

From: "The Wilderness Society" <ncinfo@twsw.org>
 Subject: Old Sauk River Trail, Everyone Can Be a Steward & More!



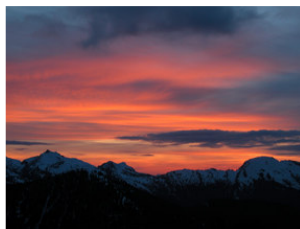
June 2010 News & Quick Links:

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 By Gene Wheeler
 Hiker

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[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](#)

Quack, Splash, Ribbit!
A Day at the Wetlands

June 19, Sat. – What kid doesn't love splashing around in water? Here's your chance to take your child on a fun adventure to a local wetland and explore the flora and fauna in this fragile ecosystem.

[Learn more about this fun family event.](#)

[Sierra Club](#)

The Sierra Club's [Cascade Chapter](#) has long been an active voice for environmental protection in Washington State. Part of a national movement that promotes "explore, enjoy and protect the planet," the Cascade Chapter organizes outings and pursues conservation goals through a range of activities from hands-on restoration to active lobbying for better legislation.

[Become a Mountain Steward](#)

The [Mt. Baker-Snoqualmie National Forest Service](#) is looking for volunteers to be trained as mountain stewards and help on busy weekends

Welcome

Dear Andrea,

With warmer days fast approaching, I imagine you are starting to think, if not planned already, which wilderness areas you want to explore, trails to hike or new outdoor activities to try. I know I have a long list of places I want to check out. This month's featured hike on the Old Sauk River Trail sounds like a great one to share the wonder of nature with young children or to have a relaxed day strolling along the riverbank.

In addition to getting out, summer is an excellent time to get involved; see the article on North Cascades National Park volunteer opportunities. *Quack, Splash, Ribbit! A Day at the Wetlands*, will introduce children to the flora and fauna of our local wetlands. Eureka! Read on to discover the richness of Gold Bar.

Until next month,
 Peter Dykstra
 Director, PNW Region

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 Gene Wheeler
Hiker

A Lifetime of Adventure

I'm a Seattle native born in 1942 and my family spent most vacations during those early years camping and hiking. I continued camping, hiking and later horse camping throughout my life. Many of my favorite places are in the Alpine Lakes Wilderness.



Dugout on Lake Dorothy

[Continue reading Gene's story.](#)

Conservation

Natural Wonders of the North Cascades *Everyone Can Be a Steward*

Envision the North Cascades, and you probably imagine jagged peaks, deep forests, open meadows, cascading falls and abundant wildlife. But do you also think about how you are a steward of these natural resources?

The North Cascades National Park Complex encompasses three park units that are managed as one—North Cascades National Park, Ross Lake National Recreation Area and Lake Chelan National Recreation Area. These protected lands are united by a contiguous overlay of Stephen Mather Wilderness.

Public support is an integral part of National Park Service management. Each year North Cascades National Park depends on volunteers to accomplish its mission of serving park visitors and protecting park resources. In 2009, more than 565 individuals contributed 30,500 volunteer hours to help care for the North Cascades National Park.

“We’re incredibly grateful for all that volunteers do,” says Michael Brondi, volunteer coordinator for North Cascades National Park. “As we’re all trying to do more with less, volunteers are critically important.”

[Continue reading about stewardship opportunities.](#)

Recreation

Explore the North Cascades *Old Sauk River Trail*

A great hike for all ages at any time of the year, the Old Sauk River Trail meanders through deep lush forest and mossy vegetation, winding in and out from the riverbank around side streams, pools and ponds.

teaching day hikers, backpackers and climbers about low-impact recreational skills, natural history and backcountry management. Applications are due June 25.

[Learn more about this activity.](#)

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!

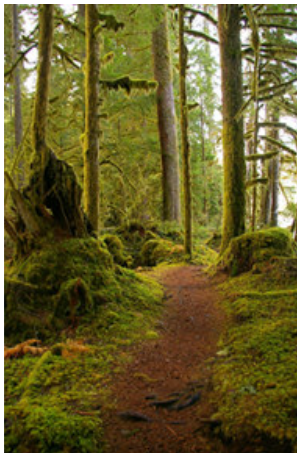
Do you love to picnic, hike, camp, climb or commune with nature? Or do you simply like to admire it all from afar? You can do all of that and more in the North Cascades! Visit: www.experiencewilderness.org to plan your next adventure into the North Cascades.

Questions? Comments?

Email us at ncinfo@twsw.org.

This message was sent to aimler@twsw.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).

[Learn more about this hike.](#)



An inviting trail, photo courtesy of Kim Brown

Vibrant Communities

Gold Bar

Located on the western flank of the Cascade Mountains, Gold Bar is a charming town in the heart of the Skykomish River valley. Gold Bar got its start as a prospectors' camp in the 1860's. Today Gold Bar is rich with recreational opportunities—hiking, camping, rafting and fishing.

[Learn more about Gold Bar.](#)



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