

Pacific Northwest Hiking

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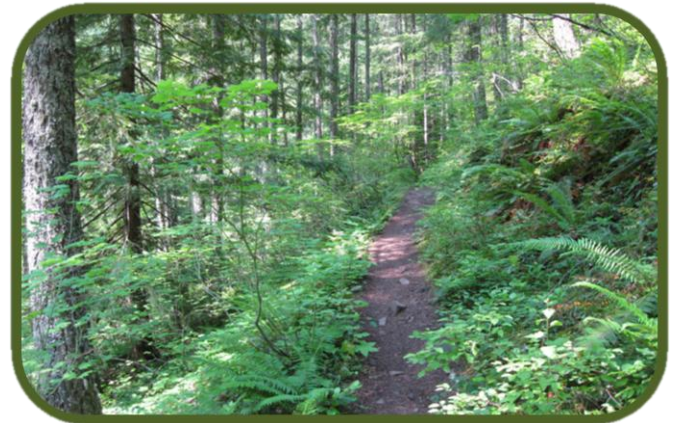
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Hiking for Beginners

It is time for an outdoor adventure, a time to get away from it all and head into the great outdoors. What better way to spend time off than to go on an adventure of hiking in the great outdoors. Once you step foot in the beautiful and peaceful forest and the vastness of the outdoors, life becomes calm and peaceful once again as the serenity of the outdoors soothes the soul.

Whether you like to walk or hike, many places offer beautiful views and an experience in nature. A hiking adventure includes having fun, breathing in the fresh air, camera for pictures, quality time with hiking companions, and soak in the serenity of earth's natural beauty. Hiking for beginners is much easier than you think.

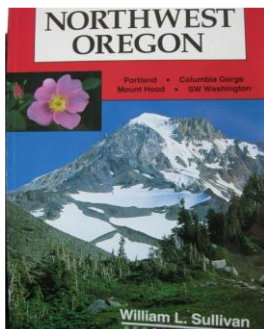


Preparing for an excellent hiking adventure starts with having the right gear, being prepared for the hike, and choosing the trip and being familiar with the hiking location. One of the first things to help prepare for a hiking experience is to have the right gear. It is key to have the right hiking boots and appropriate outdoor clothing (boots

including socks, shirt, pants, hat and jacket) that will allow for layering and to be prepared for a variety of potential weather situations.

Preparing for a hike includes choosing the hike, having a map, compass, and doing a little research on the hike.

Continued on page 2



*Resourceful Hiking Book
written by William L.
Sullivan*

Hiking Photography

Taking pictures of your hiking adventures is a fun way to create a long lasting visual snapshot of your hiking experience.

Photography is as easy as 1, 2, 3. Decide ahead of time what pictures you

would like to take. Read about the possible wild animals you may see, the wild flowers, view points, and of course pictures of your family or hiking companions.

Tell a story of your hiking

trip by the pictures you choose to take. Try to frame your photo by using different points of view.

Most importantly be creative and have fun.



Hiking for Beginners

"In all things of nature there is something of the marvelous." - Aristotle

Get to know the hike and the location, the potential wild animals, wild flowers and surrounding vegetation. Enjoy looking at the various flowers and plant life and refrain from picking or eating the plant life as some could be poisonous to eat. Bring plenty of food and water. Prepare food that is light to carry and nutritious to sustain your energy during the hike. Refrain from

drinking out of the streams or rivers unless you have a water purifying system or purifier tablets. The streams have bacteria and are not safe to drink so bring plenty of water with you.

All hikes are rated to help identify which level will be appropriate for your activity level.

Easy hikes are 2-7 miles round trip and less than

1000 feet of elevation gain.

Moderate hikes are 4-11 miles round trip and up to 2000 feet of elevation gain.

Difficult hikes are 8-15 miles round trip and up to 4000 feet of elevation gain.



For more tips:
www.hikingbeginner.com

Hiking Techniques, Safety and Etiquette

Being a smart hiker includes hiking with friends, having a compass and a map, preparing your food and water, and enjoying your day.

When you are hiking, it is important to stay on the hiking trail to protect the natural landscape. When other hikers are coming towards you, stay on your right and they will pass you on your left.

Remember that anything that you take on your hike with you, such as food, wrappers, all items should come back out with you.

It is important to carry a first aid kit and to keep it restocked with all necessary first aid supplies. A whistle is handy to use to startle and scare away any wild animals that are in sight.

Wearing the right clothing

will ensure you are comfortable on your trip and layer for different weather situations. Be prepared to face weather changes by bringing rain gear, gloves and a hat. For other hiking safety tips and techniques, go to our website or other hiking websites:

www.trailsnw.com
www.rei.com



Your Hiking Story Here

In this section, we want to share your hiking adventures.

If you want to share your hiking adventure with everyone, please submit your short story to the address on the back of the newsletter and we will notify you if your story will be published in next month's newsletter.

Please share what hike you went on, where the hike was, who was in your hiking party, memorable events on the hike or any wild animals you encountered. Your story needs to be under 150 words and include a picture of the hike or your hiking party.

For more information, please visit our website for further information.

www.CPNWhiker12@gmail.com



Siouxon Creek Hike, A Historical look

Located in Cougar, Washington is the Siouxon Creek Hike. It is near the small town of Amboy in the Gifford Pinchot National Forest. The hiking trail is located on Road 5701 at Mile Marker 1.

In the early 1900's, fires continually swept through the forest for 30 years after the Yacold Burn of 1902. The Hickman's Cabin, now a moss

covered shelter, was built at the trailhead in 1930 and served as a base camp for fire prevention forestry workers. The crews stayed in tents as the cabin was used to sharpen firefighting tools and to store various supplies. Although the saws and firefighting equipment is gone, the cabin remains as a historical marker.

Many of the downed trees

are still visible in the forest as those trees were used to create a firebreak to help stop the fires from moving deeper into the forest. The forest has survived and new growth is evident, the ancient trees have a story to tell.



For more history of the Gifford Pinchot National Forest, you can find it on the US Forest Service website.

“Earth and sky, woods and field, lakes and rivers, the mountain and the sea, are excellent schoolmasters, and teach some of us more than we can ever learn from books.”

John Lubbock

Siouxon Creek Falls



Siouxon Creek Hiking Trail



Siouxon Creek Hike

One of our favorite hikes is the Siouxon Creek Hike. Siouxon is pronounced 'Siou-son'.

This hike is moderate in difficulty and follows the Siouxon Creek where you will encounter laving waterfalls and deep pools

of emerald green. The trail continues through a thick dense forest of trees that bring a sense of history to the area. As you walk through the forest, you will see many ancient trees with visible scars from fires past. The trail drops down by the creek and

includes a close encounter with campsites for overnight camping. The trail affords views lavish cascading waterfalls, thick forest scapes, and emerald green pools and memories for a lifetime.



“The trail continues through a thick dense forest of trees...”

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Pacific Northwest Hiking Newsletter is published by Carlson's PacNW Hiking. We are a locally based company and are passionate about hiking and spending time in the great outdoors. Our mission is to provide hiking opportunities for individuals and families. Please feel free to send us your hiking experiences as we will share them in our upcoming newsletters.

If you would like to receive the monthly newsletter, please email us at CPNWhiker12@gmail.com to get setup to receive the newsletter.

**C-PacNW
Hiking**



**Fun Hiking Adventures
for the whole family**

Exciting News!

Our web design is almost completed. Look forward to the announcement in the November newsletter

November Hiking Event

November is usually a cold month in the Northwest but we are willing to brave the cold. The next hike is suitable for the family and a nice walk in the gorge.

We are heading out on the Bridal Veil Falls hike located off the Columbia River Highway. It is located at the Bridal Veil Trailhead and is a 0.6 mile round trip with a 70-foot elevation gain.

Difficulty level is easy and is available year round.

The trail starts out as a flat paved trail and changes to gravel with

one long switchback that takes you to the Bridal Veil Creek. After following a staircase down the side of the valley, it leads to a wooden bridge over the creek, which leads to the beautiful view of the Bridal Veil Falls.

For more information on the hike, go to www.portlandhikersfieldguide.org for a view of the waterfalls.

For more information on the date of the hike, go to our website for further details.