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FALL 2022

MAGAZINE

**MOUNTAIN BIKING YEAR-ROUND:
GEAR, TIPS, AND ETIQUETTE
TO KEEP YOU ON THE TRAILS
IN THE OFF-SEASON**

Page 5

**DISCOVER ASTORIA, OREGON:
A GEM IN THE ROUGH**

Page 12

TRAIL RUNNING 101

Page 18



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TABLE OF CONTENTS



Discover Astoria, Oregon:
a gem in the rough

12



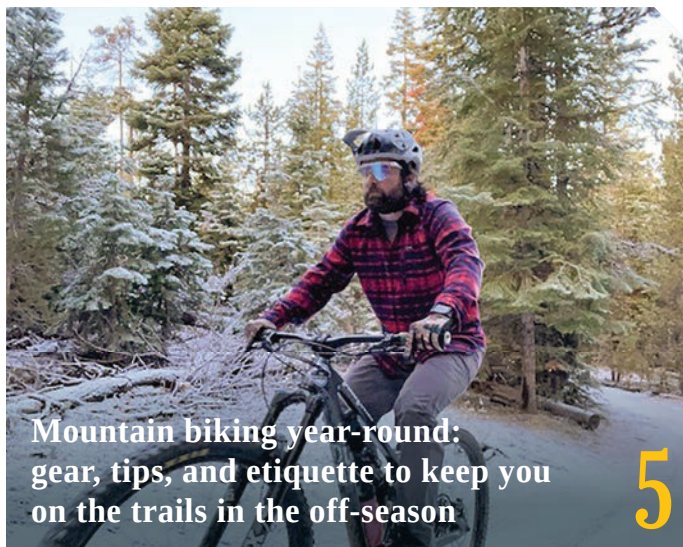
Snowshoe trails
to check out near
Bend, Oregon

7



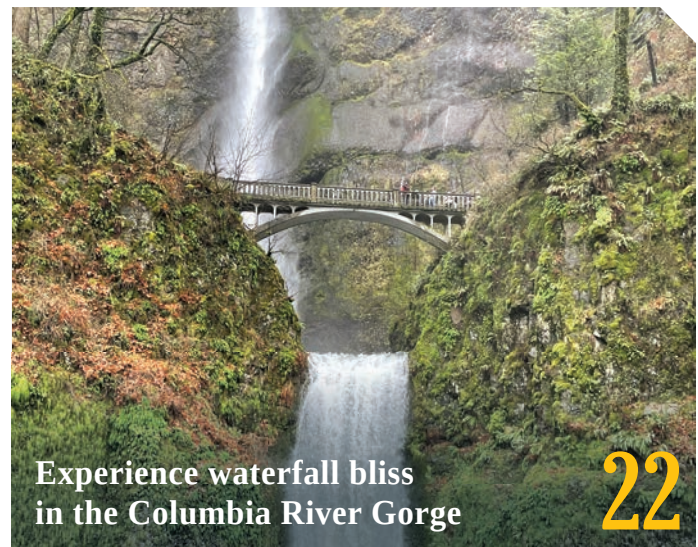
Trail running 101

18



Mountain biking year-round:
gear, tips, and etiquette to keep you
on the trails in the off-season

5



Experience waterfall bliss
in the Columbia River Gorge

22



FALL 2022

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MOUNTAIN BIKING YEAR-ROUND: gear, tips, and etiquette to keep you on the trails in the off-season

By Travis Reill

“It’s too cold.” “It’s too wet.” “There’s too much snow.” There are many reasons why we stay off of our bikes once summer is over. Yet, for some, the trails call to them, and that call is too hard to resist. For those of us who can’t resist, we have found ways to keep our tires on the dirt year-round.

Your gear is going to make or break your off-season mountain biking experience. Any trip you go on can be ruined by being cold and wet or overheated and sweaty. Keeping an eye on the daily forecast for your location is step number one.

Apparel

Flannels seem to be the new go-to item for autumn and winter mountain biking. And why not? Throw one on in the morning and you are ready for your



Photos courtesy of Travis Reill

cotton can cause you to overheat and feel like a sweat-soaked blanket. Polyester and poly-blend flannels wick moisture away from your body, keeping you at a comfortable temperature for much longer.

Socks are something we often don’t think about until our feet are wet and cold on our ride. Like flannels, it is important to stay away from cotton. Instead, look for a good merino wool riding sock. They may be a bit of an investment as far as socks go, but two or three pairs of wool mountain biking socks should last you a few seasons.

Depending on the winter rainfall in your area, you might also want to invest in water-proof riding apparel. Companies like Fox Racing and Pearl Izumi make great wet-weather kits. These cycling-specific brands can be expensive, but are a worthy investment since they

have designed the apparel with mountain biking in mind. This means you’ll maintain your freedom and mobility, your pants won’t get caught in the chain and you’ll stay dry.

Equipment

While what you are wearing is important, you also need to think about what your bike is wearing. With mountain bike innovations taking leaps and bounds over the last several years, you might find that a set of winter tires adds to your trail ride experience tremendously.

It works on our cars, so why not on our bikes? Tires intended for use on wetter trails will have not only higher but more spread-out knobs and an overall more aggressive tread pattern. This allows for greater grip and traction. Tires



mid-morning work meeting, your lunchtime trail ride and your after-work dinner party!

But be warned—these flannels can be rather pricey. Good deals can still be found, however, and you can save even more money by purchasing from more common brands. The important thing is to stay away from cotton. Flannels with



such as the Maxxis Shorty and Schwalbe's Magic Mary are great options.

A new set of tires is certainly an investment. Try having a set of winter tires and summer tires for your mountain bike. Switching them out depending on the time of year can make them last for a few seasons. Not only will you have the best grip for the season you are riding in, it also takes some of the sting out of the price.

Speaking of tires, making sure you've got a tubeless tire set up is also going to help with winter riding. Going tubeless allows lower tire pressure, resulting in more traction on the trail.

Wetter conditions mean it is time to switch up your chain lube. While dry lube is great for keeping dust, dirt and grime off your chain and out of your drivetrain, it does wash off when it gets rainy. Switch over to a wet lube to keep your bike quiet.

Etiquette

In some places, riding on soggy, puddled trails is simply unthinkable. In others, where the rain sticks around for eight months out of the year, riding in the wet is the only option. Knowing the rules for winter riding is a must before you arrive at the trailhead.

Typically, when approaching a puddle, you want to ride right through the middle if there isn't room on the trail to go around. But if you can go around, make sure you're staying on the trail. Keep singletrack single!

Thinking about a snow ride? Fat-tire bikes have made that possible! But check with your local trail organization first, as not every trail is built and prepped for snow riding. Don't have a fat-tire bike? Consider renting one from your local bike shop.

Fat-tire bikes have tires that are 4 inches or wider. Your typical 2.3- to 2.6-inch mountain bike tire will dig deep ruts in the snow and trail beneath. Also, wider tires mean much lower tire pressure. Many of these fat-tire bikes run less than 10 PSI. Wide and low is the motto!

If not here, where?

Once the snow sets in, many mountain bikers are left wondering where they will ride. In places like Bend, Oregon, year-round riding is possible, despite many of the trails being snowed in for the season.

When snow covers the west-side trails, mountain bikers in Bend head out east, where they not only find rideable



conditions but a good change from the trails ridden all summer. Trail systems like Horse Ridge and Horse Butte offer nearly year-round riding.

However, not all are lucky enough to live in places such as this. To stay on the bike in the winter, maybe a mountain bike vacation is in order. There is year-round riding in places like Phoenix, Las Vegas and Sedona, just to name a few.

If you're not satisfied with trading your bike for skis once it starts snowing, you're not alone. It may take some planning, and it may cost a little extra money, but there are ways to stay on your mountain bike year-round!

SNOWSHOE TRAILS TO CHECK OUT NEAR BEND, OREGON

Abundant sno-parks offer snowshoers access to spectacular views and warming shelters.

By Damian Fagan



Photos courtesy of Damian Fagan



Central Oregon is a mecca for winter activities, including snowshoeing. Dedicated snowshoe trails, spectacular views and easy access create multiple opportunities to get out and explore the Cascades.

The Road to Mount Bachelor

Along the Cascades Lake Highway, which terminates at the Mount Bachelor Ski Resort in the Deschutes National Forest, there are numerous sno-parks that offer a network of marked winter trails, including dedicated snowshoer, Nordic skier or shared-use, traversing through coniferous forests and snow-covered lava flows to warming shelters and scenic overlooks.

Many of these trails were pioneered by Dr. Jim Davis (AKA Dr. Snowshoe) and some of his buddies, along with Forest Service guidance, in the early 2000s.





And thanks to the Forest Service and Central Oregon Nordic Club's (CONC) volunteers, the trails are incredibly well-maintained and marked with reflective snowshoer icon markers and trail signs.

This season, CONC hopes to complete some new trails and reroutes, so check their website (conordicclub.org) for updated information.

Don't forget your Oregon Sno-Park Pass (CA and ID sno-park pass accepted) before heading up to park. The passes aren't available at trailheads. Download a trail map from CONC or purchase one of the waterproof Bend Area Trail Maps by Adventure Maps, Inc.



Virginia Meissner and Swampy Lakes Sno-Parks

The Meissner Sno-Park honors Virginia Meissner, an avid recreationalist who led many ski, snowshoe and hiking outings for various organizations. Groomed Nordic trails attract a lot of skiers, but there is a spider web of snowshoe trails that

weaves through old-growth ponderosa and mountain hemlocks and connects to the Meissner warming shelter.

The Meissner Short and Long Loop is about 3.0 miles long, covers some rolling terrain, and is a great trail for beginners or experienced snowshoers. The sno-park is the first one encountered from Bend and can be crowded on weekends.

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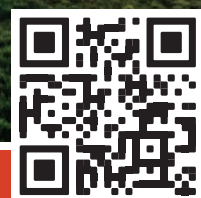
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maintains the trails. To find the trailhead, take the left loop to the parking area, and enjoy snowshoeing with your dog.

Edison Sno-Park

This sno-park is located along Forest Road 45, a connector from the Sunriver Resort up to Mount Bachelor. The trails are “electrical”, which refers to the trail names: Tesla Loop, Short Bulb Loop and AC/DC Shelter (currents, not the band). The snowshoe trails loop around and across old lava flows and past towering ponderosa pines. Two older style shelters offer protection from the weather and make for good day-trip destinations or as one long snowshoe hitting both shelters. The Edison Shelter loop is about 3.5 miles, and the AC/DC Shelter Loop is about 5.2 miles long, with some steeper sections.

Vista Butte Sno-Park

True to its name, there’s a spectacular view from the summit. The trail is about 5 miles long, but a new reroute will shorten that journey. Snowmobiles also depart from this sno-park for other destinations.

Located about 3 miles up the road from Meissner is the Swamp Lakes Sno-Park, named for a series of shallow lakes that dry up in summer. Groomed ski trails connect Swampy to Meissner, but there are also ungroomed ski trails and 9+ miles of dedicated snowshoer trails. Loops to both the Swampy Shelter (3.5 miles) or Nordeen Shelter (4.7 miles) offer fun, intermediate snowshoeing opportunities.

Wanoga Sno-Park

Located between Meissner and Swampy Sno-Parks on the south side of the highway, this sno-park attracts numerous snowmobilers, and has groomed trails (check the grooming schedule) for cross-country skiers or snowshoers and their dogs. DOGPAC, a local canine-access advocacy organization, grooms and

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Center. Wanderlust Tours offers a fun “Bonfire on the Snow” snowshoe outing in the Mount Bachelor area.

Skyliners Sno-Park

This sno-park is located on Skyliners Road, west of Bend. It’s another popular spot for locals and out-of-town snowshoers or Nordic skiers. There’s a loop trail out to Tumalo Falls, a 100-foot-high waterfall. The 6-mile round-trip can be done as an out-and-back or as a loop along the closed Forest Service Tumalo Falls Road. It’s dog friendly, too.

Après Snowshoe

A year-round destination, Bend sits in the rain shadow of the Cascades and offers plenty of accommodations, restaurants, breweries, food trucks, and recreational opportunities to keep everyone happy on a winter visit. Visit Bend’s website provides a wealth of information and links, including snowshoe rentals and tours.

HAPPY TRAILS!

Damian Fagan is a freelance writer and snowshoe instructor for COCC’s Community Education program.

Dutchman Flat Sno-Park

Dutchman is the last sno-park before the Mount Bachelor Ski Resort and is a staging area for snowshoers, Nordic skiers and snowmobilers. Trails radiate out from the sno-park, and many snowshoers opt for the trail complex to Todd Lake (4.7 miles) or an unmarked trail up Tumalo Mountain (4 miles) for a steep excursion. Todd Lake may also be accessed via the Mount Bachelor Nordic

Center’s Common Corridor. The trail to the glaciated lake is about 3.5 miles (longer options exist) and requires a free permit from the Nordic Center.

Mount Bachelor Nordic Center

The Nordic Center recently developed several snowshoe trails which cross the groomed Nordic trails. The trail fee for snowshoers is payable at the Nordic

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Discover ASTORIA, Oregon: a gem in the rough

By Debbie Stone

Photos courtesy of Debbie Stone

If you're a movie buff, put Astoria, Oregon on your list. This Columbia River port town, where grit meets hip, has often been referred to as "Hollywood North".

Though it was "The Goonies", the cult classic that put the city on the map back in 1985, there have been a number of other pictures filmed in the area over the years. The list includes such notables as "Kindergarten Cop", "Short

Circuit", "Free Willy", "Teenage Mutant Ninja Turtles 3", "Come See the Paradise", "The Great Race" and "The Ring Two", as well as episodes of TV shows like "Movin' On" and "Dexter".

To learn more about the movie scene in town, stop in at the Oregon Film Museum. Housed in the historic Clatsop County Jail, which served as the site of the jailbreak in "The Goonies", this tiny museum provides information about

Hollywood's footprint in Oregon and offers visitors a chance to get in front of and behind the camera for their own turn at stardom. You can also take your mug shot on the sheriff's wall, leave a message for the Goonies, and check out the prop wall. Before leaving, grab a map of scene locations and set off to discover some of the memorable sites.

As to why Astoria is sought after by everyone from Steven Spielberg to



Victorian homes dot the town's steep hillside, while the Downtown Historic District has numerous buildings on the National Register of Historic Places.

The city's roots are deep, as it was founded in 1811, and has the claim of being the first permanent U.S. settlement on the Pacific Coast. Additionally, it was formerly the salmon and tuna canneries capital of the world.

To delve into Astoria's rich and colorful past, head to the Flavel House Museum, an 1885 grand dame that was once home to Columbia River Bar pilot Captain George Flavel. The two-story residence sits on lush grounds covering an entire city block and has been listed on the National Register of Historic Places since the early 1950s. Note the steeply pitched roof, the octagonal-shaped tower and wrap-around porch – characteristics of the Queen Anne architectural style design.

Inside the 11,600 square-foot mansion, you'll find original woodwork, period furnishings, elaborate hand-carved mantels and towering ceilings embellished with plaster medallions and crown moldings. There's a formal parlor, music room, library, dining room and conservatory on the first floor, and five bedrooms on the second. The tower



was the Captain's roost, as it gave him a good view of Astoria and the Columbia River, allowing him to keep a close eye on the ship traffic.

Take a peek in the Liberty Theater, a historic Vaudeville theater and cinema where Clark Gable once performed. The venue continues to have a viable presence in the community, offering a series of shows and live concerts each year.

Arnold Schwarzenegger, the answer becomes obvious as you explore this Northwest gem. Breathtaking views are everywhere, with an array of versatile locales that can pass for everything from Mayberry-like towns to even ancient Japan.

Astoria is picturesque from all angles. It's surrounded by forests, overlooks the Columbia River and is a stone's throw away from the ocean. Quaint



Don't miss the Astoria Column, the city's most popular landmark. Built in 1926, it tells the story of the history of the area via a colorful mural painted around its 125-foot-tall structure. There are fourteen scenes and over twenty text messages depicted, illustrating such events as the discovery of the Columbia River in 1792, the establishment of American claims to the Northwest Territory, Lewis and Clark reaching the Pacific and the arrival of the Great Northern Railway. Climb the 164 winding steps to the top for jaw-dropping, 369-degree views of the river, ocean and town. On a clear day, you can see for miles.

Nearby Fort Clatsop provides another dose of history. Built by Lewis and Clark and the Corps of Discovery back in 1805 at the end of their 4,000-mile trek, it served as a winter shelter for the explorers. They named the place for the local Native American tribe, the Clatsop, who had treated the group with warm and generous hospitality.

During your visit, you can see a replica of Fort Clatsop onsite, as well as tour the visitor center's exhibit hall, watch the orientation films and join one of the ranger-led, living history programs to get an idea of what life was like back then. You'll also find the trailheads for the Fort to Sea and the Netul River trails. The former takes you through verdant forests, along rivers and across the coastal dunes to the ocean, as you

walk in the footsteps of the Corps of Discovery. The latter leads to a landing, featuring a kayak/canoe launch and a life-sized statue of Sacagawea and her son.

Fort Clatsop is one of about a dozen locations that make up the Lewis and Clark National Historical Park and mark the accomplishments of significant aspects of the Corps of Discovery's mission. The park circles the mouth of the Columbia River and stretches some forty miles along the coastlines of both Oregon and Washington.

As waterways have always taken center stage in the area, you'll want to drive across the 4.1-mile-long Astoria-Megler Bridge for a look at the mighty Columbia River. The bridge, which connects Oregon to Washington, has the distinction of being the longest continuous truss bridge in North America. If you're thinking about walking the span, you'll have to plan ahead for the one day a year when it's open to pedestrians during the Great Columbia Crossing (typically held on the second Sunday in October).

After your bridge foray, head to the Columbia River Maritime Museum for a crash course on fishing, shipping and military history. The renowned museum, with its unique wave-form roof, is located on the waterfront and



is chock full of fascinating exhibits. You'll learn, for example, that mariners refer to the Columbia River Bar as the Graveyard of the Pacific. This perilous area is where the Columbia and Pacific Ocean meet. In extreme weather, waves can exceed forty feet in height. Combine high seas with shifting sand bars and shallow areas and you have one of the most treacherous passages in the world. A whopping 2,000 ships have sunk here since 1792 and 700 people have lost their lives.

I gained renewed respect for the U.S. Coast Guard after spending time among the displays about those individuals who train to be rough-water rescuers at Cape Disappointment. Notably, these courageous men and women rescue upwards of 600 individuals each year.

Another exhibit looks at the science of predicting weather and the technology used in the process. The Pacific Northwest is known for experiencing volatile weather, and being able to forecast storms is essential to the livelihood of mariners. Here you can view Earth from space and see storms over the



The Maritime Museum

ocean as they develop. And if you want to try your hand at giving a weather forecast, have at it!

You can also observe a full-size fishing trawler at work, explore a retired pilot boat and take a self-guided tour

of a floating lightship. And in the exhibit "Mapping the Pacific Coast", you'll get an understanding of the progress of geographic discovery through a series of historical maps dating back 460 years ago.



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Stroll along the Astoria Riverwalk to indulge in fabulous views of the bay and the bridge. Watching the large freighters pass under the bridge never gets old. Nor does being amused by the honking sea lions that chill out alongside the harbor front.

And when hunger strikes, you'll have plenty of options, from comfort food to farm-to-table fare. Naturally, seafood plays a prominent role. Try the South Bay Wild Fish House for Petrale sole fish tacos, clam chowder, crab and



shrimp cakes and seafood fry bread. Or Bowpicker Fish & Chips for beer battered Albacore tuna served from a converted gillnet boat across the street from the Maritime Museum.

For a nice dinner, reserve a table at Bridgewater Bistro, where you'll dine on pastas and fresh fish, as well as a selection of carnivore-friendly dishes. The handsomely restored building, with its soaring ceilings and floor-to-ceiling windows, overlooks the river and bridge.

Craft beer lovers will appreciate that Astoria is on the North Coast Beer Trail. Most places in town offer a variety of pours along with hearty pub fare. Among the options are Buoy Beer Company, Rogue Ales Public House, Astoria Brewing Company and Hon-do's Brew Pub.

I made the Cannery Pier Hotel & Spa home base during my visit. Opened in 2005, this luxury boutique property is built on top of 100-year-old piers that were once the home of the Union Fisherman's Cooperative Packing Company.

The hotel was the vision of Robert "Jake" Jacob, an Astoria native, who spent fourteen years making his dream become reality. As owner and architect, he designed the place to recreate the



ambiance of the canneries of yesteryear with exposed steel beams, smokestacks and wooden trusses. You can learn all about the history of the property in the onsite Cannery Pier Museum.

It's hard not to fall in love with this hotel. The location alone is unbeatable, as it's situated right on the river, with an up-close view of the towering Astoria-Megler Bridge. Every room has a private balcony with a view, and the lobby hugs the water, so you're never far from a spellbinding scene. You'll be mesmerized watching the river traffic go by through the shipping channel. Notice the landscape changes colors and moods depending on the weather and time of day.

Rooms range from double queen deluxe and deluxe king style options to one-bedroom suites. They are well-appointed with claw-foot or jetted tubs, separate vanity area, dining table and chairs, mini fridge, microwave and a cozy window seat, complete with Pendleton blanket and binoculars.

A complimentary continental breakfast is provided with a selection of hot and cold items. Later, there's a happy hour with regional wine and hors d'oeuvres. And to top it off, there are nightly fresh-baked cookies.

Guests also have use of cruiser bicycles, a hot tub, Finnish sauna and exercise room. Plus, there's an onsite spa that offers a variety of treatments to up the relaxation ante. And for the utmost in luxury, take advantage of the complimentary vintage chauffeur car service to take you anywhere in town – in style.

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For all things Astoria: www.travelastoria.com
Cannery Pier Hotel & Spa: www.cannerypierhotel.com

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TRAIL RUNNING 101

By Lisette Wolter-McKinley

Photos by Lisette Wolter-McKinley

For those of you that already like running, hiking, or better yet, both, might I suggest trying your hand at trail running? Trail running is the best of both worlds; a little bit of running, a little bit of hiking, and a whole lot of jaw-dropping scenery. If you live in or around Seattle, the I-90 corridor is home to a wide variety of trails to many of which are interconnected. What may seem unattainable to tackle in a day of hiking is completely doable in a day of trail running. How does a day of multiple alpine lakes, fall foliage, fresh air, and lots of beautiful miles-logged sound?

Like all athletic endeavors, having the right gear in your closet helps make the experience more fun and enjoyable. With trail running many of the items you need are multi-purpose, which means you might already have some of these items in your closet. A good pair of moisture-wicking or breathable socks (depending on the weather) and a sturdy pair of trail running shoes are essential. Just so you are aware your regular running shoes will not provide either the traction or stability you need on the trail. As the days become shorter and the forecast less reliable, a good piece of outerwear, a running pack, and

an easy hydration system will help you create a memorable day up in the mountains.

Now, where do you begin? The endless options for trail running shoes can be dizzying so here is a breakdown of a few reliable ones to try. **New Balance Hierro v7** is a lightweight, rugged shoe built for navigating trails, and best of all it has a water-repellent mesh to keep you dry through the Fall. **Brooks Divide 3** is possibly the most versatile selection because of its road-to-trail adaptability. If you don't have the confidence (just yet) or time to head to the mountains this will work best

for scenarios where you run from your home through a park and back. **Brooks Catamount** has me rethinking my desire to wear hiking boots ever again in the Summer. Between the epic grip for dusty, gravelly trails and the ballistic rock shield, my foot was happy and secure on even the rockiest trails.



Now let's talk about clothes. Sure, you could wear any old thing, but choosing the right clothes is the difference between a happy runner and a crabby one. Getting caught in a sudden downpour or being stuck on a windy corridor is something you need to prepare for. **Smartwool Merino Base Layer Crew** will keep you warm and dry if you tend to sweat easily or want to dry out quickly after a rain shower. **Brooks Shield Hybrid Vest 2.0** is the best possible option for adding a layer while maintaining your ability to move. With four pockets on the outside and a zippered one on the inside, there are

plenty of spots to stash a snack or your car keys. The fact that you can snap close the vest in a few places rather than zip it up gives you a lot of airflow to prevent overheating. Out of all the running bras, **Brooks Drive 3 Pocket Run Bra** is a favorite for comfort and the ease of slipping your phone into the back pocket. For running packs, the **UltrAspire Astral 4.0 Race Vest** is lightweight, made specifically contoured for women, has a 2-liter reservoir included, and mini-

mized contact points to prevent chafing. For socks, try the **BrooksRun in Three Pack** for comfort, price, and breathability. With the tab design you won't ever get a blister from slipping down socks again. With the **Smartwool Run Cold Weather Targeted Cushion Crew**, the crew height helps maximize warmth over running tights. And last but not least the **Ten Tree InMotion High Rise Legging** is great for length, thickness and price.

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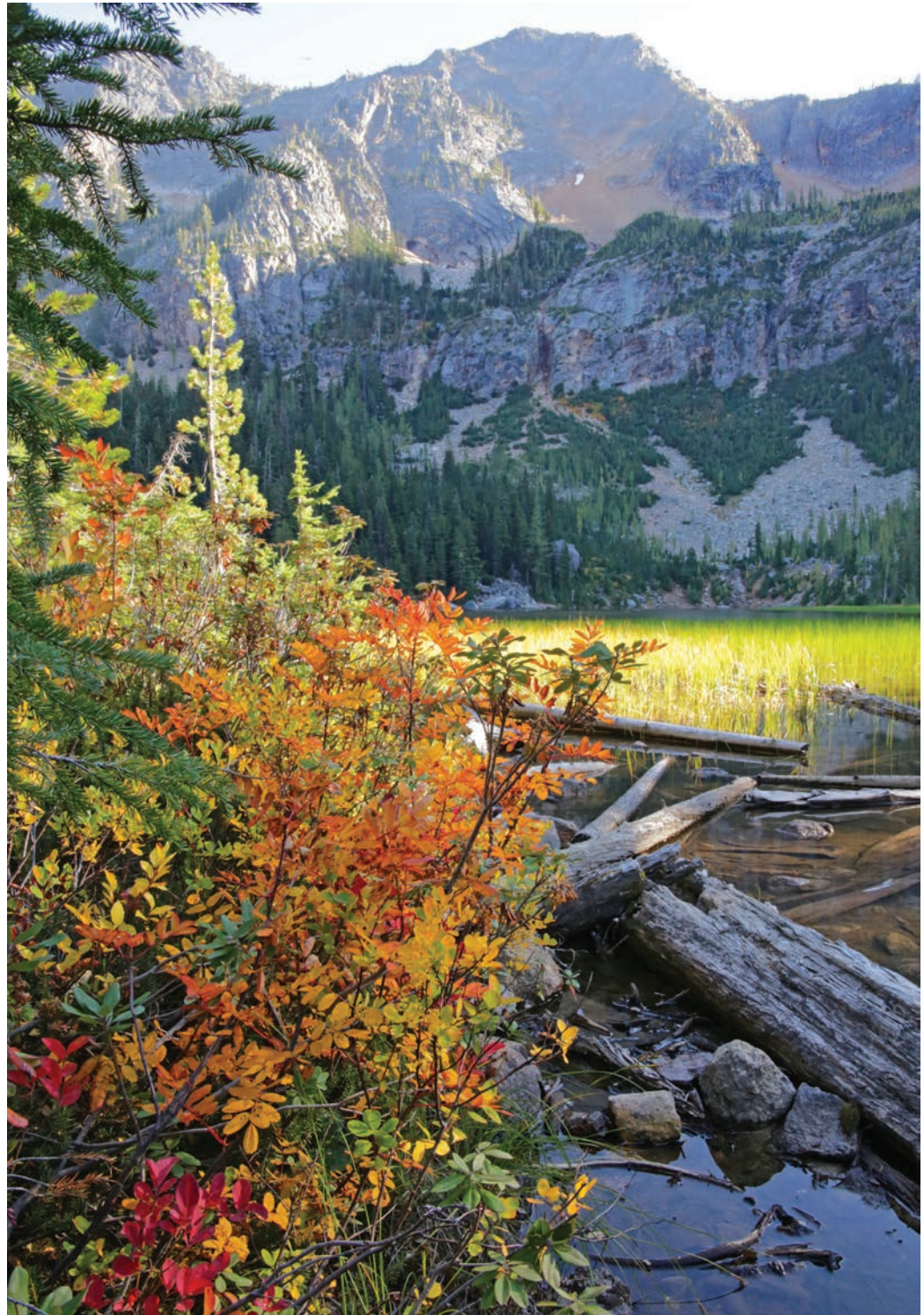
HERE ARE A FEW GREAT TRAILS FOR BEGINNERS:

Franklin Falls Trail: 2.0 miles out and back located at Snoqualmie Pass; this short hike is the perfect trail to break in your new shoes. With a beautiful waterfall as your backdrop at the midway point, it is a high reward for minimal effort. Go midweek or early in the morning to avoid crowds.

Little Si Trail: 4.4 miles out and back trail is conveniently located in North Bend, WA. Views at the clearings and summit make the effort worthwhile. Reminder: you must purchase a State Discover Pass prior to parking in one of the two lots.

Snow Lake Trail: 7.2 miles roundtrip. The trail is very rocky, but the steeper switchbacks are pretty well-balanced with flat parts. The overlook of the lake is a nice reward for the effort. Go midweek or early in the morning, the parking lot fills up quickly on sunny days.

Talapus Lake Trail: 3.4 miles out and back trail near Snoqualmie Pass. This trail has a constant, but gentle, upward slope to it. It is the perfect hike to introduce you to the alpine lakes. If you are feeling energetic continue into Olallie Lake. Olallie Lake is just another 1.5 miles up the trail and an easy way to add another lake to your day.



The biggest difference between trail running and hiking is that with trail running you are enjoying the trail at a faster pace and without all the gear you normally take out on a hike. Trail running is equal parts speed walking, running, and hiking. You don't need to be able to run uphill for miles on end to consider yourself a trail runner nor be able to run downhill the entire way

either. Trail running can be a mixture of running on flatter sections, speed walking through the steeper sections, and a combination on the way down. If trail running intimidates you, grab a friend and see just how quickly you can run a trail together. There is nothing better than the feeling of sunshine on your face and the freedom you feel as you run through the mountains.

A tall waterfall cascades down a rocky cliff face. The water is white and frothy as it falls. The cliff is covered in moss and small plants. The surrounding area is lush with green trees and foliage. The sky is overcast.

EXPERIENCE WATERFALL BLISS IN THE COLUMBIA RIVER GORGE

By Debbie Stone



Waterfalls abound in the Columbia River Gorge.

Photos by of Debbie Stone

I've had a love affair with Oregon for decades. The state's scenery is a magnet for me, from its rugged beaches and sentinel lighthouses to its verdant forests and snow-capped peaks. And I could wax rhapsodic about the waterfalls.

Oregon's Columbia River Gorge is waterfall nirvana. It has the greatest concentration of high waterfalls in Nor-

th America. There are close to fifty of these beauties in this wondrous and wild area. Many can be seen along the Historic Columbia River Highway's "Waterfall Corridor". Several are right off the road or require a short walk. Others take more effort, as they can only be reached via a hike.

Here are five of my favorites:

Multnomah Falls is the mother of

them all. It's the tallest and most popular natural destination in Oregon, and it's only about a half hour from Portland, which means it can also be very crowded. Visit earlier or later in the day to avoid the masses.

The water in these falls drops a whopping 635 feet in a pair of tiers, crossing beneath the iconic Benson Bridge. Peer up from the base, then climb to the top

for the full experience. You'll definitely feel the spray from this one, so I recommend wearing shoes with some traction, as the area is always slick.

For food, drinks, souvenirs and the U.S. Forest Service interpretive center, check out the Multnomah Falls Lodge at the bottom of the falls. Built in 1925, this historic stone and timber building was designed by noted Portland architect Albert E. Doyle and constructed at a cost of \$40,000. It's a great place to warm up on a damp, Pacific Northwest day, and the views are grand.

I've heard Multnomah can partially freeze in winter, creating an especially stunning scene for photogs. Note to self: return in winter!

About two miles east of Multnomah Falls is the historic Oneonta Tunnel. First opened in 1814 as part of the legendary highway going through the area, it was restored in 2009 for use as a biking and walking path. When fire swept through the Gorge in 2017, one of its casualties was this tunnel. Closed for four years, it has since been reopened. Stroll through it to revisit the past.



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Magnificent misty **Wahkeena Falls** drops 242 feet in two horsetail-shaped cascades. Wahkeena is a Yakima tribe word that means "most beautiful". And that's a perfect description for these falls. You can see them from the road, and there is a small platform for better viewing. Or you can hike halfway up for an even better vantage point. If you're feeling energetic, take the Wahkeena Falls Trail, a three-mile hike that leads you through fairytale forests, over charming footbridges and past several small waterfalls for a truly magical experience.

Another highlight is photogenic **Latourell Falls**. This 224-foot, single-plunge creation was named for Joseph Latourell, a well-known 19th century settler in the region. You can access the viewpoint from a short trail or take a slightly longer trek to the base and top of the waterfall. Admire the vibrant lichen which contrasts with the dark basalt columns.

Horsetail Falls lives up to its name, which describes the waterfall's characteristic form. This column of white water plunges 176 feet down cliffs of volcanic rock into a pool. Though Horsetail is visible from the road, it's so much better if you get out of your car and admire it from the designated viewing area. Then step down to the boulders at the edge of the pool and look up for another perspective.



Multnomah Falls



pFriem Family Brewers in Hood River

Then there's **Bridal Veil Falls**, which drops 118 feet in two cascading tiers. The half-mile overlook trail here offers vistas of the Columbia River via a paved loop, along with some unique rock formations. Signs point out native wild plants, such as lupine and trillium. You can also take the lower trail, which entails a steep third-of-a-mile descent to the base of the waterfall.

After you've had your fill of waterfalls for the day, head to Portway Avenue in Hood River, where the brewery scene is lively. Try Ferment, where you can drink your British-style and

farmhouse ales in a modern, industrial facility with views of the river and a direct view of the brewing operation below. And if you're hungry, food options include such items as hummus and flatbread, a salmon burger, kraut, kimchi and pickles plate and fried chicken sandwich.

Down the street is the award-winning pFriem Family Brewers, honored as Brewery of the Year, Best of Craft Beer and Best BrewPub Experience. The company produces artisanal, European-inspired, Pacific Northwest beers, and has a spacious tasting room across

from the river. Accompany your drinks with a charcuterie platter, quinoa salad, brat plate or mussels and frites.

There's also good coffee at nearby Stoked, killer pizza at Solstice and more libations at Camp 1805 Distillery & Bar.

Grab items to go for a picnic across the street at Hood River Waterfront Park. This lovely greenspace has pedestrian paths, plenty of benches and even a lower beach area. Take in the picturesque scene as you watch the river traffic go by, along with the wind surfers and kite boarders gliding across the water.

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