

Andrea Imler

From: NCInfo
Sent: Wednesday, November 17, 2010 11:19 AM
To: Andrea Imler
Subject: Baker River Trail, Making Recreation Sustainable & More!



November 2010 News & Quick Links:

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Grad student

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Welcome

Andrea,

Despite shorter days, November is a wonderful time to get out and enjoy the changing landscape. The North Cascades offer a

Tell a Friend

Know someone who would like to learn more about the North Cascades?

[Click here and let them know.](#)

Music to Our Ears: Support The Wilderness Society!

Live from the Mountain Music Lounge Volume 16 is **on sale now!** Get your own limited-edition CD at any of the 7 Western Washington REI stores or at REI.com. The **CD features 19 tracks** by Ray LaMontagne, Train, The Swell Season, Michael Franti & Spearhead, Brandi Carlile, Meiko and more. **Proceeds from the CD benefit The Wilderness Society**, helping protect the places where we love to explore, hike and

bounty of wintertime activities such as snowshoeing, skiing, sledding, eagle watching and more.

Check out this month's featured hike: the Baker River Trail, a great year-round hike that traces the river's natural waterway through cedar groves, verdant mossy gardens, and big boulders. Issaquah, this month's community spotlight, offers a number of nearby hikes on Cougar, Squak and Tiger Mountains that are doable much of the year. When you go out, remember to be prepared. Bring your 10 essentials and leave a copy of your travel plans with a responsible person.

November also means it is time to get your **Live from the Mountain Music Lounge Volume 16**. [CDS are on sale now](#) at all 7 Western Washington REI stores and at REI.com. Proceeds from the CD benefit The Wilderness Society. Over the past 15 years, The Mountain 103.7 FM has donated over \$1.4 million to The Wilderness Society to help us protect America's wild places.

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 Kelsi Franzen
Grad student

Coming full circle in the North Cascades

The North Cascades are home. The craggy ridges, the thick coats of glacial ice, the deep forested valleys incised by cascades are family. Like visiting a grandmother, my parents brought me here to camp, hike, hunt and fish. Growing older, my relationship expanded to include not only a familial, but independent connection to this place.

In 2001, I canoed Ross Lake in North Cascades Institute's Ross Canoe Camp. The following summer I trekked the South Cascades Glacier through their Girls On Ice program. In 2004, I took to Skagit Alpine Club's Introductory Mountaineering course, further solidifying this landscape as my home.

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



Kelsi & Dad on Mt. Baker

camp.

[Buy a limited CD from REI.com today!](#)

Washington Wildlife and Recreation Coalition

The [Washington Wildlife and Recreation Coalition](#) is a non-profit citizens' group that brings together diverse voices for a common goal of protecting parks, habitat and farmland. Members include hikers and hunters, farmers and fishermen, businesses and conservationists—to name a few. The coalition works to persuade the Legislature to invest in new parks and preserve habitat and working farms throughout Washington.

Learning Activity of the Month

Be a Volunteer Skagit Bald Eagle Guide

Mt. Baker-Snoqualmie National Forest, in cooperation with North Cascades Institute, is recruiting 50 adult volunteers this winter to educate the public about bald eagles on the Skagit River. Participate in a weekend training Dec. 4-5 to learn from experts everything you need to know about bald eagles to teach the public.

[Learn more about this volunteer opportunity.](#)

The North Cascades Are Calling -- You!

We're now on [Facebook](#)! Make sure and "[like](#)" [our page](#)!

Conservation

Natural Wonders of the North Cascades

Enjoy, play, protect: Our work to make recreation sustainable

Each year millions of visitors recreate on public lands, places within our national forests and national parks, and untold more on Bureau of Land Management lands. They hike, bike, swim, fish and canoe across the hundreds of millions of acres we are lucky to call every American's birthright. In fact, recreation is the main reason a lot of us get out on our public lands.

People get inspired to care for wild places when they directly experience them, and recreation is an important way that critical connection is established. That is why The Wilderness Society wants to engage everyone who visits and cherishes our public lands.

When The Wilderness Society launched its Recreation Program last year, it was apparent that we needed to define a set of principles to guide our work because recreation activities, while providing enjoyment and lasting memories of a successful adventure, also bring impacts on the land.

One area where The Wilderness Society is bringing its principles of sustainable recreation to life is in the rural community of Roslyn, Washington. Nestled in the foothills of the North Cascades, this charming town is rich in both history and beauty. Once known for its logging and coal mining businesses, Roslyn is now known as a gateway to a variety of outdoor recreation opportunities.

[Learn more about how we're bridging conservation and recreation in Roslyn's urban forest.](#)

Recreation

Explore the North Cascades

Baker River Trail

The Baker River Trail, which travels through the Mt. Baker Noisy Diobsud Roadless Area, is a great year-round hike that traces the river's natural waterway through cedar groves, verdant mossy gardens, and big boulders. The 2.5-mile, one-way trail leads you up-valley to old growth forest in North Cascades National Park.



A young boy on the banks of Baker River

The first half-mile is an easy amble along the river to a sturdy suspension bridge. Continue straight alongside the river's snaking channel and wide graveled banks. (Turning right to cross the bridge takes you to Baker Lake.)

A hiker reported in mid-October seeing hundreds of salmon in

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.

the tidal pools all along the river. Looking up enjoy views of Hagan Mountain's snowy slopes.

[Learn more about this hike.](#)

Vibrant Communities

Issaquah

Tucked into the foothills of the North Cascades, Issaquah is the "base camp" for many families, individuals and organizations seeking the best in hiking. The "Issaquah Alps"—Cougar, Squak and Tiger Mountains—are a hop, skip and a jump away from downtown Issaquah, offering more than 200 miles of hiking trails.

On summer weekends, paragliders hike or drive to Poo Poo Point on Tiger Mountain to launch themselves into the atmosphere. The Issaquah Alps Trail Club (IATC) helps maintain these trails as well as organizes hikes and advocates for the protection of Issaquah's open spaces, trails and quality of life. Join an IATC hike or learn more about the organization.

[Learn more about Issaquah.](#)



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