



EXPERIENCE
YOUR
AMERICA

NORTH CASCADES Challenger

2000-2001 VISITOR INFORMATION GUIDE



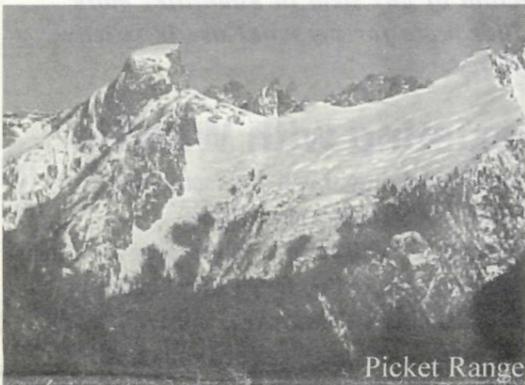
NEW CENTURY
OF
SERVICE

IN THIS ISSUE:

- 2 What You Need to Know
- 3 Travel Tips
- 4 New Century of Service; Event Calendar; Pass Programs
- 5 Natural Resource Challenge
- 6-7 Mt. Baker Ranger District: Gateway to Wilderness
- 8-9 Map & Camping Guide to the North Cascades Highway



Mt. Baker



Picket Range

- MORE IN THIS ISSUE:
- 10 Discover the Essence
 - 11 North Cascades National Park
 - 12-13 Ross Lake & Lake Chelan National Recreation Areas
 - 14 Cooperation Makes it Happen
 - 15 Recreation Connections & Websites
 - 16 North Cascades Loop Map; Park & Forest Information

Benvenuti Bienvenidos Bienvenue
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 ノースカスケード国立公園へ、ようこそ。

Welcome to the North Cascades!

Enjoy your visit! We encourage you to experience this unique region in a safe manner, looking beyond the scenery to the essence of the landscape. The North Cascades is primarily wilderness and watersheds whose health is crucial to the entire Pacific Northwest. Stewards of this land strive to preserve its abundant habitats, natural processes, and cultural resources. You are invited to explore interrelationships of humans, plants and animals.

The National Park Service, the Forest Service, and our many partners are implementing natural resource management for the 21st century. Through inventory and monitoring of natural processes we can better understand the complexities of the North Cascades ecosystem. Looking back at changes that have occurred over time, we can successfully evaluate how to move forward and integrate human needs and expectations. By promoting sustainability, clean watersheds, partnerships, education and personal responsibility, we preserve a high quality of life for future generations.

We hope this publication inspires you to explore past the print. Return home with special memories, leaving no trace of your time spent on this land. Know that your opinions and activities beyond these boundaries do affect its future. We invite you to share with us your perspective on the management of these public areas. Feel free to contact us at our web sites or by writing to us at the address below. Have a safe and rewarding visit!

William F. Paleck
 Superintendent
 North Cascades National Park

Jon Vanderheyden
 Mt. Baker District Ranger
 Mt. Baker-Snoqualmie National Forest

North Cascades National Park
 Mt. Baker Ranger District
 2105 State Route 20
 Sedro-Woolley, WA 98284-9394



The **North Cascades National Park Service Complex** includes three areas of the National Park System totaling 684,000 acres. The three areas are **North Cascades National Park, Lake Chelan and Ross Lake National Recreation Areas**. Congress has designated 93 percent of the Complex as the **Stephen Mather Wilderness**. These areas embrace the crest of the North Cascades Mountains and are bounded on the west by the Mt. Baker-Snoqualmie National Forest.

The **Mt. Baker Ranger District** of the **Mt. Baker-Snoqualmie National Forest** includes more than 530,000 acres in northwestern Washington. The District encompasses:

- Mt. Baker Wilderness
- Noisy-Diobsud Wilderness
- Sections of Glacier Peak Wilderness
- Skagit Wild & Scenic River System
- Mt. Baker National Recreation Area and Baker Lake
- Heather Meadows
- Mt. Baker Scenic Byway

Ask

Questions? Feel free to stop by or call one of the Park & Forest Information Stations listed on the back page. You can also visit our websites:

VIRTUAL VISITOR CENTER:

<http://www.naturenw.org>

NORTH CASCADES NATIONAL PARK:

<http://www.nps.gov/noca>

MT. BAKER-SNOQUALMIE NATIONAL FOREST:

<http://www.fs.fed.us/r6/mbs>

As you drive the North Cascades Highway (SR 20), stop in at the **Forest/Park Service Information Office** in Sedro-Woolley (360-856-5700), where you can find year-round visitor services. At the **North Cascades Visitor Center**, located near Newhalem off SR 20, find information, naturalist programs, exhibits and multi-media presentations.

Traveling up State Route 542 from Bellingham, **Glacier Public Service Center** at milepost 34 is jointly operated by the Forest Service and National Park Service from mid-May to mid-October. **Heather Meadows Visitor Center** at milepost 56 showcases the natural and cultural heritage of the Mt. Baker area and is usually open from July to October.

Chelan Ranger Station, operated by the National Forest Service and National Park Service, gives information about Lake Chelan NRA and Wenatchee NF. From Chelan or Fields Point Landing, take a ferry to remote Stehekin, where there is the **Golden West Visitor Center**.

Watch for mention of information sheets available at these locations and on the World Wide Web.

Camping

Campground options and reservation information are listed on pages 8-9, along with the North Cascades Highway Map.

Backcountry Camping:

National Park Service: Permits (no charge) are required for all overnight stays in the Park Complex's backcountry, which includes the National Park and Ross Lake and Lake Chelan National Recreation Areas. More than 200 backcountry campsites are available. Most camps have toilets; signs along trails indicate location. Permits are issued in person only on a first-come, first-served basis. For areas not accessed through Marblemount, permits may be obtained at the ranger station nearest your point of entry. Ranger stations on the west side are located in Marblemount, Sedro-Woolley, Hozomeen, and Glacier; and on the east side in Chelan, Stehekin, Twisp, and Winthrop. For permit information, contact:

Wilderness Information Center

North Cascades National Park
7280 Ranger Station Road
Marblemount, WA 98267
Phone: (360) 873-4500, ext. 39

FOREST SERVICE: Camping in the National Forest does not require a permit; however, parking at trailheads requires a Northwest Forest Pass. Overnight visitors to the Mt Baker Natl. Rec. Area, Chain Lakes, and Watson Lakes must camp at designated sites.

Campfires are not allowed in many backcountry areas located in sub-alpine settings. Most backcountry camps are in designated wilderness where regulations designed to protect the resource apply. Visitors are encouraged to contact the Mt Baker Ranger District before heading out to their backcountry destination.

Drive

Highway drives access the scenic routes of the North Cascades. Gravel access roads may not be safe for travel by all vehicles. State Route 20 runs east/west across the mountains and closes during the winter from milepost 134 to 171. By April it is usually possible to travel the entire Cascade Loop outlined on page 16.

The Mt. Baker Scenic Byway, State Route 542, leads visitors to Heather Meadows on the divide between Mt. Baker and Mt. Shuksan. The Mt. Baker Ski Area operates here during the winter months.

Pets

Dogs are **not permitted** (within the national park) on the trails or in cross-country areas. Leashed dogs are allowed in the National Recreation Areas, along the Pacific Crest Trail and along roads in the National Park. Dogs must be leashed in developed recreation areas within the national forest, as well as on trails in Heather Meadows in the Mt. Baker Ranger District.

Accommodations

Remote accommodations in the North Cascades include: **Ross Lake Resort**, Rockport, WA 98283, (206) 386-4437; **North Cascades Stehekin Lodge**, Box 457, Chelan, WA 98816, (509) 682-4494; and **Baker Lake Resort** 1-888-711-3033.

Many private accommodations are available in local communities. Listings are available from Chamber of Commerce offices listed on page 9.

Safety Tips

- Use caution on forest and park access roads.
- At trailheads, safeguard your possessions out of sight. Lock your vehicle.
- Bring extra water on hikes. A fine filter may be necessary, since even clean-looking water can carry giardia. Treat and/or boil all ground water. Water may not be near camp.
- Hiking over challenging terrain with inadequate skill or equipment is the primary cause of accidents in the North Cascades. Staying on trails, wearing adequate footwear and using a good topographic map can minimize the hazards of this rugged land.
- Be prepared for insects. You may encounter mosquitoes, wasps, bees, biting flies and ticks. After hiking, check yourself for ticks, which may carry Lyme Disease.
- Bear and cougar encounters may be dangerous situations. Keep your distance; do not run. Back away slowly; appear as large as possible. Abide by the tips in the adjacent article on *Coexisting with Wildlife* and ask for a brochure on *Living with Wildlife*.
- When horses are approaching, hikers should talk to make their presence known and step off the trail on the low side.
- Some stream crossings are not bridged. Cross streams in the morning (when they are lowest), scout for the safest crossings, or turn back if the rushing water is unsafe.
- Downed trees or washed out sections of trail should be reported at a ranger station.

Backcountry Safety

Don't let a pleasurable outing turn into an unexpected tragedy by not being prepared. Entering into a mountain experience — even a day hike — should not be taken lightly.

- ✓ **Be well informed; contact park or forest for most up-to-date conditions.**
- ✓ **Research maps & trail handbooks.**
- ✓ **Carry the "10 Essentials" (see page 3).**
- ✓ **Let others at home know your plans.**
- ✓ **Make the best decision for your safety, including turning back.**
- ✓ **Do not depend on cell phones; there are many 'dead spots' in these mountains.**

Passes & Special Use Permits

Northwest Forest Passes are required for Forest trailhead parking in the North Cascades. Heather Meadows Area is included in this pass requirement. For further information on these programs, see page 4.

National Park Passes and Golden Eagle Passports are entry passes that are not valid for trailhead parking, only entrance fees.

Commercial and non-commercial use of the National Park or National Forest for purposes such as filming, outfitter guiding, or research require permits.

National Forest permits for firewood and other forest products are available on a very limited basis depending on supply. Permits are issued first-come, first-served and must be prepared in advance.

Forest Service Christmas tree permits are available during the latter part of November into December. Call or stop by the district office for further details.

Mushroom Collecting is prohibited in the North Cascades National Park Service Complex but is allowed on some state and national forests. Check with a local ranger station for rules.

NOTE: Where collecting is permitted, collection of any item in quantities more than adequate for personal use is strictly prohibited.

Coexisting with Wildlife

By careful planning, travel and sanitation you can reduce your impacts on wildlife:

- ◆ **Cooking.** Try to have your sleeping area and personal gear about 100 yards (90 m) uphill or upwind from your cooking area. Wash dishes at least 100 feet from water sources with small quantities of biodegradable soap (or no soap at all). At frontcountry campgrounds, collect all grey water from cooking and washing in a bucket and deposit it in septic or vault facilities. Do not sleep in the clothing you wore while cooking. Keep sleeping gear and personal items free of food odors.
- ◆ **Food Storage.** Keep wildlife wild by not feeding them. Store food, garbage, cooking gear and toiletries properly at all times. Lock items in your car trunk if you are in the frontcountry. **Bear-resistant canisters for backcountry use are available commercially and for loan from National Park Service offices where you get backcountry permits.** Otherwise, place items in a plastic-coated dry bag or backpack and hang it from a branch or rope stretched between two trees in your cooking area at least 15 feet (5 m) above the ground and at least five feet (1.5 m) out from the tree trunk. Also hang cosmetics, sunscreen, soap, toothpaste or any item with an odor.
- ◆ **Hunting and Fishing.** Where hunting is permitted, store game meat the same as food. Ask for game and fish regulations when purchasing your license. Dispose of fish entrails by puncturing air bladders and dropping them in deep water.
- ◆ **Horses.** Store horse pellets the same as food. For information about horse and trail safety and minimum impact riding, ask for a *Stock Use* bulletin or call the Backcountry Horsemen of Washington (360)876-7739.

◆ **Bear and Cougar Sightings.** If a bear comes close to your campsite, you may be able to frighten it away by shouting or banging pots and pans. A bear accustomed to campground food may not be as easily discouraged. **Do not run** from either bears or cougars, as rapid movements may trigger an attack instinct.

If you see a bear or cougar, call or report it at the nearest ranger station. Information collected will be used for long term monitoring.



Travel Tips

Accessible Opportunities for All

Barrier-free trails, campsites, viewpoints, restrooms, and visitor information centers are being added and upgraded for accessibility throughout the North Cascades.

Accessible restrooms are available at all visitor information stations and most campgrounds. Several trails adjacent to each highway route are either boardwalked or surfaced for wheelchairs and strollers as well as for individuals who have difficulty walking long distances.

Accessible trails are indicated on trail lists on pages 6, 7, 9, and 12 with a  symbol.

Naturalist Programs

- **Amphitheaters at Colonial Creek:** summer nightly programs, and at **Newhalem Creek:** weekend only; see posted schedules.
- **North Cascades Visitor Center:** daily walks, talks, multi-media and children's programs.
- **Hozomeen:** summer programs at Ross Lake.
- **Heather Meadows:** summer programs.
- **Skagit Wild and Scenic River Programs:** winter weekends—speakers and eagle viewing, summer weekends—river walks and talks.
- **Golden West Visitor Center:** summer daily talks and evening, children's, and slide programs.

Hike & Climbs

Hundreds of miles of trails lead into the North Cascades mountains. Most long hikes and climbs enter designated wilderness.

Overnight stays in North Cascades National Park Service Complex's backcountry require free permits. In Washington and Oregon, the **NW Forest Pass** is required for parking in many places. See page 4 for details.

Staff at the Wilderness Information Center in Marblemount are there to help you plan your trip and issue backcountry permits for the North Cascades National Park Service Complex.

Climbers should choose experienced partners or licensed guides and fill out Voluntary Climbing Registers at Sedro-Woolley, Marblemount, Glacier or Stehekin. Ask for a *Wilderness Trip Planner*, *Climbing Notes* or a list of outfitter guides.

Hiking with Children

Children should remain with adults for their safety. Teach your children that remaining quiet and blending with the surroundings will offer the best opportunities for wildlife observation.

Bring along extra items such as:

- ❖ wholesome snack foods
- ❖ extra water
- ❖ sunscreen
- ❖ insect repellent
- ❖ a whistle for the child to use if lost

Activity Ideas for Children:

Have children bring along a friend. Play observation games. Bird watch around the trunks of trees or in the sky. Identify plants, bugs, or animal tracks. Listen for wildlife, like the drumming of a woodpecker or the shrill "whistle" of a hoary marmot. Draw a picture or write a poem about nature. Encourage kids to explore using eyes, ears, hands, and nose.

Family Fun Packs and Junior Ranger programs are available at the North Cascades & Golden West Visitor Centers.



Leave No Trace

The following backcountry travel tips are based on principles developed by the national "Leave No Trace" program. For more details,

contact LNT at 1-800-332-4100 or visit their website (<http://www.lnt.org>).

Plan Ahead and Prepare: Design your trip to match your skill level. Carry adequate and appropriate clothing, food, equipment, and fuel.

Check with rangers for current conditions.

Camp and Travel on Durable Surfaces: In high use areas, concentrate activity within established campsites and trails where additional use causes little impact. Avoid making parallel trails, cutting switchbacks, or widening trails. In remote areas, travel in groups of no more than six people. Hike and camp on surfaces such as rock, sand, gravel, and snow.

Pack It In, Pack It Out: Repackage food to save weight and space and minimize potential litter. Pack out all trash, including food waste, as animals can become accustomed to and dependent on unnatural food sources.

Properly Dispose of What You Can't Pack

Out: Dispose of human waste properly. Use vault and compost toilets where available. In backcountry areas, dig a "cathole" 4-6 inches deep in organic soil at least 200 ft from water, trails, and camp. Urinate on rock or bare soil. Waste water from dishwashing, cooking, bathing, or laundry should be scattered at least 200 feet from camps and water sources.

Leave What You Find: Do not alter campsites by trenching tents or building walls, tables, or lean-tos; dismantle excessive user-built facilities such as multiple fire rings. Avoid damaging live trees and plants. Leave flowers, natural objects such as antlers and fossils, and cultural artifacts for others to enjoy.

Minimize Use and Impact of Fires: Use campstoves instead of fires whenever possible. Collect fuel from a wide area far from camp. Know current regulations and weather concerns. Do not leave until all coals are cool enough to hold.

TOP 10 ESSENTIALS

Delays or changes in weather can cause emergencies. Even on short day hikes, each person should take and know how to use these items:

Navigation

Topographic map and compass.

Food

Extra food and water. Boiling water kills giardia; treatment pills may not.

Clothing

Extra clothing, including rain gear, wool socks, sweater, gloves and hat.

Light

Flashlight with spare bulb and batteries.

Fire

Waterproof matches and fire starter such as a candle.

Sun Protection

Sunglasses and sunscreen.

First Aid

Aid kit including any special medications you might need.

Knife

A folding pocket knife.

Signal

Audible/visual; whistle & metal mirror.

Emergency Shelter

Plastic tube shelter or waterproof bivouac sack.

Ride

Stock (horses, mules, donkeys and llamas) are welcome on trails maintained to stock standards. Trails in the National Park and National Forests have different rules and seasons of use. Please check with the ranger station for detailed information and a listing of stock trails and their current conditions.

Stock in Wilderness:

◆ Stock parties on trails are limited to a total of 12 people and stock combined; for example, five people and seven horses. In National Park areas where stock are allowed off-trail, the limit is six.

◆ Grazing is permitted in Ross Lake and Lake Chelan National Recreation Areas. Grazing permits are required and can be obtained with your backcountry permit.

◆ Grazing is permitted, without a permit, in national forests but must be at least 200 feet from the shoreline of any lake.

◆ Grazing is prohibited in North Cascades National Park.

◆ In wilderness, pack in sufficient processed feed pellets for your trip. Possessing or transporting any unprocessed livestock feed is prohibited.

Bike

Many people tour the North Cascades Highway and Mt. Baker Scenic Byway by bicycle. The remote beauty of these routes offers a unique and challenging experience. Be well supplied with water, food, and warm, waterproof clothing. Travel single file on the right edge of the road and use reflectors and bright clothing.

Ask for the new site bulletin:

Cycling the North Cascades Highway.

Bike use is not permitted on most trails. Side roads are rugged enough for avid mountain bikers.

Boat

Lots of water-oriented activities are available. Use of approved life jackets is required and children under 12 must wear them. Use of personal watercraft (such as jet skis) is prohibited in the North Cascades National Park Service Complex. River floating is an adventure worth planning. Experienced boaters run the Skagit, Nooksack, and Stehekin Rivers. For boating trips, plan in advance by asking for a list of *Outfitter Guides* or *Accommodations and Services*.

Lake recreation: Boat rentals are offered at Baker Lake, Lake Chelan, and Ross Lake. Boat ramps are at Baker Lake, Gorge Lake, Diablo Lake, the north end of Ross Lake at Hozomeen and Lake Chelan.

Passengers travel to Stehekin by cruising up 50-mile long Lake Chelan. The Lake Chelan Boat Company operates year-round, daily spring to fall. Schedules are available from the company (1-509-682-2224) or from any ranger station.

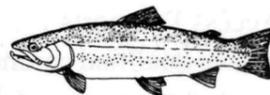
Fish

Fishing in Washington, including in National Parks and Forests, requires a valid Washington State game fishing license.

The Skagit River (Washington's second largest after the Columbia) and its impounded lakes are home to seven species of anadromous fish (five salmon, steelhead, and cutthroat trout), as well as several freshwater species.

In order to protect spawning fish populations, it is necessary to comply with special regulations including closures, seasons, catch limits and gear restrictions. These are listed in the Washington State Department of Fish & Wildlife game fish regulations.

Lake Chelan has fresh water cod and salmon. The Stehekin River gives anglers a good chance at rainbow and cutthroat trout. Bait shops and local anglers are the best sources of information and advice.





A New Century of Service

Forest Rangers during the early years of the 20th century needed to know everything about “the woods”, including all local species of trees and what kind of animals might be encountered. The Ranger was considered caretaker of the forest. He worked alongside others in his local communities and helped develop opportunities for recreation and resource exploration. Conservationists who founded the National Forest System talked of the permanence of forest resources, indispensable to the continued prosperity of this nation.

Today, guidelines outlined in Forest Service Chief Michael Dombeck’s Natural Resource Agenda, endorse the same fundamental goals for the future of the National Forest System - sustainable forest ecosystems and healthy, thriving watersheds. Working under these guidelines, with science and current technologies at hand, today’s “Forest Rangers” - a diverse workforce of men and women carry on an almost century old tradition of natural resource conservation, the tradition of caring for the land and serving people.

Millions of people visit the National Forests each year because they have so much to offer. Here in the Pacific Northwest’s Mt. Baker-Snoqualmie National Forest you will find Wilderness Areas, a Wild & Scenic River System, a National Recreation Area and Scenic Byways offering ample opportunities for life-enriching wildland experiences, spiritual renewal and just plain fun in the great outdoors. Forest recreation plays an important part in our local economies and in the management of the National Forests. Since 1997, a Congressional approved pilot Recreation Fee Demonstration Project has provided a mechanism to return recreational use fees to the area where they are collected for needed improvements, maintenance and upgrade of facilities, trail projects, interpretive programs and visitor information services.

Forging ahead into this new century the Forest Service reflects on the historical role it has played in managing millions of acres of our nation’s natural resources. Through the Natural Resource Agenda the agency remains committed to a focus on four key areas: watershed health and restoration, sustainable forest ecosystem management, forest roads and National Forest recreation. As management decisions are made about National Forest lands, the National Environmental Policy Act of 1969 requires the Forest Service to involve you, the public, in the decision-making process. Your comments on proposed projects help the agency learn what issues are of concern, alternatives can then be developed and presented in documents called environmental

assessments (EA) or environmental impact statements (EIS). Through public involvement and the building of partnerships within local communities, the Forest Service will continue to strive toward bringing people together, finding ways to live within the limits of the land.



Mt. Baker

New Northwest Forest Pass Replaces the Trail Park Pass

Starting this summer season, changes to the congressionally approved Recreation Fee Demonstration Project will streamline pass requirements for visitors. The new Northwest Forest Pass replaces several old fee demonstration projects in the Cascade region, which required a separate pass, including the Forest Service Trail Park Pass. The NW Forest Pass program offers a number of advantages to the national park and forests and their visitors. Funds received are returned to the area where collected to help maintain trails, facilities and visitor services. Support for the fee program is an opportunity for you to help care for your land – your natural legacy.

North Cascades is one of the few National Parks with no entrance fee. When the pass is available in the park complex, it will be required for vehicular parking anywhere along the Cascade River Road and at specific trailheads within Ross Lake National Recreation Area: Thornton Lakes Trail, Pyramid Lake Trail, Ross Dam Trail, East Bank/Panther Creek Trails. Travelers heading further east along the North Cascades Highway will enter the adjoining Okanogan and Wenatchee National Forests where the same NW Forest Pass is required.

If you are planning a trip to the Mt. Baker-Snoqualmie National Forest expect to need a Northwest Forest Pass where there are facilities, trails or services. Separate fees are charged at developed campgrounds and private resorts within the National Forest and Park.

Check at the Ranger Station for details on the new Northwest Forest Pass or on the internet at <http://www.fs.fed.us/r6/mbs/> to order.

Passes may also be purchased at Ranger Stations, at local private vendors or by calling 1-800-270-7504.

Cost of the Pass

One Day Vehicle Pass
\$ 5.00

Good from midnight to midnight.

Annual Vehicle Pass
\$30.00

Good for one year from date of purchase.

*Golden Age and Golden Access Passports enable qualified cardholders to purchase passes at half price.



Mt. Shuksan from Heather Meadows

Cascade Calendar

Events to Consider

2000

- National Fishing Day June 10
- NW Forest Pass free days June 10 & August 9
- Wildflower Festival, Darrington June 17
- Possible opening of Heather Meadows Visitor Center Mid-July
- Alpine flowers in bloom July-September
- National Park Day August 25
- Fall colors peak September- October

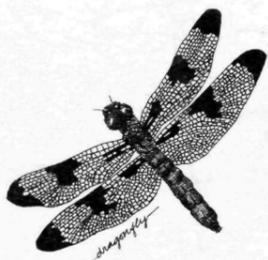
2001

- Skagit Bald Eagle Festival, Concrete, Rockport, Marblemount February 3-4
- Celebrating Wildflowers, various National Park and Forest Locations Spring/Summer
- Fishing Season opens (most lakes) April 28
- Westside rivers June 1
- Ross Lake July 1
- State Route 20 opens for season usually in April
- Earth and National Parks Week Activities. North Cascades National Park. Call (206) 386-4495 for details April 21-28
- Breeding Bird Survey/International Migratory bird Day May 12
- Ski to Sea Race. Starts at Mt. Baker Ski Area, ends at Bellingham Bay May 30

Natural Resource Challenge

For thousands of years nature in the North Cascades has evolved with only the subsistence use of Native Americans. During the last hundred years, human-caused impacts to the ecosystem became significant. Today, human caused impacts are actually modifying natural environments on a worldwide scale. The principle mandate of the National Park Service is to preserve natural processes, flora, and fauna and to leave them unimpaired for future generations. Reducing human induced changes and preventing further impacts from occurring are imperative to protecting our natural and cultural heritage and allowing our descendants to experience national park lands in their natural and wild state. One great challenge is distinguishing between natural variation and human-induced changes; in most cases we have nothing with which to compare current conditions. To address this problem, the park is developing a program of Long Term Ecological Monitoring (LTEM). The information obtained will be used to make science-based management decisions and reduce human impacts.

North Cascades National Park Service Complex is in a monitoring network with six other national parks in the Pacific Northwest under the National Park Service's Natural Resource Challenge. We are seeking other agencies, universities, and interest groups as partners in this effort. Science-based inventories and subsequent monitoring are essential for increasing our natural resource knowledge. Since it is impossible to measure everything in the ecosystem, physical, chemical, and biological indicators of change need to be selected. Physical indicators may include whether glaciers enlarging or receding, or flood frequency and magnitude increasing or decreasing. Chemical indicators may include the presence and concentration of certain pollutants in the air, water, or tissues of plants and animals. Species or groups



of species may be selected as indicators because of their sensitive to certain changes. They may also be a keystone or umbrella species. A keystone species is one that affects the livelihood of a large, interconnected web of species around it as either a food source or a predator; umbrella species are those that mirror the health of many other species.

Elegant Cycles of Bear and Fish

Twilight falls along the river, where high peaks' shadows began creeping by late afternoon. Standing in the mud of a quiet pool a bear – a shadow itself in the gathering evening – reaches into the water. It scoops up with dexterous paws the spawned-out carcass of a salmon. Grasping the fish in its mouth the bear moves back into the security of the riverside brush before settling down to a meal. To the unseen observer across the water the bear seems to melt into those silent willows, bear and fish both ghosts in the blue-cast light of dusk.

This scene is played out wherever grizzly bears and black bears share the landscape with salmon. It is a story of marvelous symmetry, in which the salmon and bear nurture each other.

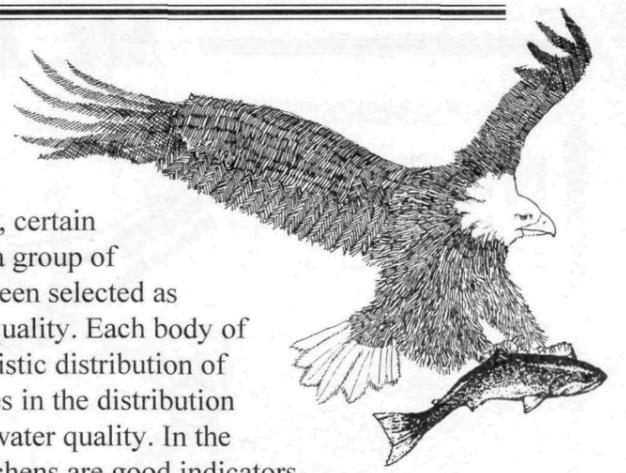
Bears through the ages have scooped from wild rivers the tired or decomposing bodies of salmon that return to spawn. On shore their leftovers provide food for many organisms, from ravens, eagles, foxes and coyotes which scavenge them to microbes that cause them to decompose. The distribution of the fish back into the earth continues wherever the bear and the scavengers relieve themselves – scattering fish fertilizer amidst the forest. The same occurs within the river: microbes break down bears' fishy feces, as well as remaining salmon carcasses.

The return of these nutrients to the earth fertilizes the riparian forest, which in turn protects the next generations of salmon by reducing erosion and providing cooling shade to spawning streams. Nutrients returned directly to the water nurture developing salmon eggs, strengthening them and allowing more to flourish.

This cycle has been disturbed with the salmon's decline. Still, although salmon may never regain their former glory, may be it is still possible to mend this tear in life's web. In the meantime, bears are resilient. They eat most anything, and the North Cascades provide fine habitat. With effort on our part, both bears and salmon will have a long future together in these wild mountains – and in the hearts of people for whom both life forms hold spiritual meaning as deep as the shadowed river valleys.



Within aquatic resources (lakes, rivers and reservoirs), certain macroinvertebrates (a group of larval insects) have been selected as indicators for water quality. Each body of water has a characteristic distribution of these species; changes in the distribution point to a change in water quality. In the case of air quality, lichens are good indicators because they rely upon airborne nutrients and show effects of pollution at very low concentrations.



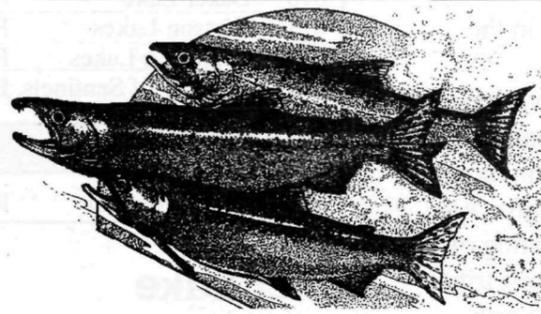
Park staff and cooperating scientists also monitor populations of keystone species such as salmon and other anadromous fish. Salmon play a unique role in the Pacific Northwest by being a major food source for many wildlife and returning nutrients from the rich ocean water inland when they swim upstream to spawn. Through the actions of scavenging eagles, bears, and other wildlife, the nutrients carried in the salmon are returned to the forest ecosystem.

Another important part of the North Cascades ecosystem currently being monitored is the advance and retreat of glaciers. Meltwater from glaciers provides much of the water in the streams during the summer months, creating a year round flow. The number and size of glaciers has decreased with global climate change. Receding glaciers can lead to lower summer stream flows and higher water temperatures; increasing the stress on our already declining salmon runs.

Impacted areas within the park are not the only places where information gathered through the LTEM program can be used. Information gathered in a survey of the Chilliwack River in the northwest corner of the park will help restore impacted lands within the park, to the north in British Columbia, and on adjacent US Forest Service lands. While there is virtually no place on earth that does not show evidence of human impact, the lands in this park are among the most pristine in the world. To preserve and pass these lands on to our descendants should be among our highest goals.

Reminders from our National Symbol

The bald eagle embodies a positive image of our nation and of us as American people. Its successful recovery from being an endangered species shows that we can improve habitat for survival. The Skagit River and other watersheds of the North Cascades are habitats that attract one of the largest winter gatherings of bald eagles in the contiguous United States. Eagles travel here to feed on spawned-out salmon carcasses. They are sustained through the winter and in turn help cleanse the river while returning the nutrients in the fish to the land. This completion of a key life cycle reminds us that recycling and clear, clean water are critical to survival.



Help protect spawning salmon!

Be an observant river visitor:

- Don't disturb salmon that are swimming upriver—they use the last of their strength to spawn.
- Avoid riverbed gravel where salmon eggs could be incubating.

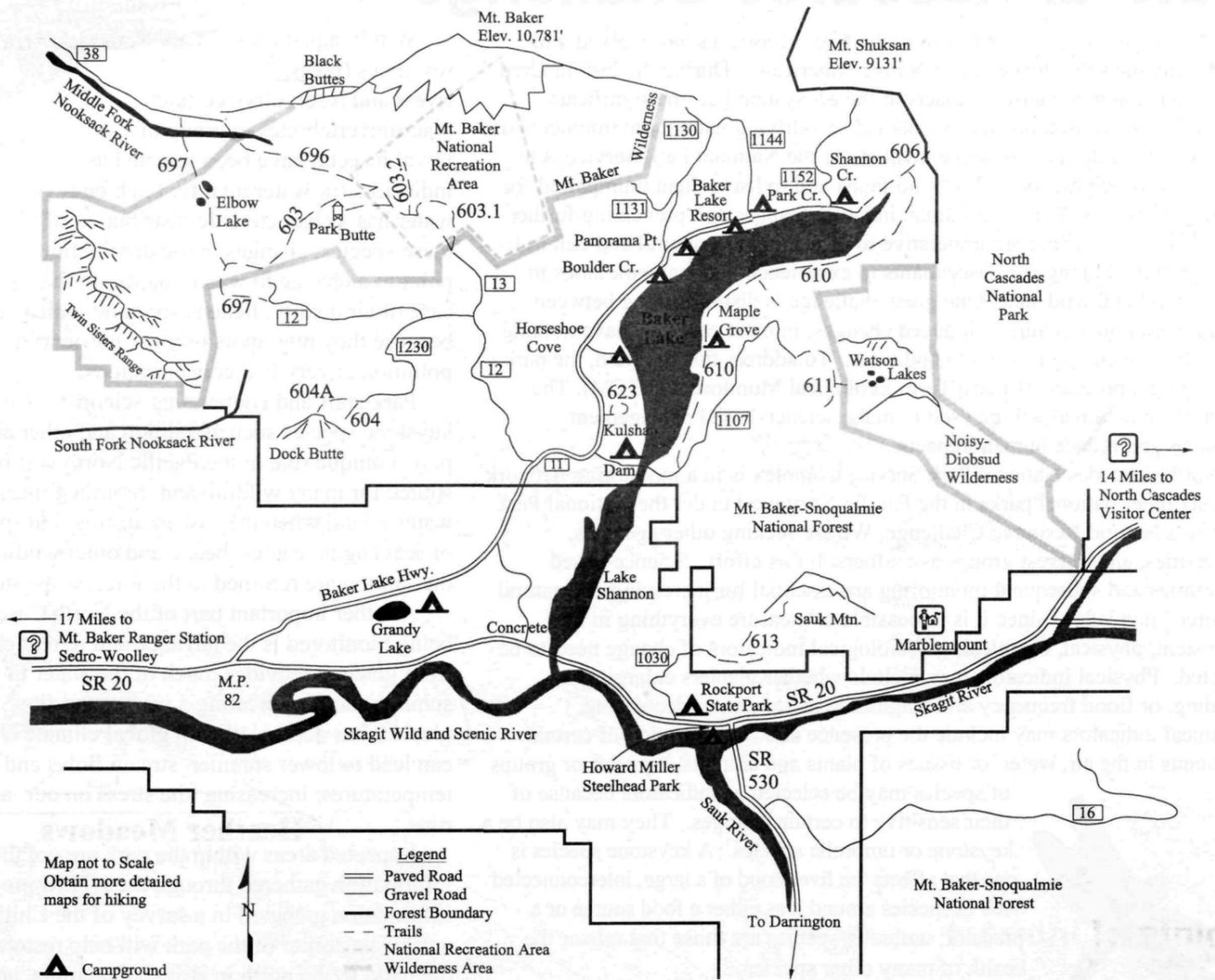
Know the fishing rules:

- *Fishing in Washington*, available where you buy your fishing license, will tell you when and where you can fish, what kinds of fish you can catch, and what kind of tackle to use.

Report illegal fishing:

- If you see someone fishing illegally or disturbing spawning salmon, contact the Washington State Highway Patrol for your location:
 - Skagit County—(360) 757-1175
 - Whatcom County—(360) 676-2076
 - Snohomish County—(360) 658-2588

Mt. Baker Ranger District



Skagit Wild and Scenic River

Wide and rambling, the Skagit Wild and Scenic River System makes its way through the Cascade foothills, hosting a remarkable variety of fish and wildlife populations along its way. Segments of the Sauk, Suiattle, Cascade and Skagit rivers make up the W&SR System, federally designated in 1978.

Pacific salmon travel between ocean waters and the rivers, followed in the winter months by the return of one of the largest populations of bald eagles in the lower 48 United States.

Recreationists enjoy the river system at several sites along its shoreline and move along its waters in motor craft, canoes, kayaks and rafts. Ask at a Ranger Station for a listing of outfitter guides who offer raft trips.

The Forest Service and North Cascades Institute coordinate educational efforts aimed at telling some of the stories behind the W&SR. One such effort is the *Eagle Watcher* Program. Volunteers staff sites along the Skagit River where there are winter feeding grounds for eagles. *Eagle Watchers* offer insight about eagle watching etiquette, furnish spotting scopes and share reference materials with visitors. Interpretive programs are also offered year-round at several locations on eagles, salmon and river ecology. Check with the Ranger Station for a current schedule of program offerings.

POPULAR TRAILS — BAKER LAKE BASIN

Trail #	Name	Trailhead	Miles (one way)	Remarks
Mt. Baker National Recreation Area Trails				
603	Park Butte	Road 13	3.5	Enters Wilderness, no fires, stock, leads to lookout
603.1	Scott Paul	Road 13	6.5	No camping, hikers only
603.2	Railroad Grade	Trail 603	1.0	Camp at designated sites, no fires, hikers only
696	Ridley Creek	Road 38	3.5	Rocky sections, primitive, not maintained, Wilderness
697	Elbow Lake	Road 12	3.0	Moderate hike through old-growth, stock, Wilderness
		Road 38	3.5	
Baker Lake Area Trails				
604.1	Dock Butte	Road 1230	1.5	Great mountain views
604	Blue Lake	Road 1230	0.5	Easy trail for children
606	Baker River	Road 1168	3.0	Old-growth river walk enters National Park
610	Baker Lake	Road 1107	14.0	Moderate trail, steep side slope; stock year-round
611	Watson Lakes	Rd 1107-022	2.5	Wilderness, no fires, camp at designated sites
611	Anderson Lakes	Rd 1107-022	2.5	Non-wilderness
623	Shadow of Sentinels	Baker Lk. Hwy.	0.5	Accessible, self-guided wayside exhibits
State Route 20				
613	Sauk Mountain	Road 1036	2.1	Steep side slopes, great views, wildflowers

Baker Lake

Popular among summer recreationists, nine-mile long Baker Lake offers opportunities for camping, boating, fishing, picnicking, hiking and pack & saddle trips. Developed campgrounds and a summer resort are located along the western side. The Baker Lake Trail extends along the eastern shoreline, crossing the Baker River north of the lake. Boating and fishing at Baker Lake are governed by Washington State regulations. For campground information see page 9; for resort information call 1-888-711-3033.

Mt. Baker National Recreation Area

8,600 Acres; established 1984

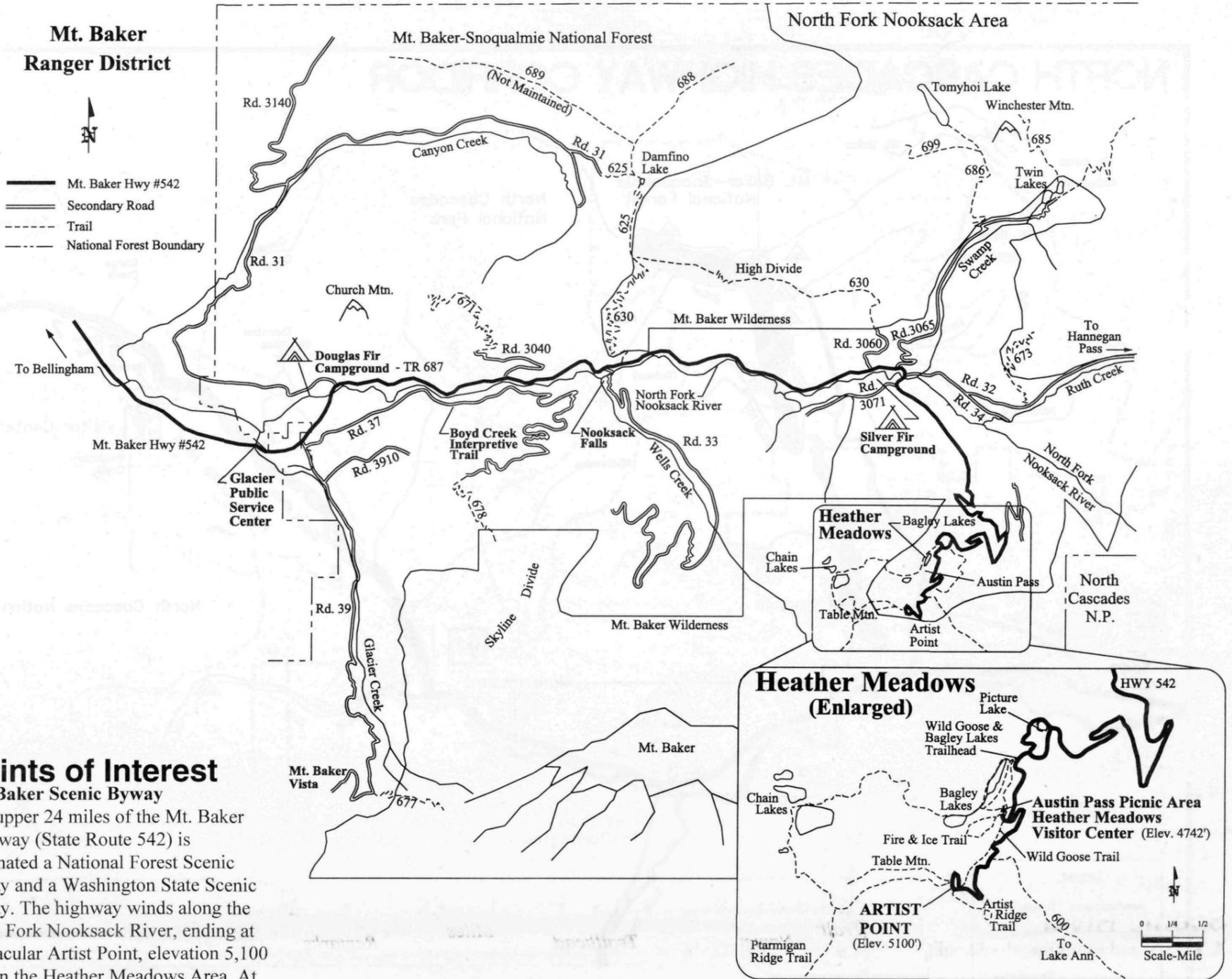
Appearing as a wedge pieced out of the Mt. Baker Wilderness, the Mt. Baker NRA was established outside Wilderness legislation to allow for snowmobile use during months when snow levels are sufficient. This impressive landscape on the southeast flanks of Mt. Baker's slopes is accessible by trail only. Trails lead from the end of Forest Rd. 13 or through the Mt. Baker Wilderness from the Middle Fork and South Fork Nooksack river drainage.

During summer months, hikers share the trails with stock parties. Winter recreation includes skiing, snowmobiling and snowshoeing. Trails are open to stock parties from August 1 to November 1. Backcountry campers in the NRA must stay at designated sites. One night only campsites are established for hikers and/or stock parties at the Mt. Baker NRA trailhead at the end of Forest Rd. 13. No campfires are allowed in the Mt. Baker Recreation Area.

Please refer to the trail chart for information and ask for a detailed handout on designated campsites and area regulations at the district office in Sedro-Woolley.

Gateway to Wilderness

CANADA



Points of Interest

Mt. Baker Scenic Byway

The upper 24 miles of the Mt. Baker Highway (State Route 542) is designated a National Forest Scenic Byway and a Washington State Scenic Byway. The highway winds along the North Fork Nooksack River, ending at spectacular Artist Point, elevation 5,100 feet, in the Heather Meadows Area. At road's end, trail systems lead into the Mt. Baker Wilderness. During winter months, motor traffic ends at the Mt. Baker Ski Area.

Glacier Public Service Center (MP 34)

Listed on the National Register of Historic Places. Jointly operated by the Forest Service and National Park Service during the summer season.

Mt. Baker Vista

Dramatic viewpoint at the end of Glacier Creek Road (Forest Road 39).

Horseshoe Bend Trail (MP 36)

One-and-a-half mile hiker-only trail wanders along a forested ledge above the North Fork Nooksack River.

Boyd Creek Interpretive Trail

Interpretive panels along an elevated boardwalk designed for accessibility focus on the importance of streamside support and healthy habitat for fish. Located on Forest Road 37.

Nooksack Falls (MP 41)

Dramatic waterfall plummets more than 100 feet over rocky outcrops. Fence-lined pathway leads to viewpoint.

Heather Meadows Area (MP 53)

Located along the upper reaches of the Byway, this spectacular subalpine setting offers day use recreation to visitors.

Heather Meadows Visitor Center is open during the late summer season. The area has self-guided interpretive trails, vistas, naturalist programs, picnicking, and hiking trails into the Mt. Baker Wilderness. **NW Forest Pass** required.

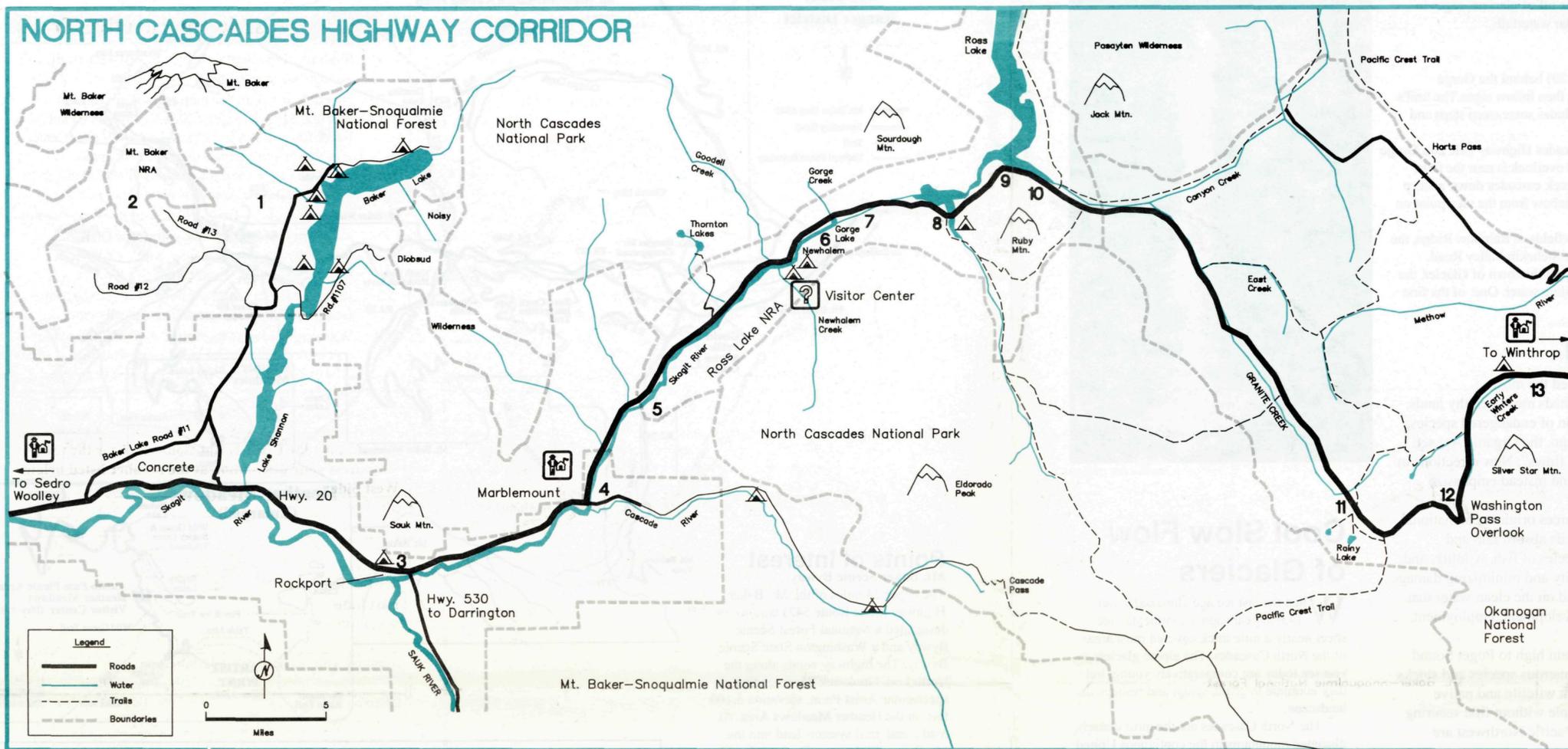
POPULAR TRAILS—MT. BAKER SCENIC BYWAY				
Trail #	Name	Trailhead	Miles (one way)	Remarks
Glacier Area Trails				
625	Damfino Lakes	Road 31	3.0	Non-wilderness
630	High Divide	Highway 542	13.0	Wilderness; stock; no fires
671	Church Mountain	Road 3040	4.2	Non-wilderness
677	Heliotrope Ridge	Road 39	3.0	Wilderness; no fires
678	Skyline Divide	Road 37	3.5	Wilderness; no fires; stock
687	Horseshoe Bend	Highway 542	1.5	Non-wilderness
673	Goat Mountain	Road 32	4.0	Wilderness; no fires; stock
674	Hannegan Pass	Road 32	5.0	Wilderness; stock; enters National Park
685	Winchester Mtn.	Road 3065	2.0	Wilderness; no fires; leads to lookout
699	Yellow Aster	Road 3065	3.5	Wilderness; no fires
Heather Meadows Area Trails				
600	Lake Ann	Highway 542	4.7	Enters wilderness; no fires
615	Ptarmigan Ridge	Trail 682	5.0	Enters wilderness; no fires
681	Table Mountain	Highway 542	1.5	Enters wilderness; no dogs; no fires
682	Chain Lakes	Highway 542	6.5	Wilderness; no fires; camp in designated sites
735	Picture Lake	Highway 542	0.5	No dogs; accessible
684.2	Fire and Ice	Highway 542	0.5	Self-guided interpretive trail; accessible
684.3	Wild Goose	Highway 542	2.5	Self-guided interpretive trail
669	Artist Ridge	Highway 542	1.0	Self-guided interpretive trail



Entering Wilderness Requires Preparation

The Mt. Baker Ranger District contains two Wilderness areas, Mt. Baker and Noisy-Diobsud, and part of a third, Glacier Peak. When entering Wilderness areas, be prepared for risk and challenge. These lands remain in a wild and natural state, untrammled and uninhabited by human beings. The terrain can be rugged and the weather unpredictable.

Keeping Wilderness intact for future generations requires some regulation. Party size in Wilderness is limited to 12, including saddle and stock animals. To preserve the solitude of others, no motorized or mechanized equipment is allowed in Wilderness, and campfires are prohibited in many areas. Please check with the nearest ranger station for current conditions before entering Mt. Baker Ranger District's Wilderness areas.



MAP # Accessible Interpretive Trails

- Shadow of the Sentinels:** 0.5 mile (0.8 km) trail through old growth forest.
- Newhalem Area:** (See map & chart on page 12)
Sterling Munro: 330ft(120m) Boardwalk Picket view
River Loop: 1.8miles(2.9km) begin at Visitor Center or at Newhalem campground for easier grade.
Rock Shelter: .25 miles(0.6km) Moderate grade, to Indian campsite above Newhalem Creek.
- Gorge Overlook Trail:** paved portion offers views of deep canyons, Gorge Lake, and Gorge Dam.
- Happy Creek Forest Walk:** .3 mile (.5 km) boardwalk through ancient creekside forest.
- Rainy Lake Trail:** One mile (1.6 km) paved trail leads to Rainy Lake, waterfall, and glacier view.
- Washington Pass Overlook:** 270 yd (250 m) loop trail leads to spectacular view from a 700 foot (200 m) bluff at the summit of the Scenic Highway.

Contact the Chamber of Commerce for the town nearest your destination at the number listed below.

West Side:	
Mt. Vernon	360-428-8547
Burlington	360-757-0994
Sedro-Woolley	360-855-1841
Concrete	360-853-7042
Marblemount	360-873-2250
East Side:	
Winthrop	1-888-4-METHOW 509-966-2125
Methow Valley Central Reservations	1-800-422-3048 509-682-3503
Chelan	1-800-4-CHELAN 509-682-3503
Wenatchee	1-800-57-APPLE 509-662-2116

1 Baker Lake Milepost 82 (off SR 20)

Nine-mile-long recreational reservoir. Developed campgrounds accessed off the Baker Lake Highway. Maple Grove Campground on the lake's eastern shore is accessed by boaters or hikers along the Baker Lake Trail (formerly East Bank Trail).
Baker Lake Resort: 1-888 711-3033. Store, camping, cabins, and boat rentals.

2 Mt. Baker National Recreation Area M.P.

See map including Mt. Baker NRA on page 6. Access via Forest Roads 12 and 13 off Baker Lake Highway. Backcountry trails and camping.
Mt. Baker NRA trailhead camp available for one night, for horse users (after August 1), and for hikers.

3 Rockport M.P. 96-98

Sauk Mt. Trail: Access off Forest Roads 1030 and 1036. Switchbacks up steep south-facing slope to mountain ridge-top. Panoramic view.
Rockport State Park: Skagit View and Sauk Springs Trails loop south of SR 20 at Rockport State Park; five more trail miles circle park.
Howard Miller Steelhead Park: At Rockport on the Skagit River. Bald Eagle viewing in winter, (360) 853-8808.

Skagit Wild and Scenic River System

Segments of the Skagit, Sauk, Suiattle, and Cascade Rivers. Spawning salmon attract many wintering eagles.

4 Marblemount M.P. 106

Wilderness Information Center (one mile north of SR 20 on Ranger Station Road) and **North Cascades National Park Backcountry Permits**, (360) 873-4500. Permits are free; available in person only.

Cascade River Road

Cross bridge over Skagit River at east end of town. Rough gravel road leads through National Forest to Cascade Pass Trailhead in North Cascades National Park. NW Forest Pass required at all trailheads.

5 Ross Lake National Rec. Area M.P. 111

117,574 acres; administered by North Cascades National Park Service Complex (see pages 12-13).
Thornton Lakes Road/Trail: access 4.7 miles up steep windy, gravel road (see trail chart on page 12 for details). NW Forest Pass required.
Goodell Creek Campground: Rustic sites along Skagit River; open all year, but without water and services in winter; \$10. Raft launch. Picnic shelter.

6 Newhalem M.P. 120

More detailed map of Newhalem Area on page 12.
Newhalem Creek Campground - Open May to September; \$12. New group sites available; \$32, limit 24persons, call (206)386-4495 ext.16 for group reservation only.
North Cascades Visitor Center - Interpretive programs, books, and maps. Breathtaking view of the Picket Range. Open daily mid-April through mid-October; weekends only during winter months.

Newhalem Area Trails - Rock Shelter, To Know a Tree, River Loop, Trail of the Cedars; Historic Walk.
Skagit General Store - Supplies and souvenirs.
Ladder Creek Falls - Located behind Gorge Power House. Loop through flower gardens; lit at night.
Gorge Overlook and Gorge Creek Falls - 242-foot waterfall three miles east of town. Loop trail at rest stop offers views of the gorge and dam.

7 Diablo M.P. 126

Seattle City Light tours of **Ross and Diablo Dams**. Informative presentation, boat trip, and dinner. Summer Thursday through Monday only. Fall weekend tours. Museum and snack bar at tour office (206) 684-3030.
Sourdough Trail: Strenuous ten mile round trip hike up Sourdough Mountain.

8 Colonial Creek Campground M.P.130

Campground on Diablo Lake. Camphosts and naturalist programs in summer. \$12 fee from May to October.

9 Diablo and Ross Lake Overlooks M.P. 131-134; Winter Road Closure

Diablo Lake Overlook - Spectacular views, map and detailed geology exhibit.
Ross Dam Trailhead (NW Forest Pass required)
Ross Lake Resort - (206) 386-4437. Floating cabins, boat rentals, portage service, and water taxi.
Winter Road Closure - SR 20 typically closes about mid-November and reopens in mid-April.

10 East Bank Trailhead M.P. 138

Panther Creek Trail, East Bank Trail and Ruby Creek Trails converge near here.

11 Rainy Pass Picnic Area M.P. 158

One-mile accessible paved trail leads to **Rainy Lake**, waterfall and glacier view platform. Longer hikes to **Lake Ann** (2 miles) or around **Maple Pass** loop (7.5 miles). Not snow-free until late July.

12 Washington Pass M.P. 162

Restroom facilities and accessible viewpoint trail open in July.

13 Upper Methow Valley M.P. 180

Mazama turnoff to Hart's Pass (22 miles); reaches highest point accessible by vehicles in Washington State (closed to trailers), unpaved.
Methow Valley Visitor Center M.P. 192

Camping Map Legend:

- FS = Forest Service
- SP = WA State Park
- P = Puget Sound Energy
- NP = National Park Service
- CP = County Park

Car Camping in the North Cascades

Many public campgrounds in the North Cascades are accessible by road. Campgrounds fill quickly on holiday and summer weekends. Reservations can be made 3-240 days in advance for many Forest Service campgrounds by calling 1-877-444-6777 or on-line: www.reserveusa.com Washington State Parks reserve some sites by calling 1-800-452-5687.

North Cascades National Park does **not** offer individual camping reservations (first come-first serve). Free campgrounds are primitive, requiring that you bring your own water and pack out garbage. Some private campgrounds and resorts provide cabins and showers. Some campgrounds offer naturalist programs.

Location	Campground	Managed By	Accessible	Drinking Water	Flush Toilets	Garbage	Yield Toilets	Boat Ramp	Hiking Trail	Fishing	Number of Campsites
Hwy 542	Douglas Fir +	FS	•	•	•	•	•	•	•	•	30
Map page 7	Silver Fir +	FS	•	•	•	•	•	•	•	•	21
Baker Lake	Kulshan	P	•	•	•	•	•	•	•	•	79*
Hwy.	Horseshoe Cove +	FS	•	•	•	•	•	•	•	•	34
MP.14-	Panorama Point +	FS	•	•	•	•	•	•	•	•	16
MP.23	Boulder Creek +	FS	•	•	•	•	•	•	•	•	10
	Park Creek +	FS	•	•	•	•	•	•	•	•	12
	Shannon Creek +	FS	•	•	•	•	•	•	•	•	20
	Rasar State Park	SP	•	•	•	•	•	•	•	•	38*
	Rockport State Park	SP	•	•	•	•	•	•	•	•	62*
	Steelhead Park	CP	•	•	•	•	•	•	•	•	59*
Hwy 20	Goodell Creek	NP	•	•	•	•	•	•	•	•	21
MP.81-	Newhalem Creek	NP	•	•	•	•	•	•	•	•	111
MP.180	Colonial Creek	NP	•	•	•	•	•	•	•	•	162
	Lone Fir	FS	•	•	•	•	•	•	•	•	27
	Klipchuck	FS	•	•	•	•	•	•	•	•	46
	Early Winters	FS	•	•	•	•	•	•	•	•	13
Cascade	Marble Creek	FS	•	•	•	•	•	•	•	•	24
River Rd	Mineral Park	FS	•	•	•	•	•	•	•	•	4
Via B.C.	Hozomeen	NP	•	•	•	•	•	•	•	•	122

Cascading Waters

Water is the essence of the North Cascades. Water falls from the sky, melts off of glaciers, rages in rivers and — most dramatically — plunges from high places in spectacular waterfalls.

Where to discover waterfalls:

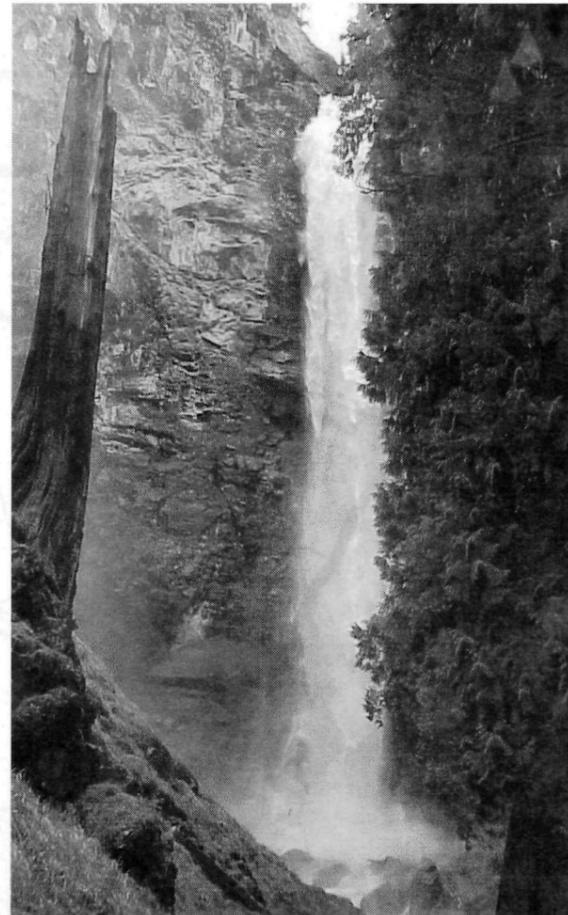
Ladder Creek: Located at milepost 121 on the North Cascades Highway (SR 20) behind the Gorge Powerhouse in upper Newhalem. Cross a suspension bridge to the powerhouse, then follow signs. The trail's .4-mile loop takes you to beautiful pools, falls, and flower gardens. The trail includes some steep steps and handrails. Flashlights are advisable at night.

Gorge Creek Falls: Located between Newhalem and Diablo on the North Cascades Highway (SR 20), Gorge Creek drops 242 feet in a breathtaking plunge. A large parking area and loop trail overlook is near the falls.

Rainbow Falls (Baker Lake): Located in the Baker Lake Basin, Rainbow Creek cascades down a steep gorge with more than a 100 foot drop. On a sunny day you will see a colorful rainbow from the viewpoint on Forest Service Road #1130.

Rainbow Falls (Stehekin): Originating high above Stehekin Valley in the snowfields of Rainbow Ridge, the waters of Rainbow Creek plunge 312 feet in a misty cascade viewed just off the Stehekin Valley Road.

Nooksack Falls: Located at milepost 40 on the Mt. Baker Highway (SR 542) past the town of Glacier, the North Fork Nooksack River drops more than 100 feet into a roaring mass of boiling water. One of the first hydroelectric power plants in Washington uses this drop to generate power.



Rainbow Falls : Stehekin

Every Landscape: A Watershed

Water is the lifeblood of all ecosystems. Clean water can be considered the most important resource protected by parks and forests. Healthy watersheds mean healthy lands. Watersheds maintain many things that people hold dear, such as protection of endangered species, world class recreation, and productive forests and grasslands. A century ago, the Organic Act set aside National Forests in order to promote "favorable conditions of water flows". New directions in National Forest management de-emphasize timber, mining, and grazing and instead emphasize recreation and watershed values.

Today, in the 21st century, 80 percent of the Nation's freshwater sources originate on national forest lands. Intact watersheds remain vital to ecosystem health. Watersheds absorb rain and recharge underground aquifers. They serve as habitat for thousands of species of fish, wildlife, and rare plants. They dissipate floods across floodplains, increasing soil fertility and minimizing damage to lives, property and streams. Downstream communities of people depend on the clean water that flows from watersheds for consumption, food production, agricultural development, employment, power generation and recreation.

In the North Cascades, the mighty Skagit River running from mountain high to Puget Sound (over 125 miles) is the second largest watershed in Washington State. Numerous species and stocks of native salmon, steelhead, trout and char thrive here along with abundant wildlife and native vegetation. Building on the premise that we cannot meet the needs of people without first securing the health of our lands and water the Forest and Park Service here in the Pacific Northwest are working to:

- * Understand the relationship between land uses, watersheds, and ecosystem health.
- * Complete ecosystem analyses at the watershed level.
- * Use scientific analysis to allocate land use, make project-level decisions and set priorities.
- * Collaborate with all interested parties to achieve healthy watersheds and ecosystems for current and future generations.

A Canopy of Ancient Forests

Abundant rain and mild winters provide the perfect environment for trees in the Pacific Northwest to grow very large and old.

Not so long ago ancient forests of Douglas-fir and red-cedar blanketed nearly all of the Pacific Northwest. These trees were so big that a wedge cut in a trunk could hold a dozen or more timber workers posing for a picture. Early settlers would sometimes make homes out of hollow stumps just by building roofs over them.

Now most of these old giants are gone, but in the wilds of the North Cascades, you can still visit forests that have never been cut and still retain all the characteristics of an old-growth forest.

How can you tell if you are visiting an old-growth forest? Look for a forest canopy of many-levels, such as Douglas-fir towering over shade-tolerant hemlocks struggling upward, downed logs, and standing dead trees, called snags. To be considered an ancient grove, these trees must be over 200 years old.

Where to visit ancient forests:

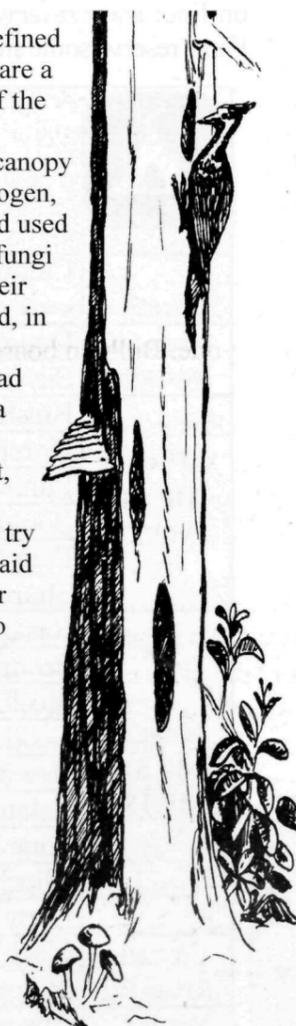
State Route 20 — **Thunder Creek** and **Big Beaver** trails in the Ross Lake National Recreation Area offer long hikes through outstanding western slope, low elevation old-growth forest. **Happy Creek Forest Walk** near Ross Dam is a .3 mile accessible boardwalk. Interpretive plaques tell the story of this ancient creekside forest.

State Route 542 — **Horseshoe Bend Trail** across from Douglas Fir Campground at milepost 36. 1.5 mile hike on a forested ledge above the North Fork Nooksack River.

Baker Lake Area — **Shadow of the Sentinels** is a barrier-free loop trail; **Baker Lake Trail** (formerly known as East Bank Trail) follows the east shore of Baker Lake and enters the Baker River drainage at the upper end.

Old-growth forests are not defined solely by trees. Ancient forests are a magnificent and complex part of the web of life where all things are connected. Lichen in the forest canopy absorb the surrounding air's nitrogen, which is washed into the soil and used by forest vegetation; symbiotic fungi attached to plant roots supply their host with water and nutrients and, in return, take in carbohydrates; animals eat plants and help spread seeds across the forest to begin a new cycle of growth.

When ancient forests are cut, it takes decades to rebuild the severed connections. "When we try to pick out anything by itself," said conservationist and nature writer John Muir, "we find it hitched to everything else in the universe."



Cool Slow Flow of Glaciers

When the last ice age climaxed about 14,000 years ago a continental ice sheet nearly a mile thick covered most areas of the North Cascades. The alpine glaciers you see today are comparatively young, but they continue to grind, sculpt and reshape the landscape.

The North Cascades are the most densely glaciated mountains in the contiguous United States. Glaciers form when more snow accumulates each winter than melts or evaporates during warmer weather. The enormous weight of that accumulation recrystallizes the snow into ice, and the glacier begins to flow downhill. Glaciers can flow several feet per year, and it is this movement that distinguishes glaciers from non-moving ice fields.

Glaciers are vitally important to the North Cascades region's ecology and hydrology. They influence vegetation growth, move and carve rock, and add minerals to the ecosystem. During times of year when little rain falls, meltwater accounts for all the water in some streams.

Where to view glaciers:

Mt. Baker National Recreation Area — The trails on the south side of Mt. Baker provide tremendous views of glaciation at work. Six-mile long **Scott Paul Trail** crosses the terminal moraine below the Squak Glacier. **Railroad Grade Trail** deposits hikers at the Easton Glacier on Mt. Baker. **State Route 20** — Glaciers on Colonial and Snowfield Peaks are visible from the Ross Dam Trailhead at milepost 134. From the **Cascade Pass Parking Area** at the end of Cascade River Road you can view spectacular glaciers on Johannesburg Peak. **State Route 542** — From Glacier Creek Road (#39) hike **Heliotrope Ridge Trail** to Mt. Baker's Coleman Glacier and dynamic views. From Heather Meadows, several of the nine glaciers that surround Mt. Shuksan are visible along **Picture Lake Trail**. View some of the 13 glaciers surrounding Mt. Baker from the **Artist Ridge Trail**.



Silver Lake

Finding Your Sense of Place



What is it that brought you to the North Cascades? People have very personal reasons for visiting these peaceful waters and humbling peaks. Some come for a physical and mental challenge, while others prefer a quiet moment just watching the clouds in solitude. Unique expressions, in the form of stories, art, music, and poetry, map our individual paths through the Cascades. Each of our journeys—our personal history—is unique, yet they all share one common theme. We seek a connection to place.

What is place? Place is defined by the plants and animals that inhabit a landscape and help create its soundscape. The ebb and flow of seasons and the weather patterns that color the land, orient the inhabitants and refresh nature's palette, these also define a place. Time spent in quiet among the forces and with the neighbors that color a place is time spent uncovering our connection to the world around us. It is this connection—however brief—that attracts people to the North Cascades. It is also this connection that compels people to seek protection of their place and the bond they have found within.

A sense of place is something we all have, whether our home is in a busy city or a rural countryside. The changing mood of wind and rain are not tethered to the wilderness, nor are the wild things that call and sprout. Taking notice of the transitory and resident animals alike that pass our way, leads us that much closer to sensing our place. Knowing where we live—knowing what watershed our water comes from and where it goes—is another way for each of us to continue connecting to the world around us. Nurturing our intimacy with the land is a long-term process of connecting to the place we settle. Familiarity with our own home can lead to a sense of ownership and respect.

Just as we treasure the wilds of the North Cascades, we can treasure and protect the special places that make up our own backyard. Seek out these places with as much energy as it took to reach these mountains and know your bio-region, your home. As Wendell Berry wrote, "if you don't know where you are, you don't know who you are." In knowing your home, you know yourself. So, what is it that brought you to the North Cascades? More importantly, what is it that awaits your return home?

Seattle Funds Projects at North Cascades

In 2000 the National Park Service (NPS) will complete more visitor facilities funded by Seattle City Light under the innovative terms of the operating license for the three dams and associated power facilities in Ross Lake National Recreation Area. These dams predate the park's establishment in 1968. City Light, the NPS, tribes, conservation groups, and state and other federal agencies negotiated the license terms to mitigate the effects of the dams. Over the 30 years of the license, the city-owned utility is funding \$100 million in projects in 5 categories: fisheries, recreation and aesthetics, wildlife, erosion and cultural resources.

The North Cascades Environmental Learning Center, largest of the projects, is described on page 14. Examples of other projects underway this year include:

- ◆ Construction of the Thunder Knob Trail
- ◆ Construction of an accessible fishing facility at Diablo Lake
- ◆ Upgrading of interpretive signs
- ◆ Salmon studies in the Skagit River
- ◆ Wildlife monitoring

More than Majestic Mountains:

The Significance of North Cascades National Park Service Complex

The North Cascades NPS Complex was established by Congress to preserve the majestic scenery and unique natural features of this beautiful landscape. Since its inception in 1968, the park's mission has evolved to include concerns for the entire ecosystem.

- **Ice Sculpted Mountains:** Jagged peaks of the North Cascades rise above deep forested valleys—terrain carved by moving ice. The Park Complex contains more glaciers than any other national park in the United States outside Alaska. These glaciers are an important source of water for salmon, other wildlife, plants, and people in the Puget Sound region.
- **Richness of Life:** The Park's 9,000+ feet of vertical relief and the great contrast between climates east and west of the Cascade crest provide habitat for one of the greatest diversities of plant life in North America and for varied fauna including rare and sensitive species.

Ancient forest holds millions of living organisms and thousands of diverse life forms.

- **Cascading Waters:** The variety of waters (lakes and rivers) provides a wide array of recreational opportunities. These clean, clear waters are crucial to life here.
- **Vast Wilderness:** The Complex, which adjoins public lands preserved in Canada and the United States, is the core of one of the largest protected wild areas in the United States; a substantial portion of it is designated Wilderness. Humans here are visitors, who come to enjoy nature on nature's terms.
- **Human History:** The Complex includes 49 National Register structures and sites, 3 National Historic Districts, and over 250 archeological sites. It was home to at least 4 tribes whose descendants now live nearby and includes, within its boundaries, three contemporary communities.

Survival & three R's: Reduce, Reuse & Recycle

As we embark upon the 21st century, utilizing sustainable practices becomes more necessary for survival. What do we mean by 'sustainable'? Webster's dictionary says it means to keep in existence, maintain, to support, and to provide nourishment or sustenance. We know that sustaining human life is directly linked to sustaining ecosystems.

Sustainability of our planet is supported by our growing awareness of reusing, recycling, reducing and buying green. Unfortunately, our culture and media tend to promote more consumption. Conflicting information leads to actions that endanger our air and water quality and species dependent on intact ecosystems.

Park and Forest Service programs support practices that are sustainable and kind to the environment. We use recycled printer, copy and toilet paper. Citrus or biodegradable cleaners and recycled oils are being substituted for more toxic products. Products that utilize a minimum of packaging are preferred. In National Park Service (NPS) campgrounds, a recycling program is available to everyone. Bulletin boards post information about recycling and waste reduction.

North Cascades NPS Complex recently completed sustainable housing at Hozomeen on the north end of Ross Lake. This project is an excellent example of resource-efficient or sustainable design utilizing photovoltaic (solar) power, composting, and low energy appliances. National Park Service areas throughout the country are using the North Cascades' project as a model.

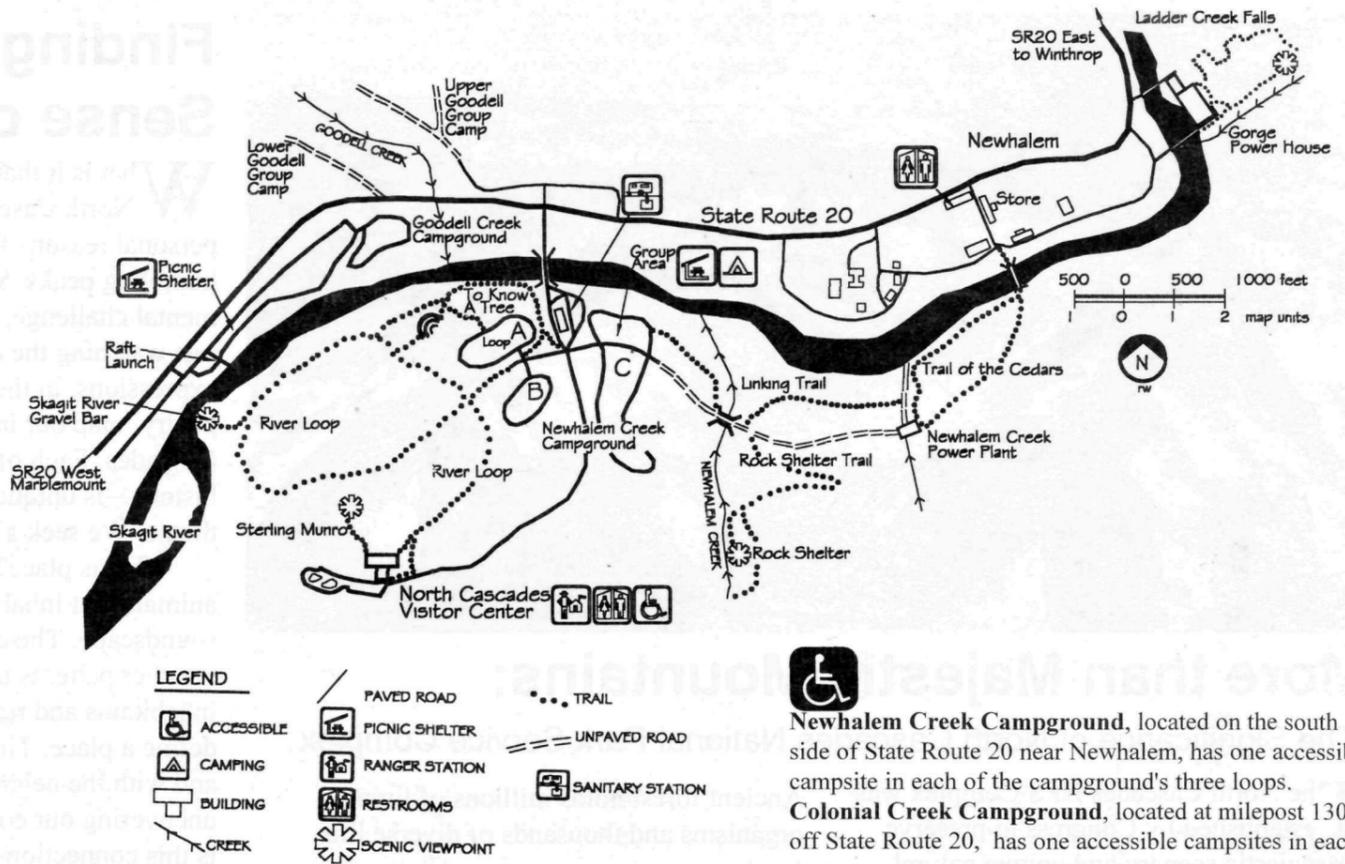
The staff of North Cascades National Park are also working with Seattle City Light and the North Cascades Institute to develop the North Cascades Environmental Learning Center. The center's design embodies various principles of sustainability as will its operation. Focusing on sustainability and respect for the natural setting the designs lay the groundwork for a premiere field-based educational facility.

Revegetation has been a long-term emphasis at North Cascades National Park. A growing program for native plant propagation, landscaping and revegetation is being implemented throughout the park. Nationwide, others are reviewing our revegetation program for ideas. Composting, water and energy conservation, alternative fuels use and more efficient vehicles are all a part of increasing our sustainable actions. Meeting the needs of today and the future while maintaining natural ecological processes is the goal of sustainability. It is also a valid rewording of the NPS Mission: "to preserve and protect for future generations".

Newhalem Area & Ross Lake NRA

Discover the natural and human history in the heart of these mountains along trails or at the **North Cascades Visitor Center**. Enjoy wilderness exhibits and theater programs highlighting plants and animals of the mountain lifezones. The region's geography is detailed in the main lobby with wall maps and a relief model.

In addition to the trails listed below, **To Know A Tree Trail** surrounds campground loop A and follows the Skagit River. A new linking trail, also south of the river connects the campground to Newhalem and **Ladder Creek Falls** via the **Trail of the Cedars**. Also, a **Historic Walk of Newhalem** loops around the Seattle City Light settlement.

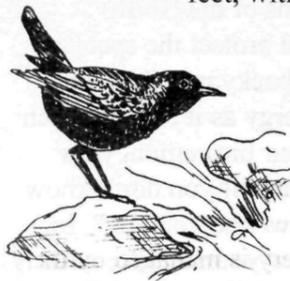


Newhalem Creek Campground, located on the south side of State Route 20 near Newhalem, has one accessible campsite in each of the campground's three loops. **Colonial Creek Campground**, located at milepost 130 off State Route 20, has one accessible campsite in each of the two loops on either side of the highway.

Ross Lake National Recreation Area

Thirty miles of State Route 20 access this upper area of the Skagit River Watershed offering many of the region's best camping, hiking and boating opportunities. The free-flowing section of the Skagit River below Newhalem provides excellent rafting and wildlife observation. A raft launch is located adjacent to Goodell Creek Campground near the picnic shelter. Careful planning is necessary to float the swift Skagit River.

Three reservoirs provide power for Seattle City Light and recreational activities for visitors. The three dams vary in height: Gorge – 300 feet, Diablo – 389 feet, and Ross – 540 feet, with corresponding differences in lake size.



American dipper

Gorge Creek Falls area, 3.5 miles east of Newhalem, has improved facilities with a new accessible interpretive loop trail with views of Gorge Dam.

Diablo Lake is the central jewel of the three lakes, offering the best accessibility. It is open all year to fishing and boating; a boat launch is available at Colonial Creek Campground. There are three boat-in sites along the shore of Diablo Lake, which require a free backcountry permit (see page 2). Thunder Creek, the major tributary to the lake, carries the fine glacial sediment which gives the lake its brilliant turquoise color. A 28 mile hiking route through the park into the Stehekin Valley follows Thunder Creek to Park Creek Pass.

Ross Lake is the largest of three reservoirs created by the impounded waters of the upper Skagit River. Ross Lake winds nearly 25 miles from the dam north to the Canadian border at Hozomeen. During the summer, vehicle access and boat launching are possible from the north by traveling the 40-mile gravel Silver-Skagit Road south of Hope, British Columbia. Hozomeen Campground is primitive with water and vault toilets. It is necessary to pack out all garbage.

Access to Ross Dam and Lake from the south is limited to trail and water routes. Diablo Lake, Ross Dam, and East Bank trails provide access for hikers from trailheads off State Route 20. Ross Lake Resort, (206) 386-4437, has cabins, small rental boats, and provides portage past the dam and water-taxi service to trailheads and campsites, which require free backcountry permits.

Ross Lake has a quality sport fishery of naturally reproducing trout that opens for fishing July 1 each year. The catch limit is three rainbow trout (13 inch minimum) per day. No bait or barbed hooks are allowed. If Dolly Varden or bull trout are hooked, they must be carefully and immediately released. Ross Lake's natural spawning occurs in the Skagit River above the lake and in the tributary streams like Big Beaver, Lightning, Roland, Dry, and Ruby Creeks. All of Ruby Creek and 1/4 mile upstream from the mouth of Big Beaver are closed to fishing. All other tributaries are closed for one mile upstream. A Washington State fishing license is required. Ross Lake's limited access helps protect the pristine quality of the lake and its environment.

State Route 20 Trails	State Route 20 Milepost	Distance (Round-trip)	Elevation Gain	Difficulty	Remarks
Thornton Lakes	117	10.4 miles	2,300 feet	moderate	Long day hike; permit needed for overnight backcountry camping
Sterling Munro	120	660 feet	level	very easy	Boardwalk; view into the Picket Range; accessible
River Loop	120	1.8 miles	50 feet	easy	Forested walk to river; accessible
Rock Shelter	120	.3 miles	30 feet	easy	Boardwalk to campsite used 1400 years ago by hunting, gathering Native Peoples
Trail of the Cedars	121	.3 miles	level	very easy	Accessible. Loop trail through large old cedars Interpretive plaques.
Pyramid Lake	127	4.2 miles	1,500 feet	moderate	Steep forest; stream; small lake
Diablo Lake	128	7.6 miles	400 feet	easy	Trailhead located across Diablo Dam
Thunder Creek	130	1.6 - 38 miles	6,300 feet	easy-difficult	Easy 1.6 miles round-trip to suspension bridge. Ancient forest along the stream; permit needed for overnight backcountry camping
Fourth of July Pass/ Panther Creek	130 138	10 miles	2,900 feet	moderate	Access trail by hiking 1.8 miles up Thunder Creek Trail; steep to pass; permit needed for overnight backcountry camping
Ross Dam	134	1.5 miles	- 500 feet	easy	Short, steep trail from State Route 20 to dam
Happy Creek Forest Walk	134.5	.3 miles	level	very easy	Accessible
East Bank	138	.5 - 34 miles	1,500 feet	easy	Trail east (Canyon Creek) or west (Ross Lake); permit needed for overnight backcountry camping

Lake Chelan National Recreation Area

Stehekin, the heart of Lake Chelan National Recreation Area, is a remote community situated along the lower few miles of the Stehekin River. It is a small community with no road connections to the rest of the world, providing a pleasant escape from life's frantic pace. Visitors and residents arrive by passenger ferry, float plane, hiking, horseback and private boat. There are over 16 public docks along Lake Chelan including four in the recreation area. Boaters using any of these federal docks need to purchase a dock site pass. A \$5 daily or \$40 season pass is available to help defray dock maintenance expenses.



Golden West

The Golden West Visitor Center provides area information, backcountry permits and daily interpretive programs. The North Cascades Stehekin Lodge offers overnight accommodations, a restaurant, small camp store, gasoline, tours and bicycle and boat rentals at Stehekin Landing.

Other businesses provide services during the summer season including day and over-night horseback trips into the wilderness, bicycle rentals, guided raft trips down the Stehekin River and a tour to beautiful 312 foot Rainbow Falls. Several businesses provide overnight accommodations and food on private property in the Stehekin Valley.

National Park Service and private shuttle buses provide access to trailheads and campgrounds along the Stehekin Valley Road. Shuttle service begins May 19 to High Bridge and June 16 above High Bridge. The 2.7-mile section of road between the current end of the road, Glory Mountain, and Cottonwood Campground is closed to vehicles due to the severe flooding during fall of 1995. A trail has been constructed along the road wash out for hikers to reach Cottonwood Camp and vehicles will be able to go as far as Glory Mountain, 20.1 miles from the landing.

Hour Stay

- Visit the Golden West Visitor Center for books, exhibits and an art gallery.
- Learn about homesteading along the short 15-minute McKellar Cabin Trail.

Three-Hour Stay

- Walk the Imus Creek Nature Trail, a 3/4 mile self-guided loop with views. Starts next to the Golden West.
- Bike 3.5 miles one-way to Rainbow Falls and Buckner Orchard.

Whole Day

- Take a shuttle bus and narrated tour upvalley.
- Stroll down the Lakeshore Trail with a picnic lunch.

Overnight

- Ride a shuttle bus to a trailhead and hike or backpack one of the many area trails.
- Attend a naturalist program at the Golden West Visitor Center.

Lake Chelan Air Quality Monitoring Program

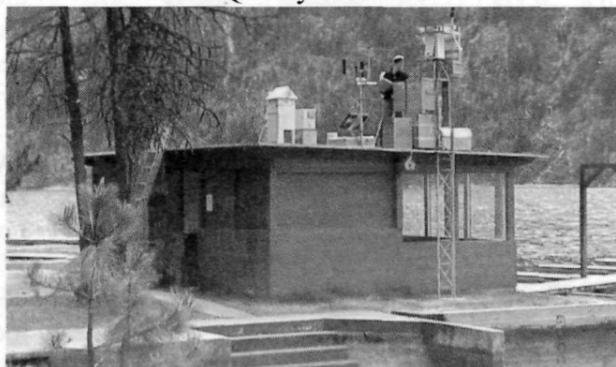
Thoughts of spring bring to mind snowmelt, robust wildflowers and dust...if you live in Stehekin. Dust storms were not a part of Stehekin's spring until after the 1927 construction of a dam on the south end of Lake Chelan. Each spring the level of the lake is intentionally drawn down approximately 20 feet in order to provide sufficient storage capacity for spring and summer snowmelt. As the lake is drawn down, the land at the head of the lake becomes exposed. A combination of strong northwesterly winds and drying mudflats provides optimal conditions for these dust events. When the conditions are conducive to a dust event there are huge, visible clouds of dust lifting up off of the flats.

Chelan County Public Utility District (PUD), which manages and operates the dam, is in the process of renewing its license to operate the dam. As part of the requirements for re-licensing, the environmental and human health impacts from the dust events will be quantified. A three-month study of the exposed bed at the upper end of the lake is being conducted in conjunction with re-licensing. Four different machines pass air through filters, which will be analyzed to determine the composition and volume of the particles in the air.

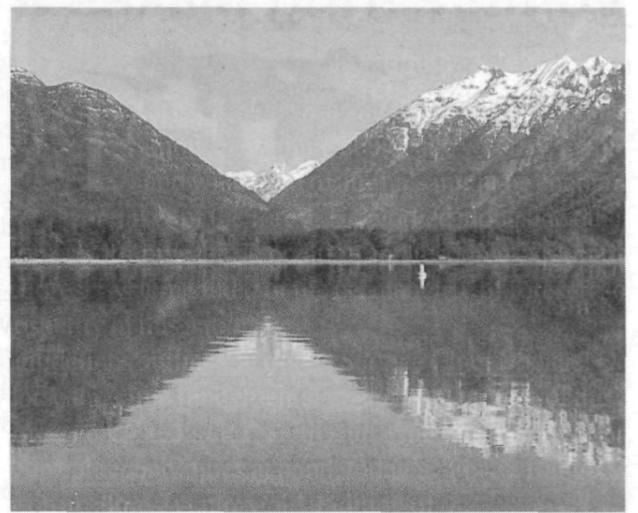
Visibility is measured by the amount of light scattering and by analyzing photographs taken during dusty and non-dusty conditions. The cumulative data will be analyzed for use by the park and the PUD in the re-licensing proceedings.

Margaret Soulman came to the valley as a Student Conservation Association intern, to help monitor these dust events. She was a bit skeptical that dust events were actually as dramatic as described. She found out first hand that they are indeed dramatic. Now, this experience will remind her of Stehekin whenever the wind blows dust in her eyes. Additionally, she gained valuable scientific knowledge and experience.

For more information on air quality in the park complex pick up a copy of the North Cascades Air Quality brochure.



Air monitoring equipment in Stehekin



Head of Lake Chelan

Images of the North Cascades

The North Cascades area has inspired people for thousands of years. Native Americans used local pigments to paint pictographs on rocky cliffs. Explorers documented plants, animals and their experiences by drawing what they saw while traveling. Since the turn of the century, artists have painted landscapes on canvas while photographers have captured images with cameras. Many mountain valley settlers perfected their crafts during long winter evenings. Artists and crafts people continue to come to the mountains for inspiration.

The Golden West Gallery, located in the Golden West Visitor Center in Stehekin, is a place where visitors can see some of the work produced by these artists and crafts people. The gallery is dedicated to increasing the understanding and appreciation of the natural, historic, cultural and artistic landscapes of the North Cascades through the arts. Exhibitors give talks, demonstrations, workshops and other programs in conjunction with their exhibits. Workshops for children will be offered. Last season workshops featured such activities as watercolor, basket making, bookbinding and calligraphy. The gallery is a cooperative endeavor of the resident artists of Stehekin and North Cascades National Park Service Complex. The gallery is managed by the Arts and Humanities of Stehekin, a nonprofit group operated by volunteers.

Receptions for exhibitors are usually held on the first Friday of each new exhibit. Announcements for gallery related events are posted at the Golden West. For gallery information, please write to: Arts and Humanities of Stehekin, PO Box 83, Stehekin WA 98852.

The gallery is pleased to offer the following exhibits throughout the remainder of this year:

- June 2-28:** Works by Paul Robert Bergman
- June 30 - July 26:** Group Show: Beadwork by Cheryl Farmer; Jewelry by Lori Stonum; Batiks by Lori Story; Paintings by Dan Tuttle; Wall hangings by Jean Vavrek
- July 28 - August 16:** Photographs of the North Cascade Region: Mike Abrahamson, Nancy Barnhart, Mike Barnhart, Bill Smith, Scott Stonum
- August 18- September 13:** Woodwork: Michael Hampel, Bob Nielsen, Jonathan Scherer, Mark Scherer
- September 15- October 15:** Multi-Media Exhibit of Eastern Washington Orchards: Jean Behnke, Jeffrey Hanks, Kay Kirkpatrick, Peter de Lory

If you are traveling to Stehekin request a copy of 'Focus on Stehekin' to help plan your journey.

Volunteering Makes a Difference



For many people volunteering is a way of giving something back to the land that has nurtured and inspired them. It is also a way to gain a deeper appreciation of the many issues related to management of our National Forests and National Parks. As visitation increases, maintenance and staffing needs at visitor centers, recreation sites and trails often exceed the agencies' resources. Combined efforts from people with all levels of skill and talent can help make a difference.

Organized volunteer groups like Washington Trails Association (WTA) and Volunteers for Outdoor Washington (VOW) have moved forward

to promote education and enhance recreational opportunities on public lands. These groups help coordinate volunteer work projects along forest trails. Participants can join and earn volunteer hours good toward a NW Forest Pass, among other perks depending on hours worked. The WTA also coordinates "Trail College", a work party that emphasizes trail construction training. Contact the WTA at (206) 625-1367 or VOW at (206) 517-4469 for more information or visit www.trailwork.org on the World Wide Web to find out more about outdoor volunteerism in Washington State.

Students seeking internships and the chance to put to practice some of the theory they have learned in school can also benefit from volunteering in the National Forest and Park. Some of the positions that may be available are wilderness rangers, visitor center staff, forest recreation maintenance, trail work and biological monitoring.

Please feel free to seek more information if you or your group is interested in volunteer opportunities. Volunteer information is available from both North Cascades National Park and the Mt. Baker Ranger District.



Family checks out Fun Packs

The National Park Service cares for special places saved by the American people so that all may experience our heritage.
EXPERIENCE YOUR AMERICA

North Cascades Environmental Learning Center



Diablo Lake, site of the future North Cascades ELC

Model Partnership

The North Cascades Institute, North Cascades National Park and Seattle City Light are collaborating to design a residential Environmental Learning Center (ELC) on the shore of Diablo Lake in Ross Lake National Recreation Area. The Learning Center is a model partnership, blending the resources of a private nonprofit with a federal agency and public utility. North Cascades Institute (NCI) will provide educational programming and operations at the center. The National Park Service is dedicating the land for environmental education and providing additional support. Seattle City Light is providing funding through the relicensing agreement. The ELC groundbreaking will take place this fall. Then construction will begin creating dorms, classrooms, labs, staff housing, a cafeteria, a library, an amphitheater and trails.

Bill Paleck, Superintendent of North Cascades National Park, praises the project for its support of federal education initiatives. "We want to promote lifelong learning and help a more diverse group of people appreciate how national parks are relevant to themselves and our nation," Paleck explained. "The Learning Center will help us do this. The three partners bring a unique combination of strengths, skills and perspectives that will make the Center a model to which others look for ideas and inspiration."

Education for All

North Cascades Institute will be able to host hundreds of people each year at the Learning Center. Staying from two days to two weeks, participants will study natural science and cultural history in adult seminars, Elderhostels and programs for school children, teachers and resource professionals. Scholarships will give opportunities for attendance to all, while accessible accommodations and trails will help the elderly and disabled experience North Cascades National Park in an unprecedented way.

The Learning Center will also provide dynamic, new opportunities for future leaders in education and conservation. In partnership with Huxley College of Environmental Studies at Western Washington University, North Cascades Institute is developing a master's degree program in environmental studies. This two-year program will combine on-campus academic learning with professional residency at the Center.

A new program called *Discovery* will be housed in a boathouse designed and built by the Institute. Outfitted with canoes, backpacks and field-science equipment, participants will enjoy explorations of Diablo and Ross Lakes, the Skagit River and remote wildlands.

"Our classroom will always be among the mountains, forests and rivers of the North Cascades," said Don Burgess, Director of the Learning Center project for North Cascades Institute. "Yet now we will have a home for a larger community— Together we'll learn in greater depth about the entire region."



Learning Center entrance by architect David Hall

Washington's National Park Fund

Washington State's national parks (Mount Rainier, North Cascades and Olympic) are its crown jewels. Drawing millions of visitors each year, they face increasing pressures from high visitation and tight budgets.

Washington's National Park Fund aids and supports the three national parks of Washington State.

Since 1993, the Fund has lead private conservation efforts to support National Park Service goals of preservation and protection.

The Fund helps ensure visitors have a high quality, memorable experience through sponsoring educational and trail projects, resource assessment and restoration, and fish and wildlife projects. By securing financial contributions from individuals, corporations, foundations and businesses, the Fund supports park recommended projects.

Here are examples of projects the Fund supports at North Cascades National Park Service Complex:

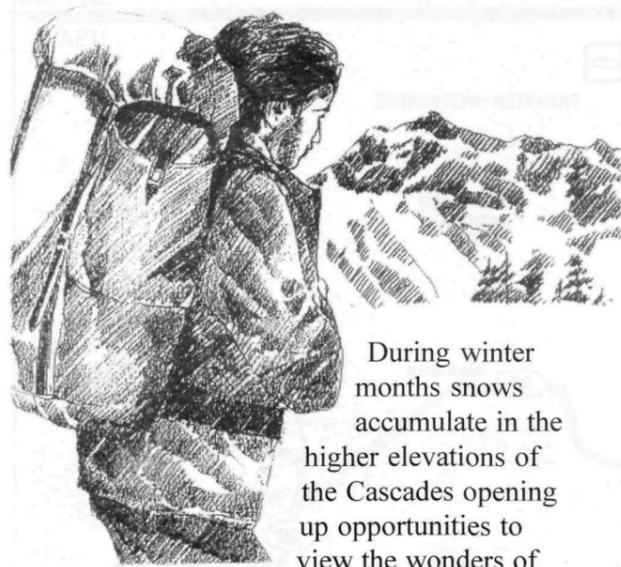
*Junior Ranger Program and Family Fun Packs facilitate enjoyable outdoor learning experiences in the park. Kids and their families are invited to check out these educational opportunities at Newhalem or Stehekin.

*Newhalem Rock Shelter Trail is a fully accessible interpretive trail to an archeological site that helps park visitors learn about how people lived in the North Cascades for thousands of years.

*The Mountain School Shelter will provide secure animal proof storage for food and supplies as well as a place to meet out of the rain for this spring and fall environmental education program. Meals will be prepared in this facility that meets public health codes. During the summer the shelter will be open to the public for picnicking and enjoying the Newhalem campground area. This facility, designed and built by park staff, will be available by fall 2000.

*Buckner Orchard at Stehekin has a new "Adopt a Tree" program to fund maintenance and preservation of the historic orchard. For more information about how you can help Washington's national parks, call (206) 770-0627, find the website at www.wnppf.org or look for the Fund's brochure in any of the park's visitor centers.

Winter Wonders



During winter months snows accumulate in the higher elevations of the Cascades opening up opportunities to view the wonders of the landscape from a different perspective. For those who are prepared to venture out during colder weather, activities include downhill skiing, cross country skiing, snowshoeing, and snowmobiling. As always visitors need to be prepared for changing weather conditions. Vehicle access across State Route 20 closes for the winter at milepost 134 on the west side of Washington Pass and at milepost 171 on the east side. The North Cascades Visitor Center at Newhalem is open Saturdays and Sundays throughout the winter.

Washington State Parks works in cooperation with the Forest Service to groom snowmobile trails and maintain Sno-Park areas. Seasonal fees paid for parking in Sno-Park areas are used to help sustain this program. For more information call the State Parks Grooming Hotline at 1-800-233-0321.

The Mt. Baker National Recreation Area located on the southeast slopes of Mt. Baker offers opportunities for winter activities including snowmobiling when snow levels are sufficient.

The Mt Baker Ski Area, located in Heather Meadows at the end of State Route 542, offers downhill runs, lessons, ski rentals, day lodges, and cross-country ski opportunities. Visitors may also engage in snow play activities like sledding and tubing. For ski conditions and information, call the Mt. Baker Ski Area information line at (360) 671-0211 or visit their web site: <http://www.mtbakerskiarea.com>

Avalanche Danger

Be prepared for potential avalanche conditions when heading out on snow covered slopes. Having the proper equipment and the knowledge is essential. Study the area you wish to visit. Plan trips with avalanche in mind, bring snow shovels, transceivers, and a buddy. Be sure to make it known where you are going and when you will be returning. With the right knowledge and skills your trip can be both wondrous and safe.

More World Wide Web Contacts:

Park and Forest websites are listed on Page 2

Tourism & Accommodations:

www.tourism.wa.gov

Camp Reservations:

<http://reserveusa.com>

Northwest Avalanche Center Hotline:

(206) 526-6677, or www.seawfo.noaa.gov/data/forecasts/00latest.SEASABSEA

Washington DOT Pass & Road conditions:

1-888-766-4636 or www.wsdot.wa.gov or www.atmos.washington.edu/data/pass_report.html

Travel & traffic info: www.smarttrek.org

Weather and climate change information:

www.wrh.noaa.gov/wrhq/javaLinks

www.noaanews.noaa.gov

www.epa.gov/globalwarming

Wildlife and Endangered Species:

www.wa.gov/wdfw/fishcom

(View eagle cam on-line)

U.S. Fish and Wildlife Service:

www.fws.gov



Learn with the North Cascades Institute

North Cascades Institute is a nonprofit educational organization dedicated to increasing awareness and stewardship of Pacific Northwest environments. Our mission is to conserve and restore Northwest environments by building an ecologically literate and engaged public. Serving all ages, we provide field-based environmental education programs about the natural history and culture of local landscapes

Since 1986, we have served more than 35,000 people through award-winning adult field seminars, youth and school programs, intern and volunteer training and workshops for teachers and professional educators. For a free catalog of our programs and services, please contact:

North Cascades Institute
2105 State Route 20
Sedro-Woolley, WA 98284
Call (360) 856-5700 ext. 209
Email: nci@ncascades.org
Web: www.ncascades.org

Seattle City Light Facilities Update

Visitors to Seattle City Light facilities will find Newhalem and Diablo are undergoing a facelift. While work will result in improved visitor parking, new trails and plantings, new interpretive signage, a new information center and public restrooms, construction will reduce parking this summer. You can still park in front of the General Store in Newhalem. Signs in both Newhalem and Diablo will direct you to parking.

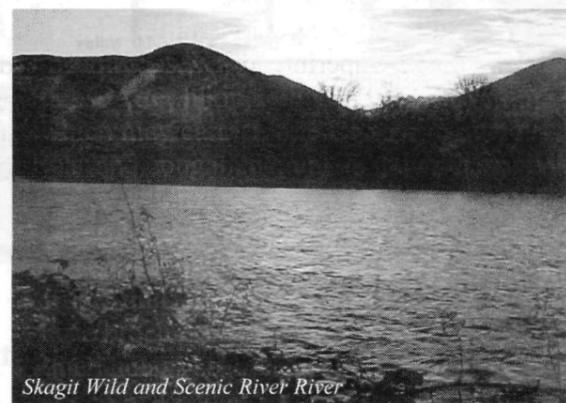


Northwest Interpretive Association: Introducing the North Cascades through Books and Maps

The Northwest Interpretive Association is a non-profit organization that works cooperatively with public agencies throughout the Northwest to promote historical, scientific and educational activities. Money received through local sales, memberships and donations is used to help study and interpret areas of both North Cascades National Park and the Mt. Baker Ranger District. The association helps make books and maps available to visitors. Sales items may be purchased on site at various offices and through mail order. A few of the items that may prove helpful when planning a trip are:

100 Hikes in the North Cascades	\$16.95	Describes a variety of hikes for all skill levels.
Trails Illustrated Map for the North Cascades National Park	\$9.95	Good overall hiking map for the Mt Baker Ranger District and the North Cascades National Park.
Popular Trails - North Cascades National Park	\$3.25	Highlights 30 of the most popular trails within the North Cascades National Park.
Mt. Baker District Guide	\$3.25	A general introduction to various aspects of the district with important facts and features
Heather Meadows - Mt. Baker Ranger District	\$3.95	An introduction and guide to the Heather Meadows Area of the Mt. Baker Ranger District
North Cascades National Park - The Story Behind the Scenery	\$7.95	A pictorial guide of the North Cascades National Park, highlighting facts and features.
North Cascades - Official National Park Handbook	\$7.95	A good reference to the many varied features of the North Cascades National Park

To order any of the above items or to receive a catalog with a more detailed listing of the multitude of available items covering flora, fauna, geology, history, etc., call (360) 856-5700 ext. 291 or 515.



Skagit Wild and Scenic River

North Cascades Challenger

2000-2001 Visitor Information Guide
Produced and published cooperatively by North Cascades National Park (USDI), and Mt. Baker Ranger District of Mt. Baker-Snoqualmie National Forest (USDA).
Funded by the Northwest Interpretive Association.

Editor, writing and design:

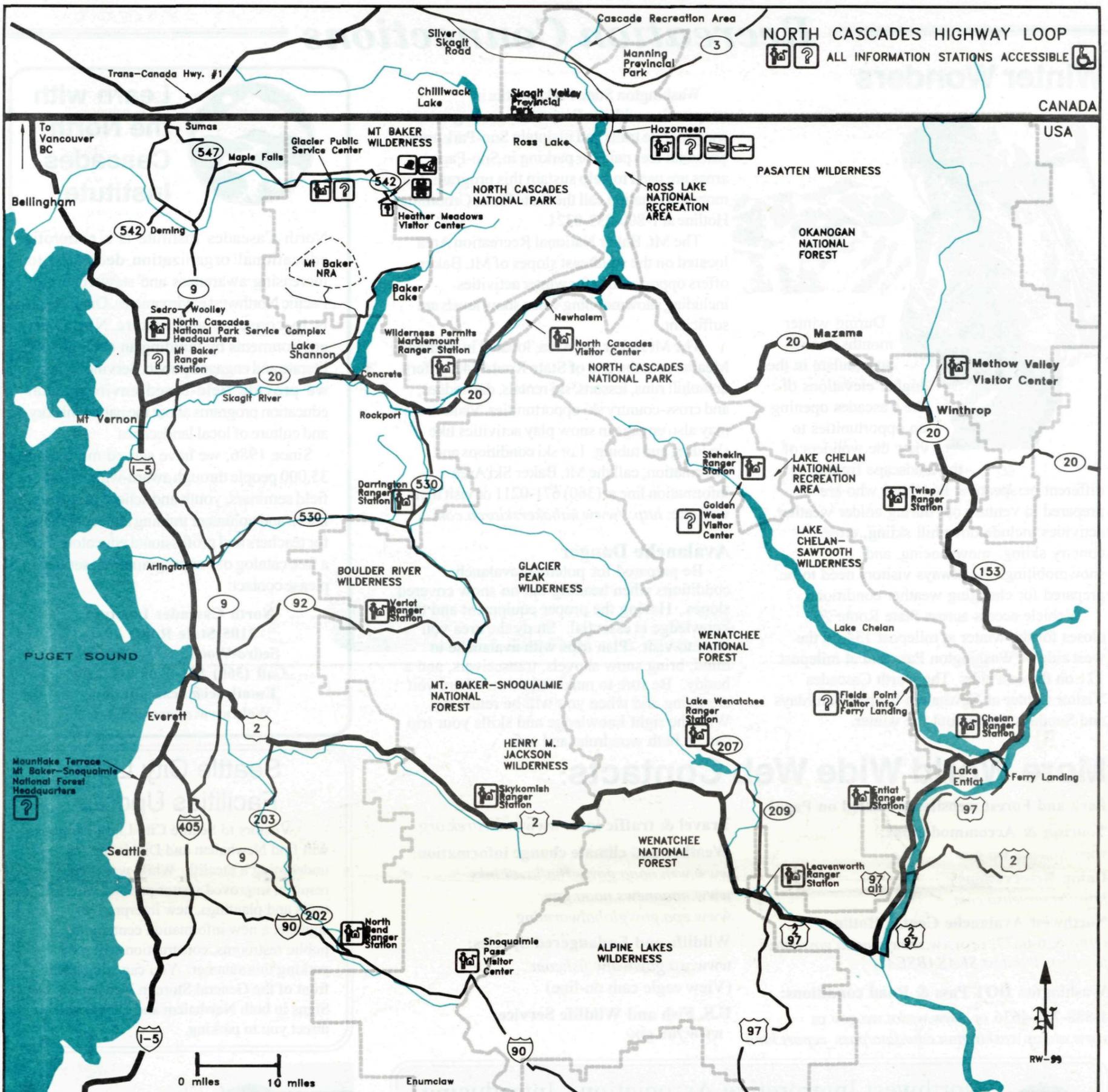
Cindy Björklund, NPS

Contributors:

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Jeff Muse Margaret Soulman
Tim Manns Patty Bean
Christina Copeland

Maps:

Cathie Mehler, USFS
Ruth Wooding & Anne Braaten, NPS



Park & Forest Information Stations — Summer Hours —

*The times listed are subject to change.
Please call in advance for more information.*



**North Cascades National Park;
Mt. Baker Ranger District;
Mt. Baker-Snoqualmie National Forest
SEDRO-WOOLLEY**

2105 State Route 20, 98284
Daily: 8:00am-4:30pm
(360) 856-5700
TDD (360) 856-5700 x-310

MARBLEMOUNT

Wilderness Information Center
Ross Lake National Recreation Area (NPS)
Backcountry Information/Permits
*Fri. - Sat., 7:00am-8:00pm
*Sun. - Thurs., 7:00am-6:00pm
(360) 873-4500 (ext. 39)

NEWHALEM

North Cascades Visitor Center (NPS)
*Daily, 8:30am-6:00pm
(206) 386-4495

STHEKIN

Lake Chelan National Recreation Area (NPS)
Golden West Visitor Center
Daily, 8:30am-5:00pm
(360) 856-5700 x-340 then 14

**Okanogan National Forest;
Methow Valley Ranger District**

WINTHROP Methow Valley Visitor Center
9:00am-5pm daily
(509) 996-4000

TWISP Office

Mon. - Fri., 7:45am - 4:30pm
Closed Saturday and Sunday
(509) 997-2131

Wenatchee National Forest

CHELAN Ranger District
Lake Chelan National Recreation Area
Daily, 7:45am-4:30pm
(509) 682-2576 (USFS)
(509) 682-2549 (NPS)

LEAVENWORTH Ranger District

Daily, 7:45am-4:30pm
(509) 548-6977

LAKE WENATCHEE Ranger District

Mon. - Sat., 8:00am-4:30pm; closed Sundays
except for holidays
(509) 763-3103

**Mt. Baker-Snoqualmie National Forest
MOUNTLAKE TERRACE**

Supervisor's office: (425) 775-9702
1-800-627-0062 or TDD 1-800-272-1215

GLACIER PUBLIC SERVICE CENTER

Mid-May to Mid-October,
8:00am-4:30pm (360) 599-2714

HEATHER MEADOWS Visitor Center

Daily in summer, 10:00am-4:00pm

DARRINGTON Ranger District

Daily, 8:00am-4:30pm (360) 436-1155

VERLOT (Darrington Ranger District)

Daily, 8:00am-4:30pm (360) 691-7791

SKYKOMISH Ranger District

Daily, 8:00am-4:30pm
(360) 677-2414

NORTH BEND Ranger District

Mon. - Fri., 8:00am-4:30pm (425) 888-1421

SNOQUALMIE PASS Visitor Center

Friday- Sunday, 8:30am-4:00pm
(425) 434-6111

WHITE RIVER Ranger District

Mon. - Sat., 8:00am-4:30pm
(360) 825-6585

**For help in planning trips, contact the Outdoor
Recreation Information Center located in the REI
flagship store in Seattle at (206) 470-4060**

* July & August