

From: "The Wilderness Society" <ncinfo@twsw.org>
Subject: Summer Fun For The Family: Ice Caves, TrailsFest & More!



July 2009 News & Quick Links:

My North Cascades Story

*By Rufus Woods, Editor of
Wenatchee World*

Conservation

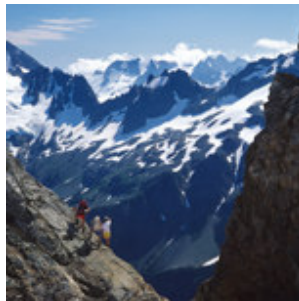
*Go to School this Summer &
Learn about Wilderness!*

Recreation

*Big Four Ice Caves,
Mt. Baker-Snoqualmie National Forest*

Vibrant Communities

Darrington



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

Visit Us at Washington Trails Association's TrailsFest 2009!

If you love the great outdoors, you'll love TrailsFest! TrailsFest takes place at Rattlesnake Lake Recreation Area in North Bend on Saturday, July 18. Stop by any time from 9 am – 4 pm!

And, hey, it's free!

Also make sure you stop by our booth and sign up for a getaway for two to the beautiful Methow Valley!

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

North Cascade Glacier Climate Project

For the past 25 years, Mauri Peltó and his crew have explored the North Cascades magnificent glaciers. Each summer they head out for two weeks to measure the mass balance of glaciers to determine the affect annual

Welcome

Dear Andrea,

With school out for the summer, you're probably looking for some activities to drag your kids away from the computer and get them outside in the North Cascades. This month we feature some fun ways to spend time outdoors, get some exercise and learn about this incredible ecosystem.

Our family is centered on hikes, horses and swimming this summer. There are lots of great things you can do as a family on our public lands. This month's newsletter has information on summer camps, a visit to the Big Four ice caves and the Washington Trails Association's TrailsFest on Saturday, July 18th.

See you on the trail this summer!

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 Rufus Woods
Editor, Wenatchee World

My Love of the Mountains

My love of the mountains was kindled at an early age by my father, who took the time to introduce me to the North Cascades.

Over the years, we went backpacking, took horse trips and day hikes throughout the region. I learned so much by the examples he set, from how to pace yourself for a long-distance hike to figuring out the best place for a camp site. His mantra has always been "slow and steady wins the race."

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



Rufus Woods

Conservation

Natural Wonders of the North Cascades *Go to School This Summer and Learn About Wilderness!*

Wilderness Awareness School's Youth Programs for ages 4 - 18 strive to foster young people's understanding and appreciation of nature, community and self. Since 1995, their programs have offered creative play, exploration and adventure, as children work together in small groups gaining nature awareness and experiential knowledge of plants, mammals, tracking, birds and survival skills.

A few spots still remain for WAS' day camp programs, as well as their overnight camps.

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

Recreation

Explore the North Cascades *Big Four Ice Caves, Mt. Baker-Snoqualmie National Forest*

Take the whole family on a short walk for an up close and personal experience of some amazing ice caves.

climate change has on the glaciers.

Learn more about the great work they do [here](#).

Featured Item

Calling All Kids: Become a Junior Ranger This Summer!

North Cascades National Park offers a fun Junior Ranger program for kids (of *all* ages). All you have to do is answer a few fascinating questions in your Junior Ranger booklet about wilderness, geology and the park itself. Your reward is a badge and certificate declaring you a National Park Junior Ranger!

Visit the North Cascades National Park webpage on the [Junior Ranger program](#) for more information.

The North Cascades Are Calling -- You!

We're now on [Facebook](#)! Make sure to check out our new nonprofit page and [become a Fan](#) of the North Cascades!

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).

Nestled at the base of Big Four Mountain you will find one of nature's impressive displays – ice caves. You might think that visiting ice caves would require the gear of a mountaineer, but that isn't the case with Big Four ice caves.

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



Big Four Ice Caves

Vibrant Communities

Darrington

Darrington is situated about 75 miles northeast of Seattle, at the western edge of the North Cascades with the beautiful Whitehorse Mountain as a backdrop. Both spectacular views and recreation opportunities abound here year round.

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



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