

2010 Annual Outing Guide
Mt. Adams, Washington
Seventy-Ninth Annual Chemeketan Outing
July 31 to August 14, 2010



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Introduction and Non-Hiking Activities
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Hiking Guide
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This Outing Guide is also available on www.chemeketans.org (click on Annual Outing)

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Introduction

The Place: The 2010 Annual Outing will be held near Trout Lake, Washington on the south side of 12,276-foot Mt. Adams. This massive, brooding peak is often overlooked. Lacking the stature of Mt. Rainier, the glamour of Mt. Hood, and the bipolar personality of Mt. St. Helens, Mt. Adams is a forgotten mountain. But this slighted reputation is decidedly undeserved. Mt. Adams is a spectacular glacier-clad mountain which presides over a land rich in Native American history. Sparkling lakes, prodigious huckleberry fields, and eye popping wildflower meadows will be ours to enjoy during our two week stay in August.

Our camp near Trout Lake is perfectly situated for forays into the Adams country. Outing participants will be able to drive less than ten miles north to Mt. Adams and the South Climb trailhead for hikes east or west on the Round-the-Mountain Trail. A drive of about fifteen miles northeast of camp will give hikers access to the famous Bird Creek Meadows on land owned by the Yakama Nation. (Note: a fee is charged to enter the reservation). Botanists have identified over 400 varieties of alpine wildflowers in these colorful meadows.

Outing participants will also want to visit Indian Heaven Wilderness, just west of Trout Lake. A well-marked network of trails covers this 5,000-foot plateau dotted with small lakes, meadows, and rocky viewpoints. Generations of Native Americans (Klickitat and Yakama tribes) came to Indian Heaven every year on their seasonal rounds to harvest huckleberries, hunt deer, and race horses. The last of these annual pilgrimages took place in the 1920's. Traces of the rutted racetrack can still be seen from the trail near Red Mountain lookout.

Caving enthusiasts will want to investigate Ice Cave and Big Trench Cave west of Trout Lake. Cave exploration should only be done by those who are properly equipped and trained. Water lovers should check out the whitewater rafting companies offering trips on the White Salmon River.

Bicycling is excellent on about 25 miles of paved, quiet, scenic roads in the Trout Lake Valley five miles from camp or in the neighboring Glenwood Valley ten miles to the east. Mountain biking on trails and forest service roads is also available.

Birders will want to visit Conboy Lake National Refuge near Glenwood, which is a short drive east from Trout Lake. Campers wanting a day off from hiking might choose a drive to Goldendale Observatory State Park followed by a visit to the Stonehenge replica and Maryhill Museum on the Columbia River.

Finally, campers might want to spend a day near camp exploring the horse trails that lead directly from camp. Or, you might want to just sit and relax and admire the great view of Mt. Adams from the south end of our camping area. So many choices, so little time!

The Campsite: The campsite is located in the Gifford Pinchot National Forest, approximately 6 miles north of the community of Trout Lake, Washington on the south slope of Mt. Adams. The site topography is level to gently rolling and is surrounded by forest land. The site was originally cleared of forest and developed as a seed orchard for the propagation of conifer trees. The site is locally known as the "Seed Orchard" or the "Mt. Adams Horse Camp." The seed orchard use has been discontinued long

enough ago that the site has a pleasant growth of grass along with dispersed volunteer conifers. The area has an open feeling, but has sufficient conifers to provide good campsites. There is a small developed horse camp at the far south end of the area. Our camp will not conflict with this use. The elevation of the site is approximately 2,700 feet. See "Driving Directions" for more information on the location of the campsite. The site is large and will easily accommodate our use.

The site **does not** have potable water or other services, so you should plan to bring your own drinking water. Potable water containers can be replenished in the community of Trout Lake. There are no showers or flush toilets at the site. We will furnish our portable showers, so bring your solar shower bag if you would like to use these showers. Portable toilets will be provided. There are no formal RV sites so RV's will need to be self contained. There is plenty of room to park RV's.

The camp will be available to us on Friday, July 30th. First week campers should plan to arrive by mid-morning on Saturday, August 1st, and be ready to help with the camp set-up. Please bring work gloves. As always, we will need to get everything set up as soon as possible on Saturday so that dinner can be served that evening and so that hiking can begin promptly on Sunday. Second week campers also need to bring gloves to help with take-down on Saturday, August 14th. If everyone helps and all goes as expected, we will have the truck loaded and be on the way home by noon on Saturday.

Driving Directions: These directions are from Salem, Oregon. From Salem at the Mission Street Interchange (OR22, Exit 253) travel north on I-5 for 35 miles to the junction with I-205 (Exit 288). Take I-205 and travel 22 miles to the junction with I-84. Take I-84 and travel easterly 55 miles to Exit 64 at Hood River, Oregon. Take Exit 64 and turn left at the ramp terminal, cross under I-84, and proceed northerly across the Columbia River on the Hood River Bridge (bridge toll 75 cents). Junction with SR 14 just beyond the end of the bridge (you are now in Washington). Turn right onto SR 14 and travel approximately 1 mile to Bingen, Washington. In Bingen, turn left onto SR 141 (signed White Salmon). Continue on SR 141 for 34 miles to Trout Lake, Washington.

At the Chevron station in Trout Lake (junction Hwy 141 and USFS 23) bear right (leaving Hwy 141) onto USFS 23 following the sign to Mt. Adams Recreation Area and travel 1.3 mile north to the junction of USFS 80/82. Take the right road (USFS 80/82) and after about ½ mile USFS 82 junctions to the right. Stay left here on USFS 80 (toward South Climb Route) and travel approximately 3.5 miles to the junction with USFS 80-031. Turn left on USFS 80-031 (toward Lower Buck Creek Trail) and travel approximately ½ mile to the Mt. Adams Horse Camp. **DO NOT** take the signed horse camp access road but continue on USFS 80-031 a short distance to another access on the right. This is the main access road to our campsite. Use this road. Look for the Outing sign at this access. The campsite can be seen as you turn onto this road. There are several Mt. Adams Horse Camp signs along the route north of Trout Lake you can also use to help you arrive at the campsite. The total distance from Salem to camp is approximately 144 miles.

Amenities: Trout Lake offers a post office, vintage general store, hardware store (south of town), two small cafes, a very nice small motel, cabins, B&Bs, and a county campground with pay showers. Also check out Saturday Markets (homemade cinnamon rolls!) at the Grange Hall and, on Saturday August 7, a Fireman's Breakfast at the Trout Lake School.

The Weather: Trout Lake weather should be great for the Outing. The average high temperature is 83° F and the average low is 48° F (good sleeping). The average rainfall for August is about ½ inch with about 4 rain days during the month. The weather records indicate that there should be clear days about 50 percent of the time and clear/partially cloudy days about 75 percent of the time. With these statistics it looks like we can expect nice weather for the Outing. However, be sure to bring along a good waterproof shelter as rain happens.

Maps: The Gifford Pinchot National Forest Map covers many of the hikes in the Hiking Guide. This map is available at local sporting goods stores, and at the Mt. Adams Ranger District Office. Cooke's Stationary in Salem also has a good selection of maps of the area. Maps can also be readily obtained from other private commercial sources and the U. S. Forest Service and the National Park Service through their websites and at their local offices.

Non-Hiking Activities

The Columbia River Gorge is a short drive from our campsite. There are many non-hiking activities within easy driving distance in the area. Some of them are listed below. The websites for Cascade Locks, Hood River, and The Dalles have a lot of information about activities and points of interest in those areas. The items listed below do not contain detailed information. If you think you might be interested in visiting an attraction, please check it out on the respective website to obtain location, hours of operation, admittance fees, and other related information.

- Cascade Locks - Enjoy a trip on the Sternwheeler boarding from Marine Park. Meal cruises and sightseeing excursions are available. Check out the website www.sternwheeler.com. Cascade Locks Historical Museum and the Columbia Gorge Interpretive Center and Museum (located in Stevenson, Washington across the Columbia via the Bridge of the Gods) features information, photos, and artifacts on the history of the Columbia River gorge. Bonneville Dam and Locks, constructed in 1938 as the first dam on the Columbia, has a large viewing facility where visitors can learn a lot about the operation of the dam and its construction. A fish counting station can also be visited. Bonneville Hot Springs also located on the north side of the Columbia offers sensual spa services with a private hot springs source. Refreshments are also available.
- Hood River – Hood River, the proclaimed wind surfing capital of the world, is a wonderful place to view wind surfing and the related wind surfing activities. The area could easily take a day to explore. The Hood River Valley, on the way to Mt. Hood, has a great 35 mile scenic drive through the valley's orchards, farmlands, and friendly communities. For railroad buffs, the Mt. Hood Railway offers a scenic railroad trip through the valley, also. For those who might like a change of pace, the Full Sail Brewery offers their award-winning beverages. Guided free tours of the brewery are available daily in the afternoon. Check their website for tour times.
- The Dalles – The Columbia Gorge Discovery Center is the official interpretive center for the Columbia River Gorge National Scenic Area. The center's two museums feature the cultural and natural history of the Columbia River Gorge area. The center also maintains a living history park where visitors can experience life during the time of the early settlers.
- Maryhill Museum and Stonehenge – Maryhill Museum is located approximately 25 miles east of The Dalles (across the Columbia from Biggs, Oregon). Maryhill Museum has a world class collection of art ranging from early 20th century European art works to an extensive Native American collection. The museum is located in a castle-like chateau setting on a stunning 6,000 acre site overlooking the scenic Columbia River. The museum's permanent collection includes

more than 80 sculptures and watercolors by the French master Auguste Rodin. A replica of the famous Stonehenge is located a short distance to the east of Maryhill Museum. It was constructed as a war memorial for the First World War veterans.

- Vineyards – There are a number of vineyards in the area. Some have facilities to accommodate visitors. Check them out on websites for the area.

Hiking Guide

The purpose of this Hiking Guide is to provide a brief description of hikes in the area and driving directions to trailheads. It does not replace the need for a map and compass.

References:

Nelson, Dan A. and Bauer, Alan L. Day Hiking South Cascades. The Mountaineers, 2007.
Spring, Ira and Manning, Harvey. 100 Hikes in Washington's South Cascades & Olympics. The Mountaineers, 1998.
Sullivan, William L. 100 Hikes in Northwest Oregon & Southwest Washington. Navillus Press, 2008.
Gifford Pinchot National Forest Southern Trail Guide. Northwest Interpretive Association, undated.

Trails in designated wilderness areas are limited to 12 people. Self-issue permits are available at the trailheads. Please fill out a permit for all your wilderness hikes. It helps the Forest Service manage the public land and it helps us find you if you go missing.

A Federal Northwest Forest Pass is required to park at some trailheads.

Horses are allowed on nearly all trails in this Hiking Guide. Hikers should yield to horses by stepping off the trail on the downhill side, if possible. Motorcycles are allowed on Juniper Ridge trails, Craggy Peak Trail, and the first mile of Council Bluff Trail.

For trail conditions or other information, check with the Mt. Adams Ranger District at (509) 395-3400. The District office is located at 2455 Hwy 141 in Trout Lake.

Hikes are organized by geographic area (e.g., Mt. Adams area). Many trails offer a range of hikes from easy to hard, depending on how far you want to go.

Hikes are rated as easy, medium, or hard and are generally defined as:

Easy: up to 5 miles roundtrip and 1,000 feet of gain.

Medium: up to 10 miles roundtrip and 2,000 feet of gain.

Hard: up to 15 miles roundtrip and 3,000 feet of gain.

Driving directions are given from camp. "Drive to Trout Lake" means, drive south from camp back to the town of Trout Lake – generally to the Chevron station at the junction of Hwy 141 and USFS Rd 23. Driving mileages are estimates.

Mt. Adams Area

1. Bird Creek Meadows Medium

Hiking Distance: 11.6 miles
Elevation Gain: 1,500 feet
Driving Distance: 10 miles one way

Reference: Sullivan, p. 94
Map: Green Trails Mt. Adams #367S

Driving Directions: Turn left onto FS Rd 80 for 1.5 miles. Fork right onto gravel FS Rd 8040 for 5.5 miles (just past Morrison Creek Horse Camp). Turn right onto FS Rd 500 for 2.6 rough miles to the South Climb trailhead on the left just before road's end (5,580 ft).

Bird Creek Meadows are legendary and a must-do hike best done on a weekday to avoid crowds. Start hiking on the South Climb Trail for 1.3 miles. Turn right onto the Round the Mountain Trail (6,300 ft) for 2.3 mostly level miles through forest and over a lava flow to the Yakama Nation boundary. In another .4 mile detour to the right on the Bird Lake Trail a short distance to see Crooked Creek Falls. Back on the main trail, continue .8 mile through fabulous wildflower meadows to a picnic area. Take plenty of time to explore the meadows, which extend to the north and south of the trail, then hike north for 1 mile to Hellroaring Viewpoint (6,500 ft). Enjoy great views of Mazama and Klickitat glaciers above and Hellroaring Meadows 1,000 ft. below the overlook. If you are not ready to turn around, continue toward the summit on a faint trail up the ridge for 1.7 miles to Iceberg Lake (7,650 ft) at the foot of Mazama Glacier. This lake really does have icebergs in it. Mountain goats may be seen. Note: the added 3.4 miles roundtrip up to Iceberg Lake increases the total hiking distant to 15 miles and 2,650 ft. of gain. Or take the shorter route to the meadows described below.

2. Bird Creek Meadows Easy Alternative

An easier 3.1 mile-loop with 900 ft. of gain is possible from Bird Creek Meadows trailhead on Yakama Nation land. Driving distance is 19.5 miles one way. The road has been improved due to recent logging. A \$5 Yakama parking permit is required.

Driving Directions: Turn right onto FS Rd 80 for 3.5 miles. Turn left onto FS Rd 82 and follow signs to Bird Creek Meadows for 4.6 miles on paved road. Shortly after the road turns to gravel, there is a 3-way junction. Take the middle road for 5.8 miles. Turn left onto FS Rd 8290 (signed for Bird Creek Meadows). Stay left after .5 miles and continue another 3.5 miles to Mirror Lake and a large intersection. Continue straight 1 mile to Bird Creek Meadows parking area (5,680 ft).

Start hiking west on the Round the Mountain Trail for .9 miles to the picnic area. Turn right through the meadows and climb for 1 mile to the Hellroaring Viewpoint. Return on a loop by turning right along the canyon rim for 1.2 miles. You can also hike the beautiful 3.5 mile Bird Lake Loop south of the picnic area. This loop trail can also be accessed by parking at lovely Bird Lake.

3. Buck Creek **Medium**

Hiking Distance: 4.8 miles RT
Elevation Gain: 1,400 feet cumulative
Driving Distance: 0.0

Reference: Gifford Pinchot National Forest
Southern Trail Guide, p. 26
Map: Green Trails Mt. Adams West #366

Walk to the end of FS Rd 80-031 near camp to find the Lower Buck Creek trailhead (3,300 ft). The trail follows the White Salmon River high above the river, with occasional views from the top of the gorge. The trail has three creek crossings and many ups and downs that increase the elevation gain.

4. Trout Lake Marsh Natural Area Preserve **Easy**

Hiking Distance: 1.2 miles RT
Elevation Gain: minimal
Driving Distance: 7 miles one way

Driving Directions: Drive to Trout Lake. Turn right onto 141 for .8 mile. Just past the Mt. Adams Ranger Station, turn right onto Lake Road for .5 mile to road's end.

Find the walking trail that goes through the preserve. The marsh, grasses, and mixed woodlands provide good birding habitat.

5. Conboy Lake National Wildlife Refuge **Easy**

Hiking Distance: 2 mile loop
Elevation Gain: minimal
Driving Distance: 17 miles one way

Reference: Conboy Lake National
Wildlife Refuge, US Fish & Wildlife

Driving Directions: Drive toward Trout Lake but before reaching town, turn left (east) on Sunnyside Road. Continue on Sunnyside Road until it becomes Glenwood Rd. Continue on the Trout Lake Hwy/Glenwood Rd toward Glenwood for 7.5 miles. Turn right onto the Refuge Rd for 1 mile to the headquarters and Willard Springs Nature Trail.

Conboy Lake is now a seasonal marsh. The trail passes by the open marsh, wildflower meadows, and through pine forest that provide good birding opportunities. You can also drive miles of refuge roads for good birding.

6. Mt. Adams South Climb Trail **Hard to Crescent Glacier; Really hard to the summit**

Hiking Distance: 11.5 miles RT to summit
Elevation Gain: 6,696 feet

Reference: Nelson, p. 162
Map: Green Trails Mt. Adams #367S

Driving Distance: 10 miles one way

Driving Directions: Turn left onto FS Rd 80 for 1.5 miles. Fork right onto gravel FS Rd 8040 for 5.5 miles (just past Morrison Creek Horse Camp). Turn right onto FS Rd 500 for 2.6 rough miles to the South Climb trailhead on the left just before road's end (5,580 ft).

Mt. Adams summit is not a technical climb, but a very hard hike. It takes fit hikers 6 to 8 hours to reach the summit. You might want to consider a two-day hike to safely reach the summit and return. The trail starts on an old miner's road for 1.3 miles, then crosses the Round the Mountain Trail (6,300 ft). Hike another 2.1 miles on Crescent Ridge and along the west side of Crescent Glacier to 8,500 ft. Parts of the trail are obvious, parts are marked only by cairns. The trail up to Crescent Glacier is usually snow free by August 1 in normal snow years. Reaching Crescent Glacier is a rewarding hike of 6.8 miles RT with 2,920 ft. of gain. If you are not satisfied with this scenic perch for a lunch stop, continue on the unmaintained trail to Lunch Counter, then on up to the false summit, Pikers Peak (11,600 ft), and then the true summit (12,276 ft). There is an abandoned fire lookout on the summit, which is often covered by ice and snow. The climbers' register is on top of the lookout building.

A climbing permit is required for all hiking on Mt. Adams above 7,000 ft. The permit costs \$10 for climbs Monday-Thursday; \$15 for climbs Friday-Sunday. Permits can be purchased in advance or on the day of the hike. Hikers can register at the Mt. Adams Ranger Station in Trout Lake before the climb, and sign out afterwards. Mt. Adams Ranger Station is open 7-days a week, 8:00 AM to 4:30 PM. Permits may also be purchased on the front porch when the office is closed. Climbing hotline is (360) 891-5015.

7. Aiken Lava Bed East Hard

Hiking Distance: 11 miles RT

Elevation Gain: 2,600 feet

Driving Distance: 6 miles one way

Reference: Nelson, p. 165

Map: Green Trails Mt. Adams #367S

Driving Directions: Turn left on FS Rd 80 for .7 mile. Turn right onto FS Rd 8020 for 4.5 miles to a 4-way junction. Turn left onto FS Rd 8225-150 for .7 mile to the Snipes Mt. trailhead on the left (3,700 ft).

This hike along the high, black rock wall of Aiken Lava Bed can be hot in August. It is a lightly used trail that would be a welcome choice on a cool, cloudy day that might otherwise keep you off the high mountain trails. Hike north along the east side of the 4-mile long Aiken Lava Bed. Fortunately, the trail stays close to Gotchen Creek, and under pine forest canopy most of the way. Gradually climb for 3 miles to a trail junction to the right toward Snipes Mt. Stay straight and climb more steeply through sparser forest with meadow openings for 2.5 miles to the junction with the Round the Mountain Trail (6,300 ft). Enjoy the views overlooking the lava bed below and up toward Mt. Adams.

8. Sleeping Beauty Peak Medium

Hiking Distance: 3 miles RT

Elevation Gain: 1,400 feet

Driving Distance: 19 miles one way

Reference: Nelson, p. 178

Map: Green Trails Mt. Adams West #366

Driving Directions: Drive to Trout Lake. Turn right onto Hwy 141 for 1.7 miles. Turn right onto FS Rd 88 for 4.8 miles. Turn right on FS Rd 8810 for 6.4 miles on a windy, gravel road. Turn right onto FS Rd 8810-040 for .5 mile to the trailhead on the left (3,500 ft).

The trail begins climbing immediately, first through second-growth, then dense old-growth forest. The trail curves around and up the west and north side of Sleeping Beauty Peak, reaching the summit (4,900 ft) in 1.5 miles. The last stretch of trail is over bare rock. Rock walls built by the Civilian Conservation Corps in the 1930s line this stretch of trail. The summit is 750 ft long, but only 15 ft. wide in places, with sheer drop offs. The summit is a former lookout site and offers good views of Mt. Adams, Mt. Hood, Mt. St. Helens, and the peaks and ridges in Indian Heaven Wilderness. Mountain goats may be seen here.

9. Stagman Ridge to Lookingglass Lake

Hard

Hiking Distance: 13.6 miles RT

Elevation Gain: 2,200 feet

Driving Distance: 17 miles one way

Reference: Spring, p. 114

Map: Green Trails Mt. Adams West #366

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) on FS Rd 23 for 8.5 miles. Turn right onto FS Rd 8031 for .4 mile. Fork left onto FS Rd 8031-070 for 2.7 miles. Turn right onto FS Rd 8031-070(120) for .8 mile to the trailhead on the left (4,193 ft).

This trail has old-growth forest, mountain and glacier views, extensive wildflower meadows, and a little lake. The trail starts in a clear-cut, but soon enters old-growth forest and follows the wooded crest of Stagman Ridge for 1.5 miles. The ridge's east face is formed by cliffs 1,000 ft. high above Cascade Creek. The trail then angles away from the cliff top. At 3.5 miles stay left past an unmarked junction. At 4.3 miles the trail meets the PCT and ends. Turn right onto the PCT (great Mt. Adams view here) for 0.5 mile. Turn right onto the Round the Mountain Trail (5,900 ft), cross Cascade Creek, and enter Horseshoe Meadow. Explore this meadow off trail to the north along Cascade Creek, if you wish. Hike 1 mile on the Round the Mountain Trail to the junction with the Lookingglass Lake Trail. Climb above the trail a short distance for good views of White Salmon Glacier and Avalanche Glacier, much reduced since its last avalanche/land slide in 1997. Then turn right (south) on Lookingglass Lake Trail for 1 mile, descending 400 ft. through Madcat Meadow to little Lookingglass Lake. Just before reaching the lake, note an unsigned trail to the right (west), which is a 1 mile shortcut back to the Stagman Ridge Trail. Trees surround most of the lake, but Mt. Adams (and its mirrored reflection) is visible from the southwest side of the lake. You can return the way you came, or take the shortcut, crossing three creeks, back to the Stagman Ridge Trail. The shortcut will reduce the hike by about 2.5 miles.

If Lookingglass Lake is your primary goal, the Shorthorn Trail is an easier route (11.6 miles RT; 1,400 ft gain), but you miss a wonderful ridge walk and Horseshoe Meadow. Shorthorn Trail leaves from Morrison Creek Campground (see driving directions in Hike #1).

10. Council Bluff

Easy

Hiking Distance: 3 miles RT
Elevation Gain: 980 feet
Driving Distance: 26 miles one way

Reference: Nelson, p. 144
Map: Green Trails Blue Lake #334

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) on FS Rd 23 for 21 miles. Turn left onto FS Rd 2334 for 1.2 miles. Turn right for .2 mile to the Council Lake Campground and trailhead on the left (4,200 ft).

Walk around the road gate and start hiking up the overgrown dirt road for 1.3 miles to road's end. Motorcycles are allowed on this section of trail. Leave the forest behind and continue climbing on a smaller track another .2 mile to the summit of Council Bluff (5,180 ft). Explore the scenic summit ridge with great views over Council Lake to Mt. Adams, as well as Goat Rocks, Mt. Rainier, Mt. St. Helens, and Mt. Hood. The trail descends the west face of Council Bluff and continues for miles. Council Bluff is a few miles from Takhlakh Lake. The two short trails could be combined for a full day. There is no trail around Council Lake, but stay and enjoy a nice swim in the lake.

11. Chain of Lakes and Horseshoe Lake

Medium

Hiking Distance: 8 miles RT
Elevation Gain: 700 feet cumulative
Driving Distance: 27 miles one way

Reference: Nelson, p. 93
Map: Green Trails Blue Lake #334

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) on FS Rd 23 for 22 miles. Stay straight on RS Rd 2329 for .8 mile. Turn left onto FS Rd 5601 for .2 mile to the trailhead on the right (4,300 ft).

Start hiking north, passing about 100 ft above Olallie Lake. Reach the Chain of Lakes Campground (4,400 ft) in 1.3 miles. Forest and huckleberries surround these seven lakes and smaller ponds. There are good views of the north face of Mt. Adams. Explore the social trails that connect the lakes, then gradually descend the broad meadows of Adams Creek Valley for 1.7 miles. Gradually climb up the far side of the valley for 1 mile to a trail junction at the north end of Horseshoe Lake (4,140 ft).

There is road access to Horseshoe Lake Campground and Chain of Lakes Campground, if you want to explore this area on an easy 2.7 mile (5.4 mile RT) hike between these lakes.

12. Takhlakh Lake Loop

Easy

Hiking Distance: 3 miles RT
Elevation Gain: 90 feet
Driving Distance: 28 miles one way

Reference: Nelson, p. 142
Map: Green Trails Mt. Adams #367S

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) on FS Rd 23 for 22 miles. Stay straight on FS Rd 2329 for 2 miles to the Takhlakh Lake Campground and trailhead.

Start hiking east along the south shore of the lake for .4 mile through huckleberries to a junction. Turn right and hike away from the lake through forest and over lava flows to Takhlakh Meadows on a 1.5 mile loop. When you return to the lakeshore junction, turn right to continue around the east and north lakeshore for 1 mile to the trailhead. From the northwest end of the lake, check for a reflection of Mt. Adams in the lake.

13. Sheep Lake via Divide Camp Trail

Medium

Hiking Distance: 13 miles RT
Elevation Gain: 1,400 feet
Driving Distance: 29 miles one way

Reference: Nelson, p. 149
Map: Green Trails Mt. Adams #367S

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right on FS Rd 23 for 22 miles. Stay straight on FS Rd 2329 for 3.5 miles to the West Fork trailhead on the right (4,700 ft).

Huckleberries line most of this trail. The trail climbs through old-growth forest and open meadows above the West Fork Adams Creek for 1.8 miles to a junction. If you want to see the pretty meadow known as Divide Camp, turn right on this spur trail for .3 miles. Otherwise, stay on the main trail for another 1 mile to find huge heather meadows at the junction with the PCT (6,100 ft). From here you can look up to the terminus of Adams Glacier. Turn right (south) on the PCT and hike between large meadows below the trail and ice and snow above. The trail stays fairly level for 1.5 miles, crosses a .5-mile wide lava bed, then gradually descends for 1.3 miles to a junction (5,700 ft). Keep straight on the PCT for .25 mile to Sheep Lake, a small lake at the foot of Burnt Rock. Burnt Rock is a mound of black basalt rock. Look for mountain goats, bear, elk, and deer in the meadows.

14. Adams Creek Meadows

Medium

Hiking Distance: 8 miles RT
Elevation Gain: 2,300 feet
Driving Distance: 32 miles one way

Reference: Spring, p. 112
Map: Green Trails Mt. Adams #367S

Driving directions: Turn right onto FS Rd 80 for 4 miles. Turn right onto FS Rd 23 for 22 miles. Stay straight on RS Rd 2329 for 6 miles to Killen Creek Trailhead (4,584 ft).

This trail is justifiably popular and is best done on a weekday. The trail starts at the Mt. Adams Wilderness boundary and goes southeast directly toward Mt. Adams with constant views of Mt. Adams ahead and a variety of wildflowers at your feet. Climb gradually through forest for 2.5 miles to a big wildflower meadow and East Fork Adams Creek (5,840 ft). Proceed another .5 mile, cross the PCT (6,100 ft), and bear right to find the fainter High Camp Trail. This trail is steep and rocky as it climbs 1 mile up a spur ridge to another big meadow at trail's end high above timberline (6,900 ft). Vast

meadowlands extend on either side of the spur ridge. Great views of Mt. Rainier and Goat Rocks are to the north. Mountain goats are often seen.

15. Potato Hill

Easy

Hiking Distance: 3 miles RT

Elevation Gain: 590 feet

Driving Distance: 38 miles one way

Reference: Nelson, p. 146

Map: Green Trails Blue Lake #334

Driving directions: Turn right onto FS Rd 80 for 4 miles. Turn right onto FS Rd 23 for 22 miles. Stay straight on FS Rd 2329 for 10 miles. Turn right onto FS Rd 5603 for 2 miles to the trailhead on the left where the PCT crosses the road (4,800 ft).

Hike north on the PCT straight toward the symmetrical, volcanic cone of Potato Hill. The PCT skirts left around the base of Potato Hill, passing through wildflower meadows. Just .5 mile from the trailhead, fork right onto an old dirt road that switchbacks up to the summit (5,387 ft). Or just pick your own route over the gentle, open hillside to the top, staying on the southwest side of the hill, out of the Yakima Nation. Good views of Mt. Adams and the Muddy Fork Lava Bed below.

16. Muddy Fork Lava Bed

Easy

Hiking Distance: 5 miles RT

Elevation Gain: 500 feet

Driving Distance: 38 miles one way

Reference: Nelson, p. 148

Map: Green Trails Blue Lake #334

Driving Directions: See Potato Hill hike above.

This is another easy hike that begins at the same PCT crossing as the Potato Hill hike. Hike south on the PCT, gradually descending 400 ft. through open forest for 1.5 miles to the edge of the lava flow—a 20-ft. high rock wall. The PCT skirts around the west fingertip of the flow for about 1 mile, passing by Muddy Fork Meadows and huckleberry fields, before turning south away from the lava flow. This makes a good turnaround point.

Indian Heaven Wilderness

Indian Heaven is a haven of lakes, wildflower meadows, and huckleberries. Trails are popular and best done on weekdays to avoid crowds.

17. Indian Heaven Loop

Medium

Hiking Distance: 10.3 mile loop

Elevation Gain: 1,700 feet

Driving Distance: 22 miles one way

Reference: Sullivan, p. 84

Map: Green Trails Indian Heaven #365S/
Indian Heaven Wilderness (USFS)

Driving Directions: Drive to Trout Lake. Turn right onto Hwy 141 for 8 miles. At Peterson Prairie Campground turn right onto FS Rd 24 for 8.5 miles. Turn left into Cultus Creek Campground. Look for the Indian Heaven Trailhead at the far end of the campground loop (4,000 ft).

This loop takes you through forest, wildflower meadows, and past seven lakes with constant mountain views. Hike this loop clockwise, starting on the Indian Heaven Trail. The trail climbs 600 ft. in the first mile up the slope of Bird Mountain through forest to a view point. The trail continues another 1.2 miles below the cliffs of Bird Mountain to Cultus Lake (5,100 ft). Just before reaching Cultus Lake turn left at the signed junction for .3 mile to Deep Lake, a worthy detour. Back on the main trail, go a short distance and look for the social trail that leads to Cultus Lake. Cultus Lake is surrounded partly by forest and partly by meadows. Just beyond Cultus Lake, stay to the right past the Lemei Rock Trail junction for another .4 mile to the Lemei Lake Trail. Visit nearby Clear Lake, then turn south on the Lemei Lake Trail for 2.1 miles through open meadows and past shallow Lemei Lake to Junction Lake (4730 ft.). East Crater looms above Junction Lake. Turn right (north) onto the PCT for 1 mile to Bear Lake. Continue another 2.5 miles on the PCT through forest past Deer Lake. Turn right onto the Cultus Creek Trail. Hike over the 5,237-ft. saddle on Bird Mountain, then descend steeply for 1.5 miles back to the trailhead.

For a shorter 6.2-mile loop around Bird Mt., after Cultus Lake, continue on the Indian Heaven Trail for .7 miles past Clear Lake to the PCT. Turn right (north) onto the PCT to the Cultus Creek Trail, as described above.

18. Lake Wapiki

Medium

Hiking Distance: 9 miles round trip
Elev. Gain: 2,100 feet cumulative
Driving Distance: 22 miles one way

Reference: Spring, p. 150
Map: Green Trails Indian Heaven #365S/
Indian Heaven Wilderness (USFS)

Driving Directions: Drive to Trout Lake. Turn right onto Hwy 141 for 8 miles. At Peterson Prairie Campground turn right onto FS Rd 24 for 8.5 miles. Turn left into Cultus Creek Campground. Look for the Indian Heaven Trailhead at the far end of the campground loop (4,000 ft).

Hike to Cultus Lake as described in Hike #17. Turn left onto the Lemei Rock Trail for 1.2 miles through wildflower meadows with views of Mt. St. Helens, Mt. Adams and Mt. Rainier. Climb to a 5,600 ft. viewpoint below the summit of Lemei Rock, which towers over Lake Wapiki. Hike steeply down to the Wapiki Lake Trail junction (5,000 ft). Turn right and hike .5 mile over a rise to Lake Wapiki (5,240 ft.), a good swimming lake.

For a shorter, but less scenic hike to Wapiki Lake, start 2 miles back down FS Rd 24 at Little Goose Campground. This route is 7 miles RT with 1,600 ft. of gain.

19. Blue Lake

Medium

Hiking Distance: 9.2 miles round trip
Elev. Gain: 1,130 feet cumulative
Driving Distance: 22 miles one way

Reference: Nelson, p. 172
Map: Green Trails Indian Heaven #365S/
Indian Heaven Wilderness (USFS)

Driving Directions: Drive to Trout Lake. Turn right onto Hwy 141 for 8 miles to Peterson Prairie Campground. Go straight onto FS Rd. 60 for 4 miles. Turn right onto FS Rd 6030, which soon becomes 6035, for 4.2 miles to the East Crater trailhead on the left, about 100 ft. before a "Road Closed Ahead" sign (4,100 ft).

The trail climbs gradually through forest for 1.4 miles, then enters meadows for 1.2 miles to the PCT (4,700 ft), passing the south shore of Junction Lake. Turn left onto the PCT for 2 miles, passing by the steep slopes of East Crater, then descending 300 ft. to pretty Blue Lake at the foot of Gifford Peak. Tombstone Lake is .2 mile southeast of Blue Lake. Lake Sahalee Tyee is .2 miles north of Blue Lake on the Thomas Lake Trail.

20. Sawtooth Mountain

Medium

Hiking Distance: 5.8 miles round trip
Elev. Gain: 1,500 feet cumulative
Driving Distance: 26 miles one way

Reference: Nelson, p. 172
Map: Green Trails Indian Heaven #365S/
Indian Heaven Wilderness (USFS)

Driving Directions: Drive to Trout Lake. Turn right onto Hwy 141 for 8 miles. At Peterson Prairie Campground turn right onto FS Rd 24 for 12.3 miles. Turn right onto FS Rd 230 and park near the PCT crossing. Find the PCT crossing of FS Rd 24 (4,200 ft).

From FS Rd 24 start hiking south on the PCT. In ¼ mile the PCT skirts the end of FS Rd 221 and an interpretive site for the Berry Fields. Continue another mile, cross the wilderness boundary, and come to a junction. Turn left onto the Sawtooth Mountain trail, which climbs the north face of Sawtooth Mountain, reaching within 100 ft. of the 5,353-ft. summit. The Forest Service advises that scrambling to the top is hazardous. Besides, you have great views of Mt. Rainier, Mt. St. Helens, Lone Butte, and Mt. Adams from the trail. The trail drops down the south side of Sawtooth Mountain to rejoin the PCT (4,800 ft). Turn right onto the PCT to return along the base of Sawtooth Mountain through forest back to the trailhead.

Dark Divide Area

Juniper Ridge provides classic ridge hikes through forest and open slopes of wildflowers with dramatic views up the Cispus River Valley to Mt. Adams, as well as of Mt. St. Helens and Mt. Rainer. Motorcycles are allowed on Juniper Ridge trails, so these are best done on weekdays.

21. Juniper Ridge to Dark Meadow

Medium

Hiking Distance: 8 miles RT
Elevation Gain: 1,700 feet
Driving Distance: 39 miles one way

Reference: Spring, p. 140
Map: Green Trails McCoy Peak #333

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) on FS Rd 23 for about 29 miles. Turn left onto FS Rd 2325 for 5.3 miles to the unsigned trailhead on the left by a small stream about 1 mile before road's end (3,900 ft).

This trail gives access to the southern part of Juniper Ridge. Start on an abandoned trail for less than 1 mile through forest and huckleberries meadows to a junction with the Boundary Trail (4,550 ft). Turn right on the wooded ridge and hike on the ridge top, at times through large meadows, for 1.5 miles to Dark Meadow (4,400 ft). Turn right onto the Juniper Ridge Trail and hike .5 mile through wildflowers in Dark Meadow. Cross Dark Creek and climb to the ridge crest. Hike along Juniper ridge 1.5 miles to Jumbo's Shoulder (see hike #22).

22. Juniper Ridge to Sunrise Peak & Jumbo Peak

Hard

Hiking Distance: 9 miles RT
Elevation Gain: 3,000 feet
Driving Distance: 40 miles one way

Reference: Spring, p. 138
Map: Green Trails McCoy Peak #333

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) on FS Rd 23 for about 30 miles. Turn left onto FS Rd 2324 for 5.5 miles. Turn left onto FS Rd 2324-063 a short distance to the Sunrise Peak trailhead (4,300 ft). A high clearance vehicle is recommended.

This trail gives access to another section of Juniper Ridge. The trail climbs steeply up the ridge through forest for .5 mile to wildflower meadows and views of Cascade peaks to the north and south. The trail traverses the slope for another .5 mile to a junction. For Sunrise Peak, turn right and climb steeply up Sunrise Peak through wildflowers on long switchbacks to the rocky summit. Use the old lookout's iron handrail to help you scramble up the last 30 ft. to the summit (5,892 ft). It is 4.6 miles round trip and a 1,480 ft. gain from the trailhead to Sunrise Peak summit.

Return to the junction and turn right to continue to Jumbo Peak. Descend 300 ft. in .5 mile to the Juniper Ridge trail. Turn left, dip down to the Old Cow Camp saddle, then hike up and down along the ridge through miles of wildflower and huckleberry meadows to Jumbo's Shoulder (5,500 ft). To reach the summit (5,800 ft) continue on a very steep, faint trail, staying on the west side of the ridge away from the steep cliffs on the east.

23. Juniper Ridge to Juniper Peak **Medium**

Hiking Distance: 8 miles RT
Elevation Gain: 2,000 feet
Driving Distance: 58 miles one way

Reference: Spring, p. 136
Map: Green Trails McCoy Peak #333

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) on FS Rd 23 for 44.3 miles. Turn left onto paved FS Rd 28 (this junction is about 3 miles past the North Fork Campground turnoff) for 1 mile. Continue straight on gravel FS Rd 29 for 4 miles. Turn left onto FS Rd 2904 for 4 miles to the trailhead at road's end (3,600 ft).

This trail follows the northern end of Juniper Ridge, 7 miles north of hike #22 . The trail climbs gradually up the ridge with frequent views for 2.3 miles to a saddle (4,500 ft). The trail climbs steeply in the next 1.8 miles, following the ridge top through flower fields to within a few feet of Juniper Peak summit (5,593 ft). Enjoy the views of Mt. Rainer, Goat Rocks, and Mt. Adams with lunch and return, or continue another 1.5 miles to an outstanding huckleberry field for dessert. The trail continues to climb and dip for another 6.5 miles to the Boundary Trail, as described in hikes #21 and #22.

Lewis River Area

24. Lewis River Trail **Easy to Hard**

Hiking Distance: 15 miles one-way
Elevation Gain: 1,000 + feet
Driving Distance: 41 miles one way to Quartz Creek Trailhead;
57 miles one way to Lewis River Trailhead

Reference: Spring, p. 144
Map: Green Trails Lone Butte #365

Driving Directions: To reach the upper trailhead, drive to Trout Lake. Turn right onto Hwy 141 for 1.7 miles. Turn right onto FS Rd 88 for about 26 miles. Turn left onto FS Rd 90 for about 8 miles to the Quartz Creek Trailhead on the left. Start hiking south (NOT toward the Lewis River Horse Camp).

To reach the lower trailhead, continue south on FS Rd 90 for about 15 miles. Turn right onto FS Rd 9039 for 1 mile to the Lewis River Bridge. Park before the bridge, walk across the bridge, and find the Lewis River Trailhead (1,100 ft). Start hiking upstream on the north side of the river.

The Lewis River Trail undulates for 15 miles along the scenic Lewis River between the Quartz Creek Trailhead (1,800 ft.) and the Lewis River Trailhead (1,100 ft). Do the entire length as a cross-key or shuttle; or sample smaller portions of it. There are several bail-out points, especially along the upper 5.5 miles of the trail, where you could leave a car. Hiking upriver from the lower trailhead, it is 9.5 miles to the first bail-out point where the trail crosses FS Rd 90. The lower 4 miles of trail have the best old-growth forest; the upper 4 miles have the most waterfalls.

25. Quartz Creek Ridge

Medium

Hiking Distance: 6 miles RT (or more)
Elevation Gain: 1,900 feet
Driving Distance: 47 miles one way

Reference: Nelson, p. 105
Map: Green Trails Lone Butte #365

Driving Directions: Drive to Trout Lake. Turn right onto Hwy 141 for 1.7 miles. Turn right onto FS Rd 88 for about 26 miles. Turn left onto FS Rd 90 for about 6 miles. Turn right onto FS Rd 9075 for 7 miles to the trailhead at road's end (3,400 ft). There are three trails that start near the end of this road. Be sure you are on the Quartz Creek Ridge Trail that heads northeast from the trailhead. It is the only one of the three that starts climbing immediately.

This is a wonderful ridge walk, after climbing 1,000 ft. in the first mile to gain the ridge crest. Fortunately, the climb is in shady forest. Once on the open ridge crest the trail continues to gradually climb for 2 miles through wildflower meadows, providing stunning views of snowy peaks, Juniper Ridge to the north, and the Lewis River Valley to the south. At the 3-mile mark you reach the high point along the ridge at 5,245 ft. You can turn around here, or keep walking another 4.5 mile to the end of the trail at Summit Prairie and the junction with the Boundary Trail.

26. Langfield Falls

Easy

Hiking Distance: .5 mile RT
Elevation Gain: 100 feet
Driving Distance: 22 miles one way

As you are driving along FS Rd 88 to or from a hike (hike #'s 24, 25, 27, 28), stop in to see Langfield Falls near the junction with FS Rd 8851, about 16 miles from Trout Lake. From the parking area follow the short trail along Mosquito Creek to a point near the base of the falls.

27. Craggy Peak

Hard

Hiking Distance: 13 miles RT
Elevation Gain: 1,800 feet
Driving Distance: 57 miles one way

Reference: Spring, p. 146
Map: Green Trails Lone Butte #365/
Green Trails McCoy Peak #333

Driving Directions: Drive to Trout Lake. Turn right onto Hwy 141 for 1.7 miles. Turn right onto FS Rd 88 for about 26 miles. Turn left onto FS Rd 90 for 8 miles. About ¼ mile past the Quartz Creek Trailhead, turn right onto FS Rd 93 for 9 paved miles and then another 6 miles of gravel (go past a sign for Craggy Peak Trailhead on FS Rd 93). Turn right onto FS Rd 9327 for .3 mile to the Craggy Peak Trailhead (3,600 ft).

The trail climbs gently through thick forest, crossing an old forest road at 1.5 miles. After 2 miles, the trail ascends a ridge, narrow at times, passes through wildflower meadows, and views start opening up.

Continue on the ridge crest another mile, contour around a high point, and look down on pretty Blue Lake 400 ft. below with Mt. Adams in the background. The trail contours under the top of Craggy Peak and meets the Boundary Trail (5,100 ft.) at 6 miles. Go right on the Boundary Trail about .5 mile for good views up the steep, wildflower meadows on the east slope of Craggy Peak and down into the steep bowl of Straight Creek Basin. Find the social trail that leads to the summit (5,725 ft). Mountain goats may be seen on Craggy Peak.

28. Wright Meadow

Easy

Hiking Distance: 3 miles RT
Elevation Gain: 100 feet
Driving Distance: 57 miles one-way

Reference: Nelson, p. 102
Map: Green Trails Lone Butte #365

Driving Directions: See directions for Craggy Peak above.

Find the Wright Meadow Trailhead that goes northwest along the meadow, not northeast toward Craggy Peak. The trail follows the eastern side of the large meadow, also passing through old-growth forest for 1 mile to FS Rd 9327 (which curves around the west side of the meadow). On the return, explore the meadow off trail to the west, or the sloping meadows above the trail to the east.

Goat Rocks Wilderness

Two classic loop hikes into the Goat Rocks Wilderness are accessible from the south end of the wilderness, not too far from camp. The Goat Rocks Crest is the remains of an ancient volcano that collapsed long before “new” Cascade peaks (e.g., Mt. Adams, Mt. Rainier, Mt. Hood) formed.

29. Snowgrass Flat/Goat Ridge Loop

Hard

Hiking Distance: 13 miles loop
Elev. Gain: 3,180 ft. cumulative
Driving Distance: 47 miles one way

Reference: Spring, p. 102
Map: Goat Rocks Wilderness (USFS)

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) onto FS Rd 23 for 22 miles. Stay straight onto FS Rd 2329 for 0.8 mile. Fork left onto FS Rd 5601 for 6.6 miles. Turn right onto FS Rd 21 for 8.1 miles. Turn right onto FS Rd 2160 for .3 mile. Turn left onto FS Rd 2152 for 2.2 miles. Keep left to stay on 2152 for another .6 mile. Turn sharp right onto FS Rd 2150 toward Chambers Lake for 1.9 miles. Turn right onto FS Rd 2150-040 and shortly right again on FS Rd 2150-405 for .2 mile to the Berry Patch trailhead (4,600 ft.).

This trail has some of the most spectacular alpine wildflower meadows in Washington; snow-lined Goat Lake; huge glacier-carved basins; and a fabulous ridge walk with views and more flowers.

Start hiking west on the Snowgrass Flat connector trail for .25 mile, then turn right onto the Snowgrass Flat Trail. After 1.75 miles through forest, cross Goat Creek on a bridge and continue .25 miles through

a swampy cedar forest—quickly to outrun the mosquitoes. At the 3.5 mile mark, keep left at the Bypass Trail and continue to climb through alternating forest and meadows for another .5 before entering the large open Snowgrass Flat with wonderful wildflowers (5,830 ft.). Turn left (north) on the Goat Lake Trail and contour around the steep hillside of glacier-carved Goat Creek Basin for 3 miles to icy Goat Lake (6,400 ft.). This picturesque little lake sits in a cirque at the head of Goat Creek. Look for mountain goats above the lake. Hike another .5 mile to crest the ridge (6,500 ft) and enjoy stunning views of Jordan Creek Basin to the west and Goat Creek Basin to the east. At the junction with the Lily Basin-Heart Lake Trail, turn left onto Goat Ridge Trail, which contours the west side of Goat Ridge. The trail takes you through the huge Jordan Creek Basin for 2.5 miles, passing through wildflower meadows with constant views of Goat Rocks, Mt. Adams, and St. Helens. A half mile beyond the Jordan Creek Trail junction, the Goat Ridge Trail forks right to climb 300 feet to the 6,240-ft. former lookout site with great views (trail may be faint). This is a 1.1 mile detour that rejoins the main trail ahead. Or fork left to contour for .5 mile below the lookout. Continue downhill for 1.5 miles through open forest and huckleberries to the Berry Patch trailhead.

30. Nannie Ridge/Walupt Creek Loop **Hard**

Hiking Distance: 14.2 mile loop
Elev. Gain: 2,300 ft.
Driving Distance: 47 miles one way

Reference: Spring, p. 110
Map: Green Trails Walupt Lake #335/
Goat Rocks Wilderness (USFS)

Driving Directions: Turn right onto FS Rd 80 for 4 miles. Turn right (north) onto FS Rd 23 for 22 miles. Stay straight onto FS Rd 2329 for .8 mile. Fork left onto FS Rd 5601 for 6.6 miles. Turn right onto FS Rd 21 for 8.1 miles. Turn right onto FS Rd 2160 for 5 miles to the trailhead at the east end of Walupt Lake Campground (3,927 ft.).

This trail also offers a long ridge walk with mountain views, wildflower meadows, and alpine lakes. The loop is best hiked clockwise to keep the views ahead of you.

Start hiking on trail 101 and turn left in a few yards onto the Nannie Ridge Trail. Climb steeply for 2 miles through forest, gaining nearly 2,000 ft. At the 3-mile mark the trail crests a ridge (5,600 ft), providing panoramic views of many peaks. The clear, but unmarked trail on the ridge top climbs 500 ft. in .5 mile to Nannie Peak (6,100 ft), site of a former lookout (not included in mileage and elevation gain above). The summit is a ¼-mile long ridge with meadows and views of Mt. Adams and Mt. St. Helens from the south end and Mt. Rainier and Goat Rocks from the north end. After returning to the main trail, drop 300 ft. to get around soaring cliffs before climbing back up to the ridge crest. Hike along the ridge crest through wildflower meadows for 1.5 miles to pretty, little Sheep Lake (5,710 ft) near the PCT junction. Sheep Lake is surrounded by flowers, a nice stop for lunch and to enjoy the view of Mt. Adams across the lake. Mountain goats may be seen here. Turn right onto the PCT and soon cross the headwaters of Walupt Creek. Hike on the PCT for 5 miles, staying high on the ridge overlooking Walupt Creek Valley over 1,800 ft. below. Turn right (northwest) onto the Walupt Lake Trail and descend 1,000 ft. in 2 miles to Walupt creek. Hike another 2.7 miles through the forested Walupt Creek Valley and along the north shore of Walupt Lake back to the trailhead.