



Mt. Baker
Ranger District

Visitor Information Guide 2008-2009

North Cascades
National Park



North Cascades Challenger

100 years of the National Forest Lands in
Washington

40 years of the North Cascades National Park
Service Complex

40 years of the Wild and Scenic Rivers Act

20 years of the Stephen Mather Wilderness

Whether your perfect day includes a leisurely drive along a scenic byway or wandering trails with family and friends, the North Cascades appeal to all. Park and forest lands belong to the people and are managed for present and future enjoyment and to preserve the natural ecosystem.



Mount Shuksan

The National Park Service and U.S. Forest Service partnership strives to enhance your knowledge of and participation in your public lands. *For help planning your visit see pages 3 and 4.* A variety of accessible facilities are available throughout park and forest lands including the North Cascades Visitor Center. *See page 9 for details.*

Large tracts of North Cascades wilderness including the Stephen Mather Wilderness, the Mt. Baker and Noisy-Diobsud Wilderness areas, the Pasayten Wilderness and the Lake Chelan-Sawtooth and Glacier Peak Wilderness areas are managed by the National Park and Forest Service.

Wilderness is a place for personal challenge or relaxation through simple recreation like hiking, climbing, horseback riding, fishing or just being in nature. Wilderness areas serve as vast storehouses of ecological, geological and historical resources, allowing us to learn about the world as it changes. Wilderness is essential to us as human beings for understanding ourselves, our culture and our place in nature. *For trail maps see page 6-11.*

Over one million acres of pristine mountains, watersheds, forests and wildlife await you. Be safe and be prepared. Welcome to your public lands!



*Wolverines,
Glaciers and
Tropical Birds
Oh My!*
pages 11-13



2008 Teacher to Ranger
to Teacher Program
a *GREAT* success
page 11



Become a *steward*
of your public
lands, volunteer
information
pages 2, 14-15

Travel These Corridors

Public lands, located east of I-5, are easily accessed by several major state highways. Starting up north you can take a drive on the Mt. Baker Scenic Byway (State Route 542). This route starts in Bellingham, winds along the North Fork Nooksack River and from the town of Glacier climbs 24 miles to an elevation of 5,100 feet at Artist Point. This destination is legendary for spectacular views of Mt. Baker, Mt. Shuksan and surrounding peaks.

For other stunning views, follow the northern part of the Cascade Loop along the North Cascades Scenic Highway (State Route 20). A side trip up the Baker Lake Road, 16 miles east of Sedro-Woolley, leads into the Baker Lake Basin, which hosts campgrounds, water recreation and a bountiful trail system.

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 United States and one-third of all salmon in Puget Sound.

The North Cascades Scenic Highway travels through the gateway communities of Concrete, Rockport, and Marblemount before reaching Ross Lake National Recreation Area within North Cascades National Park Service Complex.

Along the way, you can visit the North Cascades Visitor Center and many viewpoints above Gorge, Diablo and Ross Lakes which offer pristine views of the surrounding peaks. These mountains are home to 312 glaciers, more than any other state in the lower 48 states.

Further to the east, the Lake Chelan National Recreation Area hosts the third deepest lake in the nation. Gaze into the lake's aquamarine waters and see the majestic peaks above reflected in its tranquil surface. Enjoy a ferry ride to the historic Stehekin Landing Resort and visit the famous Stehekin Pastry Company.

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

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On the horizon

For a century, stewards of North Cascades have strived to welcome people to protect and manage our public lands. Although over time boundaries have changed the goal of stewardship remains. North Cascades National Park Service Complex and the U.S. Forest Service aim to provide everyone with a great wilderness experience and to encourage visitors to connect with nature.

The Ross Lake National Recreation Area (NRA) General Management Plan started in 2005. The Park Service involved the community to identify issues, concerns and alternatives for future management actions. A Draft General Management Plan, which will incorporate environmental impact assessments and public comment, will be released in spring 2009.

The Stehekin River Corridor Implementation Plan began in 2007 to address changing flood patterns in the Stehekin Valley. Other park-wide planning efforts include wilderness management, fire management, a long-range interpretive plan and National Park Service Centennial initiatives.

The Mt. Baker-Snoqualmie National Forest has been participating in a Recreation Facility Analysis designed to help forests align their developed recreation sites with the unique characteristics of the area, projected recreation demand, visitor expectations, and revenue.

During 2008, the outcome will be documented in a proposed 5-year program designed to: provide recreation opportunities best suited for the national forest; operate and maintain recreation sites to meet national quality standards; and eliminate or reduce recreation site deferred maintenance.

North Cascades National Park and the U.S. Forest Service are reducing their carbon footprints. Now a member of the Climate Friendly Parks Program, North Cascades has established onsite energy and water conservations practices and is incorporating sustainable design and renewable energy sources. Both agencies are involved in green purchasing initiatives and conservation efforts.



Roger Christophersen measures glacial depth.

North Cascades National Park is preparing for the National Park Service Centennial celebration in 2016. This year, the park is moving forward with three projects to engage the public in park research and stewardship.

Junior Ranger Program:

An opportunity for families visiting the park to mix recreation with education. Junior Ranger booklets have fun activities, encouraging participants to visit multiple sites within the park.

Welcoming a Diverse Community:

Local communities are comprised of a variety of ethnic and cultural groups. In a focused outreach effort, the park and forest service are helping people learn that national parks and forest lands are places for family fun, learning and recreation.

Understanding High Elevation Climate Conditions:

The North Cascades are home to glaciers, snowfields and subalpine and alpine flora and fauna. These resources are affected by climate change. A high elevation climate station near Silver Glacier will allow scientists to monitor changing weather patterns and offer insight into the broader effects of global climate change. See page 13 for an in-depth look at the ongoing study.

Celebrate Anniversaries “The North Cascades are Calling”

North Cascades National Park and the Ross Lake and Lake Chelan NRAs are celebrating their 40th anniversary this summer with a variety of public activities and volunteer opportunities.

Within a decade, on November 10, 1978, Congress designated 158 and one-half miles of the Skagit River and its tributaries—the Sauk, Suiattle and Cascade Rivers—as the Skagit Wild & Scenic River System.

Congress established North Cascades National Park Service Complex on Oct. 2, 1968, but the North Cascades and upper Skagit River attracted tourist decades prior. In the 1920s and 1930s thousands of people journeyed from Rockport to Newhalem by train to enjoy the mountains and to visit the Skagit River Hydroelectric Project.

Today visitors use the North Cascades Scenic Highway to access national park and forest service lands.

The U.S. Forest Service celebrates its centennial in 2008, recognizing the division of the Washington reserve into two sections, from Canada south to the Skagit River, named the Washington Forest; and from the Skagit River to the Green River, establishing the Snoqualmie National Forest.

In 1924, the Washington Forest was renamed Mt. Baker National Forest. Thirty years ago, in 1978 the Mt. Baker and Snoqualmie forests merged.

Also in 2008, the park and forest service will celebrate the 40th anniversary of the National Wild and Scenic Rivers Act.

During the development of the 1968 Wild and Scenic Rivers Act, the inclusion of the Skagit River watershed reflects on its extraordinary nature. These clean waters provide a healthy home to all five species of pacific salmon, two species of trout and nearly three hundred species of wildlife including black-tailed deer, bald eagle, black bear and osprey.

Volunteer

For westside projects contact Michael Brondi at: (360) 854-7275

For eastside projects contact Vicki Gempko at: (360) 854-7365 ext. 17

For river stewards projects: Skagit Fisheries Enhancement Group at: (360) 336-0172 or www.skagitfisheries.org

The Skagit Land Trust at: (360) 428-7878 or www.skagitlandtrust.org

For 40 years, the Skagit has epitomized the spirit of collaboration envisioned by the Wild & Scenic Rivers Act through an emphasis on partnerships and education as the principal river management tools. The Skagit’s wild and scenic designation facilitated the creation of vital relationships with the public and offered unprecedented opportunities to discuss resource stewardship.

As part of the celebration, the Mt. Baker-Snoqualmie National Forest plans to acknowledge partners for their exceptional contributions to river conservation. Recently, Blue Sky Outfitters, of Marblemount, was recognized for their sponsorship of the third annual Skagit River Cleanup.

On March 15-16 more than 40 volunteers removed approximately 1.8 tons of debris from the Upper Skagit River between Copper Creek and Faber’s Ferry boat launches. The recovered refuse ranged from an office copy machine, the frame of an early model Ford, metal roofing, a hide-a-bed frame to a bathroom sink.

The 2008 anniversaries remind us to keep an eye on the horizon and plan to continue connecting people to nature and increasing everyone’s understanding of the North Cascades ecosystem.

Join the National Park and U.S. Forest Service in becoming stewards of your park by volunteering time to various programs. Volunteering can help you have fun while caring for your public lands. For a list of volunteer opportunities see page 14.



GO 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 types of salmon and two types of trout) and freshwater trout and char.

Diablo and Gorge Lakes have been stocked with rainbow and cutthroat trout. Ross Lake offers quality sport fishing opening annually on July 1. Lake Chelan has fresh water cod, trout and kokanee, a land-locked species of salmon. 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 online at: wdfw.wa.gov

HORSEBACK RIDING

Stock animals are welcome on trails maintained to stock standards. Trail rules and seasons of use vary and special rules apply in wilderness areas.

- » Stock parties are limited to 12 (people + animals) on trails.
- » Grazing is permitted in the national forest without a permit. But all stock must use weed-free or processed feed while on National Forest lands in Wilderness Areas and at Wilderness trailheads.
- » 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 the national park; pack in processed food pellets.

TRAVELING WITH YOUR DOG

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.

Dogs are allowed in the National Forest but must be leashed in developed recreation areas. For safety reasons, dogs are not allowed on Table Mountain Trail 681 in the Heather Meadows Area.

FLOAT THE RIVER

River floating is an excellent adventure worth planning. Experienced boaters run the Skagit, Nooksack and Stehekin Rivers. Ask for a list of local outfitters at any ranger station.

PADDLE YOUR CANOE, KAYAK

Kayaking, canoeing and motor boating are other options. No personal watercraft (jet skis, etc.) are allowed in 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.

HIKING TRAILS & CLIMBING PEAKS

Hundreds of miles of trails lead into the North Cascades. Storm damage may affect your trip, so check trail conditions before you leave. Most long hikes and climbs enter designated Wilderness areas 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. Visit the Park and Forest Web sites for current recreation reports and climbing information.

NORTH CASCADES CYCLE

Many people tour across the North Cascades by bicycle. Always travel single file on the right side of the road, use reflectors and wear bright clothing. Ask for the bulletin *Cycling the North Cascades Highway* at any ranger station. Mountain biking is not permitted on park complex trails or on most westside forest 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.

ACTIVITIES FOR CHILDREN

Children between the ages of 5 and 12 are invited to become Junior Rangers. Stop by a visitor center to pickup a Junior Ranger booklet and complete the program requirements.

FUN FOR THE WHOLE FAMILY

Enjoy a day of adventure with the Family Fun Pack. These free-to-borrow backpacks include:

- field guides
- books
- games
- an activity journal
- binoculars
- magnifying glass

Ask for a Family Fun Pack at the Golden West or the North Cascades National Park Visitor Center and start exploring today!

HOMeward BOUND

Introduce children to Homeward Bound and get them excited about an upcoming trip to the park. In this interactive online game, step into a ranger's shoes and learn about important environmental issues while completing challenges. Children can design a river habitat for salmon species, identify birds of prey and forest carnivores, explore the park's history through archeology and much more!

Begin the adventure today at:

www.nps.gov/archive/noca/journey/home.htm

Also a great teaching tool for the classroom!



Left: Visitors fish off the dock at Diablo Lake in Ross Lake NRA

Middle: Visitors walk across a hanging bridge at Maple Creek



Above: Campers enjoy a sunny weekend at Goodell Creek campground



State Route 20 offers unique experiences traveling through the heart of the North Cascades. Along the route, numerous turnouts offer breath-taking vistas and photo opportunities. SR 20 is considered the premier section of the Cascade Loop. Visitors should be aware a portion of the route is closed during the winter due to heavy snowfall.

DO I NEED A PASS?

North Cascades National Park Service Complex and Ross Lake and Lake Chelan NRAs do not require an entrance fee or parking pass at trailheads. However, parking at certain trailheads, picnic areas and recreation sites in the National Forest does require a pass.

The Northwest Forest Pass is valid throughout all National Forests in Oregon and Washington. The new America the Beautiful Pass, Senior and Access Pass (formerly known as the Golden Passports) are also honored at Northwest Forest Pass sites. When in the area, passes can be obtained at ranger stations and some local vendors. You may also purchase the passes in advance by calling (800) 270-7504 or online at: www.naturenw.org.

Passes should be displayed from the rearview mirror or on the dashboard of your vehicle when parked at a Northwest Forest Pass site.

Day Pass	\$5
Annual Pass	\$30
Interagency Annual Pass	\$80 *
Interagency Senior Pass	\$10**

The Interagency Access Pass is free for U.S. citizens with medically determined permanent disability.

* Valid at U.S. Federal Recreation areas.
 ** Lifetime pass for U.S. citizens 62 and over.

LODGING

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

Remote accommodations in the North Cascades include:

Ross Lake Resort (206) 386-4437 www.rosslakeresort.com

Baker Lake Resort (888) 711-3033 www.bakerlakelodge.com

Stehekin Landing Resort www.stehekinlanding.com and other lodging is available in Stehekin. Pick up the *Focus on Stehekin* at any ranger station.

Learn about other tourism opportunities around the state at:

www.experiencewashington.com

WEST SIDE:

Bellingham (360) 671-3990

www.bellingham.org

Burlington (360) 757-0994

www.burlington-chamber.com

Concrete (360) 853-7042

www.concrete-wa.com

Mt. Vernon (360) 428-8547

www.mountvernonchamber.com

Sedro-Woolley (360) 855-1841

www.sedro-woolley.com

Mt. Baker Foothills (360) 599-1518

www.mtbakerchamber.org

EAST SIDE:

Chelan (800) 4CHELAN

www.lakechelan.com

Leavenworth (509) 548-5807

www.leavenworth.org

Twisp (509) 997-2020

www.twispinfo.com

Wenatchee Valley (800) 572-7753

www.wenatcheevalley.org

Winthrop (888) 463-8469

www.winthropwashington.com

Marblemount (360) 873-4150

www.marblemount.com

WHERE CAN I CAMP?

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

Group camps in the park are located at Goodell Creek and Newhalem Creek campgrounds. Group reservations can be made a year in advance and family sites may be reserved six months in advance by calling (877) 444-6777, or online: www.recreation.gov

Washington State Parks does reserve some sites. Call (888) 226-7688 or visit: www.parks.wa.gov

BACKCOUNTRY

National Forest: Backcountry camping in the National Forest does not require a permit, but a Northwest Forest Pass may be required to park at certain trailheads. Campers in the Mt. Baker National Recreation Area and some areas of the wilderness must camp at designated spots. Campfires are not allowed in many backcountry areas in sub-alpine settings and seasonal fire restrictions apply.

National Park: 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 pit toilets, tent pads and in some cases, tables and fire pits. Backcountry permits are free but are required for all overnight stays. Permits are issued in person only on a first-come, first-served basis. For permit information, contact the Wilderness Information Center at (360) 854-7245 or visit: www.nps.gov/noca/planyourvisit.

CAMPING AREAS		Managed by	Accessible	Drinking water	Flush toilets	Garbage vault	Boat ramp	Hiking trail	Dump stations	NUMBER OF CAMPSITES
Location	Campground + Reservation available ++ Reservation required		User fee						Fishing	* hook-ups available
SR 542	Douglas Fir +	FS	●	●	●	●	●	●	●	30
	Excelsior Group++	FS	●				●	●	●	2
	Silver Fir +	FS	●	●	●		●	●	●	21
Baker Lake Road milepost 14-23	Kulshan	P	●	●	●	●	●	●	●	108*
	Horseshoe Cove +	FS	●	●	●	●	●	●	●	34
	Bayview Group++	FS	●				●	●	●	2
	Panorama Point+	FS	●	●	●		●	●	●	16
	Boulder Creek +	FS	●				●	●		10
	Park Creek+	FS	●				●	●	●	12
	Baker Lake Resort +	P	●	●	●	●	●	●	●	90*
SR 20 milepost 81-180	Shannon Creek +	FS	●	●	●		●	●	●	20
	Rasar State Park +	SP	●	●	●	●	●	●	●	38*
	Steelhead Park +	CP	●	●	●	●	●	●	●	59*
	Goodell Creek	NP	●	●	●		●	●	●	21
	Newhalem Creek +	NP	●	●	●	●	●	●	●	110
	Colonial Creek	NP	●	●	●	●	●	●	●	107
	Lone Fir	FS	●	●	●		●	●		27
	Klipchuck	FS	●	●	●		●	●	●	46
Cascade River Road	Early Winters	FS	●	●	●		●	●		13
	Marble Creek +	FS	●	●			●	●	●	22
	Mineral Park +	FS	●				●	●	●	22
Via B.C.	Hozomeen	NP		●	●		●	●	●	122

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

Travel Safely, Step Lightly

Many come to the North Cascades to enjoy its rugged beauty and remote wilderness. Recreating in natural areas, however, has inherent dangers and responsibilities. Conditions in mountainous areas can change quickly, 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, sharp turns, parked vehicles and pedestrians.

Safeguard your possessions by keeping them out of sight. Lock your vehicle.

Carry the 10 essentials listed on this page.

Stay on trails. Wear adequate footwear and use a topographic map and 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 trail damage 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. 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 a 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 Kit:** 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.
- » 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.



Teacher and Park Ranger Gwen Peterson shares the view with a young visitor.

LEAVE NO TRACE

Plan Ahead and Prepare - Know the regulations and special concerns for the area you will visit. Be prepared for harsh weather or emergencies.

Travel and Camp on Durable Surfaces - Stay on trails and camp in designated spots. Avoid fragile areas along waterways or in alpine meadows.

Dispose of Waste Properly - Pack out all garbage and food leftovers. Use toilets where available. Otherwise, bury human waste in a small hole 6 to 8 inches deep and away from trails and water. Do not burn toilet paper!

Leave What You Find - Observe, but do not take. Leave all natural and cultural objects where you find them so others may enjoy.

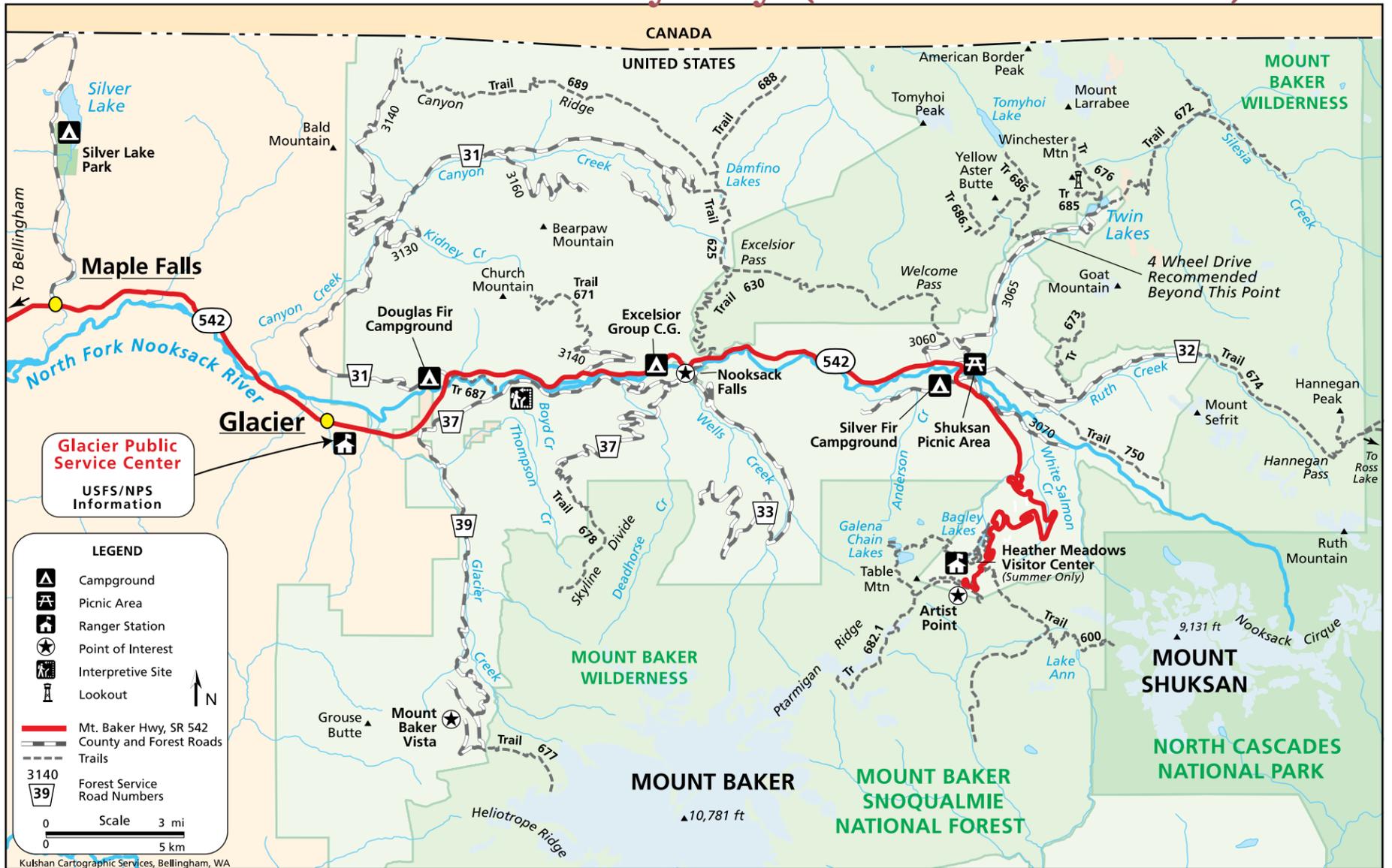
Minimize Campfire Impacts - Use a backpacking stove for cooking. Where fires are allowed, use established fire rings and keep fires small. Put out fires completely.

Respect Wildlife - Observe wildlife from a distance. Never feed animals. Proper food storage is essential to protecting wildlife.

Be Considerate of Other Visitors - Be courteous and respect the experience of other visitors. Let natural sounds prevail.



Mt. Baker Scenic Byway (State Route 542)



Popular Trails along the Mt. Baker Scenic Byway

Glacier Area Trails

Trail #	Name	Access	Distance one-way miles	Remarks
625	Damfino Lakes	Road 31	3.0 (4.8 km)	No fires, connects with High Divide
630	High Divide	Hwy 542	13.0 (20.9 km)	Wilderness, no fires, stock 8/1 to 11/1
671	Church Mountain	Road 3040	4.2 (6.8 km)	Steep hike up forested slopes
677	Heliotope Ridge	Road 39	3.7 (6.0 km)	Wilderness, no fires
678	Skyline Divide	Road 37	5.5 (8.9 km)	Wilderness, no fires, stock 8/1 to 11/1
687	Horseshoe Bend	Hwy 542	1.5 (2.4 km)	Follows Nooksack River
673	Goat Mountain	Road 32	4.0 (6.4 km)	Wilderness, stock allowed 8/1 to 11/1
674	Hannegan Pass	Road 32	5.0 (8.0 km)	Wilderness, no fires, enters National Park, stock allowed 7/1 to 11/1
685	Winchester Mtn.	Road 3065	2.0 (3.2 km)	High clearance vehicle needed on road, Wilderness, no fires
686	Tomyhoi Lake	Road 3065	4.0 (6.4 km)	Wilderness
686.1	Yellow Aster Butte	Road 3065	2.0 (3.2 km)	Wilderness, no fires
626	Boyd Creek	Road 37	0.25 (0.4 km)	Accessible, Interpretive

Heather Meadows Area Trails

600	Lake Ann	Hwy 542	4.8 (7.7 km)	Wilderness, no fires
682.1	Ptarmigan Ridge	Trail 682	5.0 (8.0 km)	Wilderness, no fires
681	Table Mountain	Hwy 542	0.7 (1.1 km)	Wilderness, no fires, no dogs
682	Chain Lakes	Hwy 542	6.5 loop	Wilderness, no fires, camp at designated sites only
735	Picture Lake	Hwy 542	0.5 loop	Accessible, Interpretive
684.2	Fire and Ice	Hwy 542	0.5 loop	Accessible, Interpretive
684.3	Wild Goose	Hwy 542	2.5 (4.0 km)	No camping one mile from trail
669	Artist Ridge	Hwy 542	1.0 loop	Accessible viewpoint

A Northwest Forest Pass is required at posted recreation sites and trailheads. Always check trail and road conditions at the Forest Service Web site or by calling 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 (1536m), above 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 2.5 miles (4 km) below Artist Point.

Points of Interest

Glacier Public Service Center, located at milepost 34, is listed on the National Register of Historic Places. The service center is jointly operated by the U.S. Forest Service and National Park Service during the summer season.

Forest Service Campgrounds: Douglas Fir, Silver Fir and Excelsior Group Camp offer rustic camping in forested settings.

Boyd Creek Interpretive Trail, Forest Road 37: This short, self-guided nature trail focuses on components of a healthy fish habitat.

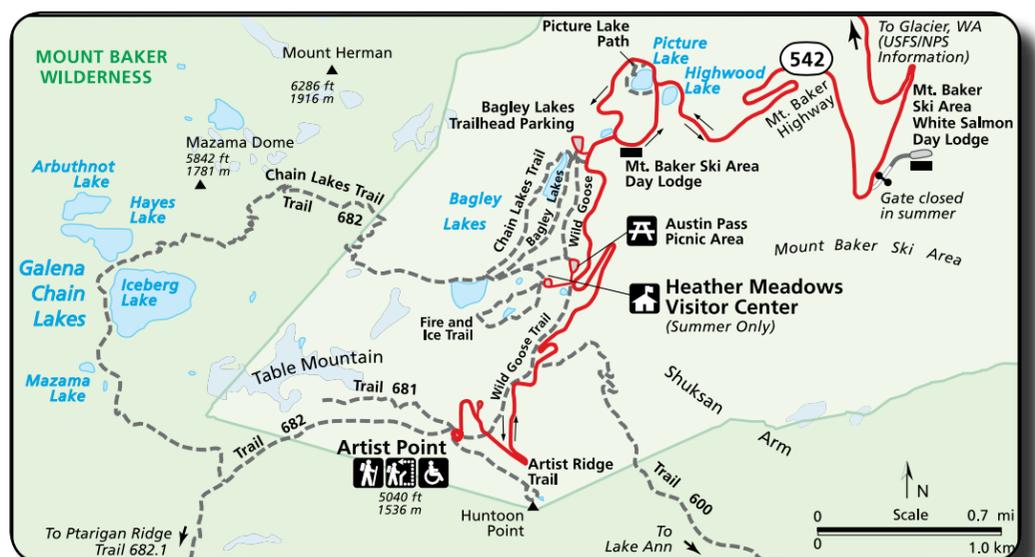
Nooksack Falls, milepost 40: A dramatic waterfall plummets more than 100 feet over rocky outcrops. A fence-lined pathway leads to a viewpoint.

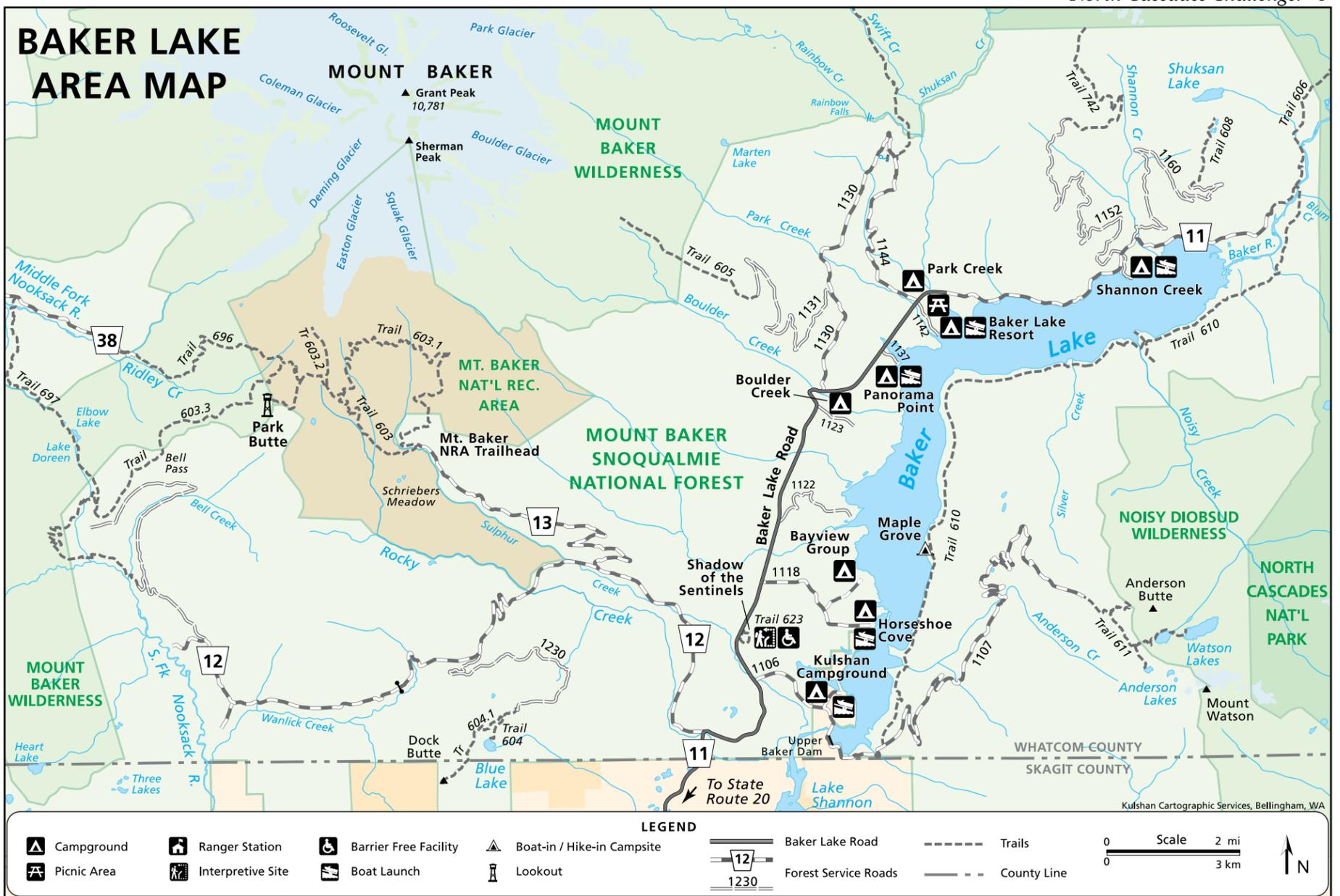
Shuksan Picnic Area: Day use area along the North Fork Nooksack River at the base of Forest Road 32 (Hannegan Road).

Heather Meadows Area

Located along the upper reaches of the byway, this spectacular sub-alpine 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. Several longer hikes lead into the surrounding Mt. Baker Wilderness, where Wilderness regulations apply. When entering such areas, be prepared for risk and challenge. The terrain can be rugged and the weather unpredictable.

Check in with staff at the Heather Meadows Visitor Center for current conditions and area histories. Open daily in the summer from 10 a.m. to 4 p.m. A Northwest Forest Pass is required for visiting this area. During winter months, check avalanche forecasts (206) 526-6677 or at: www.nwac.us.





Baker Lake

9-mile (14 km) long Baker Lake is located on the Baker River about 8 miles north of the North Cascades Highway (State Route 20). The lake basin offers opportunities for camping, boating, fishing, picnicking, hiking and pack & saddle trips. Washington State regulations govern boating and fishing activities on the lake.

National Forest developed campgrounds and a privately operated 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. The Upper Baker Dam, operated by Puget Sound Energy, is located at the south end of the lake along with Kulshan Campground and Baker Lake Lodge.

For camping information see page 9.
 For Baker Lake Lodge & Resort information call (888) 711-3033 or visit:
www.bakerlakelodge.com

Popular Trails in Baker Lake Area

Mt. Baker National Recreation Area Trails

Trail #	Name	Access	Distance one-way miles	Remarks
603	Park Butte	Road 13	3.5 (5.6 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 allowed 8/1 to 11/1
696	Ridley Creek	Road 38	5.5 (8.9 km)	Not maintained, connects to trail 603.3
697	Elbow Lake	Road 12 Road 38	3.0 (4.8 km) 3.5 (5.6 km)	Wilderness, stock allowed 8/1 to 11/1

Baker Lake Area Trails

604.1	Dock Butte	Road 1230	1.5 (2.4 km)	Leads to a scenic vista
604	Blue Lake	Road 1230	0.7 (1.1 km)	Short forest hike to lake
606	Baker River	Road 11	2.6 (4.2 km)	Enters National Park
610	Baker Lake	Road 1107	14.0 (22.5 km)	Stock allowed year-round
611	Watson Lakes	Rd. 1107-022	2.3 (3.7 km)	Wilderness, no fires, camp at designated sites
611.2	Anderson Lakes	Rd. 1107-022	2.4 (3.8 km)	Non-wilderness
623	Shadow of the Sentinels	Baker Lk. Road	0.5 (0.8 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 Web site or by calling a ranger station.



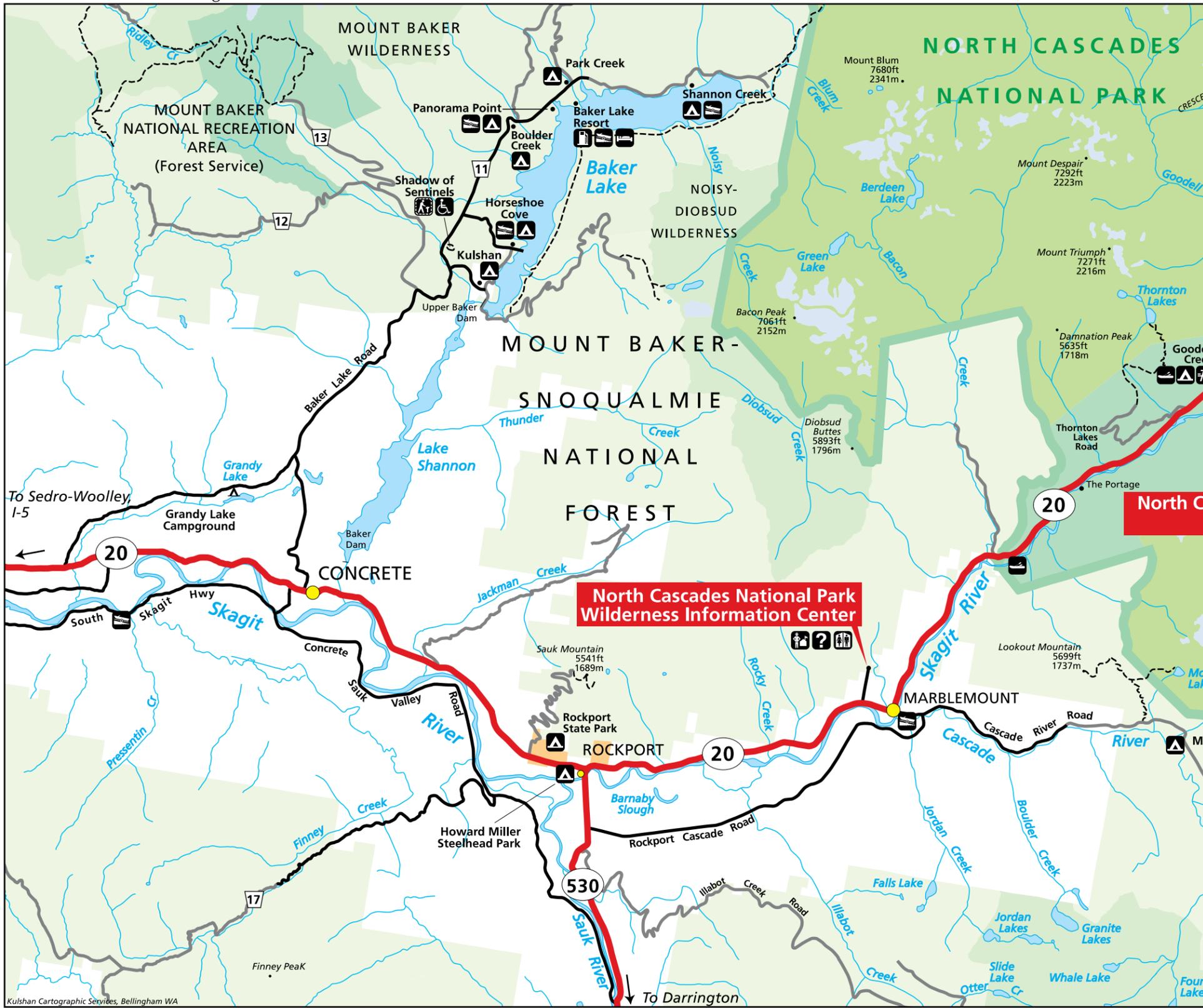
Baker Lake photo by Wade B. Clark Jr.

Mt. Baker National Recreation Area

The Mt. Baker National Recreation Area was established in 1984 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 surrounding Mt. Baker Wilderness from the South Fork Nooksack river drainage.

Hikers can explore the trails and stock animals are welcome Aug. 1 to Nov. 1. Visitors should prepare for challenging creek crossings in this area due to swift water flow. To help prevent resource damage and protect sub-alpine vegetation, campers in the NRA must stay at designated sites and no campfires are allowed. One-night-only campsites are established for hikers and stock parties at the trailhead at the end of Forest Road 13.

Winter recreation includes skiing, snowboarding, snowmobiling and snowshoeing when snow levels are sufficient. Please ask for a detailed handout on campsites and area regulations at a ranger station.



T ravel the North Cascades Scenic Highway (SR 20) along the Skagit Wild and Scenic River Corridor, into the heart of the Cascade Mountains.

Baker Lake and Mt. Baker National Recreation Area

At milepost 82 on SR 20 turn north onto Baker Lake Road #11 for access to water recreation, 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.



Newhalem M.P. 120

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

Rockport M.P. 96-98

Two parks, Rockport State Park and Howard Miller Steelhead Park, offer excellent day hikes near the Skagit River. 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 the Sauk Mt. Trail.



Gorge Creek Falls and Gorge Overlook M.P. 123

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

Colonial Creek Campground

Located on Diablo Lake at milepost 130, 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.

Marblemount M.P. 105-107

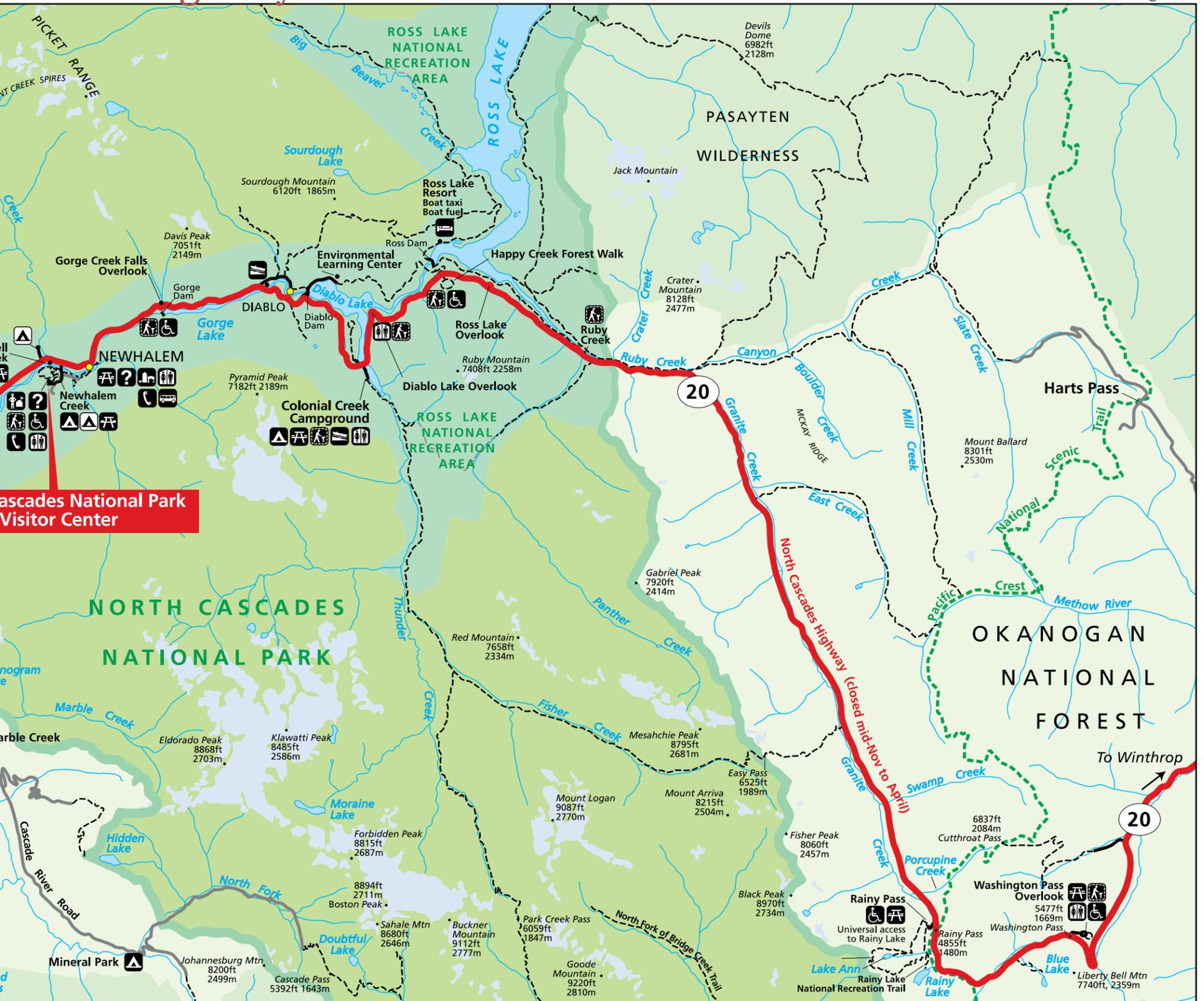
This is the last stop for full services and gas before Winthrop. National Park backcountry permits are issued at the Wilderness Information Center one mile (1.6 km) north of SR 20 on Ranger Station Road.

» THE CASCADE RIVER ROAD at the east end of town leads through the National Forest to the Cascade Pass Trailhead.



Diablo Lake Overlook M.P. 132

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



Cascades National Park Visitor Center



Ross Dam Trailhead M.P. 134
The Ross Dam Trailhead and Happy-Panther Trail are accessed from this area, as well as the Ross Lake Resort. SR 20 winter gate closure (Nov. - April).

Ross Lake Overlook M.P. 135-136
View Ross Lake and mountains and walk the Happy Panther Trail west from here.

East Bank Trailhead M.P. 138
Panther Creek, East Bank and Ruby Creek converge near here. A new option is to follow the Happy Panther Trail west from here.



Accessible Interpretive Trails

- Shadow of the Sentinels:** 0.5 miles (0.8 km) trail through old growth forest.
- Sterling Munro:** 330 ft (120 m) boardwalk with view of Picket Range.
- River Loop:** 1.8 miles (2.9 km) trail begins at North Cascades National Park Visitor Center or at campground for easier grade.
- Rock Shelter:** 0.25 miles (0.6 km) trail to Native American campsite above Newhalem Creek, moderate grade
- Gorge Overlook Trail:** 0.5 miles (0.8 km) 0.2 miles paved with views of Gorge Lake and Gorge Dam.
- Happy Creek Forest Walk:** 0.3 miles (0.5 km) boardwalk through ancient creekside forest.
- Rainy Lake Trail:** One mile (1.6 km) paved trail leads to Rainy Lake with views of waterfall and glacier.
- Washington Pass Overlook:** 810 ft (250 m) loop trail with view of Scenic Highway from tall bluff.

www.nps.gov/noca/planyourvisit/accessibility

Rainy Pass Picnic Area M.P. 158
One-mile (1.6 km) accessible trail leads to Rainy Lake 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.

Washington Pass M.P. 162
Highest point along the highway, enjoy views of Liberty Bell and Early Winters Spires.

Upper Methow Valley M.P. 180
Mazama turnoff to Hart's Pass (22 mi, 35.4 km) unpaved.

How far is it? How long will it take?

Location	Distance in miles	Time in minutes
Sedro-Woolley ⇌ Concrete	24	25
Concrete ⇌ Rockport	8	10
Rockport ⇌ Marblemount	8	15
Marblemount ⇌ Newhalem	15	25
<i>Sedro-Woolley to Newhalem</i>	<i>55</i>	<i>75</i>
Newhalem ⇌ Diabolo Overlook	14	25
Diabolo Overlook ⇌ Rainy Pass	26	35
Rainy Pass ⇌ Washington Pass	4	5
<i>Newhalem to Washington Pass</i>	<i>44</i>	<i>65</i>
Washington Pass ⇌ Mazama	17	25
Mazama ⇌ Winthrop	13	20
<i>Washington Pass to Winthrop</i>	<i>30</i>	<i>45</i>
TOTAL TRIP:	129 miles	3 hours



Ross Lake National Recreation Area

THIRTY MILES OF the North Cascades Highway meanders through the upper Skagit watershed among forests and soaring peaks. A variety of activities can be accessed from the corridor including challenging hikes and paddling. A number of scenic vistas, picnic areas, campgrounds and short trails are available for those seeking a more relaxing trip.



Top: Kayaker on Diablo Lake

Left: North Cascades National Park Visitor Center

Below Newhalem, the free-flowing portion of the Skagit River offers excellent wildlife viewing and rafting opportunities. A launch is located next to Goodell Creek Campground, but careful planning is required to float the swift Skagit as there can be seasonal hazards and closures.

Diablo Lake offers the only easy access for launching watercraft off of State Route 20. The lake, surrounded by glaciated peaks, is a brilliant turquoise blue in summer. This unique color is caused by fine rock sediment called glacial flour, carried into the lake by glacier-fed streams. There are three boat-in campgrounds where a backcountry permit is required.

Ross Lake, the largest of the three reservoirs, winds nearly 25 miles from Ross Dam to Hozomeen on the Canadian border. The only vehicle access is via Hope, British Columbia but small motor boats (14' and under) and canoes/kayaks can be portaged around Ross Dam from Diablo Lake. Nineteen boat-in campgrounds (backcountry permit required) and the Ross Lake Resort are available for those looking to spend multiple days in this remote landscape.

Popular Trails along the North Cascades Highway

Trail Name	Milepost	Round-Trip Distance in miles	Difficulty	Remarks
Sterling Munro	120	0.1 (0.2 km)	very easy	Accessible boardwalk with view of the Picket Range
River Loop	120	1.8 (2.9 km)	easy	Accessible, forested path to the Skagit River
Rock Shelter	120	0.3 (0.5 km)	easy	Accessible trail to historic site used by Native People 1,400 years ago
Gorge Overlook	123	0.5 (0.8 km)	easy	Accessible trail with views of a deep gorge and waterfall
Pyramid Lake	127	4.2 (6.8 km)	moderate	Moderately steep hike through diverse habitat leading to a lake, no camping
Diablo Lake	128	7.6 (12.2 km)	moderate	Offers views of glaciers and peaks, located on north side of Diablo Lake
Thunder Knob	130	3.6 (5.8 km)	easy	Hike through dry forest terrain, views of Diablo Lake and surrounding peaks
Thunder Creek*	130	1.6-46 (2.8-74 km)	easy-difficult	Excellent day hikes, extended trips to Stehekin Valley via Park Creek Pass
Thunder Woods	130	0.9 (1.5 km)	moderate	Nature trail that highlights the unique habitat near Thunder creek
Ross Dam	134	1.5 (2.4 km)	moderate	Short, steep trail down to Ross Dam
Happy-Panther	134	10.5 (16.9 km)	easy	Follows south shore of Ross Lake, connects Ross Dam Trail to East Bank Trail
Happy Creek	134	0.3 (0.5 km)	very easy	Accessible boardwalk interpretive trail through ancient forest
East Bank*	138	0.5-62 (0.8-99.8 km)	easy-moderate	Winds along forested path, loops around Desolation Peak to Hozomeen

*Obtain a permit at the Wilderness Information Center in Marblemount for all backcountry camping.



North Cascades Wild

Canoeing and Conservation for Teens

Established in 2006, North Cascades Wild is a tuition-free wilderness conservation service program for underserved youth on Ross Lake. The program is designed as a gateway for young people - especially kids from diverse ethnic and socioeconomic backgrounds - to jumpstart their lifelong engagement with nature, stewardship and community through powerful experiences in their national parks.

During four 12-day canoe, camping and backpacking trips this summer, 40 high school students from Skagit County and Seattle will complete conservation service projects while learning leadership, community building, Leave No Trace and the natural and cultural history of the region.

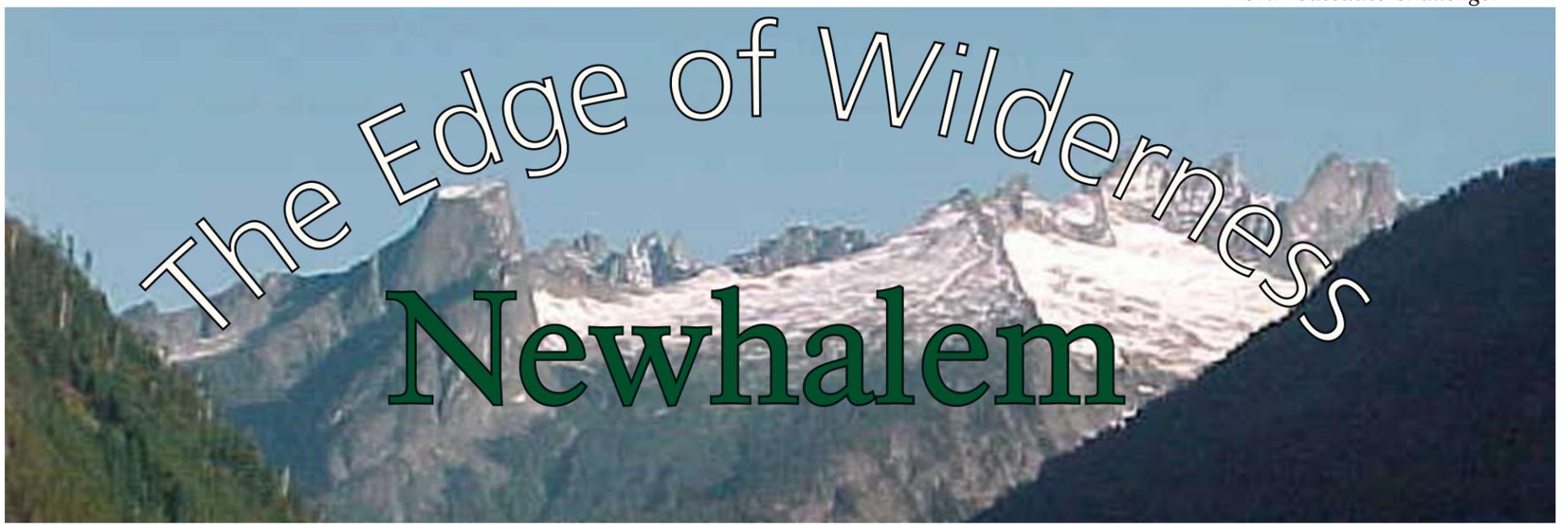
One student from Seattle wrote:

"This program not only showed me another side of the world I had never seen before, but led me to discover who I am and what I stand for. It got me thinking about what I can do to make this world a better place. Now I want to volunteer in any part of wilderness...because this is what I learned, to give back."

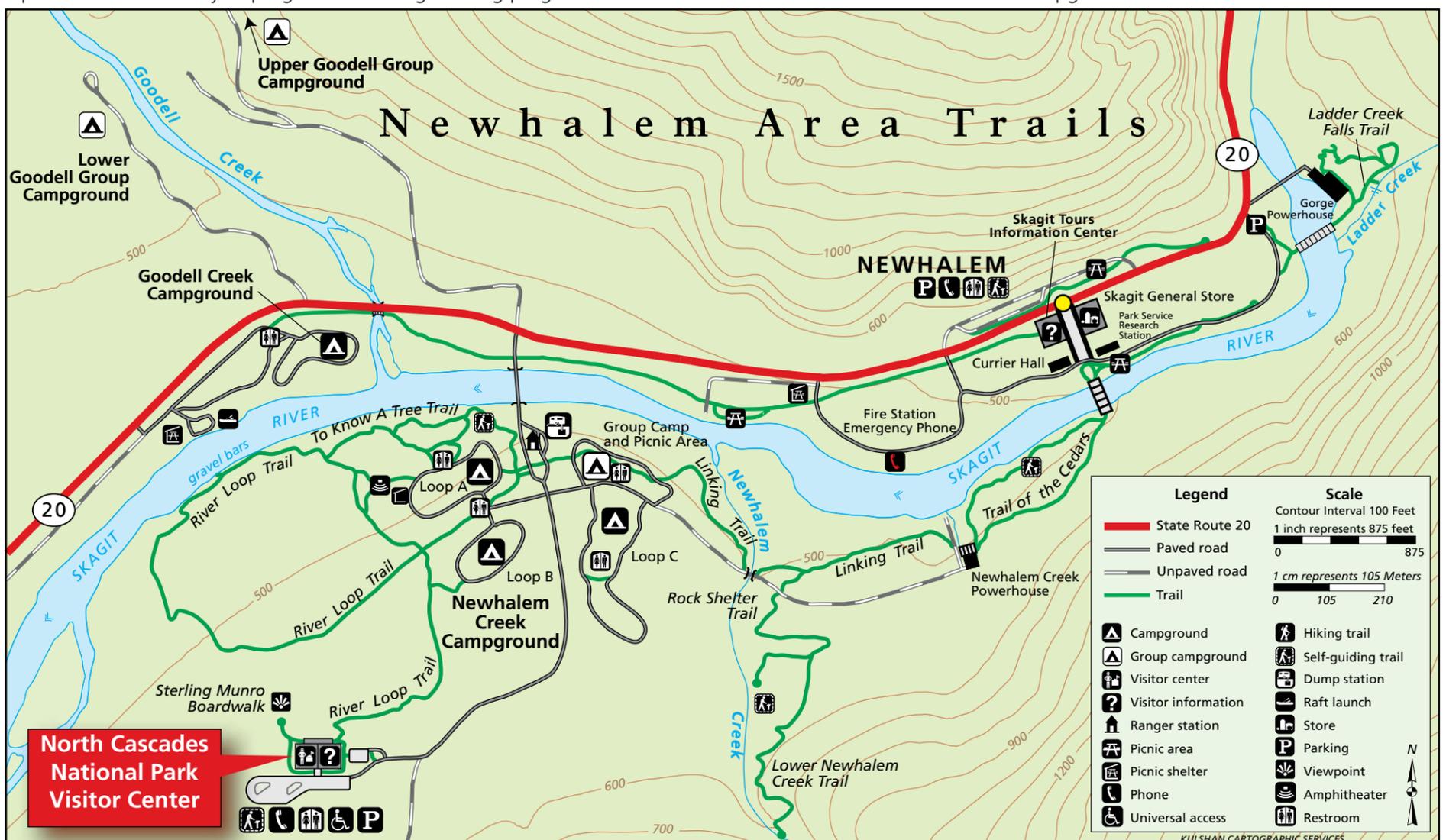
Key partners for NCW include North Cascades Institute, the Student Conservation Association, North Cascades National Park and the Arthur Carhart National Wilderness Training Center. For more information call (360) 856-5700 ext. 274 or visit www.ncascades.org.



Top: North Cascades Wild members pose for a group photo.
Left and Right: North Cascades Wild members volunteer time to service projects.



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 who worked at the dams and their families. Learn about the area's natural and cultural history by exploring interactive exhibits, watching theater presentations or talking with rangers at the North Cascades National Park Visitor Center. The interpretive staff at the center present a wide variety of programs including evening programs at both Colonial Creek and Newhalem Creek campgrounds.



Teacher to Ranger to Teacher

During the summer of 2007 Gwen Peterson, a K-5 elementary school science teacher at Juan Seguin Elementary School in Houston, Texas, participated in the new Teacher-Ranger-Teacher program at North Cascades National Park. Gwen spent eight weeks working closely with park interpreters to develop environmental education curricula.

"The experience was a once in a lifetime opportunity that made me think outside myself and realize the sheer grandeur of this country," Gwen said.

Upon returning to Houston, Gwen shared her experience at North Cascades by bringing the park to the students. The week of May 12 – 16, 2008, was dedicated as National Park Week at Juan Seguin. Over five days, students enjoyed variety of lessons focused on North Cascades National Park. Dave Williams, a 15-year-veteran of the park service and retired teacher, assisted Gwen with the execution of activities and each day presented engaging illustrated talks.

Students and faculty spent the week prior to the event decorating different classrooms to resemble a particular park: pre-kindergarten and kindergarten – Yellowstone NP; first grade – Everglades NP; second grade – Saguaro NP; third grade – Big Bend NP; fourth grade – Denali NP; and fifth grade – Yosemite NP.

Each student received a special Junior Ranger booklet specifically designed for their grade level (pre-school through fifth-grade). The booklets were printed in either English or



Students feel a bobcat pelt with Gwen.

Spanish. Upon completing nine booklet activities each student was awarded a Junior Ranger badge. Of the 619 students in the school 605 of them completed the requirements.

The students, faculty and staff of the school were enthusiastic and dedicated to the program. The students, none of whom had ever visited a National Park, had a truly unique experience and opportunity to become more familiar with the National Park system.

On May 16, a school-wide awards ceremony was held - the choir sang, the violins played, a video of the week was shown and the Junior Ranger badges were presented.

"Having Ms. Peterson introduce the importance of National Parks has enriched the educational experience of our students. Now more than ever children need to understand the importance of preserving and enjoying our natural resources," said Seguin Elementary School Principal Angie Miranda.



Students use soil and twigs to build dams.

Regina Reyna, from McAllen Memorial High School in McAllen, Texas, is welcomed to the North Cascades as the 2008 teacher participant.

North Cascades National Park Visitor Center

Open daily May through October
Open Saturday & Sunday,
November to May
Daily Ranger Programs: July 4
to September 1

Lake Chelan National Recreation Area



A Place Apart

Embrace the pioneer spirit and journey to the remote community of Stehekin, located on the northern shore of Lake Chelan. Nestled in a serene valley and surrounded by untouched wilderness, Stehekin offers a variety of attractions to suit all visitors. Whether you are seeking a quiet weekend or want to challenge the untamed wilderness, Stehekin and the surrounding trails have plenty of new sights to discover.



Golden West Visitor Center

WHAT TO SEE, WHAT TO DO

The Historic Golden West Visitor Center- knowledgeable rangers can assist you with trail and camp conditions, backcountry permits, and general information. The visitor center also offers daily naturalist programs featuring natural and cultural history, including evening programs, short talks, guided walks, bicycle tours, and Junior Ranger activities.

The Golden West Gallery- located in the visitor center, displays artwork inspired by the North Cascades.

Stehekin Pastry Company- no visit is complete without stopping by the bakery for a fresh, delicious treat.

Buckner Orchard- an intact example of early entrepreneurial farming in the Pacific Northwest and the only farm currently producing Common Delicious apples in the United States.

Hike- more than 11 trails varying in difficulty and length.

Camp- more than 13 campsites are available with locations on the lakeshore or deep in the wilderness.

LODGING

A variety of accommodations are available in Stehekin ranging from resorts to backcountry camping.

For a complete list of lodgings, services and schedules, pick up the Focus on Stehekin, visit the National Park Web site (www.nps.gov/noca) or call the Golden West Visitor Center at (360) 854-7365 ext. 14.

Traveling to Stehekin

FERRY

Lake Chelan Boat Company provides round-trip service between Chelan and Stehekin with scheduled stops at Field's Point and Lucerne.

- Lady of the Lake II offers one daily round trip from May 1 through October 15.
 - Lady Express offers one daily round trip daily June 1 through September 30.
- May 1 through May 31 & October 1 through October 15 one round-trip shuttle is offered on Saturday and Sunday only.

For up-to-date schedule and rates, regulations regarding transportation of freight and pets, or information regarding private charters call (509) 682-4584 or visit:

www.LadyoftheLake.com

ON FOOT OR HORSEBACK

For a wilderness adventure hike or horseback into the Stehekin Valley. Multiple routes transverse the surrounding wilderness areas. For trail conditions and trip planning, contact a Ranger Station.

PRIVATE BOAT

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 from May 1 to October 31 (\$5 daily or \$40 for the season). This fee helps pay for maintenance costs. Passes can be obtained at the Chelan Ranger Station or from local vendors.

FLOAT PLANE

Chelan Airways offers daily flights during summer months. For more information or to schedule a flight visit: www.chelanairways.com or call (509) 682-5555.

Wolverines in the North Cascades

In 2005, the U.S. Forest Service joined with the Washington Department of Fish and Wildlife to begin monitoring wolverine populations in the North Cascades. The five-year project is the first in Washington to study the distribution and ecology of this rare and elusive forest carnivore.

Employing a variety of methods including snowtracking and remote-camera surveys, researchers established several likely locations of wolverine activity. Live capture traps, made from native logs, were placed in four-to-six strategic locations and baited with deer, beaver and salmon carcasses.

During the 2005/2006 winter, one female wolverine dubbed Melaine, was captured and radio collared at the Hart's Pass trap. Shortly afterwards a male, nick-named Thor, was also captured at the same trap site. His radio collar failed shortly after capture, offering limited movement information.

The 2006/2007 winter, one male and one female, named Chewbacca and Xena, respectively, were captured and fitted with radio collars in the upper Twisp River drainage. Thor was photographed near Hart's Pass using a



A remote camera captures an image of Melaine.

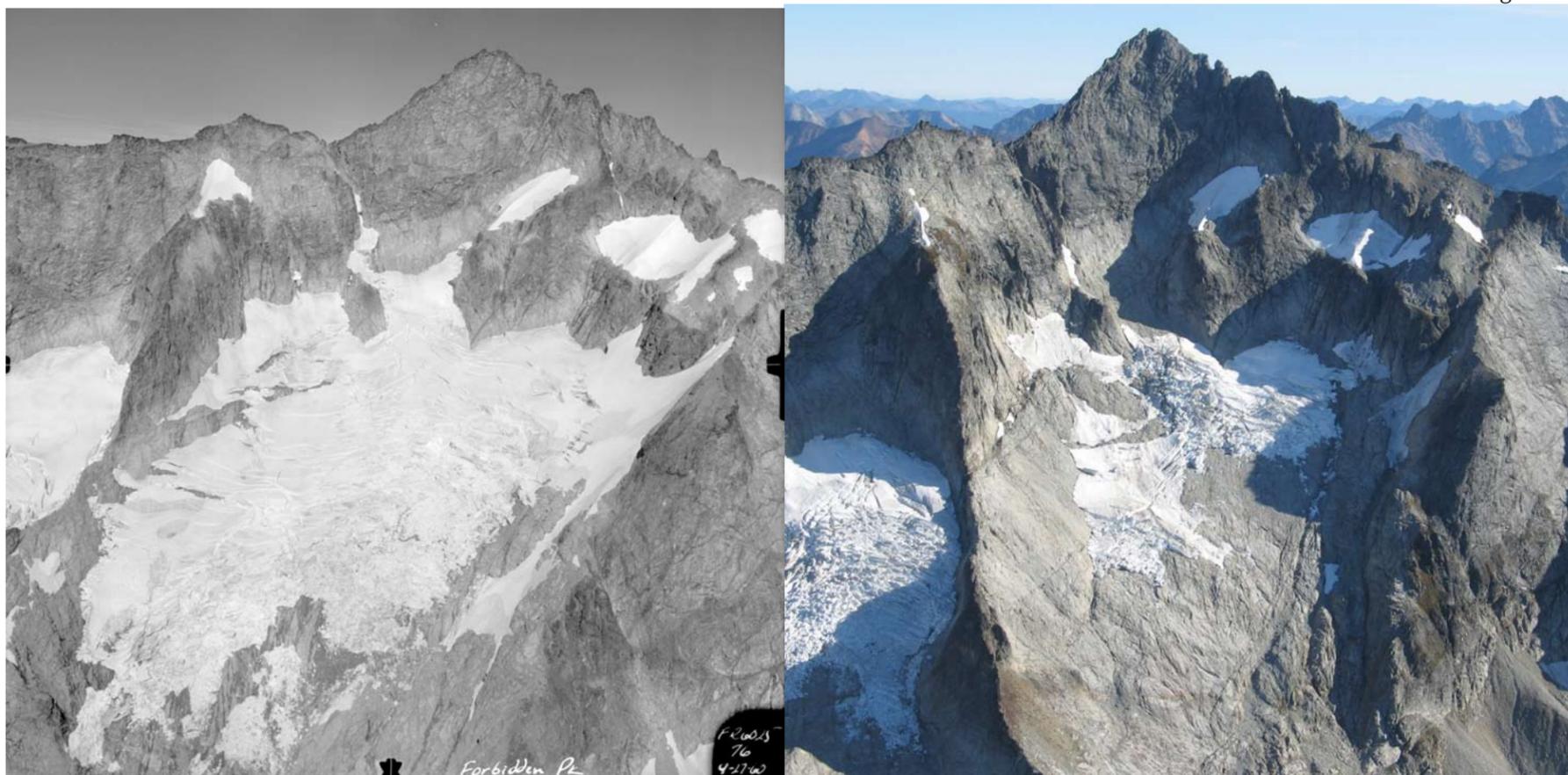
remotely-censored camera, however, biologists were unable to recapture him to replace the malfunctioned collar. Melaine was recaptured in 2007. Researchers determined she was pregnant, however the fate of her offspring is unknown.

Success continued during the 2007/2008 winter when a male wolverine named Rocky was captured at the Hart's Pass trap. Satellite data show his movements and activity range parallel that of Melaine, extending into Manning Provincial Park, B.C.

Researchers are experimenting with two types of collars, satellite and GPS to determine which offers the most accurate location data and utilizes its battery life most efficiently. Preliminary data shows the wolverines inhabit large tracts of land ranging through the crest and eastern edge of the North Cascades all the way into

Canada. The wolverines appear to move in a figure-eight pattern, which may increase their likelihood of locating food and mates.

Research is expected to continue in the 2008/2009 winter and may include partnerships with Canadian scientists and eventually expand into more remote areas of North Cascades National Park.



The photo of the south side of Forbidden Peak on the left was taken Sept. 27, 1960. The photo on the right was shot on Sept. 21, 2005.

Our Changing World

North Cascades National Park is home to 312 glaciers, more than any other state in the lower 48 states. However, these reminders of an icy past may not have a long future in the North Cascades.

“They’re retreating pretty fast and it’s because the summers and winters are warmer,” NPS geologist Jon Riedel said. “A lot of times we’re getting rain on these glaciers in the late fall or even winter when they would normally be accumulating snow.”

In order to determine how much the park’s glaciers are retreating, Riedel began monitoring four glaciers in 1993, each in a different watershed. The northernmost is Silver Glacier near the U.S.-Canada border, followed to the south by Noisy Creek Glacier, North Klawatti Glacier, and Sandalee Glacier.

Measuring all the glacier variables (topographical, slope, shade, etc.) involved in the survival of a glacier would be time consuming and nearly impossible. So Riedel focuses on the most important factors: snow accumulation and snow and/or ice melt.

“To get at that direct signal between climate and glacier behavior, we focus on what happens on the surface,” he said. “It’s like your checkbook budget: if we account for how much water [snow] the glacier accumulates in the winter and how much it loses in the summer, we come up with a balance. If it’s positive, then more snow was gained in the winter than was lost in the following summer.”

To get these measurements, Riedel and his team journey to each of the four glaciers three times per year.

In April, the team measures the thickness of the winter snow accumulation with an old metal tank antenna. Measuring stakes are then drilled into the glacier with a backpack-mounted steam drill. These stakes are used to determine how much snow and ice melted over the course of the summer when they revisit the glaciers in June and finally in late September.

“In any long-term monitoring, you have to have methods that are fairly easy to follow and straight forward,” Riedel said, “so that they can be repeated and you can compare measurements.”

All four glaciers in the study have carried a negative balance since 2002. If these glaciers are losing snow, that means nearby streams and lakes are losing a major source of cool water in the summertime. For example, in Thunder Creek, glaciers produce as much as 45 percent of summer runoff, Riedel said.

“We call it the buffering capacity,” he said. “It protects our lakes and streams from low flow.”

With summer temperatures a degree warmer compared to 100 years ago, Riedel estimates that glaciers will need roughly 125 percent of normal snow pack in order to break even each year. With cool temperatures and snowstorms persisting into the late April of this year, the snowpack was 134 percent of average as reported on May 6, 2008, by the Natural Resource Conservation Service. We will not know for several more months if this above average snowpack will balance the glacier “checkbook” at the end of the 2008 melt season.

Climbing in the North Cascades

The prominent volcanic cone of Mt. Baker attracts thousands of climbers who each year attempt the 10,781 foot summit.

The peak offers a variety of approaches and varying degrees of technical difficulty for climbers. All routes enter the Mt. Baker Wilderness where Wilderness regulations apply.

The two favored routes are the Coleman or the Easton Glaciers. The climb is physically challenging and the routes require technical skills and good fitness. Climbers should be experienced in glacier travel and crevasse rescue, proficient at route finding, and have all proper equipment before attempting the summit. As the season progresses, route difficulty increases as open crevasses make route finding more challenging.

Mt. Baker is just one of a multitude of rewarding climbs, with a wide variety of technical difficulty, located throughout the Cascades. Consult one of the many climbing guide books for peaks and detailed route information.

A list of licensed climbing guides and outfitters can be obtained from any ranger station or National Park or U.S. Forest Service Web sites.

Tips for a Safe Trip

- » Climb with an experienced leader.
- » Rope up for all glacier travel; know crevasse rescue techniques.
- » Have at least two experienced people per 3-person rope team.
- » Climbing with less than three people can be hazardous and is not recommended.
- » Be aware of current weather and route conditions.
- » Use good judgment and know your limits—the summit is never worth injury or loss of life.
- » All climbers are encouraged to fill out a Voluntary Climbing Register, available at all ranger stations, as an added safety precaution.

Leave No Trace Concerns for Climbers

Human waste is one of the most significant concerns while climbing, because there is no soil in which to bury it and it can contaminate drinking sources. Some climbing areas have composting or vault toilets, but in many areas climbers must pack out waste using blue bags or another pack out system. Never bury waste in snow or toss in a crevasse—it melts out quickly, contaminates drinking water and is a serious eyesore for all climbers on the route.

Sub-alpine vegetation is particularly fragile and susceptible to human disturbance. These plants have short, often harsh growing seasons. Walking, sitting, or camping on the vegetation can easily cause significant damage. Please travel, rest, and camp on trails or in designated sites, or on durable surfaces such as snow, rock, or bare ground.

Do you enjoy spending time in the wilderness? Do you feel responsible for the upkeep of your public lands? **Mountain Stewards want you!**



Mountain Stewards help teach others the importance of "Leave No Trace", a program encouraging people to reduce their impact on wilderness areas.

From late July through mid-September, Mountain Stewards hike popular trails in the Mount Baker Ranger District including Heliotrope

Ridge, Park Butte/Railroad Grade trails and trails around the Heather Meadows Area. These trails are popular for climbers attempting the summit of Mt. Baker, as well as day hikers looking for breathtaking vistas.

The sheer number of feet on these trails leaves them vulnerable to damage and deterioration. Mountain Stewards help others understand how to best soften the blow on these well-loved areas.

Now celebrating its seventh season, the Mountain Stewards program has come into its own. Volunteers consistently prove their effectiveness in helping educate fellow hikers and climbers about Leave No Trace ethics and forest regulations. Only by continually gaining new perspectives and appreciating existing ones, can this program continue evolving.

Coordinated by North Cascades Institute in partnership with the Forest Service, the Mountain Stewards program is an exciting way to become an advocate for the Mount Baker area.

Mountain Stewards need to be skilled in hiking and outdoor recreation, including snow travel, but are not required to travel on technical climbing routes. Volunteers donate three trail days in addition to two days of training. Trail days will take place during daytime hours, Friday through Sunday.

If you are interested in becoming a Mountain Steward please contact North Cascades Institute or Mount Baker Ranger District for an application at: (360) 856-5700.

Park Flight Program Welcomes Costa Rican Naturalist

The U.S. National Park System provides critical habitat for many species of migratory birds, from raptors and shorebirds to songbirds. Continental and local declines in these bird populations have led to a concern for their future. Because these species use parks on a seasonal basis, nesting in our national parks in the summer and migrating to Latin America in the winter, their protection cannot be assured without cooperative conservation efforts between the United States and Latin America.

The Park Flight Migratory Bird Program works to protect shared migratory bird species and their habitats in both U.S., Canadian, Latin American and Caribbean national parks and protected areas through developing bird conservation and education projects and creating opportunities for technical exchange and cooperation. The assistance provided to these national parks and protected areas is integrated and projects focus on two areas relating to migratory birds: 1) species assessment, protection, and management; and 2) park interpretation, environmental education, and outreach.

This year North Cascades National Park welcomes Dionisio "Nito" Paniagua Castro, a 35-year-old Costa Rican naturalist to Park Flight, through the NPS International Volunteers in Parks program. Nito was born and raised in Costa Rica where he developed an avid interest in the environment, especially the more than 880 bird species that populate his country. With a background in environmental education and ecotourism, Nito eagerly accepted an internship with the National Park Service.

Upon arriving in Washington, Nito studied with The Institute for Bird Populations (IBP), an international organization fostering a global approach to avian conservation. IBP focuses on conducting research and disseminating information related to changes in the abundance, distribution, and ecology of bird populations. Utilizing his knowledge of migratory birds, Nito acted as a guest instructor at the 2008 Bird Fest in Leavenworth. Visitors benefited from his extensive knowledge of migratory bird species.

In July, Nito will move to the North Cascades Visitor Center at Newhalem. He will act as an interpretive naturalist and provide a link to the local Spanish speaking communities. Visitors are encouraged to take advantage of Nito's knowledge of park bird species and their Costa Rican connections.

After August, Nito will return to Costa Rica. Using his new experiences in the North Cascades, he hopes to educate local high school students about the importance of bird conservation through workshops and volunteer programs.

Although he is determined to learn about migratory bird species over this summer, Nito also hopes to observe a few of the native mammals that inhabit the North Cascades including beavers, flying squirrels, big horn sheep and mountain goats.

The National Park Service is working to broaden involvement with other national and international bird conservation initiatives. Park Flight enhances collaboration with other agencies and partners on migratory bird conservation.



Above: Nito banding birds.

From late May through June, Nito will work with park service and IBP biologists to monitor Northern Spotted Owls and migratory and resident bird species in the Stehekin Valley. Specific migratory species which Nito is familiar with from Costa Rica include the Wilson's Warbler, Western Tanager, Yellow-rumped and Yellow Warblers. He hopes to observe these species in the North Cascades, their summer nesting habitat.



Black-headed Grosbeak



Wilson's Warbler

PARK FLIGHT INFORMATION

Carol Beidleman,
Park Flight
Migratory Bird Program Coordinator

Call (970) 586-3776 or e-mail:
Carol_Beidleman@partner.nps.gov

For additional information visit:
www.nps.gov/oia/topics/flight.htm

Helpful Hints from Nito the Naturalist: Bird Watching in the North Cascades

In tropical areas birds are colorful and often easy to spot amongst the trees, but in the conifer forests of the Northwest birds often blend into their surroundings. Nito suggests learning to identify birds by their specific song or call rather than relying on eyesight. Bird watchers should stay quiet and still while trying to locate a specimen. First listen, pinpoint where the bird's call is coming from, and then use your naked eye to locate it. Nito says to avoid using your binoculars too early; trying to use binoculars when you are unsure of a bird's location can cause you to miss your chance.

Get Involved!

Volunteering in the National Park and Forest is an opportunity to meet fun and energetic people who share similar connections to the North Cascades. Participating in group work projects allows for a deeper understanding of the many issues related to management of public lands. No matter your skill level, a day spent combining friends, fun, and stewardship is rewarding for all.

Volunteer with North Cascades National Park Volunteer with the U.S. Forest Service

North Cascades National Park Service Complex partners with a variety of organizations, including those below, for trails, campgrounds and facilities maintenance. For information contact: Michael_Brondi@nps.gov

Westside

- Colonial Creek Campground storm damage restoration June 28, Aug. 9
- Diablo Lake Overlook plant restoration July 12
- Native plant nursery opportunities Dates to be determined; contact: Michael Brondi (360) 854-7275
- Cascade Pass plant restoration Sept. 20

Eastside

- Campground spring cleaning June 13-15
- Native plant restoration June 20-22, July 18-20, Aug. 15-17, Sept. 12-14
- Park building spring cleaning June 20-22
- High Bridge Camp Shelter roof repair July 4-6
- Bridge Creek Cabin Stove Pipe Replacement July 18-20
- Orchard Tractor Shed Sept. 26-28

The Mt. Baker-Snoqualmie National Forest partners with groups to help organize volunteers to work on trails and other restoration projects in the forest. In some cases volunteer hours may be good toward a NW Forest Pass.

Volunteers for Outdoor Washington (206) 517-3019

www.trailvolunteers.org

Washington Trails Association (206) 625-1367

www.wta.org

Backcountry Horseman

www.bchw.org

Pacific Northwest Trail Association (360) 854-9415

www.pnt.org

Nooksack Salmon Enhancement Association

(360) 715-0283

www.n-sea.org

The Artist-in-Residence program offers artists a unique opportunity to live and work in the North Cascades. Each spring and fall an artist spends a month in either the Skagit or Stehekin Valley gaining perspective from the surrounding wilderness and using their talents to inspire others. Artists are selected from numerous applications by a panel of park stewards and community members. Former artists include photographer David Snyder, painters Alice Dubiel and Karen Lewis, musician David Boye and sculptor Greg Pierce.

Applications are available by contacting Cindy_Bjorklund@nps.gov or for Stehekin Valley contact Kerry_Olson@nps.gov.



Thanks Partners!

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.

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. Find out more about the foundation at www.natlfoundations.org.

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, online and through mail order. Call (360) 856-5700 ext. or visit

www.nwpubliclands.org



North Cascades Institute 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.

The Environmental Learning Center is located across Diablo Dam, near Sourdough Creek on the shores of Diablo Lake. NCI offers a variety of day and overnight field seminars at the ELC.

For more information about classes and programs call (360) 856-5700 ext. 209 or visit www.ncascades.org.

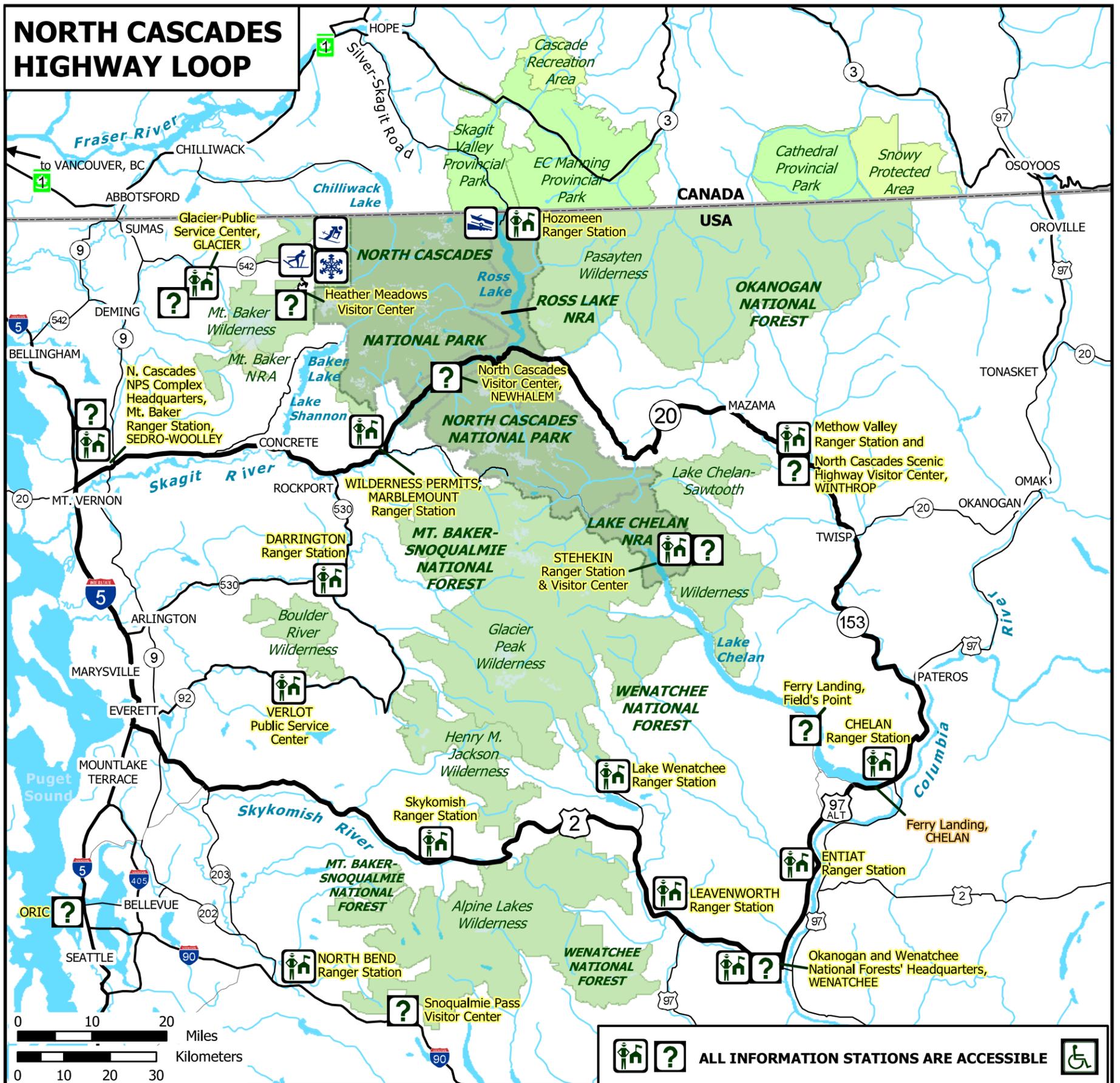
Washington's National Park Fund

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.wnpf.org.



Student Conservation Association

The Student Conservation Association (SCA) is a nonprofit organization that offers conservation internships and summer trail crew opportunities to more than 3,000 people each year. SCA members complete projects in every conservation discipline - from archeology to zoology. SCA's mission is to build the next generation of conservation leaders and inspire lifelong stewardship of our environment and communities by engaging young people in hands-on service to the land. For more information about opportunities with SCA in the Northwest Region call (206) 324-4998 or visit www.thesca.org.



Information and Visitor Centers Summer Hours

North Cascades National Park; Mt. Baker Ranger District

SEDRO-WOOLLEY

810 State Route 20
Daily 8 a.m. to 4:30 p.m.
(360) 854-7200 (NPS)
(360) 856-5700 (USFS)

MARBLEMOUNT

Wilderness Information Center Backcountry Information/Permits

Fri. to Sat. 7 a.m. to 8 p.m.
Sun. through Thur. 7 a.m. to 6 p.m.
(360) 854-7245

NEWHALEM

North Cascades National Park Visitor Center

May through October: 9 a.m. to 5 p.m.
July to August: 9 a.m. to 6 p.m.
Open daily
(206) 386-4495

STHEKIN

Lake Chelan National Recreation Area Golden West Visitor Center

Daily 8:30 a.m. to 5 p.m.
(360) 854-7365 ext.14

Okanogan National Forest; Methow Valley Ranger District

WINTHROP

Methow Valley Ranger District

Mon. through Fri.
7:45 a.m. to 4:30 p.m.
(509) 996-4000

Wenatchee National Forest

CHELAN RANGER DISTRICT

Lake Chelan National Recreation Area

Mon. through Fri. 8 a.m. to 4:30 p.m.
(509) 682-2576 (USFS)
(509) 682-2549 (NPS)

WENATCHEE RIVER RANGER DISTRICT

LEAVENWORTH OFFICE

Mon. through Sat.
7:45 a.m. to 4:30 p.m.
(509) 548-6977

LAKE WENATCHEE RANGER STATION

Thur. through Sat.
8 a.m. to 4:30 p.m.
(509) 763-3103

Mt. Baker-Snoqualmie National Forest

EVERETT - SUPERVISOR'S OFFICE

No visitor services
(425) 783-6000 or (800) 627-0062

GLACIER PUBLIC SERVICE CENTER

Daily 8 a.m. to 4:30 p.m.
(360) 599-2714

HEATHER MEADOWS VISITOR CENTER

Daily 10 a.m. to 4 p.m.

DARRINGTON RANGER DISTRICT

Mon. through Fri. 8 a.m. to 4:30 p.m.
(360) 436-1155

VERLOT PUBLIC SERVICE CENTER

Daily 8 a.m. to 4:00 p.m.
(360) 691-7791

SKYKOMISH RANGER DISTRICT

Mon. through Sat. 8 a.m. to 4:30 p.m.
(360) 677-2414

SNOQUALMIE RANGER DISTRICT

North Bend Office

Mon. through Sat. 8 a.m. to 4:30 p.m.
(425) 888-1421

Enumclaw Office

Mon. through Sun. 8 a.m. to 4:30 p.m.
(360) 825-6585

SNOQUALMIE PASS VISITOR CENTER

Thurs. through Mon. 8:45 a.m. to 3:45 p.m.
(425) 434-6111