

Penwicle

Peninsula Wilderness Club Events

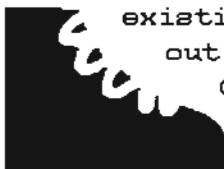
June 1995

Peninsula Wilderness Club meets on the second Monday of every month at 7:30 PM at the Kitsap Unitarian Fellowship Church on Perry Avenue in East Bremerton. The public is cordially invited.

Meeting June 12th

Swap Meet

In lieu of the normal Monday meeting presentation, the club will be having an outdoor gear swap meet/sale following club business. This is a terrific opportunity to sell or trade recreational clothing, footwear and any type of gear that you've outgrown or which no longer meets your skill requirements. If your looking for used gear to get started in the great outdoors or want to add to your existing collection, check out the bargains.



Greet old friends
and make some new
ones at the sale.

Upcoming Events

Mt. Rainier Ascent

JUNE 9th thru 11th; Dave Cossa is organizing a climb of Mt. Rainier, tentatively via the Shurman route. If you have mountaineering experience and want to join the adventure, contact Dave at 871-5577.

Ozette Loop

WEEKEND of JUNE 3rd & 4th; Cheryl Gudger and Ted Wiles are organizing a hike on the beaches of Ozette. The trip begins at Lake Ozette Ranger Station and is a 3.3 mile planked trail to Cape Alava on the Pacific Ocean, where camp can be set up. Day hikers or those wishing to camp further along the beach continue south for 3.1 miles to Sandpoint. The remainder of the loop is a 3 mile planked trail from Sandpoint back to the ranger station. The planked trails are fairly level. At Wedding Rock, on the beach 1.5 miles north of Sandpoint, hikers can view petroglyphs of killer whales, dance masks, etc. Contact Ted Wiles at 876-5718 or Cheryl Gudger at 876-3035.

Upper Lena Lake

WEEKEND of JUNE 10th & 11th; Chris Hildebrand will be hiking to Upper Lena Lake (6.8 miles one-way with 3800 feet of elevation). This tranquil lake is in a glacial meadow, surrounded by Mount Lena and Mount Bretherton. There may be time and energy to attempt Mount Bretherton. Call Chris at 698-9774.

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Nisqually Wildlife Refuge

SATURDAY, JUNE 17th; Stroll the Nisqually Delta near Olympia on June 17th. A 5.5 mile loop circles the refuge and offers photo blinds and observation stations. Bring cameras, binoculars, wildlife field guides, plant identification books. For more information call Cheryl at 876-3035.

Hiking at Lake Quinalt

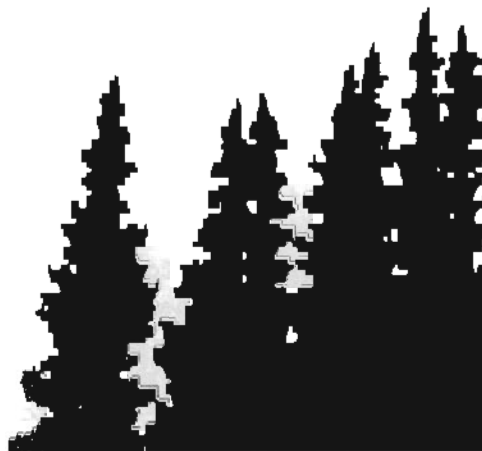
JUNE 17th and/or 18th; Chris Hildebrand will be hiking in the Lake Quinalt area. Choice of trail and whether or not to extend the excursion to an overnight stay is dependent on the preference of those interested in joining him. The Quinalt area is a gorgeous rain forest region with areas of huge cedars and firs and lush undergrowth. Contact Chris at 698-9774 for more information.

Appleton Pass Overnighter

WEEKEND of JUNE 17th & 18th; Join John Knott (and quite possibly some friendly mountain goats) for the beautiful vistas from Appleton Pass. This is a 7 mile hike (one way) with 3500 feet of elevation gain. John will be hiking up from the south side (Olympic Hot Springs). Descent via the north side (Sol Duc Hot Springs) is dependent on snow conditions. Contact John at 792-2440

Staircase Rapids

SUNDAY, JUNE 25th; Diana Cripe will be hiking the Staircase Rapids Trail near Lake Cushman. The trail is 7 miles round-trip with 1000 feet of elevation. This trip through the deep forest is pleasant for hikers of most all levels. Members will enjoy the lush undergrowth and huge fir, hemlock and western red cedar trees. Call Diana at 876-2224.



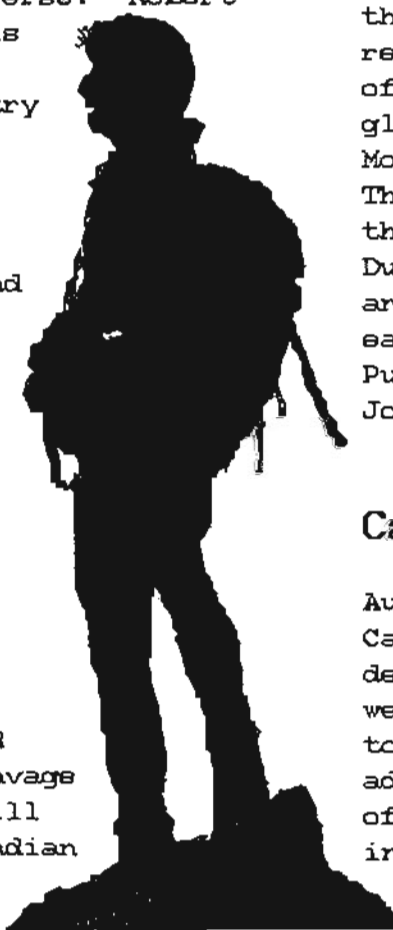
Downhill in the Olympics!

JULY; Here's a hike for people who don't like to go uphill. Park a car at Whiskey Bend and drive to Obstruction Pt. Hike to Moose or Gladys Lake and camp. The next day, hike into Lillian River Headwaters. Gain 500 feet of elevation and hike down the mostly trailless Lillian to the Elwha River. Allow four days for this 20 mile adventure. The dates are flexible. Contact Dave Cossa at 871-5577.

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Bailey Range

JULY 1st thru 9th; Chris Hildebrand is considering a Bailey Range Traverse. Robert Wood suggests this challenge is the finest high country route in the Olympics. This challenge is not for the light-hearted, and requires some mountaineering/s now hiking experience. For more information contact Chris at 698-9774.



Indian Pass

JULY 1st thru 3rd (or 4th); Doug Savage and Joe Weigel will be hiking over Indian Pass between the South Fork

Calawah and the Bogachiel Rivers. The elevation gain is expected to be moderate with the possibility of the trail being somewhat overgrown. With camp set up on the Bogachiel the group will day hike and relax in this relatively remote region. Contact Joe at 871-0291 or Doug at 698-9774 for more information.

Lake of the Angels

JULY 28th thru 30th; John Knott is leading his annual trip to Lake of the Angels. Four miles of hiking up 3500 feet of elevation brings backpackers to the well-earned and splendid reward of Valley of Heaven, home of Lake of the Angels. The glacial cirque is surrounded by Mount Stone and Mount Skokomish. The vista from the ridge between these two peaks includes Mount Duckabush, Steel, Olympus, Hopper and Chimney Peak, as well as, an easterly veiw of the Cascades, Puget Sound and Hood Canal. Call John at 792-2440.

Canadian Rockies

August 12th thru 20th; The Canadian Rockies are the destination of Dave Cossa. Dave welcomes both hikers and climbers to join in the many and varied adventures the Canadian Rockies offer. Contact Dave for more information, 871-5577.

Yakima River Float Trip

WEEKEND of AUGUST 12th & 13th; Enjoy a leisurely weekend of floating and camping on the Yakima River. This float has no white water and is well suited for families and people new to water adventures. The group will be car camping along the river. To join the fun call Ted Wiles at 876-5718.

This and That

Interested Members Meeting

THURSDAY, June 15th; June's interested members meeting will be sponsored by Chris Hildebrand at Doug Savage's home in the Illahae area. Bring ideas for summer outings and the July picnic. The meeting begins at 7:00 pm. Contact Chris or Doug at 698-9774 for directions.



Sorry, No June Potluck

New Members

The PWC welcomes new members for the month of May: Jane and Katie Barnett, Kate Carter, Nancy Meyer and James Roda.

Door Prize Winner

Irena Reynolds was the winner of the May meeting door prize, a Helly Hansen jacket. Thanks to Judd at Mt. Constance Mountain Shoppe for donating the monthly door prize.



Apoligies for getting the location of May's Interested Members Meeting wrong. The meeting was at Joe and Kathy Weigel's home, and not at Doug Savage's. I hope everyone was able to overcome my blunder.

Address Changes

If you need to change the address to which your newsletter is delivered, notify Jim Luddon at the following address: 165 NW Alta Drive; Bremerton, WA 98310. You can also change your address at the time you pay your annual dues. Please do NOT call the newsletter editor to report changes of address; this creates extra work steps for our volunteer staff, and may delay updating of the database and your newsletter delivery.



Newsletter Contributions

Articles, trip reports, interviews, announcements, etc for the PENWICLE can be sent to: Teresa Miller, P.O. Box 3163, Bremerton, WA 98310; Or, phone 373-6781. The deadline for inclusion in next month's publication is the 20th of each month. The earlier material is submitted, the better. Please include your name and telephone number with your submittals.

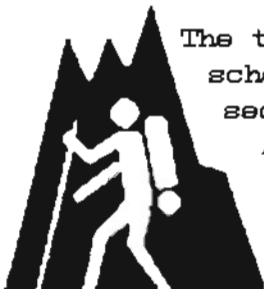
More Opportunities

Four Pass Hike

AUGUST 22nd thru 26th; Doug Savage and Joe Weigel have resurrected their plans from last year for a four pass hike from Obstruction Point out the Elwha River. This trip is approximately 42 miles long and crosses over Grand, Cameron, Lost and Hayden Passes. Hikers will enjoy beautiful old growth forest along the Cameron and Elwha Rivers. The high country of the passes should afford lush fields of wildflowers. To join in this adventure, call Doug at 698-9774 or Joe at 871-0291.

Climbing in Wyoming

John Styczynski would like to organize a group to climb the Grand Teton. Preliminary plans are to take the Exum Ridge Route, which is rated 5.6. An alternate route might be the lower rated Owen-Spalding Route. A side trip to the Devil's Tower via the Durrance Route is planned, as well. Route descriptions are described in, Fifty Classic Climbs by Steve Roper.



The trip is being scheduled for the second week in August. All of the above is a baseline and is flexible. This is a low budget trip. Call John

Styczynski at 698-2790 or Tony Akruzzo at 871-5754.

Steve Whiting Memorial Climb

SATURDAY, JULY 15th; Craig Martin is seeking experienced hikers and climbers to accompany him as he leads a group of the late Steve Whiting's family members



up Mt. Washington. Steve was an avid mountaineer and wilderness lover with a great respect for the outdoors. Steve made four attempts on Mt. Washington, never quite achieving the summit due to various circumstances. Steve died in February of this year while descending Mt. Washington after yet another frustrated summit attempt. If you would like to help assist those family members who are less experienced hikers and climbers, contact Craig at 275-6915.

WANTED: A partner to explore the Bolivian Andes around the end of August to the first of September (two weeks). Will be backpacking Inca roads, etc. An understanding would be helpful. Call Al at 373-5786.

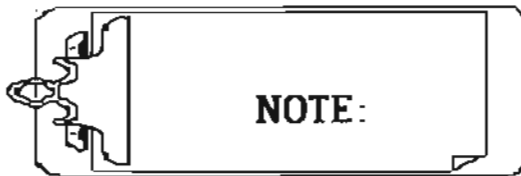


More on Mountain Goat Management

The National Park Service has extended the public comment period for the Draft Environmental Impact Statement (DEIS) for mountain goat management within Olympic National Park to July 17, 1995.

Send comments to, or obtain copies of the DEIS from:
Superintendent, Olympic National Park, 600 E. Park Ave., Port Angeles, WA 98362, (360)452-4501.

SEEKING: Tall, divorced, white male seeks outdoorsey woman, 40+/- for hiking, biking, sailing and other summer fun. Long term relationship wanted. Write: P.O. Box 6336; Silverdale, WA 98315-6336.



The persons sponsoring trips for the PWC are organizers, and should not be considered instructors. If you are unsure of your abilities or skill level, discuss the trip thoroughly with the event organizer. Often times, friendly guidance is available on the trip; but, pre-planning will help ensure everyone has a safe and fun adventure.

SEEKING: Information on kayak, canoe and hiking trips in Eastern Washington; approximately intermediate skill level. Contact Marilyn Johnson at 779-2258.

Uptanum Creek Getaway

by Cheryl Gudger

On the weekend of March 24 through 26, nine PWC members car camped along the Yakima River at Uptanum Creek Recreation Area. Warm days were spent hiking the Uptanum Creek Canyon where we did a little rock scrambling, forded the creek (some of us many times), saw plant life, hawks, and evidence of beaver activity. The second day we climbed the river canyon where we had great views of the Yakima River, our campground, and other vistas.

Cold nights were spent with star gazing, campfires, smores, and sing-a-longs. Russ Childers has a great

singing voice. A great time was had by all! Many thanks to Ted Wiles and Barry Johnson for organizing this trip.



Haunt of the Hantavirus

by Dennis Quinn

(This is a condensed and modified version of an article from the January 1995 issue of RV'n Magazine and appears with the permission of RV'n editor, Ron Knudson.)

In case you missed it, there was a big catch recently on Washington's Mount Baker. From high up on the majestic volcano, in the forests where the legendary Bigfoot lives and plays, came news of a surprising wildlife capture.

A college researcher caught some mice.

Big deal you say? It is a big deal. Because several of the mice carried hantavirus, a virus which federal experts believe has been the cause of 48 deaths from respiratory disease in the United States during the past two years.

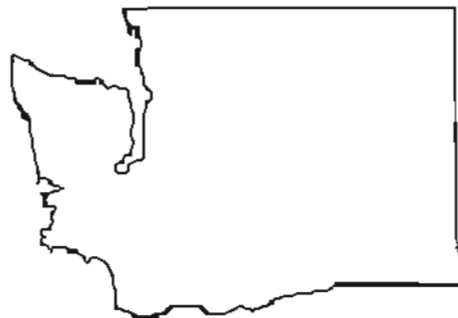
The mice were trapped at the 5,000 foot level of Mount Baker near the end of the Glacier Creek Road. This road is frequented by hikers, climbers, and nature photographers. The discovery of the virus in these mice marks the first time hantavirus has been confirmed in rodents in Western Washington. Hantavirus has previously been confirmed in Eastern Washington, Idaho and Oregon. The confirmed presence of hantavirus in Western Washington has prompted the US Forest Service and the Whatcom County Health Department to issue a public advisory.



Officials stress that outdoor enthusiasts should not be alarmed. There have been no documented cases of the disease from exposure in Washington state. Some health experts believe the virus may have existed in rodents in the state for a long period of time without rodents being tested for the virus.

What is Hantavirus?

Hantavirus is a virus which can be transmitted through the air and can cause serious respiratory illness. Initial reports of the virus followed an outbreak in the Southwestern United States in 1992 where 42 people contracted the virus, leading to 26 deaths. To date, the largest number of cases have been in the Southwest, primarily in Arizona, New Mexico and Colorado. Oregon and Idaho have each had one case of the virus. An Eastern Washington man died from the virus earlier this year, but it was believed he contracted hantavirus while traveling in the Southwest.



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Deer mice are the primary carriers of hantavirus. Deer mice, distinguished by their white bellies, live in all parts of the Northwest, primarily in rural areas. Hantavirus is spread by infected mice in their urine, droppings, their saliva and in their nesting materials. The mice may appear healthy and still be carrying the virus.

How is the virus spread?

Humans can be exposed to hantavirus by inhaling air containing the virus, or by coming into contact with infected deer mice or their droppings. Items which infected deer mice have handled, eaten or lived in may also contain the virus. Because the virus can be spread through the air, disturbing a nest of mice or sweeping up dry droppings can expose you to infection.

Although deer mice appear to be the primary carriers of the virus, it is possible that other rodents might also be carriers. For this reason, you should limit your contact with any type of rodent or rodent residue. There have been no cases of the disease being spread from person to person, or by dogs and cats. However, you should be aware of the possibility that a pet may bring infected mice into contact with humans.



Symptoms of the virus in humans are high fever, muscle aches, cough and headache. The incubation period usually ranges from one to two weeks, but may be from a few days to as long as six weeks.

What can I do?

Hantavirus is serious; but, it should not be a cause for alarm among those who enjoy recreating in the Great Northwest. There are steps you can take to limit your risk while enjoying the outdoors.

First, limit your exposure to mice, rats, chipmunks and other rodents, as well as, to their burrows and droppings. Do not feed them, and do not disturb their dens or nests. Health officials suggest that you avoid camping where it is obvious that mice are burrowing or leaving droppings. Keep all food and food scraps in tightly covered containers, and place trash in covered garbage cans. By keeping a clean camp, you help reduce their attraction to your camp.

Pitch tents away from garbage cans, woodpiles and other places rodents live or frequent. Always use a tent with a floor and do not sleep on the bare ground. Air out tents or cabins that show signs of rodent infestation for at least 30 minutes, leaving the area during the airing out process.

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The Challenge of Mt. Olympus

by Chris Hildebrand (This trip
was made in July of 1994)

Mt. Olympus is either the highest mountain in Greece (9750 feet) or the highest mountain in Washington State's Olympic National Park (7965 feet). Six brave souls set forth on the trail along the Hoh River from the Hoh Rain Forest Visitors' Center early Friday evening at about 7:00 pm in a light drizzle. The party consisted of John Styczynski, Tony Abruzzo, Eric Rhodes, Bill Boileau, Paul Dutky and me. There might have been a strong desire to have been in Greece instead of on the Hoh given the drizzle and the mud of the trail.

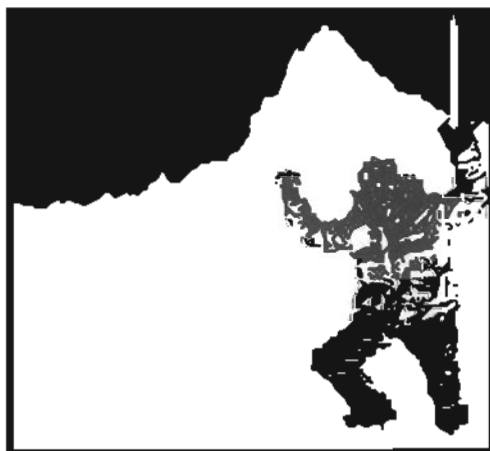
By 9:30 pm we had made it to Happy Four campsite, about 6 miles up the trail. We decided that we wanted to go further up the trail that evening since we thought we had enough light. We made our way along the trail and our eyes adjusted to the fading light fairly well. We made it into the Olympic Ranger Station (9 miles) shortly before it was too dark to see. We donned our headlamps, set-up camp and crashed for the evening.

The next morning we awoke to find "Mr. Outdoor's slugs" (from an article on a Mt. Olympus attempt published in the SUN just before our trip) living up to their reputation. I thought I had given my left shoe a good shake to dump out any debris and taken

a quick look to make sure nothing was inside. I put the shoe on and was about to tie the laces when I realized there was a lump under the center of my foot. I tugged on my sock to try to solve the problem. No luck. What could be in the bottom of my shoe? Oh my God! There's a slug in my shoe! The sucker was the same color as the shoe liner. Needless to say I looked much more carefully at the next shoe, even though it was obviously slimed on the inside. Thank goodness the poor devil had crawled out to die somewhere without being crushed to death like his buddy.

We caught up with "Fearless" Tina's climbing group a little later in the day since we had a late start due to sleeping in for a bit. We had time to spare since we only had to go 9 miles to get to the Glacier Meadows campsite. Due to our late afternoon arrival we did not have many choices as to where we would camp. Upon our arrival we started to get news of the groups which had attempted the summit that day. The news was disappointing and the weather had only given us a brief respite.

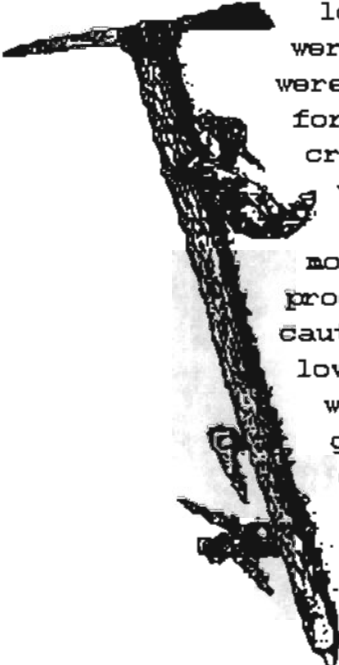
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- Mt. Olympus continued from page 9 -

We hung our wet gear since it felt like it was warm enough to do some good. I think the only good it did was in my imagination. The clouds were still hanging overhead, and after we finished dinner the mist moved in encouraging us to call it a night. At about 5:00 am we awoke to find that it was not raining. What a relief! The trend of rainy July 4th weekends had been ended. It was only a light fog that looked like it would burn off as the day progressed. We ate and packed up for the climb. We hiked up to the ridge overlooking the Blue Glacier.

What a sight! The sun had come above the ridge and we could see across the top of a thin layer of fog that was rapidly dissipating. The snow dome looked spectacular. We proceeded down to the edge of the glacier where we put on our glacier gear. We headed out across the Blue Glacier which



looked as if there were no crevasses. We were not disappointed for long. We were crossing crevasses which were only open a foot at most. Still, we proceeded with due caution. We entered a low hanging fog as we were crossing the glacier but it didn't last long. We finally crossed the glacier and headed up the snow dome.

The snow dome was basically an exercise in walking uphill and by now the sun had come out to help keep us warm. Shed clothing. Shed clothing. Shed clothing. Where did those clouds go? Well, upon cresting the top of the snow dome it was all worth it. What a break! The crossing of the wind swept plain to the base of the final ridge looked great. We saw a solo hiker on the ridge. I found myself wondering if he would make it to the top or disappear in a crevasse. He turned back about halfway up the final ridge near a large crevasse. There were two groups of climbers ahead of us. They stopped and we passed them. We also stopped to put on our crampons and they passed us while we ate. A quick scan of the ridge indicated that the snow bridge was still intact. We headed for the bridge.

Up the ridge we went. Wow! We made it to the crevasse. Let's wait here for our turn to cross the bridge... One of our three rope teams (Tina's group had joined us) made it ahead of the two groups of ten. We only had to wait about an hour for our turn. We crossed the bridge without incident, but the other side of the crevasse was a lot steeper. We were following in the footsteps of the many climbers ahead of us. I found some good steps and some bad steps. The snow had warmed up a bit and was getting a little soft. We made it to the top of the ridge and only had the summit block to contend with at this point. The summit block was about 80 feet to 90 feet above the snow.

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- Hantavirus continued from page 8 -

Remember the virus may be inhaled. Therefore, do not vacuum, sweep or dust the debris away when cleaning up. Using a household disinfectant, or a mixture of 1 cup bleach to 10 cups water, thoroughly spray or soak any dead mice, droppings, or nesting areas before cleaning. Always wear plastic gloves while cleaning.

Contaminated items (including dead rodents) should be put into a plastic bag. Seal the bag, place it into a second plastic bag and seal. Dispose in an outdoor garbage can. If there are no garbage cans available, bury the bag in a hole at least two feet deep.

If you experience symptoms of infection from hantavirus, seek medical attention immediately. Notify medical personnel of the possibility of contact with infected rodents or rodent debris.

For further information:

The "Big Catch" on Mount Baker was a surprise to many people. For those of us who enjoy being outdoors in the Great Northwest, it is important to be aware of the risks of hantavirus before we are surprised by an unwanted mouse or two.

Information and tips about hantavirus are available in "Taking Steps to Prevent Hantavirus," a free brochure available through most county

health departments. It is also available from the Washington Health Department. For a free copy, contact: Washington State Health Department; Building 2 Air Industrial Center; P.O. Box 47826; Olympia, WA 98504; (206)753-1945.



- Mt. Olympus continued from page 10 -

The route chosen to climb was probably a real easy class 5. There were about ten people at various points on the climb and about twenty people on the summit when I got there. A quick break and it was time to start belaying people up to the top. Eric Rhodes also led climbers to the summit block and helped to belay people up to the top. We signed the register, ate lunch and waited for our turn to rappel down.

While we were waiting to rappel down Eric continued to climb up and down the summit block. The group rappelled down and headed to the snow bridge where we watched Tina sink to her waist as she was crossing. I was thinking that we might get to plunge through the snow bridge since she was the lightest person in the group.

We set up a belay and we crossed the snow bridge without a problem. We headed for our camp at Glacier Meadows. The snow dome had softened the snow, making the trip back a little more arduous. We dreamed up a plan to break camp when we got back to Glacier Meadows to shorten our final day of hiking.

- Mt. Olympus concluded on page 12 -

- Mt. Olympus continued from page 11 -

The day's activities appear to have changed the plans for the trip out. We ate dinner and decided that our legs had had enough for the day and that we would camp at Glacier Meadows and hike out the 18 miles the next day. We awoke to find a real hazy day that looked like it could rain at any time. The hike

out was uneventful except for the fact that it did start to rain on us about a mile from the trailhead. We reached the trailhead and left the Park for the nearest pizza place. In all it was a wonderful trip with a lucky break in the weather for our summit ascent.



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