

# Newsletter of the Issaquah Alps Trails Club

# THE ALPINE



October ▲ November ▲ September ▲ 2001

Cougar ▲ Squak ▲ Tiger ▲ Grand Ridge

## President's Report

Steven Drew

As I write this report, summer in the Alps is almost over. The rain this summer has fueled additional growth along all of our trails, which has required more upkeep by those volunteers who have remained local and active during this summer vacation. So if you have been away, you should find your favorite trails in good condition as you enjoy fall and winter here closer to home.

This year, our trusted authors have been at work updating and reprinting several of our guides books and area maps. By years end I am hopeful that we will acquire the software and data that will enable us to produce more accurate and easy to read maps with more frequent updates to reflect all new trails and road heads. With this technology we will also produce a complete Squak map, which should include adjacent slopes of Cougar and Tiger and show all trail heads, urban trails and the transit stops that one could use to access these trails.

Over the first nine months of this year, the IATC has continued as a regional leader, committing thousands of hours of labor to trail construction and maintenance as well as thousands of dollars for trail design and construction material costs. Our role as the protectors of the Alps is becoming more important than ever as major developments and urban decisions threaten to erode the type of quality hiking opportunities that we fought so hard to create. While our area advocates devote countless hours following city and county processes to make sure that your interests are protected, our hike leaders continue to offer 100's of our neighbors a safe and sure introduction to all reaches of the Alps and the ongoing opportunity to enjoy a social day of hiking in our local mountains.

After a rewarding four years (two as Treasurer and two as President) I will be stepping down this fall to pursue election to the Issaquah City Council. Issaquah like most cities along the urban-ru-

ral line faces an increasing challenge to accommodate growth while not denigrating the treasures, which tower overhead just outside its boundaries. In any event, I intend to remain an active participant in an advocacy roll, as a trail work volunteer, and as a hike leader. If you haven't done so, I encourage each of you to get involved in some aspect as a volunteer. I can tell you from personal experience that this club draws dynamic thinkers, passionate workers and great people with a wide variety of personal skills together in the common interest of achieving this clubs goals. See you on the trails and have a great fall.

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# The Apparatus

*Whenever possible, please use e-mail to contact any member listed below.*

## President

Steven Drew · 392-4432 · sdrewassoc@aol.com

## Vice President, Advocacy

Ken Konigsmark · 957-5094 · kenneth.konigsmark@pss.boeing.com

## Vice President, Operations

Barbara Johnson · 746-5573 · grtblue@worldnet.att.net

## Treasurer

Frank Gilliland · 603-0454 · fbg@uswest.net

## Secretary

Kitty Gross · 641-4393 · akgross@aol.com

## Board of Directors

Steven Drew · 392-4432 · sdrewassoc@aol.com

Frank Gilliland · 603-0454 · fbg@uswest.net

Kitty Gross · 641-4393 · akgross@aol.com

Christina Jackson · 888-8385 · christina@tigermtnacupuncture.com

Barbara Johnson · 746-5573 · grtblue@worldnet.att.net

Ken Konigsmark · 957-5094 · kenneth.konigsmark@pss.boeing.com

David Langrock · 313-1971 · david@langrock.net

Bill Longwell · 222-6775 · wk-gi-longwell@email.msn.com

Scott Semans · 369-1725 · ssemans@aol.com

Fred Zeitler · 882-3435 · marianzzz@aol.com

## Club Founder

Harvey Manning · 746-1017 · pmanning@sttl.uswest.net

## Hikes Coordinator

Fred Zeitler · 882-3435 · marianzzz@aol.com

## Membership Records

Frank Gilliland · 603-0454 · fbg@uswest.net

## Book Sales/Distribution

Scott Semans · 369-1725 · ssemans@aol.com

## Webmaster

David Langrock · 313-1971 · david@langrock.net

## The Alpiner

Tracy Marin · 333-6694 · tracyandmarin@hotmail.com

## Advocates

Issaquah: Christina Jackson · 888-8385 · christina@tigermtnacupuncture.com

Cougar Mountain: Charles McCrone · 392-3466 · cougarmt@wafirst.com

Squak Mountain:

Steven Drew · 392-4432 · sdrewassoc@aol.com

Ken Konigsmark · 957-5094 · kenneth.konigsmark@pss.boeing.com

Tiger Mountain: Larry Hanson · 392-2458 · larmarhan@aol.com

Grand Ridge: Melinda Livingstone · 392-7455 · melindal@blarg.net

Raging River/Preston:

Maryanne Tagney Jones · 222-7615 · branches@halcyon.com

Rattlesnake Mountain/Taylor Mountain:

Ted Thomsen · 454-8643

Ralph Owen · 746-1070

## Chief Ranger/Trail Maintenance Crew Chief

Bill Longwell · 222-6775 · wk-gi-longwell@email.msn.com

## Volunteer Trail Maintenance Coordinator

Charles McCrone · 392-3466 · cougarmt@wafirst.com

## Mountains To Sound Greenway

Ted Thomsen · 454-8643

# Talus Update ●

The East Village development on the slopes of Cougar Mountain, long chronicled in the *Alpiner*, has now been officially dubbed Talus. Development of Talus has finally left the planning realm, and ground has been broken for several portions of the site over the past several months. The trails within the north end of the site (just south of the Goodes Corner Trail/powerline down to Newport Way), which I eulogized last year in the Spring issue, are gone. The lower portion of the Shangri La Trail will be serving as a construction access, so please avoid this trail east of the Park boundary; however, the Shangri La will be rehabilitated later in the development process and converted into true trail, using road-to-trail conversion techniques. A recent hike up Bear Ridge Trail (south of Talus) revealed that summer foliage is gracefully hiding the Talus site from view, though future platting may intrude more visually into the West Tibbetts Creek Canyon. Please use care when hiking outside the eastern Park border.

## 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:

[tracyandmarin@hotmail.com](mailto:tracyandmarin@hotmail.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.

# Licorice Fern Trail: A Retrospective

Charles McCrone

The Licorice Fern Trail (as it is now signed at the Trailhead and road crossing) has been mentioned in club guidebooks at least as far back as the 1991 edition of the Cougar Mt. Guidebook. In that edition and the more recent 2000 edition it is included under the heading Far Country Trail, the name deriving from the creek it follows from the Park boundary southward. When I went searching for it in the summer of 1996 I found it (with some difficulty) at the crossing of what has now become Licorice Way SE, then a developer's road for a-yet-nonexistent Estates, and the north end of the trail was brushy and narrow. While the trail follows a dedicated easement from the Park boundary all the way south to the Lankows', without their help its southern end would have remained landlocked and the only "trailhead" for the trail shoulder parking along Licorice Way. Additionally, their intent to gift an easement and trailhead at the southern end, which came to my attention in the winter of 1998, spurred a fresh focus on, and rehabilitation of, the entire 1.1 mile route.

In the winter and spring of 1998, crew leaders from the Trails Club worked with Steve Williams, Cougar Park manager, to redesign the trail from the Lankows' Gardens down to Far Country Creek, with the goals of eliminating steep grades

and ensuring the trail stayed within their property. Several aggressive IATC work parties put the essence of the new trail in place by summer, and soon after County staff built the new bridge over the creek (before there had been none). Many work parties followed, to transform the narrow pitched grade of the trail beyond the creek to a better tread. In all, IATC volunteers have spent 334 hours on the Licorice Fern Trail in the last 4 years, much of it on or near the Lankows' portion. Along the way, some nasty sections of nettle and berries have been tamed, a complete reroute of the climb up to Licorice Way from Trog Swamp (for a safer road crossing) has been achieved and the overall tread has been improved. In addition to IATC volunteer hours, Park staff have contributed their talents to surveying, maintenance, signing and construction as well — both in concert with, and separately from, our crews.

With all this trailwork success, I was sure in 1998 that the legal dedication was just a simple icing on the cake affair. However, several delaying factors dragged out the process until this year — which felt like an incredibly long wait. I won't wallow in the details, but will mention two of these factors. One

*(Continued on Page 5)*

# Old Legs Find New Purpose

Doug Simpson

Imagine living on the lower reaches of Squak Mountain for nearly forty years and never hiking or exploring the beauty of the surrounding hillsides. Oh, once back in the sixties four of us walked the old road up Squak, and a few times in the intervening years my wife and I walked around Lake Tradition. Now 61 and long retired from teaching at Issaquah High School, I decided this past winter that I wanted to get in better shape and perhaps add five to ten years to my life. I never liked to jog and didn't hike much because I thought my mind would be bored. Now I know better. In just six months, hiking has become part of me and I am disappointed if I don't get out twice in a week. I am always looking for new challenges, new vistas. I started by exploring the lower trails around Tiger Mountain. One day I chose the Nook Trail, thinking it would rise a little, then parallel the Bus Trail. I nearly died climbing the seeming endless upside of the Nook—but I made it up to the Talus Rocks and felt that I had accomplished something. A week or so later I went up Cougar Mountain huffing and puffing to Wilderness Peak and was enormously proud of myself. Then I went up up Squak from the south

*(Continued on Page 10)*

# Time to Celebrate!

## Licorice Fern Trailhead Secured

Charles McCrone

Drive up SE 112<sup>th</sup> from May Valley Road, on the south side of Cougar Mountain, and you'll be in for a pleasant surprise: The hiking community and general public have a brand new, official trailhead for the south side of Cougar at the bend where 112<sup>th</sup> becomes 169<sup>th</sup>. After several years of trail construction, surveying and a few difficult procedural delays, the Licorice Fern Trailhead and Trail Easement are officially on the books and ready for us to enjoy. Both the trailhead and the start of the trail are on the property of George and Carla Lankow, who have not only allowed informal public use for years but had the patience to pursue official legal status for their trail. The catalyst for this priceless gift to the public was the King County Public Benefit Rating System Program, initiated by the King County Council and headed up under the capable leadership of Ted Sullivan (more details in the Retrospective article in this issue). Thanks to this program and the Lankows, we have guaranteed southern access to the gorge of Far Country Creek for perpetuity, a gift of immeasurable

value.

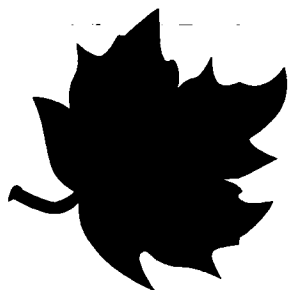
We want to especially thank Barbara Wright and her staff at King County Parks for their excellent work in finishing up the dedication of this easement. Also thanks to Steve Williams and his Cougar Mt. Park crew for their hours of work on the trail layout, construction and refurbishment and for the splendid bridge over Far Country Creek. (And also we must applaud the contributions of John Johnson, Dave Kappler and other Cougar Mt. trails pioneers, who in the early days fought hard for the dedication of a permanent trail [heading north from the Lankows] along Far Country Creek, in this unbuildable canyon originally on Weyerhaeuser land.)

### 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!



# Licorice Fern Trail: A Retrospective

(Continued from Page 3)

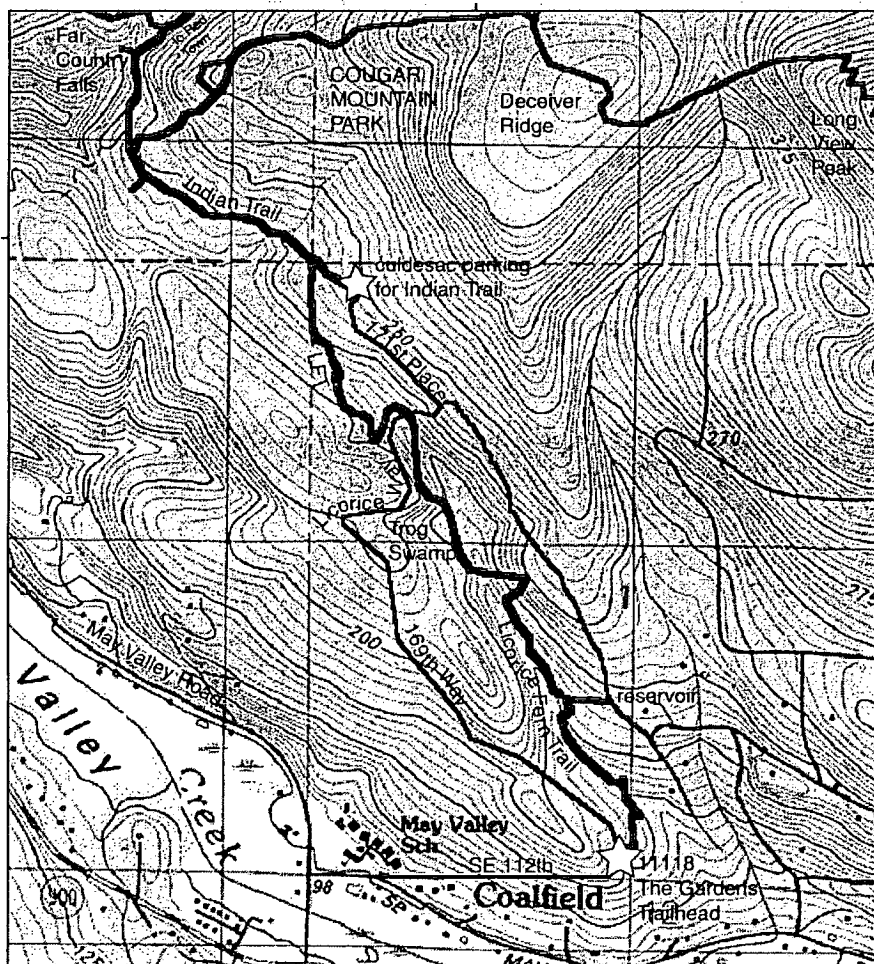
was the attempt to establish a survey of the new route by Global Positioning System, which due to the difficulty of the terrain in the gorge finally had to be abandoned, after a lot of dedicated time by Park staffmember Debra Sessner toward that goal. Second was the discovery in 2000, after a traditional survey was done, that one of the new switchbacks still intruded into the neighboring property. Both obstacles were passed, and Barbara Wright's office at King County Parks did a great job at the last hour making sure everything came together. Throughout the process, I – as Cougar Mt. Advocate – and Ken Konigsmark, IATC Vice President for Advocacy, made sure that the Easement remained a priority with King County, and that all the relevant information was communicated between the multiple different offices. In essence, I played the role of Official Nag, which was critical to pulling it all together. I am very glad it is at last all completed!

The Licorice Fern Trail and Trailhead at The Gardens are now officially recorded with King County, and will remain a permanent fixture of the property. As mentioned elsewhere in this issue, the catalyst for the Lankows' easement dedication was Ted Sullivan at King County who informed the

Lankows about the County's Public Benefit Rating System. Through this program, their land was able to be classified as an open space resource, including a stream buffer along Far Country Creek and a ground water protection area. By allowing land to be taxed at a value consistent with its current use rather than at its "best or highest" use, this program offers a valuable incentive to property owners to voluntarily conserve open space and

other natural resources on their properties. Bravo! For more information on the program, see its website at: <http://dnr.metrokc.gov/wlr/lands/incentiv.htm>.

The signs are up, look for the Lankows' stunning gardens at the bend in the road, and come hike!



# October

**Saturday, October 6**  
Salmon Days

**Sunday, October 7**  
Salmon Days

**Tuesday, October 9, 10:00am**  
Middle Tiger  
Hike to 4<sup>th</sup> highest Tiger peak from highway 18 trailhead.  
3c, 8 mi., 1300ft. gain  
Bob Gross (425) 427-8449

**Saturday, October 13, 10:00am**  
Cougar Mountain  
100 Years of hidden history on coal mining, railroading, etc. Stop and go pace  
2A, 4mi., 400 ft. gain  
Bert Drui (425) 746-0709

**Sunday, October 14, 9:00am**  
East Rattlesnake  
Hike past Rattlesnake ledges to log jam and up to East tower. Great Views.  
3c, 8mi., 2500 ± ft. gain.  
Hans Fischer (425) 391-6612

**Sunday, October 14, 9:00am**  
Trail Maintenance Work Party  
All volunteers welcome.  
For more information contact  
Scott Semans (425) 369-1725

**Saturday, October 20, 8:30am**  
Middle Tiger  
Long way to middle tiger.  
4c, 13mi., 2100 ft. gain  
Ron Howatson (425) 392-8344

**Saturday, October 20, 9:00am**  
West Tiger 3  
Hike the quiet route via TMT to views and lunch at Manning's Reach.  
3c, 8mi., 2500 ± ft. gain  
Denis Harney (206) 545-2829

**Saturday, October 20, 10:00am**  
Twin Falls  
Family hike to popular destination  
2a/b, 3mi., 500 ft. gain  
Irene Stanford (425) 255-5558

**Sunday, October 21, 8:00am**  
Tiger Mountain  
Hike whole Tiger Mountain Trail  
4d, 16mi., 3000 ft. gain

**Sunday, October 21, 9:00am**  
Cougar Mountain Trailwork  
Help do some basic work on the Precipice Trail. Beautiful gorges, views, and some difficult terrain. RSVP not necessary but appreciated  
Charles McCrone (425) 392-3466

**Wednesday, October 24, 9:30am**  
Squak Mountain  
Hike from North-end to East side, to South side then on to Central Peak.  
2c, 6mi., 1600 ft. gain  
Melinda Livingstone (425) 392-7455

**Saturday, October 27, 9:15am**  
Women Walk Hikes (2)  
• 1a Grand Canyon of Tiger (4mi., 400 ft. gain)  
Lauren Hutchinson (425) 837-1701  
• 2b Middle Tiger (6mi., 1000 ft. gain)  
Martha Neville (425) 392-7435

**Saturday, October 27, 10:00am**  
Tiger Mountain  
Nook loop to caves, Slow pace.  
2b, 5mi., 700 ft. gain  
Trudy Ecob (206) 232-2933

**Sunday, October 28, 9:00am**  
Poo Poo Point  
Up the Chirico trail, down Poo Poo Point trail  
3c, 7mi., 1800 ft. gain  
Tom Palm (206) 783-6005

**Sunday, October 28, 12:30pm**  
East Squak Mountain  
Hike the level route to new and restored trails, including two little-known ones. Moderate Pace  
2b, 6mi., 800 ft. gain  
Scott Semans (425) 369-1725



# November

**Saturday, November 3, 9:00am**  
Trail Maintenance Work Party  
All volunteers welcome.  
For more information contact  
Scott Semans (425) 369-1725

**Saturday, November 3, 9:00am**  
Tiger Mountain  
Loop hike on seldom used and recently opened trails in the heart of Tiger Mountain. Hidden Forest Trail, 15 mile RR grade, TMT and views from W. Tiger 1.  
2c/3c, 7-8mi, 1600 ft. gain  
Larry & Marty Hanson (425) 392-2458

**Sunday, November 4, 9:00am**  
Squak Mountain  
From South-end up to Central Peak including Rainier views and more.  
2c/3c, 7-8mi.  
Paul Hutchinson (425) 837-1701

**Tuesday, November 6, 10:00am**  
NE Squak Loop  
New variation on an old theme. Some rough trail, brief off-trail.  
2c, 6mi., 1400 ft. gain  
Warren Jones (425) 888-0262

**Saturday, November 10, 9:00am**  
South Tiger Mountain  
Hike TMT to Otter Lake. Return via South Tiger traverse. Nice views for lunch  
2c, 7mi., 1500 ft. gain  
Jamie McKenzie (425) 746-6683

**Saturday, November 10, 10:00am**  
Tradition Lake  
Family Hike  
1a, 3mi., 100 ft. gain  
Irene Stanford (425) 255-5558

**Sunday, November 11, 10:00am**  
Tradition Lake Plateau  
Easy hiking along swamps, old trees, lakes and woods  
2a, 4mi., 200 ft. gain  
Bert Drui (425) 746-0709

**Sunday, November 11, 1:00pm**  
Cougar Mountain  
Loop hike to some popular sites like flower meadows, water falls, and more  
2c, 6-7mi., 1400 ft. gain  
Fred Zeitler (425) 882-3435

**Saturday, November 17, 8:00am**  
Snoqualmie Ridge - Good, Bad, & Ugly.  
Up and down hike through best and worst of the major development. Steep climb at the end  
3c, 10mi., 1200 ft. gain  
Bill Longwell (425) 222-6775

**Saturday, November 17, 10:00am**  
Tiger Mountain  
Nook loop to Talus caves. Slow pace  
2b, 5mi., 700 ft. gain  
Trudy Ecob (206) 232-2933

**Sunday, November 18, 9:00am**  
West Tiger 3  
Tiger Mountain Trail to popular spot  
3c, 8mi., 2500 ± ft. gain  
Tom Palm (206) 783-6005

**Wednesday, November 21, 9:30am**  
Cougar Mountain  
Wilderness peak loop  
2c, 4mi., 1200 ft. gain  
Melinda Livingstone (425) 392-7455

**Saturday, November 24, 8:30am**  
Poo Poo Point  
Loop hike with great views  
2c, 7mi., 1800 ft. gain  
Ron Howatson (425) 392-8344

**Sunday, November 25, 9:00am**  
East Tiger  
Hike to highest Tiger peak via some seldom used trails  
2c, 7mi., 1700 ft. gain  
Fred Zeitler (425) 882-3435

**Wednesday, November 28, 7:00pm**  
Hike Leaders' Meeting  
Finalize hike schedules for next quarter  
Trail Center, 1<sup>st</sup> and Bush Streets, Issaquah

# December

**Saturday, December 1, 9:00am**  
West Tiger 2  
From High Point via the TMT to the third highest Tiger mountain peak  
3c, 8mi., 2400 ft. gain  
David Langrock (425) 313-1971

**Sunday, December 2, 9:00am**  
Trail Maintenance Work Party  
All volunteers welcome  
for more information contact  
Scott Semans (425) 369-1725

**Saturday, December 8, 10:00am**  
Cougar Mountain  
Easy stroll to Coal Creek Falls, Nike missile site and Redtown Dam.  
2b, 5mi., 600 ft. gain  
Bert Drui (425) 746-0709

**Sunday, December 9, 9:00am**  
North Tiger Mountain  
We'll take the High Point shortcut to the TMT, see some bridges and hike to Ruth's Cove or to old logging camp depending on weather  
2c, 6-8mi., 1600 ± ft. gain  
Jamie McKenzie (425) 746-6683

**Wednesday, December 12, 9:30am**  
Squak Mountain  
Loop hike with some views  
2c, 6mi., 1500 ft. gain  
Melinda Livingstone (425) 392-7455

**Saturday, December 15, 9:00am**  
Cougar Mountain  
Loop hike to wilderness Peak and Longview Peak  
2c, 6mi., 1500 ft. gain  
Paul Hutchingson (425) 837-1701

**Sunday, December 16, 9:30am**  
Talus Caves - Tradition Lake Loop  
Beginning at the Highpoint Trailhead, we'll climb past Tiger Mountain Talus caves before descending to visit Round Lake, Tradition Lake, and the swamp. Easy to moderate pace  
2b, 6mi., 750 ft. gain  
Ralph Owen (425) 746-1070

**Saturday, December 22, 9:00am**  
Rattlesnake Ledges (3)  
Popular hike to great views  
2c, 4mi., 1400 ft. gain  
David Langrock (425) 313-1971

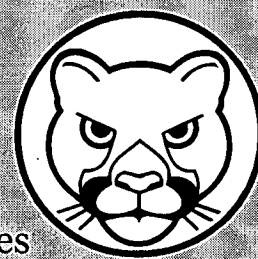
**Sunday, December 23, 9:00am**  
Squak Ramble  
From the Trail Center hike new trails and old favorites.  
Views to Mt. Rainier and Mt. Baker (maybe)  
3d, 9-11mi., 2800 ft. gain  
David Langrock (425) 313-1971

**Saturday, December 29, 10:00am**  
Twin Falls  
Family hike to popular destination  
2a/b, 3mi., 500 ft. gain  
Irene Stanford (425) 255-5558

**Sunday, December 30, 9:00am**  
Cougar Mountain  
Hike seldom used trails past Fantastic Erratic to Anti-Aircraft peak  
2c, 6mi., 1500 ft. gain  
Fred Zeitler (425) 882-3435

## 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*

# Licorice Fern Trail: A Retrospective

(Continued from Page 3)

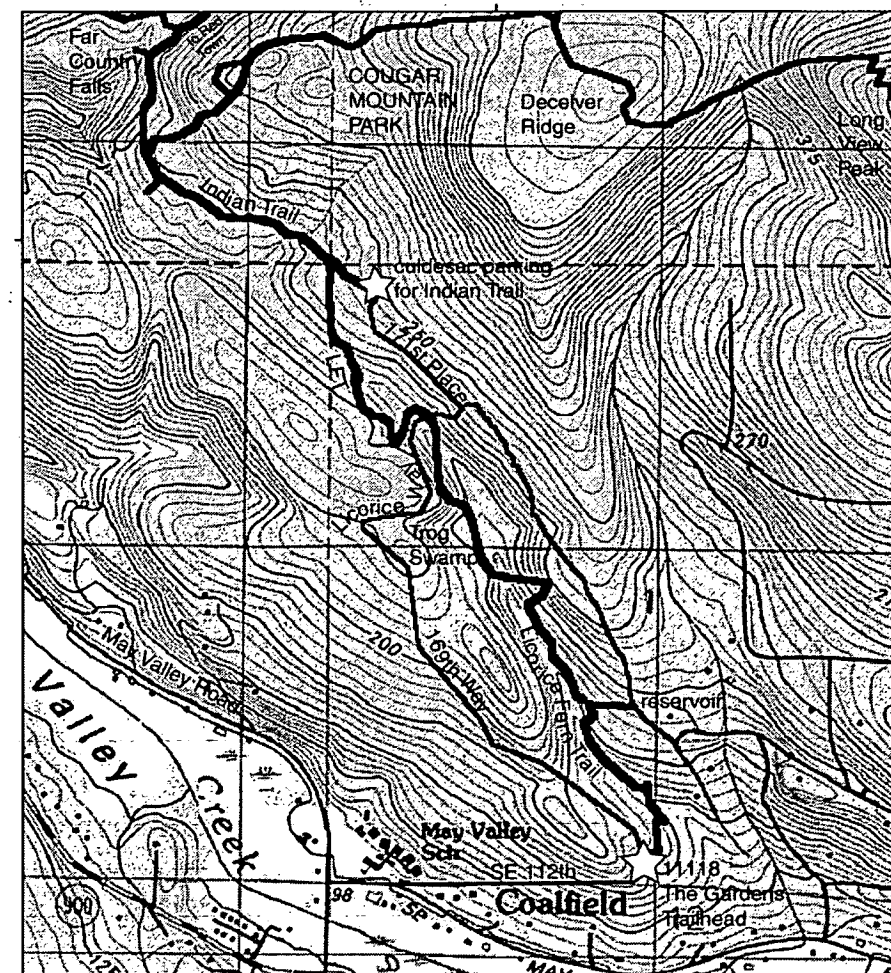
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The Licorice Fern Trail and Trailhead at The Gardens are now officially recorded with King County, and will remain a permanent fixture of the property. As mentioned elsewhere in this issue, the catalyst for the Lankows' easement dedication was Ted Sullivan at King County who informed the

Lankows about the County's Public Benefit Rating System. Through this program, their land was able to be classified as an open space resource, including a stream buffer along Far Country Creek and a ground water protection area. By allowing land to be taxed at a value consistent with its current use rather than at its "best or highest" use, this program offers a valuable incentive to property owners to voluntarily conserve open space and

other natural resources on their properties. Bravo! For more information on the program, see its website at: <http://dnr.metrokc.gov/wlr/lands/incentiv.htm>.

The signs are up, look for the Lankows' stunning gardens at the bend in the road, and come hike!



# 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

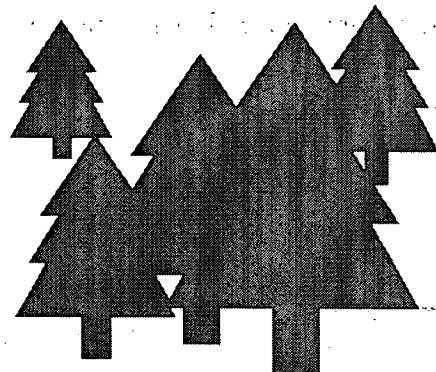
### Trail Maintenance

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

# Trail Workers We Need You!

## (And Your E-Mail)

Charles McCrone & Scott Semans

2001 has surprised us with a 45% decline in our turnouts for the New Volunteer Group trailwork events. This threatens our ability both to keep adopted trails open and consider new projects. We continue to use our email list as a primary means to contact you, but on a recent mailing 40 or so addresses off our 200+ person list bounced back inactive. So please, if you have any interest in trailwork, even if you're only able to come out once in a blue moon, mail your current address to [COUGARMT@NWFIRST.COM](mailto:COUGARMT@NWFIRST.COM). We limit mailings to around one per month and we won't give your address to anyone else!!!!

If you've never done trailwork, consider coming out! You'll meet new people, see new trails, learn new skills and enjoy wholesome Costco muffins and fruit juice while keeping our mountain treasures accessible to the public.

The last several years have been big ones for our trailwork program. Beginning in 1997, when the "New Volunteer Group" first hit the scene, to augment the continuing work of the Old Crew, and continuing in 1998 when I first began building our trailwork email list, our number of participants and total work hours skyrocketed. As the Alpiner detailed in 2000, last year was particularly big, with twice-

monthly work events, the construction of the Squak Mountain Access Trail, and the qualification of six new crew leaders.

Not all things can grow forever, so perhaps it is OK that things have slowed down in 2001. Despite leading fewer work events (generally one per month), the New Volunteer Group's turnouts have averaged 6 volunteers per events, versus last year's 11 per event. We want to make sure our important stewardship of the trails of the Alps continues in force, and that we can fulfill our goals of caring for trails like the Licorice Fern Trail (featured in this issue).

Also, if you can, please take the time to let me know any thoughts you have about our program. What hesitations do you have about coming out to help? What day of the week is best? What questions do you have about trailwork? Does the email list work for you? What could we do to better communicate with you? We'd appreciate any feedback, criticism or suggestions.

Remember: all volunteers are welcome, and are especially needed now, on our work events; no particular experience is necessary. Look for trailwork events on the website, in the Alpiner, get on the email list, or just give us a call: 425-392-3466. WE NEED YOUR HELP, and trailwork is a great way to enjoy the trails on a whole new and deeper level.

## Old Legs

(Continued from Page 3)

to Central Peak—another accomplishment, though the road up was uninteresting, not like hiking a trail. By September I had been up Cougar five times, Squak from three directions (the north approach has become simple, the east by far the hardest, especially the last half mile), Tiger Mountain #3 twice, Poo Poo Point twice, and once between them (after a wrong turn) a good five miles out to 15 Mile Gap between. Recently I scaled Rattlesnake Ledge above North Bend and loved it. What will be next, I wonder excitedly. As I make my climbs now, I pause less without the need to sit, and reach the top faster each time with less tiredness. Now I find myself looking up at one of the Alps saying, "I've been there," or looking at some different peak and thinking, "I could do that." I'll never be a mountain climber, but I can now appreciate what drives those that do climb mountains. I recall some months ago resting on a Tiger Mountain trail and saying to a passing hiker, "Nice day for a hike." His response: "Any day is a nice day for a hike." You know something? He's right! Few things would I trade for the experience of sitting atop Poo Poo Point on a sunny day enjoying the gorgeous view, especially looking down nearly 2000 feet at Issaquah High School, where I spent most of my adult life cloistered in a classroom. It's one of those things that helps me redefine and better understand life and the riches it has to offer.

# King County Park System Interpretive Programs

Plant Green River restoration sites to provide fish and wildlife habitat! On Saturday, September 29, and Saturday, October 6, plant native trees and shrubs along the Green River. Planting will take place just off SE Green Valley Road east of Auburn. For details, contact Tina Miller at 206-296-2990 or e-mail [tina.miller@metrokc.gov](mailto:tina.miller@metrokc.gov) On October 13, plant native trees along Mullen Slough, a Green River tributary. Mullen Slough is just off Highway 516 outside Kent. For details, contact Josh Kahan at 206-296-8052 or e-mail [josh.kahan@metrokc.gov](mailto:josh.kahan@metrokc.gov) Plantings take place from 10:00 a.m. to 2:00 p.m.

Help Releaf the Sammamish River again this fall! Over five Saturdays at five different sites, we'll plant 4,000 native plants, remove invasives, and maintain previous plantings along the Sammamish.

October 6 (10-4): Woodinville. Volunteer with John Markuson, City of Woodinville, 425-489-2700 x2230 or e-mail [johnm@ci.woodinville.wa.us](mailto:johnm@ci.woodinville.wa.us).

October 13 (10-2): Redmond. Volunteer with Peter Holte, City of Redmond 425-556-2822 or e-mail [pholte@ci.redmond.wa.us](mailto:pholte@ci.redmond.wa.us).

October 27: (10-2): Bothell. Volunteer with Jon Morrow, City

of Bothell 425-486-2768 or e-mail [jon.morrow@ci.bothell.wa.us](mailto:jon.morrow@ci.bothell.wa.us).

November 3 and 10 (10-2): King County, near Redmond. Volunteer with Polly Freeman, King County, 206-296-8359 or e-mail [polly.freeman@metrokc.gov](mailto:polly.freeman@metrokc.gov).

Dress for the weather; wear old clothes and work boots. Bring work gloves and a shovel. Sammamish Releaf is sponsored by King County and the cities of Bothell, Woodinville, and Redmond. Generous support is provided by Bellevue Breakfast Rotary and Rock Bottom Brewery.

October 20 (10-2) Plant native trees and shrubs at Tolt-McDonald Park on the Snoqualmie River to protect habitat for salmon and other wildlife, improve water quality, and reduce erosion. To sign up, call Polly Freeman at 206-296-8359 or e-mail [polly.freeman@metrokc.gov](mailto:polly.freeman@metrokc.gov).

Follow the salmon up the Cedar River! Come see spawning salmon and learn about them and the Cedar River! Volunteer naturalists will be stationed from 11:00 a.m. to 4:00 p.m. on October 13, 20, 27, 28, and November 3, at Renton Library, Riverview Park, Cavanaugh Pond, and Landsburg Dam. Carpool if you can; these sites have limited parking. For a flyer with directions or to get more information, call 206-205-6132.

## Pack the Plant; Help Restore Mount Si's Haystack Meadow! Deborah Gurney

**P**ack plants up Mount Si's four-mile trail and help mend decades of erosion on September 22<sup>nd</sup>. Volunteers will use tree-planting bags to hike the plants up to the meadow. There, they will hand the plants off to designated volunteers who will be planting like mad.

The plants will be placed in the large scare, once trail that led up to the haystack scabble. A side trail to the haystack was built in 2000 and is better suited for drainage and less susceptible to erosion.

Volunteers will hike a total of eight miles with an elevation gain of 3200ft. It is advised that hikers bring small daypacks, water and snacks. Hiking boots are required. The haystack will be closed for the day due to the number of volunteers estimated.

Registration will be from 8 am to 11 am at the Mount Si Trailhead in North Bend, WA. All volunteers are expected to be back at the trailhead by 4pm.

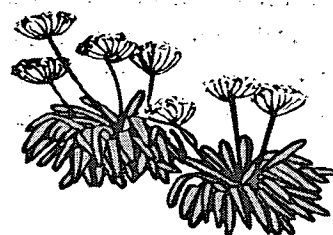
For more information contact...

Deborah Gurney

Education Specialist

Natural Areas Program

(360) 825-1631



## 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 flowering. Many of the plants can be found. \$9 (includes shipping and handling).

### ▲ *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. \$15 (includes 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).

New

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