



MOUNT BAKER WILD!

Dedicated to protecting the forests of Northwest Washington

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2010 Summer Hiking Program

Mount Baker Wild is an all-volunteer group working to protect Mount Baker's spectacular wildlands. Many people assume that some of our most popular hiking destinations are protected as park or wilderness, but amazingly, they aren't! We offer these hikes so that others who care about wilderness can see for themselves why we think these special places deserve protection. The hikes are free and carpools are encouraged. Riders are asked to chip in proportionately on gas.

All hikes are limited to a maximum of 12 people, including the leader(s). Call the number listed for more details and to reserve your spot—first come, first served. A waiting list will be kept for hikes that fill up and additional hikes may be offered. If you need to cancel, please do so as soon as possible so others have an opportunity to take your place. Hikes will generally go ahead even in less-than-ideal weather. If it's stormy, the leader may cancel or suggest an alternative destination that's less exposed to the weather. Since mountain weather can change rapidly, always bring raingear and warm clothing.

Hikes generally depart Bellingham around 8:00 am, but check with the leader to be sure, and for directions to the carpool meeting place, as well as more information on what to bring. You don't have to be a star athlete to participate, but it helps if you are reasonably fit and have some previous hiking experience. If you can hike up to Fragrance Lake in the Chuckanuts in under 1.5 hours without feeling exhausted, you are probably in good enough shape for most of the hikes listed. Watch for more hikes on the website (see www.mtbakerwild.org).

Recommended items to bring:

Sturdy boots or lightweight trail shoes with lug soles			Insect repellent
Shorts & t-shirt are okay in good weather (NO cotton or denim jeans!)			Sun block/lip balm
Day pack	Sweater or jacket	Foam pad to sit on	Sunglasses
Lunch & snacks	Gaitors (check with leader)	Pocket knife	Small first-aid kit
2 liters water	Sun hat	Whistle	TP & personal items
Flashlight or headlamp	Rain gear	Camera/binoculars (optional)	Map & compass (optional)

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2010 Summer Hikes Schedule

Sat, May 15	Diobsud Creek	Here's a great chance to explore a delightful trail above a wild river gorge in one of the state's largest unprotected roadless areas. About 3 miles round trip, 300 feet elevation gain. Leader: Steve Irving, 360-384-1618.
Sat, Jun 26	Skyline Divide	A moderate hike to high meadows and big views from Mount Shuksan to Mount Baker. About 6 miles round trip, 1,700 feet elevation gain. Leader: Henry Lagergren, 360-734-3972.
Sat, Jul 10	Sauk Mountain	Classic "Sound of Music" summer trek, steep but not too long, and thick with wildflowers on the way to famous views of the Sauk and Skagit Rivers and the North Cascades; about 4 miles round trip, 1,200 feet elevation gain. Leader: Helene Irving, 360-384-1618.
Sat, Jul 17	Rainbow Ridge	Moderate hike to a seldom visited ridge on the east side of Mount Baker, near the hot springs. A short but steepish trail leads to the magnificent views on the ridge, where we can hike up toward Lava Divide. Leader: Al

Heezen, 360-738-9311.

Sat, Jul 24	Boundary Way and Cowap Peak	Moderate hike to wildflower meadows and a summit perch; about 5 miles round trip, 1,400 feet elevation gain. Leader: Henry Lagergren, 360-734-3972.
Sat, Jul 31	Twin Sisters Off-trail	The whole western side of the Twin Sisters Range should be wilderness. It's the closest that the real North Cascades comes to most of us. Let's go take a look by hiking right up Skookum Creek, or around the south end via Three Lakes. Could be strenuous Leader: Kiko Anderson, 360-671-3063.
Sat, Aug 14	Cougar Divide	Moderate hike in light forest to a long meadow ridge with great views; about 7 miles round trip, 1,200 feet elevation gain. Leaders: Renetta, 360-398-8939.
Sat, Aug 21	Church Mountain	Strenuous hike through forest and sweeping meadows to the summit lookout site and big views; 8.4 miles round trip, 4,100 feet elevation gain. Leaders: Debbie, 360-966-3382.
Sat, Aug 28	Anderson Lakes and Butte	Moderate hike to lovely lakelets (berries!) and old lookout site for views; 3 to 5 miles round trip, 1,200-1,800 feet elevation gain. Leader: Helene Irving, 360-384-1618.
Sun, Sep 12	Damfino Lakes / Excelsior Pass	Moderate hike along the northwest edge of Mount Baker Wilderness to wildflower meadows and grand views; about 5 miles round trip, 1,000 - 1,400 feet elevation gain. Leader: Al Heezen, 360-738-9311.

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Mount Baker Wild is supported by these and other organizations:

**Mount Baker Wilderness Association • North Cascades Audubon Society
North Cascades Conservation Council • Bellingham Mountaineers
Sierra Club–Mount Baker Group • Washington Wilderness Coalition**

For more information, see www.northcascades.org or our [links page](#).

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