

From: "The Wilderness Society" <ncinfo@twsw.org>
 Subject: Wildflowers Abloom, Twin Lakes Hike, Omak & More!



July 2010 News & Quick Links:

My North Cascades Story

*By Oly Mingo
 Director of Photography
 Howell at the Moon Productions*

Conservation

Make your voice heard: OWNF forest planning process

Recreation

*Twin Lakes
 Okanogan-Wenatchee National Forest*

Vibrant Communities

Omak



Welcome

Dear Andrea,

With summer in full swing, it's a wonderful time to get out and explore the North Cascades. This month's featured hike is Twin Lakes in Snoqualmie Pass – a short drive from Seattle, this relatively easy walk to a lovely mountain lake is great for families. The learning activity also lists a number of scenic hikes to enjoy the profusion of wildflowers blooming across Washington State. If you are east of the Cascades, you might check out the community of Omak, which sits at the intersection of two scenic byways—the Coulee Corridor and the Okanogan Trails. The annual Omak Stampede is the second week of August and I understand it's a hoot!

For those wanting to get more involved, read our conservation article about the forest plan revision for the Okanogan-Wenatchee National Forest.

*Until next month,
 Peter Dykstra*

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

Memoirs of a Forester

July 31, Sat. – Heather Meadows summer speaker program presents various speakers on wildlife, heritage and environmental topics. Harold Criswell shares his experiences working in the national forest from 1933-1971.

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

Rivers & Trails Program

The [Rivers, Trails and Conservation Assistance](#) (RTCA) Program is the community assistance arm of the National Park Service. It provides technical support to community groups and government agencies working to protect natural areas and water resources and enhance recreation opportunities. In Washington, RTCA is helping more than a dozen community-led projects across the state.

Wildflowers Abound!

July is a perfect time to delight in the diversity and profusion of wildflowers in the North Cascades. Wildflowers come in

Director, PNW Region

PS: The North Cascades newsletter is taking a vacation in August, so look for the next one in September!

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 Oly Mingo

Director of Photography, Howell at the Moon Productions

Flying for Fish

It was cold. Really cold. As the R44 helicopter chopped briskly through the Cascade morning chill, the pilot glanced at me and laughed. "You want the heat on?"



Oly Mingo

As the director of photography for [Howell at the Moon Productions](#) in Wenatchee, my work takes me constantly into the landscapes of the North Cascades. This October morning, we had set out to capture aerial footage of the fish-bearing rivers and tributaries of Chelan County and, as any videographer knows, if you can avoid shooting through a window you do. The doors had been left behind back at Boeing Field, allowing me to hang out the side of the chopper with my high-definition video gear. The cold wasn't going anywhere.

[Continue reading Oly's story and watch the documentary.](#)

Conservation

Natural Wonders of the North Cascades

Make your voice heard: OWNF forest planning process

The Okanogan-Wenatchee National Forest spans more than 4 million acres from the Pasayten Wilderness along the Canadian border to the Goat Rocks Wilderness south of Mt. Rainier. Over the past several years, the U.S. Forest Service has been working to update the forest plan for the Okanogan-Wenatchee National Forest, which will guide its management for the next 15 years.

The last forest plan was published in 1990. Since that time, there have been significant resource and social changes, new or revised laws and regulations, as well as gains in scientific understanding and resource management knowledge. The aim of the revised plan is to consider these changes and provide broad direction for sustainably managing forest resources. [Continue reading.](#)

Recreation

Explore the North Cascades

Twin Lakes

an array of colors, shapes and sizes, and can be found in a range of habitats.

[Learn more about wildflowers.](#)

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).

A great hike for kids, Twin Lakes is a short and relatively easy trail through mature forest to a shallow mountain lake where you can search for frogs and giant salamanders. The rushing sound of Cold Creek, which the trail follows to the lake, is your constant companion.



Twin Lakes trail

The walk to the first of the Twin Lakes is about a mile. The trail begins in younger forest with an understory of huckleberry, flowering currant, vanilla leaf and bunchberry. Almost immediately you are treated to a picturesque view of Cold Creek canyon and its cascading water below.

[Learn more about this hike.](#)

Vibrant Communities

Omak

In the heart of the Okanogan, Omak is the county's largest city. Nestled at the base of the Okanogan Highlands, Omak is an oasis of ranches, orchards and commerce amidst the desert sagebrush and chaparral. With nearby [national forest](#), recreation areas, state parks and lakes, Omak offers year-round recreation from camping to fishing to skiing.

[Learn more about Omak.](#)



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