

**Mountains to Sound 9 Day March occurs  
July 2 thru July 10.**

Day hikes and multi-day hikes available  
celebrating our 190 Greenway.  
For details and to register, visit [mtsgreenway.org](http://mtsgreenway.org)

**JULY 2011**

Saturday, July 2 – 10AM  
Enjoy views from North Bend's Cedar Butte  
2B, 5 miles, 1000' gain  
Bob Gross - 425-427-8449

Sunday, July 3 – 10AM  
Tiger Mt's Swamp - Big Tree-Adventure +  
Bus Trails

2A, 3.5 miles, 400' gain  
Jean Lanz – 206-322-0990

Monday, July 4 Holiday – 10AM  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in the Issaquah Alps  
3C, 6-10 miles, 800-1600' gain  
Tom Pohle – 425-481-2341

Saturday, July 9 – 9AM  
Preston-Snoqualmie Trail  
Hike to view of falls and uphill to lunch  
2A, 5 miles, 400' gain  
Mary Nolan – 425-837-1535

Sunday, July 10 – 9AM  
West Tiger 3, 2, 1 Loop from High Pt TH  
Nook Trail, Section Line Trail, Tigers 3 and  
2, TMT, Poo Top Trail,  
Tiger 1, West Tiger 1 Trail, West Tiger RR, K-3, TMT.  
3D, 10 miles, 3400' gain, fast pace, Strenuous  
Aaron Shaw - 425-391-1600.

Saturday, July 16 – 8:30AM  
Annette Lake – A scenic forest trail to a beautiful lake  
Northwest Forest Pass required for parking  
7.4 miles, 1700' gain  
Harney – 206-545-2829

Saturday, July 16 – 10AM.  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in the Issaquah Alps  
2B, 4-6 miles, 800-1200' gain  
Tom Pohle – 425-481-2341

Sunday, July 17 – 9:30AM  
Weeks Falls & Twin Falls. One way hike from  
Weeks Falls to Iron Horse to Twin Falls.  
Car shuttle. SLOW PACE.  
2A, 3.5 miles, 400' gain  
Fred Zeitler - 425-882-3435

Friday, July 22 – 10AM  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in Issaquah Alps  
2B, 3-4 miles, 500'-900' gain  
Dori Ost – 206-909-1080

Saturday, July 23 –  
Mason Lake - Wilderness Area  
Call leader to register + for time  
3C, 7 miles, 2300' gain  
Richard Mann – 425-281-8465

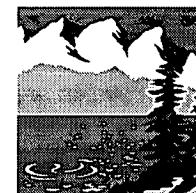
Sunday, July 24 – 9AM  
Mini-Grand Traverse – A one way walk from  
Cougar Mt's Coal Creek/Red Town TH back to the  
Issaquah Trails Center. Visit Cougar's high point and  
Issaquah's historic cemetery. Car shuttle  
3C, 8 miles, 1500' gain  
Ralph Owen – 425-746-1070

Thursday, July 28 – 7PM  
IATC Board Meeting  
Trails Center – 1<sup>st</sup> and Bush

Saturday, July 30 – 9AM  
Rattlesnake Mt – Stan's Overlook  
2C, 5 miles, 1400' gain  
Mary Nolan – 425-837-1535

Sunday, July 31 – 9:30AM  
Sammamish's Hazel Wolf Wetland and  
Soaring Eagle Park  
2B, 5 miles, 300' gain  
Steve Williams – 425-453-8997

**PLEASE NOTE:  
A DISCOVER PASS WILL BE REQUIRED  
FOR VEHICLE PARKING FOR ANY HIKE  
ON STATE LANDS.  
GO TO [discoverpass.wa.gov](http://discoverpass.wa.gov) FOR DETAILS**



**AUGUST 2011**

Friday, August 5 – 10AM  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in the Issaquah Alps  
2B, 4-6 miles, 800-1200' gain  
Tom Pohle – 425-481-2341

Saturday, August 6 – 9:30AM  
Squak Mt from Mountainside Dr  
2B, 5 miles, 1200' gain  
Steve Williams – 425-453-8997

Sunday, August 7 – 9:30AM  
Lodge Lake on the Pacific Crest Trail  
Northwest Forest Pass required for parking  
2B, 4 miles, 850' gain  
Bob Gross – 425-427-8449

Saturday, August 13 – 9AM  
Cedar River Trail  
2B, 7 miles, no gain  
Joe Toynbee – 425-228-6118

Saturday, August 13 – 10AM  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in the Issaquah Alps  
3C, 6-10 miles, 800-1600' gain  
Tom Pohle – 425-481-2341

Sunday, August 14 – 9AM  
North Bend's Twin Falls  
Spectacular views of local falls  
2B, 3-4 miles, 600' gain  
Mary Nolan – 425-837-1535

Saturday, August 20 – 1PM  
Tiger Mt's Tradition Loop  
Learn about local plants + trees  
2B, 5 miles, 600' gain  
Dave Kappler - 425-392-3571



### AUGUST 2011 cont.

**Sunday, August 21 – 9AM**  
Two for one Hike.

We'll visit 2 popular destinations  
Franklin Falls + Asahel Curtis Nature Trail  
Northwest Forest Pass required for parking  
Car shuttle to Exit 47. **SLOW PACE**  
2B, 4 miles, 500' gain  
Fred Zeitler – 425-882-3435

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**Thursday, August 25 – 7PM**  
Hike Leaders' Meeting  
Trails Center – 1<sup>st</sup> + Bush

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**Friday, August 26 – 10AM**  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in Issaquah Alps  
2B, 3-4 miles, 500'-900' gain  
Dori Ost – 206-909-1080

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**Saturday, August 27 – 9AM**  
Annette Lake – near Snoq Pass  
Northwest Forest Pass required for parking  
3C, 8 miles, 1900' gain  
Richard Mann – 425-281-8465

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**Sunday, August 28 – 9AM**  
Grand Ridge. A one-way walk in the woods thru  
King County's Grand Ridge Park. Car shuttle  
2B, 7 miles, 1100' gain  
Ralph Owen – 425-746-1070

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**IATC ENCOURAGES CARPOOLING +  
RECOMMENDS \$1 MINIMUM OR  
15¢/MILE GAS CONTRIB TO DRIVER**

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### SEPTEMBER 2011

**Saturday, September 3 – 9AM**  
Lodge Lake on the Pacific Crest Trail  
Northwest Forest Pass required for parking  
2B, 4 miles, 850' gain  
Mary Nolan – 425-837-1535

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**Sunday, September 4**  
Kendal Katwalk-Wilderness Area  
Call leader to register + for time  
Northwest Forest Pass required for parking  
4D, 12 miles, 2700' gain **SLOW PACE**  
Bob Gross – 425-427-8449

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**Monday, Sept 5, Labor Day – 10AM**  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in the Issaquah Alps  
3C, 6-10 miles, 800-1600' gain  
Tom Pohle – 425-481-2341

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**Saturday, September 10 – 9:30AM**  
Cougar Mt – Loop hike to AA Peak via  
Mine shaft. **SLOW PACE**  
2B, 4.5 miles, 650' gain  
Fred Zeitler – 425-882-3435

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**Sunday, September 11 – 10AM**  
North Bend's Cedar Butte  
Where history and geology meet  
2B, 5 miles, 900' gain  
Doug Simpson – 425-823-0747

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**Saturday, September 17 – 1PM**  
Tiger Mt's Tradition Loop  
Learn to ID local plants + trees  
2B, 5 miles, 600' gain  
Dave Kappler -425-392-3571

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**Sunday, September 18 – 9:30AM**  
Taylor Mt – explore trails and roads  
2B, 6.5 miles, 800' gain  
Steve Williams – 425-453-8997

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**Sunday, September 18 – 10AM**  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in the Issaquah Alps  
2B, 4-6 miles, 800-1200' gain  
Tom Pohle – 425-481-2341



**Friday, September 23 – 10AM**  
Dogs Welcome Hike – bring leash/baggies/water  
Leader's Choice in Issaquah Alps  
2B, 3-4 miles, 500'-900' gain  
Dori Ost – 206-909-1080

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**Saturday, September 24 – 9AM**  
Rattlesnake Mt – Grand Prospect  
3C, 10 miles, 2200' gain  
Richard Mann – 425-281-8465

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**Sunday, September 25**  
Ollalie Lake – Hike to a beautiful Alpine Lake  
Wilderness Area – Call leader to register + for time  
Northwest Forest Pass required for parking  
3B, 5-6 miles, 1200' gain  
Mary Nolan – 425-837-1535

### OCTOBER 2011

**Saturday + Sunday – October 1+2**  
**SALMON DAYS IN ISSAQUAH**  
No hikes scheduled – Visit us at our  
Booth by the Salmon Hatchery

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**GEAR CHECKLIST = WATER, FOOD,  
DAYPACK, RAINGEAR, WARM CLOTHES,  
HIKING SHOES/BOOTS**

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**PLEASE CHECK  
NUMBER / LETTER CLASSIFICATION  
FOR HIKE DIFFICULTY**

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**ALL HIKES MEET AT THE TRAILS  
CENTER – 1ST AND BUSH IN ISSAQUAH.  
HIKES LEAVE AT THE TIME STATED  
SO PLAN TO ARRIVE A BIT EARLIER**

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