



North Cascades Challenger

Welcome!

Experience

the natural features
and cultural heritage
of the North Cascades.

We hope that you have a safe and rewarding visit. The North Cascades with its wilderness, glaciers, and watersheds are vital to the health of Pacific Northwest natural resources. The Forest Service and the Park Service are meeting challenges to both preserve and utilize these important resources. You are also a steward of public lands. By working together to support sustainable land management and minimize impact, we can preserve this spectacular setting and maintain a high quality of life for future generations.

Jon Vanderheyden
Mount Baker District Ranger
Mount Baker-Snoqualmie National Forest

William F. Paleck
Superintendent
North Cascades National Park

North Cascades
National Park Service Complex
www.nps.gov/noca

North Cascades National Park, Lake Chelan
National Recreation Area and Ross Lake
National Recreation Area total 684,000 acres.
93% of the complex is designated as the
Stephen Mather Wilderness.

Mt. Baker Ranger District
Mt. Baker-Snoqualmie National Forest
www.fs.fed.us/r6/mbs

The 530,000 acre 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
- Mt. Baker Scenic Byway and Heather Meadows

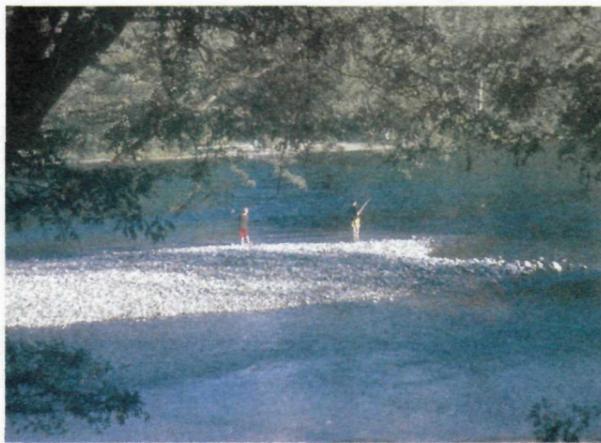


Mount Shuksan glows above Picture Lake



WATERSHEDS CONNECT US ALL

The life force of the Cascades, water plays a crucial role in this unique ecosystem. The National Park Service and Forest Service are working with each other and community partners to ensure the protection of these fragile lands.



Fishing on the Skagit

This edition of the North Cascades Challenger highlights watersheds and the ways they are inextricably linked to your life and visit to this exquisite region.

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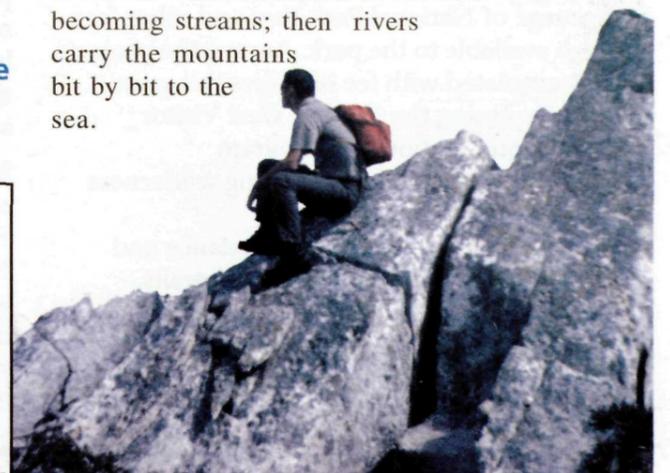
Watching the River Flow

Time passes as an instant in nature's grand cycle. Eternity is captured in a drop of water.

Celebrate thirty years of the Skagit River Bald Eagle Natural Area and twenty years of the North Cascades Institute, an important educational partner of the National Park Service and U.S. Forest Service.

The apparently timeless North Cascades mountain landscape is being continuously changed and reshaped by environmental factors. The most potent and abundant factor, water in its many forms, is at the heart of what makes the North Cascades a place of wonder.

Water falls on the mountaintops as rain and snow compacting into flowing glacial ice that will carve its legacy in every stone. Water melts and cascades down the mountainsides in rivulets becoming streams; then rivers carry the mountains bit by bit to the sea.



North Cascades National Park
Mount Baker Ranger District
810 State Route 20
Sedro-Woolley, WA 98284

Complex by Nature- North Cascades National Park Service Complex

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

People lobbied to make the ruggedly beautiful North Cascades a National Park even before the service's founding in 1916. Joining the National Park Service, with its mission to manage lands to "...leave them unimpaired for the enjoyment of future generations," would ensure that the mountains, glaciers and forests remained natural and undeveloped. This was realized in 1968 when Congress established the North Cascades National Park Service Complex.

As part of the National Park System with its 388 areas, the North Cascades is managed for the preservation of its abundant natural and historical resources with an allowance for appropriate recreational use and public education. This park is an unusual case because by 1968 three dams had already been built on the Skagit River within what became the complex, and there were 3 towns within its borders.

Therefore, Congress established the park as 3 areas of the National Park System: North Cascades National Park itself, almost entirely part of the Stephen Mather Wilderness, and two national recreation areas: Ross Lake, including the 3 reservoirs behind the Skagit River dams, and Lake Chelan, with the northern 4 miles of the lake and the Stehekin River watershed including the community of Stehekin. Historic structures such as the Golden West Visitor Center and features like Buckner Orchard add complexity to sensitive management of this area.

The National Recreation Areas allow for some uses not typically found in National Parks such as hunting and some other uses of renewable resources. A major portion of each of the recreation areas is also part of the Stephen Mather Wilderness, which Congress designated in 1988.

Today, the management goals of the complex are as diverse as its landscapes. From research to educational outreach, trail maintenance to monitoring impacts on wilderness, the National Park Service is striving to meet changing public interests while working within the National Park Service's conservation and education mission.

Improved Facilities and Conservation Work Funded by Fee Dollars

There are no entrance fees at North Cascades National Park, but fees are collected for camping and using the docks on Lake Chelan. A percentage of National Park Pass and other fees are also available to the park. Among the projects being completed with fee revenues this year:

- Replacing the Golden West Visitor Center audiovisual program
- Surveying and revegetating wilderness camps
- Public Land Corps maintenance and rehabilitation of several park trails, including Cascade Pass
- Repair of Lake Chelan docks.



Favorite stop along State Route 20: Diablo Lake Overlook improvements continue through 2006 and 2007.



Lupine-Mt. Meadow/ Kurt Parker USFS



Northwest Forest Pass

Funds collected through the sales of the NW Forest Pass have provided a steady source of revenue over the last several years. This funding allows the National Forest to complete project work on trails and maintain facilities at popular developed recreation sites. A detailed account of the Northwest Forest Pass program is available at www.fs.fed.us/r6/mbs.

Forest Service Views

"the greatest good for the greatest number over the longest time"

Gifford Pinchot First Chief of the Forest Service

For over a century the Forest Service has been on the front line of conservation and natural resource management. Today, the agency mission "Caring For The Land and Serving People" is an exciting mix of collaboration between the Forest Service and its many partners; other Federal and State agencies, local communities, private and tribal landowners, university research centers and international organizations.

While visiting this area and the neighboring North Cascades National Park Service Complex you can become part of this group effort by using the resources and recreating in a responsible way. You are also invited to express your views to Forest Service managers to help them balance the uses of the National Forest in the best interests of the forest and the public.

Congress established the Forest Service in 1905 to sustain quality water and timber for the Nation's benefit. Over the years, resources managed by the Forest Service expanded to include wilderness, forage, wildlife, minerals, recreation, and many other uses. The agency strives to maintain these assets under the best combination possible in order to benefit the American people while ensuring the productivity of the land and protection of the quality of the environment.

Here in the Pacific Northwest these magnificent public lands present opportunities for you to explore many scenic and historical points of interest. Mountain tops rise from sea level to over 10,000 feet, with forested slopes and rich watersheds spreading out below. While visiting these public lands you can experience for yourselves the intrinsic values that continue to warrant making conservation of natural resources a national priority.

Take some time to enjoy these special places and use this newspaper and other visitor information resources to help guide your activities in a safe and rewarding way.

Visiting the Mt. Baker Ranger District

Lying east of the I-5 corridor, Forest lands are easily accessed by several major State Highways. Starting up north you can take a drive on the Mt. Baker Scenic Byway (SR542). This route starts at the town of Glacier, winds along the North Fork Nooksack River, and climbs to an elevation of 5,140 feet at its destination, Artist Point, legendary for spectacular views of Mt. Baker and Mt. Shuksan.

You can also follow State Route 20 east into the heart of the Cascade Range. A side trip up the Baker Lake Road, 18 miles east of Sedro-Woolley, leads into the Baker Lake Basin hosting campgrounds, water based summer recreation and a bountiful trail system on the southeast side of Mt. Baker in the Mt. Baker National Recreation Area.

State Route 20 eventually travels into neighboring North Cascades National Park and over Washington Pass to the east side of the mountains.

The 125 mile Skagit Wild and Scenic River system, made up of segments of the Skagit, Cascade, Sauk, and Suiattle Rivers, provides important wildlife habitat and recreation. The Skagit is home to one of the largest winter populations of bald eagles in the U.S and produces nearly one third of all salmon in Puget Sound.

In 1984, over 121,000 acres of forest were added to the National Wilderness Preservation System as the Mt. Baker and Noisy-Diobsud Wilderness Areas. These wild places have few, if any, man-made developments and are established for your enjoyment and preservation of the landscape for generations to come.



Mt. Baker

Make it Happen- Volunteer!

Volunteering is a way of giving something back to the land that has nurtured and inspired you. It is also a way to gain a deeper understanding of the many issues related to management of our public lands. Increasing visitation, maintenance and staffing needs at visitor centers, recreation sites and trails often exceed agencies' resources. Combined efforts from people with all levels of skill and talent can help make a difference.



Get Involved! Become a Mountain Steward or Eagle Watcher

If you enjoy being out of doors on the trails around Mt. Baker or at sites along the Skagit River watching eagles, this may be the volunteer opportunity for you. Mt. Baker Ranger District and North Cascades Institute coordinate the Mountain Steward and Eagle Watcher programs. Both provide training and resource materials to volunteers who help educate visitors about natural resource management issues, low impact recreation skills and natural history in the Mt. Baker watershed.

During the summer hiking season Mountain Stewards attend two training sessions and sign up to make public contact along some of the busy trail systems surrounding Mt. Baker. Winter months, the Eagle Watcher stewards receive training and then schedule time to meet the public on weekends at various eagle watching locations along the Skagit River. Applications for the 2006-7 programs are available through North Cascades Institute or the Mt. Baker Ranger District. Call (360) 856-5700 ext. 209 or 515

Be a V.I.P.

North Cascades National Park has a strong Volunteers-in-Park (VIP) program. With more than 500 volunteers, the park annually has more than 30,000 hours donated to assist in its mission to preserve our natural heritage. Volunteers help in many different aspects of park operations including working with rangers at the visitor center, as campground hosts and doing trail maintenance.

The Artist-in-Residence (AIR) program offers a unique opportunity to live and work in the North Cascades. Artists aid the park's mission through creative work and educational programs. Each artist presents workshops, programs or exhibits during a month long residency. The challenge to the artist is to see the park with fresh vision and to convey this vision to the public.

Applications are available by contacting Charles Beall at: Charles_Beall@nps.gov, or calling: (206) 386-4495, ext. 12.

North Cascades also welcomes as many as 30 Student Conservation Association (SCA) interns each summer. This program provides students a chance to try careers in conservation, but anyone may apply. www.sca-inc.org

EarthCorps

Seattle area youth come to the park for one to three days to learn about wilderness, park resources, career opportunities and environmental restoration. Funded by a NPS-Public Land Corps Grant, this program is in its fifth year. The kids assist the plant propagation staff by collecting seeds and planting as well as monitoring human impacts in campgrounds.

Forest Recreation & Trails

The Mt. Baker-Snoqualmie National Forest partners with groups such as the Washington Trails Association (WTA), Pacific Northwest Trail Association (PNTA), Volunteers for Outdoor Washington (VOW) and Backcountry Horsemen(BCH), all of which help organize volunteer work parties on trails and other sites on the forest. Volunteer hours may be good toward a NW Forest Pass.

VOW:
(206)517-3019
www.trailvolunteers.org

PNTA:
(877) 854-9415
www.pnta.org

WTA:
(206) 625-1367
www.wta.org

BCH:
www.bchw.org

Restore the Land!

Restoration Stewards Needed

North Cascades Institute is looking for dedicated volunteers to help restore disturbed areas—making them more suitable habitat for plants and animals. The Institute, in partnership with North Cascades National Park Service Complex, continues the process of native plant restoration at and near the Environmental Learning Center.

This unique opportunity enables people to have a meaningful experience volunteering their time in a beautiful setting doing necessary work to restore their public lands. Volunteers will help with a variety of tasks to transplant over 12,000 plants, remove exotics, and collect seeds and cuttings, while studying and monitoring the results. Volunteers should be prepared to work in inclement weather over diverse terrain. For more information about sign-up, training, schedules, and accommodations please contact Erin Schneider, Stewardship Coordinator, at 206-526-2565 or e-mail, erin_schneider@ncascades.org. We look forward to seeing you in the field!

Thanks Partners!

Both the National Forest and Park Service work in a collaborative fashion with a variety of groups and private individuals devoted to the care of our natural resources. By working together and combining efforts these networks create a community of shared concerns.

Northwest Interpretive Association



The Northwest Interpretive Association is a nonprofit 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 both North Cascades National Park and the Mt. Baker Ranger District. The association publishes this newspaper and other guides. Sales items may be purchased at various offices, on-line and through mail order. Visit: www.nwpubliclands.org, or call (360) 856-5700 ext 515 or 291.

Washington's National Park Fund



Every year millions of people visit Washington State's spectacular national parks: Mount Rainier, North Cascades and Olympic. Since 1993, Washington's National Park Fund has connected people to parks and inspired contributions of time, talent and money. The fund helps ensure that visitors have high quality, memorable experiences by sponsoring educational, trail and wildlife projects. By securing funding from individuals, corporations, foundations and businesses, the fund supports park restoration, enhancement and preservation. For information about how you can help Washington's national parks call (206) 770-0627 or visit: www.wnfp.org

National Forest Foundation

Would you like to help maintain your public lands for future generations? Partners are encouraged to work with the Forest Service through the National Forest Foundation, a private, nonprofit organization dedicated to building relationships that result in improvements in our national forests and the communities and landscapes that surround them. To find out more contact the foundation at www.natlforg.org (click on "conservation partnerships").



North Cascades Institute

Connecting People, Nature & Community through Education

www.ncascades.org

North Cascades Institute celebrates its 20th anniversary this year as the Northwest's leader in field-based environmental education. Through education it strives to conserve, restore and facilitate hands-on discovery and stewardship of the North Cascades.

The new North Cascades Environmental Learning Center is operated in partnership with the National Park Service and Seattle City Light and is located on Diablo Lake in Ross Lake National Recreation Area. The Park Service and the Institute are working on planting more than 22,000 native plants grown from seeds or plant cuttings collected on site before construction.

NCI offers a variety of hands-on programs, including Mountain School, a residential program for elementary, junior and high-school students from various school districts in western Washington. Other programs include summer youth adventures, family getaways, adult seminars and retreats, graduate studies and volunteer stewardship opportunities.

For more information about classes and programs check out www.ncascades.org

North Cascades Institute
810 State Route 20
Sedro-Woolley, WA 98284-1239
Phone: (360) 856-5700 ext. 209
Fax: 360-856-1934
E-mail: nci@ncascades.org

Plan & Prepare

Getting Here

State Route 20 runs east from Burlington past Baker Lake and into the heart of North Cascades National Park and Ross Lake National Recreation Area. While a portion of the road is closed during winter, by April you can drive the entire Cascade Loop to Highway 2 as shown on the back page. Lake Chelan National Recreation Area can be accessed via Chelan off of State Route 2. The Mount Baker Scenic Byway, SR 542, leads to Heather Meadows on the Mount Baker Ranger District.

Questions?

See the back page for locations and phone numbers of Park & Forest Information Stations.

Camping

CAR CAMPING: Both the National Park and the National Forest offer developed drive-in camping sites. Typical facilities include toilets, water, fire pits and garbage disposal. Developed sites charge a fee and some may be reserved. Check the chart on page 9 for camp locations and amenities.

NATIONAL PARK BACKCOUNTRY: There are more than 200 backcountry camping sites, from boat-in sites to high alpine backpacking sites. Camping is allowed only at established sites. Camps include toilets, tent pads and in some cases, tables and fire pits. All backcountry sites require a free permit available at ranger stations. Permits are required and are issued in person only on a first come, first served basis.

For permit information, contact:
Wilderness Information Center
7280 Ranger Station Road
Marblemount, WA 98267
Phone: (360) 873-4500 ext. 39

NATIONAL FOREST: Dispersed camping in the national forest does not require a permit, but a Northwest Forest Pass may be required for certain trailheads. Campers in the Mt. Baker NRA and some areas of the Wilderness must camp at designated spots. *Campfires are not allowed in many backcountry areas in subalpine settings and seasonal fire restrictions may apply.*

Dogs

Dogs are not permitted on trails or in cross-country areas within the national park. Leashed dogs are allowed in Ross Lake and Lake Chelan National Recreation Areas, along the Pacific Crest Trail and along roads in the national park.

Leashed dogs are allowed in the National Forest in developed recreation areas, except on Table Mountain Trail 681 in Heather Meadows Area.

Accessibility

The National Park & Forest offer barrier-free trails, campsites, viewpoints, restrooms and visitor information centers designed 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 surfaced for wheelchairs and strollers, as well as for individuals who have difficulty walking.

For more information: www.nps.gov/noca/accessibilityguide/accessguide.htm

Hike & Climb

Hundreds of miles of trails lead into the North Cascades. Storm damage may have impacts on your trip; check trail conditions before you leave. Most long hikes and climbs enter designated Wilderness where special restrictions may apply. Climbers should choose experienced partners or licensed guides and fill out Voluntary Climbing Registers at the station nearest your climb.

Ask for a *Wilderness Trip Planner* and *Climbing Notes* or a list of outfitter guides. Check out the Park and Forest websites for current recreation reports and climbing information.

Bike

Many people tour the North Cascades by bicycle. Bike use is not permitted on most west side forest or national park trails. However, riding is allowed on roads and on designated trails. Canyon Ridge Trail (off Canyon Creek road, FS Road 31) and forest roads offer challenging mountain biking. Always travel single file on the right side of the road, use reflectors and wear bright clothing. Be well supplied with drinking water, food and warm, waterproof clothing as environmental conditions can change rapidly. Ask for the bulletin: *Cycling the North Cascades Highway*.

Water Sports

River floating is an excellent adventure worth planning. Experienced boaters run the Skagit, Nooksack and Stehekin Rivers. Ask for a list of local outfitters or a Skagit River Guide and Map at any ranger station. Kayaking, canoeing and motor boating are other options.

No personal watercraft (jet skis, etc.) are allowed in the North Cascades National Park Service Complex. Boat and paddling rentals are available at Baker Lake, Ross Lake and Lake Chelan. Ramps are located at Baker Lake, Gorge Lake, Diablo Lake, Lake Chelan and the north end of Ross Lake at Hozomeen.

Fishing

Fishing in Washington, including in National Parks and Forests, requires a valid Washington State fishing license. The Skagit River, one of Washington's major watersheds, is home to seven species of anadromous fish (five salmon, steelhead, and cutthroat trout) and freshwater trout and char. Diablo and Gorge Lakes have been stocked with rainbow and cutthroat trout, but Ross Lake which has been left natural, offers quality sport fishing, opening July 1st annually.

Lake Chelan has fresh water cod, trout and kokanee (land-locked) salmon and other species. The Stehekin River offers rainbow and cutthroat trout.

Comply with special regulations listed in the *Washington Department of Fish and Wildlife Sport Fishing Regulations*, available wherever licenses are sold, and on-line at: www.wdfw.wa.gov.

Stock

Stock are welcome on trails maintained to stock standards. Trail rules and seasons of use vary and special rules apply in wilderness areas. Check with a ranger station to assist with trip planning.

- Stock parties are limited to 12 including animals on trails, 6 in national park areas off-trail.
- Grazing is permitted in the national forest without a permit.
- Grazing with a permit is allowed in the Ross Lake and Lake Chelan National Recreation Areas. This can be obtained with your backcountry permit.
- Grazing is prohibited in wilderness areas; pack in processed food pellets.

Recreation Passes

The Northwest Forest Pass is valid throughout all National Forests in Oregon and Washington. Passes can be obtained at ranger stations, by calling: (800) 270-7504 or on-line at:

www.naturenw.org

Day Pass \$5
Annual Pass \$30

Federal Golden Passports are also honored at NW Forest and park sites.

Golden Eagle \$65
(federal annual pass)

Golden Age \$10
(life-time pass for US citizens 62+)

Golden Access Free
(Qualified Disabled US Citizen)

Where to Stay

There are many lodging options in and near the National Park and Forest. Local Chamber of Commerce offices are happy to assist you.

West Side:

Bellingham/Whatcom County (800) 487-2032
www.bellingham.org

Burlington (360) 757-0994
www.burlington-chamber.com

Concrete (360) 853-7042
www.concrete-wa.com

Marblemount (360) 873-2106
www.marblemount.com

Mt. Vernon (360) 428-8547
www.mountvernonchamber.com

Sedro-Woolley (360) 855-1841
www.sedro-woolley.com

East Side:

Chelan (800) 4-CHELAN
www.lakechelan.com

Leavenworth (509) 548-5807
www.leavenworth.org

Twisp (509) 997-2926
www.twispinfo.com

Wenatchee Valley (800) 57-APPLE
www.wenatcheevalley.org

Winthrop (888) 4-METHOW
www.winthropwashingt.com

Remote accommodations in the North Cascades include: Ross Lake Resort (206)386-4437 www.rosslakeresort.com and Baker Lake Resort (360)711-3033. North Cascades Stehekin Lodge www.stehekin.com and other lodging is available in Stehekin. See the *Focus on Stehekin*.

Travel Safely, Step Lightly

MANY COME TO THE NORTH CASCADES TO ENJOY ITS RUGGED BEAUTY AND REMOTE WILDNESS.

Recreating in natural areas, however, has inherent dangers and responsibilities. Conditions in mountainous areas can change very rapidly, even during a day trip. These travel tips can help you have a safe and responsible journey so that you, and future travelers, can enjoy the landscape to its fullest.



Safety Tips

- Use caution on access roads: watch for obstructions such as rocks, sudden bends, and parked vehicles/pedestrians.
- Safeguard your possessions by keeping them out of sight. Lock your vehicle.
- Carry the ten essentials listed below.
- Stay on trails. Wear adequate footwear and use a topographic map/compass.
- After hiking, check yourself for ticks which may carry lyme disease.
- Horses can startle easily. When stock approach, make your presence known and stand on the lower side of the trail.
- Report down trees or washouts to the nearest ranger station.
- Do not depend on cell phones as there are many 'dead spots.'
- Always tell a friend your travel plans including destination and expected return time.

The 10 Essentials

- ◆ **FOOD AND WATER:** CARRY HIGH-ENERGY SNACKS AND PLENTY OF WATER. TREATMENT PILLS CAN BE USED, BUT ONLY BOILING KILLS GIARDIA.
- ◆ **CLOTHING:** WEATHER CAN CHANGE DRAMATICALLY IN THE MOUNTAINS. CARRY RAIN GEAR AND WARM CLOTHING INCLUDING WOOL SOCKS, GLOVES AND HAT.
- ◆ **NAVIGATION:** CARRY AND KNOW HOW TO USE A TOPOGRAPHIC MAP AND COMPASS.
- ◆ **LIGHT:** FLASHLIGHT WITH SPARE BATTERIES AND BULB
- ◆ **FIRE:** WATERPROOF MATCHES AND FIRE STARTER SUCH AS A CANDLE.
- ◆ **SUN PROTECTION:** SUNGLASSES AND SUNSCREEN.
- ◆ **FIRST AID:** MAKE SURE TO INCLUDE ANY SPECIAL MEDICATIONS.
- ◆ **KNIFE:** FOLDING POCKET KNIFE.
- ◆ **SIGNAL:** CARRY BOTH AN AUDIBLE AND VISUAL SIGNAL, SUCH AS A WHISTLE AND A METAL MIRROR.
- ◆ **EMERGENCY SHELTER:** PLASTIC TUBE SHELTER OR WATERPROOF BIVOUAC SACK OR EMERGENCY BLANKET.



Traveling with Children

Make the most out of your adventure by taking special safety precautions:

- ◆ Children should remain with adults. Establish rules for keeping together. If separated, the child should hug a tree near an open area and stay put.
- ◆ Pick trails and adjust goals to children's ages and abilities.
- ◆ Bring along the ten essentials. Have children help develop an emergency kit and make sure they are familiar with how to use each item.
- ◆ Help children develop responsible outdoor practices.

ACTIVITY IDEAS FOR CHILDREN:

Have children bring along a friend. Explore with ears and eyes. Play observation games-- watch for birds and identify plants, bugs or animal tracks. Listen for sounds of wildlife. Draw a picture or write a poem to remember the trip.

Spend time with a ranger or volunteer naturalist; they can give tips on using Family Fun Packs and Junior Ranger programs. Both are available at the North Cascades National Park Visitor Center near Newhalem and Golden West Visitor Center in Stehekin. Activity guides are also available in Spanish.

Leave No Trace

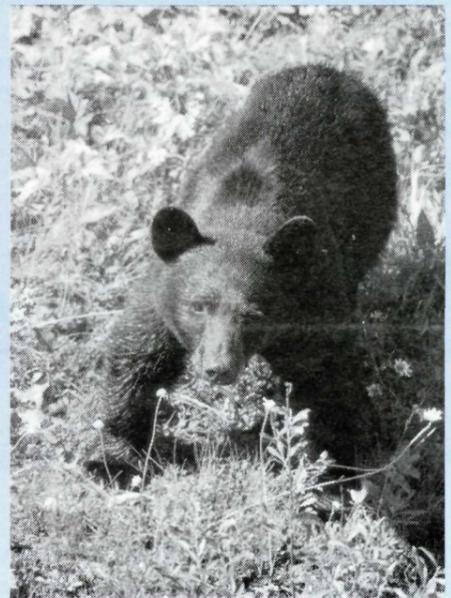
- **PLAN AHEAD AND PREPARE-** Know the regulations and special concerns for the region you are visiting. Prepare for emergencies and hazards.
- **TRAVEL AND CAMP ON DURABLE SURFACES-** Stay on the trail and camp in designated spots. Avoid fragile areas along waterways or in alpine meadows.
- **MINIMIZE CAMPFIRE IMPACTS -** Use established fire rings or pits; keep fires small. Put out fires completely and scatter ashes. Use a stove if possible.
- **RESPECT WILDLIFE-** Observe wildlife from a distance. Never feed animals.
- **BE CONSIDERATE OF OTHER VISITORS-** Be courteous; yield to other users. Strive not to disturb the natural ambiance.
- **DISPOSE OF WASTE PROPERLY-** Pack it in; pack it out. Use toilets where available; otherwise, dig a cathole 6-8" deep away from trails and water.
- **LEAVE WHAT YOU FIND-** Observe, but do not take. Leave all natural and historical objects as you find them.

Coexisting with Wildlife

The North Cascades is home to many species of wildlife, some of which are frequently encountered and others that remain elusive. For the well-being of both humans and wild animals, from a common chipmunk to a grizzly bear, it is important to keep wildlife wild.

Animals can be attracted to food and other scents. Human food is both unhealthy for animals and can lead to potentially dangerous encounters with bears.

- Try to have your sleeping area about 100 yards (90 m) up wind from your cooking area. Keep sleeping gear free of food odors and cosmetic scents.
- Store food, garbage and toiletry items in either bear-resistant canisters (available on loan from National Park Service offices) or strung up 15 feet (5 m) off the ground and at least 5 feet (1.5 m) from tree trunks.
- Pack out all food waste.
- Never feed wildlife.



Wildlife Encounters

Appreciate wildlife from a distance; do not approach any animal as you can disrupt behavioral patterns. Most animals are afraid or cautious of people. While dangerous encounters with bears or cougars are rare, it is important to know how to respond in such a situation. Some general guidelines are:

- Travel in small groups.
- Give wildlife plenty of space.
- If you encounter a bear or cougar, do NOT run. Slowly back away.

Different species behave differently; educate yourself on how to respond in case of an attack. Ask for cougar and bear site bulletins.

Help Protect Spawning Salmon

- Know the fishing rules printed in *Fishing in Washington*, available wherever licenses are sold.
- Be an observant river visitor and don't disturb salmon swimming up river--they use their last strength to spawn. Do not disturb gravel beds where eggs could be incubating.
- Report illegal fishing to the Enforcement Hotline at: (800) 477-6224 (M-F 8am- 5pm)

Wild & Scenic Skagit River



Beginning high in the North Cascades Mountain Range, the Skagit Wild & Scenic River System winds down steep slopes,

through forested hillsides and wide, open valleys to Puget Sound. The essence of the river system reveals itself in abundant wildlife, fisheries, outstanding scenery and recreational qualities.

Bald eagles are seen in the Upper Skagit, primarily from late December through early February. Distinctive runs of Chinook, pink, coho and sockeye salmon share the rivers with winter chum, the favorite food of the bald eagle. Wild steelhead and other seagoing trout also live in the rivers along with resident trout.

Sport fishing has its challenges as well as its rewards. Whether you choose to fish from the shore or your boat, the rivers offer the opportunity to catch fish in a wild, natural setting. A Washington State Fishing license is required. Please follow all regulations and support conservation efforts.

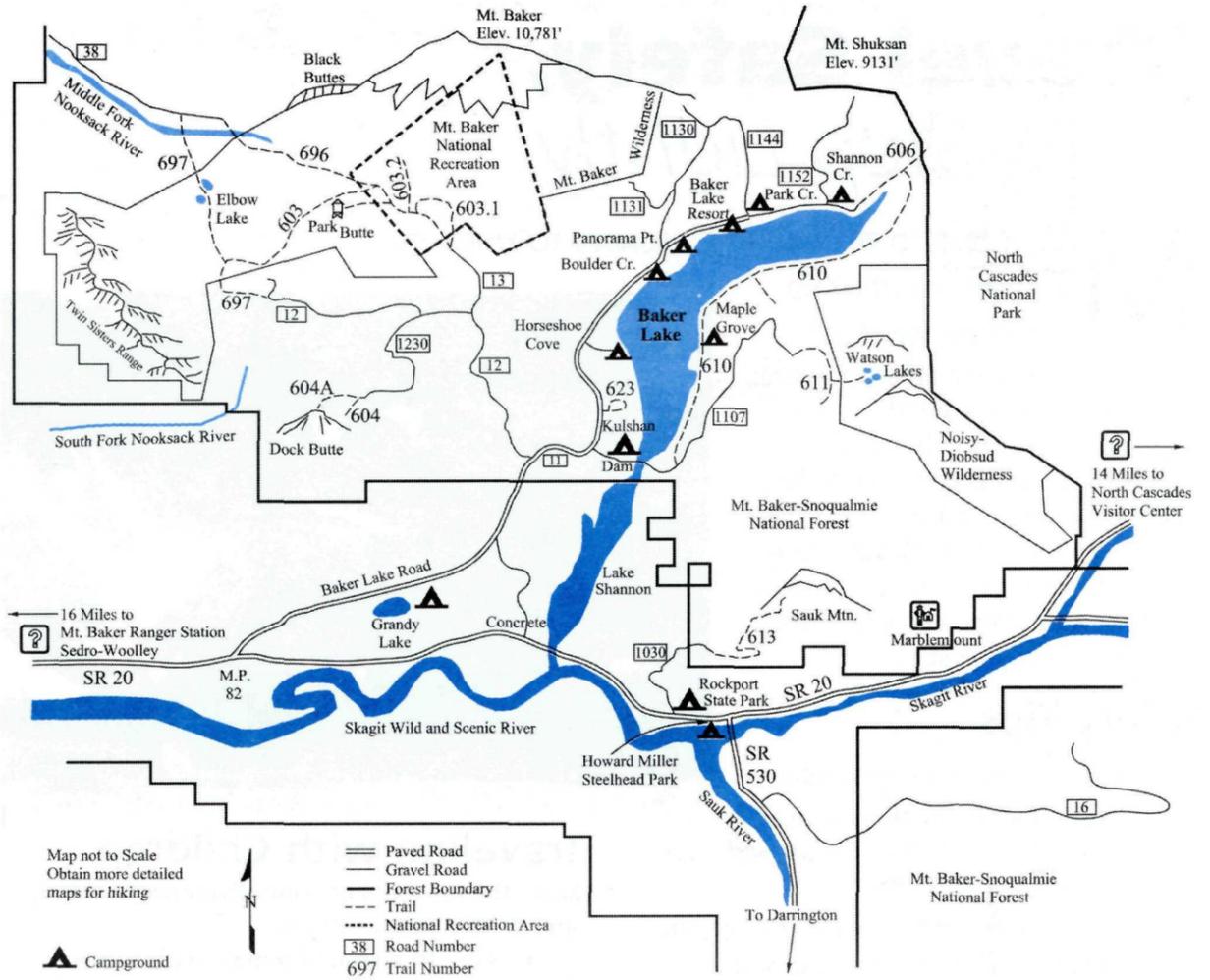
Check with a ranger station for a Skagit River Brochure, Boating Map and Guide and a list of outfitters who offer raft trips on the rivers.

Baker Lake

Nine-mile (14 km) long Baker Lake offers opportunities for camping, boating, fishing, picnicking, hiking and pack & saddle trips. Washington State regulations govern boating and fishing at Baker Lake.

Developed campgrounds and a summer resort are located along the western side of the lake. The Baker Lake Trail extends along the eastern shoreline, crossing the Baker River at the north end.

For camping information see pages 8-9; for Baker Lake Resort information call: (888) 711-3033.



Popular Trails- Baker Lake Basin

MT. BAKER RECREATION AREA TRAILS

Trail #	Name	Access	Distance one-way miles (km)	Remarks
603	Park Butte	Road 13	3.5 (4.6 km)	Enters wilderness, no fires, camp at designated sites, stock 8/1 to 11/1
603.1	Scott Paul	Road 13	6.5 (10.5 km)	No camping, hikers only
603.2	Railroad Grade	Trail 603	1.0 (1.6 km)	Camp at designated sites, no fires, hikers only
603.3	Bell Pass	Road 12	5.0 (8.0 km)	Wilderness, stock 8/1 to 11/1
696	Ridley Creek	Road 38	3.5 (5.6 km)	Not maintained
697	Elbow Lake	Road 12 Road 38	3.0 (4.8 km) 3.5 (5.6 km)	Wilderness, stock 8/1 to 11/1

BAKER LAKE AREA TRAILS

604.1	Dock Butte	Road 1230	1.5 (2.4 km)	Leads to scenic vista
604	Blue Lake	Road 1230	0.5 (0.8 km)	Short forest hike to lake
606	Baker River	Road 11	3.0 (4.8 km)	Enters National Park
610	Baker Lake	Road 1107	14.0 (22.5 km)	Stock
611	Watson Lakes	Rd 1107-022	2.5 (4.0 km)	Wilderness, no fires, camp at designated sites
611	Anderson Lakes	Rd 1107-022	2.5 (4.0 km)	Non-wilderness
623	Shadow of the Sentinels	Baker Lk. Hwy	0.5 (0.8 km)	Accessible; Interpretive

STATE ROUTE 20

613	Sauk Mountain	Road 1036	2.1 (3.4 km)
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A Northwest Forest Pass is required at posted recreation sites and trailheads. Always check trail and road conditions at the Forest Service website or by calling a ranger station.

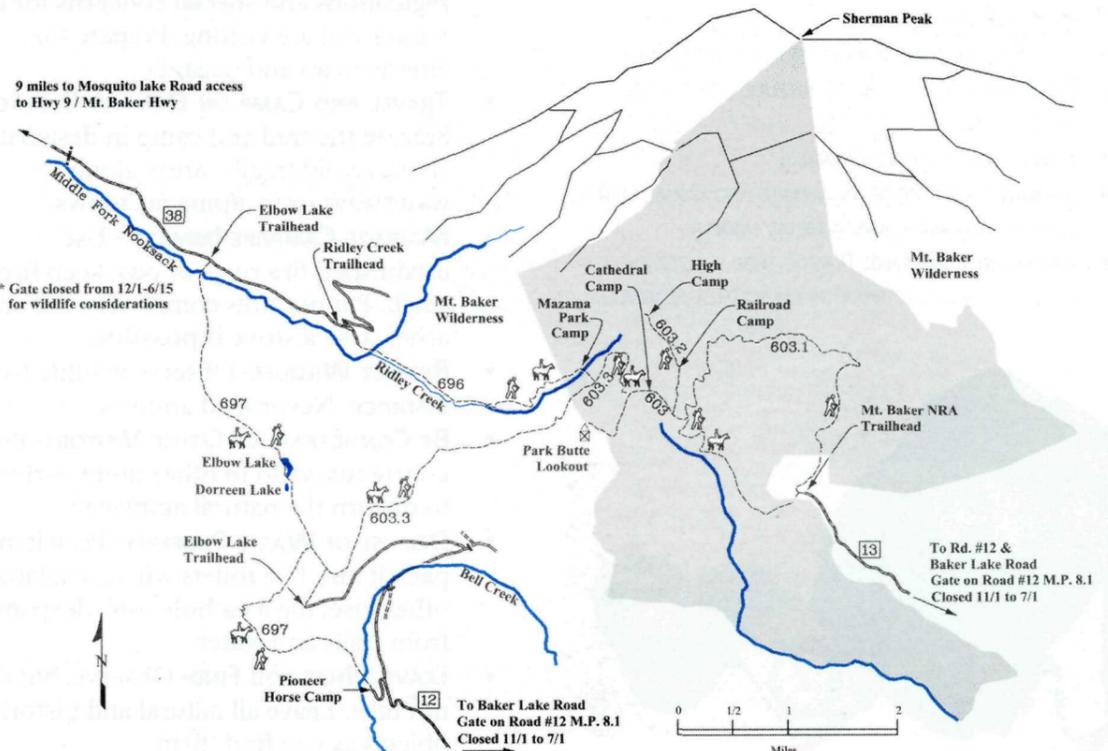
Mt. Baker National Recreation Area

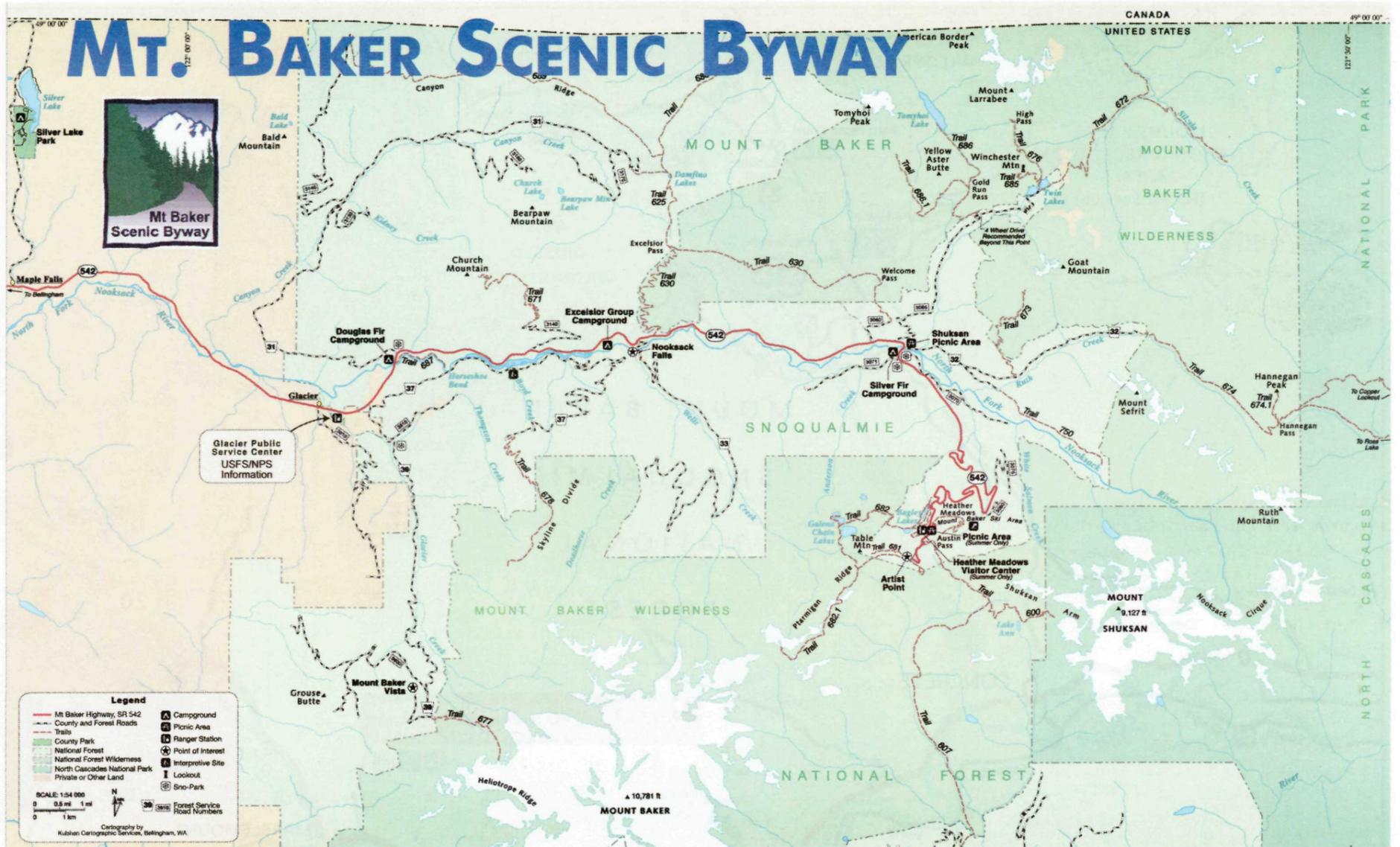
8600 ACRES; ESTABLISHED IN 1984

The Mt. Baker National Recreation Area was established outside wilderness legislation to allow for snowmobile use when snow levels are sufficient. This impressive landscape is accessible by trails leading from the end of Forest Road 13 or through the Mt. Baker Wilderness from the South Fork Nooksack river drainage.

Hikers can explore the trails, and stock is welcome August 1 to November 1. Winter recreations includes skiing, snowmobiling and snowshoeing.

To help prevent resource damage and protect subalpine vegetation, backcountry campers must stay at designated sites, and no campfires are allowed in this area. One-night-only campsites are established for hikers and stock parties at the trailhead at the end of Forest Road 13. Please ask for a detailed handout on campsites and area regulations at a ranger station.





The scenic Mt. Baker Highway winds along the North Fork of the Nooksack River, ending at Artist Point at 5,100 feet (1545 m), in Heather Meadows. The last 24 miles (39 km) is designated as a National Forest Scenic Byway. At the road's end, trail systems lead into the Mt. Baker Wilderness. During winter months motor traffic ends at the Mt. Baker Ski Area 4 miles (6 km) below Artist Point.

Points of Interest

GLACIER PUBLIC SERVICE CENTER, located at MP 34, is listed on the National Register of Historic Places. The service center is jointly operated by the Forest Service and National Park Service during the summer season.

MT. BAKER VISTA, Forest Road 39: A dramatic viewpoint at the end of Glacier Creek Road.

HORSESHOE BEND TRAIL, MP 36: This one-and-a-half mile (2.4 km), hiker-only trail wanders along a forested ledge above the North Fork of the Nooksack River.

BOYD CREEK INTERPRETIVE TRAIL, Forest Road 37: The short, self-guided nature trail focuses on healthy fish habitat, along a salmonberry riparian area.

NOOKSACK FALLS, MP 40: A dramatic waterfall plummets more than 100 feet over rocky outcrops. A fence-lined pathway leads to a viewpoint.

National Forest Camping

Developed campgrounds located along the Mt. Baker Scenic Byway offer a rustic experience in natural settings along the North Fork Nooksack River: Douglas Fir, Silver Fir and Excelsior Group Camps. Some sites may be reserved in advance by contacting: www.reserveusa.com or calling (877) 444-6777.

Popular Trails- Mt. Baker Scenic Highway

GLACIER AREA TRAILS

Trail #	Name	Access	Distance one-way miles (km)	Use groups & regulations
625	Damfino Lakes	Road 31	3.0 (4.8 km)	No fires
630	High Divide	Highway 542	13.0 (20.9 km)	Wilderness, no fires, stock 8/1-11/1
671	Church Mountain	Road 3040	4.2 (6.8 km)	Steep hike up forested slopes
677	Heliotrope Ridge	Road 39	3.0 (4.8 km)	Wilderness, no fires
678	Skyline Divide	Road 37	3.5 (5.6 km)	Wilderness, no fires, stock 9/1-11/1
687	Horseshoe Bend	Highway 542	1.5 (2.4 km)	Follows Nooksack River
673	Goat Mountain	Road 32	4.0 (6.4 km)	Wilderness, stock 8/1-11/1
674	Hannegan Pass	Road 32	5.0 (8.0 km)	Wilderness, no fires, enters National Park, stock 7/1-11/1
685	Winchester Mtn.	Road 3065	2.0 (3.2 km)	Wilderness, no fires
686	Tomyhoi/Yellow Aster	Road 3065	3.6 (5.8 km)	Wilderness, no fires

HEATHER MEADOWS AREA TRAILS

600	Lake Ann	Highway 542	4.7 (7.6 km)	Wilderness, no fires
615	Ptarmigan Ridge	Trail 682	5.0 (8.0 km)	Wilderness, no fires
681	Table Mountain	Highway 542	1.5 (2.4 km)	Wilderness, no fires, no dogs
682	Chain Lakes	Highway 542	6.5 (10 km)	Wilderness, no fires, designated camp sites only
735	Picture Lake	Highway 542	0.5 (0.8 km)	Accessible, Interpretive
684.2	Fire and Ice	Highway 542	0.5 (0.8 km)	Accessible, Interpretive
684.3	Wild Goose	Highway 542	2.5 (4.0 km)	
669	Artist Ridge	Highway 542	1.0 (1.6 km)	Accessible, Interpretive

A Northwest Forest Pass is required at posted recreation sites and trailheads. Always check trail and road conditions at the Forest Service website or by calling a ranger station.

Experience Wilderness

The Mt. Baker Ranger District contains three Wilderness areas: Mt. Baker, Noisy-Diobsud and a part of Glacier Peak.

Keeping wilderness intact requires some regulation. Party size is limited to 12, including saddle and stock animals. To preserve solitude, no motorized or mechanized equipment is allowed. Campfires are prohibited in many areas.

When entering wilderness areas, be prepared for risk and challenge. The terrain can be rugged and the weather unpredictable. During winter months, check avalanche forecasts at: (206) 526-6677 or www.nwac.noaa.gov

Heather Meadows Area

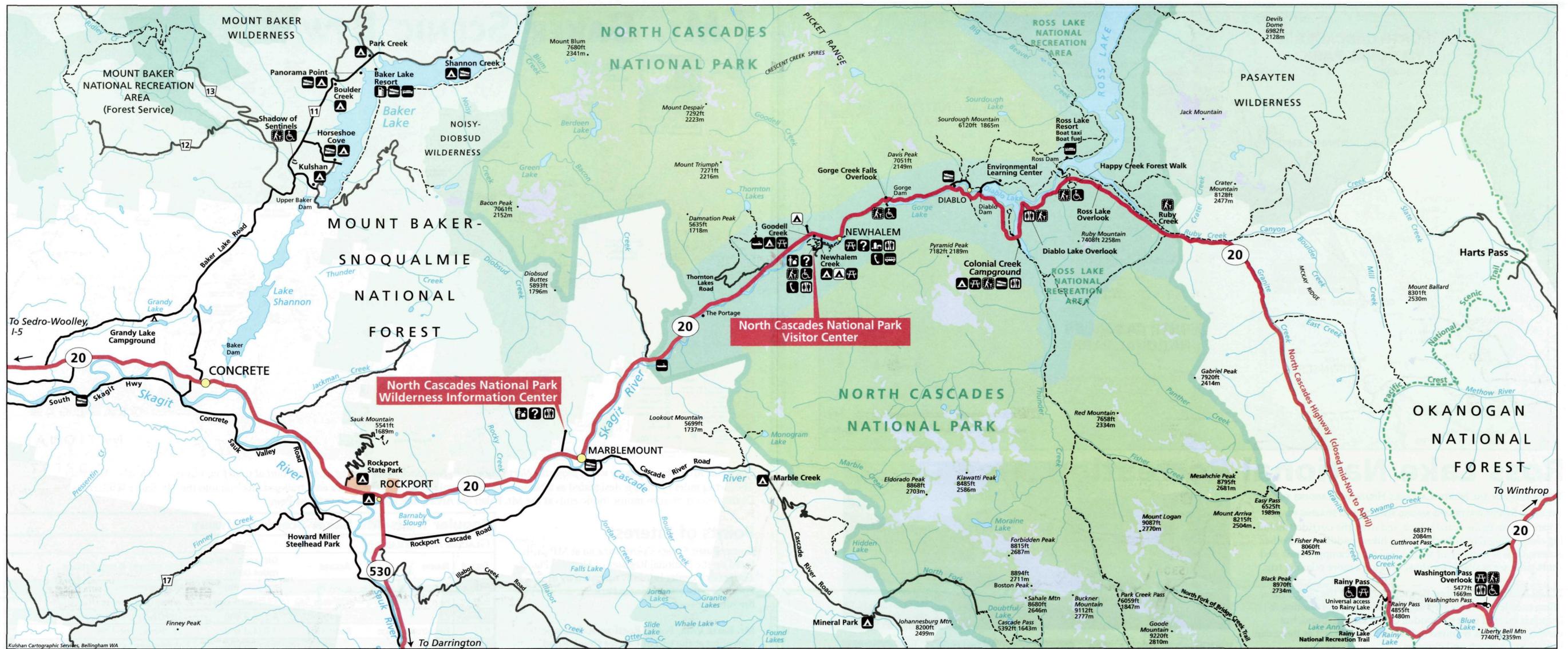
Located along the upper reaches of the byway, this spectacular subalpine setting offers summer day use recreation along a network of scenic trails. Visitors can spread out a picnic lunch at Austin Pass Picnic Area and enjoy several self-guided interpretive trails.

Longer hikes lead into the surrounding Mt. Baker Wilderness. Check in with staff at the Heather Meadows Visitor Center for current conditions and area histories. Open daily in summer from 10:00 AM to 4:00 PM.

A Northwest Forest Pass is required for visiting this area.



Mt. Sefrit/ Kurt Parker USFS



TRAVEL THE NORTH CASCADES SCENIC HIGHWAY (SR 20), along the Skagit Wild and Scenic River Corridor, into the heart of the Cascade Mountains.

MP Baker Lake and Mt. Baker 82 National Recreation Area

Follow Baker Lake Road #11 for access to water sports, hiking and campgrounds. After entering the National Forest, Roads 12 and 13 lead to the Mt. Baker National Recreation Area for winter sports and hiking on the south side of Mt. Baker.

96 Rockport

Two parks, Rockport State Park and Howard Miller Steelhead County Park, offer camping. State Route 530 goes south along the Sauk River, a part of the Skagit Wild and Scenic River System, and accesses roads to the Glacier Peak Wilderness. Forest Roads 1030 and 1036 provide access to Sauk Mt. Trail.

105 Marblemount

This is the last stop for full services and gas before Winthrop. National Park backcountry permits are issued at the Wilderness Information Center one mile (1.6 km) north of SR 20 on Ranger Station Road.

106 The Cascade River Road junction with SR 20 at the east end of town leads through the National Forest to Cascade Pass Trailhead.

111 Enter Ross Lake National Recreation Area

120 Newhalem

Across the Skagit is the North Cascades National Park Visitor Center with several short trails including To Know a Tree, Rock Shelter and River Loop Trails. Seattle City Light runs an Information and Tour Center with facilities, walking tours, and trails including Trail of the Cedars and Ladder Creek Falls. The Newhalem Creek and Goodell Creek Campgrounds offer tent, RV and group campsites.

123 Gorge Overlook and Gorge Creek Falls

Rest stop and accessible loop trail offering views of the gorge and dam.

127.5 Diablo Dam

Steep turn to cross the dam (no trailers or large vehicles allowed). Access to Ross Lake Resort parking, North Cascades Environmental Learning Center and Diablo Lake Trail.

130 Colonial Creek Campground

Located on Diablo Lake, the campground has camp hosts and offers naturalist programs in the summer, an accessible picnic area and fishing platform. Thunder Creek, Thunder Woods and Thunder Knob Trails leave from the campground and go through diverse forests to scenic views.

131 Diablo Lake Overlook

Viewpoint has a variety of vistas, restrooms, a map and detailed geology exhibits.

134 Ross Dam Trailhead

The Ross Dam Trailhead and Happy-Panther Trail are accessed from this area, as well as the Ross Lake Resort. Call: (206) 386-4437.

136 Ross Lake Overlook

View Ross Lake and mountains and walk the Happy-Panther accessible trail.

138 East Bank Trailhead

Panther Creek, East Bank and Ruby Creek converge near here. A new option is to follow the Happy-Panther Trail west from here.

158 Rainy Pass Picnic Area

One-mile (1.6 km) accessible trail leads to Rainy Lake waterfall and glacier views. Longer hikes go to Lake Ann (2 mi, 3.2 km) or around Maple Pass Loop (7.5 mi, 12 km.) Typically not snow-free until late July.

162 Washington Pass

Highest point along the highway, enjoy views of Liberty Bell and Early Winters Spires.

180 Upper Methow Valley

Mazama turnoff to Hart's Pass (22 mi, 35.4 km) unpaved; Methow Valley Visitor Center just west of Winthrop: (509) 996-4000.



Fishing Platform at Diablo Lake in Colonial Creek Campground

Car Camping in the North Cascades

Many public campgrounds in the North Cascades are accessible by car. Most sites are available on a first come first served basis.

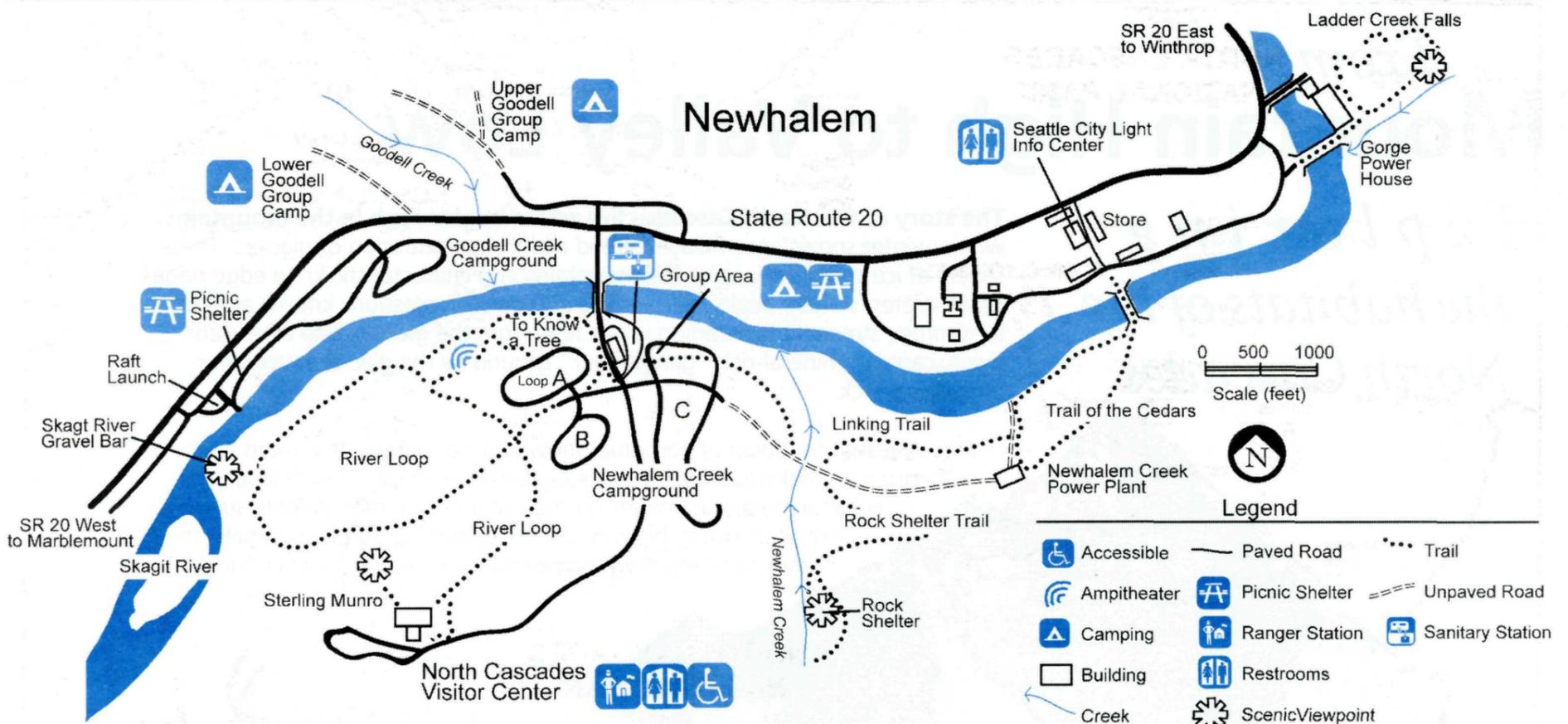
Reservations can be made 3 -240 days in advance for many federal campgrounds by calling: (877) 444-6777, or on-line at: www.reserveusa.com

North Cascades National Park offers group and some individual camping reservations. Reservable group camps in the park are located at Goodell and Newhalem Creeks.

Washington State Parks reserves some sites by calling: (888) 226-7688, or online at: www.parks.wa.gov

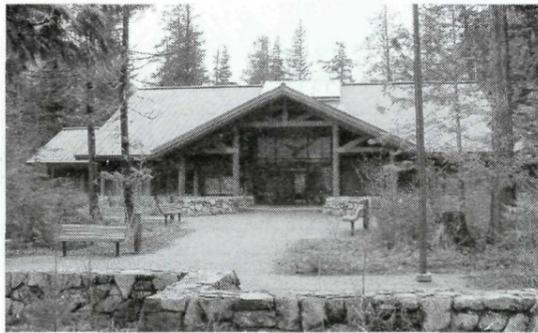
Location	Campground + Reservation Available ++ Reservation Required	Managed By	Drinking Water	Flush Toilets	Garbage Vail Toilets	Boat Ramp	Hiking Trail	Fishing	Dump Stations	Number of Campsites = Hook-ups Available
SR542	Douglas Fir +	FS	•	•	•	•	•	•	•	30
	Excelsior Group ++	FS	•	•	•	•	•	•	•	2
	Silver Fir +	FS	•	•	•	•	•	•	•	21
	Kulshan	P	•	•	•	•	•	•	•	108 *
Baker Lake Road	Horseshoe Cove +	FS	•	•	•	•	•	•	•	34
	Bayview Group ++	FS	•	•	•	•	•	•	•	2
	Panorama Point +	FS	•	•	•	•	•	•	•	16
	Boulder Creek +	FS	•	•	•	•	•	•	•	10
MP.14-MP.23	Park Creek +	FS	•	•	•	•	•	•	•	12
	Baker Lake Resort +	P	•	•	•	•	•	•	•	90 *
	Shannon Creek +	FS	•	•	•	•	•	•	•	20
	Rasar State Park +	SP	•	•	•	•	•	•	•	38 *
SR 20 MP.8-MP.180	Rockport State Park	SP	•	•	•	•	•	•	•	62 *
	Steelhead Park +	CP	•	•	•	•	•	•	•	59 *
	Goodell Creek	NP	•	•	•	•	•	•	•	21
	Newhalem Creek +	NP	•	•	•	•	•	•	•	111
	Colonial Creek	NP	•	•	•	•	•	•	•	162
	Lone Fir	FS	•	•	•	•	•	•	•	27
	Klipchuck	FS	•	•	•	•	•	•	•	46
	Early Winters	FS	•	•	•	•	•	•	•	13
Cascade River Rd	Marble Creek +	FS	•	•	•	•	•	•	•	24
	Mineral Park +	FS	•	•	•	•	•	•	•	8
Via B.C.	Hozomeen	NP	•	•	•	•	•	•	•	122

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



Newhalem: At the Edge of Wilderness

THE NORTH CASCADES WERE STILL REMOTE AND WILD in the 1910s, when the power of the Skagit River was first being harnessed. Newhalem was built as a company town for the men that worked at the dams and their families. The workers have mostly left, but there is still plenty to see in Newhalem. Take a self-guided tour of the town, hike one of the numerous short trails, visit the National Park Visitor Center or stay at one of the campgrounds.



North Cascades National Park Visitor Center

Open Daily Mid-April - October
Open Saturday & Sunday
November - April
Daily Ranger Programs:
June 26-September 4

Visit the edge of wilderness at the North Cascades National Park Visitor Center. Learn about the area's natural and cultural history by exploring interactive exhibits, watching theater presentations or talking with rangers. The center also has several accessible interpretive trails and viewpoints.

Look for the sign near milepost 120 on SR 20. Drive across the single lane bridge over the Skagit River and up the hill 1/2 mile.



Diablo Lake Adventure



Seattle City Light offers an escorted 2.5 hour cruise tour from Newhalem.
TOUR TIME: 12:30 P.M. Check-in is 30 minutes prior to departure.

TOUR DATES:
June & Sep.: Saturday & Sunday
July-August:
Thursday- Monday

ADMISSION (INCLUDES TAX):
Adults: \$25
Seniors over 62: \$20
Youth 6-12: \$12
Five and under: Free

Seattle City Light also offers a four hour dinner tour on selected dates.

Visit: www.SkagitTours.com, or call: (206) 684-3030 for reservations or more information.

Experience the North Cascades Environmental Learning Center



Pauline Hsieh

NORTH CASCADES INSTITUTE OPERATES A NEW FIELD CAMPUS AT THE ENVIRONMENTAL LEARNING CENTER in Ross Lake National Recreation Area.

Nestled on Diablo Lake, this facility offers retreats, workshops, exploration and teaching opportunities, focusing on the region's natural and cultural history. It is a hub of discovery for all ages. Hike in this dramatic landscape, learn with scientists studying salmon or paint Pyramid Peak in the evening light. Come be a part of a community of expert teachers and intriguing new friends - dedicated to the idea that learning together inspires stewardship.

Modeling earth-friendly design and operations, the facilities include:

- Multimedia classrooms and research library
- Overnight lodging for 46 participants, 12 graduate students, and staff
- Lakeside dining hall with recycling/composting center
- An amphitheater, outdoor learning shelters and trails
- ADA-accessible facilities and paths

The Learning Center is dedicated to learners of all ages and partnerships through cooperation among North Cascades Institute, the National Park Service and the City of Seattle. The new facility is key to allowing families, children and all ages to connect to nature in the North Cascades. North Cascades Institute is an educational non-profit organization whose mission is to conserve and restore Northwest ecosystems through education.

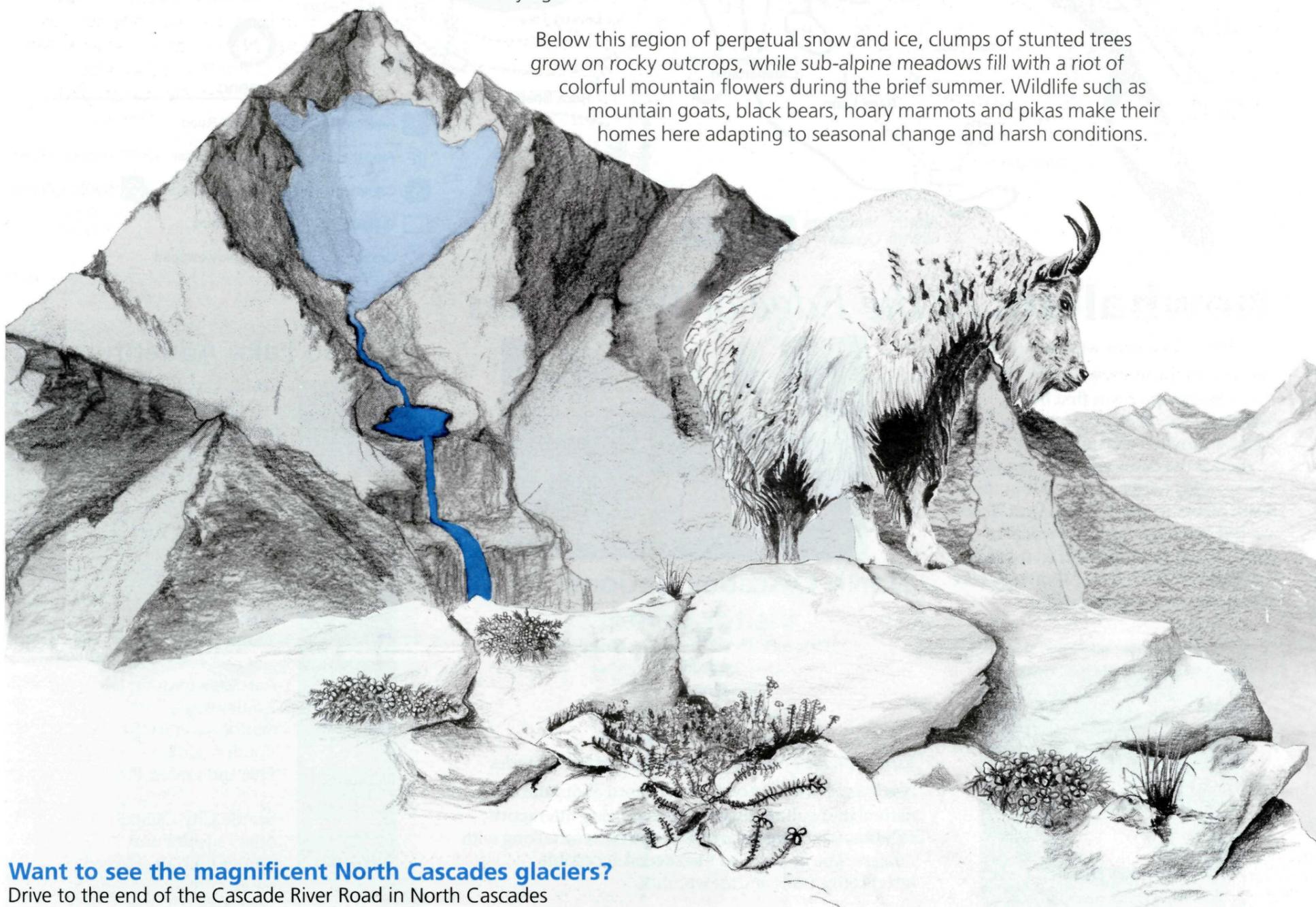
Program reservations may be made by calling (360) 856-5700 ext 209 or at: www.ncascades.org.

From Mountain High to Valley Low

Exploring the habitats of the North Cascades

The story of the North Cascades life zones begins high in the mountains where winter snows accumulate to feed a high concentration of glaciers. These sheets of ice continually carve the mountains into characteristic knife edge ridges called arêtes, solitary peaks called horns and deep depressions known as cirques. In summer, streams of cascading water flow from the glaciers into creeks and rivers, carrying mineral-rich "glacial flour" ground by the glaciers' weight on underlying rock.

Below this region of perpetual snow and ice, clumps of stunted trees grow on rocky outcrops, while sub-alpine meadows fill with a riot of colorful mountain flowers during the brief summer. Wildlife such as mountain goats, black bears, hoary marmots and pikas make their homes here adapting to seasonal change and harsh conditions.



Want to see the magnificent North Cascades glaciers?

Drive to the end of the Cascade River Road in North Cascades National Park to see the hanging glaciers on Johannesburg Peak or to the Heather Meadows area at the end of State Route 542 to see glacier-clad Mt. Baker and Mt. Shuksan.

Want to scale the upper reaches of the North Cascades mountain range?

A multitude of peaks offer equipped and experienced climbers alpine challenges from scrambles to multi-day climbs. Check the forest and park websites for updates on access and climbing conditions and ask at the ranger stations for a listing of outfitter guides offering instruction and mountaineering expeditions.

Want to experience a mountain meadow in the summer time?

Hike to Cascade Pass or Sourdough Mountain in North Cascades National Park, to Heather and Maple Passes in the Wenatchee-Okanogan National Forest, or on trails in the National Forest's Mt. Baker National Recreation Area. Drive to Heather Meadows at the end of the Mt. Baker Scenic Byway, State Route 542.

Want to take a stroll among tall ancient trees?

Try Happy Creek Forest Walk or the Thunder Creek Trail along State Route 20 or Shadow of the Sentinels Trail near Baker Lake, or Horseshoe Bend Trail along State Route 542.

Want to see the splash of a salmon's tail as it swims upstream?

Visit the Skagit, Cascade and North Fork Nooksack Rivers and their tributaries at various times of the year when different species of salmon come to spawn. Stop at visitor centers for information specific to your time of visit.

Please help the salmon survive by viewing them from a distance and not entering the streams where they are spawning.

Want to know more about local birding opportunities?

The Cascade Loop section of the Great Washington Birding Trail features 225 of Washington State's 365 bird species. For more information contact Audubon Washington at 1-866-WA-BIRDS, or visit www.wa.audubon.org with links to North Cascades and Skagit Audubon Societies.

Want to learn more about the area's natural and cultural histories?

Ranger led programs as well as featured guest speakers are offered year round at various locations throughout North Cascades National Park and the Mt. Baker Ranger District. Check with visitor centers or on the websites for updated schedules.

Forested slopes support an abundance of life. Black tailed deer, elk and small mammals make their way through the trees to open fields and riparian areas along the banks of rivers and streams, while a variety of birds nest from ground level to the highest branches.

Twice each year three-quarters of North America's bird species undertake incredible long-distance journeys between feeding and breeding grounds. Here in the North Cascades bald eagles come from as far away as Alaska to feed during the chum salmon run up the Skagit between November and February. In April, neotropical birds return from south of the United States. The rufus hummingbird, a common summer sight here, spends its winters in Mexico. Swainson's thrush, a forest bird easier heard than seen, journeys to the mountains from as far south as northern Argentina and Paraguay.

Birds Link the Americas. As the migrating neotropical birds return to the area, exhibits about them are displayed at the North Cascades Visitor Center in Newhalem. Wilson's warbler, western tanager and rufous hummingbird are among the featured colorful beauties. We share these citizens of Latin American nations, some of the birds which most characterize summer in the Northwest.

In addition to providing critical habitat for migratory birds, park and forest lands provide natural laboratories for research. Park research in cooperation with the Institute for Bird Populations shows that knowing the relationships between birds and their habitat helps indicate ecosystem health and problems for other species. Research also helps predict the consequences of land management, such as fires, visitor use, snag removal and forest harvest on non-park service lands. Survival of this important aspect of the North Cascades ecosystem depends on caring people protecting the habitat birds need in each season.



Waterways are constantly on the move connecting the glaciers to Puget Sound.

Streams join rivers, depositing minerals and nutrients from the mountains to form rich wetlands teeming with fish and other aquatic life before flowing out to the sea.

Salmon are an icon of the Pacific Northwest. The North Cascades supports populations of 7 anadromous salmonoid species: Chinook (king), coho, chum, pink, sockeye, steelhead and cutthroat trout. Anadromous fish, ones that breed in freshwater streams or lakes and spend their adult lives in the ocean, are important both economically and environmentally. Salmon are rich in the nutrients that flow through the mountain systems to the sea. When they return to spawn, they die and return nutrients to the streams and, by predation, to the surrounding land. Salmon need cool, clear streams with pools, riffles and clean gravel to succeed in their life journey.



Left: Head of Lake Chelan
Below: Rainbow Falls

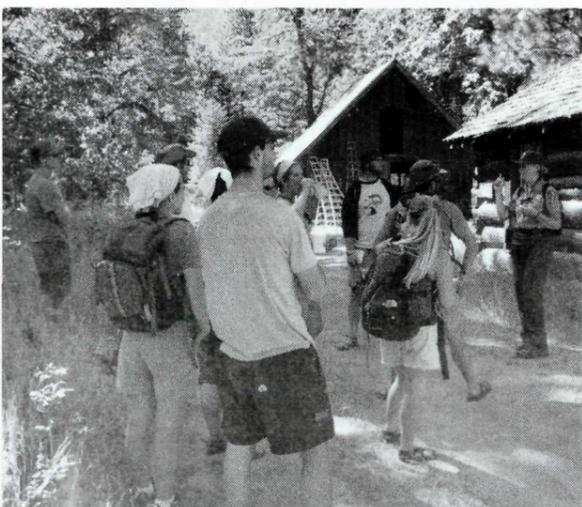
Stehekin, in the heart of Lake Chelan National Recreation Area, is a remote community at the head of the lake and along the lower Stehekin River. With no road connections to the rest of the world, Stehekin provides a pleasant escape from life's hurried pace. Visitors and residents arrive by passenger ferry, float plane, hiking, horseback or private boat.

Many activities await visitors who journey to Stehekin. The North Cascades Stehekin Lodge offers overnight accommodations, a restaurant, small camp store, boat gas, marina, tours and bicycle rentals. Private businesses provide a range of lodging, horseback trips, bicycle rentals, guided raft and kayaking adventures, and tours to Rainbow Falls. A shuttle bus takes visitors up the drivable portion of the road to access trailheads and camps. Throughout the valley are plentiful trails, camps and special places waiting to be discovered.

Check the *Focus on Stehekin* newspaper, visit the National Park website (www.nps.gov/noca) or call a ranger station for a complete list of lodgings, services and schedules.

There are over 16 public docks along Lake Chelan including four in the national recreation area. Boaters using any of these federal docks need a dock site pass May 1-October 31 (\$5 daily or \$40 for the season). This fee helps defray maintenance costs. Passes can be obtained at the Chelan Ranger Station or from local vendors.

The road beyond Car Wash Falls, 13 miles from Stehekin Landing, is closed to vehicles due to severe flooding during the fall of 2003. Hikers and stock can reach trailheads and camps further up valley using the Old Wagon Road Trail and, in places, the damaged road.



Visitors tour the Buckner Homestead

A Taste of History

Long before tourists seeking isolated beauty and adventure, people were coming to Stehekin. The word "Stehekin" is from a Native American term meaning "the way through," and for centuries people used the river and lake as a passage through the mountains. Later, U.S. Army surveyors charted routes over Cascade Pass, followed by prospectors staking claims on Bridge Creek and in Horseshoe Basin. For most of these people, however, Stehekin was simply "the way through." Only a few, tantalizing glimpses of their presence remain.

Then the homesteaders came. Names such as Buzzard, Buckner, Purple and Courtney have historical significance that can still be felt. One of

the landmarks left by these homesteaders was the Buckner Orchard. The Buckners expanded on what Bill Buzzard had begun, created the orchard and added over a dozen buildings. Sold to the National Park Service in 1970, the ranch, orchard and 90 acres of surrounding land now comprise the Buckner Homestead National Historic District.

By 1925 the orchard had expanded to almost 50 acres of apple trees. Most of the trees left today are common delicious, a predecessor to the red delicious apple. While the common delicious is no longer being commercially propagated and sold, the Park Service and the community have taken over stewardship of the orchard, and the apples are thriving. Visitors can experience this living history by touring the orchard, adopting a tree or even sampling apples. For more information or to learn about how to adopt a tree, contact:

Buckner Homestead Heritage Foundation
PO Box 174
Manson, WA 98831

or
Washington's National Park Fund
www.wnfp.org, or by calling: (206) 770-0627.



What to do.....

Hour Stay

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

Three-Hour Stay

- Walk the Imus Creek Nature Trail, a 3/4 mile self-guided loop with views.
- Bike 3.5 miles one-way to Rainbow Falls and the historic Buckner Orchard.
- Attend a ranger talk at the Golden West Visitor Center.

Whole Day

- Explore the area by tour bus, bicycle, kayak, horseback or trail.
- Stroll down the Lakeshore Trail with a picnic lunch.

Overnight

- Travel the area trails by foot or horseback, stay at a scenic backcountry camp.
- Attend ranger-led activities or programs.

Inspirational Images

The North Cascades area has inspired people for thousands of years. The Golden West Gallery offers visitors a chance to view work produced by local artists and crafts people.

Artist receptions and other programs, including hands on workshops for children and adults, are offered throughout the season. Announcements for events and gallery openings are posted at the visitor center.

The Golden West Gallery is dedicated to the understanding and appreciation of the natural, historic, cultural and artistic landscapes of the North Cascades through the arts. The gallery is a cooperative venture of the resident artists of Stehekin and North Cascades National Park.

The Arts and Humanities of Stehekin (AHS), a nonprofit organization operated by volunteers, manages the gallery. If you would like more information, please write to:

Arts and Humanities of Stehekin
PO Box 83
Stehekin, WA 98852
e-mail: stehekinarts@starband.net



Golden West Visitor Center

The Golden West has a long history. In the late 1920s materials were salvaged from the Field Hotel at the head of the lake to use in building the Golden West Lodge. It accommodated Stehekin visitors until the National Park Service acquired the structure in the 1970s for use as a visitor center.

In 2003 the Service completed badly needed renovations, preserving as much of the log and timber building as possible. Listed on the National Register of Historic Places, the Golden West offers exhibits, information and seasonal ranger programs while also serving as a community center and headquarters for Lake Chelan National Recreation Area.

North Cascades Research

THE NORTH CASCADES ECOSYSTEM HAS A LOCAL RELIEF OF OVER 8,000 FEET, more than 700 glaciers, major watersheds, old growth forests, pristine alpine meadows and an intriguing geologic story. Over 1,500 vascular plants and 300 vertebrate species have been identified in the area. It has a history as both home and travel way for indigenous peoples for more than 8,000 years. The great jumble of peaks that compose the North Cascades mountains provides a formidable challenge to those that venture deep into their interior. As a result, a large portion remains roadless wilderness. With such a varied and protected landscape, there is an abundance of study and research opportunities.

The Park Service, Forest Service, private organizations and universities perform research in the North Cascades. The projects and goals are as varied as the landscape.

A major program in the National Park is the Natural Resource Challenge and its Inventory and Monitoring Program. This ambitious program seeks to acquire information about the presence and distribution of species in the park, as well as global influences. Current projects document: vertebrates (such as mammals, birds, amphibians, fishes and reptiles), invertebrates and plants, air and water quality as well as geology and soil

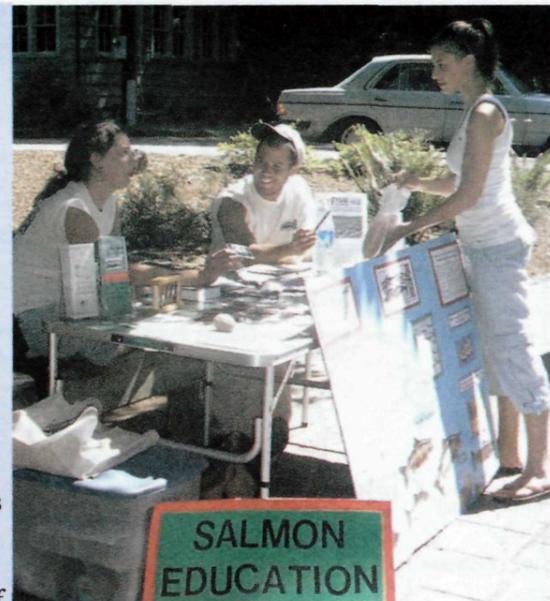
information. This data can be used to generate maps, plan future monitoring and restoration work and better manage and preserve the park.

The U.S. Forest Service is also conducting varied research projects. Researchers are studying the effects of climate change on various forest types and the dynamics of fire in forests. They are also working on surveying mountain goat populations and monitoring stream health.

University researchers are studying many aspects of the North Cascades. Park staff and college teams have been monitoring glaciers for years. Not only are they studying the retreat of many of the glaciers, but also the invertebrates that live on them. Western Washington University researchers are studying the effects of recreational use on sub-alpine sites such as Trapper Lake and the history of regional volcanism at Hannegan Caldera.

This is just a sampling of the scientific work occurring here. Together, we are gaining an understanding of the puzzle that comprises the North Cascades.

For more information, check out the National Park publication *Natural Notes*, or visit: www.fs.fed.us/pnw/ & www.nps.gov/nwresearch/



Stewards Monitor and Care for the Rivers

A new partnership for river stewardship began in 2005 with the Forest Service and the Nooksack Salmon Enhancement Association (NSEA). The Nooksack River Steward Program operates under NSEA with student interns and volunteers meeting in June to observe and learn more about the fish and their habitat. During the summer, the stewards collect data on impacts to fish and fish habitat, recreational use and public contact. A similar program along the Skagit River was primarily a monitoring partnership with North Cascades Institute, Skagit Fisheries Enhancement Group (SFEG), park and forest services for the past nine years.

By maintaining a presence along or near the river, stewards are able to meet with visitors who utilize the river for fishing, boating, camping, and other recreational activities. Stewards provide informal education regarding the impacts that different types of recreation can have on the fisheries.

River Stewards present information on salmon, habitat needs and key features within the Nooksack Basin. They also provide environmental education for public and private groups such as area school and youth organizations, and others who may have questions, concerns or interest in the fish of the Nooksack River. Contact NSEA through their website at www.n-sea.org/

Mountain Goats Rebound Around Mt Baker

This year Washington Department of Fish and Wildlife and the Forest Service plan to complete a mountain goat research program in the Mt. Baker area. Last year the National Park Service began a second mountain goat research project that will continue in the North Cascades, Mt. Rainier and Olympic National Parks. Radio telemetry is being used to prepare models showing goat population and range.

Surveys of the Mount Baker area in 2005 continued to show an increasing mountain goat population. In July, 331 individual goats were seen. Ten years earlier, in 1995, only 33 goats were seen in the same area and in 2004 fewer than 300 animals were seen.

Surveys around Goat Mountain were also encouraging. The July count of 49 goats is much higher than has been noted for more than 10 years. Surveys just a few years ago rarely found more than ten goats using this area. It is hoped that the Goat Mountain population is beginning to experience a population growth similar to what occurred around Mount Baker over the last 10 years.

During the summer months while you are enjoying spending time in mountain goat habitat please keep your distance. Goats need to be left alone so that they will have the chance to thrive during the vital months of the year when they are feeding and gaining energy for survival.

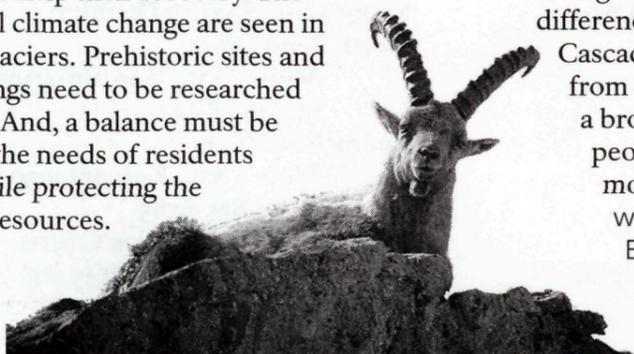
Global Connections to Alpi Marittime in Italy

North Cascades National Park has formed a relationship with a sister park in Italy: Parco delle Alpi Marittime. Located on the French-Italian border, Alpi Marittime looks a lot like the North Cascades at first glance. Its mountains are steep and close to the sea, and glaciation formed many of their striking features. Ibex, chamois and mouflon, types of wild goats and sheep, graze on steep valley walls in a striking resemblance to the North Cascades mountain goat, and as at North Cascades, marmots chirp at visitors from the hillsides. The resemblance doesn't end there. Like the North Cascades, Alpi Marittime has both small villages and hydroelectric projects within the park.

Alpi Marittime has a different history from the North Cascades. Both began as reserves, but while North Cascades National Park was carved out of National Forests, Alpi Marittime was formed from land that served as a hunting reserve for the Savoia family in the mid 19th century. In Alpi Marittime, the visitor can view something not found in the North Cascades: royal hunting lodges and chalets.

Both parks face similar issues. In Alpi Marittime, ibex and bearded vulture populations are threatened, and programs are underway to help their recovery. The effects of global climate change are seen in disappearing glaciers. Prehistoric sites and historic buildings need to be researched and preserved. And, a balance must be found to meet the needs of residents and visitors while protecting the park's natural resources.

Park Biologist Roger Christophersen had the opportunity last fall to travel to Alpi Marittime and help with resource management. He was able to see the many differences and similarities to the North Cascades. These sister parks can learn from each other's experience and gain a broader understanding of parks, people and the world. To explore more of Alpi Marittime, visit: <http://www.parks.it/parco.alpi.marittime/Eindex.html>.



North Cascades Challenger

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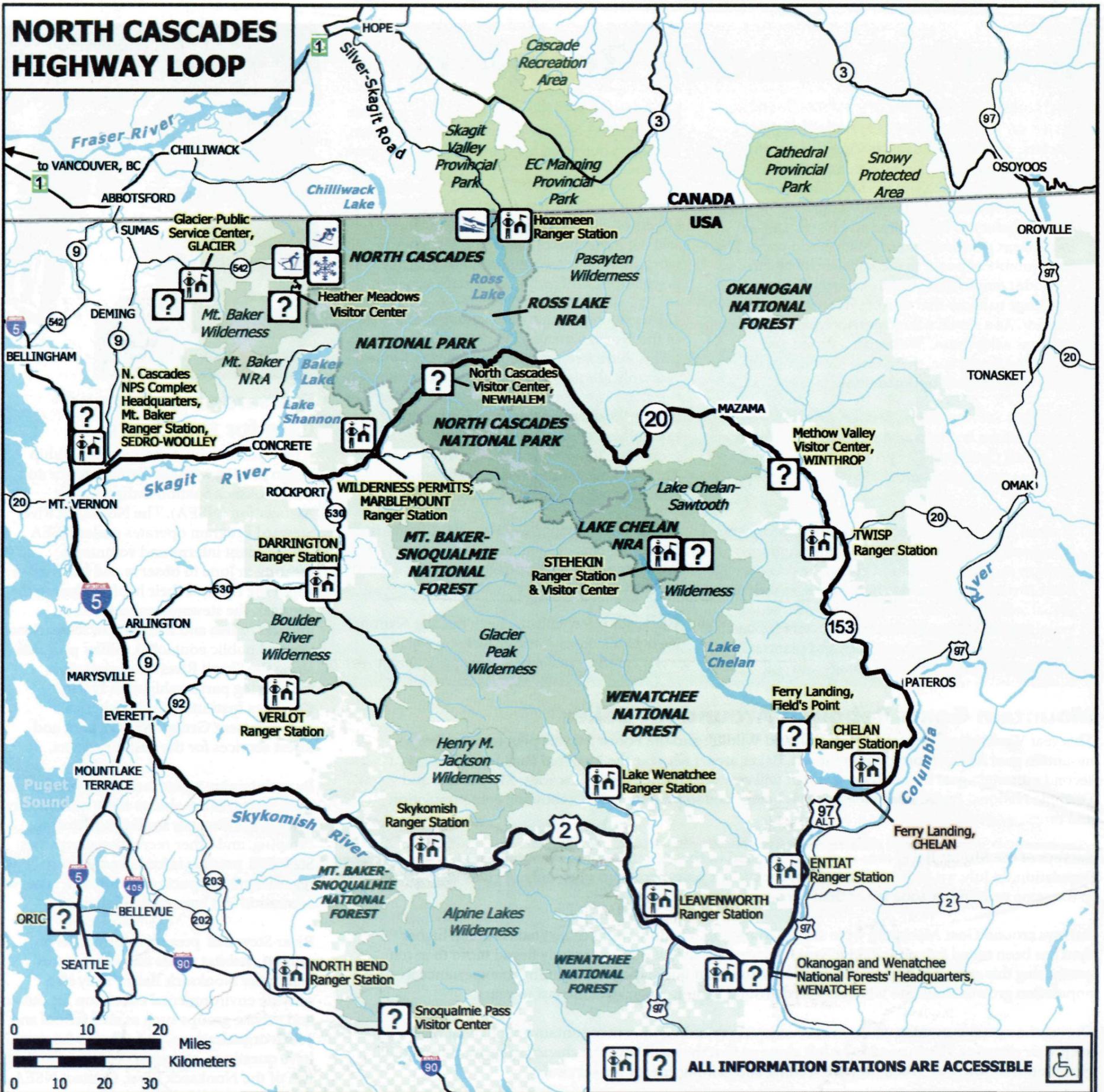
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Special thanks to Joyce Brown & Jessica McAloon, visitor information staff.



Information & Visitor Centers

Summer Hours

North Cascades National Park; Mt. Baker Ranger District

SEDRO-WOOLLEY
810 State Route 20, 98284
Daily: 8:00 am-4:30 pm
(360) 856-5700
Info. ext. 515 TDD ext. 310

MARBLEMOUNT
Wilderness Information Center
Backcountry Information/Permits
Fri. - Sat., 7:00 am-8:00 pm
Sun. - Thurs., 7:00 am-6:00 pm
(360) 873-4500 (ext. 39)

NEWHALEM
North Cascades Visitor Center (NPS)
Daily: May-October 9:00 am-5:00 pm
July & August: 9:00 am-6:00 pm
(206) 386-4495

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

Okanogan National Forest; Methow Valley Ranger District

WINTHROP
North Cascades Scenic Highway Visitor Center -
Methow Valley
Summer daily: 9:00 am-5:00 pm
(509) 996-4000
Headquarters Ranger Station
Mon.-Friday : 7:45 am-4:30 pm
(509) 996-4003

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

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

LAKE WENATCHEE RANGER DISTRICT
Mon. - Sat., 8:00 am-4:30 pm;
(509) 763-3103

Mt. Baker-Snoqualmie National Forest

MOUNTLAKE TERRACE - no visitor services
Supervisor's office: (425) 775-9702
1-800-627-0062 or
TDD 1-800-272-1215

GLACIER PUBLIC SERVICE CENTER
Late-May to Mid-October,
8:00 am-4:30 pm (360) 599-2714

HEATHER MEADOWS VISITOR CENTER
Daily 10:00 am-4:00 pm

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

VERLOT PUBLIC SERVICE CENTER
Daily, 8:00 am-4:30 pm
(360) 691-7791

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

SNOQUALMIE RANGER DISTRICT
North Bend Office
Mon. - Sat., 8:00 am-4:30pm
(425) 888-1421

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

SNOQUALMIE PASS VISITOR CENTER
Friday- Sunday, 8:45 am-3:45 pm
(425) 434-6111



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