



NATIONAL TRAILS DAY--BIKE EVENT

Ashleigh A. Coyner

This past June we celebrated the American Hiking Society's National Trails Day with a bike scavenger hunt. The American Hiking Society started National Trails Day as a way to celebrate and promote the importance of trails in the United States.

Last year we held our first "Hunt the Klickitat" which was a bike scavenger event geared toward kids and their families. It was a fun event that got young kids as well as older ones out on their bikes along the trail. We thought it very fitting to do it again this year as part of the National Trails Day movement.

We had a good turn out this year with about seven children along with both parents. The weather was perfect for biking as there was a gentle breeze and some nice sunshine.

Because KTC is the only organization dedicated solely to making sure the Klickitat Trail becomes a wonderful resource for all to enjoy, it was only fitting to have a family event for something as special as National Trails Day. We hope you can make it out next time!



FALL 2015 EVENT SCHEDULE

Various KTC Members

September 23, 2015, Wednesday
“Earth Walks with mindfulness...for Health and Spirit” — a KTC activity for the Community
Leader: KTC board member, licensed professional counselor and walker/hiker Steven Woolpert

“Earth Walks” is an opportunity to discover and enhance your abilities through walking and mindfulness, to connect more fully with nature, health, yourself. It is a way to release effects of stress and help bring balance into everyday life – a renewal of mind and spirit in walking. Steven has learned from personal experience the wisdom of Hippocrates’ words: “Walking is man’s best medicine.” All that is needed is to bring openness to learn and curiosity to discover in the 1-1/2 hour experience.

Please meet at the Lyle Activity Center park at 10:00 a.m. for orientation. Then we’ll walk together along the Klickitat Trail starting at the Lyle Trailhead.

“In every walk with Nature one receives far more than he seeks.” ~John Muir

October 3, 2015, Saturday
Hike Pitt to Fisher Hill Trestle – a Bilingual Hike! Eight miles one-way, fairly strenuous Hike
Leaders: KTC board member Dave Berger and Gabe Morales

Join us on this long, beautiful hike along the Klickitat River with trees starting their fall colors. Our hike leaders speak both Spanish and English. All are welcome, and we want to especially invite our Spanish-speaking friends to discover the Klickitat Trail. We do this eight+ mile hike with a car shuttle. Much of the trail is alongside the Klickitat River with beautiful river views. The trail is generally flat, but fairly rocky, so wear good hiking boots. Bring a lunch and plenty of water!

Meet: Lyle Trailhead at 9:00 a.m.

October 18, 2015, Sunday
KTC’s 13th Anniversary Celebration and Hikes! Two Hikes: (1) Pitt to Fisher Hill Trestle (8+ miles) or (2) Lyle to Fisher Hill Trestle (4 miles round trip) Hike
Leaders: Pitt to Fisher Hill Trestle: KTC board members Jim Denton and Steven Woolpert and for the Lyle to Fisher Hill Trestle section: plant expert Barbara Robinson, and Joy Markgraf, organizer of the “Wild about Nature” lecture series.

FREE BREAKFAST SNACKS before the hike, hopefully including smoked salmon, cream cheese and bagels!

Come to the Klickitat River Valley, enjoy the fall colors, and join Klickitat Trail Conservancy (KTC) members for their 13th anniversary celebration and hikes. We will meet at the new Lyle Trailhead and KTC will treat everyone to lots of snacks (usually including smoked salmon and bagels) before the hikes. There will be two hiking options. The first will be a strenuous 8+ mile one-way hike

from Pitt, ten miles up the river, to the Fisher Hill Trestle two miles up the river. This hike involves driving to Pitt, and a car shuttle. The second is an easy shorter hike, four miles round trip looking at plants, from Lyle to the Fisher Hill Trestle. The hikes follow the river through oak woodlands. Both hikes are flat, but the trail is rocky, so sturdy shoes are required. Bring water and a lunch. You can add some of our FREE TRAIL SNACKS to your lunch.

Two years ago a caboose was placed at the park in the town of Klickitat in memory of the old railroad. After our hikes some of you might want to take the 13-mile beautiful drive to Klickitat to see it.

Meet: 9:30 am at the Lyle Trailhead, at intersection of Hwy 14 with Hwy 142, immediately east of the Klicki-tat River Bridge in Lyle. To get to the trailhead entrance, turn left on Hwy 142.

October 24, 2015, Saturday
Lyle to the Fisher Hill Trestle – a Bilingual Hike! Hike
Leaders: KTC board member Dave Berger and Gabe Morales

Enjoy the fall with this easy hike, four miles round trip. We will walk on a wide trail through oaks in fall color to a spectacular view of the Klickitat Canyon from the high Fisher Hill Trestle. We have leaders that speak both Spanish and English. All are welcome, and we want to especially invite our Spanish-speaking friends to discover the Klickitat Trail. The hike is flat and on a packed gravel surface, so will be kid-friendly. Bring snacks or a lunch.

Meet: Lyle Trailhead at 10:00 am

October 25, 2015, Sunday
Entire Swale Canyon Hike (strenuous, 13 miles one way) Hike
Leaders: KTC board member and works chair Jim Denton and KTC board member David Berger

This is a strenuous 6+ hour, 13 mile hike through remote and beautiful Swale Canyon, with Fall color likely at peak. The only access points to the this 13 mile section of trail are the beginning at the Harms Rd. trail-head, and at the end at the Wahkiacus trailhead. We go from the treeless hills of the East Gorge, through open pine-oak woodlands and meadows, and finish in solid forest. The grade is a mild downhill grade and we do it one way, using a car shuttle on gravel roads. The trail is heavy railroad gravel in places, so wear sturdy boots.

Meet: Lyle Trailhead at 9:00 a.m.

Be sure to check the KTC website for last minute updates:
<http://www.klickitat-trail.org/klickitat-events>

TWIN RIBBONS OF STEEL TOURISM

Bev Linde, KTC Board Member

Mary Hayden, daughter of train excursion organizer Chuck Hayden, recently provided KTC with a folder containing information about the 1950's and 1960's Railroad Excursions. The beginning point was Portland Union Station, traveling through Vancouver, Camas, Cape Horn Tunnel, Bonneville Dam, Bingen, Lyle, Klickitat, and ending in Goldendale. The section from Lyle going toward Goldendale is the present day Klickitat Trail. The most popular season was Fall for the Foliage Tour. Chuck Hayden named this excursion "Spectacle of Autumnal Splendor", because of the brilliant colors of the foliage along the route.

In 1960 tickets sold for \$6.50 for adults, \$3.25 for children 5 through 11, and \$1.00 for children under the age of 5. In 1964 prices increased to \$9.95 for adults and \$5.95 for age 5-11. In 1958 over 700 people signed up for the special train trips. In the early 1950's the train trips started with only two coach cars added to the regular train from Lyle to Goldendale. It was not long before at least 12 excursion cars were added to the train for these adventures. By the early 1960's the train trip covered two-hundred fifty-four miles of breath-taking scenery. It was noted that in 1964 a person could



take a bus from Goldendale to see the Maryhill Museum which holds treasures donated by Queen Marie of Romania and many other interesting displays. A special stop was included at the Stonehenge Monument built by Sam Hill as a Memorial to World War I veterans. Stonehenge is a scaled down but accurate replica of the famed Druid Monument in England. It was the first Great World War Memorial erected in the United States. It is still open to visitors today. It is a few miles east of Maryhill Museum.

The train trip featured sights such as the steep-walled Klickitat River Canyon, the beautiful Klickitat River, Swale Creek Canyon, the colorful trees and shrubs, wildlife, the fresh river breezes, and refreshments at the end provided by the Goldendale Chamber of Commerce. Some train trips included dinner or box lunches in the price of the ticket.

The train made several stops for people to take photos or movies. People were also encouraged to visit the various cars on the train. The peak month for the special train trips was October. Though these train trips are a thing of the past, you can still see all the same splendor this Fall by walking or biking the present Klickitat Trail.



"WALKING FOR HEALTH, WALKING MINDFULLY"

Steven Woolpert, Vice President

One of the easiest and most helpful forms of physical exercise is walking. It is good for the heart and circulation, for muscles and bones, and for clearing the mind. This quote from Hippocrates says it best: "Walking is man's best medicine".

There are many ways to walk—often based on what the purpose is: to get from point A to B, as time to share with a friend, for exploring a park, the old fashioned 'need to stretch my legs', and of course simple exercising.

What has developed in recent years is a renewal of an ancient practice of 'walking meditation' or 'mindful walking'. Thich Nhat Hanh, the Buddhist teacher, and Jon Kabat-Zinn, a PhD instructor of mindfulness based stress reduction, have written about this practice. They have guided many people in discovering how to practice this and bring into their lives. It is potentially a part of personal self care and a healthy lifestyle that improves both physical & mental health.

Especially for Thich Nhat Hanh, doing mindful walking in nature brings the beauty and healing power of the natural world into the mind, body, and spirit. This is echoed by Northwest writer Carolyn Kortge, who wrote Healing Walks for Hard Times. This comes from her own experience with cancer and walking, to assist those recovering from

cancer and others dealing with depression or anxiety/or trauma to make positive changes.

As a cancer survivor myself who utilized walking as a vital part of my recovery, I have learned much by adding and practicing elements of mindfulness and walking meditation from the above mentioned teachers. I include walking as an important tool and activity in my work as a professional counselor as it has been proven to be very effective for reducing depression and improving overall mood.

This Fall I am offering through KTC and Friends of the Gorge "Earth Walks with Mindfulness... for Health & Spirit" as an opportunity to experience for yourself the value of mindful walking. Please see the KTC Fall Hiking schedule for description, date and time. I hope you can join me.

Of further note, mindful walking will be part of a weekend retreat on Self Care in October at the Lyle Hotel (October 9-11) which I will be facilitating. If you are interested please email me at stevenwoolpert@gmail.com

MEMBERSHIP APPEAL

Barbara Robinson, President

Once a year we ask you to renew your annual membership in KTC, or if you are not a member, to consider joining us. KTC is an all-volunteer organization. Our main income is from your membership dues and the extra contributions that you choose to give.

When we began our quest to create a public trail in 2002, our goals were modest and our path unknown. Through the dedication and hard work of many volunteers and support of members like you, it's been an amazing journey resulting in an inspirational Trail that is fast becoming known throughout the PacificNorthwest. The Klickitat Trail is one of the few trails in the Columbia River Gorge that doesn't involve climbing hills, making a walk in the woods possible for many folks. Hiking along the Wild & Scenic Klickitat River inspires and draws people back. We knew we had a treasure when we first walked into Swale Canyon, which has been described as "soft sienna and a hidden, little-traveled gem". If you haven't given yourself the adventure of Swale Canyon, you are missing one of the most diverse and beautiful places in Klickitat County.

Each year the Trail improves. KTC strives to continue our mission of preserving and promoting theKlickitat Trail. Through our partnership with Washington State Parks and U.S. Forest Service, we are able to keep our mission on track. We know that when we all work together, the difference we make becomes a positive response to the generosity of our ember support and volunteers.

KTC is the only organization dedicated solely to making sure the Klickitat Trail becomes a wonderful resource for all to enjoy. Because we are an all-volunteer organization, every dollar raised goes directly to Trail improvements and maintenance. Our hard-working volunteers ask you to ***please re-new your tax-deductible membership today.*** Thank you! Your support is tremendously appreciated.

The Mission of the Klickitat Trail Conservancy (KTC) is to preserve and promote the public use of the 31 mile Klickitat Trail as a recreational, cultural, natural, educational, and economic asset of Klickitat County. KTC is a 501c (3) organization. Your membership is tax deductible.

Members strongly support the purposes, goals, and objectives of the Klickitat Trail Conservancy.

Trail Notes is a semi-annual publication of the Klickitat Trail Conservancy.

Submissions are welcome. Articles, photos and comments can be sent to PO Box 512 Lyle, WA 98635 or emailed to info@klickitat-trail.org.

Editor & Design: Ashleigh A. Coyner
Webmaster: Pam Essley
Media Chair: Bev Linde
Works Chair: Jim Denton

Board Officers:
President.....Barbara Robinson—Rowena, OR
Vice President.....Steven Woolpert—High Prairie, WA
Treasurer.....Pam Essley—Lyle, WA
Secretary.....Laura Bales—Klickitat, WA

Board Members:
Jim Denton—Odell, OR
Bev Linde—Goldendale, WA
Jim Minick—Lyle, WA
Nancy Allen—Wasco, OR
Lisa Conway—Lyle, WA
Ashleigh Coyner—White Salmon, WA

Board members of the Klickitat Trail Conservancy...



working hard so you can enjoy the trail!



Dedicated to the preservation & promotion of the Klickitat Trail

Klickitat Trail Conservancy

PO Box 512

Lyle, WA 98635

info@klickitat-trail.org

www.klickitat-trail.org

INSIDE THIS LETTER:

National Trails day highlights.....1

Fall 2015 hike schedule.....2

Board Member articles.....4

Membership Appeal.....6

PLEASE RENEW YOUR 2015 ANNUAL MEMBERSHIP IN THE KLICKITAT TRAIL CONSERVANCY TODAY!

YES! You can count on my help to preserve and promote the public use of the Klickitat Trail!

As a member, I strongly support the purposes, goals and objectives of the Klickitat Trail Conservancy.

☐ \$25 (standard)	☐ \$250
☐ \$50	☐ \$500
☐ \$100	☐ \$other

Name

Mailing address

City, State, Zip

Email

Phone

Please mail to:
KTC
PO Box 512
Lyle, WA 98635

☐ I am interested in volunteering for trail work

☐ I am interested in being more involved in the KTC organization in the following areas:

Comments?