

Peaks and Paddling in the Pacific Northwest

August 12 – 19, 2017

TRIP AT-A-GLANCE

Dates: August 12-19, 2017

Location: Olympic National Park, WA

Cost: \$ *2395 Rating: 3

Activities: Hiking and kayaking

Meeting

Place: our hotel in Seattle, WA

Arrive: by 5pm August 12
Depart: flights after 5pm on

August 19

WHAT'S INCLUDED

- · experienced guides
- seven nights accommodation
- all meals from dinner the first night through lunch the last day, except one dinner
- One full day and one half-day of kayaking with local guides
- All transportation once you arrive at our hotel near the airport, including two ferry rides
- park entrance fees and permits

WHAT'S NOT INCLUDED

- transportation to/from SEA
- alcoholic beverages
- one dinner
- guide gratuities

Trip Highlights

- Hiking the astounding diversity that is Olympic National Park: sandy beaches and shore-side cliffs; giant trees in the ancient temperate rainforest; and snow-capped peaks and mountain lakes
- Kayaking on Lake Crescent, a fjord-like lake, and also with the seals, seaweed, and saltwater in the Strait of Juan de Fuca
- If you're a Twilight fan, or know one: staying in Forks, WA, the setting for the immensely popular Twilight books and movies
- Staying at a national park lodge that has welcomed guests since 1916

Trip Overview

Can't decide whether you prefer mountains or beach, boats or hiking? Experience all of these - and more - as we spend a week exploring the beauty of the Olympic National Park. It is one of the gems of the Pacific Northwest, beloved for its spectacular scenery and amazing array of eco-systmes. Often referred to as "three parks in one," Olympic National Park encompasses miles of beach along the wild Pacific Coast, the towering peaks of the Olympic Mountains, and an incredible variety of old-growth and temperate rain forests. In August, it's one of the best places in the country to visit! The temperatures are pleasant, some wildflowers are still in bloom, and the usually omnipresent rain abates for a while. On this adventure, we'll kayak and raft as we sample the best the park has to offer.

Our Itinerary

Saturday, August 12: Our trip starts today at our hotel near the airport at 5:00 pm. We'll spend some time getting to know each other, then head out to dinner in one of Seattle's famous neighborhoods: Alki Beach. If it's clear, in one direction we can see downtown Seattle across Elliott Bay; in the other, we can see the Olympic Peninsula, our destination for the rest of the trip. After a stroll along the beach and dinner, we'll head back to our hotel to sleep and prepare for our adventure ahead.

Last Revised: 10/15/15

CANCELLATION POLICY

In the unfortunate event that you must cancel your trip, your refund will be determined by the following formula:

Days Prior to Trip Refund

90 + days All but \$50 90 - 61 days 50% of deposit 60 - 30 days 50% of trip fee 29 days or less No refund

Adventures in Good Company reserves the right to cancel or alter a trip due to unforeseen weather, unsafe conditions, low registrations or other circumstances.

On the rare occasion when Adventures in Good Company must cancel a trip, all payments received to date will be refunded, including the non-refundable portion of your deposit.

Adventures in Good Company is not responsible for expenses incurred in preparation for any canceled trips, including airplane tickets.

TRAVEL INSURANCE

We highly recommend travel insurance for your trip. If you decide to purchase insurance, you can secure a policy through your own insurance company or enroll with the company we use, Travelex Insurance. Call 1-800-228-9792 or visit www.travelexinsurance.com. The location code is 20-0016.

Sunday, August 13: The day begins with our journey out to Lake Crescent, highlighted by one of the most quintessential northwest experiences: a ride on one of the Washington State Ferries. The ferries are one of the lifelines linking the Olympic Peninsula to the rest of the state, and often provide good views of the Puget sound and Cascade and Olympic Mountains. After the ferry, another hour and a half by car brings us to Lake Crescent Lodge, our home for the next two days.

One of the interesting things going on in the Park is the historic Elwha Dam removal and restoration project. The two dams on the Elwha were built in 1913 and 1927, and without fish ladders they quickly decimated what had been a prosperous salmon run. After decades of mounting environmental concerns, along with inefficiencies that came from being older dams, Congress authorized their removal in 1992. In the last couple of years, after 20 years of study, planning, and partnerships between numerous groups, the dams finally came down, with the removal of the second one completed in 2014. This afternoon we'll see the already-profound impacts of their removal and learn all about it as we explore previously flooded areas. We'll eat dinner tonight at the Lake Crescent Lodge and afterwards enjoy the peace and beauty the area offers.

Monday, August 14: An early start this morning gives us time to hike to "Goblin Gates" - a dramatic set of rock outcrops that constrict the Elwha's swift waters. This wilder section of the river is above the two old dams, and gives a sense of what the Elwha was like before the dams were installed.

After lunch, we'll get ready for an afternoon of kayaking on Lake Crescent. Lake Crescent is a deep, glacier-carved lake that has captured the imaginations of many – including President Franklin Roosevelt, who was so enamored of the area (including the Roosevelt Cottages at Lake Crescent Lodge) that he was inspired to Establish the park in 1938. If you've never had a kayaking lesson before, you'll be amazed at how a few simple techniques can greatly improve your paddling. We'll also learn how to get out of your boat should you capsize (wet, but very fun - and an important skill to have if you like to kayak with a spray skirt on). If there's time and energy we'll then go for a paddle to explore part of the lake. Once back at the Lodge, we'll enjoy dinner in the old dining room, and have the evening to do as we please - stroll along the shore, chat with new friends, or curl up with a good book in an Adirondack chair by the lake. (2.5 mile hike with 500' of elevation gain; 2 - 3 hours kayaking.)

Tuesday, August 15: After breakfast, we say goodbye to the old lodge and head for the western side of the park. The west side is a land of water - of coastal beaches and copious rain. Today's hike to Third Beach is a classic Olympic beach hike, and begins with a 1.3

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mile hike through relatively open (for the Pacific Northwest) forest. A short, somewhat steep descent brings us to the beach along Strawberry Bay, a long, grey-sand expanse bounded by steep headlands at each end. As we walk to the south end of the beach, we get a better view of off-shore seastacks; we'll also see lots of shorebirds, big and small.

Those wanting a mellower day can turn around here and simply enjoy strolling the beach. For more adventure, we'll climb up and over Taylor Point to the next beach south. Climbing over headlands is always an interesting scramble, and Taylor Point is no exception; our ascent will have us using well-placed ropes (for a helping hand up steep slopes) and giant cable ladders (picture a cross between stairs and a ladder). Once up top, we'll traverse 1.2 miles through the forest, paying particular attention to the rooty, ankle-twisty sections; steep steps bring us down to the shore on the other side. If the tide is in, we'll use ropes again to go over a final small headland to a bigger beach. While the trails in the park are usually busy during the summer months, this beach is often less populated, and gives us the chance to see seastacks, kelp beds, and perhaps even an otter.

Tonight we'll stay in Forks, a town with a Cinderella-in-Vampire-Clothes story. Forks, like many smaller towns in the Pacific Northwest, was economically hard-hit during the 1990s when the logging industry bottomed out. After years of slow decline and scarce jobs, an author who had never even been to Forks (Stephenie Meyer) used the town as her setting for a tale of life, love, and vampires that became an international sensation. Soon, the town was the epicenter for all things Twilight, and the subsequent books and movies have propelled the town to the top of the "must-see" list for tourists worldwide. This economic windfall has helped Forks recover somewhat, and now the town is a mix of Twilight shops, weather-worn restaurants, outdoor outfitters, and logging-related businesses. (Beach only: 3.6-4.6 miles, 300' gain. Beach and Taylor Point: 6 sometimes-rugged miles, 550' gain.)

Wednesday, August 16: The temperate rain forests of the Hoh River valley are a grandiose, almost meditative counterpoint to yesterday's cliff scrambling and ocean waves. As the miles go by on this flat, out-and-back hike through forests near the river, first the big trees - sitka spruces, cedars, maples - catch our attention. Then, the little details start to catch our eyes: mosses draped over huge branches. Red huckleberries juxtaposed against decaying nurse logs. Armies of sword ferns. You can go as far as you like today; the riverside near the junction with the Mount Tom trail (3 miles in), the grove of massive cedars at Cougar Creek (4 miles in), and Five Mile Island (5 miles in) all provide natural turnarounds. (Up to 10 miles, 300' of gain.)

Thursday, August 17: Today we leave the damp west side of the park behind and head back to the north side. While today's adventure isn't in the park itself, no visit to this area would be complete without exploring the saltwater shores along the Strait of Juan de Fuca. We'll explore Freshwater Bay by kayak; depending on conditions, we may head east to the mouth of the Elwha River, where we can take in a new beach that's being formed from years of dammed-up sediment. Or, we might paddle west, along rocky shores and cliffs. Either way, we'll catch a glimpse of the saltwater soul of this area, complete with kelp forests and rocky intertidal areas teeming with marine life. If we're lucky, we might even see sea lions, seals, otters, or bald eagles as we glide across the green-blue bay.

Tonight we head to Port Angeles, the small city sandwiched between the Olympic Mountains and the Strait of Juan de Fuca. This city, a gateway to the park and to Canada (via the ferry to Victoria), will serve as our home for the last two nights of the trip. (6-8 miles of paddling.)

Friday, August 18: Our last day in the park brings us to new heights, literally and figuratively. After breakfast, we'll drive up to the Hurricane Ridge Visitor Center, which gives us a great first view into the heart of the mountains. From here, the views keep getting better as we drive another 8 miles along a ridge-top gravel road to reach the Obstruction Point trailhead; at 6100', we'll feel almost like we're on top of the world.

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Our hike starts with a gradual climb above tree-line along Obstruction Ridge, with breathtaking mountain views, wildflowers, and the occasional snowy patch along the way. From a high point of 6500', the trail drops 1700' in 2.5 miles down into Grand Valley. The reward for this steep descent is Grand Lake, a beautiful mountain lake nestled in a giant bowl. Another half mile brings us to Moose Lake, which is perhaps even grander; sharp Olympic peaks provide a spectacular backdrop to this gem of an alpine lake. We'll linger here as long as we can before we begin the climb back out. Along the way, we might hear the call of the endemic Olympic marmot while we soak up the beautiful views in every direction. (7-8 miles, 1700' of gain.)

Saturday, August 19: Our journey home begins with another drive to a ferry, this time one that will bring us into downtown Seattle. Depending on ferry lines, we may have time to explore the charming town of Winslow (and get treats from the renowned Blackbird Bakery) while we wait. As we cross Puget Sound, if it's clear we can see the Olympic Mountains - and where we just hiked - from a whole new perspective. We'll finish with lunch in the ever-popular Pike Place Market, a favorite Seattle destination of locals and tourists alike. Pike Place Market has been a farmer's market since 1907, and today boasts 190 craftspeople and 100 farmers, along with more than 200 businesses - including the original Starbucks. With great views of the water and Olympics, and fresh local food, we'll celebrate our adventure together before we say our final farewells.

If you want to stay and explore more of what Seattle and this area has to offer, you are welcome to depart after lunch (around 2 pm). We'll be within easy walking distance of many city bus routes and light rail to the train station and airport. Otherwise, we can have you to Sea-Tac airport by 3 pm; since summer Saturdays are busy with departing cruise passengers at Sea-Tac, we recommend you plan your flights for 5 pm or later.

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Packing List
Please try to travel as lightly as possible. You will need to carry your baggage over short distances and you unpack and repack every other night. Soft-sided suitcases or duffels make packing the van easier.

| FOOTWEAR | |
|--|---|
| 1 pair of hiking boots: boots need to come over the 1 pair of comfortable athletic shoes, Crocs or Teva s | sandals for wearing around the hotels and in town ls (like Tevas, Chacos or Keens) or an old pair of tennis dals won't work) nt: Smartwool, Thorlo, Ultimax) |
| CLOTHING 2 pair of comfortable long pants/capris for hiking (ny 1 pair of shorts (nylon/polyester/spandex blend); the 3-4 synthetic or lightweight wool T-shirts or short-sle 1 lightweight, long-sleeved shirt for protection from s 1 lightweight long underwear top: silk, wool or synth MTS, Polartec, or polypropylene) 1 medium-weight top layer: wool shirt/pull-over or s Microfleece) A fleece or wool vest works well for the 1 warm fleece jacket 1 rain parka and rain pants: a waterproof/breathab Underwear/nightwear 1 pair wool, Capilene, or Polartec gloves and a warm 1 wide-brimmed hat or basenball cap for protection Swimsuit (for the lake and which will fit under your wind 1 - 2 changes of comfortable clothes to wear after his couple of tops) | ese will likely get damp while kayaking. eeved shirts sun and bugs. netic equivalent (Capilene, Thermastat, ynthetic equivalent (Capilene, MTS, Thermastat, or nis layer. le fabric like Gore-tex or Ultrex is ideal. m wool or fleece hat from the sun and rain |
| ESSENTIALS Sunglasses (100% UV protection) w/retention strap; Trekking poles (very, very strongly recommended) Bandana(s) Insect repellant | if wearing glasses while kayaking, they'll need a strap |
| 1 daypack large enough to hold your supplies for the raingear, fleece jacket, wool hat and gloves, personal part capacity to carry 2 quarts of water: 2 one-quart wat grocery store, or a hydration system that fits in your part hard water bottle for kayak and raft trips. | oatch kit, etc.) Line with a plastic trash bag. er bottles, water in plastic bottles that you buy in a |
| | |
| OPTIONAL PERSONAL GEAR Camera (extra battery) and film/memory card Rain cover for day pack Wristwatch or travel alarm clock National Park Pass (annual, golden, or military); the Adventures in Good Company, Inc Baltimore, MD 21212 | Book, notebook, journal, pencil/pen Binoculars Bike gloves or neoprene gloves for kayaking se may entitle you to additional amenities/perks at parks Visit our website: http://www.adventuresingoodcompany.com |

Notes on the Packing List

Daypacks: We recommend a daypack with space for all of your items. Before you leave home check to be sure that your daypack is comfortable to wear all day. Having a daypack with a hip belt and padded shoulder straps will provide for much more comfortable hiking.

Footwear: Well-fitting, sturdy boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes *before* your trip. For general trekking, lightweight cordura or leather boots work well. Leather boots may be waterproofed in various simple ways, and cordura boots will be waterproof if they are lined with Gore-Tex. If you have weak ankles or are recovering from an ankle injury, get leather boots or good quality cordura ones that come above your ankle – you'll find that this will give you more support in uneven or slippery terrain.

Personal First Aid Kit: Small first aid kit with familiar medicine you might need for personal use, ESPECIALLY blister or foot remedies like toe tubes, moleskin, gelskin, blister bandages or similar. The amount and kind you bring will

depend on your tendency to blister but many people get blisters on hiking tours. Other suggestions: remedies for respiratory ailments? Stomach ailments? Sore muscles or joints? We will have a first aid kit too, but if you already know what works for you it's better to have it with you.

Please Note:

The Adventures in Good Company's packing list covers what we have found to be essential for your safety and comfort for this particular trip.

The temperature during August in the region we will be visiting typically is in the high 60s to low 70s. However, as is always true in the mountains, the weather can also change dramatically throughout the day and at different elevations. Coastal areas can be windy, foggy, damp, or all three. Even if it is warm and sunny at the trailhead, take rain gear and your warm layers. You might need them by the time you reach your destination.

You may not use everything you bring; however, you need to come prepared for all possible weather conditions.

Clothing: <u>Layering</u> is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity. While hiking you can use long underwear as your base layer, your sun shirt as a second layer, and your vest/midweight layer as a third layer. If it gets cold you can use your rain gear, warm hat and/or gloves as needed.

Rainwear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full- length leg zippers are useful for easily putting your pants on over your boots.

Hydration: It is very important to your safety and enjoyment to have an independent ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a hydration system such as CamelBak, Platypus, and Gregory bladder bags which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your

hands. Some models are designed to attach to the outside of your pack. Bladder bags can hold 40-100oz. of water.

Luggage: Please pack in a soft-sided duffle bag or suitcase and please limit yourself to one bag.