

From: "The Wilderness Society" <ncinfo@twsw.org>

Subject: Rafting the Wild Wenatchee, Celebrating National Trails Day & More



June 2009 News & Quick Links:

[My North Cascades Story](#)

By Shelbi Day, Whitewater Rafting Enthusiast

[Conservation](#)

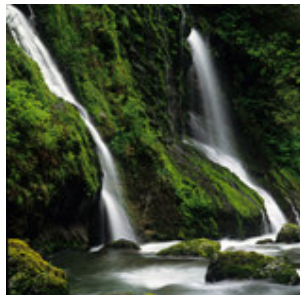
Celebrate National Trails Day!

[Recreation](#)

Ingalls Creek, Alpine Lakes Wilderness

[Vibrant Communities](#)

Roslyn



Welcome

Dear Andrea,

With the gorgeous weather we've been having lately, it won't be long before the snow melts and our high country trails open up for the hiking season. Until then, there's a host of lower elevation trails that you can trek on, such as this month's Hike of the Month – the scenic Ingalls Creek trail.

In addition to setting out on your own hike, you can take part in the 17th annual National Trails Day, which is this Saturday, June 6th. [Washington Trails Association](#) will be hosting a number of trail maintenance events, including destinations in the North Cascades.

But that's not the only event taking place on Nationals Trails Day. The Forest Service is waiving fees at National Forest recreation day-use fee sites, which normally require a \$5 fee per vehicle or recreation pass. Outdoor enthusiasts can enjoy the Mt. Baker-Snoqualmie and Okanogan-Wenatchee National Forests for free on June 6th!

[Tell a Friend](#)

Know someone who would like to learn more about the North Cascades? [Click here and let them know!](#)

[Learning Activity of the Month](#)

3rd Annual River Ecology Raft Trip

Join The Methow Conservancy on its unique, on-the-water exploration of the Methow River from Mazama to Winthrop. From a variety of instructors, learn about salmon migration, riparian ecology, river dynamics (hydrology and geology) and more.

[Click to learn more about this activity.](#)

[Kittitas Environmental Education Network](#)

KEEN believes in connecting community to nature and focuses on creating those connections in Kittitas County. One way that KEEN succeeds in this goal is through their popular event: "Get Intimate with the Shrub Steppe." This annual event offers expert-led field trips, informational booths, children's activities and an environmental lecture series. Learn more about the great

If you haven't been out for a hike yet this year or are curious about our great trail system, I urge you take time out on Saturday to enjoy our superb National Forest trails.

Until next month,
--John Chelminiak, North Cascades Initiative Director

The Wilderness Society's North Cascades Initiative envisions the North Cascades as a celebrated national treasure, where wilderness is preserved for future generations, where recreational opportunities are enhanced and well-planned, and where vibrant local communities realize the benefits of the wildlands surrounding them.

My North Cascades Story

By Shelbi Day
Whitewater Rafting Enthusiast

Rafting the Wild Wenatchee

For years, whitewater rafting has been one of my favorite hobbies. During a recent trip to visit friends in Seattle, I had the opportunity to raft the Wenatchee River – a beautiful river in the North Cascades.



Shelbi Day carries a raft to the river

The rafting trip started as a casual suggestion by my friend the day before I arrived in Seattle. Because she knows of my love for whitewater rafting and the outdoors, she was not surprised when I jumped at the opportunity to explore a new river.

[Click here to continue reading Shelbi's story.](#)

Conservation

Natural Wonders of the North Cascades *Celebrate National Trails Day!*

National Trails Day, organized every year by the American Hiking Society, is the largest trail celebration in the U.S. and boasts more than 1,000 locally organized events in all fifty states. To commemorate, Washington Trails Association is hosting seven volunteer trail maintenance crews across the state.

[Find out more about this event and others here.](#)

Recreation

Explore the North Cascades *Ingalls Creek Trail, Alpine Lakes Wilderness*

Journey up a long wilderness valley, complete with wildflowers, a roaring creek and plenty of opportunities for exploration.

work they do at
www.kittitasee.net.

Featured Item

Learn Tips on Hiking with Kids!

Meet Joan Burton, author of [Best Hikes with Kids - Western Washington & The Cascades](#).

Joan will share advice on hiking with kids, including favorite day hikes.

June 10, 7 pm, [Southcenter REI](#)

The North Cascades Are Calling -- You!

Do you love to picnic, hike, camp, climb or commune with nature? Or do you simply like to admire it all from afar? You can do all of that and more in the North Cascades!

Visit:
www.experiencewilderness.org
to plan your next adventure into the North Cascades.

Questions? Comments?

Email us at ncinfo@twsnw.org.

This message was sent to AIMLER@TWSNW.ORG. Visit your [subscription management page](#) to modify your email communication preferences or update your personal profile. To stop ALL email from The North Cascades Are Calling, click to [remove yourself from our lists](#) (or reply via email with "remove or unsubscribe" in the subject line).

Ingalls Creek trail, a 15.5 mile valley hike that begins in forest and takes you through a variety of terrain, including flowery meadows, is one of the classic treks in the Teanaway area.

[Learn more about this hike by clicking here.](#)



Ingalls Creek trail & spring flowers

Vibrant Communities

Roslyn

Roslyn is a charming town rich in history and beauty, nestled in the hills just east of Snoqualmie Pass. Once known for its history as a logging and coal mining town, Roslyn is now known as a gateway to the many recreational opportunities, including access to the spectacular Alpine Lakes Wilderness.

[Learn more about Roslyn by clicking here.](#)



The Wilderness Society
Pacific Northwest Region
206.624.6430
720 Third Avenue, Suite 1800 Seattle, WA 98104
www.experiencewilderness.org

