

Newsletter of the Issaquah Alps Trails Club

THE ALPINE



October ▲ November ▲ December ▲ 1999

Cougar ▲ Squak ▲ Tiger ▲ Grand Ridge

Trail maintenance crew needs your help

Barbara Johnson

The Trail Maintenance Crew, led very ably by Charles McCrone, has been busy helping agencies build and maintain trails in the Issaquah Alps. They are always glad to have other volunteers to assist them.

If you are inclined to build trails, give Charles a call at 425-392-3466. He will be delighted to add your name to the list for future work parties. No experience is necessary, just a willingness to work hard and see another trail come into being.

If you feel that a new trail in a specific area would be a good thing, please talk to Charles, the Official Advocate listed on page 2 of *The Alpiner*, or the appropriate agency about your suggestion. The Issaquah Alps Trails Club (IATC) has a long-standing policy of not building ANY trails on public or private property without the express permission and coordination of the landowner or agency that manages the land. The Trails Club works closely with all agencies in the area to ensure that trails are sited properly to avoid

environmental damage, built with the landowner's/manager's permission, and built in accordance with the Master Plan for the specific land area.

What this means is that one should never assume it is OKAY to work on a trail unless you have talked to the trail maintenance chair, the advocate for that area, or the agency in charge of that area. It would be very embarrassing for all those folks to find out someone thought they were helping when, in fact, they were overstepping their bounds and creating more harm than good.

Please keep in mind that some trails that were once in use or may even be on an old map have now been closed due to environmental concerns. So always check with the folks listed above before assuming that you are doing a good deed by keeping an old trail open when you will actually do damage to the environment and the IATC's good name. ▲



Annual Meeting Notice

The Annual Meeting of the Issaquah Alps Trails Club will be held January 24, 2000, at 7:00 p.m. at the Trails Center at First and Bush streets in downtown Issaquah. Members present will elect new Board members and the Board will then elect officers for the coming year. There will be reports from Board members regarding their individual portfolios, a review of 1999 goals, and approval of 2000 goals. All members whose dues are current are eligible to vote for Board members.

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Green Trails maps the Alps

Steve Drew

For years the Issaquah Alps Trails Club (IATC) has provided the only detailed maps of trails on Cougar Mountain, Squak Mountain, and within the Tiger Mountain State Forest. This spring the staff of Green Trails Maps, Inc., devoted substantial funding and time in the GPS mapping of the area and produced a map of Cougar and Squak mountains (Map 203S) and a map of Tiger Mountain (Map 204S). Green Trails worked with State Parks, County Parks, the Department of Natural Resources, and volunteers from the

IATC in order to refine the maps, which, among other things, identify hiker-only trails.

Green Trails' decision to produce commercial maps of these areas serves as a validation of the amazing achievements that have occurred through the IATC's leadership in creating contiguous open space and regionally valued recreational opportunities. Because these maps will be available at over 400 retail outlets, these portions of the Issaquah Alps will be more accessible to a greater population in Western

Washington. This in turn will increase our ability to continue working with Mountains To Sound Greenway and others to consolidate open space and expand hiking opportunities within the Issaquah Alps and beyond. Look for these maps at our Salmon Days booth the first weekend in October! ▲



The Apparatus

President: Barbara Johnson · 746-5573
 VP, Advocacy: Ken Konigsmark · 222-4839
 VP, Operations: Open
 Treasurer: Steve Drew · 392-4432
 Secretary: Diana Bonner · 255-1256
 Board of Directors:
 Harvey Manning, Chairman · 746-1017
 Steve Drew · 392-4432
 Christina Jackson · 837-0417
 Bill Longwell · 222-6775
 Dan McCrea · 837-0417
 Charles McCrone · 392-3466
 Malena McCrone · 392-3466
 Linda Rains · 313-5923
 Fred Zeitler · 882-3435
 Hikes Coordinator: Fred Zeitler · 882-3435
 Membership Records: Dan McCrea · 837-0417
 Book Sales/Distribution: Marty Hanson · 392-2458
 Volunteer Coordinator: Open
The Alpiner: Linda St. John · 235-2736
 e-mail: jlstjohn@concentric.net
 Issaquah Advocate: Christina Jackson · 837-0417
 Cougar Advocate: Charles McCrone · 392-3466
 Squak Advocates: Steve Drew · 392-4432 and
 Ken Konigsmark · 222-4839
 Tiger Advocate: Larry Hanson · 392-2458
 Grand Ridge Advocate: Melinda Livingstone · 392-7455

Raging River and Preston Advocate:
 Maryanne Tagney Jones · 222-7615
 Rattlesnake Mountain and Taylor Mountain Advocates:
 Ted Thomsen · 454-8643 and
 Ralph Owen · 746-1070
 Chief Ranger/Trail Maintenance Crew Chief:
 Bill Longwell · 222-6775
 Volunteer Trail Maintenance Coordinator:
 Charles McCrone · 392-3466
 MTS Greenway: Ted Thomsen · 454-8643
 Legal Advice: Tom Lucas · 206-624-2650

NOTE: All telephone numbers are area code 425 unless otherwise noted.

Hotline: 206-328-0480
 Web Site: www.issaquahalps.org

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parties meet (see *Meeting Place* previous page) at the same place as regular hikes. The Club is well supplied with heavy trail maintenance tools, but workers may also bring their own loppers, weed whackers, and other tools.

Trail work parties last at least four hours. Trail maintenance is vital to the Club's work and is an integral part of the Department of Natural Resources (DNR) management plan for Tiger

Mountain. Work parties must limit their activity to trails listed by DNR as scheduled for maintenance. Construction of new trails is not allowed. Work parties are a great way to meet people! Individuals and groups are encouraged to adopt a trail—or section of trail—and take the responsibility to maintain it. ▲



DON'T LEAVE THE TRAILHEAD WITHOUT

Food
Water
Daypack

Raingear
Warm clothes
Appropriate footwear

The above six items are required of everyone who participates in Issaquah Alps Trails Club hikes!



Issaquah Alps Trails Club Membership Application

Post Office Box 351, Issaquah, Washington 98027



Name: _____

Address: _____

Telephone: _____

E-mail: _____

- ☐ New ☐ Renewal
- ☐ Annual regular dues \$15
- ☐ Annual contributing dues \$25
- ☐ Lifetime membership \$200
- ☐ Limited income \$6



I would like to volunteer with the Club in the area(s) of:

- ☐ Hike leadership
- ☐ Trail maintenance
- ☐ Hotline
- ☐ WomenWalk Hikes
- ☐ Trails Center staffing
- ☐ Administrative support
- ☐ Event coordination

▲ All memberships cover the entire family.

▲ A regular annual family membership is \$15. This covers the cost of printing and mailing *The Alpiner* and a part of the Club's overhead expenses.

▲ Contributing memberships at \$25 or more cover the rest of the Club's overhead expenses and allow us some financial leeway to plan special events, publish trail guides, and keep our trail maintenance tool supply fit and ample.

▲ Lifetime memberships at \$200 give us room to be creative and visionary and to venture forth on projects otherwise beyond our means and dreams.

Barefoot in the Alps

Scott Semans

If you're rounding a bend on Cougar and see a sweaty guy in dirty trousers, deerskin gloves, and bare feet running toward you, don't reach for your pepper spray. It's just me, a fellow Trails Club member. The dirty pants are from bush-whacking and exploring all the "little paths" in the Alps. The gloves are to deal with the barefoot hiker's mortal enemy: stinging nettles. It's the bare feet, however, that inspire shock and curiosity, especially among experienced hikers who don't even approve of tennis shoes.

Why do I do it? Mainly, I love the ever-changing sensations of rough, smooth, dry, squishy-wet, and warm. There are practical benefits, too. No more skirting the edge of those trail-eating puddles. Warm mud between the toes is a childhood pleasure rediscovered. Later I will hitch up my pants and enjoy a cool wade through a stream while shod hikers nervously rock-hop their way across. Steep trail? No matter what miracle tread a boot maker dreams up, it can't compare to the individual muscles in your feet conforming to slippery or steep surfaces. You won't see many critters while clomping along in boots, but the silent walk of the barefooter will get you close up. Watch out for slugs though.

Bare feet are the ultimate "low impact" hiking mode. I can even go off-trail in wetlands leaving almost no trace. I'd be the last to object to boots on trails though. In fact, I truly appreciate all the self-sacrificing

hikers who attach heavy leather mallets to their feet and smooth out the rough spots and vegetation, kicking stones to the side so I can twinkle along in comfort. In fact, comfort is my bottom line: I've been doing it so long that shoes on a hike feel like wrist weights on a climb.

There's even a book about it, The Barefoot Hiker by Richard Frazine. Richard spends chapters exploding myths about blisters, calluses, loss of sensitivity, "spreading," cold feet, and rampant foot hazards. People who think nothing of going barefoot on a stranger's lawn or at a crowded public beach somehow imagine that parks and wilderness are full of sharp objects. Actually, stones are what you need to watch for. Eye-foot coordination becomes automatic very quickly, so by slowing down just a bit on harder surfaces and keeping an eye out for rocks or litter, you have more time to enjoy what you're out there for in the first place.

Barefooting will help develop ankle and shin strength to minimize sprains and fractures and, even lightly shod, we learn far better eye-foot coordination than those who rely on their footwear to meet trail hazards. Leading hikes barefoot on soft lowland trails with steep spots and windfalls, I've had to slow down so the booted could catch up!

Are you wondering why you've been keeping your feet in a sweaty prison while the rest of you is out having fun? Start slowly by shedding shoes around the house and while

gardening. Portions of Cougar under Bellevue City Park management, such as Lakemont (Lewis Gorge) and western Coal Creek around Forest Drive are wide and bark-chipped; perfect learner trails. Use a scrub brush in the shower and apply hand cream afterward and your feet will be the last part of you to cause trouble. Don't show up for organized hikes barefoot though; trying to keep up with shod hikers on a trail you've never seen before is asking for injury. For liability reasons, the Issaquah Alps Trails Club (IATC) requires hiking boots on most hikes. When hiking with friends on rougher trails, ask in advance if they will be comfortable traveling at your poky pace.

I carry "cheaters," which I slip on for gravel, stony washed-out Tiger Mountain trails, and underused paths suffering from nettles or the razored tripwires of native blackberries. It took me years to discover something thin, foldable, and pocketable, which could be slipped on or off easily; something that preserves many of the joys of barefoot travel while getting me past its petty irritants. What is this minimalist footwear?

Well, if you're rounding a bend on Squak one day and see a sweaty guy in dirty trousers, deerskin gloves, and ballet slippers running toward you, don't laugh! It's just a bit of rocky trail and I'll be an ordinary, unremarkable barefoot hiker again in just a few yards. ▲

Coal Creek historical loop:

Charles McCrone

The new edition of the Issaquah Alps Trails Club's Cougar Mountain Guidebook is slated for release in mid-2000, but in the meantime I want to share an advance excerpt from the book, a fresh description of the interlocked network of trails in the Red Town Trailhead area. In the process of writing up this area, I strove to come up with a single loop trail that would help the new or seasoned hiker of Cougar navigate this network of trails and hit the vast majority of the natural and historical landmarks in a single go. So here it is (in its pre-final draft form and somewhat edited for space here). I hope you enjoy the hike.

This 1.7 mile hike integrates almost all of the area's historical highlights into an hour stroll using portions of eight different trails. Note that the historical landmarks are in italics.

Start at the Coal Creek Townsite (aka Red Town) Trailhead, at the bend where Lakemont Boulevard changes name to Coal Creek–Newcastle Road.

To begin the loop, look for the start of the Red Town Trail beyond the left of the two service gates. This trail was once Hill Street. The mysterious pits left and right of the road are cave holes into the Number 3 Seam. Off to the left is the Saloon site and then, off right, the site of the hospital and doctor's house. The road levels and bends right. To the left is the site of the palatial home of the mine superintendent.

The level road follows the main

street (Third Avenue) of Coal Creek's largest neighborhood, Red Town, named for the color of the paint favored by the company for structures it owned. More than 80 houses were located on the four streets to either side of the present road. At 0.2 mile, pass the Cave Hole Road Trail (C3), which climbs left. Pass the Bagley Seam Trail (W10), which goes right down a gully (formed by subsidence into a mine in the Bagley Seam)—we'll explore it later in the loop. Pass on the left a wide, deep "valley," actually a strip mine in the Bagley Seam. Several roads once dropped right; only one has officially survived the brush as the Rainbow Town Trail (W3), 0.3 mile from the trailhead. Head right and down, passing a danger sign, to where directly across from a junction with an unsigned trail heading off left is a still-standing fan. Just below the unsigned trail, a second trail heading in the same direction bears off left, 0.2 mile down the Rainbow Town Trail from W2; this is the Steam Hoist Trail

An advance excerpt from the new Cougar Mountain Guidebook 2000

(W4), the next leg of the trip. But first make a short side trip farther down the Rainbow Town Trail to check out the concrete arch of the *Ford Slope*. It is more mysterious than awesome (the 22-foot arch has been plugged with concrete) until one learns this incline descended 1740 feet—on a slope sunk on the Muldoon Seam at an angle of 42 degrees—to 200 feet below sea level. As directed by the interpretative sign, look off in the woods to your right, where an H marks the location of the steam hoist that pulled the coal cars.

Go back up from the side trip to Ford Slope and take the Steam Hoist Trail. It passes above a pond and then at 0.1 mile from W3 crosses Coal Creek on a low bridge right above one of the best artifacts of the olden days, an intact *concrete dam* built in 1916 that made a mill pond of Coal Creek. In addition to its economic role, the pond served a second purpose, recreational, and a third, educational, as the *Ol' Swimm'n' Hole* (bathing suits being

continued on page 11

Salmon Days 1999 — October 2 and 3

Issaquah celebrates the return of the salmon with a traditional parade on Saturday morning, October 2, followed by a street fair through Sunday afternoon, October 3. The Issaquah Alps Trails Club needs volunteers to staff their booth for two-hour shifts either Saturday or Sunday. If you would like to help and share your knowledge of the Greater Issaquah Alps, please call Linda Rains at 425-313-5923 or e-mail her at lrains2000@aol.com. It is always fun to "brag" about our great organization! ▲

October



Saturday, October 2, 9:00 a.m.

Tiger Mountain
Exploratory hike on seldom-used trails around and on North TMT up to RR Grade.
3C, 6 miles, 1500-foot gain
Bert Drui 425-746-0709

Sunday, October 3, 9:00 a.m.

Cougar Mountain Loop
Hike to 4 Cougar peaks with views from at least 3 of them.
3C, 11 miles, 2000-foot gain
Fred Zeitler 425-882-3435

Friday, October 8, 9:30 a.m.

Taylor Mountain, Forest Park
2B, 5 miles, 800-foot gain
Betty Culbert 425-432-7387

Saturday, October 9, 9:30 a.m.

South Tiger
TMT to Artifacts Trail; return via logging road to surprise views.
2C, 8 miles, 1500-foot gain
Kay Tarapolsi 425-861-4021

Sunday, October 10, 9:00 a.m.

West Tiger 3-2-1
Three summits and 3 chances for views.
3D, 9 miles, 3000-foot gain
Lynn Lively 206-789-0550

Sunday, October 10, 9:00 a.m.

Trail Maintenance Party
All volunteers welcome. For more information, e-mail: pollopng@juno.com.
Charles McCrone 425-392-3466

Saturday, October 16, 9:00 a.m.

Cougar Mountain Loop Traverse
Hike from Red Town to May Valley Trailhead.
3C, 11 miles, 2300-foot gain
Joe Toyn 206-723-6716

Sunday, October 17, 9:00 a.m.

West Tiger 3
Quick workout to popular peak.
2C, 5 miles, 2000-foot gain
Mark Pederson 425-427-1305

Sunday, October 17, 1:00 p.m.

Little Si
2C, 5 miles, 1300-foot gain
Bob Gross 425-427-8449

Saturday, October 23, 9:30 a.m.

Poo Poo Point
Launching site for parasails and hang gliders.
2C, 7 miles, 1700-foot gain
Fred Zeitler 425-882-3435

Sunday, October 24, 9:30 a.m.

Twin Falls to Halls Creek
Hike through Twin Falls State Park to replacement trestle on the John Wayne Trail.
2B, 6 miles, 800-foot gain
Jamie McKenzie 425-746-6683

Monday, October 25, 7:00 p.m.

Board Meeting
Trails Center, First and Bush streets, Issaquah

Saturday, October 30, 9:15 a.m.

Women Walk Hikes (4)
Easy: Melinda Livingston 425-392-7455
Easy (history hike): Ann Leber 425-746-3291
Moderate: Ruth Godding 425-557-9984
Strenuous: Martha Neville 425-392-7435

Sunday, October 31, 8:30 a.m.

Rattlesnake Mountain, E. Peak
Climb from Rattlesnake Lake past the ledges to the highest point of Rattlesnake Mountain. Great views of the 3 Snoqualmie valleys.
3D, 8 miles, 2900-foot gain
Ralph Owen 425-746-1070

November



Wednesday, November 3, 10:00 a.m.

North Squak Loop
A sample of North Squak trails. Unhurried pace.
2C, 6.5 miles, 1500-foot gain
Warren Jones 425-888-0262

Friday, November 5, 9:30 a.m.

Cougar Mountain
Loop to Wilderness Peak.
2B, 4 miles, 1200-foot gain
Betty Culbert 425-432-7387

Saturday, November 6, 9:30 a.m.

Cougar Mountain Loop
A-A Peak to Fantastic Erratic, Clay Pit, and Nike Launch Site.
2B, 6 miles, 800-foot gain
Bert Drui 425-746-0709

Sunday, November 7, 9:00 a.m.

Mount Si's Moss Vistas
Visit several of the green, mossy vistas on a loop trip on the lower slopes of Mount Si. Nice views of the valley and I-90 corridor mountains.
2C, 6 miles, 1600-foot gain
Peggy Owen 425-746-1070

Sunday, November 7, 9:30 a.m.

Poo Poo Point
2C, 7 miles, 1700-foot gain
Kay Tarapolsi 425-861-4021

Sunday, November 7, 12:00 noon

Tradition Lake Plateau
Family hike.
2A, 4 miles, 300-foot gain
Irene Stanford 425-255-5558

Saturday, November 13, 9:00 a.m.

South Tiger
South TMT to Otter Lake; surprise views on return loop.
2C, 8 miles, 1400-foot gain
Jamie McKenzie 425-746-6683

Saturday, November 13, 10:00 a.m.

Tradition Lake Plateau (2 lakes)
1-2A, 3-4 miles, 200-foot gain
Trudy Ecob 206-232-2933

Sunday, November 14, 8:30 a.m.

West Tiger 1, 2, and 3
Different route to popular summits using Nook, Section Line, West Tiger RR; 1 view, Poo top, and West Tiger (3 trails).
3D, 10 miles, 3000-foot gain
Ralph Owen 425-746-1070

Sunday, November 14, 9:00 a.m.

Trail Maintenance Party
All volunteers welcome. For more information, e-mail: pollopng@juno.com.
Charles McCrone 425-392-3466

Saturday, November 20, 10:00 a.m.

Cougar Mountain
Newport Way to A-A Peak.
2C, 6 miles, 1400-foot gain
Bob Gross 425-427-8449

Sunday, November 21, 9:00 a.m.

Cougar Wilderness Peak Loop
2B, 4-5 miles, 1200-foot gain
Mark Pederson 425-427-1305

Monday, November 22, 7:00 p.m.

Board Meeting
Trails Center, First and Bush streets, Issaquah

Saturday, November 27, 10:00 a.m.

Cougar Mountain Wildland Park
Wildside, native plant meadow, Red Town Loop with lots of history.
1-2A, "turtle pace"
Harvey Manning 425-746-1017

Sunday, November 28, 12:00 noon

Echo Mountain
2B, 4-5 miles, 600-foot gain
Irene Stanford 425-255-5558

December



Wednesday, December 1, 7:00 p.m.

Hike Leaders' Meeting
Finalize hikes schedule.
Trails Center, First and Bush streets, Issaquah

Saturday, December 4, 8:30 a.m.

Lake to Lake
From Newcastle Beach on Lake Washington, walk through a chain of Bellevue Open Space Parks ending at Weowna Park on Lake Sammamish (car shuttle).
3B, 9-10 miles, 900-foot gain
Ralph Owen 425-746-1070

Sunday, December 5, 9:00 a.m.

Trail Maintenance Party
All volunteers welcome. For more information, e-mail: pollopng@juno.com.
Charles McCrone 425-392-3466

Sunday, December 5, 10:00 a.m.

Cougar Mountain Wildland Park
Wildside, native plant meadow, Red Town Loop with lots of history.
1-2A, "turtle pace"
Harvey Manning 425-746-1017

Saturday, December 11, 9:00 a.m.

Squak Mountain Sampler
2C, 7 miles, 1700-foot gain
Fred Zeitler 425-882-3435

Saturday, December 11, 10:00 a.m.

Tradition Lake Plateau (2 lakes)
1-2A, 3-4 miles, 200-foot gain
Trudy Ecob 206-232-2933

Sunday, December 12, 10:00 a.m.

Rattlesnake Ledge
2B, 3 miles, 1100-foot gain
Bob Gross 425-427-8449

Saturday, December 18, 10:00 a.m.

Cougar Mountain
History hike, Red Town to old Newcastle and beyond.
2A, 5 miles, 400-foot gain
Bert Drui 425-746-0709

Sunday, December 19, 9:00 a.m.

West Tiger 3
2C, 6 miles, 2100-foot gain
Mark Pederson 425-427-1305

Monday, December 27, 7:00 p.m.

Board Meeting
Trails Center, First and Bush streets, Issaquah

Tuesday, December 28, 9:00 a.m.

East Tiger
Hike to highest Tiger peak.
2C, 8 miles, 1700-foot gain
Fred Zeitler 425-882-3435



Hike Information

24-hour hikes hotline: 206-328-0480

Hike Leaders

Hike leaders are volunteers who donate their time to lead people who want to hike and explore the trails in the Issaquah Alps and other nearby foothills (Cascades) in King County. Hikes are scheduled and led year-round regardless of weather. Minimum attendance is three, including the leader.

Trails in the Issaquah Alps may be good or bad, easy or hard, muddy or dusty, brushy or clear, steep or flat—or all the above. Some are not much more than animal trails. As volunteers, neither hike leaders, the Issaquah Alps Trails Club (IATC), or Club directors are in any way responsible or liable for a hiker's comfort, transportation, property, safety, or general well-being while traveling to and from the trailhead or while hiking or working on any trail.

The Club's sole purpose is to show hikers where the trails are and to lead the way. The public, other clubs, youth groups, church groups, and others are welcome and wholeheartedly invited to join hike leaders and others who want to hike these trails. Children under 13 should be accompanied by an adult. Please, no pets on hikes.

Hike Classifications

Each hike has a number and letter designation after it (e.g., 2C). Numbers indicate hiking time and letters indicate degree of difficulty.

Hiking Time

Class 1: 2 hours

Class 2: 4 hours

Class 3: 6 hours

Class 4: 8 hours

These are approximate hiking times.

They do not include travel time to and from the trailhead (20 to 70 minutes depending on the location of the hike) or meal times (lunch will add another 20 to 70 minutes depending on the mood of the group). Times are based on an assumption of a two-mile-per-hour pace with one-half hour added for each 1000 feet of elevation gain. Trail conditions, weather, and unexpected hazards could extend the hiking time.

Degree of Difficulty

A: little or no elevation gain, up to 500 feet, no difficulties for average walker

B: some climbing, up to 1200 feet, or some other difficulty

C: more climbing, up to 2500 feet, or some other difficulty

D: much climbing, over 2500 feet of elevation gain

This is an estimated degree of difficulty. Most trails in the Issaquah Alps are not up to the high standards of State and National Parks. Issaquah trails can be very steep in parts or muddy and brushy. Hikers may gain 1000 feet in just one mile of a five-mile, 1500-foot-elevation-gain hike. Sometimes there are trees to climb over or nettles and berry bushes to beat through. Short does not automatically mean easy; long does not automatically mean tough.

Hike Description Modifiers

Leader's choice: The leader had not decided where to hike before publication of the hikes schedule.

Trail party: Trail maintenance work party.

Exploratory: The leader goes cross country off the main trail system to explore animal trails, canyons, old

logging roads, or old railroad grades. Expect to go through brush, over logs, tiptoe through wildflowers, and/or mud while having a good time hiking where others seldom tread.

Family hike: For parents and children. Easy pace. Call leader for hike particulars.

NOTE: Group hikes do not lend themselves to pets. Please leave your pets at home when coming on a Trails Club hike.

Meeting Place

Trails Club hikes meet in the parking lot at the corner of First and Bush streets next to the IATC clubhouse (the little yellow stationmaster's house). To get there, take exit 17 (Issaquah Front Street) from Interstate 90 and turn south into downtown Issaquah. Go about one mile through town on Front Street, then go two blocks past the light at Sunset Way, and then turn left on Bush Street. Go two blocks to Rainier and turn into the lot on the left. Park beside the clubhouse or on the east side of the concrete bumpers opposite the Issaquah Food Bank. Do not park on the side of the bumpers closest to the Issaquah Food Bank.

Clothing

Dress for the Pacific Northwest outdoors—expect rain, snow, sunshine, fog, and everything in between. Bring extra clothing, raingear, food, drink, matches, flashlight, and first-aid supplies. Wear comfortable hiking boots or hiking shoes.

Trail Maintenance

Volunteers organize and schedule trail maintenance parties periodically as listed in the hikes schedule. Work *continued on page 9*

Coal Creek historical loop:

An advance excerpt from the new Cougar Mountain Guidebook 2000

Charles McCrone

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To begin the loop, look for the start of the Red Town Trail beyond the left of the two service gates. This trail was once Hill Street. The mysterious pits left and right of the road are cave holes into the Number 3 Seam. Off to the left is the Saloon site and then, off right, the site of the hospital and doctor's house. The road levels and bends right. To the left is the site of the palatial home of the mine superintendent.

The level road follows the main

street (Third Avenue) of Coal Creek's largest neighborhood, Red Town, named for the color of the paint favored by the company for structures it owned. More than 80 houses were located on the four streets to either side of the present road. At 0.2 mile, pass the Cave Hole Road Trail (C3), which climbs left. Pass the Bagley Seam Trail (W10), which goes right down a gully (formed by subsidence into a mine in the Bagley Seam)—we'll explore it later in the loop. Pass on the left a wide, deep "valley," actually a strip mine in the Bagley Seam. Several roads once dropped right; only one has officially survived the brush as the Rainbow Town Trail (W3), 0.3 mile from the trailhead. Head right and down, passing a danger sign, to where directly across from a junction with an unsigned trail heading off left is a still-standing fan. Just below the unsigned trail, a second trail heading in the same direction bears off left, 0.2 mile down the Rainbow Town Trail from W2; this is the Steam Hoist Trail

(W4), the next leg of the trip. But first make a short side trip farther down the Rainbow Town Trail to check out the concrete arch of the *Ford Slope*. It is more mysterious than awesome (the 22-foot arch has been plugged with concrete) until one learns this incline descended 1740 feet—on a slope sunk on the Muldoon Seam at an angle of 42 degrees—to 200 feet below sea level. As directed by the interpretative sign, look off in the woods to your right, where an H marks the location of the steam hoist that pulled the coal cars.

Go back up from the side trip to Ford Slope and take the Steam Hoist Trail. It passes above a pond and then at 0.1 mile from W3 crosses Coal Creek on a low bridge right above one of the best artifacts of the olden days, an intact *concrete dam* built in 1916 that made a mill pond of Coal Creek. In addition to its economic role, the pond served a second purpose, recreational, and a third, educational, as the *O' Swimm' Hole* (bathing suits being

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Salmon Days 1999 — October 2 and 3

Issaquah celebrates the return of the salmon with a traditional parade on Saturday morning, October 2, followed by a street fair through Sunday afternoon, October 3. The Issaquah Alps Trails Club needs volunteers to staff their booth for two-hour shifts either Saturday or Sunday. If you would like to help and share your knowledge of the Greater Issaquah Alps, please call Linda Rains at 425-313-5923 or e-mail her at lraings2000@aol.com. It is always fun to "brag" about our great organization! ▲

Hike Information

24-hour hikes hotline: 206-328-0480

Hike Leaders

Hike leaders are volunteers who donate their time to lead people who want to hike and explore the trails in the Issaquah Alps and other nearby foothills (Cascades) in King County. Hikes are scheduled and led year-round regardless of weather. Minimum attendance is three, including the leader.

Trails in the Issaquah Alps may be good or bad, easy or hard, muddy or dusty, brushy or clear, steep or flat—or all the above. Some are not much more than animal trails. As volunteers, neither hike leaders, the Issaquah Alps Trails Club (IATC), or Club directors are in any way responsible or liable for a hiker's comfort, transportation, property, safety, or general well-being while traveling to and from the trailhead or while hiking or working on any trail.

The Club's sole purpose is to show hikers where the trails are and to lead the way. The public, other clubs, youth groups, church groups, and others are welcome and wholeheartedly invited to join hike leaders and others who want to hike these trails. Children under 13 should be accompanied by an adult. Please, no pets on hikes.

Hike Classifications

Each hike has a number and letter designation after it (e.g., 2C). Numbers indicate hiking time and letters indicate degree of difficulty.

Hiking Time

Class 1: 2 hours

Class 2: 4 hours

Class 3: 6 hours

Class 4: 8 hours

These are approximate hiking times.

They do not include travel time to and from the trailhead (20 to 70 minutes depending on the location of the hike) or meal times (lunch will add another 20 to 70 minutes depending on the mood of the group). Times are based on an assumption of a two-mile-per-hour pace with one-half hour added for each 1000 feet of elevation gain. Trail conditions, weather, and unexpected hazards could extend the hiking time.

Degree of Difficulty

A: little or no elevation gain, up to 500 feet, no difficulties for average walker

B: some climbing, up to 1200 feet, or some other difficulty

C: more climbing, up to 2500 feet, or some other difficulty

D: much climbing, over 2500 feet of elevation gain

This is an estimated degree of difficulty. Most trails in the Issaquah Alps are not up to the high standards of State and National Parks. Issaquah trails can be very steep in parts or muddy and brushy. Hikers may gain 1000 feet in just one mile of a five-mile, 1500-foot-elevation-gain hike. Sometimes there are trees to climb over or nettles and berry bushes to beat through. Short does not automatically mean easy; long does not automatically mean tough.

Hike Description Modifiers

Leader's choice: The leader had not decided where to hike before publication of the hikes schedule.

Trail party: Trail maintenance work party.

Exploratory: The leader goes cross country off the main trail system to explore animal trails, canyons, old

logging roads, or old railroad grades. Expect to go through brush, over logs, tiptoe through wildflowers, and/or mud while having a good time hiking where others seldom tread.

Family hike: For parents and children. Easy pace. Call leader for hike particulars.

NOTE: Group hikes do not lend themselves to pets. Please leave your pets at home when coming on a Trails Club hike.

Meeting Place

Trails Club hikes meet in the parking lot at the corner of First and Bush streets next to the IATC clubhouse (the little yellow stationmaster's house). To get there, take exit 17 (Issaquah Front Street) from Interstate 90 and turn south into downtown Issaquah. Go about one mile through town on Front Street, then go two blocks past the light at Sunset Way, and then turn left on Bush Street. Go two blocks to Rainier and turn into the lot on the left. Park beside the clubhouse or on the east side of the concrete bumpers opposite the Issaquah Food Bank. Do not park on the side of the bumpers closest to the Issaquah Food Bank.

Clothing

Dress for the Pacific Northwest outdoors—expect rain, snow, sunshine, fog, and everything in between. Bring extra clothing, raingear, food, drink, matches, flashlight, and first-aid supplies. Wear comfortable hiking boots or hiking shoes.

Trail Maintenance

Volunteers organize and schedule trail maintenance parties periodically as listed in the hikes schedule. Work

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President's report

Barbara Johnson

Exciting things have happened recently. A new brochure has been printed that includes the mission statement of the Issaquah Alps Trails Club (IATC) and updated membership information. The graphics are very up to date and, of course, it's printed on recycled paper!

The 20th anniversary of the founding of the Trails Club will be celebrated in the near future. Stay tuned for special events, some of them to be jointly celebrated with the 10th anniversary of the original Mountains To Sound Greenway March, which will include a repeat of The Great March.

Our web site has been updated thanks to the work of Dino Go and Robin Boockey. Visit our site at: www.issaquahalps.org. Then tell Dino and Robin thanks for a great job. If you would like to be included on our e-mail list, please send us your e-mail address. From time to time, the Club has special notices to send to our members to contact officials concerning policy decisions that affect the trails in the Issaquah Alps area. We also send out notices of special events for Club members. In the past (the "olden days"), we sent notices through the U. S. Postal Service and we still will, but e-mail is much faster, saves postage costs, and—most important—saves trees!

Last, but not least, our trails crew volunteers have been busy helping build trails for various agencies as well as maintaining existing trails. If

you are interested in helping out, see the article on page 1 of this issue. And next time you see one of Charles McCrone's super volunteers, give them many thanks for keeping all those trails you and I use cleared and in good repair.

On page 1, the official notice of the Annual Meeting is posted. There will be several openings on the Board. The requirements are to be willing to serve for three years, to attend monthly Board meetings, and to be committed to preserving and enhancing trails and open space in the Issaquah Alps. If you are interested in serving as a member of the Board, please give Ken Konigsmark or me a call. Either one of us will be delighted to give you more details about serving. ▲

Issaquah to Squak Mountain connector trailwork begins

Steve Drew

Beginning with the work of Issaquah Alps Trails Club (IATC) activist Gus Nelson in the 1980s, a provision was made for a trail corridor running between two developments from Issaquah Creek to Squak Mountain State Park. More recently, this trail was threatened and might never have been built but for the efforts of several IATC Board members. This spring, the Issaquah City Council voted to approve trail conditions initially negotiated by the

IATC. In July, the Rowley Agency contracted with IATC to build a section of this trail for \$24,000. This contract with the Rowley Agency is the first time IATC has contracted with a development firm to complete a trail that had been integrated into the overall development plan. The IATC began work immediately with technical assistance and structural labor being provided by Cascadia Quest. By the time you receive this publication, a substantial portion of this new trail will already be complete as a result of volunteer efforts coordinated by Charles McCrone.

Once this section of trail is completed, IATC volunteers, using money generated through volunteer labor, will partner with Cascadia Quest, Mountains To Sound Greenway, and the Washington Trails Association (WTA) to continue up the mountain through State and County Park land eventually connecting with the East Ridge Trail, which will connect the State Park's current trail system. This critical link has been a key goal of the IATC, the City of Issaquah, and the Mountains To Sound Greenway for many years and will provide a ready option for city residents to access the State Park without driving to a trailhead.

The WTA has been doing superb work in rebuilding and formalizing the East Ridge Trail in cooperation with Washington State Parks. They are also constructing a new link trail from the East Ridge to the East Side

continued on page 4

Hikers' corner



Fred Zeitler

Greetings fellow hikers:

Now that summer has finally arrived we are getting better turnouts for our hikes. For the first half of the year we have had 69 hikes, attended by 569 hikers (8.25 persons per hike). These numbers include work parties scheduled by Charles McCrone, but exclude WomenWalk Hikes. Our most popular hikes are classified as 2B and 2C. That means up to four hours of hiking time and elevation gain between 500 feet and 1200 feet for 2B hikes, and between 1200 feet and 2500 feet for 2C hikes.

For those of us who have been on South Tiger recently, we have noticed that our South Tiger Loop Trail (from Otter Lake to the Power Lines) has been obliterated and replaced by a logging road. When the logging operation is completed, these logging roads will take the place of the previous bypass trail. In the next two years there is also logging scheduled on the south end of Tiger Mountain Trail.

See you on the trails. ▲



New eyes on Newcastle

Charles McCrone

The Issaquah Alps Trails Club (IATC) has always taken an interest in the trails of the Newport Hills and City of Newcastle area. As the original sponsor of the Mountains to Sound Greenway idea, the Trails Club has long advocated not only the protection of the trails of the Alps, but also the conservation of those trails which connect the Alps to other green spaces. On the west side of Cougar Mountain, these green spaces include the May Creek and Coal Creek Parks—significant nearby extensions of the Cougar Mountain wildland concept. The City of Newcastle lies right in the middle of this triangle and has a longstanding informal trail system, which provides invaluable links between these parks.

Fortunately we have a new ally in watching over and advocating the protection of these trails: the recently formed Newcastle Trails organization. Headed up by Dr. Garry Kampen (who contributed to the 1991 edition of our Cougar Mountain Guidebook), Newcastle Trails has been leading guided hikes through the area. The group has also been compiling information, maps, and easement data to work toward the formal signage and acquisition of the trails laid out in the City's Trails Plan. The Trails Club is certainly excited about the appearance of this group and stands ready to support their diligence on the Newcastle trails scene. To find out more information about them, look them up on

the web at: http://members.aa.net/~frogfam/newcastle_trails/ or give them a call at 425-271-2256.

Another eye on Newcastle is the *Issaquah Press*'s new community newspaper, the *Newcastle News*, edited by Heidi Dansenburg. This publication gives us another opportunity to track open space and trails issues in the growing city. It has been listing guided hikes by both the Issaquah Alps and Newcastle Trails clubs, and has featured articles on the latter group. To subscribe, contact the *Issaquah Press*.

If you want to check out the trails of the Newcastle area, you can also pick up a copy of the new 1999 IATC Cougar map, which has been updated to show the complete system of Newcastle trails. I hope all these resources will help us get more invested in these trails and be strong advocates for their survival! ▲

Issaquah to Squak . . .

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Trail, which will offer a nice loop opportunity for hikers. Trail construction between the Newport Way bridge on Issaquah Creek and this new trail system will be completed by spring 2000. Partnership with Mountains To Sound Greenway and Cascadia Quest, along with the hard work of IATC volunteers led by Charles McCrone, enabled this project to move forward more quickly than possible than if funded with scarce public dollars. ▲

Coal Creek historical loop

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unknown). Beyond the creek crossing is the site of the *sawmill*, the last in a series of several that served Coal Creek town. The trail heads north now, and rises to look down on the massive pillars of the foundation of the *Steam Hoist* (signed), 0.2 mile from W3.

Directly across from the Steam Hoist an unsigned trail climbs left to the Wildside Trail; our way is to head straight ahead and slightly down, following the line of the ropeway between the Hoist and Ford Slope, and also connecting to the Wildside Trail (W1) at 0.3 mile from W3. Strangely ~~both are signed "W4"~~ Steam Hoist Trail" at their respective intersections with the Wildside, causing potential confusion since only the more northerly is shown on the County's GIS map distributed at the trailhead. At our Y-shaped intersection with W1, head right and slightly down. In 0.1 mile the Wildside passes through a horse barrier and joins the Rainbow Town Trail just west (on the other side) of Ford Slope, within sight of our earlier route. Take the Rainbow Town Trail for about 100 feet left and then depart the ~~road~~ to follow the Wildside right and down a flight of stairs (signed for Red Town Trailhead). The Wildside Trail here skirts the slopes of a mysterious hill. Beneath it is the site of the *Wash House* where miners emerging from the Ford Slope cleaned up before going home. The Wildside Trail drops to cross Coal Creek—here in a

deep gully—and amid more mysterious hillocks and gulches climbs the bank to the grade of a road last used by the gypo miners. Here is a plugged-up gypo's hole into the Bagley Seam; nearby is a still-standing fan. ~~Its~~ lower portion has subsided, forming an unnatural ravine, ascended by a path, which is the Bagley Seam Trail (W10), the next leg of our loop.

Turn right on W10, climbing 0.2 mile up the ravine, past the *Bagley Seam* exposed in the ravine wall, to the Red Town Trail. Here for the first time in the loop, retrace your steps, left on the Red Town Trail about 200 feet to the junction with Cave Hole Road Trail (C3). Head right, uphill, past an unnatural gully on the left which is a strip mine in the Number 3 Seam, and in 0.1 mile head left on the Red Town Creek Trail (C2). Go another 0.1 mile (past a tremendous maple on the left) and *Dam #3* across Red Town Creek is attained, which once supplied the Red Town neighborhood; a wall of old timbers blocks the creek. The trail crosses the two streams which join at this point directly above the dam and then climbs in another 0.1 mile to the Military Road (N2). The *Military Road* once connected Issaquah to (historic) Newcastle; read the interpretative sign at the junction for more on its history. Head left and downhill, completing the historic loop in 0.2 mile back to Coal Creek Townsite Trailhead. Just shy of the parking lot, the Military Road Trail

switchbacks down into the downstream drainage of Red Town Creek, crosses over, then climbs to join the parking area. ▲

DNR improves Tiger Mountain trails

Ken Konigsmark

The Issaquah Alps Trails Club (IATC) Board sent a letter of commendation to Jim Matthews, DNR Recreation Manager for Tiger Mountain, commending him and the DNR trail crew for the noticeable improvements made to several Tiger Mountain trails.

The trails on Tiger Mountain are in the finest condition they have ever been in, despite huge increases in overall usage. The most recent trail improvements have occurred on the following: High Point Trail where a road-to-trail conversion and stairs and other structures were completed; Poo Poo Point Trail where tread, brushing, and drainage work were done; and Tiger Mountain Trail where two major new bridges were helicoptered in and installed.

Maintenance work on Tiger Mountain trails is now being shared by the DNR's crew, the IATC's trail maintenance crews, and the Washington Trails Association. These combined efforts dramatically improved overall trail conditions and is a model for how volunteer and paid crew efforts can combine to provide enormous public recreational benefits. ▲

Issaquah Alps Trails Club Mail Order Service

Mail your request with your check payable to:

Issaquah Alps Trails Club

Post Office Box 351

Issaquah, Washington 98027

▲ *Flowering of the Issaquah Alps*—Revised!

By Fred and Ann Weinmann and Harvey Manning. 1996 updated edition. This new edition lists trees, shrubs, ferns, and flowers found in the Issaquah Alps. Flowers are listed by common name when flowering, and where many of them are found. \$9 (includes shipping and handling).

▲ *Trails of Cougar Mountain Regional Wildland Park, Coal Creek Park, May Creek Park*

By Harvey Manning and Ralph Owen. 1990 updated edition. This new edition brings you all the old favorites plus new favorites—new trails on the west side connecting to Renton and May Creek plus all new maps! \$12 (includes map listed in next column, tax, and shipping).

▲ *Guide to Trails of Tiger Mountain*

By Bill Longwell. 1998 revised edition. Updated trail information plus the new East Tiger Trail and new DNR trails. Plus encounters with animals. \$12 (includes map listed in next column, tax, and shipping).

▲ *The Coals of Newcastle: A Hundred Years of Hidden History*

By Richard K. McDonald and Lucille McDonald. A complete history of the once-thriving coal mining area of Cougar Mountain, now hidden from all but hikers. More than one hundred photographs, four maps, and Tim O'Brian's account of the incredible Seattle and Walla Walla Railroad. \$12 (includes map and shipping).

▲ *Eastside Family Hikes*

By Peggy Barchi. 1995 revised and updated edition. Descriptions of family hikes (annotated for structure and picnicking) on the Eastside. \$3 (includes tax and shipping).

▲ *Tiger Mountain map*. 1998 revised. \$2 (includes tax and shipping).

▲ *Cougar Mountain map*. 1999 revised. \$2 (includes tax and shipping).

▲ *Tradition Lake map*. Free with self-addressed stamped envelope.

▲ T-Shirt: "Issaquah Alps Trails Club." Specify size (S, M, L, XL, XXL); color (blue or white); and sleeve length (short sleeve \$13, long sleeve \$17).

▲ T-Shirt: "Mountains to Sound March." Specify size (S, M, L, XL). \$11. All shirts are blue and short-sleeved.

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