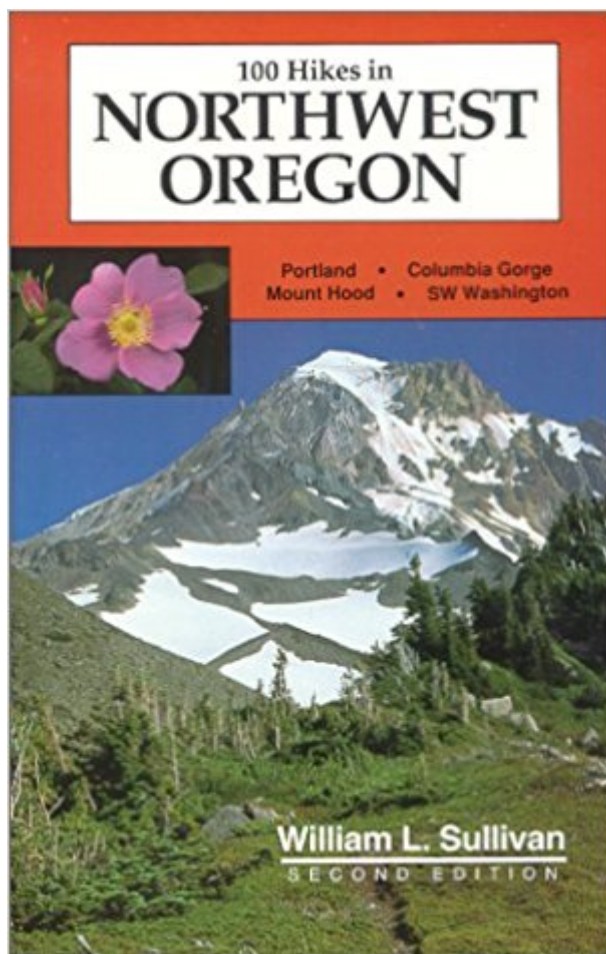


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# 100 Hikes In Northwest Oregon (Second Edition)



## Synopsis

This up-to-date guide covers Oregon's most popular hiking region -- the trails within a two-hour drive of the Portland area. The new second edition features a dozen new or dramatically changed paths in the Columbia Gorge, Mount Hood, and Mount St. Helens areas. Also new are tips for mountain bikers and equestrians.

## Book Information

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## Customer Reviews

A finalist for the Oregon Book Award, William L. Sullivan is the author of eight books about the Oregon Country, with more than 150,000 copies in print. His other books include "Hiking Oregon's History," "Listening for Coyote," "A Deeper Wild," "Exploring Oregon's Wild Areas," and several titles in his popular series of "100 Hikes" guidebooks for Oregon.

Hike #23, Mt. St. Helens Crater Moderate (to Loowit Falls) 8.8 miles round-trip 800 feet elevation gain Open late June through October Map: Mt. St. Helens NW (Green Trails) Difficult (to Plains of Abraham) 11.7-mile loop 1400 feet elevation gain Now that Mt. St. Helens has quieted, the National Monument has opened a trail to the ragged mouth of the new crater, where steaming, 200-foot Loowit Falls tumbles through a badlands chasm. Pioneer wildflowers struggle from the ash at oasis-like springs. Log-jammed Spirit Lake stretches to the north. Because this route crosses a restricted zone under scientific study, hikers must stay within 10 feet of the trail and camping is banned. If you'd like to return on a slightly longer loop, however, you can hike beyond the restricted zone to the breathtakingly desolate Plains of Abraham and a view-packed ridge ablaze with

wildflowers. No trails access the lava dome inside the volcano's crater because of rockfall and eruption danger. You'll need a Monument Pass to park at the trailhead. These permits cost \$8 per adult for 3 days or \$24 for a year, and can be bought at the Pine Creek Information Center or at businesses in Cougar. Drive Interstate 5 to Woodland exit 21 (north of Portland 25 miles), turn right, and follow signs for Mt. St. Helens for a total of 88 paved miles. Along the way, you'll follow Highway 503 through the town of Cougar, continue straight on what becomes Road 90 to the Pine Creek Information Station, go straight on Road 25 for 25 miles, and turn left on Road 99 for 16 miles to its end. Park at the Windy Ridge Viewpoint and walk up the gated gravel road ahead. Since the 1980 blast, only scattered trees have taken root on this ridge, but wildflowers have flourished. Look for tall red fireweed, pearly everlasting, purple daisy-shaped asters, and clumps of big purple penstemons. National Monument rules forbid disturbing plants or rocks, so don't take samples of the pumice littering the road. After 1.8 miles the Abraham Trail joins on the left -- return route of the optional loop. Continue to road's end and take the Windy Trail, which follows big cairns across a barren pumice plain and climbs a mile to the round-the-mountain Loowit Trail. Turn right across a creek gully, contour 1.3 miles to the crater's mouth, and take a 0.2-mile side path up to the Loowit Falls viewpoint. While this ridgecrest is dramatic, it's a bit bleak for lunch. So go back down to the Loowit Trail and turn left a few hundred yards to a cozier canyon where the path crosses the crater's cascading outlet creek. The lava dome, out of sight in the crater above, heats this creek to a steamy 96 degrees Fahrenheit. If you'd like to make a loop on your return trip, hike back along the Loowit Trail and continue straight, climbing over Windy Pass to the eerily barren Plains of Abraham. The mountain rises like a wall from this rock-strewn desert. Camping is permitted, but the only water is a weird creek of what looks like chocolate milk oozing from the decapitated Nelson Glacier. Turn left at a well-marked junction, recross the sludgy creek, and traverse a glorious ridge packed with July wildflowers and views of Mt. Adams before descending 2 sets of steps to join the road back to the car. --This text refers to an out of print or unavailable edition of this title.

If you only buy one book on hiking in Southwest Washington and Northwest Oregon, this is the best book to have. It is the book that most of the hiking groups in our area use.

I teach at OHSU. When visiting scholars come for the summer, I advise them to buy two books: (1) Hulley et al, "Designing Clinical Research," which is a technical book about the research methods we use in our research group; and (2) Sullivan, "100 Hikes in NW Oregon and SW Washington," for when they have free time. It has a table of contents that guides the reader/hiker to hikes of her or

his level, and then for each hike provides detailed instructions about how to get there and which way to head on the trails. Easy to find a great hike, easy to navigate to the trailhead, and easy to find the route. The Table of Contents has icons to indicate the length of the hike and whether it's suitable for children. One suggestion for the next edition would be to also provide icons indicating what the drive to the trailhead is like. This info is provided in the hike descriptions but there are trailheads I won't drive to in my low-riding vehicle and it would save time to have icons re: any car vs. SUV in the TOC. But this is a great book.

I have lived in southern Washington and traveled in northern Oregon extensively. This book was a real eye opener! It offered hikes that I never knew existed. I am a fan of wildflowers and this book has a section of color photos of wildflowers while each hike's description tell the hiker which flowers to keep an eye open for. The maps are very accurate as are the elevation gains. After a couple of hikes the reader will begin to gauge his idea of easy, moderate or difficult as compared to the author's. I do suggest wearing a pedometer when using this book on hikes as the author may tell the reader "1.2 miles down the trail, keep to the left - do not take the wider path to the right". The highest praise that I can give this book is the fact that I gave my copy away as a present and bought myself a second copy.

This is a good list of trails to try in Southwest Washington and Oregon. The trails cover a very large geography. Living in Vancouver, most of the trails are outside of the immediate region and therefore too far to haul my kids for a hike. The difficulty and kid-friendliness are also listed. I wish that there were a map of each trail. I find I need to look up the location online to actually be able to get to each trail.

If you live in NW Oregon or SW Washington this is an excellent book for hiking. My wife and I had the prior version but lost it, we liked the prior one so well we bought it again. We have gone on dozens of hikes around the Columbia Gorge and Mt St. Helens. The only con I have is that the difficulty ratings are sometimes a bit conservative where it will give a moderate rating for a hike I would consider somewhat difficult. The directions on how to get to the locations are very accurate and the descriptions are pretty accurate as well.

William Sullivan's hiking books tell you everything you need to know, and include a fun or historical trivia note for each hike. There are brief regional maps, directions to trailhead, seasonal access

times, difficulty rating, kid-appropriate, etc. I have ALL his NW hiking books and have been to his lectures. He's a delightful author who has guided hikers and added a special dimension to the many rare exclusive wonders of Oregon and Washington.

I have found Sullivan's hiking books to be the best ones for the regions he covers. They are not too verbose, but have clear enough directions that it is hard to get lost either finding the trailhead or on the hike. He doesn't take you to any dangerous spots without warning you, and the difficulty ratings are pretty accurate (at least for me.) I have hiked about 35% of the hikes in the book and have only found one error. When I emailed him about it, he was very grateful for the correction and promised to check it out before the next edition. He obviously is committed to the quality of his books and to the wilderness experience in general.

We are new to Portland and this book gave us so many places to see. It is not extremely detailed about how to get to places or how long it will take to get there, but you can use GPS to find that. We've had the book for a few months and have already done 10 hikes. We did the loop at Tom McCall and the second part of the path was not easy to see, but provided an adventure.

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