

# Newsletter of the Issaquah Alps Trails Club

# THE ALPINE



July ▲ August ▲ September ▲ 2001

Cougar ▲ Squak ▲ Tiger ▲ Grand Ridge

## President's report

Steven Drew

By the time you read this issue the joys of summer will be all around us. This winter and spring have been very active periods for your Board and the many volunteers who make this Club function well. Important functions that some may take for granted have continued to run smoothly. David Langrock continues to improve our website while managing its day-to-day needs. Fred Zeitler and the many hike leaders who make our hike program the best in the state continue to offer a wide variety of hikes throughout every month.

Some of you may not realize that the authors of our guidebooks and maps have produced these publications in support of this Club and receive no payment or royalties of any kind for their countless hours of work. As you know, Charles McCrone updated the Cougar Guide last year. An update of the Tiger Guide is now underway through the labors of Bill Longwell, Larry Hanson, and Marty Hanson. This new version should be on the shelves by early summer. Fred

Zeitler updated the East Side Family Hikes Guide and our maps are being revised on an as-needed basis. To the casual observer this may seem like an unnecessary bunch of projects. After all, these publications have served us well for years. The pressing need for all of this work was in fact caused by our Club's continued success and energies in working with the Alps land managers to design and build many miles of new or improved trails.

Trail maintenance and construction remains a major focus for the Issaquah Alps Trails Club (IATC) with Bill Longwell's crew and the Scott Semans/Charles McCrone crews on a pace that will exceed the thousands of hours invested last year. Two months ago the Board also approved a \$5000 contribution toward a major trail design and construction partnership with Mountains To Sound Greenway that has already produced trail improvements worth many times our investment. This money, by the way, represents an accumulation of surplus publication revenue and

money received from our members in excess of the basic annual dues of \$15.

This spring was also a transitional period for our Club. Linda St. John, after years of generous service as our editor of *The Alpiner*, is retiring with this issue. I know I speak for all of you when I say thank you Linda for producing and designing such a professional publication on our behalf. Marty Hanson has also retired as our publications sales and shipping manager after performing this invaluable job since before Squak was a park.

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Ted Thomsen · 454-8643

Ralph Owen · 746-1070

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## Volunteer Trail Maintenance Coordinator

Charles McCrone · 392-3466

## Mountains To Sound Greenway

Ted Thomsen · 454-8643

## Beach naturalists on duty this summer

**T**rained volunteers will be at Puget Sound beaches this summer to teach about plants and animals of the beach ecosystem. Visit and join a beach naturalist at Richmond Beach, Carkeek Park, Golden Gardens, Constellation Point, Lincoln Park, Seahurst Park, and Des Moines Beach on any of the following low tide days:

July 7 (11:00 a.m.–3:00 p.m.)

July 8 (12:00–4:00 p.m.)

July 21 (11:00 a.m.–3:00 p.m.)

July 22 (11:00 a.m.–3:00 p.m.)

For more information, contact:

Seattle Aquarium 206-386-4343,

King County Department of

Natural Resources 206-296-8359,

or visit the website at

<http://dnr.metrokc.gov/wlr/PI/BeachNat2.htm>

## Note:

*All telephone numbers are area code 425 unless otherwise noted.*

Hotline: 206-328-0480

Website: [www.issaquahalps.org](http://www.issaquahalps.org)

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Articles are welcome, preferably via e-mail to: [jlstjohn@foxinternet.com](mailto:jlstjohn@foxinternet.com). Send diskette or hard copy to post office box number above. Issue deadlines: November 15 for January; February 15 for April; May 15 for July; August 15 for October.

# ● White Gate Trail update

Charles McCrone

The original White Gate Trail, named by the Club many years ago for a development that never happened, vanished several years ago, about the time it was last discussed in *The Alpinist* (Spring 1998). At that time, the final development proposal, now taking shape as "Highlands at Newcastle," completely obliterated the traditional horse and foot trails connecting the junction of May Valley Road and Coal Creek Parkway to the De Leo Wall, thus joining May Creek and Cougar Mountain Parks—a crucial Green Spaces link. We mused that the proposed replacement trails might end up sabotaged by the developer's poor environmental track record, and never actually materialize. But the good news is that it looks like they have actually come about!

A recent hike through the development revealed that at least half of the trail connection proposed in 1998's development plans by Chaffey Corporation is already in place, constructed before most of the homes were occupied (a key feature of the Club's typical recommendations for development). This most critical part of the new link leads roughly northeast from Highlands's entry road (91st) to 44th Place, terminating directly opposite the surviving trail, which climbs up De Leo Wall to the Cross Town Trail and Cougar Mountain. A

quick visual survey suggested that the needed remaining piece of trail, from 91st down to Coal Creek Parkway, is already in construction (quite possibly done by the time you read this?), and that while certainly more urban than their predecessors, these new neighborhood trails may provide a continuing, priceless, non-road connection between the two parks.

The survival of this trail connection is a welcome surprise in a time of other disappointments on the west side of Cougar, more so for me because the Trails Club's role in its achievement was rather small (consisting primarily of a couple letters to the City of Newcastle in 1998). We can thank jointly the city, our Westside allies Newcastle Trails, and the developer for this success. ▲



# Oxalis

Bill Longwell

I began learning flowers in 1964, determining the only manner to learn their names was to go where they grow, on mountain trails.

That year I plied two particular trails to begin my flower-learning process. One was the Asahel Curtis Nature Trail, off the present Asahel Curtis picnic area and Lake Annette Trailhead, a nature trail that still exists there on both sides of I-90. The other trail was the old Cascade Crest Trail (CCT), as the Pacific Crest Trail was known then in Washington State.

I carried several flower books on both hikes and a Seattle telephone book to press some flowers in. On the CCT, I left the trailhead at Snoqualmie Pass (no road reached Alpentel then because no Alpentel existed in 1964). I walked from the Pass to Snow and Gem lakes and on toward Wildcat Lake and took my time. Those two hikes formed the basic foundation for my knowledge and remain in my memory as some of my best hikes ever.

Then in 1973 I took an evening class at the University of Washington from C. Leo Hitchcock, the Pacific Northwest expert in plant life and author of five oversized volumes about Pacific Northwest plants. Today, true believers carry a one-volume, small print edition of the same title. People carry it on hikes.

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# Reflections of a volunteer



Charles McCrone

It wasn't long (only about a year) before my fascination with the trails of the Issaquah Alps led me to the doors of the Club. And it wasn't long enough after that (about three months) before I had my first Club title, Trail Maintenance Coordinator. Thus began what has now evolved into a four-year odyssey. Along the way, my "job" titles seemed to proliferate, and what was a thirst and a wonderment and a joy gradually evolved into what has seemed at times an obsession and even a prison.

That is not to set a complaining tone; rather I find the dissonance between that description and some common assumptions about volunteering intriguing. One "myth," to term it that, about volunteering, is that it is something you do when you have lots of free time; hence, a common image is the retired volunteer. The reality is that several of the key persons in Trails Club leadership in recent years have been folks with young kids, full-time jobs, marriages, and/or sole proprietorship businesses. Since my first explorations of Cougar, the margin of easily found free time in my life has constantly narrowed, yet my "doings" for the Club if anything increased. Why do busy people allow themselves to get into this conundrum? For me, it was a combination of my strong emotional connection to the Alps and my highly driven

and efficacious personality. (One thing I've noted is that there have been few meek personalities on the Board; most of us are strong-willed, opinionated people and we have at many times managed to annoy each other—we are passionate people who sometimes trample on each other's toes in our zeal for the Alps, and I've done my fair share of unintended trampling.) My sense, moreover, is that the typical reality for many of the Board and officers of the Club is far too many tasks—all seeming of deep importance—being attempted by a small group of energetic people whose passion for these tasks can often cause them to overwhelm themselves. But for me, in spite of the ever-imminent threat of this whelming, I have danced around the edges of proverbial "burnout" and tried to manage and boundary these tasks, rather than running away—which would be infinitely more relieving—because for me the role of Cougar remains a Great Work that must be done; one which I enjoy doing and which I feel placed in this role to do.

For whatever reason, only a certain number—too few a number—of people seem to fall prey to the unique combination of factors that lead them to the busy "inner circle" of the Club's workings. One of the reasons for the unfortunate sense of imprisonment I mentioned before is the fact that often there is

a dearth of new volunteers, new faces, coming forward to assume a task from a longstanding volunteer. So in the face of the importance of our work, we keep at it, rather than see it fall by the wayside. So I suppose I now move on, timidly, from reflecting to preaching: We need more of you to help. Since the first days of my Issaquah Alps Trails Club (IATC) odyssey, we have never had an overall volunteer coordinator, for example. Our current editor of *The Alpiner* is stepping down. After one successful season in 1998, our hope of staffing the wonderful Trails Center with volunteers to make it a more meaningful hub of hiking activities has lay fallow due to lack of volunteer interest and coordination. These are just a few examples. Not all Club tasks require the kind of time, specialized knowledge, insane obsessiveness, or blood signatures that some of our biggest jobs require. Many of the more nuts-and-bolts computer-oriented tasks could be divided up, I suspect, between a larger pool of volunteers with a quicker rotation, with a great increase in our effectiveness, and less burden and burnout for the workers. We value every one of you as members, for you are a main reason for our being here, and a primary source of the economics that keep us here. But the willing-  
(continued on page 5)

## ● Reflections

*(continued from page 4)*

ness of volunteers to give some portion of their time is the only thing that in the long haul will keep us this side of oblivion. If you want to get involved but don't know how to start, contact any of us, or better yet, several of us in the Apparatus. Another great way is to start coming to a few Board meetings (listed in the Hikes Schedule); they're open to all of you. ▲

## ● President's report

*continued from page 1*

It just is not possible to recognize all the members and volunteers behind the scenes who make this Club what it is. Taking the time to stay informed, attending meetings, and just kicking stones and branches off the trail as you hike along all make this area a better place to live. Being your fearless bureaucratic leader gives one pause in light of all that we continue to achieve. Have a great summer. I hope to cross you on the trails. ▲



## The trail as icon

Charles McCrone

**T**rails have meant many things to me over the past six years: good exercise, exploration, solitude, appreciation of the flora and fauna of the Northwest, social interaction. But recently an unusual word has come to mind, one which first occurred to me, strangely, not while hiking but while sitting in front of my computer.

As I have gotten more involved in mapping, guidebook publishing, and writing letters for open space preservation (and while my freedom to hike long distances into the wilds has simultaneously been curtailed by job and family) there are times I feel I see more trails on my screen saver than outside. But just the image of a Cougar trail, whether in photographs or on the computer screen, often takes my mind on a journey.

In Eastern Christianity (as well as other religious traditions, I'm sure), an icon is an image meant to facilitate one's reflection or meditation upon truth. It is not necessarily meant as a realistic representation of the object of devotion, but instead as a vehicle for thought; likewise, my still images of various Cougar Mountain trails and features guide my mind far beyond what is actually shown. In particular, I adore photos taken of a trail winding into the distance, leading on to some only imagined destination, curving out of sight among trees.

Such images suggest far more than their original context, imparting a sense of wonderment, expectation, or mystery. In images of a low wintry sun barely cresting a tree-framed path, or a stand of tall maples laced with fog, the magic or sacredness of nature leaps forth from the page, inspiring an intense longing to escape one's current preoccupation and "be there." The trail icon lifts me back to a mental inventory of places I've been, to reliving trails I have walked, or it can lead me far beyond that. Even in the most outdoorsy of months, the percentage of time I actually spend in nature is small. But the images I collect in scrapbooks and computer files help join my "inside" life and mind with those precious moments. ▲

### Checklist:

- ☒ Food
- ☒ Water
- ☒ Daypack
- ☒ Raingear
- ☒ Warm clothes
- ☒ Hiking shoes

Each item is required in order to participate in an Issaquah Alps Trails Club hike!

Don't leave the trailhead without them!



# July

## Sunday, July 1, 9:00 a.m.

Rattlesnake Ledges (3)  
Popular hike to great views.  
2C, 4 miles, 1400-foot gain  
David Langrock 425-313-1971

## Wednesday, July 4, 8:30 a.m.

Squak Mountain  
From South trailhead, hike to West Peak via Mount Rainier view. Return via Central Peak and views for lunch.  
3C, 7 miles, 2500-foot gain  
Fred Zeitler 425-882-3435

## Saturday, July 7, 9:00 a.m.

Trail Maintenance Work Party  
All volunteers welcome. For more information, contact Scott Semans 425-369-1725.

## Saturday, July 7, 1:00 p.m.

Poo Poo Point  
Good workout hike. With luck, we'll see hang gliders. Views of Mount Rainier and Mount Baker.  
2C, 5 miles, 1700-foot gain  
Fred Zeitler 425-882-3435

## Sunday, July 8, 9:00 a.m.

South Tiger Mountain  
Hike the TMT to Otter Lake. Return via South Tiger traverse. Great views for lunch.  
2C, 7 miles, 1500-foot gain  
Jamie McKenzie 425-746-6683

## Saturday, July 14, 10:00 a.m.

Cougar Mountain  
Enjoy Cougar Falls. See steam vents and Nike Launch Site.  
2B, 5 miles, 700-foot gain  
Bert Drui 425-746-0709

## Sunday, July 15, 9:30 a.m.

Lakemont Summit Loop  
Beginning at Bellevue's Lakemont Park we will follow the Lakemont Perimeter Trail, Peggy's Trail, and Summit Trail. A combination of wild Lewis Creek gorge and million dollar homes. Views of Lake Sammamish, Mount Baker, and Mount Rainier. Easy/moderate pace.  
2B, 6 miles, 1100-foot gain  
Ralph Owen 425-746-1070

## Saturday, July 21, 9:30 a.m.

East Squak Mountain  
Hike the level route to new and restored trails including two little-known ones. Slow pace.  
2B, 5 miles, 600-foot gain  
Scott Semans 425-369-1725

## Sunday, July 22, 9:00 a.m.

Cougar Mountain Loop  
Wilderness Cliffs to Peak, then Shy Bear and Deceiver trails to Long View Peak. Return via Wilderness Creek.  
2C, 6-7 miles, 1500-foot gain  
Fred Zeitler 425-882-3435

## Monday, July 23, 7:00 p.m.

Board Meeting  
Trails Center, First and Bush streets, Issaquah

## Saturday, July 28, 8:00 a.m.

West Tiger 2 and Poo Poo Point  
Loop hike between two Tiger peaks.  
3D, 10-12 miles, 3000-foot (±) gain  
Joe Toynbee 206-723-6716

## Saturday, July 28, 9:15 a.m.

WomenWalk Hikes (2)  
1A, A-A Peak Loop  
Aurela Sequoia 425-888-2683  
2B, Tiger Mountain Loop  
Lauren Hutchinson 425-837-1701

## Sunday, July 29, 9:00 a.m.

West Tiger RR Grade  
End to end from hang glider trailhead to Preston.  
Car shuttle.  
3C, 11 miles, 2000-foot (±) gain  
Tom Palm 206-783-6005

## Tuesday, July 31, 10:00 a.m.

East Cougar Loop  
Highway 900 to A-A Peak. Rough trails with obstacles up, gentle trails down.  
2C, 5-6 miles, 1300-foot gain  
Warren Jones 425-888-0262

# August

## Saturday, August 4, 9:00 a.m.

Trail Maintenance Work Party  
All volunteers welcome. For more information, contact Scott Semans 425-369-1725.

## Sunday, August 5, 9:00 a.m.

West Tiger 2  
From High Point via the TMT to the third highest Tiger Mountain peak.  
3C, 8 miles, 2400-foot gain  
David Langrock 425-313-1971

## Saturday, August 11, 10:00 a.m.

Tiger Mountain Plateau  
Easy hiking along swamps, old trees, lakes, and woods.  
2A, 4 miles, 200-foot gain  
Bert Drui 425-746-0709

## Sunday, August 12, 9:00 a.m.

High Point Trail  
To TMT and then up to high bridge and "Fox-glove Valley."  
2C, 7-8 miles, 1600-foot gain  
Jamie McKenzie 425-746-6683

## Saturday, August 18, 9:30 a.m.

East Cougar Mountain  
Loop includes ridge and creek trails. Slow pace.  
2B, 3 miles, 800-foot gain  
Scott Semans 425-369-1725

## Sunday, August 19, 9:00 a.m.

Iron Horse Trail  
One-way hike from Halls Creek through Twin Falls State Park. Car shuttle.  
1B, 3-4 miles, 500-foot gain  
Aurela Sequoia 425-888-2683

## Saturday, August 25, 9:15 a.m.

WomenWalk Hikes  
1A, Tradition Lake  
Sarah Pommer 425-392-2493  
Kitty Gross 425-641-4393

## Sunday, August 26, 9:00 a.m.

Poo Poo Point  
Hang glider trail to Poo Poo Point with great views of Mount Rainier and Mount Baker. Return via high school trail. Car shuttle.  
2C, 7-8 miles, 2000-foot gain  
Tom Palm 206-783-6005

## Monday, August 27, 7:00 p.m.

Board Meeting  
Trails Center, First and Bush streets, Issaquah

## Tuesday, August 28, 7:00 p.m.

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

# September

## Saturday, September 1, 10:00 a.m.

Cougar Mountain  
A-A Peak from the top including the "fantastic erratic" and Clay Pit.  
2B, 5 miles, 700-foot gain  
Bert Drui 425-746-0709

## Sunday, September 2, 9:00 a.m.

Squak Ramble  
From the Trails Center, hike new trails and old favorites. Views to Mount Rainier and Mount Baker (maybe).  
3D, 9-11 miles, 2800-foot gain  
David Langrock 425-313-1971

## Monday, September 3, 9:00 a.m.

Taylor Mountain  
Explore trails and roads in this seldom-visited park.  
2C, 6-8 miles, 1500-foot ± gain  
Fred Zeitler 425-882-3435

## Saturday, September 8, 9:00 a.m.

Trail Maintenance Work Party  
All volunteers welcome. For more information, contact Scott Semans 425-369-1725.

## Sunday, September 9, 9:00 a.m.

Tiger Mountain  
Hike the TMT to Manning's Reach with great views for lunch.  
3C, 10 miles, 2300-foot gain  
Karen Van Pelt 425-747-9381

## Sunday, September 9, 1:00 p.m.

Family Hike  
Toddlers and young hikers welcome as we look for the swamp monster and big tree.  
1A, 2-4 miles, 200-foot gain  
David Langrock 425-313-1971

## Saturday, September 15, 9:30 a.m.

East Squak Mountain  
Hike the level route to new and restored trails including little-known ones. Slow pace.  
2B, 5 miles, 600-foot gain  
Scott Semans 425-369-1725

## Sunday, September 16, 10:00 a.m.

Tiger Mountain  
Nook loop to caves. Slow pace.  
2B, 4 miles, 700-foot gain  
Trudy Ecob 206-232-2933

## Saturday, September 22, 10:00 a.m.

Cougar Mountain  
A-A Peak via seldom-used trails.  
2C, 6 miles, 1400-foot gain  
Bob Gross 425-427-8449

## Sunday, September 23, 9:00 a.m.

West Tiger 3  
Hike to popular favorite via the quiet route.  
3C, 7-8 miles, 2300-foot gain  
Tom Palm 206-783-6005

## Monday, September 24, 7:00 p.m.

Board Meeting  
Trails Center, First and Bush streets, Issaquah

## Saturday, September 29, 9:15 a.m.

WomenWalk Hikes  
2A, Leader's Choice  
Aurela Sequoia 425-888-2683

## Sunday, September 30, 8:30 a.m.

East Tiger Mountain  
Climb from Highway 18 to views from Tiger's highest peak. Combination of multiuse trails, roads, and seldom-used routes. We'll visit Tiger's third highest peak on return trip.  
3D, 10+ miles, 2100- to 2600-foot gain  
Ralph Owen 425-746-1070

## Required on hikes:

- ☒ Food
- ☒ Water
- ☒ Daypack
- ☒ Raingear
- ☒ Warm clothes
- ☒ Hiking shoes





# 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 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 3: 6 hours  
Class 2: 4 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 going 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.

*continued on page 9*

# Reflections

*(continued from page 4)*

ness of volunteers to give some portion of their time is the only thing that in the long haul will keep us this side of oblivion. If you want to get involved but don't know how to start, contact any of us, or better yet, several of us in the Apparatus. Another great way is to start coming to a few Board meetings (listed in the Hikes Schedule); they're open to all of you. ▲

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*continued from page 1*

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# The trail as icon

Charles McCrone

Trails have meant many things to me over the past six years: good exercise, exploration, solitude, appreciation of the flora and fauna of the Northwest, social interaction. But recently an unusual word has come to mind, one which first occurred to me, strangely, not while hiking but while sitting in front of my computer.

As I have gotten more involved in mapping, guidebook publishing, and writing letters for open space preservation (and while my freedom to hike long distances into the wilds has simultaneously been curtailed by job and family) there are times I feel I see more trails on my screen saver than outside. But just the image of a Cougar trail, whether in photographs or on the computer screen, often takes my mind on a journey.

In Eastern Christianity (as well as other religious traditions, I'm sure), an icon is an image meant to facilitate one's reflection or meditation upon truth. It is not necessarily meant as a realistic representation of the object of devotion, but instead as a vehicle for thought; likewise, my still images of various Cougar Mountain trails and features guide my mind far beyond what is actually shown. In particular, I adore photos taken of a trail winding into the distance, leading on to some only imagined destination, curving out of sight among trees.

Such images suggest far more than their original context, imparting a sense of wonderment, expectation, or mystery. In images of a low wintry sun barely cresting a tree-framed path, or a stand of tall maples laced with fog, the magic or sacredness of nature leaps forth from the page, inspiring an intense longing to escape one's current preoccupation and "be there." The trail icon lifts me back to a mental inventory of places I've been, to reliving trails I have walked, or it can lead me far beyond that. Even in the most outdoorsy of months, the percentage of time I actually spend in nature is small. But the images I collect in scrapbooks and computer files help join my "inside" life and mind with those precious moments. ▲

## Checklist:

- ☒ Food
- ☒ Water
- ☒ Daypack
- ☒ Raingear
- ☒ Warm clothes
- ☒ Hiking shoes

Each item is required in order to participate in an Issaquah Alps Trails Club hike!

Don't leave  
the trailhead  
without them!



# 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 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 3: 6 hours  
Class 2: 4 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 going 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.

*continued on page 9*



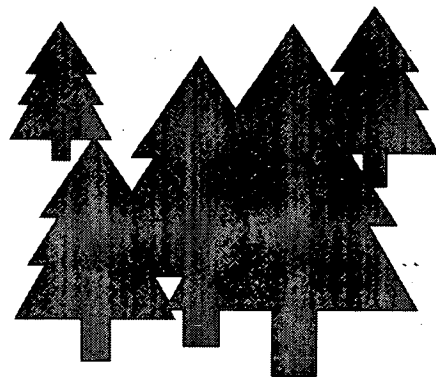
*continued from page 8***Trail Maintenance**

Volunteers periodically organize and schedule trail maintenance parties as listed in the hikes schedule. Work parties meet (see *Meeting Place* on 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 the 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 of maintaining it. ▲



## 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

▲ 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.

**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



# Oxalis

*(continued from page 3)*

At the end of this three-month class, Dr. Hitchcock invited our class to his home, somewhere near Lake City on north Lake Washington. His huge yard seemed like a professional arboretum and flowering plant sanctuary. We walked the many paths around his home and marveled at his vast collection of Northwest plants, as well as plants from around the world. That visit became the incubator for my interest in transplanting plants, collecting seeds, and trying my hand at gardening.

As we prepared to leave, he gave as a gift to all his students several clumps of Oxalis (a creeping, clover-like plant about 1 1/2 inches wide with a five-petal white flower). I had learned this plant as "Oregon Oxalis" because the first wildflower book I purchased called it that. I had also seen that plant in the Hoh River Rainforest in Olympic National Park and had prized it ever since. I brought my three Oxalis clumps home to Renton and immediately planted them in my yard. Subsequently, I have transplanted that Oxalis several times and 27 years later it grows now in my Fall City yard, at the edge of the deep forest that drops 600 feet to the Raging River.

Thus began my nefarious career as a digger-upper and transplanter. I dug up plants from all over the Northwest, high mountains and low,

and replanted them in my yard. Or, to the consternation of many, I planted them in the Issaquah Alps. Bad business, especially to the Native Plant Society and horrified fellow plant lovers. I knew no shame.

Once I planted some phlox (after all, it was a favorite plant) on Tiger Mountain, near the then dead end of the unfinished Tiger Mountain Trail. As I walked the TMT a couple of years later, I noticed a single bloom beneath the trail. I looked hard at it and for the life of me couldn't identify it. After bringing part of it home I found it was the phlox I had planted two years earlier. Bright, huh?

Anyway, my clumps of Oxalis thrived and outgrew my little Renton yard. At the time I was building the Phil's Creek Trail on Squak Mountain and had found an ideal spot for the Oxalis, and other plants, as well.

So in February 1975, at the frenzied height of my primal transplanting urges, I brought two fist-sized clumps (I like that word) to my prepared plot on Squak Mountain and then basically forgot about them for some years.

Sometime in the late 1970s, I happened to check on my Squak Mountain Oxalis. To my delight I found that my two small clumps, planted several feet apart, not only had grown, but flourished, having

radiated outward and actually joined together into one large group under an evergreen canopy. When I visited them, the white Oxalis flowers were at their peak, just like the Hoh River! Success!

It wasn't much later that I received a breathless telephone call from my longtime friend, Betty Culbert, an original Issaquah Alps Trails Club (IATC) member and the Club's second trail coordinator; she had succeeded Harvey Manning, our first trail coordinator and first president.

"Bill," she said, "I was hiking on the Phil's Creek Trail on Squak Mountain and I found Oxalis! I didn't know it grew wild there. I have taken some of it away and transplanted it in the trees behind my Cougar Mountain home."

In flagrante delicto. Caught red-handed. ▲

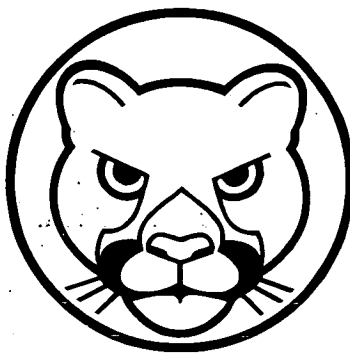


# ● 2001 edition IATC Cougar Mountain map

**R**ediscover Cougar Mountain (or experience it for the first time) with the brand new, completely revised and updated Issaquah Alps Trails Club (IATC) 2001 edition Cougar Mountain map. Hot off the presses and available now!

Creator Charles McCrone, IATC's Cougar Mountain Advocate, produced the Club's first computer-based map of Cougar Mountain in 1999 and has done a 2001 update reflecting the research he did for the recent Guidebook including:

- A complete roster of Bellevue Parks, City of Newcastle, and Precipice area trails.
- Expanded depiction of Cougar Mountain trailheads and access points including more trailhead names labeled right on the map.
- Updated trail routes for the future of East Cougar Mountain.
- An easier-to-read inset of the "Red Town" area.
- The IATC's 2001 Cougar Mountain map is the only map showing *all* the trails: Cougar Mountain Park and Park periphery, Lakemont and



Somerset, Old and New Newcastle, Coal Creek, May Creek, Honey Creek, connections to Squak, and more!

○ It is also the only map showing Park trail numbers as well as the old names, landmarks, and features familiar to readers of our guidebooks.

○ In all, a more complete and synchronized companion to the new 2000 Guidebook for Cougar Mountain.

To order your copy of the 2001 map, see the mail order information on page 12 or it will be available at REI soon – maybe as soon as you read this! ▲

## King County park system interpretive programs

**W**hat is that beautiful flower? How can I tell the difference between all those green plants? Take a plant walk and learn more about identifying plants and when to expect what plant to emerge. Enjoy the botanical life at Cougar Mountain.

**Saturdays, July 28 and August 18**  
11:00 a.m.–12:30 p.m.

**Meet at Red Town Trailhead**  
Coal Creek-Newcastle Road and  
Lakemont Boulevard

**Call 206-296-4171 to register**

Join an experienced volunteer naturalist for a hike from high atop Cougar Mountain. This hike will cover six miles so come with strong legs, good hiking boots, food, water, and your sense of adventure. As you explore the amazing natural features of this wildland park, you will learn of the unique mining and military history of the mountain and have the opportunity to learn basic map and compass skills (bring your compass if you have one). Ages 12 to adult.

**Saturday, August 4**  
10:00 a.m.–1:30 p.m.

**Meet at Anti-Aircraft Peak Trailhead**  
18201 SE Cougar Mountain Drive  
**Call 206-296-4171 to register**

Reservations for all programs are required at least one day in advance. ▲

## Salmon Days 2001 October 6–7

Remember to attend Salmon Days in Issaquah. Issaquah celebrates the return of the salmon in early October. The Issaquah Alps Trails Club needs volunteers to staff



their booth on both days. If you would like to help and share your knowledge of the Greater Issaquah Alps, please call Steven Drew at 425-392-4432.

## 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 color, season when flowered, and the many of the plants can be found. \$9 (includes tax and shipping).

### ▲ *Guide to the Trails of Cougar Mountain Regional Wildland Park and Surrounds*

By Charles McCrone. 2000 edition. Completely updated version gives historical background and descriptions for every park trail, plus 30 other trails in the surrounding area including Bellevue, Newcastle, Renton, and the Precipice. \$15 (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 100 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. Descriptions of family hikes (annotated for use and picnicking) on the Eastside. \$3 (includes tax and shipping).

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

▲ *Cougar Mountain map*. 2001 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).

**Issaquah Alps Trails Club**  
**Post Office Box 351**  
**Issaquah, Washington 98027**

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