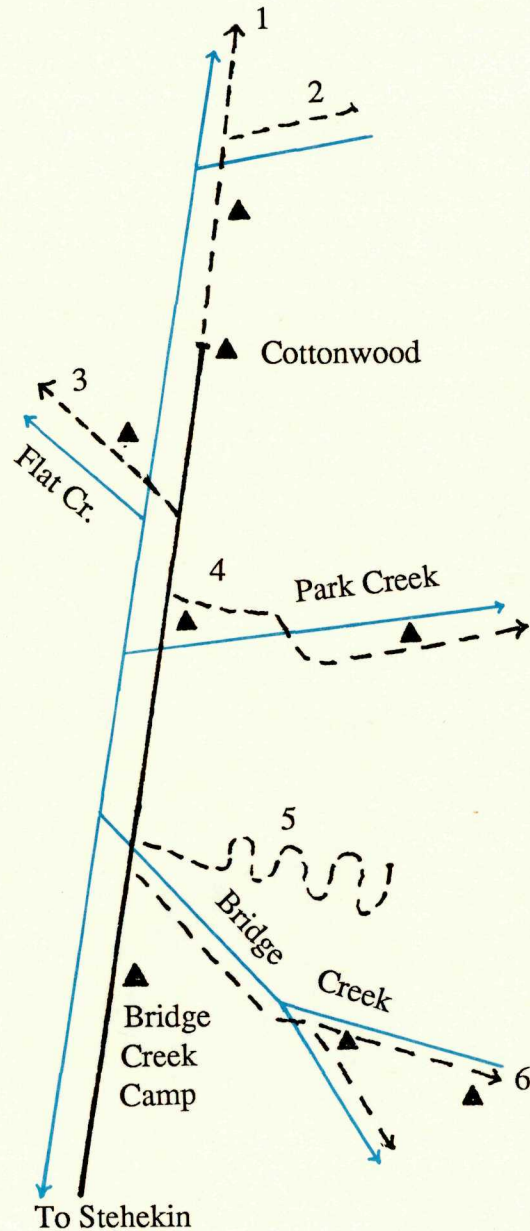
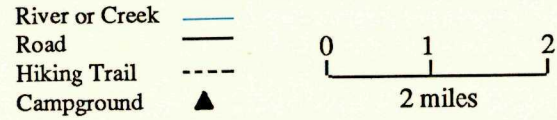


UPPER VALLEY



#1. CASCADE PASS TRAIL

From Cottonwood, past Basin Creek Camp at 1.2 miles, an excellent trail climbs talus slope to Doubtful Creek. Don't cross this ford during high water. Trail then ascends 12 gentle switchbacks to wooded ridge above Pelton Basin. 3/4 mile more to beautiful Cascade Pass at 5400'. Area had suffered severe trampling and revegetation efforts are underway; please stay on designated trail. 5.4 miles one way, elevation gain of 2600'. If time permits, hike one mile up Sahale Arm for panoramic views of Sahale Mountain, Doubtful Lake and the Stehekin Valley.

#2. HORSESHOE BASIN TRAIL

Sign marks turnoff from Cascade Pass Trail, about 2 miles from Cottonwood. More than 15 waterfalls tumble from snowfields to the meadow floor of this cliff-ringed cirque. Sahale and Davenport glaciers dominate. Buckner, Booker and Sahale mountains are connected by the spires of Ripsaw Ridge. Look for evidence of mining history. Black Warrior Mine is 3.7 miles from Cottonwood (elevation gain 2000'), a good place for lunch. Bring a flashlight to explore the mine.

#3. FLAT CREEK TRAIL

This seldom-visited trail contours the hill above Flat Creek through lush undergrowth to the west fork. A short distance beyond the trail's end is a stand of ancient cedars. Openings provide views of LeConte and Spider mountains. 3.4 miles one way to end.

#4. PARK CREEK TRAIL

From Valley road, trail switchbacks steeply for 1.5 miles. After crossing bridge over Park Creek at 2 miles, it stays fairly level. Continue past 5 Mile Camp and enter an open meadow (elevation gain 1780') with spectacular views of Booker and Buckner mountains and their glaciers. The climb from meadow to Park Creek Pass is a steep 3 miles. The pass is a magnificent, but fragile, alpine area.

#5. GOODE RIDGE LOOKOUT TRAIL

Trailhead is just across Bridge Creek bridge. Travels up and through dense forests. Dry; bring water. Opens up at 3.5 miles with views of the Stehekin and Bridge Creek drainage. Later, majestic views of Buckner Mountain and Park Creek. Trail ends at the site of an old fire lookout, abandoned in 1948. Here is an awesome view of Greenview Lake, Goode Mountain and the Cascade Range to the south and west. 5 miles one way, elevation gain of 4880'.

#6. WALKER PARK TRAIL

Just upvalley from Bridge Creek camp, trail goes up through forest before descending to cross Bridge Creek at 2.5 miles. Junction to North Fork valley 1/4 mile further. Way ascends steeply at first then gentles (elev. gain 920'). Views of Goode Mountain, Goode Glacier, Storm King and Mount Logan. Trail ends at 9 miles in subalpine meadow, full of wildflowers in midsummer. A good route for early season hiking.

"...For twenty some summers I have wandered through the Cascade Range from British Columbia to California, but never before did I witness a scene so beautifully grand as that presented from the depth of the valley of Stehekin and the peaks of the encircling mountains. It is no disparagement to other scenes to say the valley of Stehekin is the gem of the Cascades."
-source unknown

Illustrations by Randy Van Dyck
Design by Paula Beckman
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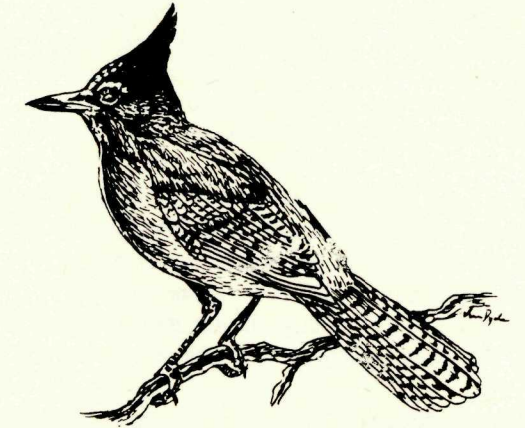


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DAY HIKING IN STEHEKIN



Lake Chelan National Recreation Area & North Cascades National Park

Wherever you go in the valley of the Stehekin, you'll see evidence of a huge glacier's grinding force. The almost vertical walls and flat valley bottom are the work of thousands of tons of frozen water and the rasping rock it carried. The Stehekin River is now the dominant land-shaping force. Its periodic floods of rain and mountain snowmelt have tossed boulders across the valley floor. Wooded escarpments and a mosaic pattern of old and new vegetation tell its temperamental history.

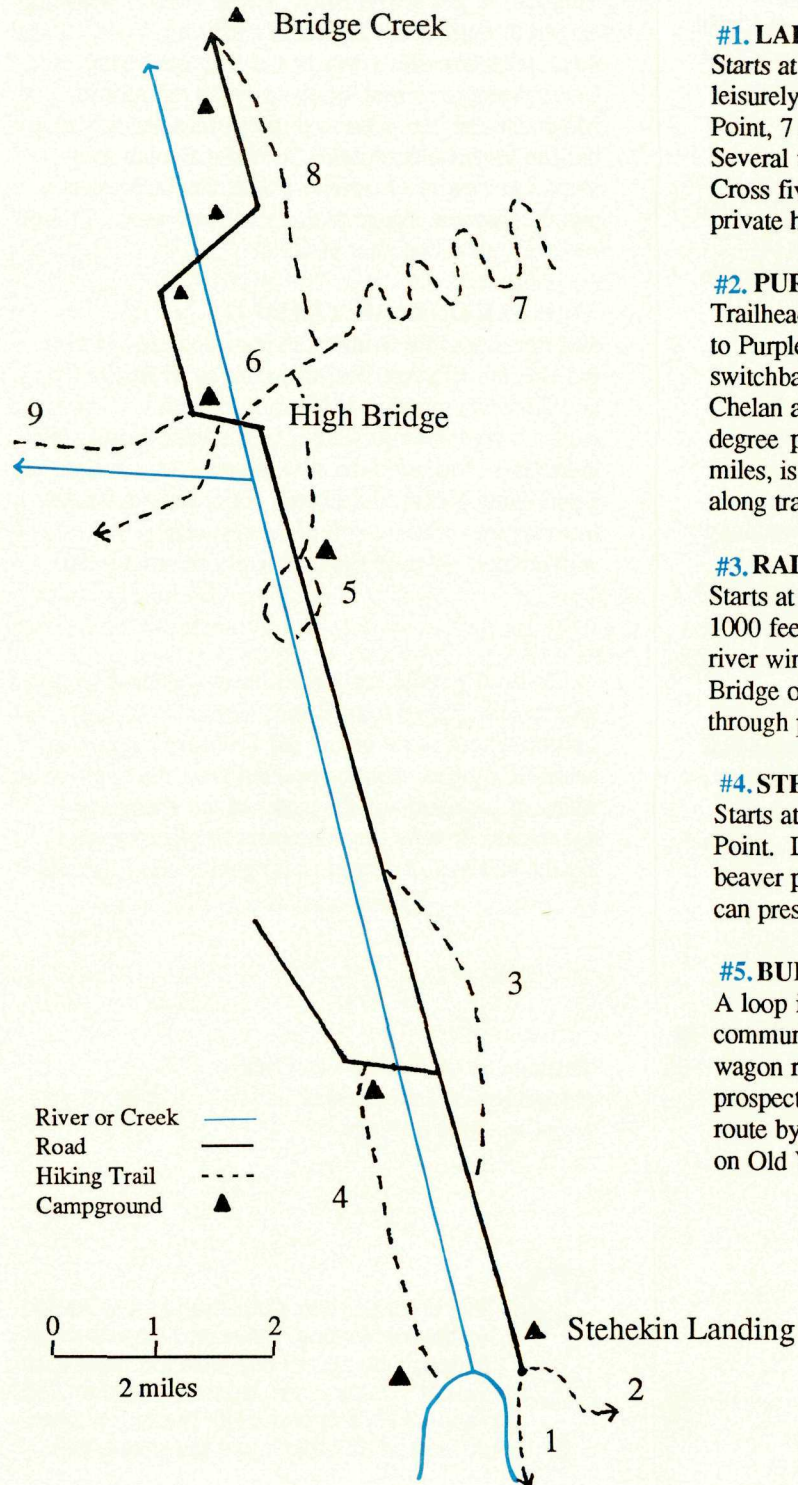
Here are descriptions of trails you can hike in an hour, a half day or all day. Explore the Stehekin Valley, and enjoy the solitude and beauty.

LOWER VALLEY

SAFETY TIPS

1. Weather in the mountains can change quickly and unexpectedly. Be prepared for almost any kind of weather, even on a day hike. Carry wind and rain gear, and a wool sweater or jacket. Know the signs of hypothermia, how to prevent it and how to treat it. Watch for changes in the weather!
2. Even the cleanest-looking water may contain harmful organisms, including the *Giardia* protozoan. We recommend that you boil all drinking water; chemical treatment (halazone, iodine, etc.) is of questionable reliability. If you aren't prepared to boil your water, carry enough with you for the day.
3. Stay on designated trails; cutting across switchbacks causes erosion and damage to the trails.
4. Respect all wildlife. Bears and rattlesnakes, though not generally aggressive, have the right of way. Please do not feed any animals: once they become accustomed to a "free lunch," they lose their natural instinct to find their own food. Besides, crackers and marshmallows are not their natural, healthy food sources!
5. Carry out all litter. Cigarette butts are litter too.
6. Consider carrying the ten essentials; map, compass, first aid kit, knife, matches, firestarter, extra food, extra clothing, sunglasses, and flashlight.
7. Average hiking time on level ground is about 2 miles per hour (3 kph); figure on 1 mph (.6 kph) uphill. Plan a reasonable destination for the time you have and enjoy your hike.
8. Pets and bicycles are great for other places. Pets are permitted when on a leash on roads in the National Park and on roads and trails in the National Recreation Area. Bicycles are permitted only on the roads in both the National Park and the National Recreation Area.

Use the shuttle bus for transportation.
Carry a schedule and a watch.



#1. LAKESHORE TRAIL

Starts at Golden West Visitor Center. Ideal for leisurely early morning or evening walks. Moore Point, 7 miles, is a good destination for a day's hike. Several viewpoints of Lake Chelan and south shore. Cross five streams to Moore Point. Please respect private homes along the trail.

#2. PURPLE MOUNTAIN TRAIL

Trailhead at Golden West Visitor Center. 7.5 miles to Purple Pass, 5700' elevation gain with 57 switchbacks. Exceptional views of valley and Lake Chelan as you climb. Boulder Butte, 8 miles, 360 degree panorama, elevation 7372'. Lake Juanita, 8 miles, is a subalpine lake in a meadow. No water along trail after two miles from start; hot in summer.

#3. RAINBOW LOOP TRAIL

Starts at Rainbow Creek Trailhead. Elevation gain of 1000 feet in first 2.5 miles. At the first open bluff, see river winding down valley past Buckner Orchard. Bridge over Rainbow Creek, 2 miles, then trail leads through ponderosa pine forest back down to road.

#4. STEHEKIN RIVER TRAIL

Starts at Harlequin Campground, goes to Weaver Point. Level, cool and tree-shaded. Spring flowers, beaver ponds, birds and fishing holes. Stream crossing can present problems in spring. 4 miles, one way.

#5. BULLION TRAIL

A loop in the valley floor crosses a variety of plant communities. Behind Bullion Camp, trail follows a wagon route to Coon Lake. This was built by prospectors in the early 1900s. Can continue on this route by hiking past Coon Lake towards Bridge Creek on Old Wagon Road trail.

#6. COON LAKE TRAIL

Trail leaves High Bridge and reaches lake in 1.2 miles, uphill. Excellent views of Agnes Mountain to southwest. Good place for birdwatching.

#7. MCGREGOR MOUNTAIN TRAIL

First 1.2 miles on same trail to Coon Lake; then continue west of lake and follow trail for another 6.8 miles to summit. Steep climb of 6525'. Excellent views. Last 1/2 mile is hand-and-foot scramble up talus and ledges to summit. Follow painted blazes on rocks. Check snow level at Ranger Station before attempting summit.

#8. OLD WAGON TRAIL

Take the Coon Lake Trail from High Bridge to the lake, then follow signs 5 miles to Bridge Creek. A cutoff to the Stehekin Valley road takes you back to High Bridge, 3.5 miles round trip.

#9. AGNES GORGE TRAIL

The Agnes Gorge Trail, not to be confused with the nearby Agnes Creek (Pacific Crest) Trail, begins 1/8 mile beyond the bridge at High Bridge. Excellent views of Agnes Mountain and spectacular Agnes Gorge at the end, 2.5 miles one way, very level.



Campgrounds are good places to relax, fish, read a book, or think.