the clouds in solitude. Unique expressions, in the form of stories, art, music, and poetry, map our individual paths through the Cascades. Each of our journeys—our personal history—is unique, yet they all share one common theme. We seek a connection to place.

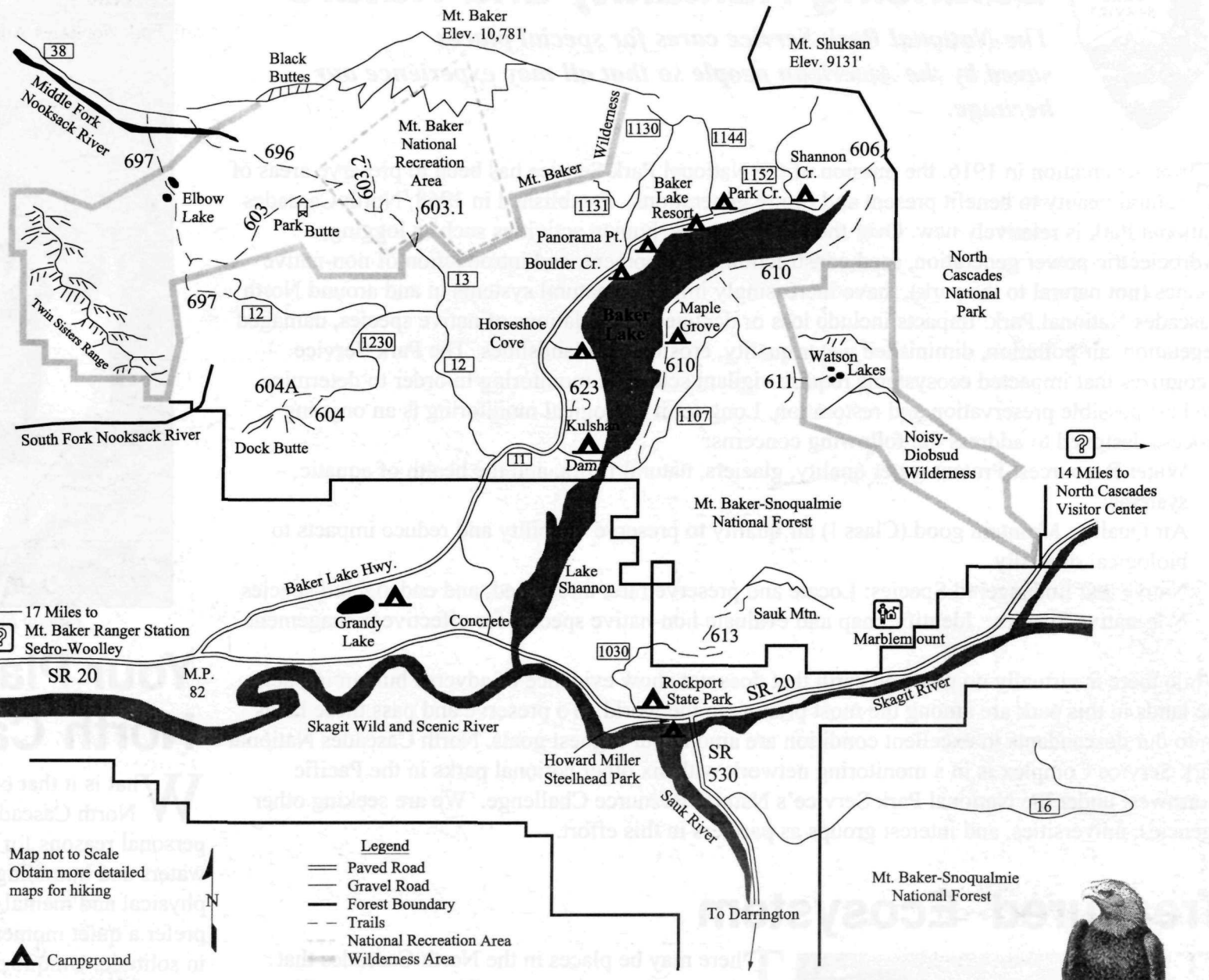
What is place? Within a landscape, plants and animals help create its soundscape. The ebb and flow of seasons and the weather patterns color the land, orient inhabitants and refresh nature's palette; these also define place. Time spent quietly among natural neighbors introduces a place and uncovers our connection to the world around us. It is this connection—however brief—that attracts people to the North Cascades. It is also this connection that compels people to seek protection of their place and the bond they have found within.

A sense of place is something we all have, whether our home is in a busy city or a rural countryside. The changing mood of wind and rain are not tethered to the wilderness, nor are the wild things that call and sprout. Taking notice of the transitory and resident animals alike that pass our way, leads us that much closer to sensing our place. Knowing where we live—knowing what watershed our water comes from and where it goes—is another way for each of us to continue connecting to the world around us. Nurturing our intimacy with the land is a long-term process of connecting to the place we settle. Familiarity with our own home can lead to a sense of ownership and respect.

Just as we treasure the wilds of the North Cascades, we can treasure and protect the special places that make up our own backyard. Seek out these places with as much energy as it took to reach these mountains and know your bioregion, your home. As Wendell Berry wrote, "if you don't know where you are, you don't know who you are." In knowing your home, you may better know yourself.

So, what is it that brought you to the North Cascades? More importantly, what is it that awaits your return home?

Mt. Baker Ranger District



SKAGIT WILD & SCENIC RIVER SYSTEM

Segments of the Sauk, Suiattle, Cascade and Skagit Rivers make up the federally designated Skagit Wild & Scenic River System.

Pacific salmon travel between ocean waters and the rivers, followed in the winter months by the return of bald eagles. Recreationists enjoy the rivers at several sites along their shorelines. Boaters move along the sometime swift moving waters in motor craft, canoes, kayaks and rafts. Ask at a Ranger Station for a listing of outfitter guides who offer raft trips.

The Forest Service and North Cascades Institute coordinate educational efforts aimed at telling some of the stories behind the Skagit W&SR. One such effort is the *Eagle Watcher* Program. During winter months volunteers staff sites along the eagle feeding grounds on the Skagit River. *Eagle Watchers* offer insight about eagle watching etiquette, furnish spotting scopes and share reference materials with visitors. Interpretive programs on eagles, salmon and river ecology are also offered year-round at several locations.

Check with the Ranger Station for a current schedule of program offerings.

Popular Trails - Baker Lake Basin

Trail #	Name	Trailhead	Miles (one way)	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	Baker Lake	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. Hwy.	0.5	Accessible, self-guided wayside exhibits
State Route 20				
613	Sauk Mountain	Road 1036	2.1	Steep side slopes, great views, wildflowers

Baker Lake

Nine-mile long Baker Lake offers opportunities for camping, boating, fishing, picnicking, hiking and pack & saddle trips.

Developed campgrounds and a summer resort are located along the western side of the lake. The Baker Lake Trail extends along the eastern shoreline, crossing the Baker River at the north end. Boating and fishing at Baker Lake are governed by Washington State regulations. For campground information see page 9; for resort information call 1-888-711-3033.

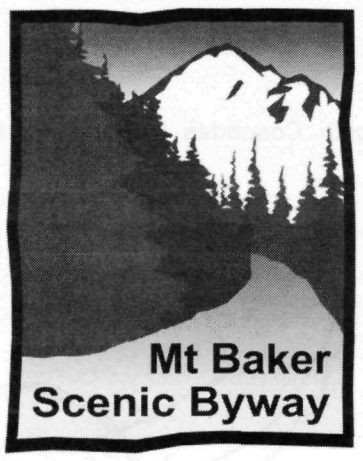
Mt. Baker National Recreation Area

8,600 Acres; established 1984

Appearing on the map as a pie shaped wedge pieced out of the Mt. Baker Wilderness, the Mt. Baker NRA was established outside Wilderness legislation to allow for snowmobile use during months when snow levels are sufficient. This impressive landscape on the southeast flanks of Mt. Baker's slopes is accessible by trail only. Trails lead from the end of Forest Rd. 13 or through the Mt. Baker Wilderness from the Middle Fork and South Fork Nooksack river drainage.

During summer months, hikers share the trails with stock parties. Winter recreation includes skiing, snowmobiling and snowshoeing. Trails are open to stock parties from August 1 to November 1. Backcountry campers in the NRA must stay at designated sites. One night only campsites are established for hikers and/or stock parties at the Mt. Baker NRA trailhead at the end of Forest Rd. 13. No campfires are allowed in the Mt. Baker Recreation Area.

Please refer to the trail chart for information and ask for a detailed handout on designated campsites and area regulations at the district office in Sedro-Woolley.



The scenic **Mt. Baker Highway** winds along the North Fork Nooksack River, ending at spectacular Artist Point, elevation 5,100 feet, in the **Heather Meadows** Area. The last 24 miles is designated a National Forest Scenic Byway. At road's end, trail systems lead into the **Mt. Baker Wilderness**. During winter months, motor traffic ends at the **Mt. Baker Ski Area** 4 miles below Artist Point.

Points of Interest

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.

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

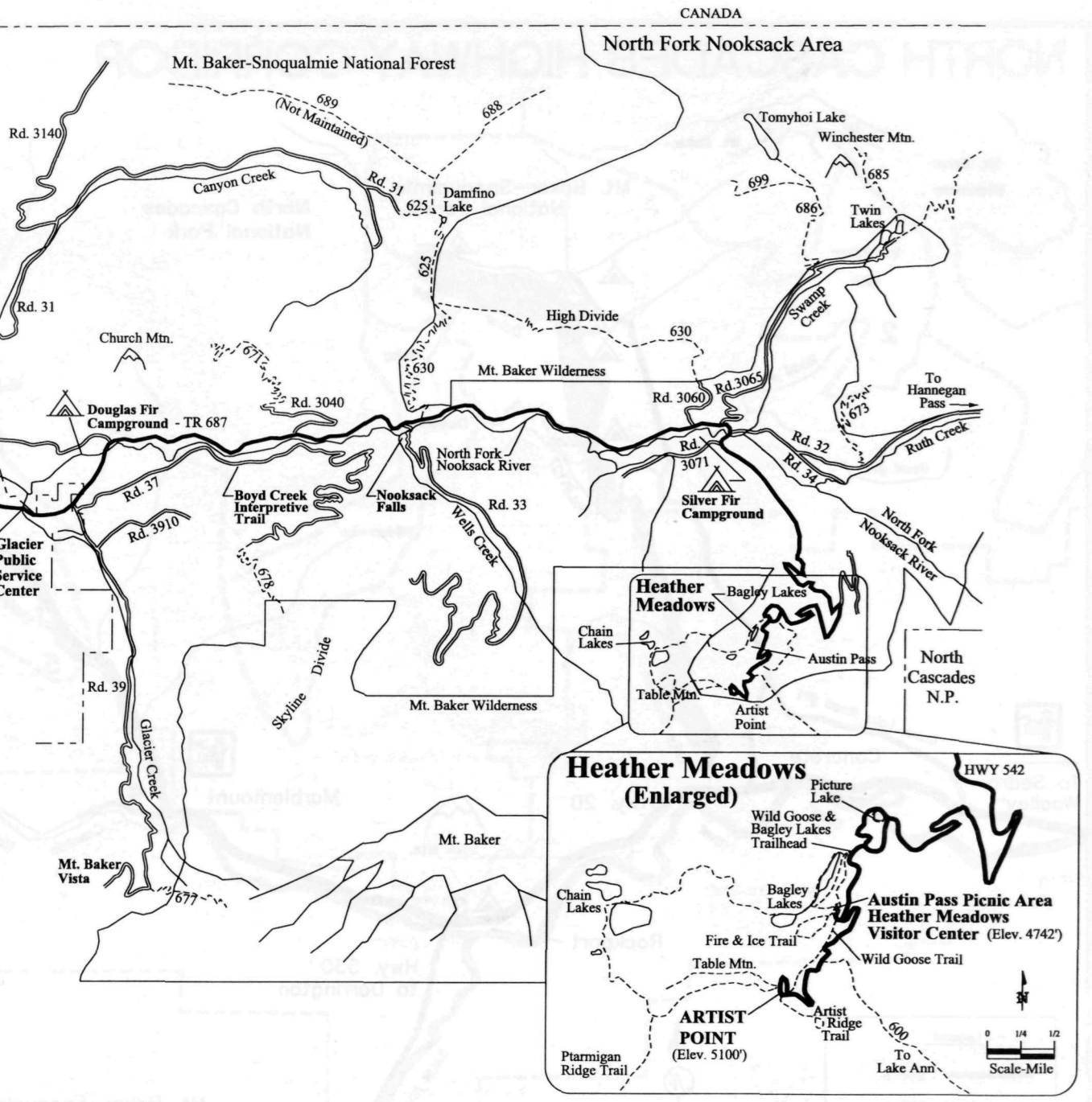
Horseshoe Bend Trail MP 36
One-and-a-half mile hiker-only trail wanders along a forested ledge above the North Fork Nooksack River.

Boyd Creek Interpretive Trail
Short self-guided nature trail focused on healthy habitat for fish. Located on Forest Road 37.

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

Heather Meadows Area

Located along the upper reaches of the Byway, this spectacular subalpine setting offers summer day use recreation and winter sports at the Mt. Baker Ski Area. **Heather Meadows Visitor Center** is open during the late summer season. The area has self-guided interpretive trails, vistas, naturalist programs, picnicking, and hiking trails into the Mt. Baker Wilderness. **NW Forest Pass** required.



Popular Trails-Mt. Baker Scenic Byway

Trail #	Name	Trailhead	Miles (one way)		Remarks
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 Mtn.	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; accessible
684.2	Fire and Ice	Highway 542	0.5	♿	Self-guided interpretive trail; accessible
684.3	Wild Goose	Highway 542	2.5		Self-guided interpretive trail
669	Artist Ridge	Highway 542	1.0		Self-guided interpretive trail



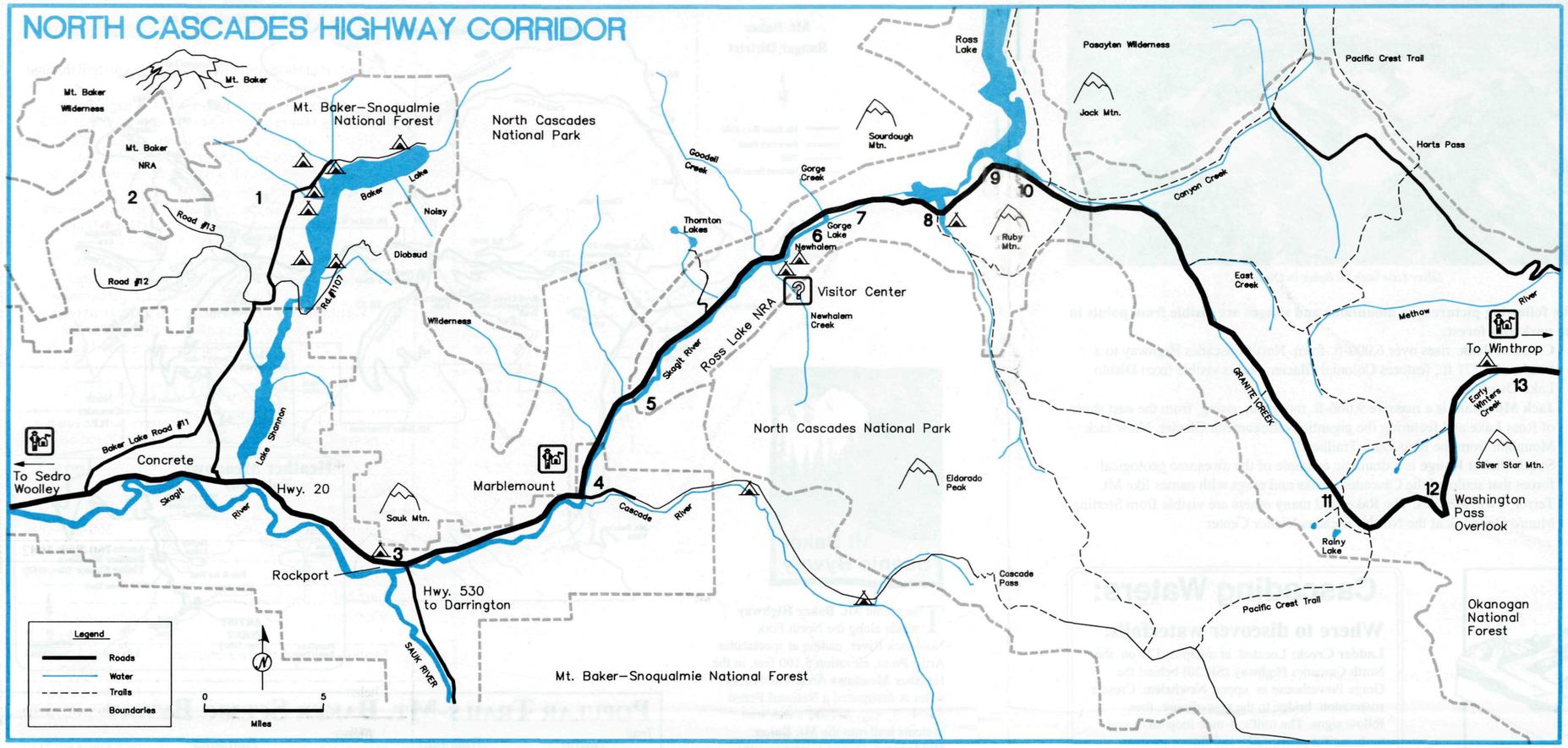
Heather Meadows Visitor Center

Experience Wilderness

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

Keeping Wilderness intact requires some regulation. Party size is limited to 12, including saddle and stock animals. To preserve solitude, no motorized or mechanized equipment is allowed. Campfires are prohibited in many areas.

When entering Wilderness Areas, be prepared for risk and challenge. The terrain can be rugged and the weather unpredictable. Once you enter Wilderness there are few if any man made conveniences like signing. Be safe and be prepared. During winter months check forecasts through the Northwest Avalanche Center. Park and Forest staff are available year round to help you plan your trip into the Wilderness Areas.



MAP # Accessible Interpretive Trails

1 **Shadow of the Sentinels:** 0.5 mile (0.8 km) trail through old growth forest.

6 **Newhalem Area:**(See map & chart on page12)
Sterling Munro: 330ft(120m) Boardwalk Picket view
River Loop: 1.8miles(2.9km) begin at Visitor Center or at Newhalem campground for easier grade.
Rock Shelter: .25 miles(0.6km) Moderate grade, to Indian campsite above Newhalem Creek.

6.5 **Gorge Overlook Trail:** paved portion offers views of deep canyons, Gorge Lake, and Gorge Dam.

9 **Happy Creek Forest Walk:** .3 mile (.5 km) boardwalk through ancient creekside forest.

11 **Rainy Lake Trail:** One mile (1.6 km) paved trail leads to Rainy Lake, waterfall, and glacier view.

12 **Washington Pass Overlook:** 270 yd (250 m) loop trail leads to spectacular view from a 700 foot (200 m)bluff at the summit of the Scenic Highway.

Lodging Information

Contact the Chamber of Commerce for the town nearest your destination at the number listed below.

West Side:	
Mt. Vernon	360-428-8547
Burlington	360-757-0994
Sedro-Woolley	360-855-1841
Concrete	360-853-7042
Marblemount	360-873-2250
East Side:	
Winthrop	1-888-4-METHOW 509-966-2125
Methow Valley Central Reservations	1-800-422-3048 509-682-3503
Chelan	1-800-4-CHELAN 509-682-3503
Wenatchee	1-800-57-APPLE 509-662-2116

1 Baker Lake Milepost 82 (off SR 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 Baker Lake Trail (formerly East Bank Trail).
Baker Lake Resort: 1-(888) 711-3033. Store, camping, cabins, and boat rentals.

2 Mt. Baker National Recreation Area

See map including Mt. Baker NRA on page 6.
Access via Forest Roads 12 and 13 off Baker Lake Highway. Backcountry trails and camping.
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 steep 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: At Rockport on the Skagit River. Bald 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 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 Ext. 39.** 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. NW Forest Pass required at all trailheads.

5 Ross Lake National Rec. Area M.P 111

117,574 acres; administered by North Cascades National Park Service Complex *(see pages 12-13).*
Thornton Lakes Road/Trail: access 4.7 miles up steep windy, gravel road *(see trail chart on page 12 for details).* NW Forest Pass required.
Goodell Creek Campground: Rustic sites along Skagit River; open all year, but without water and services in winter; $10. Raft launch. Picnic shelter.

6 Newhalem M.P. 120

More detailed map of Newhalem Area on page 12.
Newhalem Creek Campground - Open May to September; $12. New group sites available; $32, limit 24 persons, call (206) 386-4495 ext.16 for group reservation only.
North Cascades Visitor Center - Interpretive programs, books, and maps. Breathtaking view of the Picket Range. Open daily mid-April through mid-October; weekends only during winter months.
Newhalem Area Trails - Rock Shelter, To Know a Tree, River Loop, Trail of the Cedars; Historic Walk.
Skagit General Store - Supplies and souvenirs.
Ladder Creek Falls - Located behind Gorge Power House. Loop through flower gardens; lit at night.
Gorge Overlook and Gorge Creek Falls - 242-foot waterfall three miles east of town. Loop trail at rest stop offers views of the gorge and dam.

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 ten mile round trip hike up Sourdough Mountain.

8 Colonial Creek Campground M.P.130

Campground on Diablo Lake. Camphosts and naturalist programs in summer. $12 fee from May to October.

9 Diablo and Ross Lake Overlooks M.P. 131-134; Winter Road Closure

Diablo Lake Overlook — Spectacular views, map and detailed geology exhibit.
Ross Dam Trailhead (NW Forest Pass required)
Ross Lake Resort — (206) 386-4437. Floating cabins, boat rentals, portage service, and water taxi.
Winter Road Closure — SR 20 typically closes about mid-November and reopens in mid-April.

10 East Bank Trailhead M.P. 138

Panther Creek Trail, East Bank Trail and Ruby Creek Trails converge near here. NW Forest Pass required.

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), unpaved.
Methow Valley Visitor Center M.P. 192

Camping Map Legend:
FS = Forest Service
SP = WA State Park
P = Puget Sound Energy
NP = National Park Service
CP = County Park

Car Camping in the North Cascades

Many public campgrounds in the North Cascades are accessible by road. Campgrounds fill quickly on holiday and summer weekends. Reservations can be made 3-240 days in advance for many Forest Service campgrounds by calling 1-877-444-6777 or on-line: *www.reserveusa.com.* Washington State Parks reserve some sites by calling 1-800-452-5687.

North Cascades National Park does **not** offer individual camping reservations (first come-first serve).

Free campgrounds are primitive, requiring that you bring your own water and pack out garbage. Some private campgrounds and resorts provide cabins and showers.

Some campgrounds offer naturalist programs.

Location	Campground + = Reservation Available	Managed By	Accessible Facilities	User Fee	Drinking Water	Flush Toilets	Vault Toilets	Garbage Facilities	Boat Ramp	Hiking Trail	Fishing	Dump Stations	Hook-ups Available	Number of Campsites * = Hook-ups Available
Hwy 542 *Map page 7*	Douglas Fir +	FS	•		•		•	•			•			30
	Silver Fir +	FS	•		•		•	•			•			21
Baker Lake Hwy. 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	•	•	•	•		•				•	•	111
	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

Mountains in the Sky

"There is a wonderful fascination about mountains. Their massive grandeur, majesty of lofty height, splendour of striking outline—crag and pinnacle and precipice—seem to appeal both to the intellect and to the inmost soul of man, and to compel a mingled reverence and love."—James Outram, 1923.

The Cascade Mountain Range is the heart of North Cascades National Park and Mt. Baker-Snoqualmie National Forest. Sharp spires and jagged ridges twist from summit to summit, then abruptly plunge into U-shaped valleys below. The North Cascades are still rising, shifting, and forming.

Carved By Ice

The fantastic jumble of serrated ridges, saw-toothed peaks and deep cirques is the result of several ice ages. 15,000 years ago, vast sheets of ice reached from central British Columbia into what are now the North Cascades. As the gigantic glaciers advanced, they dragged rocks ranging in size from grains of sand to house-sized boulders, sculpting and scouring the landscape beneath them. Glacial sculpting continues today on a smaller scale. Glaciers leave these mountain features by the hundreds:

CIRQUE: Horseshoe-shaped recess at the head of a valley (Horseshoe Basin)

ARETE: Sawtoothed ridge formed between adjacent cirques (South Picket Range)

HORN: High pyramidal peak formed by cirques on three or more sides (Mt. Shuksan)

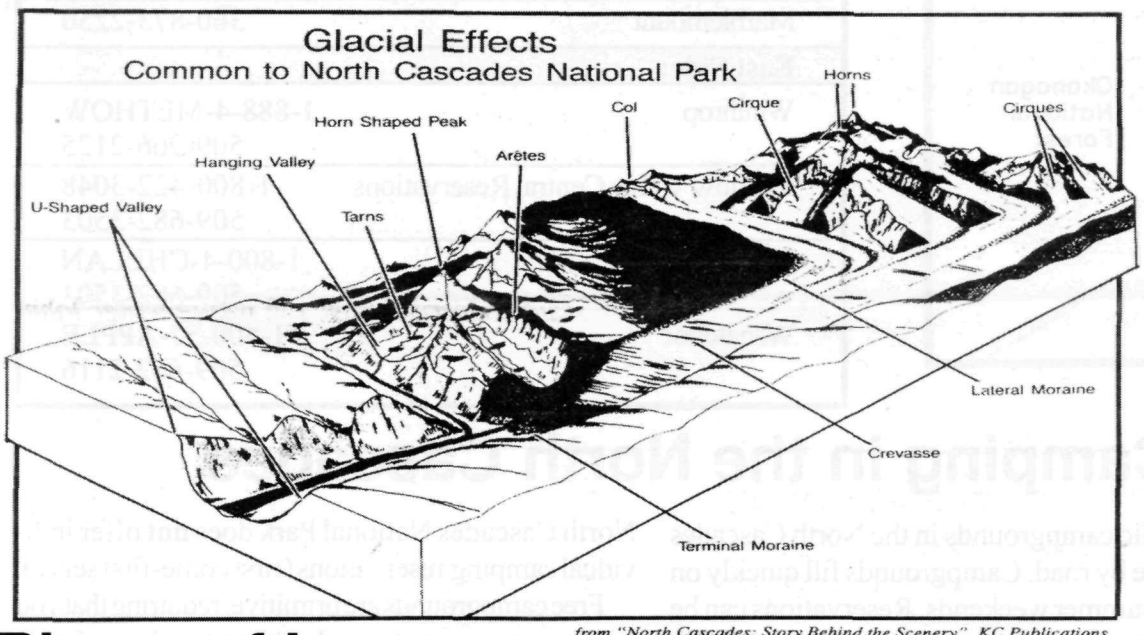
TARN: Deep lakes occupying evacuated cirques (Lake Ann)



Silver Lake with Mt.Baker in Distance

The following picturesque mountains and ranges are visible from points in the park and forest:

- **Colonial Peak** rises over 6,000-ft. from North Cascades Highway to a height of 7,771 ft., features Colonial Glacier, and is visible from Diablo Lake Overlook.
- **Jack Mountain** is a massive 9,066-ft. mountain rising from the east shore of Ross Lake and featuring the gigantic Nohokomeen Glacier. View Jack Mountain from the Ross Dam Trailhead.
- **South Picket Range** is a dramatic example of the awesome geological forces that sculpted the Cascades. Peaks and crags with names like Mt. Terror, Twin Needles, The Rake, and many others are visible from Sterling Munro Overlook at the North Cascades Visitor Center



from "North Cascades: Story Behind the Scenery" KC Publications

Rivers of Ice

The North Cascades is the most heavily glaciated area in the United States outside of Alaska. It is one of the snowiest places in the world. From the latest count, there are 318 glaciers and countless snowfields in the North Cascades Complex. On average, 400-700 inches (10-17 meters) of snow falls during a winter season in the high country. That huge quantity of snow, often more than a summer's warmth can melt, is what builds and sustains the glaciers. When many years' accumulation of snow has become compacted and recrystallized, it begins to flow and slide downhill under its own weight. Once movement begins, the snowfield becomes a glacier. Blue glacial ice in crevasses, cracks in the glacier surface caused by movement over an uneven surface, distinguishes glaciers from snowfields.

Disappearing Ice

North Cascades glaciers are disappearing. Since the mid 19th century, most glaciers in this area have melted more each year than they have accumulated. This is due to the combined effect of less precipitation and warmer summers (1.0 degree C [1.8 F] above the long-term average since 1985). If the average annual temperature increases 2 more degrees C, over 90 percent of the North Cascades glaciers could disappear within 40 years.

Importance of Glaciers

Here in the North Cascades, people recognize that if glacial melt flow rates fluctuate widely over the years, it may require major adjustments to lifestyles, agriculture, and industry. Salmon and other aquatic life would encounter difficulties if glaciers disappeared. And glaciers are climatic change indicators, mirroring temperature and precipitation trends. The Park Service monitors four glaciers at set intervals, measuring their mass, area, volume, and contribution to flow.

Cascading Waters:

Where to discover waterfalls:

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 takes you to beautiful pools, falls, and flower gardens. Watch for 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 in a breathtaking plunge. A large parking area and loop trail overlook are near the falls.

Rainbow Falls (Baker Lake): Located in the Baker Lake Basin, Rainbow Creek cascades down a steep gorge more than 100 ft. On a sunny day look for a colorful rainbow from the viewpoint on Forest Service Road #1130.

Rainbow Falls (Stehekin): Originating high above Stehekin Valley in the snowfields of Rainbow Ridge, the waters of Rainbow Creek plunge 312 feet in a misty cascade viewed just off the Stehekin Valley Road.

Nooksack Falls: Located at milepost 40 on the Mt. Baker Highway (SR 542) past the town of Glacier, the North Fork Nooksack River drops more than 100 feet into a roaring mass of raging water. One of the first hydroelectric power plants in Washington uses this drop to generate power.

Where to view Glaciers:

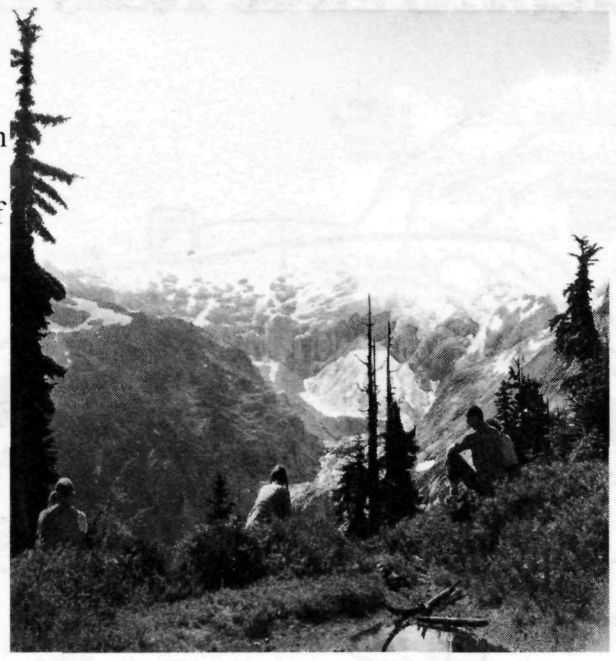
The trails on the south side of Mt. Baker in the **Mt. Baker National Recreation Area** provide tremendous views of glaciation at work. Six-mile long **Scott Paul Trail** crosses the terminal moraine below the Squak Glacier. **Railroad Grade Trail** deposits hikers at the Easton Glacier on Mt. Baker.

State Route 20—Glaciers on Colonial and Snowfield Peaks are visible from the Ross Dam Trailhead at milepost 134.

From the **Cascade Pass Parking Area** at the end of Cascade River Road you can view spectacular glaciers on Johannesburg Mountain.

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 Trail**. View some of the 13 glaciers surrounding Mt Baker from the **Artist Ridge Trail.**

Northwest Monument



From Ancient Rome to the temples of the Mayans, many lands display monumental human accomplishments. Yet the United States displays treasures more magnificent and pure than any feat of human endeavor. While countries in Europe built cathedrals of stone, the U.S. established national parks to preserve the natural marvels that define the American experience. Here in the Northwest, the connection between the natural world and cultural history is intensely felt. Our national parks preserve the essence and history of this place, our home.

Forming the backbone of this diverse region, North Cascades National Park anchors our explorations into cultural and natural history, our present place in this changing world, and our dreams for future generations. The past is like the roots of our cultural tree, supporting our growth into the future. Following receding glaciers after the Little Ice Age, the Skagit People inhabited these lands with the salmon and cedar. They found refuge in these mountains from aggressive coastal peoples and lived off the abundance of forest and river. Soon, rugged pioneers blazed their way up the Skagit on the Goat Trail searching for gold, pelts, adventure and the freedom that the wild land offered.

Their freedom disappeared soon, however, as the modern age pushed its way upstream along the powerful Skagit River. With a dream and persistence, J.D. Ross started a movement that altered the wild Skagit to its present harnessed form. Gorge, Diablo, and Ross Dams still the mighty Skagit above Newhalem now, but the mountains remain wild due to the diligence of many conservationists and Senator Henry M. "Scoop" Jackson. After repeated attempts to preserve the North Cascades, Congress finally established a National Park here in 1968.

Over 684,000 acres of mountains, forest and streams, North Cascades National Park Service Complex preserves for future generations the majesty that the Upper Skagit People, pioneers and recreationalists have long appreciated. More than half of the glaciers in the lower 48 states continue to sculpt these mountains. Due to the steep terrain and proximity to the Pacific Ocean, these mountains are one of the most biodiverse areas on the planet. North Cascades National Park is a bounty of ecological information and personal inspiration.

North Cascades National Park is a testament to our diverse nation. Its outstanding features attract people from around the world as they seek to find what they have lost in their own homelands. This is our national legacy. This is our northwest monument.

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 early settlers would sometimes make homes out of hollow stumps just by building roofs over them.

Most of the old giants are gone from the Northwest, but in the wilds of the North Cascades you can still visit groves that have never been cut and still retain all of the characteristics of old-growth forest.

How can you tell if you are visiting an old-growth forest? Look for a forest canopy of many-levels, such as Douglas-fir towering over shade-tolerant hemlocks struggling upward. Look for downed logs and standing dead trees, called snags.

Old-growth forests are not defined solely by the size of their trees. Ancient forests are a magnificent and complex part of 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 decades 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. **Happy Creek Forest Walk** near Ross Dam is a .3 mile accessible boardwalk. Interpretive plaques tell the story of this ancient creekside 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 with wayside interpretive signs. Baker Lake Trail (formerly known as East Bank Trail) follows the east shore of Baker Lake and enters the Baker River drainage at the upper end.



Bear Essentials

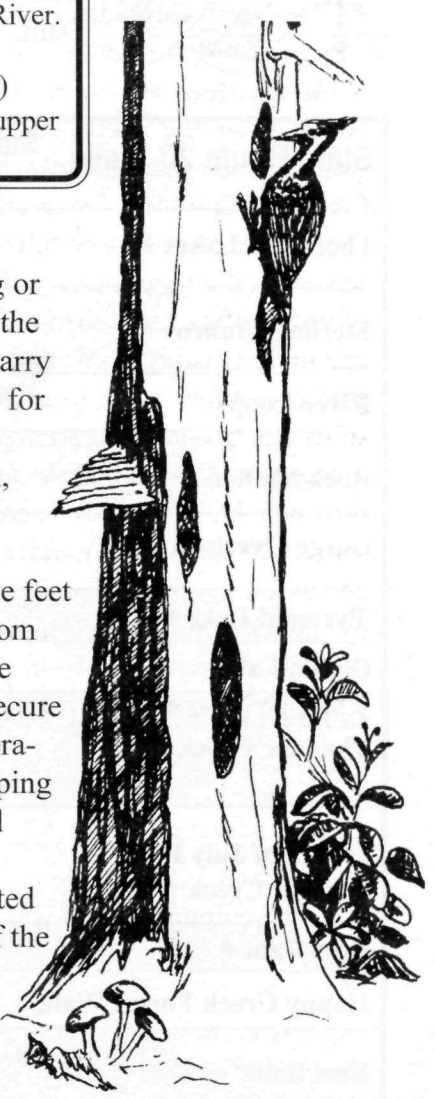
Last June near Stehekin a woman was out for a stroll with her dog. The dog was unleashed, and it soon trotted out of the woman's view. Suddenly the dog reappeared, racing back towards its master, a black bear in pursuit. Fortunately, when the woman turned and confronted the bear with shouting and waving arms, it retreated into cover. The bear remained watching her briefly before both parties retreated. The moral of this true story: If you take your dog into bear country, keep it on a leash.

Last August at Grizzly Creek Camp, a backpacker untied his food bag from the branch where it hung. The man then departed to take care of nature's business. The bag contained all of his food. When the man returned minutes later, the bag was gone, pilfered by a bear. Sleeping in a nearby tent, the man's companion never heard a thing. The moral of this true story: When camping in bear country, never leave food or odorous items lying around—not even for a few minutes.

As more people live and play in the North Cascades and vicinity, the potential for an increase in human-bear conflict grows. Bears will eat almost anything, and what we consider garbage is a bear's buffet. Garbage cans, compost piles, fruit trees, bird feeders, grain, corn, pet food, beehives, outdoor refrigerators, and barbeques are all bear attractants. Imagine finding a fresh baked apple pie on your kitchen table—mighty tempting. A bear feels the same temptation towards your garbage can or picnic basket.

A few simple precautions while living or visiting in bear country can save you and the bears grief. While visiting bear country, carry food in a bear resistant canister (available for loan from ranger stations). Never store food, garbage, soap, cosmetics, sunscreen, insect repellent, or other odorous items in your tent. Between meals, store food at least 15 feet above the ground, at least five feet from tree trunks, and at least 100 yards from your tent. For bear country residents: store garbage in bear-proof containers or in a secure building; keep grills, pet food, and refrigerators inside; use a sealed compost bin, keeping meat out of your compost; and keep small pets or livestock indoors at night.

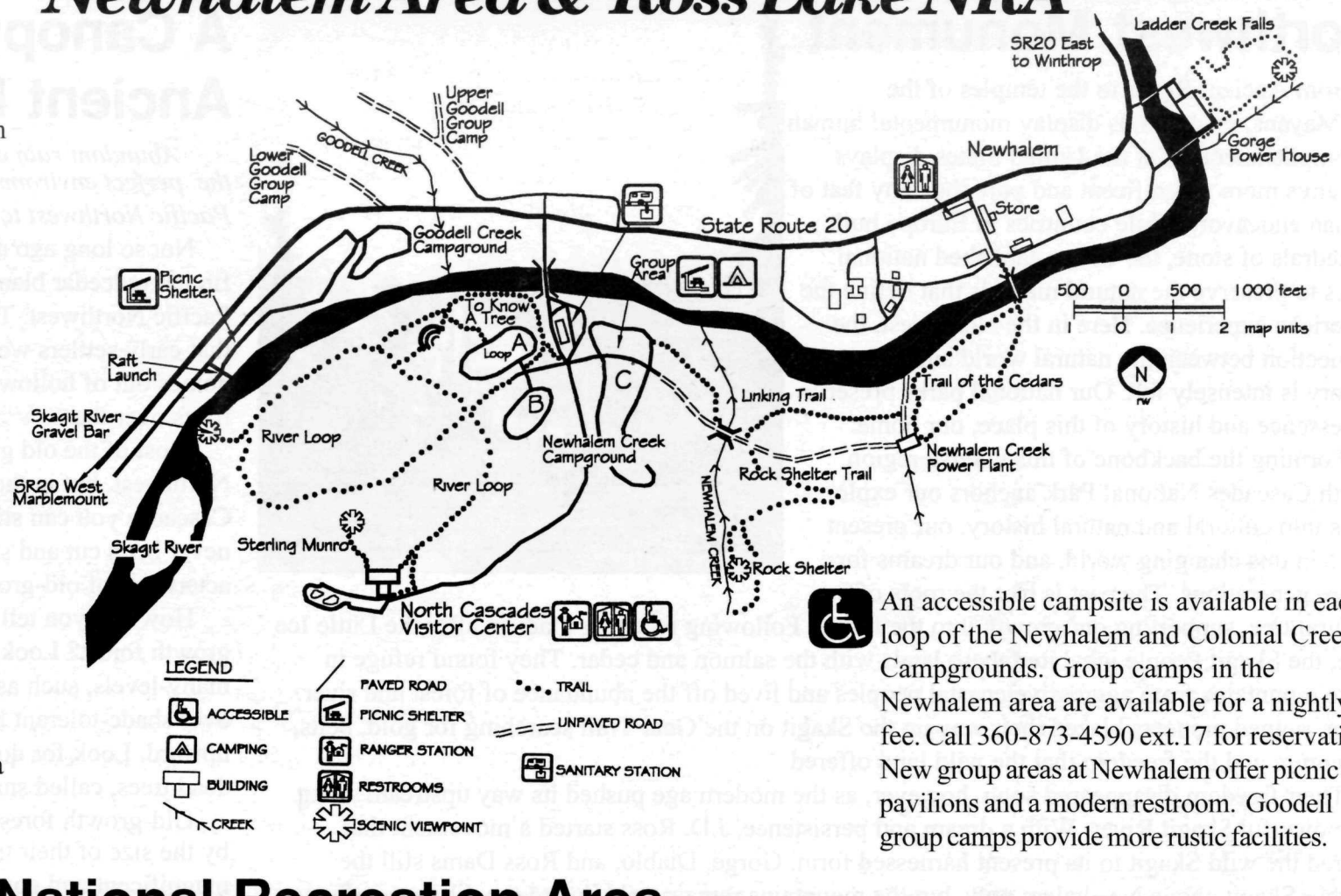
Most of the steps for avoiding unwanted bear visits also apply to other members of the wild community. With a little thoughtful consideration, we can share this lovely country with all our furry neighbors.



Newhalem Area & Ross Lake NRA

Discover the natural and human history in the heart of these mountains along trails or at the North Cascades Visitor Center. Enjoy wilderness exhibits and theater programs featuring plants and animals of the region. Maps and models highlight area geography.

In addition to the trails listed below, *To Know A Tree Trail* surrounds campground loop A and follows the Skagit River. The linking trail connects the campground and Visitor Center to other area trails south of the river.



An accessible campsite is available in each loop of the Newhalem and Colonial Creek Campgrounds. Group camps in the Newhalem area are available for a nightly fee. Call 360-873-4590 ext.17 for reservations. New group areas at Newhalem offer picnic pavilions and a modern restroom. Goodell group camps provide more rustic facilities.

Ross Lake National Recreation Area

Thirty miles of State Route 20 access this upper area of the Skagit River Watershed, offering many of the region's best camping, hiking and boating opportunities. The free-flowing section of the Skagit River below Newhalem provides excellent rafting and wildlife observation. A raft launch is located adjacent to Goodell Creek Campground near the picnic shelter. Careful planning is necessary to float the swift Skagit River.

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.



American dipper

Gorge Creek Falls area, 3.5 miles east of Newhalem, has improved facilities with an accessible interpretive loop trail with views of Gorge Dam.

Diablo Lake is the central jewel of the three lakes, offering the best accessibility. It is open all year to fishing and boating; a boat launch is available at Colonial Creek Campground. There are three boat-in sites along the shore of Diablo Lake, which require a free backcountry permit (*see page 2*). Thunder Creek, the major tributary to the lake, carries the fine glacial sediment which gives the lake its brilliant turquoise color. A 28 mile hiking route through the park into the Stehekin Valley follows Thunder Creek to Park Creek Pass.

Ross Lake is the largest of three reservoirs created by the impounded waters of the upper Skagit River. Ross Lake winds nearly 25 miles from the dam north to the Canadian border at Hozomeen. During the summer, vehicle access and boat launching are possible from the north by traveling the 40-mile gravel Silver-Skagit Road south of Hope, British Columbia. Check with the park for lake levels. Hozomeen Campground is primitive with water and vault toilets. It is necessary to pack out all garbage.

Access to Ross 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, small rental boats, and provides portage past the dam and water-taxi service to trailheads and campsites, which require free backcountry permits.

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 Dolly Varden or bull trout are hooked, they must be carefully and immediately released. Ross Lake's natural spawning occurs in the Skagit River above the 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. A Washington State fishing license is required. Ross Lake's limited access helps protect the pristine quality of the lake and its environment.

*** NW Forest Pass is needed.**

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; accessible
River Loop	120	1.8 miles	50 feet	easy	Forested walk to river; accessible
Rock Shelter	120	.3 miles	30 feet	easy	Boardwalk to campsite used 1400 years ago by hunting, gathering Native Peoples
Gorge Overlook Trail	123	.5 miles	level	very easy	Accessible .2 mile paved. Unpaved portion .33 mile compact gravel loop.
Pyramid Lake *	127	4.2 miles	1,500 feet	moderate	Steep forest; stream; small lake
Diablo Lake	128	7.6 miles	400 feet		Trailhead located across Diablo Dam
Thunder Creek	130	1.6 - 38 miles	6,300 feet	easy-difficult	Easy 1.6 miles round-trip to suspension bridge. Ancient forest along the stream; permit needed for overnight backcountry camping
Fourth of July Pass/ Panther Creek *	130	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 *	138	1.5 miles	- 500 feet	easy	Short, steep trail from State Route 20 to dam
Happy Creek Forest Walk	134	.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 for overnight backcountry camping

Lake Chelan National Recreation Area

Stehekin, 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, providing a pleasant escape from life's frantic pace. Visitors and residents arrive by passenger ferry, float plane, hiking, horseback and private boat. There are over 16 public docks along Lake Chelan including four in the recreation area. Boaters using any of these federal docks need to purchase a dock site pass. $5 daily or $40 seasonal passes are available to help defray dock maintenance expenses.

The Purple Point Information Center provides area information, backcountry permits and daily interpretive programs. The North Cascades Stehekin Lodge offers overnight accommodations, a restaurant, small camp store, gasoline, tours, and bicycle and boat rentals at Stehekin Landing.

Other businesses provide services during the summer season including day and over-night horseback trips into the wilderness, bicycle rentals, guided raft trips down the Stehekin River and a tour to beautiful 312 foot Rainbow Falls. Several businesses provide overnight accommodations and food on private property in the Stehekin Valley.



National Park Service and private shuttle buses provide access to trailheads and campgrounds along the Stehekin Valley Road. Shuttle service begins May 19 to High Bridge and June 15 above High Bridge. The 2.7-mile section of road between the current end of the road, Glory Mountain, and Cottonwood Campground is closed to vehicles due to severe flooding during the fall of 1995. A trail has been constructed along the road wash-out for hikers to reach Cottonwood Camp, and vehicles can go as far as Glory Mountain, 20.1 miles from the landing. Check the *Focus on Stehekin* newspaper for the Stehekin Valley Road Shuttle Service schedule.

Hour Stay
- Visit the Purple Point Information Center for books, exhibits and the art gallery.
- Learn about homesteading along the short 15-minute McKellar Cabin Trail.

Three-Hour Stay
- Walk the Imus Creek Nature Trail, a 3/4 mile self-guided loop with views. Starts near the Purple Point Information Center.
- Bike 3.5 miles one-way to Rainbow Falls and Buckner Orchard.

Whole Day
- Take a shuttle bus and narrated tour upvalley.
- Stroll down the Lakeshore Trail with a picnic lunch.

Overnight
- Ride a shuttle bus to a trailhead and hike or backpack one of the many area trails.
- Attend a naturalist program at the Purple Point Information Center.

Beautiful Buckner Homestead

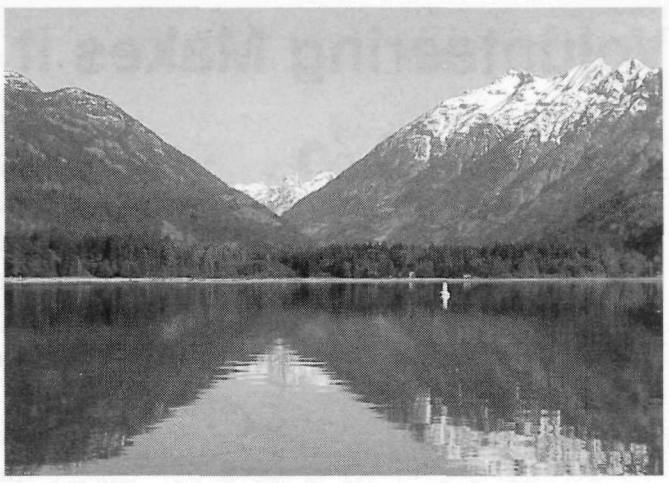
The Buckner Homestead and apple orchard are located about 3.5 miles up the Stehekin River Valley from the head of Lake Chelan. In 1912, William Van Buckner, his wife May, and their family moved onto their new property and began building their dream—a working apple orchard and homestead. Eventually, the apple orchard was expanded to 60 acres. The home "ranch" featured more than a dozen outbuildings, including a milk house, root cellar, chicken house, workshop, barn, playhouse, smokehouse, sleeping cabins for guests or workers, and assorted storage sheds. The Buckners built almost every structure themselves, including a cement swimming pool fed by water from their irrigation network. In 1970, Harry Buckner sold the ranch to the National Park Service, and in 1989 the ranch and 90 acres of surrounding area were listed as the Buckner Homestead National Historic District.

Today, the Buckner Homestead remains largely intact. The structures, buildings and apple trees show the wear of time, but they have not been abandoned. There is a special feeling to this place, as if the past, present, and future exist at once. The Buckner ranch was and is an important part of the community. The large old apple-packing shed was once a gathering place where folks would meet at harvest time to help pack apples or attend an occasional dance. The packing shed will soon host visitors again.

The Buckner Homestead is preserved as a living example of our cultural heritage and pioneer spirit. Some of the Buckners' ideas were ahead of their time, while others were short lived. The cement swimming pool quickly developed cracks and the sawdust filled walls of the icehouse attracted bugs, while the Buckners' low impact cultivation methods, such as farming without pesticides and using gravity feed irrigation, are desirable today.

North Cascades National Park is currently working cooperatively with Washington's National Park Fund and the Buckner Homestead Heritage Foundation to preserve and maintain the Buckner Homestead. Current projects include:

- **Apple Packing Shed**: The structure will be completely rebuilt, with new roof, walls, and foundation repair. It will be used for interpretive and social events.
- **Root Cellar**: This above-ground building is scheduled to be completely rehabilitated and open to visitors by spring or summer 2001.



Head of Lake Chelan

Images of the North Cascades

The North Cascades area has inspired people for thousands of years. Native Americans used local pigments to paint pictographs on rocky cliffs. Explorers documented plants, animals and their experiences by drawing what they saw while traveling. Since the turn of the century, artists have painted landscapes on canvas while photographers have captured images with cameras. Many mountain valley settlers perfected their crafts during long winter evenings. Artists and crafts people continue to come to the mountains for inspiration. Majestic mountains, towering trees, and pristine lakes are only a few of the many images people remember after visiting the North Cascades.

The Golden West Gallery offers visitors a chance to view work produced by artists and crafts people inspired by the North Cascades. The gallery is being rehabilitated during the 2001 season, so it is temporarily located at the Purple Point Information Center. This summer season, an exhibit of artwork by the Stehekin community will be on display from March 15th to October 15th.

The Golden West Gallery is dedicated to increasing understanding and appreciation of the natural, historic, cultural and artistic landscapes of the North Cascades through the arts. Exhibitors give talks, demonstrations, workshops and other programs in conjunction with their exhibits. Workshops for children will be offered throughout the year. The gallery is a cooperative venture of the resident artists of Stehekin and North Cascades National Park. It is managed by the Arts and Humanities of Stehekin, a nonprofit group operated by volunteers. Announcements for gallery related events are posted at the Purple Point Information Center. For gallery information, please write to: Arts and Humanities of Stehekin, PO Box 83, Stehekin, WA 98852.



Buckner Orchard

- **Orchard**: The 315 tree orchard is monitored and maintained by Park Service staff, volunteers and community members.
- **Adopt a Tree**: The Washington's National Park Fund offers this program to ensure the future of the rare Common Delicious and other varieties at the Buckner Orchard. For more information, contact the Fund at: 206-770-0627 or visit their Website at *http://www.wnpf.org*

Volunteering Makes it Real



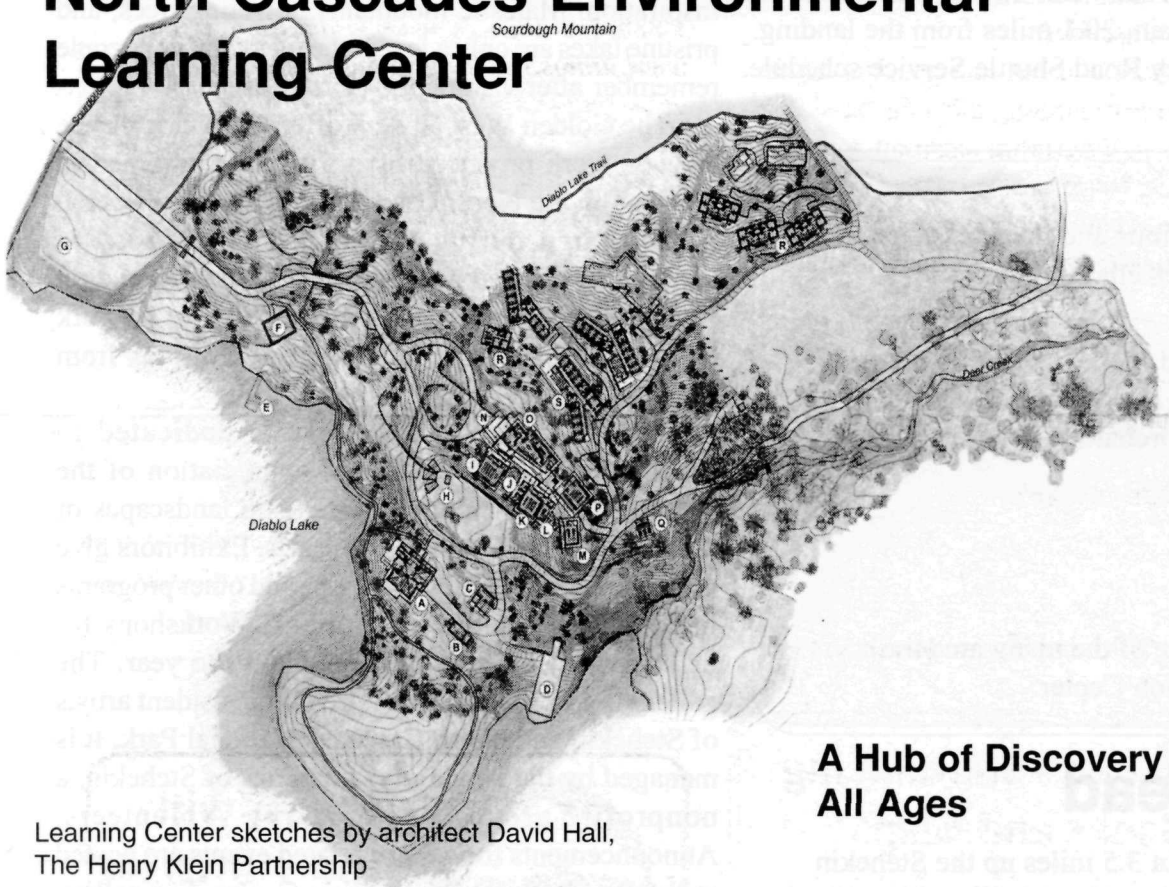
For many people volunteering is a way of giving something back to the land that has nurtured and inspired them. It is also a way to gain a deeper understanding of the many issues related to management of our public lands. As visitation increases, maintenance and staffing needs at visitor centers, recreation sites and trails often exceed the agencies' resources. Combined efforts from people with all levels of skill and talent can help make a difference.

Organized volunteer groups like Washington Trails Association (WTA) and Volunteers for Outdoor Washington (VOW) promote education and enhance recreational opportunities by improving trails and facilities. Volunteer hours may be good toward a NW Forest Pass. Contact the WTA at (206) 517-7032 or VOW at (206) 517-4469 for more information or visit *www.wta.org* on the World Wide Web to find out more about outdoor volunteering outdoors in Washington State.

Students and individuals seeking internships or independant opportunities can gain valuable experience in the National Forest or Park. Some of the positions that may be available are wilderness rangers, visitor center staff, forest recreation maintenance, trail work and biological monitoring.

Please feel free to seek more information if you or your group are interested in volunteer opportunities. Volunteer oportunities are available from both North Cascades National Park and the Mt. Baker Ranger District.

North Cascades Environmental Learning Center



Learning Center sketches by architect David Hall, The Henry Klein Partnership

A Hub of Discovery for All Ages

Legend

A	Dining Hall	K	Aquatic Lab
B	Recycling & Composting	L	Equipment Storage
C	Maintenance	M	Library
D	Boathouse (Seattle City Light)	N	Entrance & Reception
E	Dock	O	Educational Support & Administration
F	Discovery Boathouse	P	Terrestrial Lab
G	Parking	Q	Deer Creek Learning Shelter
H	Amphitheater	R	Graduate Student & Staff Housing
I	Main Classroom	S	Participant Accommodations
J	Restrooms		

North Cascades Environmental Learning Center, slated for completion in 2003, will be a world class educational facility in the heart of North Cascades National Park. Born from the relicensing agreement for the Skagit River dams, the Learning Center is a partnership project of North Cascades Institute, the National Park Service and Seattle City Light. Other partners include North Cascades Conservation Council, Office of the Superintendent of Public Instruction, Sauk-Suiattle Tribe, Swinomish Indian Tribal Community, Upper Skagit Tribe, USDA Forest Service and the Washington Department of Fish & Wildlife.

The Learning Center will be located on the north shore of Diablo Lake below Sourdough Mountain. Facilities will include:

- Lakeside dining hall and community center
- Overnight accommodations for 46 participants and 12 staff
- Discovery Boathouse with direct access to Diablo and Ross Lakes
- Outdoor learning shelters and amphitheater
- Trails leading deep into the wildlands of North Cascades National Park
- Multi-media classrooms and science library with computers and web access
- Aquatic and terrestrial labs

For more information about the Learning Center, please contact North Cascades Institute.

Washington's National Park Fund

Washington State's national parks (Mount Rainier, North Cascades and Olympic) are its crown jewels. They face increasing pressures from high visitation and tight budgets.

Washington's National Park Fund aids and supports the three national parks of Washington State. Since 1993, the Fund has helped to fill the gap between park needs and available resources. The Fund helps ensure that visitors have a high quality, memorable experience by 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 restoration, enhancement and preservation.

The Fund supports these projects at North Cascades National Park Service Complex:

*Daily children's activities during summer enhance the Junior Ranger and Family Fun Pack programs. Enjoyable outdoor learning experiences for kids and their families are available at Newhalem, Colonial Creek Campground, and Stehekin.

*Newhalem Rock Shelter Trail is a fully accessible interpretive trail to an archeological site highlighting how people lived in the North Cascades for thousands of years.

*The Mountain School Shelter, dedicated on June 2, 2001, is open to the public each summer for picnicking. Providing spring and fall environmental education programs, Mountain School will utilize the secure, dry shelter for programs, food and supplies.

*Buckner Orchard's "Adopt a Tree" program funds maintenance and preservation of the historic orchard in Stehekin.

*Spanish translations of informational and interpretive publications will be completed and available to visitors.

*Support for the Outreach Program's presentations to organizations, classrooms, shows, fairs, and festivals.

*Publication of *Focus on Stehekin* and funding for the publications internship.

For more information about how you can help Washington's national parks, call (206) 770-0627, visit the Website at www.wnpf.org, or look for the Fund's brochure in any of the park's visitor centers.

North Cascades *Challenger*

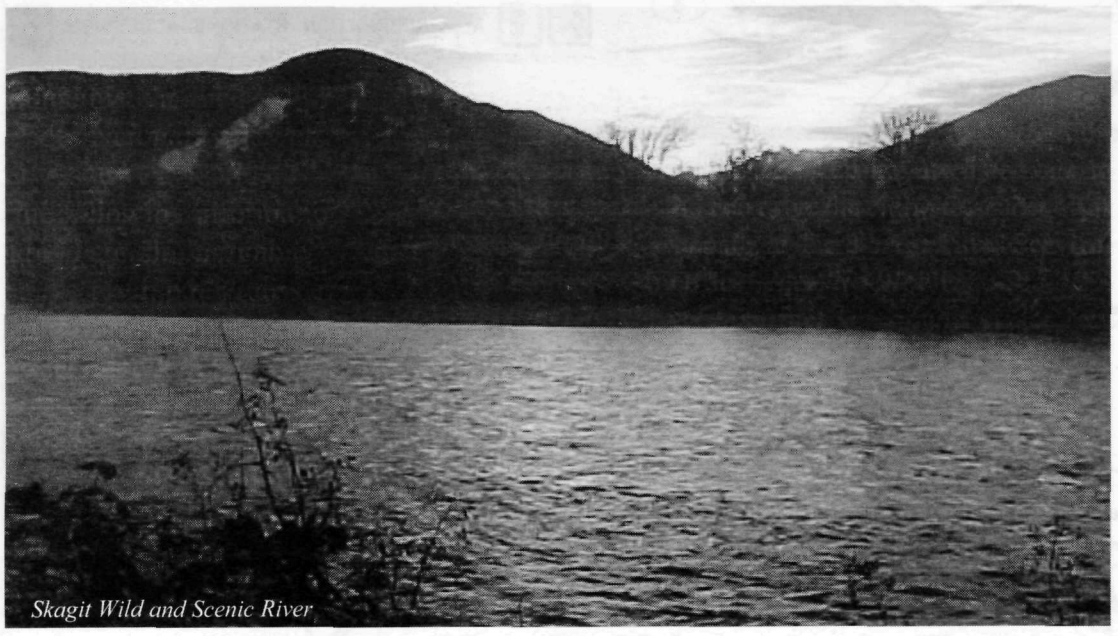
2001-2002 Visitor Information Guide
Produced and published cooperatively by North Cascades National Park (USDI), and Mt. Baker Ranger District of Mt. Baker-Snoqualmie National Forest (USDA).
Funded by the Northwest Interpretive Association.

Editor, writing and design:

Everett James, Intern
Cindy Bjorklund, NPS
Debra Paul, FS

Contributors:
Jeff Muse
Tim Manns
Todd Burley
Christina Copeland
Eli Warren

Maps:
Cathie Mehler, USFS
Ruth Wooding & Anne Braaten, NPS


Skagit Wild and Scenic River

Relicensing Benefits Skagit Watershed

Seattle City Light, under a 30-year federal relicensing agreement, will continue to fund projects in the Skagit Watershed in order to compensate for the long-term effects of Gorge, Diablo and Ross dams. The National Park Service administers projects in *wildlife*, *fisheries*, *recreation*, *erosion* and *cultural resources*. The Forest Service oversees projects related to the Skagit Wild and Scenic River System.

North Cascades National Park Research Station, funded by Seattle City Light, opened last year in Newhalem. The station features a laboratory, conference room, and quarters. It is available to anyone who has submitted a research plan and obtained a research permit from the park. Researchers could include college and university faculty or students and federal, state, or tribal employees performing surveys, studies, or research in the North Cascades.

Examples of wildlife monitoring projects include harlequin duck and bat surveys. Harlequin ducks are indicator species of pristine stream habitats. To date, approximately 60% of the suitable harlequin duck nesting habitat within the park has been surveyed to determine occupancy and productivity. Nearly half of the 16 bat species found in the Pacific Northwest may be threatened with extinction. Park biologists continue to survey bats, recording echo-location calls to determine distribution and abundance. Using capture-release methods, data collected on each bat includes species, sex, age, reproductive condition, and other factors.

Examples of other projects underway this year include:

- Salmon studies and habitat enhancement along the Skagit River
- Accessible fishing pier on Diablo Lake at Colonial Creek Campground
- Improved boat ramp at Colonial Creek Campground
- Picnic and restroom stop for rafters on Skagit River at Damnation Creek
- Thunder Knob trail and bridge
- Archeological research and erosion control at Ross Lake
- Improved parking and boat launch at Marblmount Bridge
- Conservation education and interpretation focused on Skagit Wild and Scenic River System

Northwest Interpretive Association: Introducing the North Cascades through Books and Maps

The Northwest Interpretive Association is a non-profit organization that works cooperatively with public agencies throughout the Northwest to promote historical, scentific and educational activities. Money received through local sales, memberships and donations is used to help study and interpret areas of both North Cascades National Park and the Mt. Baker Ranger District. The association helps make books and maps available to visitors. Sales items may be purchased on site at various offices and through mail order. For further information about NWIA, visit itsWebsite at *www. nwpubliclands.com*. A few of the items that may prove helpful when planning a trip are:

100 Hikes in the North Cascades	$16.95	Describes a variety of hikes for all skill levels.
Trails Illustrated Map for the North Cascades National Park	$9.95	Good overall hiking map for the Mt Baker Ranger District and the North Cascades National Park.
Popular Trails - North Cascades National Park	$3.25	Highlights 30 of the most popular trails within North Cascades National Park
Mt. Baker District Guide	$3.25	A general introduction to various aspects of the district with important facts and features
Heather Meadows - Mt. Baker Ranger District	$3.95	An introduction and guide to the Heather Meadows Area of the Mt. Baker Ranger District
North Cascades National Park -The Story Behind the Scenery	$7.95	A pictorial guide to North Cascades National Park, highlighting facts and features.
North Cascades - Official National Park Handbook	$7.95	A good reference to the many varied features of North Cascades National Park

To order any of the above items or to receive a catalog with a more detailed listing of the multitude of available items covering flora, fauna, geology, history, etc., call (360) 856-5700 ext. 291 or 515.

World Wide Websites

Both the Mt. Baker Snoqualmie National Forest and North Cascades Naional Park web sites are good trip planning resources. Navigate through the sites and find the following information: points of interest, trail and road conditions, campgrounds and which ones can be reserved, wilderness use and policies, educational information, plus links to other areas, resorts, and accommodations.

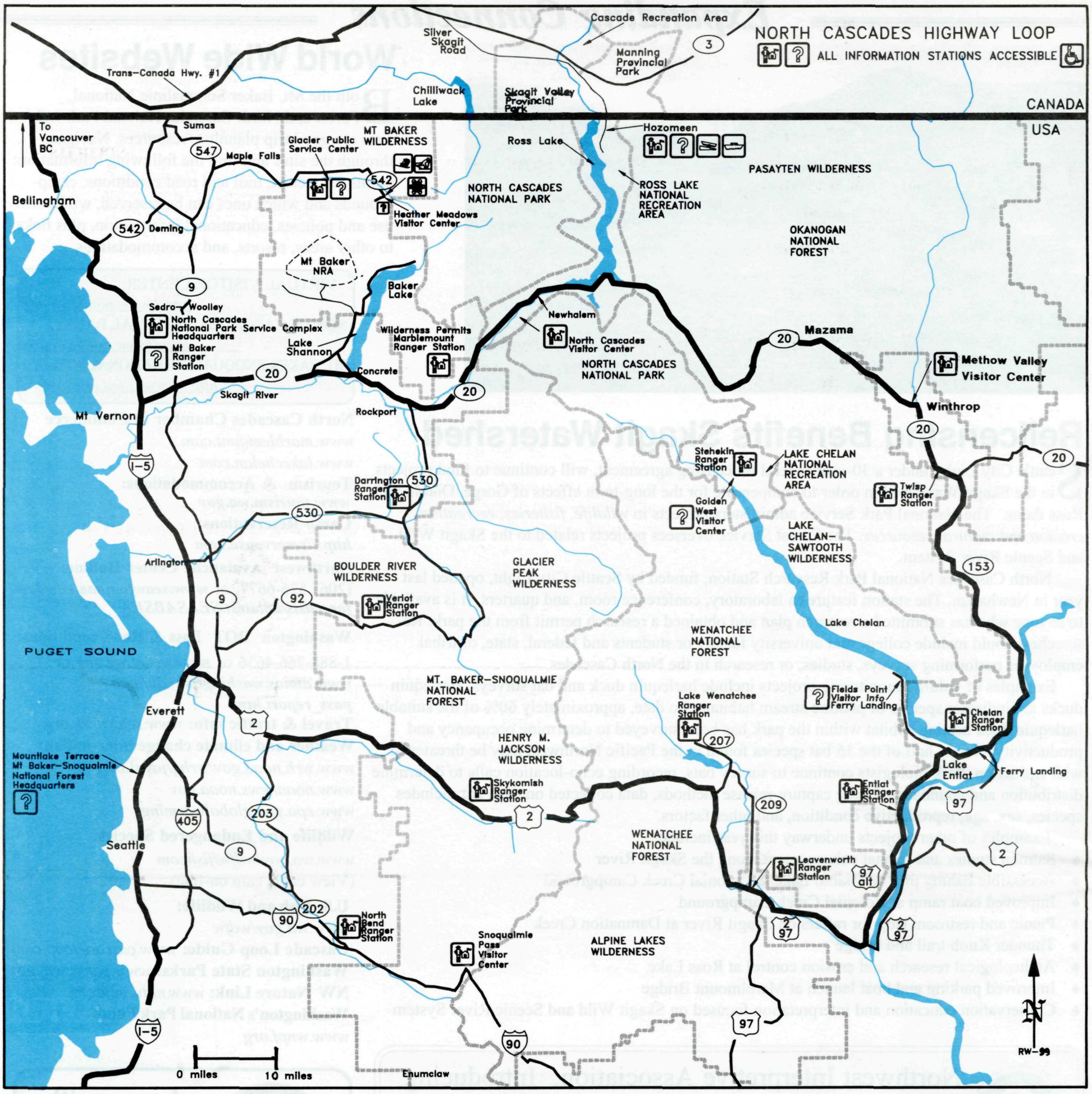
VIRTUAL VISITOR CENTER:
http://www.naturenw.org
NORTH CASCADES NATIONAL PARK:
http://www.nps.gov/noca
MT. BAKER-SNOQUALMIE NATIONAL FOREST:
http://www.fs.fed.us/r6/mbs

North Cascades Chamber of Commerce
www.marblemount.com
www.lakechelan.com
Tourism & Accommodations:
www.tourism.wa.gov
Camp Reservations:
http://reserveusa.com
Northwest Avalanche Center Hotline:
(206) 526-6677, or ***www.seawfo.noaa.gov/data/forecasts/00latest.SEASABSEA***
Washington DOT Pass & Road conditions:
1-888-766-4636 or ***www.wsdot.wa.gov*** **or** ***www.atmos.washington.edu/data pass_report.html***
Travel & traffic info: *www.smarttrek.org*
Weather and climate change information:
www.wrh.noaa.gov/wrhq/javaLinks
www.noaanews.noaa.gov
www.epa.gov/globalwarming
Wildlife and Endangered Species:
www.wa.gov/wdfw/fishcom
(View eagle cam on-line)
U.S. Fish and Wildlife:
www.wa.gov/wdfw
Cascade Loop Guide: *www.cascadeloop.com*
Washington State Parks: *www.parks.wa..gov*
NW Nature Link: *www.naturenw.org*
Washington's National Park Fund:
www.wnpf.org

Learn with the North Cascades Institute

Founded in 1986, North Cascades Institute educates people of all ages about the natural history and culture of the Pacific Northwest. Our mission is to conserve and restore Northwest environments by building an ecologically literate and engaged public. We offer a wide array of field-based education programs including adult seminars, youth and school programs, internships, volunteer service learning and workshops for teachers and resource professionals.
From ancient cultures and ancient trees to wildflowers and winged things—contact us for a free program catalog!

North Cascades Institute
2105 State Route 20
Sedro-Woolley, WA 98284
Call (360) 856-5700 ext. 209
Email:nci@ncascades.org
Web:*www.ncascades.org*



Park & Forest Information Stations

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
Daily: 8:00am-4:30pm
(360) 856-5700
TDD (360) 856-5700 x-310

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

NEWHALEM
North Cascades Visitor Center (NPS)
Daily: mid-April to mid-November
July & August: 8:30am-6:00pm
(206) 386-4495

STEHEKIN
Lake Chelan National Recreation Area (NPS)
Golden West Visitor Center
Daily, 8:30am-5:00pm
(360) 856-5700 x-340 then 14

Okanogan National Forest; Methow Valley Ranger District

WINTHROP Methow Valley Visitor Center
9:00am-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
Daily, 7:45am-4:30pm
(509) 548-6977

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

For help in planning trips, contact the Outdoor Recreation Information Center located in the REI flagship store in Seattle at (206) 470-4060

Mt. Baker-Snoqualmie National Forest

MOUNTLAKE TERRACE
Supervisor's office: (425) 775-9702
1-800-627-0062 or TDD 1-800-272-1215

GLACIER Public Service Center
Late-May to Mid-October,
8:00am-4:30pm (360) 599-2714

HEATHER MEADOWS Visitor Center
Daily in summer, 10:00am-4:00pm

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

VERLOT Public Service Center
Daily, 8:00am-4:30pm (360) 691-7791

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

SNOQUALMIE Ranger District
North Bend Office
Mon. - Fri., 8:00am-4:30pm
(425) 888-1421
Enumclaw Office
Mon. - Sat., 8:00am-4:30pm
(360) 825-6585
SNOQUALMIE PASS Visitor Center
Friday- Sunday, 8:30am-4:00pm
(425) 434-6111