

DOWNLOAD PDF WINTER HIKES IN PUGET SOUND THE OLYMPIC FOOTHILLS

Chapter 1 : Robert L. Mooers | Open Library

Pick up a copy of Bob Mooers' new guide to winter hikes. Even when the Cascades are blanketed in white, many accessible trails climb to 2, or 3, feet for great summit views. And dozens of forested trail For hiking enthusiasts, Puget Sound can be frustrating in winter, when favorite trails get socked in with snow.

Many of the trails that we travel in Spring, Summer, and Fall are also available during the Winter. Many public parks, cities, and towns maintain trail systems which remain accessible for Winter hiking and even snowshoeing. Some have special rules that apply to Winter use so check with them for specifics. Many lowland backcountry trails are also available year-round, albeit muddy. Trails in the mountains, although buried in deep snow are also traversable with the help of some special gear. You might be surprised at the possibilities. For the higher elevations, why not try snowshoeing? You can start today, and have fun, immediately! Personally, I find the nuances of snowshoeing to be intuitive. Snowshoeing can accommodate a wide variety of activities--a casual hike in the woods, an overnight backpack trip, or an alpine climb--and can provide a workout to meet your needs, whatever they are. One of the things that I like best about snowshoeing is that snowshoes are highly maneuverable, allowing me to go places where cross-country skiers and snowmobilers cannot go. Another distinction between hiking in the other three seasons and hiking in the Winter snow via snowshoes is the experience of the quiet and serenity of the snow-covered landscape. Are your snow poles telescoping okay? Maybe a squirt of silicone is in order. Any suspicious cracks in your snowshoe bindings? Make sure someone at home knows where you are in case of your emergency. If you are snowshoeing with other people safer than going alone take turns leading. It gets very tiring breaking the trail. If you have energetic, want-to-go-fast young people in your group, put them in front and leave them there for as long as is practical and safe. Good for them, good for you. When leading, take into consideration the pace of the slowest member of the group. When leading, make your steps short enough so everyone in the group can follow in them. This conserves your energy and retains a better, well-defined trail for those who follow you. Take breaks, as necessary, to make adjustments to your clothing--try to stay dry--avoid chills. Take frequent breaks to drink water and eat something. Snowshoeing is strenuous and burns off calories and uses up body fluids in the form of perspiration. In the winter, because of the cold, you may not always get the obvious signs of perspiring, but you are, nonetheless, and those fluids must be replaced. If you must go where the snowmobiles play, stay out of their way! Hey, it works for me! My approach to an uphill depends upon the slope and the condition of the snow. If the snow is light and soft, I might go straight up, by kick stepping. That is, by pushing the toe of the shoe vertically into the snowpack, pressing down in order to pack down the snow enough to support my weight. I then shift my weight to that foot and then repeat the process with the other foot. I go as fast or as slow as is necessary. It depends entirely on the condition of the snow and how well it supports my weight. Another technique that I have used is called "the herringbone technique". This way, a little more of the shoe comes into contact with the snow--never mind that I look like a penguin going up the side of the mountain. I almost always use 3-piece, telescoping snow poles for additional balance and power. Regardless of whether you traverse horizontally without elevation gain or with a slight elevation gain via switch-backs, the techniques are basically the same. As I walk along the hillside I edge my shoe into the side of the hill, being careful to always keep the shoe level, beneath me for balance and to avoid slipping. I move upward at a comfortable angle, and switch back and forth as I go. When traversing, I use one of two techniques. I use two adjustable, telescoping snow poles to help me maintain my balance. A short one for the uphill side and a long one for the downhill side. Each time I switchback, the poles change hands, accordingly. Another technique I use for traversing especially when the snow is firm is to substitute my ice axe for the short pole. Carrying the ice axe on the uphill side allows me the added security of being able to self-arrest, if I should fall. One technique is the same as explained in the Traverse section above, with one exception. Whereas, when moving uphill, I tend to put my weight forward, when traveling downhill, I tend to put my

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weight on the back part of the shoe with particular attention to the heel crampon getting traction. Another way I travel downhill is straight down. This works okay in soft snow where I can dig my heels in and achieve firm footing. One method I use, if the snow is firm enough, is to plant my poles on either side of me far enough out to allow me to do this thing. I then jump, twist, plant. Another method is to take baby steps. Carefully move one shoe a little, then the other. Continue until both shoe are pointed in the new direction. Getting upright after a fall-down should be intuitive. Since it is, of course, more difficult to get up with snowshoes on than it is without snowshoes, you may need to discover the easiest most efficient method for you, and then perfect and use that method consistently. Use your snow poles for support and leverage. You will need to 1 take off and put on garments, as required, to keep a balanced body temperature. You will probably want a base layer of lightweight moisture-wicking thermal underwear like Patagonia Lightweight Capilene. Also, wear a pair of lightweight capilene glove liners to keep your hands from getting cold. Generally, if the weather is mild, those liners will insulate your hands, well enough, even when wet. If the weather is particularly cold, however, cover the liners with a pair of windproof, waterproof, Goretex Gloves. I also carry a thicker pair of fleece gloves, just in case I need them. In addition, I carry a Marmot windstopper, microfleece jacket with pack pockets, pit zips, and a drawstring collar. For the outer layer, its important to have breathable wind and rain-proof jacket and pants. Instead, I take my Marmot "Gore-Activent" anorak and pants. They breathe well, are windproof and water resistant not to mention, ultralight. Assuming you have boots appropriate for snowshoeing, your regular hiking socks should be okay for snowshoeing. Take an extra pair. I carry two hats. I also carry a very lightweight, windproof, microfleece cap which covers my ears, also. Waterproof hiking boots work fine--preferably leather. They are one-piece leather with a gore-tex liner. I find the gore-tex is very nice in the winter because it does keep the feet a little warmer, especially handy in the snow. Plastic boots work but are a bit rigid. Snowshoes have been around for a long time--much longer than skis. The earlier versions that we have used were made of wood with rawhide-lace lattice-work inside the wooden frame. The bindings were typically made of leather. They were long, bulky, and heavy. They are smaller, lighter, stronger, and consequently, much more maneuverable than their older counterparts. Instead of wood, most newer shoes are made of high-quality, light, durable, aircraft aluminum. Instead of rawhide lattice, the deckings are made of highly durable materials like Hypalon. Bindings Just as skis have bindings, so do snowshoes. They attach the snowshoe to your boot. Frames Either wood or metal usu. Deckings The decking is the material within the frame which enables the "shoe" to "float" on the snow. It can be of either the lace or solid material variety. The bindings are attached to the decking. As previously stated, the most common material currently being used in snowshoes is Hypalon. Flotation Staying on top of the snow. A number of factors determine how well you "float" see What Size? Traction Many snowshoes, nowadays, come equipped with both toe and heel crampon-type claws for better traction on icy surfaces especially slopes and hard snow.

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Chapter 2 : Winter Hikes: In Puget Sound and the Olympic Foothills by Bob Mooers

Add tags for "Winter hikes in Puget Sound & the Olympic foothills: mostly snow-free trails from lowland forests to summit views". Be the first.

If you already have a Discover Pass, you can experience winter wonderlands like this one for yourself at Lake Sylvia State Park. Photo courtesy of Washington State Parks. By Mariah Beckman The South Sound offers some amazing opportunities to play outside for nature enthusiasts of all ages. Kayaking and paddle boarding become a little less attractive as the rainy season descends upon the Pacific Northwest, but fortunately for us hikers, there are still some fantastic winter treks available. The great tragedy for those with a deep wanderlust? But there are a few. Many Tacomans know how to use Metro Parks Tacoma and other great online resources such as Discover Parks to zero in on family friendly walks at places like Snake Lake, Titlow Park , or Point Defiance , and SouthSoundTalk has covered other great walkabout before, including the Tacoma Nature Center which offers families a fun and sprawling park to explore. Nearby Spanaway Park is also vast and there are several trails surrounding the grounds and lake at Bresemann Forest Park Trail that can be fun to explore in any weather. Wapato Parks are another option for unwinding outdoors without having to travel very far. There are some other great trails in and around the South Sound that could be classified as more of a walk than a hike, ones that are ideal for families, dogs, and bikers. The Foothills Trail in Orting is a great example. This mile stretch runs from Tacoma to Mount Rainier, and connects to the equally convenient and peaceful Riverwalk Trail bordering the Puyallup River. For those who like trail running, Wildwood Park in Puyallup offers a series of interconnected trails and circuit training equipment. All of these parks are accessible year-round, and are in most cases just a half-hour drive outside of the Tacoma area. There are more than a handful of state parks that are conveniently close to home for those who are in the mood for a more sprawling expanse. The beauty of these nearby old-growth forests, marshlands, and beaches offers the outdoor aficionado a chance to explore the wilds of the South Sound alongside the convenience of parking areas, restrooms, and covered picnic shelters. Finding the best and most idyllic adventure depends greatly on factors like hiking experience and available gear. While winter hiking might sound daunting at first, there are a few really great reasons to complete a scenic trail or two during the winter months. In addition to fewer bugs yea! Using the advanced search functions, users can see where people were hiking last December through February, as well as what kind of trail conditions they encountered. Push yourself to summit the same cliff formation that Lewis and Clark camped at while en route to the Pacific. There are a number of scenic hikes listed on the accompanying map, which are color-coded based on their driving distance from the Tacoma area. All photos courtesy of Washington State Parks.

Chapter 3 : Oyster Dome â€” Washington Trails Association

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Chapter 4 : Best Winter Walks and Hikes: Puget Sound - Harvey Manning, Penny Manning, Ira Spring - Go

This book mostly covers hikes around the Olympic peninsula, not in or around the Puget Sound/Seattle area, as might be indicated by the book's title. I was trying to find a hike near Seattle this past weekend, and the book fell completely short.

Chapter 5 : Washington Hikes - Blanchard Mountain

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Winter Hikes In Puget Sound And The Olympic Foothills Where to go, what to do wa dnr, dnr's campgrounds offer primitive settings and access to many recreation opportunities on dnr managed land with an annual.

Chapter 6 : WINTER HIKING & SNOWSHOEING

"Make sure people understand that winter hiking is miserable," jokes veteran trail trooper Wally White, one of our companions on a recent Mountaineers club hike at Wallace Falls State Park.

Chapter 7 : WINTER HIKING & BACKPACKING BOOKS !

Guidebooks: Winter Hikes in Puget Sound & the Olympic Foothills, by Bob Mooers (Sasquatch Books); Walks & Hikes in the Foothills & Lowlands Around Puget Sound, by Harvey Manning & Penny Manning (The Mountaineers Books).

Chapter 8 : Hiking Around Puget Sound " Washington Trails Association

Anna also suggests checking out some of the hikes on the higher level Puget Sound and Islands, as well as the Kitsap Peninsula, and the East side of the Olympic Peninsula. There are a number of scenic hikes listed on the accompanying map, which are color-coded based on their driving distance from the Tacoma area.

Chapter 9 : Great Winter Hikes in the South Sound and Beyond - SouthSoundTalk

Because Puget Sound is usually the last place in Washington to collect snow and ice, it is a great outlet for winter hikes. WTA features ten hikes spread throughout the Puget Sound region, encompassing a range of habitats and showcasing some of the best that the area has to offer.