



Fall 2019 Schedule of Outings

Sunday, September 8

Local History Walk & Bonneville Dam Tour, WA

Easy: 2.5 miles | little elev. gain | *Members-only*

Learn the colorful history of Mona Bell Hill, consort of Sam Hill, and the mansion he built for her, how the government condemned her land and home to build Bonneville Dam, and the critical role the dam has played in the economy of the Northwest. Join board member John Harrison, and Pat Barry, former park ranger and Bonneville Dam Visitor Center manager, for this informational walk back through time, after which we'll view the locks at Bonneville Dam, tour the visitor center and visit the fish-viewing windows.

Bridal Veil Falls Family Nature Exploration, OR

Easy: 1.2 miles | 70-ft. elev. gain

Bring the whole family and join Super Nature Adventures and Oregon State Parks ranger Miranda Mendoza to explore the 120' falls, the Pillars of Hercules basalt tower, and the distinctive native plants that grow abundantly in this area. Young hikers will receive a trail adventure packet, scavenger stickers, hands-on activity field guide, and more. (\$20/packet)

Friday, September 13

Wahkeena Falls to Devil's Rest, OR

Strenuous: 9.5 miles | 2,500-ft elev. gain

Follow hike leader Paul Freeman on the steep ascent from Wahkeena Falls to Devil's Rest. We'll hike through areas recovering from the Eagle Creek fire two years ago, passing several waterfalls and newly opened viewpoints. We'll descend using the Foxglove trail to Angel's Rest, past Wahkeena Spring, and back down to our starting point. *This is a strenuous, full-day hike.*

Saturday, September 14

Viento State Park to Cascade Locks Bike Ride, OR

Experienced Cyclists Only: 25 miles round-trip | *Members-only*

Take a scenic ride on the newest section of the Historic Columbia River Highway with Friends Field Representative Peter Cornelison. We'll start at the Viento State Park trailhead and ride 12 miles west to Cascade Locks to take in the sights and reconnect with a part of the Gorge you can't see from a vehicle. Along the way we'll pass by several waterfalls, including Cabin Creek Falls and Hole-in-the-Wall Falls. Our turnaround will be in Cascade Locks, where we can enjoy lunch outside (bring your own, or plan to purchase), and get an ice cream treat or beverage (optional), before we head back east.

There is one steep hill (~500 ft. over ~2 miles) but otherwise this route is mostly flat on paved roads. Road, hybrid, mountain, or electric bikes are all suitable. *Participants to bring their own bike and gear.*

Sunday, September 15

She Who Watches Petroglyphs Tour, WA

Easy: 0.5 miles total | little elev. gain | *Rocky, uneven terrain* | *Members-only*

Walk to the ancient rock images and legendary She Who Watches (Tsagaglala) petroglyph with Native American Consultant Ed Edmo. We'll learn the stories and origins of the pictographs and petroglyphs at this sacred site which also boasts beautiful views of the eastern edge of the Scenic Area. Conservation Organizer Ryan Rittenhouse will provide updates on Friends' ongoing work to protect this and other landscapes from fossil fuel impacts. *\$20/person.*

Thursday, September 19

Beacon Rock Geology, WA

Easy/Moderate: 3.5 miles | 850-ft elev. gain

Leader-team Patty Mizutani (board member), Richard Rosenhaft, and Linda Hughes will be our guides on a geological history outing at Beacon Rock State Park to view how the ice age floods carved the Gorge's landscape. We'll start first down by the Beacon Rock boat launch area just west of the rock to hike the River to Rock Trail, leading us to the main Beacon Rock trail. We'll ascend the rock's 54 switchbacks to a beautiful view at the top before descending back to our starting point, learning the history and geology of this Gorge geologic icon along the way.

Hike & Soak: PCT to Greenleaf Overlook & Carson Hot Springs

Strenuous: 8.8 miles | 800-ft elev gain

This is a two-part outing: First, follow hike leader Christoph Stauder on the first section of the Pacific Crest Trail (PCT) in Washington, through the broken landscape left behind when a portion of Table Mountain broke off and slid into the Columbia River in the 1450s, creating the Cascades of the Columbia and the "Bridge of the Gods". Enjoy the spectacular view from Greenleaf Overlook to the Oregon side of the Gorge.

Afterwards, we can reward our hiking efforts with a relaxing soak and wrap at Carson Hot Springs, located 10 miles to the east (*optional; \$30+ tax/person*).

Saturday, September 21

White Salmon River Whitewater Rafting, WA

This Wild and Scenic White Salmon River full-day raft trip guided by Wet Planet takes us through the canyons formed by the previous lake and the historical site of Condit Dam. This is a great opportunity to see the newly formed, spectacular Narrows Canyon. *\$130/person includes lunch and gear.*

Sunday, September 22

Fall Photo Scavenger "Hunt" & Nature Journaling, WA

Easy: 2.3 miles | 440-ft elev. gain

Join author and educator Wendy Gorton for a fall scavenger and photo "hunt" to Pool of the Winds at Beacon Rock State Park. **Parents and caregivers:** bring your phones to learn how to use [seek](#), the free app by iNaturalist, to identify plants we find along the trail to complete our "hunt". Another part of this outing will involve a nature journaling extravaganza. Nature journals and pens will be provided for all participants to reflect and record their discoveries. We'll also visit a local geocache hidden along the trail.

One lucky hiker will also win a copy of Wendy's [Oregon & Washington 50 Hikes with Kids](#) guidebook!

Monday, September 23

Falls Creek and Panther Creek Falls, WA

Easy: 3.7 miles | 700-ft elev. gain | *Members-only*

On the first day of fall, leader Jane Garbisch-Myers will lead us on this lush trail with gentle ascent next to a cascading creek to discover magnificent, multi-tiered Falls Creek Falls. Afterwards, we'll also visit the hanging gardens and moss-coated beauty of Panther Creek Falls (1/4 mile walk to platform) nearby. *Portions of this trail are uneven, rocky and technical.*

Rowena Plateau Sunset Walk, OR

Easy: up to 3 miles | little elev. change but uneven terrain | *Members-only*

Welcome the first night of fall on this evening walk at Tom McCall Nature Preserve on Rowena Plateau with Oregon State Park Ranger Miranda Mendoza. We'll meander on the trails to take in the panoramic views, watching for the first stars to appear. If the night is clear, we can appreciate the chance to experience one of the amazing sunsets that Rowena Crest is known for.

Thursday, September 26

Wahkeena – Multnomah Falls Loop, OR

Moderate: 5.4 miles | 1,540-ft elev. gain | *Members-only*

Leader Patti Kramer will guide us to view at least six waterfalls and discover the patchwork pattern of the 2017 fire evident throughout this iconic Gorge loop trail. We'll start at Wahkeena Falls and get beautiful views as we ascend up to Wahkeena Springs, looping around to the top of Multnomah Falls before making our way back down.

Friday, September 27

Larch Mountain Crater Loop, OR

Strenuous: 7 miles | 1,100-ft elev. gain | *Members-only*

Start your weekend with a breathtaking view of five major volcanic peaks at Sherrard Point on Larch Mountain, the remnant of an ancient shield volcano. Then, leader Steve Carples will guide us through an enchanted old-growth forest inside the "crater" to complete the 7-mile loop. If it is hazy in the morning, we'll opt to hike to Sherrard Point after hiking the loop.

Mosier Plateau Land Trust Walk, OR

Moderate: 3.5 miles | 600-ft elev. gain

Join Land Trust Director Dan Bell on an early autumn hike to scenic views up and down the Columbia from atop Mosier Plateau. We'll learn the history of this trail and its place within the future *Gorge Towns to Trails* connection. After our morning hike, we'll head to nearby Mosier Company for food and beverages (optional; participants responsible for own purchases).

Saturday, September 28

PCT Hike from Herman Creek, OR

Expert: 11 miles | 3,000-ft elev. gain

Experience the single good viewpoint on the Pacific Crest Trail (PCT) between Herman Creek and Benson Plateau, a place marked in old hiking books as "Helispot", with leader Christoph Stauder. We'll hike through areas partially burned in 2017 and others untouched by the fire, and enjoy commanding views of the Columbia River, Mt. Adams, Table Mountain, Dog Mountain, the Herman Creek Valley, and the Woolly Horn Ridge. This is

one of the few places on the Oregon side of the Columbia Gorge where you can still hike to 3,000 feet. *This is an expert-level, full-day hike.*

Monday, September 30

Sunset at Angel's Rest, OR

Moderate: 4.6 miles | 1,600-ft elev. gain

Leader Sharon Ross will guide us on the hike up to Angel's Rest in the late afternoon to the summit where we'll enjoy our "backpack" dinner while watching sun set over the Columbia River. We'll descend using headlamps and poles, attuning our senses to the night sounds around us.

Thursday, October 3

Herman Creek Pinnacles, OR

Moderate: 4.6 miles | 1,305-ft elev. gain | *Members-only*

Hike with environmental educator Jeffry Gottfried through lush forest starting at Herman Creek, out to the pinnacles, and back. This trail goes through some of the best ancient forest left in the Gorge. We'll learn about features of ancient forest, the Missoula Floods, landslides and other natural history aspects unique to this spectacular location.

Saturday, October 5

Forest Disturbances & Fire Ecology, OR

Easy/Moderate: ~5 miles | some elev. gain | *Members-only*

US Forest Service Rangers will lead us through an area that was affected by the Eagle Creek fire two years ago to view evidence of the fire's burn mosaics while learning about the effects of fire and wildlife habitat over time. We'll cover basic fire terminology, fire hazards on the trail, and things to consider when hiking in a post-burn area.

Wahclella Falls Family Salmon Hike, OR

Easy: 2.4 miles | 300-ft elev. gain

Bring the whole family and join leader Mary Ann Schmidt on this educational salmon hike up Tanner Creek to thundering Wahclella Falls. Learn about the life cycle of salmon and get to witness their spawning grounds first hand. We'll get to experience this trail for the first time after a two-year closure from the Eagle Creek fire. Afterwards, join an optional trip to Eagle Creek Day Use Area for additional salmon viewing in the creek.

This outing is geared towards families with younger kids. Due to this specific trail and nature of this outing, we are limiting registration to five families.

Sunday, October 6

HCRH State Trail to Rowena Crest Bike Ride, OR

Experienced Cyclists Only: 24 miles | 1,600-ft elev. gain

Ride a section of the Historic Columbia River Highway (HCRH) State Trail with leader Dave Crout. We'll start from Hood River and ride through the Mosier Twin Tunnels to the town of Mosier. We'll then begin our main ascent alongside orchards and vineyards dotted with fall color up to Rowena Crest viewpoint for panoramic views before our return.

Participants to bring their own bike and gear. Helmet required. This is a paved ride, so mountain, road or electric bikes are fine. Tools and accessories to repair flat tire highly recommended.

Starvation Ridge to Mount Defiance Loop, OR

Expert: 12.8 miles | 4,970-ft elev. gain | *Members-only*

Join Friends Executive Director Kevin Gorman and Trailhead Ambassador Cindy Luxhoj on one of the most iconic challenges in the Columbia Gorge. We'll start right away with a steep ascent up Starvation Ridge through lush forest up to Warren Lake. We'll catch our breath before continuing up to the summit of Mount Defiance, the highest peak in the Scenic Area, before the descent. We'll hike at a moderate pace and on the way learn about Gorge ecology and history. *This is an expert-level, full-day hike on very steep terrain.*

Tuesday, October 8

Cape Horn Full Loop, WA

Strenuous: 7.2 miles | 1,300-ft elev. gain | *Members-only*

Hike with Cape Horn Conservancy board member Sharon Ross clockwise around the full Cape Horn Loop to enjoy fall color and expansive views up and down the Columbia Gorge from several scenic overlooks.

Thursday, October 10

Lyle Cherry Orchard, WA

Moderate: 5 miles | 1,500-ft elev. gain

Leader Judy Ware will guide us on the steep but scenic trail at Lyle Cherry Orchard Land Trust Preserve. We'll enjoy hiking through the old oak grove changing into fall colors and take in sweeping views from the old pioneer cherry orchard. Afterwards, we'll head to a nearby winery for wine tasting and continued conversation (optional).

Friday, October 11

Forest Disturbances & Fire Ecology, OR

Easy/Moderate: ~5 miles | some elev. gain | *Members-only*

US Forest Service Rangers will lead us through an area that was affected by the Eagle Creek fire two years ago to view evidence of the fire's burn mosaics while learning about the effects of fire and wildlife habitat over time. We'll cover basic fire terminology, fire hazards on the trail, and things to consider when hiking in a post-burn area.

Beacon Rock Kayak Tour, WA

Experienced Paddlers Only: ~7 miles

Discover new vantage points for great views while paddling with Field Representative Peter Cornelison on a free flowing stretch of the Columbia River. We'll paddle upstream from Beacon Rock State Park behind Pierce Island into the Columbia, hugging the Washington shoreline before crossing over to Oregon to have lunch on the shore near Tanner Creek. Afterwards, we'll make our way down river then back across towards Pierce Island, paddling around the other side until we return to the channel taking us back to our launch point.

Saturday, October 12

Klickitat River Rail-Trail Hikes, WA

Easy or Moderate | *Members-only*

Celebrate Klickitat Trail Conservancy's 17th Anniversary with your choice of two hikes along the Wild and Scenic Klickitat River. The celebration starts at 9:30 a.m. with a trailhead breakfast. We'll collect our trail snacks and then form two groups to head out at 10:15 a.m. on our respective day hikes.

Choose your hike the day-of:

1. **Easy Hike:** Lyle to Fisher Hill Bridge | 4 miles | 100-ft elev. gain | 10:15 a.m. – 1 p.m. | Led by Barbara Robinson
2. **Moderate/Strenuous Hike:** Pitt to Fisher Hill Bridge | 9 miles involves car shuttle | 100-ft elev. gain | 10:15 a.m.– 4 p.m. | Led by Steven Woolpert

Sandy River Delta Evening Walk, OR

Easy: 3.5 miles | no elev. gain

Learn about the collaborative restoration efforts of Confluence, Sandy River Basin Watershed Council, and Friends of Sandy River Delta, on this late afternoon hike. We'll visit renowned architect Maya Lin's Bird Blind and see the results of the largest deciduous forest habitat restoration project in the Pacific Northwest.

This is a multi-use area, so please know there will be lots of off-leash dogs running around. Leader Jeff Schuh will be bringing his dog along for this outing. *If you do not like dogs - this is not the place for you.*

Sunday, October 13

Herman Creek to Cascade Locks, OR

Moderate: 6.5 miles | 700-ft elev. gain | *Members-only*

Hike Leader and former board member Debbie Asakawa will guide us on the PCT starting at Herman Creek, through enchanted forests changing into fall color all the way to Cascade Locks. We'll pass by Herman Creek Pinnacles, enjoy the mist from Dry Creek Falls, and see how sections of this trail affected by fire two years ago are recovering. Afterwards, we can get an ice cream or post-hike beverage in town (optional). *This hike involves a car shuttle.*

Thursday, October 17

Falls Creek Falls & Panther Creek Falls, WA

Easy/Moderate: 3.7 miles | 700-ft elev. gain | *Members-only*

Enjoy a creek-side walk with leader Bob Thoenen through an old-growth forest to spectacular 200-ft, multi-tier Falls Creek Falls. We'll hike at a moderate pace to allow time to appreciate the sights, sounds and smells of the forest in full autumn splendor. Afterwards, we'll visit the moss-coated beauty of Panther Creek Falls nearby (1/4 miles walk to platform).

Friday, October 18

Beacon Rock Hike & Stitch, WA

Moderate: 3.5 miles | 850-ft elev. gain

Leader Suzy McCausland and designer-illustrator Amy Frazer will lead us on a unique craft-hike opportunity. We'll first hike up Beacon Rock (weather-permitting) for panoramic views up and down the Gorge. Afterwards we'll get comfortable at the covered pavilion at Doetsch Day Use Site for an introductory lesson in embroidery before getting started on a custom project inspired by the Gorge's natural beauty.

Sunday, October 20

Mayer to Mosier Kayak Tour, OR

Experienced Paddlers Only | 7 miles

Field Representative Peter Cornelison will lead us seven miles down the Columbia River from Mayer State Park to Mosier. Along the way, we will pass by Memaloose Island, see beautiful shorelines, lovely sandy beaches and get an up-close look at the area Union Pacific Railroad wants to use for the double track expansion into Mosier, which Friends is actively opposing.

This outing is for experienced kayakers and canoeists only.* You will need to supply your own gear; Friends does not provide equipment or instruction. You must also be a competent swimmer. *Canoes with floatation and sit-on-top kayaks are OK if it is not too windy.

Steigerwald Lake NWR Family Nature Walk, OR

Easy: 2.5 miles | no elev. gain | (Stroller-friendly)

Bring the whole family and join Super Nature Adventures at this special wildlife refuge at the “Gateway to the Gorge”. Young hikers will receive a trail adventure packet* which includes an interactive map, scavenger stickers, and a field guide with activities and learning material about the wildlife that live here like turtles, purple martins, eagles, and more.

Tuesday, October 22

Fall Foliage at Latourell Falls, OR

Easy: 2.4 miles | 520-ft elev. gain | *Members-only*

Join Oregon State Park Ranger Miranda Mendoza on this beautiful loop hike featuring the 224’ plunge falls spilling over a columnar basalt cliff highlighted with chartreuse lichen. We’ll pause as we go to learn about the park’s history while taking in the autumn beauty of our natural surroundings.

Wednesday, October 23

Hamilton Mountain Loop, WA

Strenuous: 8.3 miles | 2,100-ft elev. gain

Join hike leader Steve Carples for a hike through lush forest in fall color to the Hamilton Mountain summit. We'll start by visiting Little Beacon Rock, then we'll connect with the steep, main trail all the way up. We'll enjoy lunch with a view at a lower elevation on the saddle before taking Don's cut-off for a more gentle descent to our starting point. This will be a moderate-paced hike.

Saturday, October 26

Klickitat Trail in Fall Color: Pitt to Fisher Hill, WA

Moderate/Strenuous: 8.5 miles | 100-ft elev. gain *trail is rocky and uneven*

Former board member and avid hiker Debbie Asakawa will guide us on a lovely section of the Klickitat Trail, starting in Pitt, WA and ending at Fisher Bridge in Lyle. We’ll enjoy hiking adjacent to the scenic Klickitat River from this historic rail-trail, surrounded by beautiful fall colors.

Lyle Cherry Orchard Wildlife Walk, WA

Moderate/Strenuous: 5 miles; 1,500-ft elev. gain | *Members-only*

Join Wildlife biologist Bill Weiler and Gorge Towns to Trails Project Manager Renee Tkach on the slopes of the Lyle Cherry Orchard Land Trust Preserve. We'll learn about the new trail system being installed (implemented?) here and the considerations involved in the planning process concerning the unique habitat this preserve offers for wild animals and plants. This will be a beautiful time of year to experience the changing colors in the old oak grove as well as sweeping views up and down the Gorge.

Sunday, October 27

Larch Mountain Crater Loop Dog-Friendly Hike, OR

Moderate: 6 miles | 1,100-ft elev. gain

Follow leaders Don McCoy and Madeleine von Laue through a beautiful forest in fall color to the sparkling headwaters of Multnomah Creek. We'll complete the loop hike around the Larch Mountain "crater" with a panoramic view from Sherrard Point. *Well-trained, leashed dogs are welcome to accompany you, but you do not need a dog to attend.*