

Andrea Imler

From: NCInfo
Sent: Friday, September 24, 2010 8:01 PM
To: Andrea Imler
Subject: National Public Lands Day, Salmon Festival, Sedro-Woolley & More!



September 2010 News & Quick Links:

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By Kara Palmer

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*Lookout Mountain
Okanogan-Wenatchee National Forest*

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Sedro-Woolley



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

[Learning Activity of the Month](#)

Issaquah Salmon Days

Celebrating its 40th year, the award-winning Issaquah Salmon Festival has a little something for everyone.

Come to Issaquah, October 2nd and 3rd, to celebrate the annual return of salmon each Fall.

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

[Mt. Baker Wild!](#)

[Mount Baker Wild!](#) is an all-volunteer group working to protect Washington's northwestern wildlands through public education and outreach. A principal activity

Welcome

Andrea,

It's hard to believe that Fall is already here. It's actually one of my favorite times of the year to get outdoors and enjoy our nation's

public lands. This month marks the 17th annual National Public Lands Day, an event that brings together thousands of volunteers across the country to restore and improve our treasured public lands. On Sept. 25, choose from one of 20 projects in Washington State, and bring your family and friends to help remove invasive species, clean up trash, build or repair trails, or plant new vegetation. National Public Lands Day also is a great reminder to take time to appreciate our public lands.

Enjoy the crisp fall air and sweet smell of pine while hiking the Lookout Mountain trail – this month’s featured hike. After a modest ascent, reap the reward: 360-degree views of the Methow Valley and surrounding peaks. If you are coming from the west side of the Cascades to get there, you might check out Sedro-Woolley on the way. The city is a major launching-off point for exploring the North Cascades.

Until next time,
Peter Dykstra
Pacific Northwest Regional Director

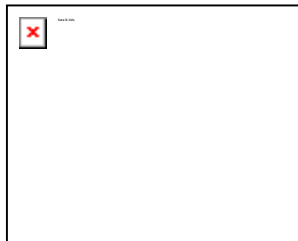
The Wilderness Society's North Cascades Initiative envisions the North Cascades as a celebrated national treasure, where wilderness is preserved for future generations, where recreational opportunities are enhanced and well-planned, and where vibrant local communities realize the benefits of the wildlands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

My North Cascades Story

By Kara Palmer

From Macro to Micro

From macro to micro, my relationship with the North Cascades has evolved over the 20 years I have lived in the Pacific Northwest. From macro to micro, my perspective has shifted.



Kara & kids

Initially I was focused on scaling lofty mountains and bagging peaks like Glacier, Black and Triumph, exposing me to grand views of the North Cascades’ shimmering glaciers and deep valleys blanketed in green.was cold.

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

Conservation

Natural Wonders of the North Cascades

*Celebrate National Public Lands Day:
Helping Hands for America's Lands*

What do our public lands mean to you? America’s parks, forests, wilderness areas, rivers, coasts and wild lands are many things to many people. They are places to recreate. They are places to find

of the group is organizing hikes so that others can experience these special places and advocate for their protection as designated wilderness.

Volunteer at a National Forest

Did you know that the Okanogan-Wenatchee National Forest needs volunteers? Check out this [page](#) for info.

And if you're on the westside of the Cascades, the Mt. Baker-Snoqualmie National Forest has a [volunteer program](#) as well.

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.

refuge from life's daily demands, and renew our spirits. They are places to share with others and create lasting memories. Whatever our connection to public lands, we each share a responsibility to preserve them for future generations.

On September 25, thousands of Americans across the country are expected to roll up their sleeves to help restore and improve our public lands as part of the 17th annual National Public Lands Day. At public land sites in all 50 states, volunteers can participate in organized work parties to remove invasive plants, build or repair trails, clean up trash, or plant native vegetation. resources.

[Continue reading.](#)

Recreation

Explore the North Cascades

Lookout Mountain

The Lookout Mountain trail, outside of Twisp, is a classic Methow Valley hike to an abandoned fire lookout with spectacular, 360-degree views of the Sawtooth Range, Mt. Gardner, Tiffany, Bald, Methow Valley, and Columbia Plateau.



Flowers on Lookout Mountain, earlier this year

The 3-mile, round trip hike starts out a little steep, with several switchbacks before easing up along the western traverse of the mountain. Enjoy the sweet smell of pine and fir forest while gazing out toward lofty mountains. Toward the top, the trail loops south so that you can see the lookout below.

[Learn more about this hike.](#)

Vibrant Communities

Sedro-Woolley

Located on the western edge of the Cascade Mountains in the fertile Skagit Valley, Sedro-Woolley is a major launching-off point for exploring the North Cascades. It is one of the first cities you pass through heading east from I-5 on the North Cascades Scenic Highway 20.

The city is home to the North Cascades National Park and Forest Information Center, which is operated jointly with the Mt. Baker District of the Mt. Baker-Snoqualmie National Forest, the North Cascades Institute, U.S. Geological Survey, and the North Cascades branch of Discover Your Northwest.

[Learn more about Sedro-Woolley.](#)



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