



13534 35th Ave. N.E. Seattle, WA 98125 (206) 363-0859

**1 WORLD OUTING CLUB  
TRIPS SUMMER 2009**

**6/19-20 CLIMB MT ADAMS**

Mt Adams is Washington's second highest mountain summit. Towering 12,276' above the Puget Sound valley, the summit offers sweeping views of the entire state stretching out below you, and beyond across the Columbia River Gorge and into Oregon. On a clear day you can see Mt. Rainier, St. Helens, Mt. Hood, Baker, Glacier, Stewart, the Three Sisters, Bachelor and more. From the summit of peaks of this height the topography below you loses scale looking like those paper mache relief maps you see in visitor centers but with live people and boats drifting around the waterways. Remarkably this summit climb is entirely on rock and shale then on permanent snowfields. This means that there are no rope work and crevasse rescue skills required. This is a classic high alpine climb snow ascent. Do not let the lack of technical skills required lull you into underestimating the difficulty of this climb. It still requires the use of an ice axe, and that everyone carry crampons. We will be climbing for eight to ten hours just to reach the summit, and above eight to ten thousand feet the air gets so thin that you will only be able to take one step every several seconds. Further we will be dealing with the idiosyncrasies of high mountain weather which can sometimes form the most remarkable sea of clouds below a blissfully calm summit, or can throw wind and hail at you in August. Provided: Transit, lodging, breakfast, maps. Date 6/19-20 Donation premium for "Adventurer" level x2 (\$170+)

**6/27 ICE CAVES & WATERFALLS DAY HIKE**

This easy hike of only a couple of miles will first take us through wetlands in the lower river valley, home to waterfowl and frogs. Then the trail ascends its way over bridges, out of the valley, and through forests to the base of Big Four Mountain. At the base of this mountain ice caves form every spring. These ice caves are formed by underground rivers whose warmth melts the overlying snow, sculpting caves and vaults. The chambers are profused with a luminous glow from all sides. If you have never before seen an ice cave this hike is a must. This is one of the best examples of the development and formation of ice caves. There are usually several in different stages of formation. Those more shaded are slower to develop. Those in the sun have developed, expanded and thinned, and perhaps collapsed. The trail is only a two mile round trip with a vertical elevation gain of 300'. If we have time after visiting the ice caves, we will head up to North Fork Falls, or the Sauk Bench trail for another short hike, for some great pictures. This trip is set up to be a budget friendly trip and is partially sponsored by club donors. Anyone can come so bring a friend or neighbor and get them involved! Space is limited so please reserve a seat only if you are sure that you can come. Provided: transit, maps. Date Saturday 6/27 Donation premium for \$5+ donation.



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**7/11 MIMA MOUNDS**

The Mima Mounds are another one of Washington's many geological wonders. A couple years ago we had a great flight seeing and hiking trip to the Ice Age Flood formations in eastern Washington. Unlike that natural wonder the Mounds are not yet explained in any generally accepted way. Reasonable theories range from erosion and deposition remnants from retreating glaciers about 10,000 years ago, to pocket gophers which would collect dirt to cover the hard subsoil to protect their burrows, over many generations. Other theories include soil deposition left from the formation of monster sun cups on ancient ice and snow, or frost heaves. The mounds formed in in the glacial sediments (sand and gravel mostly) deposited at the head of the Puget Sound trench. This region is called the Willapa Hills and the bedrock here consists of oceanic crust. This is old Pacific Ocean floor now above sea level which remains almost perfectly level despite its existence almost two miles higher than most of the world's inventory of oceanic crust. Beyond the geologic interest of the area is the bird watching, wild flowers, and other advantages of a grassland preserve. There are several trails in the area including a paved interpretive trail. Another trail leads out to the edge of the preserve, which is a favorite spot for wildflowers. Provided: transit, maps. Date Saturday 7/11 Donation premium for "Day Tripper" level (\$38+)

**8/15-16 NORTH CASCADES EXPLORER**

The view from Maple Pass just might be the most astounding 360° view in the Northwest, which alone would make this one of the best hikes in this region. However, add two sublime little cirque lakes and you have one of the most gratifying, soul-satisfying day hikes I can think of. The trail starts with switchbacks through the forest but soon lessens its gradient as it crosses an open slope with views to the north. At 1 mile the trail forks, with the Lake Ann trail leading 1 flat mile to this perfect little cirque lake with an island at the far end. Sloping to the lake's shores are subalpine forest, talus slopes, and meadows. The view of the lake is actually much better from the Maple Pass Trail, so you can save yourself 2 miles of hiking to the lake and back by simply heading up this trail to begin with. The trail climbs steadily through meadows and talus slopes to Heather Pass in another mile. But Maple Pass can be seen above, beckoning with the promise of southerly views (Heather has a superb westerly view that includes Lewis Lake). Crossing some cliffs where the trail has been carved out of rock, it climbs to the undulating meadows at the pass and an astonishing view of Glacier Peak and the Stuart Range to the south. The loop is 7.5mi. and 2,000' elevation gain. Saturday night we will stay in Mazama at one of their wonderfully cozy lodges and do another of the North Cascades remarkable hikes the next day. Provided: transit, lodge, maps. Dates 8/15-16 Donation premium for "Adventurer" level x2 (\$170)

**8/21-23 RAMBLING RAMROD**

Ramrod at a rambling pace. We will follow the Ramrod bike race course (Ramrod= Ride Around Mt Rainier in One Day). Except we will be doing the ride in three days and there is an easy third option. For those who just want to do the downhill parts you can catch a ride to the top of each day's high point and coast down the other side from there. This bike route combines the beautiful vistas of Mt Rainier with the cool forests and valleys of the western Cascade Mountains. The first night will be in Whitakers, the second will be camping out (no motels nearby). The dynamic geologic history of Mt Rainier began about 700,000 years ago when the first lava flows broke through older existing rocks and poured out across the Earth's surface. Lava flows from Mt. Rainier are typically unusually cool (about 1,500f) and viscous, Andesite allowing the magma to build up a volcanic cone over the centuries. Geologic history shows eruptions about every 2,500 years with the most recent major steam eruption in the early 1800's. We will be riding about 50mi a day and about 3-5,000' elevation gain, except for the coasters of course. Provided: shuttle, lodging, some meals. Dates 8/21-23 Donation permium for "Adventurer" level x2 (\$170+)

**8/29 MUSHROOM IDENTIFYING HIKE**

The last time we went mushroom picking we found huge Boletus mushrooms 10" in diameter, we found Russuala mushrooms, jelly mushrooms, the unusual and beautiful coral and oyster mushrooms, and chanterelles. The chanterelle current market price is around \$10/lb at Whole Foods. You might want to pick a few extra and dry them for later. This trip will be timed for the early mushroom season offering an opportunity to view a different collection of species. This hike is to a deep forest where lots of mushrooms grow. The destination will be determined based on the weather and where we are most likely to find fungus. If you have a mushroom identification book bring it along and bring a paper bag to collect mushrooms in. Don't forget your camera, Come to think of it bring a Swiss army knife or a quarter to put next to the large mushrooms, for perspective in the pictures. This trip is set up to be a budget friendly trip and is partially sponsored by club donors. Anyone can come so bring a friend or neighbor and get them involved! Space is limited so please reserve a seat only if you are sure that you can come. Provided: transit, maps. Date Saturday 8/29 Donation permium for \$5+ donation



MAIL THE FORM BELOW WITH YOUR \$20 MEMBERSHIP & DONATION

TO: One World Outing Club; 13534 35th Ave NE; Seattle, WA. 98125  
Donation Premium Levels: Day Tripper=\$34+, Adventurer=\$85+  
Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_  
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Details by request  
(or from www.outingclub.org)

Summer 2009

Trip Titles: \_\_\_\_\_

Room Mates: \_\_\_\_\_

Email: \_\_\_\_\_ Enclosed\$ \_\_\_\_\_

Sign \_\_\_\_\_

I the above signed understand that there are risks and hazards involved in active sports including the activities I will be participating in with One World Outing Club. I accept these risks as my responsibility and agree to release One World Outing Club, their representatives, and guides from any liability for accidents or injuries which may occur during or traveling to and from said activities.