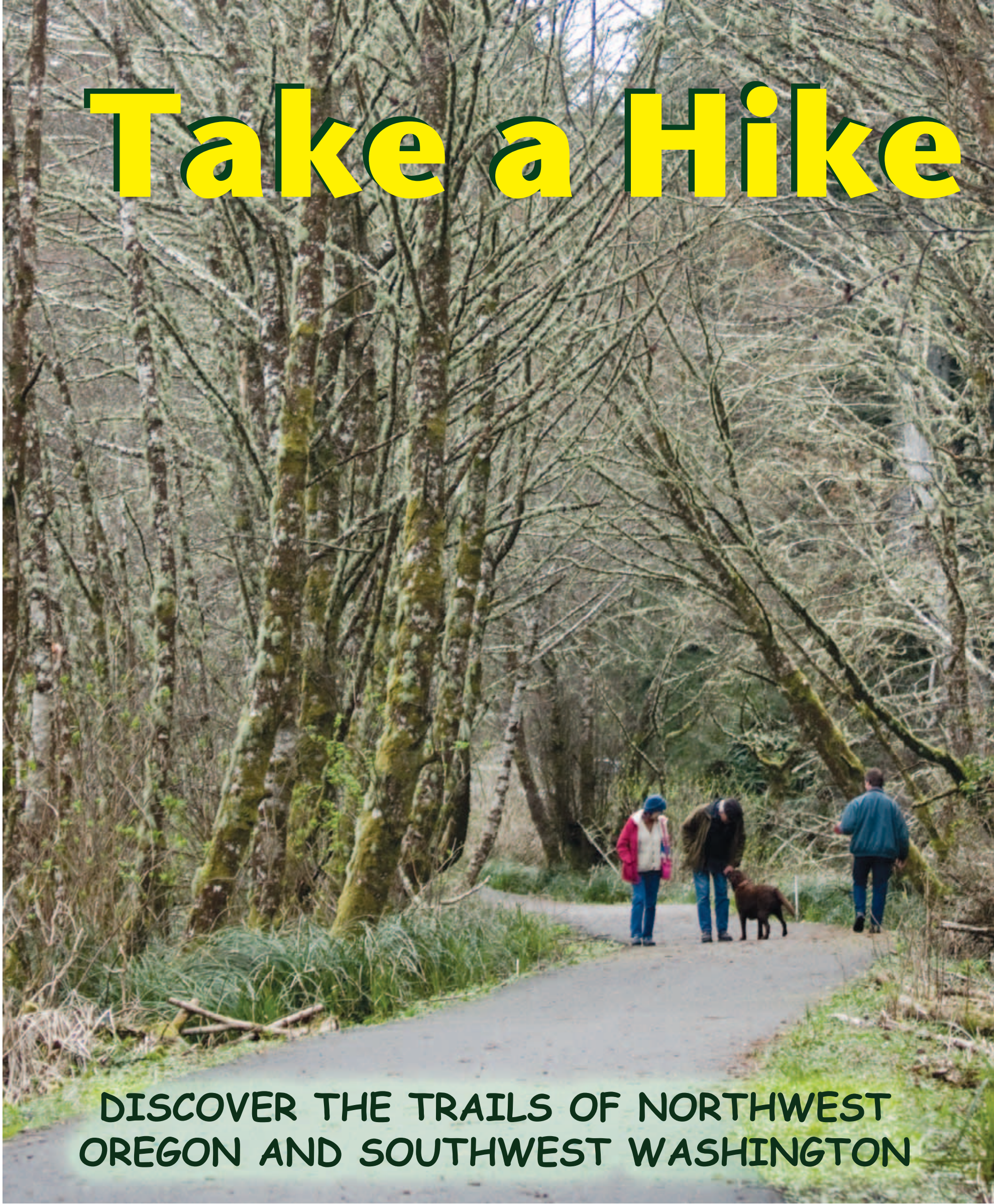

Take a Hike

DISCOVER THE TRAILS OF NORTHWEST OREGON AND SOUTHWEST WASHINGTON

Building trails builds communities

By ANDREA MACE
For The Daily Astorian

The hurricane-force winds that hit the Oregon Coast in December 2007 wreaked havoc on the trails at Delaura Beach.

More than 200 trees fell during the course of the storm, many with spoke-like branches pointing in every direction, leaving the trail impassable.

Armed with a few chain saws, 20 members of the Oregon Equestrian Trails North Coast Chapter cleared the trails of all of fallen trees and storm debris, said Diane Berry, the nonprofit group's field services representative. She said a professional logger helped on one occasion.

"When we first went out there to survey the damage, it seemed like an overwhelming prospect that we would ever get the trails back open again," Berry said.

This is one impressive example of how a small group of residents pooled their resources and labor to maintain a trail system that is dear to their organization, and, at the same time, is also used and appreciated by other members of the community. There are a limited number of equestrian trails open for riders in Clatsop County, so the DeLaura Beach property is especially important to the OET.

According to Berry, OET has been helping maintain the trails off Burma Road since 1998 by hosting work parties.

For decades, there were ongoing problems with people dumping their trash at DeLaura Beach. It was common to see abandoned cars, household appliances, furniture and piles of household trash on the property. The OET took the initiative to do something about it by clearing trails and hauling off trash.

By the time the DeLaura Beach property (440 acres) was transferred from Clatsop County to Oregon State Parks, the situation had improved vastly. Linda Brim of OET attributes this in part to the care that the organization had taken with the property. In her mind, it was their sense of stewardship that helped turn the property around, so that people no longer treated it like a free dump.

"If people see trash everywhere, they are more likely to leave their own trash," Brimm said.

In addition, a gate that the Oregon State Parks (in conjunction with the city of Warrenton) had donated to Clatsop County before the property transfer helped to keep trucks filled with garbage out, according to Bob Maxfield, Warrenton's city manager.

The Daily Astorian file

Fort Stevens State Park rangers Dane Osis and Lynette Payment remove carpet from a dump site on DeLaura Beach property in May 2008. Osis located 25 illegal dump sites on the DeLaura property.

Maxfield has seen first-hand how improved trails and walkways are good for surrounding communities. He quoted a study done by the Crime Prevention Council that showed that well maintained trails not only improve the general livability of communities by enhancing the quality of life, they also cut down on crime because there are more citizens out and about to see what is going on around them.

In addition, Maxfield has witnessed how people and organizations come together in unexpected ways to build and maintain trails in Warrenton and at DeLaura Beach. For example, the Warrenton Trails Association has worked in cooperation with private citizens, the city of Warrenton, the Port of Astoria, Oregon State Parks and the National Parks with a special partnership with the Lewis and Clark National Historical Park.

Warrenton Trails Association

The Warrenton Trails Association (WTA) has met with an inspiring degree of success in achieving its goals of making public lands and cultural history more accessible since it was founded in 2003. The WTA's mission of assisting communities within Clatsop County to plan and establish a multiuse trail system is constantly evolving to include more areas.

"As a vital organization, the WTA expects to grow with the community and build trail connections that include Fort Stevens, Fort Clatsop, city parks, neighborhoods and more

Continued on Page 4

Submitted photo

Thom Trusewicz leads fellow Oregon Equestrian Trails members on the DeLaura Beach Trail.

About this **publication**

Jim Scheller

David Szymanski

"There aren't many trails around here, are there?" A new resident to the region asked this question of one of us 18 months ago. They were just looking for casual conversation.

"Well," we replied, "There are the Fort Stevens trails – great for bikes. There's Saddle Mountain – quite a steep climb, but worth the view from the top. There's Beards Hollow and a whole mess of trails at Cape Disappointment. If you want to stroll along Youngs Bay, there is the Dike Trail near the airport … and, if you really want an adventure and like birds, there's Leadbetter Point, and …"

We are blessed with miles of trails. These trails climb mountains and headlands, follow streams, cross sand dunes and wind through coastal rainforest. But, we realized, there was no one place for residents and visitors to find out about them.

Last fall, trail managers and enthusiasts got together to see what we could do to remedy the situation. This guide that you hold in your hand, and the month of free activities described within it, is our collective effort to answer that new resident's question.

In addition to the calendar of events, we will provide a Trails Passport that participants can get stamped at individual events with the top three participants eligible for hiking shoes from Gimres or outdoors gear from Link's Sporting Goods. Many of the events will be supported with trail snacks and beverages.

This guide and the lengthy schedule of free events are thanks to the many partners who contributed to this effort. These partners include Oregon and Washington state parks, Oregon Equestrian Trails, the Oregon Department of Forestry, the Astoria-Warrenton Chamber of Commerce, the Angora Hiking Club, Turnaround Trekkers and the Coast Guard Auxiliary.

JIM SCHELLER
Warrenton Trails Association
DAVID SZYMANSKI
Lewis and Clark National Historical Park

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on the **cover**

Walkers greet each other while following the Discovery Trail toward Beards Hollow on the Long Beach Peninsula. Photo by Alex Pajunas.

Take a Hike

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Community building

Continued from Page 2

in a regional trail system of more than 26 miles," chairman Jim Scheller said of their long-term goals.

"Some of the best features of building our trails is the sense of pride, ownership, involvement and neighbor to neighbor planning that helped us to determine the best routes and possibilities for the expanded trail system," said Scheller.

"In Warrenton the trails have been planned with a series of Community Workshops and outreach that indicated strong support for a trail system that is almost entirely on publicly owned dikes and right of way. The community has responded with enthusiasm to the miles of new, paved trails," Scheller said of the process.

Once the trails are in place, they allow residents to get outside and explore the hidden gems within their own communities – for free.

"Families are now commonly seen on the trail where kids can safely ride a bike, skateboard or walk safely, away from traffic," Scheller said.

The Warrenton Waterfront Walkway Trail now has two miles of paved, wheelchair-accessible trail. According to Scheller, the views and historical sites are world class and include spectacular vistas of the Columbia River estuary along with intimate wildlife corridors along the Skipanon River.

The Waterfront Trail is popular with residents and visitors, alike. To walk it, start at the new Lighthouse Park and Historical Museum near downtown, or pick up the trail at Carruthers Park on the road to Fort Stevens. This trail is expanding rapidly to circle all of Warrenton encompassing the Airport Dike Trail, Fort Stevens trails and the Fort to Sea trail. The Warrenton Trails Association posts information on the status of the trail and a schedule for guided walks on its web site http://www.warrentontrails.org/

"It is fun to see neighbors out for a stroll that stop to chat at the park benches or visit the Lighthouse Museum. New river access gives people a chance to fish or paddle a canoe in town," Scheller said of the Skipanon Riverwater Trail.

One of the great success stories of this trail building movement is Astoria's Riverwalk, which has created four miles of paved pathway along the riverfront for public enjoyment. People can stroll along the historic waterfront and behold impressive views of the Columbia River and its wildlife. Cormorants can often be seen sitting on old pilings where cannery buildings once stood. Some of the historic cannery buildings that survived the passing years have been restored and now house retail shops and restaurants with beautiful views of the Columbia and its river traffic of container ships and tugboats. Another common sight are the lively sea lions that live along the docks. After the paved pathway ends, the Riverwalk continues to the east as a more primitive trail, stretching as far as Tongue Point. The Astoria Riverfront Trolley runs alongside two miles of the trail between the East and West End Marinas.

This vision for Astoria's historic waterfront began with the work of individuals, coming together to realize a common goal.

May events

At the Lewis and Clark National Historical Park, one of the WTA's partners, it is Trails Month during May with many scheduled events to celebrate. A Full Moon Poetry Hike is planned for 8 p.m. May 9. On May,16, 23 and 25 a Discovery Walk on the Netul River Trail is scheduled to begin at 2 p.m.; a Fort to Sea Trail Hike is planned for 11 a.m. May 24. More information can be found at: http://www.nps.gov/lewi/

Another way in which community's are taking ownership of their public space is by participating in SOLV's annual Down By The Riverside cleanup. The event is scheduled for May 16, with school projects taking place during the week of May 10 through 17. The annual event, which is presented by the Oregon Lottery, aims to bring together community members, students, public agencies and businesses from every corner of Oregon and southwest Washington to accomplish important work restoring our watersheds. More information can be found at http://www.solv.org/

In an area of beautiful beaches, amazing rivers and diverse ecosystems, taking a walk on a recently created trail is a great way to appreciate the richness of commonly held public lands.

Top: Jim Scheller, right, gets assistance from Boy Scouts in digging a hole for signs posted along Warrenton trails.

Middle: Bayview Asphalt paves trails in Warrenton, funded by a grant from the Oregon Parks and Recreation Department.

Bottom: Volunteers assemble signs to post along the trails in Warrenton.

Submitted photos

Warrenton Trails

Warrenton Waterfront Trail

Location: Trailheads at First Street, Seventh Street, 13th Street, Carruther's Park, Hammond Marina

Distance/Difficulty: Flat, easy

Type of Trail/Surface: Asphalt, grass, gravel

Features/Description: Hike along the Warrenton waterfront for stunning views of the Columbia River and the Astoria Bridge. These trails are great for wildlife viewing.

Amenities: Restrooms at Hammond Marina, Carruther's Parkand Warrenton City Hall (weekdays)

Parking: First Avenue and 13th Street trailheads, Hammond Marina, Seafarer's Park

Dogs Allowed?: On leashes

Contact: Jim Scheller, 503-861-3669 or jim-scheller@charter.net

Skipanon River Loop Trail

Location: Trailhead at Skipanon River Park, Third Street in Warrenton

Distance/Difficulty: Flat, easy

Type of Trail/Surface: Asphalt, gravel, grass

Features/Description: Hike along the peaceful Skipanon River with islands, mature forests and wildlife views.

Amenities: Restrooms at Warrenton City Hall on weekdays and at the Skipanon Marina

Parking: Skipanon River Park

Dogs Allowed?: On leashes

Contact: Jim Scheller, 503-861-3669 or jim-scheller@charter.net

Airport Dike Trail

Location: Trailhead located at elk fence on Old Highway 101 or across from the Premarq Shopping Center on U.S. Highway 101 (just south of Youngs Bay Bridge)

Distance/Difficulty: Easy, about 4.5 miles roundtrip

Type of Trail/Surface: Grassy and level terrain

Features/Description: Enjoy views of the Youngs Bay wetlands and abundant wildlife

Amenities: None

Parking: Park at the Premarq shopping center or small gravel parking area on Old Highway 101 just west of the Lewis and Clark Bridge

Dogs Allowed?: On leashes, but be careful.

Contact: Jim Scheller, 503-861-3669 or jim-scheller@charter.net

Trails contribute to transformation

By KATE GIESE
For The Daily Astorian

It's generally understood that in life, we need to take the "crunchy with the smooth." So when we talk about something being "life-changing," it may not always be something good.

Even when good things happen to somebody else, we sometimes feel more jealous then happy for them.

But when someone changes his/her life through sheer determination, dedication and hard work – achieving something we may have tried and failed to do ourselves – we admire and feel inspired by them. We think, "Hey… if so and so could do this, maybe I can too." These stories hearten us and give us hope.

> ***'This area has so many great places to hike.'***
>
> **— Cyndi Mudge**
> Astoria resident

In the case of two women who live at the North Coast, the many trails which populate the area helped them change their lives for the better. Over one year, Dr. Kate Merrill, of Astoria, lost 60 pounds and by running the Fort to Sea Trail regularly, she was soon fit enough to run the 10-kilometer "Great Columbia Crossing" over the Astoria Bridge and to later run marathons. Cyndi Mudge, also of Astoria, lost 70 pounds and walks almost every day – sometimes twice a day as the days get longer.

According to Merrill, it started at a family gathering. Her sister had lost weight and she, Kate, had always been the "thin one." Sibling rivalry can be a powerful motivator apparently. Mudge says it was a group excursion to Fort Columbia for her. As everyone walked up the steep hill from the parking lot, she was, she says, "overweight and out of shape (and subsequently) sweating and out of breath" to the point that someone finally pulled her aside to ask if she needed help. Everybody else was "walking and gabbing away," she laughs.

As a baby doctor, Merrill had to stay within 20 minutes of the hospital. She'd reached her weight-loss goal (with Weight Watchers' online program) and wanted to keep the excess poundage off, but her on-call status severely restricted her activities.

When she switched to family practice, she had more time for herself. She says she began running the Fort to Sea Trail several times a week, estimating that she logged about 2,500 miles on the trail in a year. She opted for running over walking because the latter took so much more of her time.

She savors the time spent in nature during her runs. For her, the trail "is never the same. The seasons change; things bloom and you see different wildlife. It's a special place … a wonderful asset." Running on a trail, rather than pavement, makes for fewer injuries since there's varying terrain. "You're changing your stride and leaping over rocks and roots, etc. which reduces the stress of impact," she says. Even bad weather isn't a deterrent for Merrill who runs in just about all weather conditions except high winds, quoting an anonymous source: "There's no such thing as bad weather. There's just inappropriate clothing."

Walking and eating healthy

Mudge began her quest to get fit about two years ago. As with Merrill, Mudge's new regimen ultimately involved diet and exercise through walking local trails. She found the one activity – walking – helped "kick start" the other activity … eating healthier. She modified her food intake to about 200 calories each for breakfast and lunch (giving up bagels was tough, she remembers) and eating lots of fish and chicken for dinner.

As a result, she dropped 50 pounds in nine months and then lost another twenty. While she's gained a bit of this weight back,

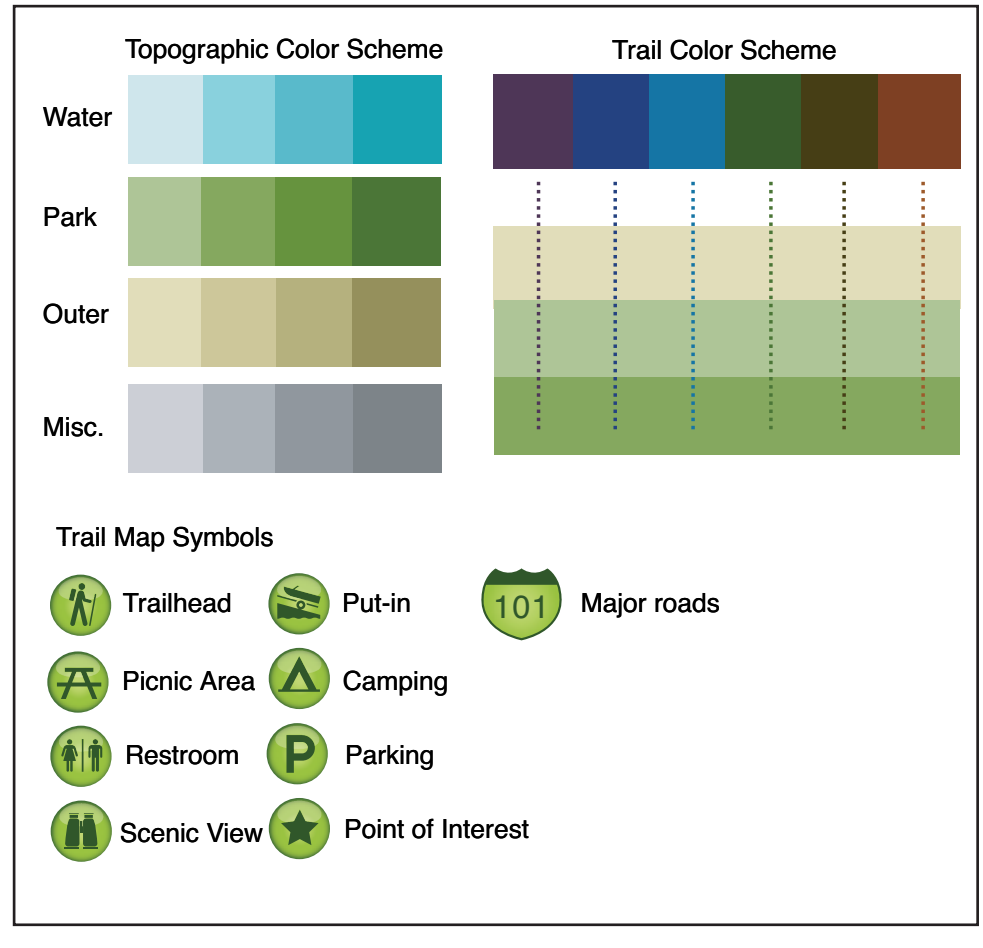
Continued on Page 7

Dr. Kate Merrill lost 60 pounds while running the Fort to Sea Trail at the Lewis and Clark National Historical Park. This photo from 2008 shows Merril running in the Headlands Hundred, a 100-mile endurance run in Mill Valley, Calif. She regularly runs area trails to stay in shape.

Submitted photo

Submitted photo

Hikers walk on a bridge over a creek on the Fort to Sea Trail.



Healthy walking

Continued from Page 6

she's enjoying having lost several dress sizes, feeling better and being more physically active she said. No more back pains, swollen ankles and nose bleeds.

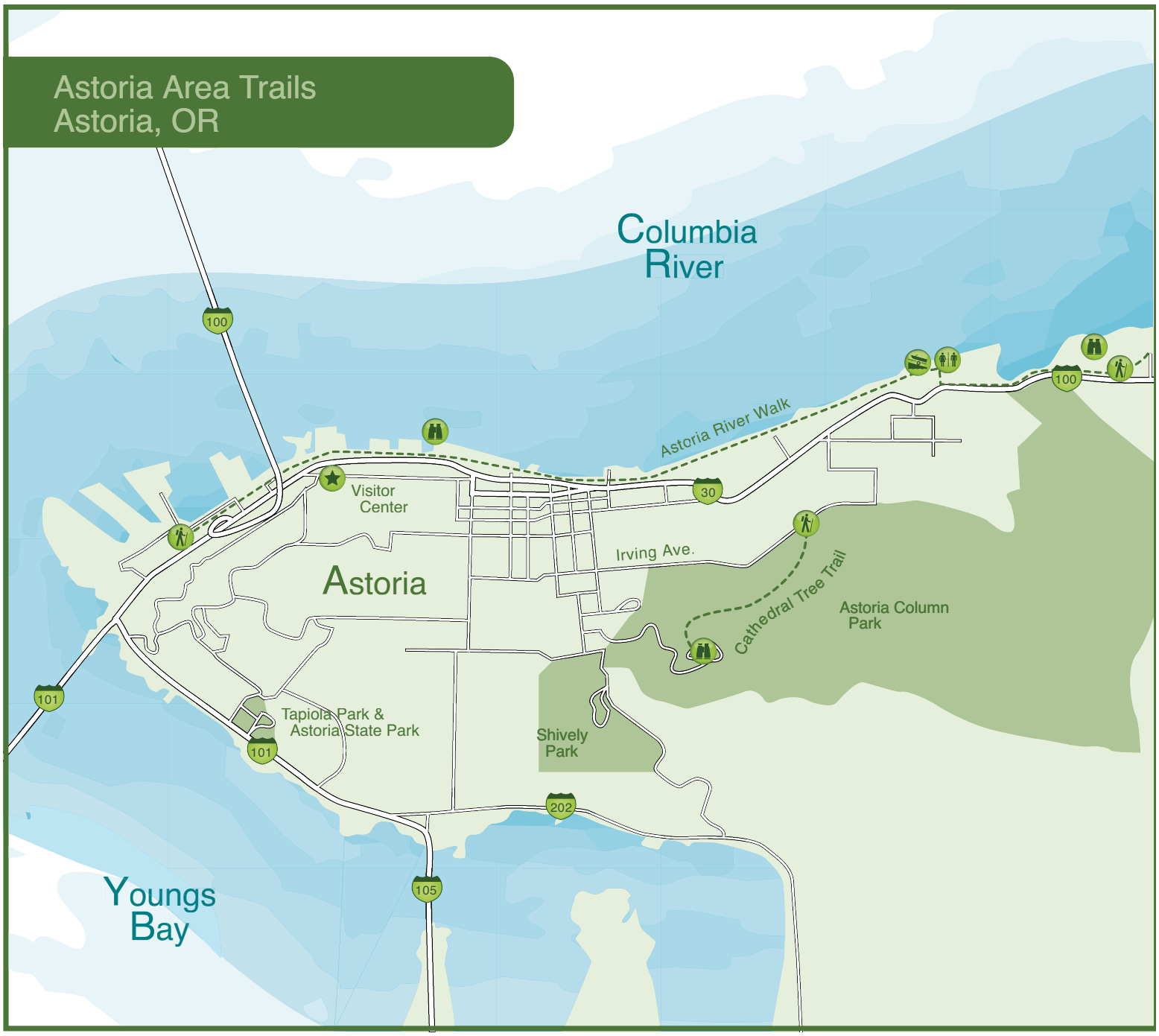
Where Mudge walks depends on how much time she has. (She used the Fort to Sea Trail more when her office was at Fort Clatsop.)

Currently, she uses the Astoria Riverwalk if time's short; or she may hike up to Overlook on the Fort to Sea Trail, time permitting. "This area has so many great places to walk: Fort Clatsop, Fort Stevens, Cathedral Tree/Column Trail and there's more across the bridge, e.g., Fort Columbia, the Discovery Trail, etc," enthuses Mudge. She remembers that as a member of the Lewis and Clark Bi-Centennial committee, she was so proud of that group's having helped financially support development of the Fort to Sea. It saddened her, however, because she "wasn't healthy enough to use it."

It's interesting (and good news for those of us who are still doing the couch potato thing) that both these women don't think of themselves as special people and believe others can do what they've done if the interest is there. Among the many rewards for their achievement: gone is the high blood pressure and gone is the increased risk of heart disease and diabetes. "You can exercise without losing weight and still lower your blood pressure," asserts Merrill.

ALEX PAJUNAS — The Daily Astorian

Cyndi Mudge makes her way across a boardwalk while hiking from Fort Clatsop to the Clatsop Ridge Overlook along the Fort To Sea Trail in the Lewis and Clark National Historic Park.

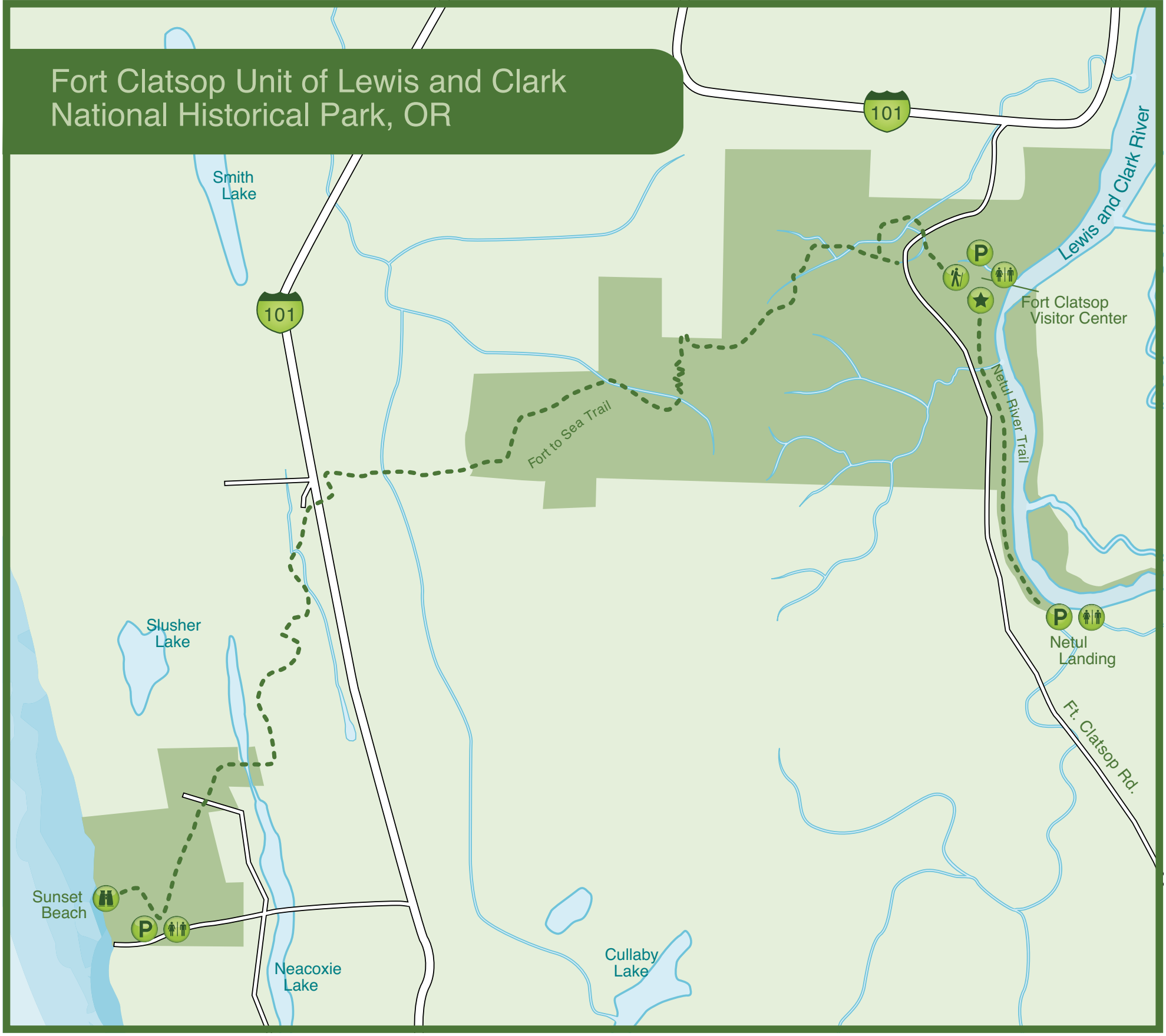


Astoria Riverwalk

Location: Astoria
Distance/Difficulty: Easy, about 3 miles one way
Type of Trail/Surface: paved
Features/Description: Astoria's Riverwalk stretches from the Port of Astoria down to Safeway on the trolley tracks. Enjoy spectacular views of the Columbia River.
Amenities: Restroom at the Port office (on weekdays)
Parking: Parking along the trail
Contact: Kevin Beck, Astoria Parks and Community Services director, (503) 325-7275 or kbeck@astoria.or.us
Dogs Allowed?: On leashes

Cathedral Tree Trail

Location: Astoria
Distance/Difficulty: medium, difficult
Type of Trail/Surface: gravel, stairs, mud
Features/Description: Start at the trailhead at 28th and Irving in Astoria. If driving, travel south up 16th Street toward Astoria Column, turn left, East on Irving, park along roadside at 28th Street. Hike to the junction of Cathedral Tree, and continue west to the Column or north to Irving. This urban trail leads through the forest to give you spectacular view of Astoria, the mouth of the Columbia River, Youngs Bay and Cape Disappointment. Note that there have been temporary repairs done on the trail since the 2007 storm. Use caution. Permanent repairs to the trail are scheduled to be completed in the summer of 2009.
Amenities: Restroom at the Astoria Column.
Parking: Park along road at 28th and Irving streets
Contact: Kevin Beck, Astoria Parks and Community Services director, (503) 325-7275 or kbeck@astoria.or.us
Dogs Allowed?: On leashes



Fort Clatsop

Fort to Sea Trail

Location: Lewis and Clark National Historical Park, Astoria
Distance/Difficulty: 6.5 miles, moderate. elevation gain: 350 feet
Type of Trail/Surface: Forest trail, gravel, clay
Features/Description: Follow in the footsteps of Lewis and Clark and view the Pacific Ocean from Clatsop Ridge. Wind your way through stands of Western hemlock and Sitka spruce and listen for the trill of the winter wrens and flowing water. The hike ends in the grasslands and coastal dunes at Sunset Beach.
Amenities: Restrooms at Fort Clatsop Visitor Center and at Sunset Beach State Park
Parking: Fort Clatsop Visitor Center and Sunset Beach State Park
Additional Information: No water available along trail
Contact: Lewis and Clark National Historical Park, (503) 861-2471 www.nps.gov/lewi
Dogs Allowed?: Yes, leashed, but only in certain sections of the trail. Contact a ranger for further information.

Netul River Trail

Location: Lewis and Clark National Historical Park, Astoria
Distance/Difficulty: 1.5 miles, easy
Type of Trail/Surface: Forest trail, gravel, boardwalk and cement sidewalk
Features/Description: Hike along lush riverbanks and tall evergreens where river otters play and majestic bald eagles nest. River action provides plenty of diving ducks and fishing herons. This easy trail has informative interpretive panels that tell the story of the early logging days in Clatsop County.
Amenities: Restrooms at Fort Clatsop Visitor Center and at Netul Landing
Parking: Fort Clatsop Visitor Center and Netul Landing
Additional Information: No water available along trail
Contact: Lewis and Clark National Historical Park, (503) 861-2471, www.nps.gov/lewi
Dogs Allowed?: Yes, on leash

Trails Month Events

Lost but Found – Safe and Sound

Location: Fort Clatsop Visitor Center, Lewis and Clark National Park
Date: Friday May 1, Saturday, May 2
Time: May 1: 10-11 a.m.; May 2: 2-3 p.m.
Distance/Difficulty: None
Type of Trail/Surface: Grass
Features/Description: Ranger Glenda will teach children what to do if they are ever lost in the woods. This kid-friendly workshop will offer a free Lost and Found kit which will contain emergency gear and a coloring book of instructions. Come and learn how to hike safely.
Parking/Meeting Place: Meet at the Fort Clatsop Visitor Center
Dogs Allowed? No
Contact: Glenda Miller, (503) 861-4423, Glenda_Miller@nps.gov
Additional Information: Participants ages 4 to 10 are welcome. All children attending must be accompanied by an adult.

Fort Columbia Historic Walking Tour

Location: Fort Columbia State Park, Wash.
Date: Saturday, May 2
Time: 10-11 a.m.
Distance/Difficulty: Less than 1 mile, easy
Type of Trail/Surface: Pavement, grass
Features/Description: Discover the history of Fort Columbia and Chinook Point National Historic Landmark by walking officers' row and exploring the views and historical resources around you. Your state parks interpreter will highlight why Chinook Point was important historically and relay stories of former Fort Columbia soldiers. Beautiful scenery, easy to moderate walk (tour site is on hillside).
Amenities: Restrooms
Parking/Meeting Place: Meet on front porch of interpretive center
Dogs Allowed? Yes, on leashes
Contact: (360) 642-3029; lcic@parks.wa.gov

Historic Point Adams Hike

Location: Fort Stevens State Park
Date: Saturday, May 2
Time: 10-11 a.m.
Distance/Difficulty: Easy
Type of Trail/Surface: Gravel, grass
Features/Description: Discover 200 years of history on three-quarter mile ranger-led hike. From a Clatsop village to a strategic military fort, Point Adams has a rich history. The hike will be an easy stroll along the jetty trail. Participants should meet at the Fort Stevens Military Museum. There is a $3 day use parking fee.
Amenities: Restrooms
Parking/Meeting Place: Fort Stevens Military Museum
Dogs Allowed? Yes, on leashes
Contact: Dane Osis, (503) 861-3170, ext. 41, dane.osis@state.or.us

Submitted photo
Kids view birds near Netul Landing. Take Mom on a Mother's Day birding hike along the Warrenton Waterfront Trail.

Oregon Equestrian Trails' Mounted Scavenger Hunt, North Coast Chapter

Location: Fort Stevens State Park
Date: Saturday, May 2
Time: 10 a.m.-noon
Distance/Difficulty: Ride from Parking Lot A to Burma Road
Type of Trail/Surface: Sand, grass
Features/Description: Equestrian Trails North Coast Chapter will host a Mounted Scavenger Hunt from Parking Lot A at Fort Stevens State Park. The riders will be rewarded with prizes depending on the number of items found on the beach. Riders will leave Lot A between 10 a.m. and noon. Come have fun and learn more about OET and a new trail being developed for riding in the Park.
Amenities: No restroom facilities at Parking Lot A
Parking/Meeting Place: Parking Lot A
Dogs Allowed? No
Contact: Thom Trusewicz, thomoet@gmail.com; (503) 325-7966
Additional Information: www.oregonequestriantrails.org

Fort Columbia Military Road Trail

Location: Fort Columbia State Park, Wash.
Date: Sunday, May 3
Time: 2-3 p.m.
Distance/Difficulty: 1 mile, hilly
Type of Trail/Surface: Grass, dirt
Features/Description: Military Road – Fire, Forest, and a Fort: A Natural History of Scarborough Hill. Join us for a ranger-led 1-mile hike along an abandoned military road on one of the most prominent landmarks on the mouth of the Columbia River. We will explore the numerous connections local peoples have had with this prominent hill over the past 200 years. Comfortable shoes that can get muddy are greatly encouraged.
Amenities: Restrooms
Parking/Meeting Place: Military road trailhead parking
Dogs Allowed? Yes, on leashes
Contact: (360) 642-3029; lcic@parks.wa.gov

Angora Club Gearhart Dunes Walk

Location: Gearhart Dunes
Date: Wednesday, May 6
Time: 1-3 p.m.
Distance/Difficulty: Easy, flat
Type of Trail/Surface: Sand
Features/Description: Hike the Fire Trail to the Gearhart Dunes at the farthest spit, north of the Necanicum River. The wildflowers are in bloom and the birds are spectacular. We will dig for clams on the way back.
Amenities: Restrooms at the Sand Trap.
Parking/Meeting Place: Meet and park at the Gearhart McMenamins Sand Trap parking lot
Dogs Allowed? No
Contact: Jon Blisset and Gretchen Day, (503) 738-7677
Additional Information: www.angorahikingclub.org

Discovery Trail Bike Tour

Location: Bolstad Beach Approach (Washington State Parks)
Date: Saturday, May 9
Time: 10-noon
Distance/Difficulty: 6 miles, level pavement
Type of Trail/Surface: Paved
Features/Description: Dust off your bike, put on the helmet, and meet at the Bolstad Beach Approach for a breathtaking ride through the dunes along the Pacific Ocean coastline. A Washington State Parks ranger will lead you to the Beards Hollow parking area for a water break and brief interpretation of the area.
Amenities: Restrooms
Parking/Meeting Place: Bolstad Beach Approach
Dogs Allowed? No
Contact: (360) 642-3029; lcic@parks.wa.gov

Fort Stevens Bike Tour

Location: Fort Stevens State Park
Date: Saturday, May 9
Time: 1-3 p.m.
Distance/Difficulty: Easy, moderate
Type of Trail/Surface: Asphalt
Features/Description: Enjoy some of the best bicycle trails in the state on a ranger-guided bike tour. This tour will explore the nature and history at Fort Stevens on a 4-mile pedal around its paved bicycle trails. Participants should provide their own bicycle, a helmet.
Amenities: Restrooms
Parking/Meeting Place: Battery Russell Parking Area
Dogs Allowed? On leashes
Contact: Dane Osis, (503) 861-3170, ext. 41, dane.osis@state.or.us

Full Moon Poetry Hike

Location: Lewis and Clark National Historical Park, Fort Clatsop Visitor Center
Date: Saturday, May 9
Time: 8-10 p.m.
Distance/Difficulty: 3 miles, level to moderate terrain. Elevation gain: 350 feet
Type of Trail/Surface: Forest trail, gravel road
Features/Description: Hike under the glow of the full moon (or clouded moon) and stroll to the Clatsop Ridge Overlook. Bring your favorite short nature poem or a portion of a longer nature poem to share about the moon, stars and the nighttime forest creatures.
Amenities: Restrooms at the visitor center
Parking/Meeting Place: Meet and park at the Fort Clatsop Visitor Center
Dogs Allowed? No
Contact: Will George, (503) 861-2471, ext 220, Will_George@nps.gov
Additional Information: Flashlights or headlamps are mandatory. Bring water, a poem or a very short story. Wear sturdy shoes or hiking boots and dress for the weather. The event will take place rain or moon glow. Recommended for ages 10 and older.

Mother's Day Birding Hike

Location: Warrenton Waterfront Trail
Date: Sunday, May 10
Time: 9-11 a.m.
Distance/Difficulty: Easy, level grade; about 2 miles roundtrip
Type of Trail/Surface: Asphalt, grass
Features/Description: This guided hike will be led by birding expert Mike Patterson with 160 different species previously identified in this area and fabulous views of the Warrenton Waterfront Trail.
Amenities: No restroom facilities on this trail
Parking/Meeting Place: Meet and park at the turnaround at the end of 13th Street, one block north of Warrenton Drive
Dogs Allowed? No
Contact: Jim Scheller, (503) 861-3669 or jimscheller@charter.net
Additional Information: www.warrentontrails.org

Green Trail Hike to Leadbetter Point

Location: Willapa Bay Wildlife Refuge (Washington State Parks)
Date: Sunday, May 10
Time: 10 a.m.-noon
Distance/Difficulty: 1 mile, easy
Type of Trail/Surface: Sand
Features/Description: Awaken your awareness with a hike on Leadbetter Point's Green Trail. This easy 1.1 mile walk will give you an overview of some of the habitats of Leadbetter Point. Learn to spot signs of the abundant wildlife of this park as you practice expanding your attention to details in the landscape. This leisurely hike will take approximately two hours.
Amenities: Restrooms
Parking/Meeting Place: Northern parking lot at Leadbetter State Park
Dogs Allowed? No
Contact: (360) 642-3029; lcic@parks.wa.gov

The Future of Seafarer's Park

Location: 2 p.m. at Serendipity Caffe in downtown Warrenton; 7 p.m. at Warrenton City Hall
Date: Tuesday, May 12
Time: 2-3 p.m. at Serendipity Caffe; 7 p.m. at Warrenton's City Commission meeting
Features/Description: University of Oregon graduate Bryan Belcher will present his senior project on developing Seafarer's Park at the Hammond Marina in Warrenton. Belcher has spent the past nine months finishing his landscape architecture degree focusing on the future of the park. Come and view his work in the afternoon or evening, and ask him questions regarding his ideas and implementation.
Parking/Meeting Place: Parking available at Serendipity Caffe and Warrenton City Hall
Dogs Allowed? No
Contact: Stephanie Scafa, (503) 861-2233 ext. 102, trails@ci.warrenton.or.us
Amenities: Restrooms

Continued on Page 10

Trails Month Events

Continued from Page 9

Walk the Port's Proposed Pedestrian Access Paths

Location: Piers 1 and 3 at the Port of Astoria, and the West Mooring Basin

Date: Wednesday, May 13

Time: 1-3 p.m.

Distance/Difficulty: Easy, about 4 miles total

Type of Trail/Surface: Asphalt, gravel, grass

Features/Description: Come see where the Port of Astoria's Pedestrian Access project will be implemented, connecting Astoria's Riverwalk to piers and Port land. Views from Piers 1 and 3 showcase Youngs Bay, Saddle Mountain and the mighty Columbia River. Access the northernmost point of the Port at the tip of the West Mooring Basin. Watch ships being tied up and many other Port activities. This project is in the 60 percent design phase, with engineering work done by Gearhart-based firm HLB Otak.

Parking/Meeting Place: Park and meet at the Port Office, 422 Gateway Ave., Astoria

Dogs Allowed? No

Contact: Stephanie Scafa, (503) 861-2233 ext. 102, trails@ci.warrenton.or.us

Amenities: Restroom located at the Port office

Angora Club North Oregon Coast Hike No. 3

Location: Tillamook Head Trailhead to Ecola State Park

Date: Saturday, May 16

Time: 9 a.m.-3 p.m.

Distance/Difficulty: 6.9 miles, one way (shuttle will bring people back), difficult

Type of Trail/Surface: Mud, sand and gravel; possible wet conditions

Features/Description: Wrapping around Tillamook Head between Seaside and Cannon Beach, this is arguably the most scenic stretch of the Oregon Coast Trail. This route is also designated as part of the Lewis and Clark Historical Trail. Angora Club members will leave cars at Ecola State Park to shuttle people back to Tillamook Head. Wear waterproof shoes and prepare for muddy conditions.

Amenities: Restrooms at cabins at Tillamook Head and Indian Beach

Parking/Meeting Place: Tillamook Head trailhead in Seaside

Dogs Allowed? No

Contact: Arline LaMear, (503) 338-6883

Additional Information: www.angorahikingclub.org

SOLV Down By the Riverside Clean Up

Location: Fort Stevens State Park

Date: Saturday, May 16

Time: 10 a.m.-1 p.m.

Distance/Difficulty: Varies

Type of Trail/Surface: Sand, dirt

Features/Description: Lend a hand in keeping the Columbia River a beautiful place by participating in this annual SOLV event. Meet at Parking Lot D in Fort Stevens State Park to register and pick up litter on the river beach. Bring a lunch and some water.

Amenities: Pit latrines at Parking Lot D

Parking/Meeting Place: Parking Lot D

Dogs Allowed? Yes, on leashes

Contact: Dane Osis, (503) 861-3170, ext. 41, dane.osis@state.or.us

Additional Information: http://solv.org/programs/event_details.asp?eventID=15518

Discovery Walk Along Netul River Trail

Location: Lewis and Clark National Historical Park – Fort Clatsop Visitor Center

Date: Saturdays, May 16, 23, 30

Time: 2-3 p.m.

Distance/Difficulty: 1.5 miles, one way, must walk back on your own

Type of Trail/Surface: Level, gravel trail

Features/Description: Join Ranger Esther for a guided walk through time along the meandering Lewis and Cark River. Learn about the tree of life and its significance for the Clatsop Indians, hear stories from the old logging days and identify plants and birds.

Amenities: Restrooms at Fort Clatsop Visitor Center and Netul Landing

Parking/Meeting Place: Meet and park at the Fort Clatsop Visitor Center

Dogs Allowed? Yes, on leash

Contact: Esther Steiner, (503) 861-2471, ext. 214, www.nps.gov/lewi

Additional Information: Wear sturdy shoes and bring water, plus a great sense of curiosity.

Trail Maintenance

(Sponsored by Warrenton Trails Association and SOLV)

Location: Skipanon River Park (on Third Street), one block east of Main Avenue, Warrenton

Date: Sunday, May 17

Time: 2-4 p.m.

Distance/Difficulty: Easy

Type of Trail/Surface: Asphalt, grass, gravel

Features/Description: Help display trail hiker signs and arrows throughout Warrenton's trail system. Bring a bag to pick up trash. Refreshments will be provided.

Amenities: Restroom at the Hammond Marina and Carruthers Park

Parking/Meeting Place: Skipanon River Park, Third Street, Warrenton

Dogs Allowed? On leashes

Contact: Stephanie Scafa, (503) 861-2233 ext. 102 or trails@ci.warrenton.or.us

Additional Information: www.warrentontrails.org; http://solv.org/programs/event_details.asp?eventID=15846

Bye Bye Invasives!

Location: Astoria/Gearhart

Date: Saturday, May 23

Submitted photo

Boy Scouts Shawn Corbit, back, and Will Kautz plant trees at Sunset Beach in celebration of Oregon's 150th birthday.

Time: Astoria: 9-11 a.m.; Gearhart: 12:30-3:30 p.m.

Distance/Difficulty: Easy, less then 1 mile

Type of Trail/Surface: Astoria: flat, paved; Gearhart: uneven, hilly, some steep slopes

Features/Description: Volunteer to remove invasive species like scotch broom at two different locations.

Parking/Meeting Place: Astoria: on the Riverwalk, meet at parking lot behind buildings on 39th Street adjacent to the Riverwalk. Gearhart: Surf Pines, near Sunset Beach, contact Katie for specific directions.

Dogs Allowed? No

Contact: Astoria: Amanda Tufts, (419) 944-9177, thecgsaa@yahoo.com; Gearhart: Katie Volke, (503) 738-9126 nclctrust@theoregonshore.com or www.solv.org

Additional Information: Bring gloves, a lunch and any hand tools that you have. Wear pants, long sleeves and boots. Be prepared to pull plants, cut down bushes and move to collection sites. Visit the SOLV Web site (www.solv.org) for more information.

Primitive Technology Hike

Location: Cape Disappointment (Washington State Parks)

Date: Saturday, May 23

Time: 2-4 p.m.

Distance/Difficulty: 2 miles, rolling terrain

Type of Trail/Surface: Dirt, mud

Features/Description: Step back to a time when everyday life involved things like weaving nets from plant fibers, hollowing canoes from logs or lighting fires by rubbing sticks together. Your guide will introduce you to plants, demonstrate their uses and invite you to try your hand at a few ancient skills.

Amenities: Store with restroom

Parking/Meeting Place: Coastal Forest Loop trailhead parking at Cape Disappointment State Park

Dogs Allowed? Yes, on leashes

Contact: (360) 642-3029, lcic@parks.wa.gov

Fort to Sea Trail Guided Hike

Location: Lewis and Clark National Historical Park – Fort Clatsop Visitor Center

Date: Sundays, May 24, 31

Time: 11 a.m.-3 p.m.

Distance/Difficulty: 6.5 miles, moderate. Elevation gain: 350 feet

Type of Trail/Surface: Forest trail, gravel, clay

Features/Description: Ranger Susan will guide hikers up an old stage coach road where she will point out plants and how they were traditionally used by the Clatsop Indians. She may also note sign of elk, coyote and bear. Reach the pounding surf and celebrate the conclusion with Lewis and Clark stories.

Amenities: Restrooms at Fort Clatsop Visitor Center and Sunset Beach State Park

Parking/Meeting Place: Meet and park at the Fort Clatsop Visitor Center

Dogs Allowed? Leashed dogs are allowed, but only part-way.

Contact: Susan Rhoads, (503) 861-2471, ext. 214, www.nps.gov/lewi

Additional Information: Free return shuttle will be provided. Bring water, a lunch and a snack. Wear sturdy shoes or hiking boots and dress for the weather.

Kayak Tours of Coffenbury Lake

Location: Coffenbury Lake, Fort Stevens State Park

Date: May 30

Time: Three ranger-led tours will begin at 8 a.m., 11 a.m. and 2 p.m.

Distance/Difficulty: Varies – easy to moderate

Type of Trail/Surface: Water

Features/Description: Learn the basic skills of kayaking while enjoying the wildlife and natural beauty of this quiet coastal dune lake. There will be three ranger-led tours, and seats are limited. For more information and to reserve a seat, contact Dane Osis (503) 861-3170 ext. 41. There is no charge for the tours, but there is a $3 parking fee at the lake.

Amenities: Restrooms

Parking/Meeting Place: Coffenbury Lake Parking Lot

Dogs Allowed? On leashes, but not on the kayaks

Contact: Dane Osis, (503) 861-3170, ext. 41, dane.osis@state.or.us

Angora Club Saddle Mountain Hike

Location: Saddle Mountain

Date: Saturday, May 30

Time: 10 a.m.-2 p.m.

Distance/Difficulty: Difficult, 5 miles roundtrip

Type of Trail/Surface: Grass, gravel, mud

Features/Description: Be prepared to marvel at the sheer volume of natural beauty packed onto the mountain, from a mature forest setting to fields of wildflowers to an open rocky summit. The view from the top of the mountain is one that cannot be described … it must be experienced.

Amenities: Restroom

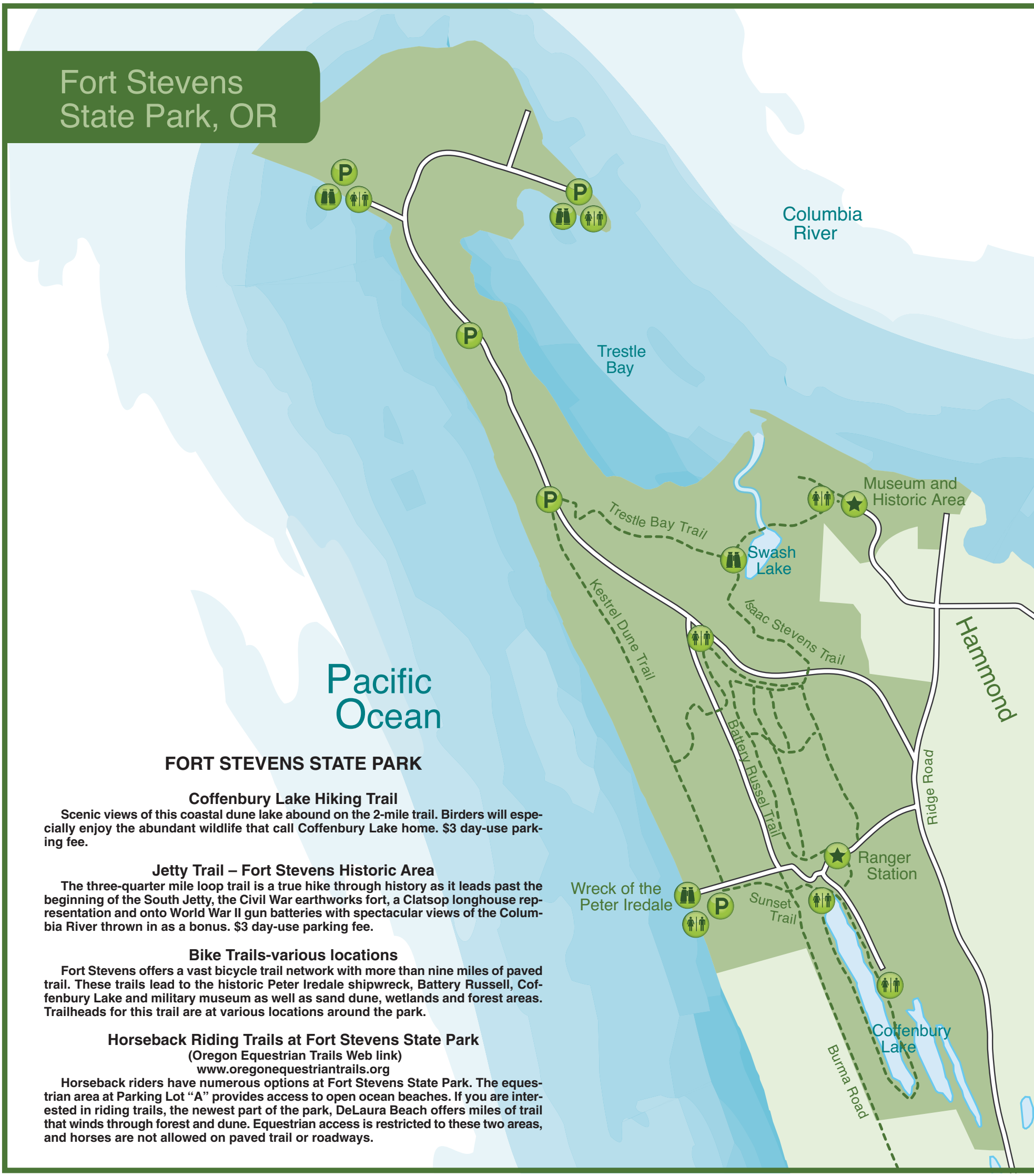
Parking/Meeting Place: Saddle Mountain Trailhead

Dogs Allowed? No

Contact: Bob Westerberg, (503) 325-4315 or westysr@charter.net

Additional Information: www.angorahikingclub.org; meet at Basin Street Parking Lot in Astoria (northwest corner of Basin Street and West Marine Dive, across from Kentucky Fried Chicken) at 9 a.m., if you would like to carpool with Angora Club members, otherwise meet at Saddle Mountain trailhead

Fort Stevens State Park, OR



FORT STEVENS STATE PARK

Coffenbury Lake Hiking Trail

Scenic views of this coastal dune lake abound on the 2-mile trail. Birders will especially enjoy the abundant wildlife that call Coffenbury Lake home. $3 day-use parking fee.

Jetty Trail – Fort Stevens Historic Area

The three-quarter mile loop trail is a true hike through history as it leads past the beginning of the South Jetty, the Civil War earthworks fort, a Clatsop longhouse representation and onto World War II gun batteries with spectacular views of the Columbia River thrown in as a bonus. $3 day-use parking fee.

Bike Trails-various locations

Fort Stevens offers a vast bicycle trail network with more than nine miles of paved trail. These trails lead to the historic Peter Iredale shipwreck, Battery Russell, Coffenbury Lake and military museum as well as sand dune, wetlands and forest areas. Trailheads for this trail are at various locations around the park.

Horseback Riding Trails at Fort Stevens State Park

(Oregon Equestrian Trails Web link)
www.oregonequestriantrails.org

Horseback riders have numerous options at Fort Stevens State Park. The equestrian area at Parking Lot "A" provides access to open ocean beaches. If you are interested in riding trails, the newest part of the park, DeLaura Beach offers miles of trail that winds through forest and dune. Equestrian access is restricted to these two areas, and horses are not allowed on paved trail or roadways.

See Leadbetter State Park trail map on Page 18
Leadbetter Point State Park
OYSTERVILLE
WASHINGTON
103
101
See Cape Disappointment map on Page 19
ILWACO
100
101
See Fort Columbia map on Page 17
Fort Columbia State Park
Cape Disapointment State Park
See Astoria trail map on Page 7
Columbia River
Fort Stevens State Park
See Warrenton trail map on Page 5
WARRENTON
See Fort Stevens map on Page 11
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ASTORIA
30
See Gnat Creek trail map on Page 23
Gnat Creek Trail and Campground
101
Fort Clatsop National Historical Park
See Fort Clatsop map on Page 8
Cullaby Lake County Park
See Cullaby Lake trail map on Page 22
OREGON
Del Rey Beach
Pacific Ocean
GEARHART
See Seaside trail map on Page 15
SEASIDE
Saddle Mountain State Park
See Saddle Mountain trail map on Page 14
Ecola State Park
101
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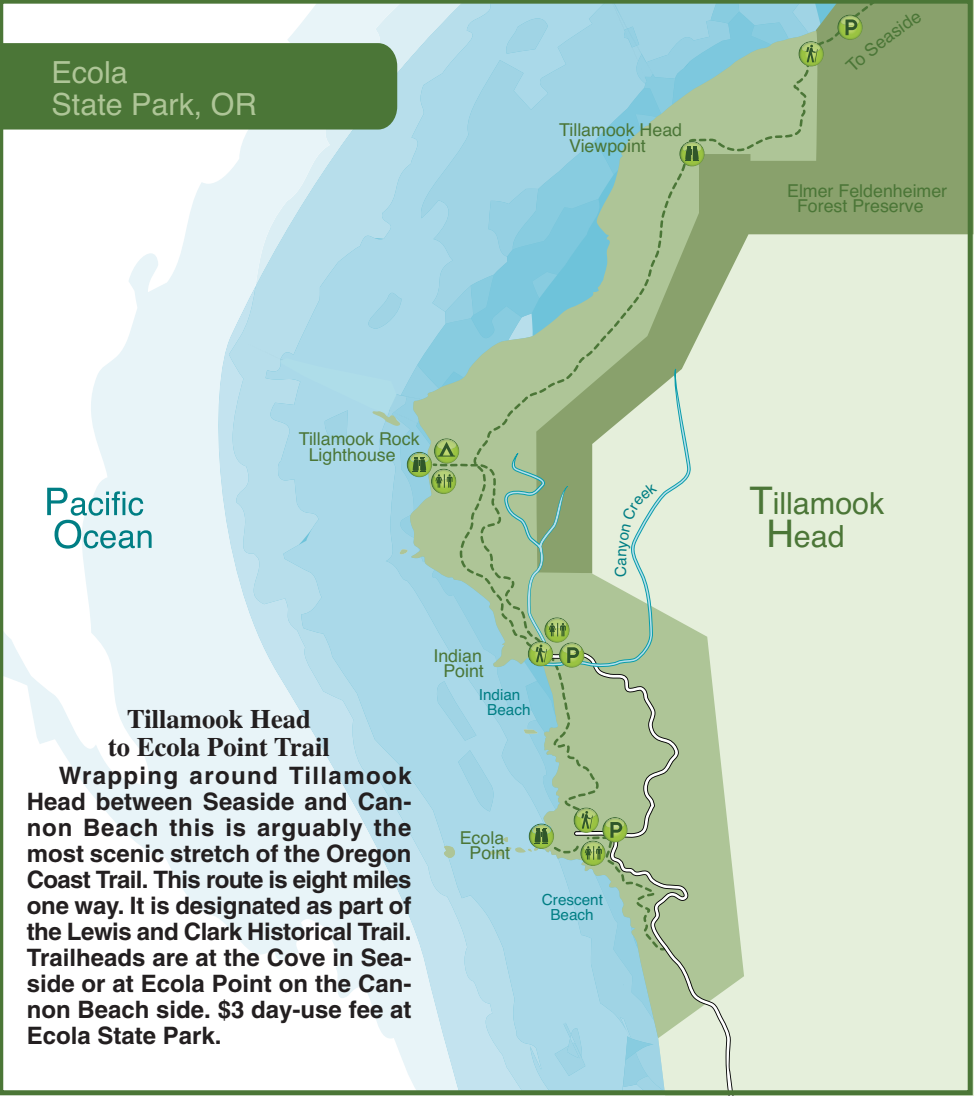
See Ecola State Park map on Page 14



Tillamook Head to Ecola Point Trail

Wrapping around Tillamook Head between Seaside and Cannon Beach this is arguably the most scenic stretch of the Oregon Coast Trail. This route is eight miles one way. It is designated as part of the Lewis and Clark Historical Trail. Trailheads are at the Cove in Seaside or at Ecola Point on the Cannon Beach side. $3 day-use fee at Ecola State Park.

Submitted photo

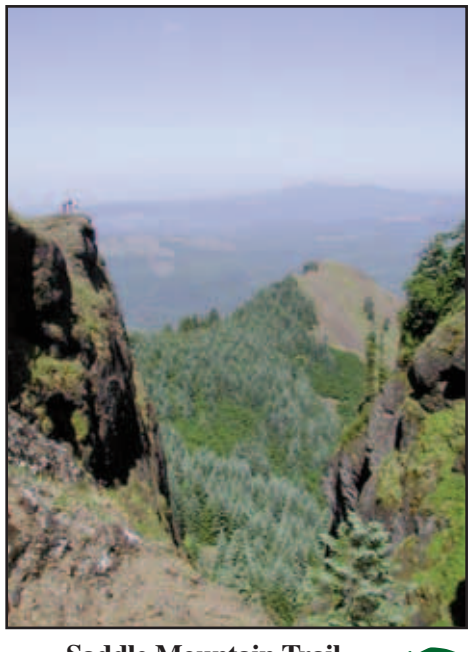
A popular trail runs from Tillamook Head in Seaside to Ecola State Park in Cannon Beach.

Clatsop Loop Trail

This self-guided interpretive trail was forged by Native Americans and followed by William Clark and members of the Corps of Discovery. This steep 2½-mile trail winds through lush Sitka spruce forest with views of the Pacific Ocean and the Tillamook Rock Lighthouse. On top of Tillamook Head is a hiker's camp with three primitive cabins.

Ecola State Park

Ecola Point to Indian Beach Trail three miles roundtrip. The path between Ecola Point and Indian Beach leads above a rocky and dramatic stretch of coastline. Indian Beach is popular amongst surfers, and at the low tide exposes abundant tide pool life. $3 day-use fee.

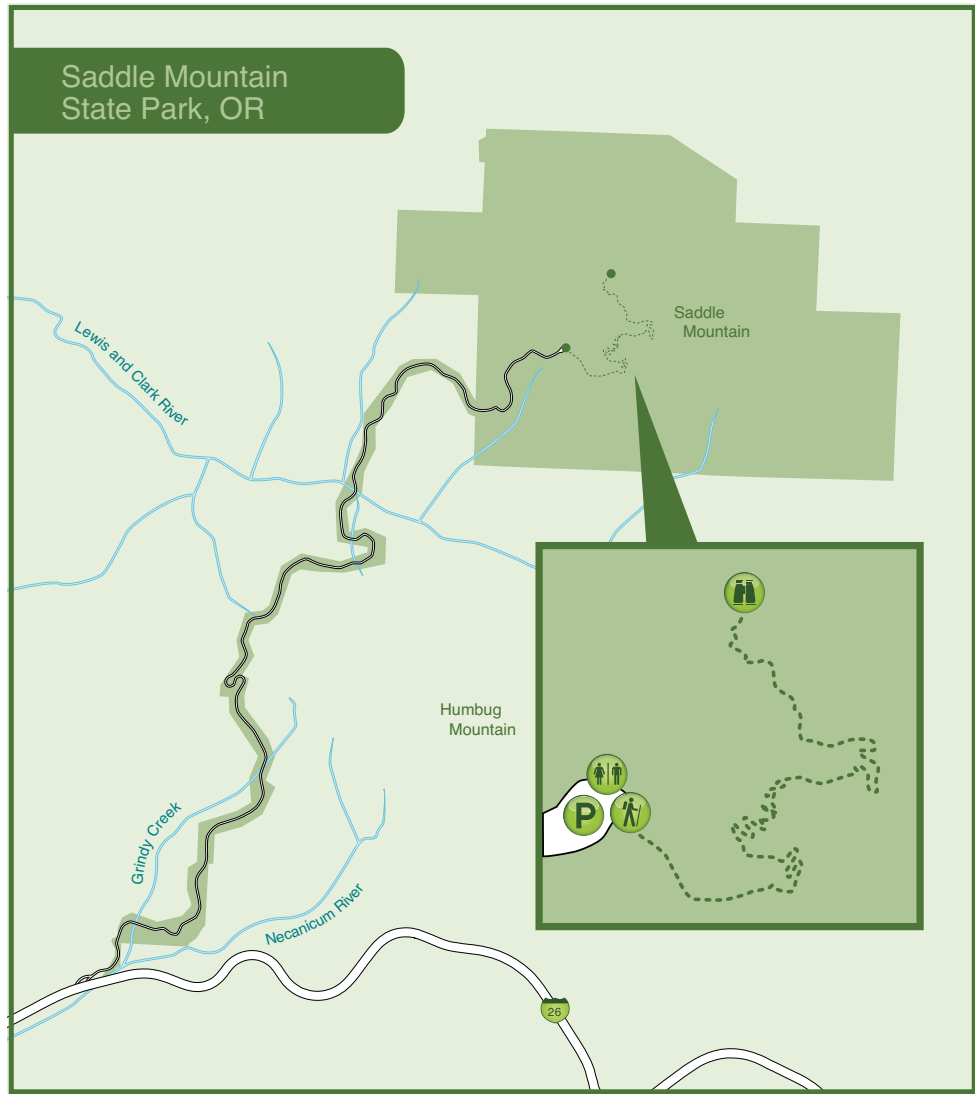


Submitted photo

Above and right are two views from near the summit of Saddle Mountain.

Saddle Mountain Trail

Be prepared to marvel at the sheer volume of natural beauty packed onto the mountain, from a mature forest setting to fields of wildflowers to an open rocky summit. The view from the top of the mountain is one that must be experienced. Five miles round trip.



Mill Ponds Park

Location: In Seaside, take Avenue S to Alder Mill and park at the closed road
Features/Description: The gravel, half-mile trail at the Neawanna Mill Ponds Park features a mill pond restoration site with a winding waterfront pathway. Many bird species frequent the ponds.
Distance/Difficulty Level: Flat, easy and about one-half mile
Trail Surface: Gravel
Amenities: No facilities
Dogs Allowed?: On leash only
Contact: The city of Seaside

The Seaside Promenade

Location: Seaside at the beach with all city services nearby and parking at 12th Avenue and downtown.
Features/Description: The prom is a classic oceanfront venue past condos, historic homes, the Lewis & Clark Salt Works, and the Seaside beach. Hikers and cyclists have strolled and rolled along this wide promenade for generations, taking in the ocean sites, sounds and breezes with views of Tillamook Head, Tillamook Lighthouse and the Coast Range mountains.
Distance/Difficulty level: An easy 1.5 mile, level hike with frequent access points to the beach
Trail Surface: Concrete boardwalk
Amenities: Restrooms in the center turnaround at Broadway, near 12th Avenue and at the southern cove at Seltzer Park.
Dogs Allowed?: On leash only
Contact: The city of Seaside

The North Gateway Park

Location: At the northern city limits of Seaside on the west side of U.S. Highway 101
Features/Descriptions: The park features a salt marsh within the Necanicum estuary. The land is culturally and spiritually significant to the Clatsop people
Distance/Difficulty Level: Easy half-mile trail with beach access
Type of Trail/Surface: Gravel
Dogs Allowed?: On leash only
Contact: The North Coast Land Conservancy, city of Seaside

The Oregon Coast Trail

Location: The entire Oregon Coast
Features/Description: Begin with a flat, 17-mile stretch from the South Jetty of the Columbia River to Seaside along the beach. Follow in the footsteps of the Lewis and Clark Expedition on the 6-mile trail through Ecola State Park over Tillamook Head between Seaside and Cannon Beach and enjoy the magnificent forest and ocean views. "I beheld the most pleasing prospect that my eyes ever beheld," Capt. William Clark wrote in 1805.
Distance/Difficulty: From easy sandy beaches to moderate headland trails
Type of Trail/Surface: Sand, gravel
Amenities: Restrooms at Fort Stevens and Seaside, carry water
Dogs Allowed: On leash where required
Contact: Oregon State Parks

Giant Spruce Trail

Location: Klootchy Creek County Park, on U.S. Highway 26, about 2.5 miles east of U.S. Highway 101
Distance/Difficulty: one-half-mile loop trail, easy
Trail Surface: Gravel
Features/Description: Interpretive/informational panels, remnant coastal temperate rainforest. Winding through temperate rainforest and around the remains of what was once the largest Sitka spruce in the United States, this trail explores the life-cycle of Oregon's first Heritage Tree. The tree top was blown off in the December 2007 storm.
Amenities: Port-a-Potties
Parking: Paved parking lot
Dogs: Allowed on leash only
Contact: Park Ranger Corey Johnson (503) 325-9306

This giant Sitka spruce tree was the largest in the United States. It lost its top in the December 2007 storm. It is located at Klootchy Creek County Park. This photo is from February 2008.

The Daily Astorian file

VOLUNTEERS

Submitted photo
Trevor Tufts, left, Alejandro Bancke and Amanda Tufts return to the staging area to collect more trees to plant at Sunset Beach.

Submitted photo
Tires, box springs and other trash litter the dump site at Third Street in Warrenton.

Submitted photo
Boy Scout Conner Davis helps plant trees at Sunset Beach.

Submitted photo
The December 2007 storm decimated Sunset Beach. This photo is from February 2009. Numerous volunteers showed up to plant spruce and hemlock trees.

Submitted photo
Volunteers clean up the dump site at Third Street in Warrenton.

Submitted photo
Jerilynn Coleman of Seaside and Norm Shatto of Astoria clean up one of the trails at Sunset Beach.

Lee Lowenson

How one person can make a difference

By SUE CODY
The Daily Astorian

Lee Lowenson's affection for the Long Beach (Wash.) Peninsula can be seen in the many trails that have grown from the seeds of his labor.

"From 1993 to 2006, Lee volunteered more than 9,000 hours of his time to Washington State Parks," said said Evan Roberts, park manager for the Long Beach Area State Parks.

"I'm kind of a loner," Lowenson said in a telephone interview from his home in Hawaii. "My mother once introduced me as 'My son the hermit.'"

"I never had a problem going out in the woods by myself," Lowenson said. "In fact, I'd go deeper and deeper to prove I couldn't get lost."

So it was a natural that after retiring to the home family had left him in Seaview, Wash., that Lowenson responded to an ad for volunteers with the Washington State Parks. "I was the only one who answered the ad," Lowenson chuckled.

"Lee began volunteering with Washington State Parks in the early 1990s, a period of limited levels of staffing," said Roberts.

> ***'Most memorable to me is Lee's work reclaiming the cultural landscape at Fort Columbia.'***
>
> **— Evan Roberts**
> park manager for the Long Beach Area State Parks.

"At that time, there was not much of a focus on the trail systems in the Long Beach Area State Parks. Single-handedly, Lee saved the local trail system. Trails at Fort Columbia, Cape Disappointment, and Leadbetter were all overgrown and in jeopardy of being lost. Lee identified the problem, provided a solution, and ensured that the trail system would remain viable for future generations."

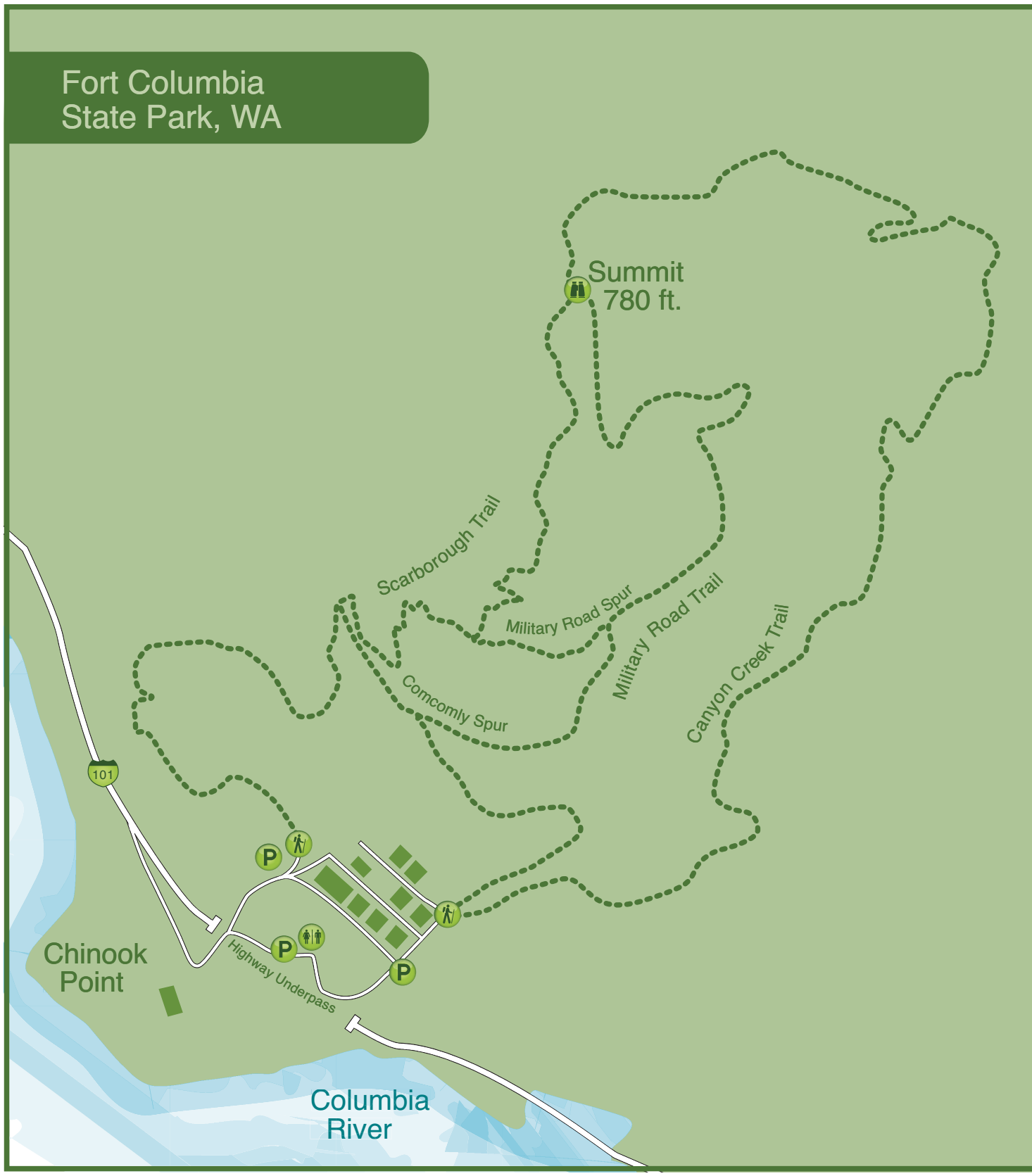
Lowenson took his dog and surveyed and built the Westwind Trail, which runs from North Head, near the lighthouse along the cape through Sitka spruce, sword fern and salal, down to Beard's Hollow. Lowenson had read about an old-time Indian who lived in the hills above Ilwaco, called Westwind. When it came to naming the trail, Lowenson said he submitted five names to the state parks, and they chose his suggestion of Westwind.

At Fort Canby State Park, now Cape Disappointment State Park, Lowenson said the "trails were in terrible shape. It was a big job. Quite a challenge.

"The trails were so bad in parts, I had trouble finding the trail."

Lowenson also volunteered at the Willapa National Wildlife Refuge area and rerouted the

Continued on Page 18



TRAILS AT FORT COLUMBIA

Scarborough Trail: Named after an early settler, this trail climbs past a military outpost with river views to a summit in the dense forest. Return via Canyon Creek for a three-mile loop ending with a tour of the fort's bunker.

Canyon Creek: On the east side of Scarborough Hill, this winding path ascends through Douglas fir and Sitka spruce forests. Like the other trails on the hill, it's seldom traveled, at least by humans. Nearby, the Interpretive Center and commander's house are often open.

Military Road: An old grassy road leads you past military observation buildings and on toward the summit of Scarborough Hill. Nearby, don't miss the fort's historic structures. Spur trails offer connections to Scarborough Trail.

Lowenson: Making a difference, one trail at a time

Continued from Page 17

Bearberry (Yellow) Trail at Leadbetter Point State Park at the north end of the Long Beach Peninsula. The trail runs from the bay to the Pacific Ocean. That was difficult, he said, because a lot of the land was under water in winter.

In 2001, Lowenson extended Scarborough Hill Trail above Fort Columbia, near Chinook, Wash. The biggest challenge, he said was the Canyon Creek Trail. He did all the work on it and trying to find the boundaries proved to be a difficult task.

"Though he most enjoyed trail work, he always gravitated to any effort that would benefit from his hard work," Roberts said. "Most memorable to me is his work reclaiming the cultural landscape at Fort Columbia. He worked hundreds of hours cutting brush and exposing acres of significant features that had long been lost to blackberry."

"When I finished one trail, I started another," Lowenson said. "I like the back country. And I like seeing the results of my labor. It's good healthy work."

Lowenson also said he found an old-growth Western red cedar grove no one knew about on Long Island. He said in 2002 people from the Washington State Parks department in Seattle came down to inspect it.

"In my experience with state parks, Lee is the best example of how one person can make a difference," said Roberts. He did not seek recognition, but took comfort in knowing his work helped others. He is creative, generous and reliable. Any organization would be significantly improved by his effort."

After his dog died, Lowenson wasn't as eager to go work on trails, but his work continued after Roberts hired him to be a groundskeeper at Fort Columbia. He cut the grass, chopped back blackberries, knocked down ivy, cleaned up blowdown and picked up after visitors. The park was transformed in the years he worked there.

After the 2007 storm, he was without electricity for four days and said, "It was unbearable. I felt it was gonna kill me. I couldn't tolerate the cold."

"I've been through two hurricanes in Hawaii, but you can live here without electricity. Even the tap water is warm." Lowenson returned to Hawaii, where he had worked before he retired the first time.

"It's too bad I had to leave my grandmother's 1895 home. I miss Seaview and have a deep affection for the Long Beach Peninsula."

"I miss Lee," Roberts said. "Though he is irreplaceable, his legacy is alive as he has inspired park staff to continue with his priorities. Even though he's enjoying life in Hawaii, no one here wants to let him down."

Julie Tennis, a ranger for Washington State Parks said, "I am glad that he is being recognized for the hard work that he put into making Fort Columbia's beautiful hillsides more accessible to all of us."

Lee Lowenson and his trail-blazing partner Bear worked thousands of hours on trails on the Long Beach (Wash.) Peninsula. The photo was taken in 2003 on the Military Road Trail at Fort Columbia State Park.

Photo submitted by Julie Tennis

LEADBETTER POINT

Bearberry Trail (yellow)

From the far end of the bay loop this trail leads from bay to ocean. It offers views of the peninsula's wild tip, including grass island and the Willapa Hills across the bay. For a true "ends-of-the-earth" feeling, head north on the beach into the wildlife refuge.

Weather Beach Trail (blue)

This trail leads from the Dune Forest Loop to the beach. At the trail junction you'll leave the old primary dune, and cross onto the accreted lands built up in the century since the completion of the Columbia jetties. These accreted lands, also seen on the Bearberry, support a younger forest of shore pine with wax myrtle.

Bay Loop Trail (green)

A shorter loop showcasing the rich bird and plant life of the Willapa Bay and older Sitka spruce forests. Black bears are quite common in the area. They enjoy the abundant food you'll see along the trail – berries, mushrooms, insects and sea life.

Dune Forest Trail (red)

If you hike it clockwise, you'll start with a quick climb onto what once was the primary dune at the tip of the peninsula. You'll hike south through older Sitka spruce forests then turn east to the bay. Like others in the park, it's a birder's and tracker's paradise.

Cape Disappointment State Park

Cape Disappointment

This trail climbs and descends coastal bluffs at the mouth of the Columbia River. From the base of the lighthouse, you get a panoramic view encompassing Astoria, Seaside, both jetties and the cliffs of Cape Disappointment. Trail features Interpretive Center, military structures, Coast Guard base and Confluence Project artwork.

Coastal Forest Loop

This double loop takes you through dense forests of Sitka spruce trees as large as 9 feet in diameter. The trail also has views of the river, including "Anchorage Island" an important early trade site. Nearby is the Confluence Project artwork.

Discovery Trail

Starting north of Long Beach, this paved trail winds through the dunes passing several monuments and attractions in its first two miles. It continues south to Beards Hollow where a boardwalk over a wetland takes you to the gravel section, which crosses an upland wetland. The trail ends at the Port of Ilwaco.

McKenzie Head

This short climb to a World War II gun emplacement offers views of the ocean and the accreted lands behind the North Jetty. Lewis and Clark climbed this hill on separate trips to the beach. Their campsite is nearby.

North Head

Beginning on the lowlands accumulated behind the North Jetty, the trail soon climbs into the Fog Forest. On the bluffs, hikers are rewarded with occasional glimpses westward to the ocean. The trail ends at North Head where you can see the entire Long Beach Peninsula and the Oregon Coast.

Westwind

From Beards Hollow to North Head, this is one of the cape's most challenging trails. It climbs steeply through ancient forests of Sitka spruce. From North Head, enjoy views north to Leadbetter and south to Tillamook Head and beyond. You're more likely to see a rough-skinned newt than another hiker.

Bicyclists cruise through the dunes on the paved path near Beards Hollow. The trail runs from Beards Hollow near Ilwaco, Wash., north past Long Beach. It is popular with hikers, runners, bikers and families. The trail is wheelchair accessible.

ALEX PAJUNAS
The Daily Astorian

A peek at history from Beards Hollow

By SUE CODY
The Daily Astorian

Hiking with Jim Sayce is having a man who sees history through the lens of landscape at your side – a historian, a naturalist.

Just north of the North Head Lighthouse on the Long Beach Peninsula, at an overlook above Beards Hollow, Sayce explained how the Pacific Ocean had retreated from where it flowed up against the headlands a couple hundred years ago. The view Lewis and Clark saw was of an ocean that washed up against the cliffs where we stood.

Sayce, the Washington State Historical Society liaison to the Lewis and Clark National Park, led Daily Astorian photographer Alex Pajunas and me on a hike beginning near the overlook.

The land below was once more of a cove. After the North Jetty was built in the 1930s, the ocean retreated and the land accreted to form what is now a wetlands that stretches from the cliffs out to the beach, Sayce said, as we looked probably about a mile to where the Pacific lapped the sandy shore. A tall rock outcrop at the base of Beards Hollow was an island not so long ago.

Beards Hollow, a mysterious sounding name. It is where the body of Capt. E.N. Beard was found after his ship, the Vandalia, foundered off the shore in 1853.

A few yards from the overlook, we entered the forest up a slight incline into what Sayce said was a typical coastal forest, with a high canopy of Sitka spruce and alder trees. The underbrush was filled with 5-foot high salal, sword fern, elderberry, with a smattering of myrtle trees. On the right, one heard the roar of the Pacific Ocean, while sea gulls squawked and other unseen birds twittered above.

We hiked on dirt and gravel on what was once a logging road. Even though the area had been logged, the spruce gave the feel of a mature

Continued on Page 21

ALEX PAJUNAS — The Daily Astorian
Jim Sayce, who works with the Washington State Historical Society, describes some of the features found along the Discovery Trail from the viewpoint overlooking Beards Hollow.

Beards hollow

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forest. The National Guard had improved the trail as part of the Trail of Discovery which courses from Knappton further up the Columbia River, down to Ilwaco and up the coast to Long Beach, Wash.

Toppled giant spruce showed evidence of severe storms that buffet the coast. Sayce predicted when the trees grew taller, the tops would be blown out as they were further north.

Down an embankment of large gravel, we hiked to a long, wooden span over swampland that connected our trail to the paved parking lot and beginning of the Beards Hollow Trail. Sayce pointed out evidence of a beaver dam under the bridge.

ALEX PAJUNAS — The Daily Astorian

Jerry Shields takes advantage of the paved path leading south towar Beards Hollow while rehabbing his knee after a recent surgery.

The paved trail

From the parking lot, a smooth, fairly level paved trail led us past wetlands with skunk cabbage spewing its lovely odor, rice cut grass, and lush foliage sprouting out in spring splendor. Down a treed corridor, the trail led toward the beach, passing the large outcrop of rock we'd seen from above. It was covered with fern, moss and a variety of plants with water dripping off the surface. We walked on pavement-covered land that was under water 200 years ago.

Around the corner, sand replaced dirt and medium-sized spruce overhung the trail. One could look back at the high cliffs which had changed little in the past hundred years.

The trail opened up to low dunes covered in European grass which Sayce pointed out wouldn't have been there a couple hundred years ago. Settlers had planted the grass that has overtaken most dunes on the Oregon and Washington coastline.

Families with dogs on leashes, couples hiking, bikers cruising by and a man using a walker gave evidence of the diverse users of the trail.

Sayce stopped to talk to Jerry Shields, the man with the walker, wondering why he was using a walker, not his bicycle. He said he had knee replacement surgery two weeks earlier. Asked what he liked about recuperating at Beards Hollow, he said, "I like the serenity," adding that it was much better than walking around Fred Meyer.

Landscape in transition

The landscape was in transition, Sayce said. The area where the ocean had once coursed was now covered with trees and plant life. From the overlook and the beach, we had seen evidence of the past – where the ocean had eaten away at cliffs.

From wide open vistas of the ocean, the trail turned back to what Sayce said was a more natural coastal forest habitat. The trail was once again hidden beneath trees. A bridge crossed some wetlands and we could see the patterns of nature reforestation moving toward the ocean. Deer, river otter, cougars, beaver and other wildlife frequent the area. We viewed the present progress of medium-sized trees and plants filling in the wetlands.

And now, walking through a meandering low dune, we could project to the future with hundreds of spruce trees crowding each other for a place in the sun. They would eventually drive out the imported grass, Sayce said.

He emphasized how in our lifetime this area would become a typical coastal forest, with the beach grass gone and the trees forming a canopy.

The trail edged around a drainage area then turned back toward the ocean. Sayce said the layout of the trail was tricky. It was designed to try to avoid what was imagined to be the pattern of erosion. But nature will take its course.

The Beards Hollow Trail is wheelchair accessible from the paved parking lot. The paved path runs north from Beards Hollow along the beach past Long Beach.

ALEX PAJUNAS — The Daily Astorian

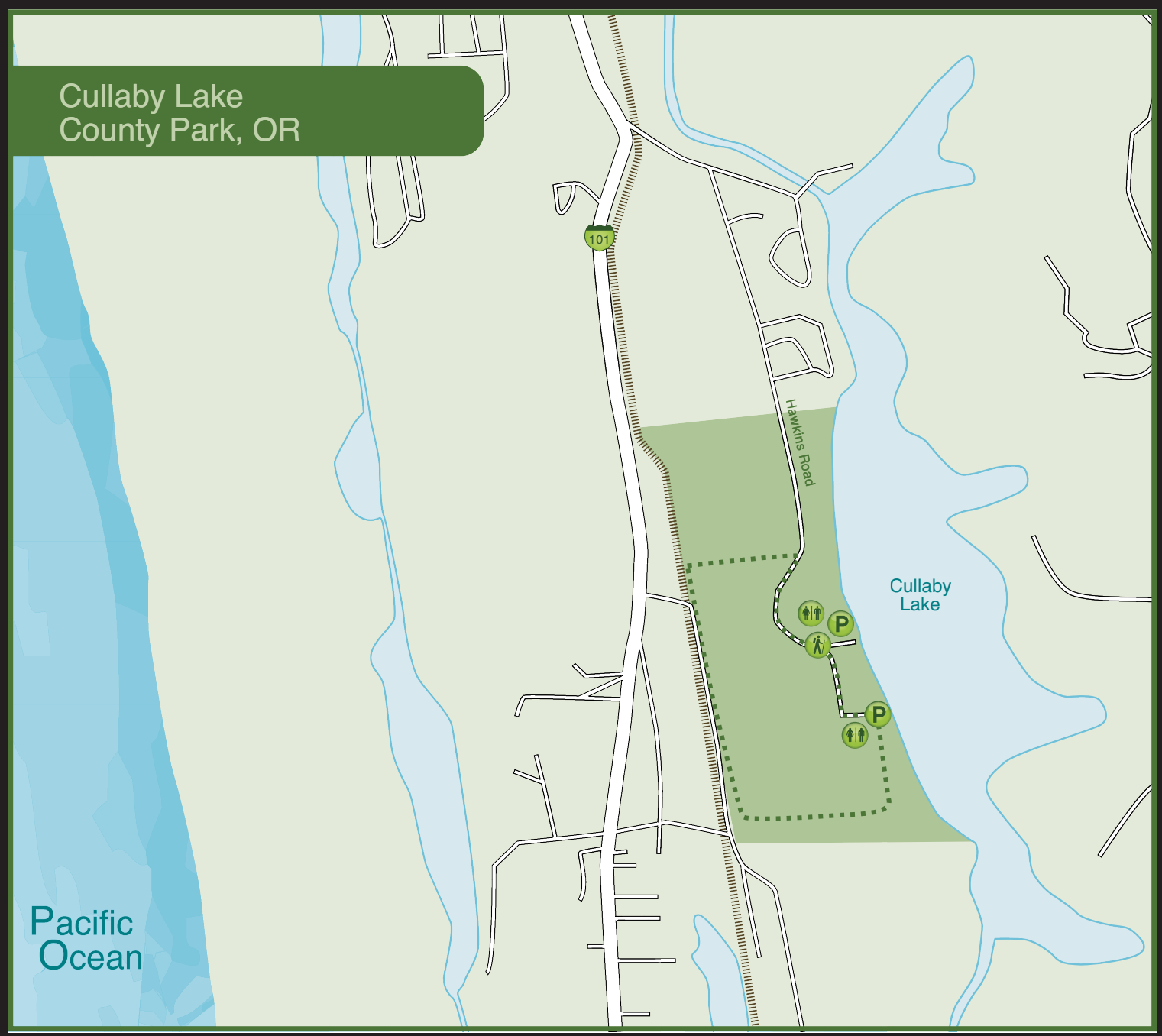
A wooden walkway crosses a wetlands area and connects a section of the Discovery Trail to the parking lot at the Beards Hollow Access.

Discovery Trail Bike Tour

Location: Bolstad Beach Approach (Washington State Parks)
Date: Saturday, May 9
Time: 10 a.m. to noon
Distance/Difficulty: 6 miles, level pavement
Type of Trail/Surface: Paved
Features/Description: Dust off your bike, put on the helmet, and meet at the Bolstad Beach Approach for a breathtaking ride through the dunes along the Pacific Ocean coastline. A Washington State Parks ranger will lead you to the Beards Hollow parking area for a water break and brief interpretation of the area.
Amenities: Restrooms
Parking/Meeting Place: Bolstad Beach Approach
Dogs Allowed? No
Contact: (360) 642-3029; lcic@parks.wa.gov

The Daily Astorian file

Two views along the Cullaby Lake Trail from 2001.



Cullaby Wetlands Trail

Location: Cullaby Lake County Park (off Highway 101 between Warrenton and Gearhart)
Distance/Difficulty: 1.5 mile loop trail, easy, ADA Accessible
Type of Trail: Nature, ADA
Trail Surface: Gravel
Features: ADA accessible wetlands wildlife viewing platform, interpretive/informational panels
Description: The trail lies at the northern end of the Gearhart Fen, one of the largest contiguous bogs of its kind on the Oregon Coast. The Lewis and Clark expedition visited this area in the winter of 1805-1806 and the trail offers a glimpse of the landscape as the Corps of Discovery might have seen it.
Amenities: Restrooms, benches
Parking: Paved parking lot
Dogs: Allowed on leash only
Contact: Park Ranger Corey Johnson (503) 325-9306

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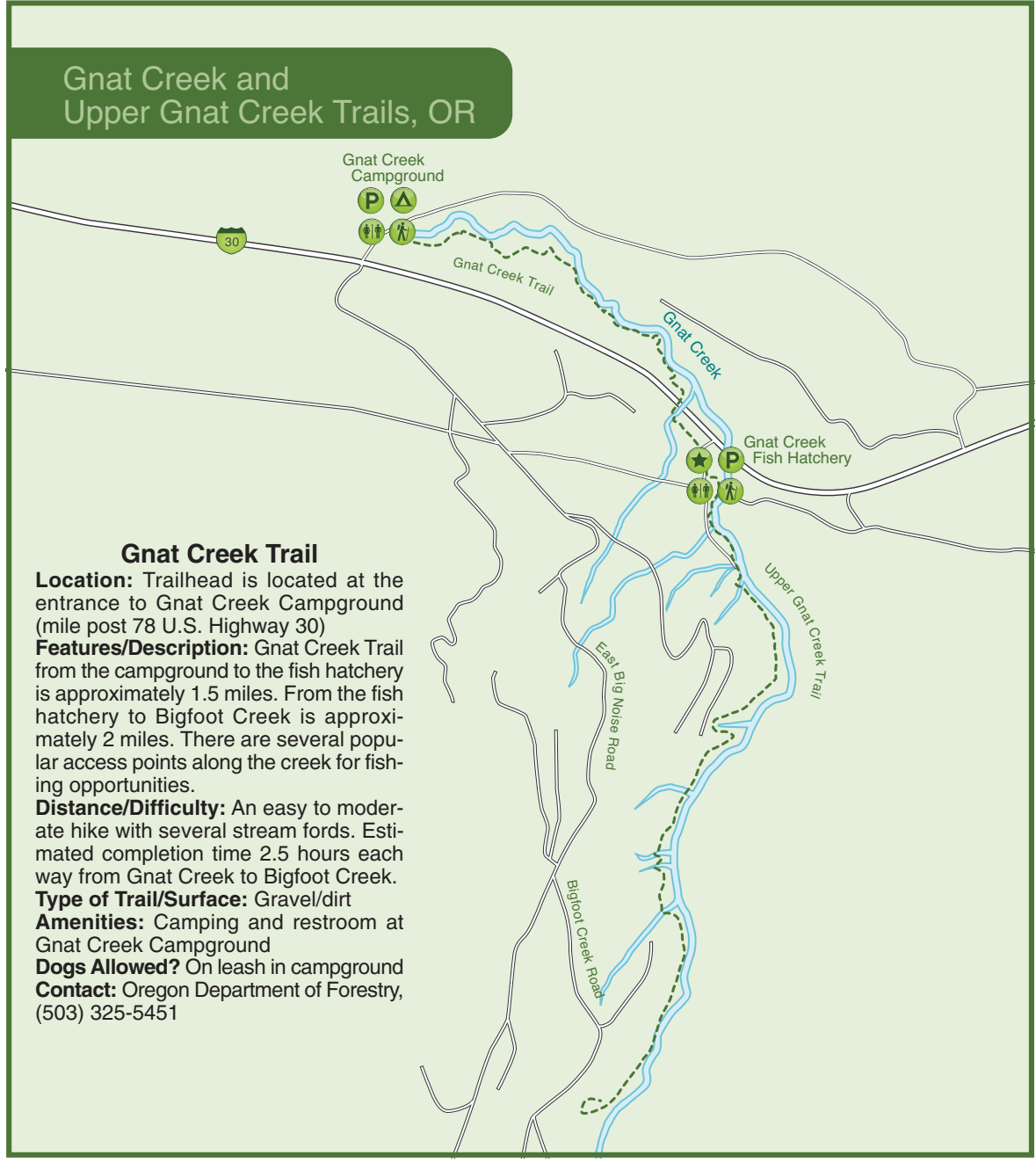
A view of Gnat Creek Falls taken in 2001.



Gnat Creek Trail

Location: Trailhead is located at the entrance to Gnat Creek Campground (mile post 78 U.S. Highway 30)
Features/Description: Gnat Creek Trail from the campground to the fish hatchery is approximately 1.5 miles. From the fish hatchery to Bigfoot Creek is approximately 2 miles. There are several popular access points along the creek for fishing opportunities.
Distance/Difficulty: An easy to moderate hike with several stream fords. Estimated completion time 2.5 hours each way from Gnat Creek to Bigfoot Creek.
Type of Trail/Surface: Gravel/dirt
Amenities: Camping and restroom at Gnat Creek Campground
Dogs Allowed? On leash in campground
Contact: Oregon Department of Forestry, (503) 325-5451

A view of Cullaby Lake from 2002.

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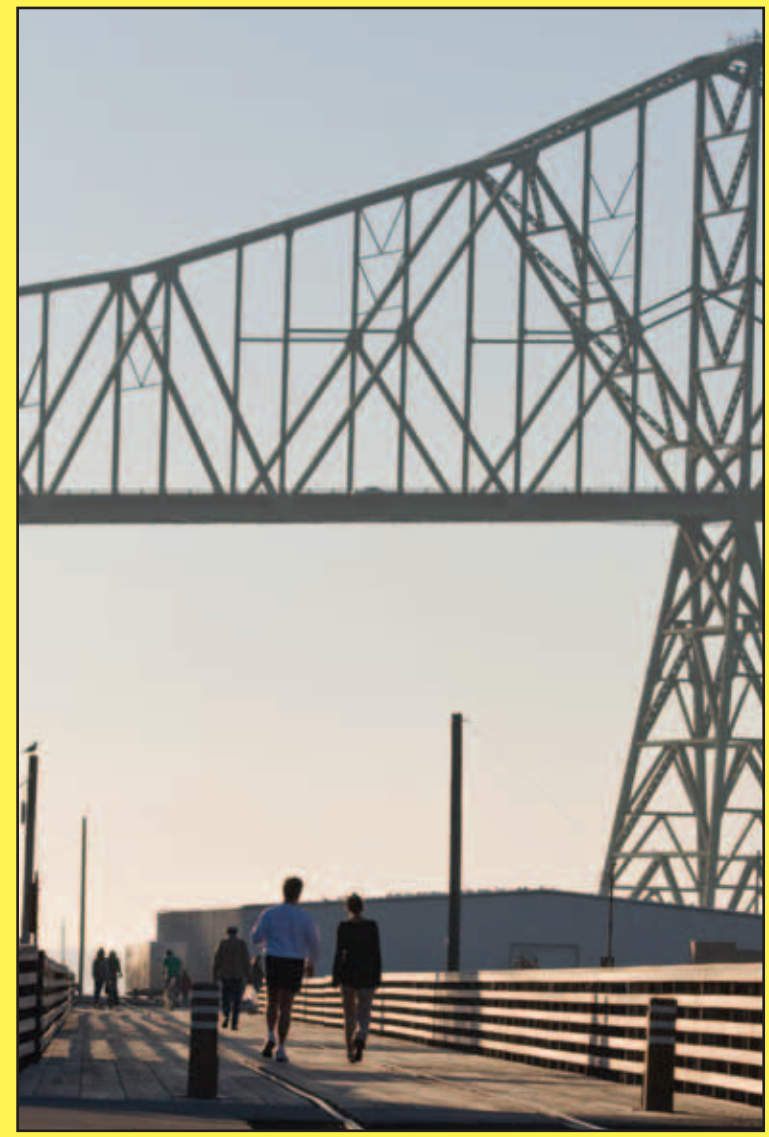
On the back cover

Clockwise from top left, Tristan Fischer and Brian Snow work on the Fort to Sea Trail; Dead Man's Cove as seen from Cape Disappointment Trail; the Astoria Riverwalk; Earth Day 2008 volunteers at Carruthers Park in Warrenton; a Fort Clatsop ranger leads a hike on the Fort to Sea trail. Middle photo of a bald eagle taken along the Warrenton Waterfront Trail.

Photos by
Alex Pajunas, The Daily Astorian; and submitted by the Warrenton Trails Association and Lewis and Clark National Historical Park



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