

From: "The Wilderness Society" <ncinfo@twsw.org>
 Subject: Watch salmon spawning, hike to golden larches & more



October 2009 News & Quick Links:

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By Anthony Novack
 Hunter & Wildlife Biologist

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Welcome

Dear Andrea,

Whether it's near my home in Bellevue, along the banks of the Skagit River or up in the North Cascades on the Entiat River, one of our great family outings each October is to view the return of the salmon. The salmon are an icon in the Pacific Northwest. They play a role in the health of our aquatic ecosystems, are featured in our cultural values, and even contribute to the economic value of wildlands by helping an important industry in Washington.

Fall colors aren't all on the shoreline--look into a river to see the amazing color of the returning salmon such as the Chinook, Coho and Pink salmon and enjoy one more thing that connects our communities to this remarkable landscape.

Would you like to take your family to view spawning salmon? In this month's newsletter, we highlight some great areas in the North Cascades to check out this amazing natural process. Have fun!

Until next month,

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

Volunteer with The Nature Conservancy

Join TNC in a tree planting extravaganza on October 20-22, 2009. Come one day or stay for all three. Bring your favorite shovel or borrow one of TNC's.

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

American Whitewater

American Whitewater's mission is "to conserve and restore America's whitewater resources and to enhance opportunities to enjoy them safely." The organization is the primary advocate for the preservation and protection of whitewater resources throughout the United States, and connects the interests of human-powered recreational river users with ecological and science-based data to achieve the goals within its mission.

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

--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

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High Buck Hunt in the North Cascades

For my fortieth birthday, I joined a friend for a journey into the high country during the first season available to hunt deer with a rifle. The High Buck Hunt occurs during the beginning of Autumn and is restricted to inside the limits of wilderness areas within the North Cascades.



Anthony & friend

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

Conservation

Natural Wonders of the North Cascades

Salmon: Icon of the Pacific Northwest

Salmon are an integral part of the North Cascades' ecosystem. Every year, adult salmon swim upstream, a journey that can be hundreds of miles long, to lay their eggs in the river or creek where they were born. The eggs hatch during the winter, and after a short incubation period, the young salmon (called "fry") start to move downstream to the ocean.

After spending six months to five years in the open ocean, and often traveling thousands of miles, the full-grown salmon return to their birthplace, where they lay their eggs. Salmon die within a week of spawning, and their bodies release nutrients into the creek and provide sustenance to wildlife, including bears and bald eagles. Many species spawn in the fall, including Chinook, Coho and Pinks. October is a great month to view salmon as they swim upstream to spawn! Check out these locations to see salmon on their epic journey:

Salmon Viewing on the Entiat River with CDLT

October 10, 2009 | 10am - 1pm

Join the Chelan Douglas Land Trust for a fun salmon spotting adventure. For details on the event and how to RSVP, [click here](#).

Cle Elum River Salmon Viewing Trail

Drive through Ronald, WA on the Salmon La Sac Highway, turn left onto Lake Cle Elum Dam/Lake Cabins Road, about two miles outside Ronald. Drive southwest on the Lake Cle Elum Dam/Lake Cabins Road less than a mile and follow signs to the viewing trail. This is an ADA (wheelchair accessible) trail. For more info, [click here](#).

Skagit River at Howard Miller Steelhead Park

Featured Item

Hike the Wenatchee Foothills

Join [Wenatchee Outdoors!](#) Andy Dappen on October 18, 2009 as he leads an adventurous one-way hike through the fall foothills of Wenatchee. This is a moderately strenuous hike, with great vistas and varied habitat as rewards!

[To learn more about this event, click here.](#)

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).

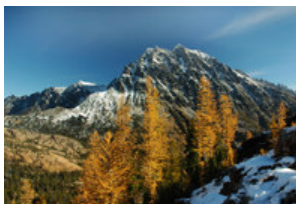
Watch pink salmon migrating upstream. This is also a popular fishing and birding park. For more information, click [here](#).

Recreation

Explore the North Cascades

Ingalls Lake, Alpine Lakes Wilderness Area

Autumn is here, and it's time to view the beautiful golden larches of the North Cascades high country! The Ingalls Lake trail has some of the best "larching" in the region, along with gorgeous views of Mounts Stuart, Adams, Rainier and the Goat Rocks.



Mt. Stuart and golden larches on the Ingalls Lake trail

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

Vibrant Communities

Ellensburg

Ellensburg lies in the Kittitas Valley on the east side of the Cascade mountain range. The town was first established in the 1860s as a meeting place for cattle herders. The town was originally named "Robbers' Roost" after the local trading post. Ellensburg has fantastic access to a wide variety of recreation opportunities, including snowshoeing, cross-country skiing, hiking, rafting, fly fishing and horseback riding.

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



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