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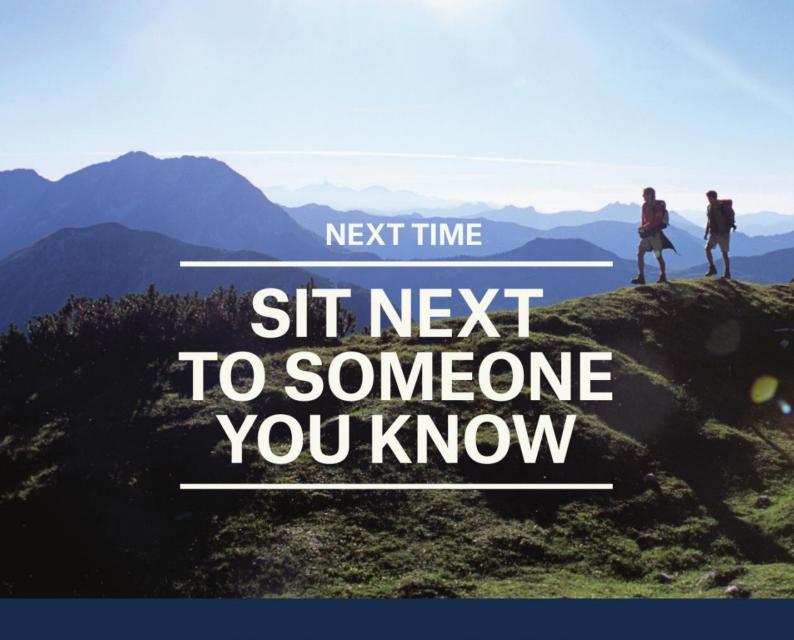
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# The Art of Hair Restoration

Artistry is what you get when you see Dr. Brian Goertz. As a board certified hair transplant surgeon and the founder of Hair Transplant Seattle, he takes great pride in his artistry of creating natural hairlines, achieving amazingly natural results and helping his patients regain the appearance they've been looking for.



Brian O. Goertz M.D. Founder of Hair Transplant Seattle

Patients meet directly with Dr. Goertz who takes a very holistic approach to caring for his patients. He counsels each individual on appropriate diet and supplements not only for their "hair health" but also for their general well-being and longevity.

Today there are still many misconceptions about hair transplantation, the results that can be achieved and the process by which the procedure is performed. With Dr. Goertz those misconceptions are gone; people will only know you've had a hair transplant if you tell them.

"It is important for today's patients to understand that the results that can be achieved can look completely natural and amazing when done properly," says Dr. Goertz. But patients should not be fooled with promises of new machines or instruments doing hair transplants. "The instruments are developed to aid the doctor," says Dr. Goertz. "Ultimately, natural results are achieved by the surgeon who has the surgical and aesthetic skill to create results that are completely natural." When a hair transplant can pass the scrutiny of a hair stylist, you know you have a great hair transplant. "Dr. Goertz has an eye for artistry in making it look natural, which is why I refer my clients to him," says David Cheung, master designer and owner of MARGIDAVID SALON in Seattle.

"My goal is to be sure that my work is completely natural and undetectable," says Dr. Goertz. "I recently had a physician come to me because a mutual patient finally revealed to him that he'd had a hair transplant. When that physician realized that he couldn't detect the transplanted hairs, he decided to come in for his hair transplant. It is a great compliment when a physician chooses me as the hair transplant surgeon for themselves and their patients."

Hair transplantation is not just for men. Many women also experience hair loss or are born with a high hairline that can be treated with hair transplantation. As difficult as it is for men to lose their hair, women often suffer in silence experiencing emotional pain. After all, society tells us that women are not supposed to lose their hair. Hair transplantation can make

a dramatic change in a woman's life. In some cases, hair transplantation is even appropriate for children with areas of hair loss caused by trauma, burns or radiation treatment. Hair transplantation can also be performed for eyebrows, sideburns, mustaches and beards.



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# Spirit of Alaska



Brad Tilden, Chief Executive Officer

### CONNECTING WITH OUR CUSTOMERS

In May 2011, I called Dr. Carlos Pellegrini on his cellphone. He was just getting off an Alaska flight in Chicago. He answered "hello" in a thick Argentinian accent, and from the tone of his voice, I could already tell that I was in for a treat. I asked Carlos about his recent experiences flying with us, things we

could work on and so forth. Despite the purpose of the call, which was to ask him about our service, I think he asked me more questions than I asked him.

Carlos is an aviation fanatic. He subscribes to aviation magazines; he tracks airline genealogy; and he is friends with Phil Condit, onetime head of Boeing. Carlos had been a Mileage Plan member 10 years, and we'd just made him an MVP Gold at the time of our phone call. At the end of our brief phone conversation, he said, "Brad, we should meet."

We had lunch in Seattle, and we started to talk about

the similarities (safety, checklists and so forth) between medicine and aviation. He invited us to see the UW Medicine surgical simulation center, and we showed him our flight operations and training center. There's something I should say at this point. Carlos doesn't just work at UW Medicine. He's the chief of surgery for all of the medical school's campuses (including UW Medical Center, Harborview Medical Center, Seattle Children's and Northwest Hospital). You'd think a guy like this wouldn't have time for a guy who spends his time inhaling jet exhaust.

But Carlos has incredible passion for our industry. We asked him to join our MVP Gold Advisory Board. This is a group of 10 talented people who are helping Alaska be successful. They come into our office about every 90 days, and we brief them on new technology, new



Alaska customers (sitting, from left) Dr. Carlos Pellegrini, Peter Eliason, Faith Roland and Jeremy Mistretta meet with Board Room concierges Paolo Liloc and Laura Bingle.

food, new seats and new policies. They give us feedback and tell us how things are really working in our operation. If we have a problem, they let us hear about it. That's why they're there. Feedback over the years has ranged from big picture ("You guys flat need to fix your operation") to little picture ("I can't find the page on alaskaair.com about your pet policy"). I love these meetings because they're totally honest—both directions—and because these folks care about Alaska and are willing to spend their time to help us succeed.

Alaska has many ways of listening to customers. I met Carlos through a program we've had in place for more than 12 years, where each officer of our company calls some of our very best customers every month. We simply ask them how things are going, and whether we can do anything to make our service better.

More recently, we've rolled out "Alaska Listens," a Web-based survey where more of you can give us direct feedback on your flight. (See the article on page 16.)

Carlos has an amazing story. He came to this country in 1975 at age 29 after having been trained as a doctor in Argentina. The American Board of Surgery wasn't satisfied with his credentials and said he needed to retrain in the U.S. He was able to get a job as a research technician at the University of Chicago, and eventually convinced them to let him enter the university's surgery residency for one year. They didn't really expect him to be able to handle the load, particularly at such a prestigious school, but Carlos obviously did that, and much, much more. He also served his country, volunteering for the U.S. Army Medical Corps as a reservist, because he believed it was important to help care for those we send in harm's way. He served in active duty during the first Gulf War in support of Operation Desert Shield/Desert Storm.

To Carlos and his wife, Kelly, who is an MVP Gold 75K with us, to the members of the MVP Gold Advisory Board, and to anyone who has ever given us feedback to help us improve, my most sincere thanks.

And thanks to all of you for flying with us today.

# El Espíritu de Alaska



Brad Tilden, Jefe Ejecutivo

### **RELACIÓN CON NUESTROS CLIENTES**

En mayo del 2011, llamé al Dr. Carlos Pellegrini a su teléfono móvil. Estaba llegando a Chicago en un vuelo de Alaska Airlines. El Dr. respondió "hola" con un fuerte acento argentino y, por su tono de voz, supe que sería una conversación agradable. Le pregunté a Carlos sobre sus experiencias recientes al volar

con nosotros, las cosas que podemos mejorar y demás. Pese al propósito de la llamada, que era preguntarle por nuestro servicio, creo que él me hizo más preguntas que yo. Carlos es un fanático de la aviación. Se suscribe a revistas de aviación, hace un seguimiento de la genealogía de la aerolínea y es amigo de Phil Condit, quien alguna vez fue el jefe de Boeing. Ha sido miembro del Mileage Plan por 10 años y lo convertimos en un MVP Gold al momento de nuestra llamada. Al finalizar nuestra breve conversación, dijo: "Brad, deberíamos vernos".

Y eso hicimos. Almorzamos en Seattle y comenzamos a hablar de las similitudes (seguridad, listas de verificación y demás) entre la medicina y la aviación. Nos invitó a conocer el centro de simulación quirúrgica de medicina de la Universidad de Washington (UW), y nosotros le mostramos nuestro centro de entrenamiento y operaciones de vuelos. Hay algo que debo decir en este momento. Carlos no solo trabaja en UW Medicine. Es Jefe de Cirugía de todos sus campus (Centro Médico UW, Centro Médico Harborview, Seattle Children's y Northwest Hospital). Cualquiera diría que una persona como él no tendría tiempo para alguien que pasa sus días inhalando el escape de los aviones.

Pero Carlos tiene una pasión asombrosa por nuestra industria. Le pedimos que se uniera a nuestro Consejo Consultivo de MVP Gold. Es un grupo de 10 personas talentosas que quieren ayudar a Alaska Airlines a tener éxito. Vienen a nuestras oficinas cada 90 días y les damos una breve reseña de las nuevas tecnologías, la nueva comida, los nuevos asientos y las nuevas políticas. Nos dan su opinión y también nos dicen cómo están funcionando las cosas en nuestro procedimiento. Si tenemos un problema, nos lo hacen saber. Esa es su función. Las opiniones con el transcurso de los años han variado desde un panorama general ("Ustedes deben desde ya arreglar su procedimiento") a comentarios más detallistas ("No puedo encontrar la página en alaskaair.com que habla sobre la política para viajar con mascotas"). Me encantan estas reuniones porque son totalmente honestas (desde ambas partes) y porque de corazón estas personas se preocupan por Alaska Airlines y quieren usar su tiempo para ayudarnos a tener éxito.

Y Alaska escucha a sus clientes de muchas otras formas. Conocí a Carlos por medio de un programa que implementamos hace más de 12 años donde cada directivo de la empresa llama a algunos de nuestros mejores clientes cada mes. Simplemente les preguntamos cómo están las cosas, y si podemos hacer algo para mejorar el servicio. Y ellos nos ayudan. Recientemente, comenzamos un plan llamado "Alaska Listens", una encuesta en Internet donde más personas pueden darnos su opinión directa sobre los vuelos. (Ver el artículo en la página 16).

Quisiera poder contarles más acerca de Carlos. Tiene una historia increíble. Vino a este país en 1975 cuando tenía 29 años luego de estudiar medicina en Argentina. El Consejo Americano de Cirugía no estaba satisfecho con sus acreditaciones y dijeron que debía volver a capacitarse en los EE. UU. Consiguió un trabajo como técnico de investigación en la Universidad de Chicago, y finalmente los convenció de que lo dejaran entrar a la residencia de cirugía de la Universidad de Chicago durante un año. No esperaban que fuera capaz de manejar tanta carga de trabajo, especialmente en una universidad tan prestigiosa como esa, pero él hizo eso y mucho, mucho más. También sirvió a su país, siendo voluntario del Cuerpo Médico del Ejército de los EE. UU como reservista, porque creía que era importante ayudar a quienes enviamos a las zonas de peligro. Tuvo un servicio activo durante la primera Guerra del Golfo a favor de la operación Escudo del desierto/Tormenta del desierto.

Le extiendo a Carlos, a su esposa, Kelly, (quien es una MVP Gold 75K en nuestra empresa), a los miembros del Consejo Consultivo de MVP Gold y a todos quienes alguna vez nos han brindado su opinión para ayudarnos a mejorar, mis más sinceros agradecimientos.

Y gracias a todos ustedes por volar con nosotros hoy.



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# SMALL CHANGES BIG RESULTS

While my overall health was relatively good, I was about 50 lbs overweight. Although my tall frame helped hide it well, I was getting tired of carrying the proverbial "spare tire" around my belly.

When I wasn't sitting at a desk, I'd be doing projects around the house, watching a movie, or attending a play. I spent a lot of time in sedentary activities and didn't have a regular exercise routine, except for snowboarding occasionally.

When my wife invited me to join her at the Anti-Aging seminar, I decided to keep her company. It wasn't something I planned to pursue, but I thought it might be interesting. Dr. Upton began talking about how natural it was for testosterone levels to drop in men as they age and I became curious. Could this be why I had been experiencing a drop in my energy levels? I decided to find out.

A full blood analysis confirmed my suspicions. My testosterone levels were very low, in fact, much lower than normal. After a thorough discussion with Dr. Upton, I began an Anti-Aging regimen which included bio-identical hormone replacement therapy (BHRT) and supplements to bring my levels in line with what was healthiest

for me. I really liked the fact that Dr. Upton took the time to explain each item, how it impacts my overall health, and why it's beneficial to bring it back into a healthy range. He's a great teacher and answers all my questions each time we meet.

I began noticing results right away. This encouraged me to continue to be consistent with my supplements and BHRT to ensure that I was getting the most value from them and achieving my optimal level of health. I also began focusing on reducing weight and lost those extra 50 lbs.

I look better and feel better about myself. In fact, I feel like a new man and my wife definitely agrees! I'm not as sedentary as I used to be. I have much more energy, my cholesterol levels have lowered by 75 points (now well within the normal range) and I feel so much better. Who would have thought that losing some weight, taking just a few supplements, and balancing my hormones could make such a big difference!

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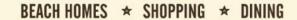
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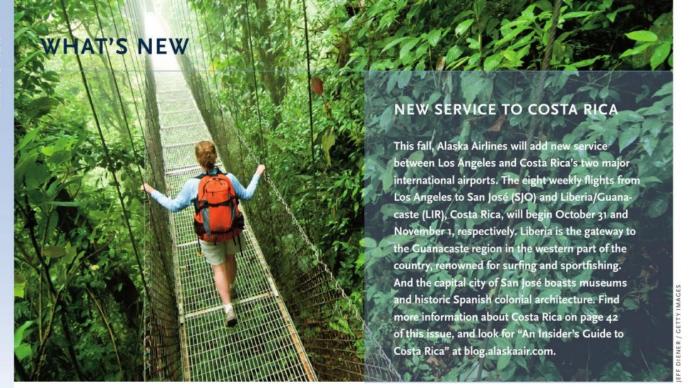
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Alaska Airlines received the highest numerical score in the proprietary J.D. Power 2008–2015 North America Airline Satisfaction Studies<sup>16</sup> among traditional carriers (tied in 2008) and in the J.D. Power 2014–2015 Airline Layalty Rewards Program Satisfaction Report.<sup>16</sup> 2015 Airline Study based on responses from 11,34 passengers who flew on a major N. American airline between March 2014 and March 2015. 2015 Airline Loyalty Report based on 3,073 responses and measures the opinions of members with their current airline loyalty rewards program. Proprietary study results are based on experiences and perceptions of consumers surveyed from April 2014 to March 2015. Your experiences may vary. Visit Idpower.com.

# ALASKA RANKS HIGHEST IN CUSTOMER SATISFACTION

Alaska Airlines ranked "Highest in Customer Satisfaction Among Traditional Carriers in North America, Eight Years in a Row" by J.D. Power in its 2015 North America Airline Satisfaction Study<sup>SM</sup>. Alaska is proud to receive this recognition and applauds the 14,733 employees who have helped make it happen eight years running.

Travelers also ranked Alaska Airlines' Mileage Plan "Highest in Customer Satisfaction with Airline Loyalty Rewards Programs" for the second straight year in J.D. Power's Airline Loyalty Rewards Program Satisfaction Report

### **FOCUS ON SUSTAINABILITY**

### Alaska to Test Fuel Made From Alcohol

Later this year, Alaska Airlines will fly the first-ever commercial flight powered by alcohol-to-jet fuel (ATJ). The single demonstration flight is expected to occur sometime after the new fuel receives ASTM International certification.

Gevo Inc., a leading renewable chemicals and advanced biofuels company, is developing the ATJ.

The company has been working on developing the fuel for the past six years. The development process includes exten-



sive engine testing and data analysis by several major partners.

"Developing a domestic, competitively priced, sustainable supply of biofuels is fundamental to the future of American aviation," says Joe Sprague, Alaska's senior vice president of communications and external relations.

"This investment in Gevo's ATJ will help reduce our exposure to high fuel

prices, minimize our carbon footprint and demonstrate growing demand for fuel alternatives," Sprague says.

### PEOPLE BEHIND THE SPIRIT

# Spreading Joy

Each year, Alaska Airlines recognizes a handful of its most celebrated employees as Customer Service Legends—the airline's highest honor. We invite you to learn about one of our Legends, Administrative Assistant Jody Woodward.



Jody Woodward Alaska Airlines Legend

Success lies in attention to detail, and for the 600 mechanics and technicians who keep Alaska Airlines' fleet of Boeing 737s in top flying condition, Jody Woodward epitomizes that commitment.

Jody is an administrative assistant in Alaska's Line Maintenance and Engineering division, but to the frontline workers, management employees and executives who nominated her for a Legend of Customer Service award, Jody is a critical connection amid a very large and diverse division.

"I have never met anyone with such organizational skills and sheer ability to just get things done," says Avionics Technician Jason Munson, who has worked with Jody for more than 20 years. "She takes on new projects with enthusiasm that is unmatched."

Jody started with Alaska in 1989. She had a full-time job in a restaurant and, at nearly 30 years old, she was also attending community college, looking for new career directions. While in school, Jody met an Alaska Airlines recruiter, and she

was intrigued by a career in aviation. She called the recruiter every week to chat and to ask about openings. One day the recruiter called her. Jody took a threeweek temporary assignment and never looked back.

A lot has changed at Alaska over the last 25 years, including aircraft maintenance operations in the Alaska hangar—and Jody has proved herself a resourceful go-to person along the way.

The technicians appreciate that she is approachable. She invites interaction and enjoys getting to know people. She not only knows the rules, regulations and procedures for employment, she also knows whom to contact to get a problem resolved immediately.

In a customer-service-driven company, the technicians are her customers, she says. It's her job to help make things quicker, easier and safer for them, and by helping to eliminate stress and distractions for technicians, she's helping passengers have a safe and hassle-free experience. Jody is also noted for her devotion to the world community. She likes to travel, and often combines that with mission work. She's traveled to places such as Kenya, Haiti, Chile and Mexico to help build homes. Jody is also involved in vision-health programs, and before she travels, she collects eyeglasses to deliver to local vision clinics. The benefit to her, she says, is the opportunity to immerse herself in other cultures and build new relationships.

In addition, she's involved with Alaska Airlines' Critical Incident Response Program, which offers assistance to employees who have experienced work or personal emergencies. She's one of the individuals who will call with a kind word and check to see what kind of assistance the employee or family might need.

"There are a lot of wonderful people here," she says of the airline, "and that puts a lot of joy in my life."

Those who know Jody say she never hesitates to share that joy with everyone around her. —Paul Frichtl

### VOLUNTEER SPIRIT

### Fulfilling the Dream

After a year of treatment for a rare form of cancer, the only thing Payton Williams wanted was a trip to Hawai'i with his family. Thanks to Alaska Airlines and Make-A-Wish Oregon, that wish is coming true for the 18-year-old after he graduates high school this month.

But first, Payton received another unexpected surprise: a visit with his favorite football player, former University of Oregon quarterback Marcus Mariota—the Heisman Trophy winner and the No. 2 pick in the 2015 NFL draft.

Each year, Alaska Airlines "adopts" a child from



Payton Williams with Marcus Mariota.

Make-A-Wish Oregon as part of its involvement in the Portland Rose Festival. This year, it's Payton, and Alaska employees in Hawai'i and Oregon pulled a few strings to arrange his meet-up with Mariota.

"It's really cool to see our employees wrap their arms around the family," says Contesa Diaz-Nicolaidis, the Portland-based flight attendant who coordinates Alaska's Rose Festival activities. "It drives us. We feel like we're making this family feel special."

Employees are building a float with a Hawaiian theme for the June 6 Grand Floral Parade in honor of Payton, his family and his dream. —Cole Cosgrove

### **BEYOND SERVICE**

# Reaching Out

When Faith Roland arrived at the Calgary Airport three hours before her flight's departure, she was disappointed to find the ticket counter wouldn't open for another hour. "All the new destinations where you have only one to three flights per day have this issue," she wrote to the airline. "If you add a notation [about station hours] to the 'departing on time' email you send, I could then decide if I want to stay at my hotel a little longer."

That's good customer feedback, says Ray Prentice, Alaska

Airlines' director of customer advocacy. The kind of feedback the airline is actively seeking.

As a result of Roland's input, the airline is working to update and share information on station hours of operation more effectively via alaskaair.com and customer messaging.

Alaska has recently responded with changes to a number of customer suggestions, including the following:

- Fixing an intermittent bug in its mobile app that was preventing users from getting updates on gate changes.
  - · Increasing food options on certain flights.
- Even modifying cabin temperature midflight based on a comment posted on the Internet.

One method of reaching out to customers is Alaska's MVP Gold Advisory Board, a diverse group of 10 to 12 elite fliers with differing business backgrounds, home cities and travel needs. The group meets in Seattle several times a year with airline leaders and project team members eager for feedback on projects such as new food and beverage items, design changes to the company's website and mobile app, and improvements to dozens of other points of interaction with customers.

Faith Roland is one of those advisory board members, and when she finds something she thinks the airline could improve, such as communicating ticket-counter hours of operation, she lets the airline know, as do other board members, including Dr. Carlos Pellegrini: see more about him on page 9.

"They're very knowledgeable and reasonable travelers who are able to see issues and opportunities," Prentice says.

"They're very clear with what they'd like to see us do, and that



Advisory board members Jeremy Mistretta, Faith Roland and Dr. Carlos Pellegrini learn about the new customer service agent tablet from Lead CSA Stephanie Kalis.

interaction with our top customers is quite valuable."

Alaska's other rich source of feedback is Alaska Listens, a Web-based survey (www.alaskalistens.com) that invites customers to rate their most recent flight. In many cases, the twominute surveys are completed while passengers are still in-flight, affording the opportunity for immediate and actionable responses.

"If we want to understand and measure what hassle-free means," says

Sandy Stelling, managing director of customer R&D, "then we have to make it easy for our customers to tell us."

Alaska Listens is available on smartphones, tablets, laptops and any other device with an Internet connection. Users simply enter basic flight information to access a series of questions.

In its first year, Alaska Listens generated nearly 420,000 responses, and nearly 95 percent of the feedback has been positive. In fact, Stelling says, about 4,000 responses each month offer kudos to Alaska employees.

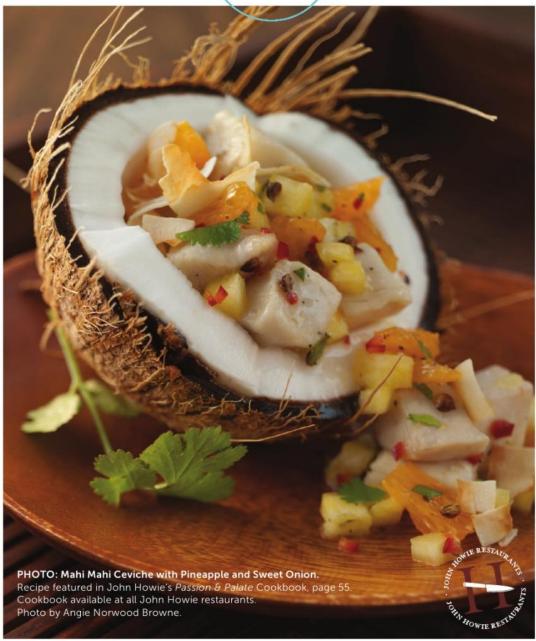
If a customer provides a low rating, the survey provides a space to comment on the experience so that an Alaska Team member can help resolve the issue. The goal is to respond within 72 hours—often, it's much faster.

"When a concern is raised, and just as importantly, when a staff compliment is shared, we can get feedback to our employees almost instantaneously," Stelling says.

Social media offers tremendous opportunity for real-time interactions with the airline through Twitter, Facebook, email and Alaska Listens. And MVP Gold Advisory Board members such as Roland and Pellegrini remain committed to offering suggestions for ways to improve the travel experience for all Alaska Airlines customers. —P.F.

The Alaska Listens online survey invites customers to rate their flight experience.







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# **JOURNAL**



LOS ANGELES, CA

### **Emergent Photography**

Peter DiCampo is a documentary photographer working to dismantle misperceptions about Africa. His stunning photos are among the works by rising photography stars being shown in the exhibition "Emerging" at The Annenberg Space for Photography, June 6–September 20. Each of the exhibition's 90 featured photographers from around the world brings a fresh approach, with subject matter ranging from personal reflection to global concerns.

"Emerging" showcases 100 photographic prints, along with videos, multimedia displays, books, zines and an original documentary.

Another artist spotlighted in the exhibition is Justin Fantl, whose works (one of which is above) make use of bold colors

and compositions, in both studio and outdoor photography.

Still another contributor to "Emerging" is Brooklyn-based photographer-director Olivia Bee, originally from Portland, Oregon. In her early teens, Bee began her career using Flickr. By age 19 she had presented two TEDx Talks about talent and innovation, and already had commercial clients such as Hermès and Nike.

To learn more about the exhibition, call 213-403-3000 or visit annenbergphotospace.org. —Teagan Fast

Above: Justin Fantl, Paperscape (2012), commissioned by Manual Creative for the art publication Loose Leaf Edition 2: Landscape.



SAN FRANCISCO, CA

### Turner Art Takes a Turn by the Bay

The first major exhibition of late-career works by English Romantic painter Joseph Mallord William Turner (1775–1851) will be on display at the de Young Museum in San Francisco's Golden Gate Park starting this month.

"J.M.W. Turner: Painting Set Free" (June 20–September 20) will showcase more than 65 oil and watercolor paintings from international lenders. Among the works will be several that appeared in the 2014 film Mr. Turner.

Much of Turner's art is of landscapes from his home country of England. Driven by a love of mythology, history and literature, Turner also decided late in life to travel throughout Britain and Europe. One featured piece will be *Ancient Rome: Agrippina Landing with the Ashes of Germanicus* (first exhibited in 1839; shown above). Turner based this painting on a visit to Italy, combined with his imagined vision of Imperial Rome.

For more information, call 415-750-3600 or visit deyoung.famsf.org/turner. —*Teagan Fast* 

AMERICA'S PASTIME has particular significance in Alaska, with its long-standing baseball traditions. On June 21, Fairbanks hosts the Midnight Sun Baseball Game—played on the summer solstice, without artificial lights. In Anchorage, the Glacier Pilots and Bucs will sport throwback uniforms for the Fourth of July Game (a doubleheader this year) in a tradition dating back to the city's founding 100 years ago. —Erin Wong



### Aloha Art

The images most closely associated with Hawai'i may be of beaches, sunsets and rainbows, but a new exhibition at the Honolulu Museum of Art shows Hawai'i art that transcends these conventions.

The biennial "Artists of Hawai'i," on display July 2–October 25, will feature original works by Hawai'i-based artists—seven individuals and one collective group called .5ppi.

The museum selected the artists from



Jesse Houlding, Ferrous Wheel—Painting, 2014, iron residue, cherry-wood frame, canvas.

249 proposals, aiming to represent a range of techniques, media and subject matter. Artists were given nine months to create pieces for the show.

One installation to watch for is .5ppi fps, a work that combines prints and videos. It was created by .5ppi, which specializes in large-scale printmaking.

For more information, call 808-532-8700 or visit honolulumuseum.org.

-Erin Wong







# Nonstop Southern Charm

NEW FLIGHTS FROM SEATTLE COMING THIS FALL NASHVILLE - CHARLESTON - RALEIGH-DURHAM

NONSTOP FROM SEATTLE
TO MORE THAN 80 DESTINATIONS

Alaska

CHICAGO, IL

### Far East in the Midwest

The vaunted Field Museum is opening its first permanent exhibit hall devoted to China—the "Cyrus Tang Hall of China"—on June 24.

Visitors to the hall can view more than 350 Chinese artifacts—from at least 5,000 years ago, up through the 1930s—including parts of the 27-foot-long painted scroll Along the River during the Qingming Festival (aka the Qingming Scroll; 17th century), which shows life in a river city. A 55-inch touchscreen will allow museumgoers to zoom in and learn about details on a virtual version of the scroll.

Other hall highlights will include a video of performers at a Chinese shadow-puppet theater. Visitors can also sit in the East Garden with eight "spirit stones" donated by the Municipal Government of Suzhou.

To learn more, call 312-922-9410 or visit fieldmuseum.org. — Katy Wong

Also of note ...
"Crossing Cultures:
Bella Yang, A Story of
Immigration," through
Aug. 12; Chinese American author-artist Bella
Yang's experiences, told
in graphic novels and
illustrations; The
California Museum;
Sacramento, CA;
californiamuseum.org.

"China: Through the Looking Glass," through Aug. 16; 140+ objects exploring fashion in China; Metropolitan Museum of Art; New York, NY; metmuseum.org.

"28 Chinese," June 5— Aug. 16; Chinese contemporary works by 28 artists in various media; Asian Art Museum; San Francisco, CA; asianart.org. The 27-foot-long
Qingming Scroll
will be shown at the
Field Museum a
section at a time (for
preservation purposes).



Nigeria-born filmmaker and photographer Zina Saro-Wiwa titled this 2014 image Lenu Naagbiwa of Boue, One of the Last Active Carvers in Ogoniland.

SEATTLE, WA

### Modern Masquerade

The evolution of the mask is the focus of "Disguise: Masks and Global African Art," showing June 18—September 7 at the Seattle Art Museum. In this exhibition, 10 artists—all from Africa or of African descent—explore the theme of disguise in masks and other art forms. Works incorporate painting, sculpture, photography, video, light and sound. Site-specific installations will be enhanced by live performances. Inspiration for the show came from SAM's collection of masks, masked characters from legends, and a desire to explore representations of disguise in the 21st century. Call 206-654-3100 or visit seattleartmuseum.org. —Sophia Lizardi



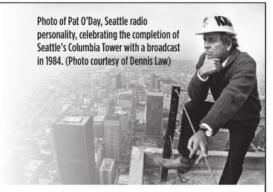
# I Thought I Was on Top of the World By Pat O'Day

My career had been spent in radio and rock and roll. I ran the top radio station in Seattle when I also started a large rock-and-roll concert company.

I'd been drinking to excess for years. I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where they demanded that I get treatment. Ten days later I walked out of Schick Shadel Hospital to never, ever, have another drink or any bad substance. My habit, the urges, the desire and the mixed-up rationale had simply gone, vanished; I was sober, happy and healed.

Mr. Charles Shadel of Seattle once said, "Something just isn't right. People are addicted to alcohol. It's wrecking lives. They know they should quit, and they want to, but they can't. Churches, rehab centers, counselors all try to help, but the craving seems impossible to extinguish. Shadel said, "We must be doing something wrong!" He joined with Dr. Walter Voeghtlin in search of a solution. It was clear from their studies that the conscious portion of the brain, the portion you're using as you read this, once addicted, lacks the power to erase overpowering urges of dependency. So they concluded, "To truly halt the habit, we must employ a more powerful portion of the brain, the subconscious." And they did! Their stunning achievement created a medical treatment that is proven to be very successful.\* Two powerful but painless medical innovations are combined to erase patients' habits.

First, they developed a powerful "Counter Conditioning" method that brings the patient to hate the sight, smell, taste and thoughts of using the addictive substance.



Second, the doctors introduced a medically administered minimal sedation interview, which is designed to get at the individualized substance abuse triggers for each patient. Schick Shadel's program restores the original wonderful person and gives them a new life in just 10 days. This success is enjoyed by more than 65,000 former patients, including myself!



\* Based on results of a verified, independent survey of former Seattle patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.

Schick Shadel Hospital is at **schickshadel.com** OR **1-800-CRAVING** (**1-800-272-8464**).

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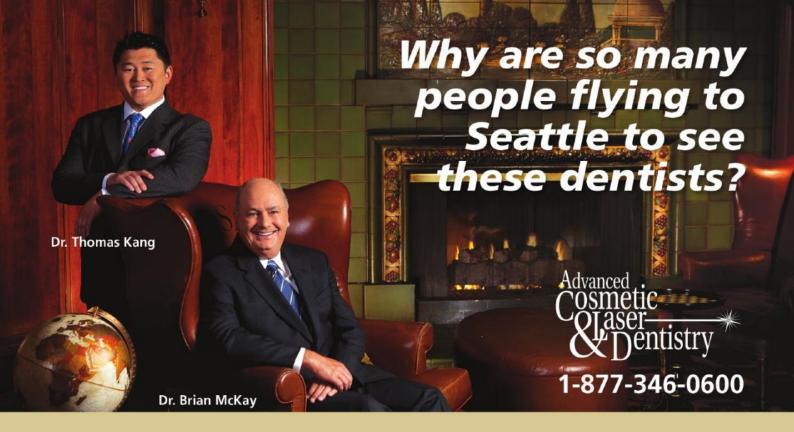
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\* Based on results of a verified, independent survey of former patients (success measured as total abstinence for one year and assessed by self-evaluation), against published success rates from verified, comparable studies of other medical institutions.

\*\* Model representations of real patients are shown. Actual patients cannot be divulged due to HIPAA regulations.



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# CATHY LOST 23 LBS & 10 YEARS IN 10 WEEKS



The My Best 10 program was a perfect fit. It was completely tailored to meet my needs from end-to-end. The holistic approach gave me all the tools I needed to take care of myself from exercise and nutrition to Spa treatments, hair and skincare products, and everything in-between. The

whole package had that fun element to it that, as a woman, I couldn't resist!

After having a baby several years ago, I worked with a trainer and was successful in shedding the excess weight. However, as time went by and life got busy, it was easy to talk myself out of exercise or a healthy diet. Soon, I'd gained back much of the weight I'd lost and began feeling tired and sluggish. I was drawn to My Best 10 as it seemed to align perfectly with my goal of looking and feeling younger. My main inspiration was my daughter. I'd had her later in life and wanted to feel just as energetic and healthy as those younger moms.

While the program was challenging, it was also fun. Who doesn't enjoy a little pampering on top of all that hard work you put in?

My trainer and registered dietitian were integral to my success. They not only provided me with the tools to succeed but also the motivation to

push myself harder. Having that accountability makes all the difference in the world. It has become a habit to integrate what I learned into my lifestyle. For example, I've become a lot more aware of my food choices. I ate out the other day and when the food was served, my first thought was, "That's not enough protein." It's not something that would have crossed my mind before. Regular exercise has also become a habit. I enjoy practicing hot yoga three times a week and swimming.

Meeting with a dermatologist and learning more about my skincare was a fun perk of the program. I'm always looking for that "miracle product" to look my best and I was delighted with the results - I can't see any wrinkles and my skin is so smooth!

I'd do My Best 10 all over again because I love the results. I feel as if I've learned so much that I can take with me and apply on my own. My Best 10 is a philosophy. It teaches a lifestyle and it's up to you to make the right choices for yourself. Often times, we women get so involved in our daily lives and helping others around us that we neglect ourselves. This is dedicated "you-time" that everyone deserves.

SAN DIEGO, CA

### Summertime Zoo Events

A Chinese acrobat troupe, Japanese taiko drummers and Bollywood-style dancers are among the performers who will be featured in the Summer Safari, June 29-August 16 at San Diego Zoo Safari Park (about 30 miles north of downtown San Diego). The park will be open 9 A.M. to 7 P.M. on those dates, with the "Asia Celebration" themed performances starting at 11 A.M. Visitors will also enjoy the separately enclosed Tiger Trail habitat. Call 619-231-1515; visit sdzsafaripark.org.

The San Diego Zoo, located at Balboa

Park in the heart of San Diego, will host the Nighttime Zoo event (June 21-September 7), with the theme "Shake, Rattle, and Roar." Rock and other types of music will be featured. Open until 9 P.M. daily, the zoo will provide guests with extended-hour opportunities to enjoy world-famous wildlife. Call 619-231-1515 or visit sandiegozoo.org. Alaska Airlines is the official airline sponsor of the San Diego Zoo and the San Diego Zoo Safari Park. - Sophia Lizardi



The Tiger Trail, featuring five Sumatran tigers, is a recent addition to the San Diego Zoo Safari Park.

SUP IN SEATTLE Stand-up paddleboarding (SUP) is making a splash in the Emerald City with the Seafair Northwest Paddling Series. The inaugural five-part event has three races remaining in 2015: the M2S Alki Paddling Challenge (June 27), the Zico Seafair SUP Challenge (July 11) and the 4-mile Tommy Bahama Seafair Championship on the Seafair festival's race course on Lake Washington (August 1). Spectators can watch the series finale from boats or from land, or via locally televised coverage. Other Seafair events taking place before the race will include air shows and hydroplane races. Alaska Airlines is the official airline sponsor of Seattle Seafair. Learn more at nwpaddlingseries.com and seafair.com. - Erin Wong



### CALENDAR

Through August 15 (Fridays & Saturdays), Fiesta Noche del Rio, music and dance from Mexico, Spain, Argentina and Texas; Arneson River Theatre, San Antonio, TX: 210-226-4651; fiestanochesa.com

Starting June 4, Race to Alaska, a 750-mile Inside Passage small-boat race of human- and wind-powered craft; Port Townsend, WA, to Victoria, BC (stage 1) and Victoria to Ketchikan, AK (stage 2); r2ak.com

June 25-27, Twin Cities Jazz Festival, locally and internationally renowned musicians; in and near Mears Park, St. Paul, MN; hotsummerjazz.com

June 28, Seattle Pride parade, 2015 theme: "A Lifetime of Pride"; sponsored by Alaska Airlines: downtown. Seattle, WA; 206-322-9561; seattlepride.org

July 2-4, Fair Saint Louis, music, educational activities, fireworks and more: Forest Park. St. Louis, MO; 314-434-3434; fairsaintlouis.org

July 9-12, Comic-Con International, an iconic pop-culture event; artists, celebrities, fans; San Diego Convention Center, San Diego, CA; comic-con.org









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### **Goal Oriented**

Driven competitor Alex Morgan plays a vital role for the U.S. Women's National Team and U.S. women's soccer By Ben Raker

If all goes according to plan for Alex Morgan, star forward for soccer's U.S. Women's National Team, she will celebrate her 26th birthday in Vancouver, British Columbia, two days before the Fourth of July and three days before representing her country in the July 5 final of the FIFA Women's World Cup.

Morgan, who plays professionally for the Portland Thorns FC, is competing in her second World Cup. Four years ago, she was the youngest member of the national team, and she became a key contributor, aided by her trademark speed and scoring instinct.

As she takes on more of a leadership role for the 2015 World Cup, this self-described fierce competitor looks to build on recent years' successes and bring home the trophy that has eluded the U.S. Women's team since 1999.

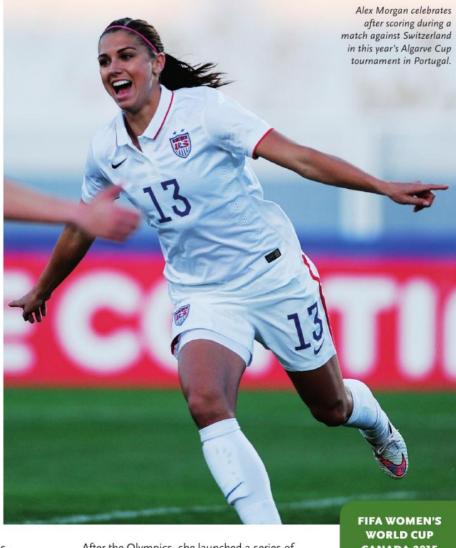
Her most dramatic tally in the 2011 World Cup was a 123rd-minute gamewinner against Canada that sent the U.S. to the final. The goal came less than 30 seconds before the semifinal would have gone to a shootout.

Morgan followed 2011 with a stellar 2012. She helped lead the U.S. team to gold at the London Olympics, starting in all six games. In 2012 national team matches, she had 28 goals and 21 assists, leading the team in both categories.

In between World Cups, the dynamic Morgan has been the center of much attention, as a player, spokesperson and, famously, a magazine model.

The added attention is something Morgan has worked to channel to better her sport. She says it was around the time of the 2012 Olympics that she really started realizing the influence she could have on young women soccer players.

"If I was wearing my pink headband, I'd see girls at the stadium wearing pink headbands," she says.



After the Olympics, she launched a series of books about a girls soccer team, called *The Kicks*. The books were a hit. More are due out this year.

As her career has advanced, Morgan has seen interest in her sport boom. She looks forward to the World Cup crowds and also praises Thorns fans.

"In Portland, the fans have a great sense of pride. ... It's not only huge for women's soccer right now, but also for girls in the next generation to see how many people care about this sport and follow us passionately." Visit alexmorgansoccer.com.

CANADA 2015
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more at fifa.com/
womensworldcup.

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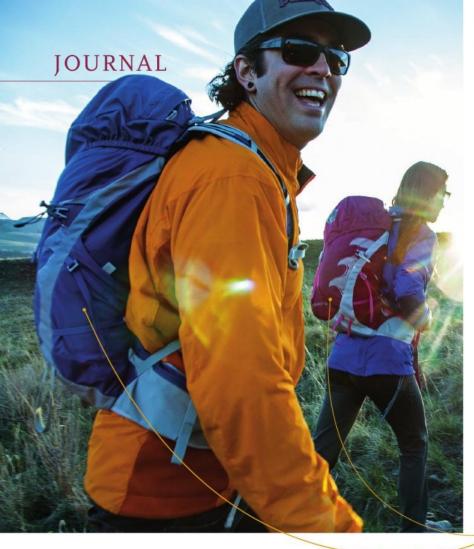
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### **Traveling Light**

Daypacks for everyday adventurers By Jacob Sodeman

With the ever-evolving development of modern materials and space-saving, functional designs, daypacks can serve a multitude of purposes. The following travel bags are all designed to carry what you need for a day in the local parks, and to maintain a sense of sophistication and style while touring urban neighborhoods.

### OZONE CONVERTIBLE DAYPACK

Versatility is the name of this game. The Osprey Ozone Convertible fits the maximum legal carry-on size for U.S. air travel, and has a detachable daypack so you don't always have to bring everything you packed. ospreypacks.com.

### PACKABLE DAYPACK

Super lightweight and flexible, Eagle Creek's Packable Daypack can be rolled up into its own front pocket for easy transport, and later expanded into a nearly full-size daypack for urban shopping adventures or an afternoon on the trails. eaglecreek.com.

### SYNAPSE 25

The exterior of this Tom Bihn backpack is conveniently organized into five spacious, zippered pockets for all of your day-trip essentials, with the interior left undivided in order to accept larger items. The bag is designed for day hiking and ultralight travel, as well as everyday adventures. tombihn.com.



### PROOF LAPTOP MESSENGER BAG

On the border of rugged and trendy, Timbuk2's messenger bag is water focuses on carrying and protecting your electronics, and brings a touch of class





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- Tablet
- Sunglasses
- Chargers and adapters

timbuk2.com.

- Map
- Sunscreen
- Insect repellent
- · First-aid kit
- Multiuse shoes
- · Gloves
- Medications and toiletries
- Camera
- Extra food
- (granola bars, trail mix, etc.)
- · Water bottle
- · Light source (flashlight, headlamp, phone app)







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BOSTON: Natick Mall • Northshore Mall CHICAGO: Oakbrook Center • Woodfield Mall DALLAS: NorthPark Center
DENVER: Cherry Creek Shopping Center LAS VEGAS: Grand Canal Shoppes at The Venetian LOS ANGELES: Glendale Galleria
NEW YORK: Roosevelt Field PHILADELPHIA: The Plaza at King of Prussia PLEASANTON: Stoneridge Mall
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Dating can be fun and invigorating – from that instant attraction you feel the first time you meet to jumping in the car for an impromptu weekend getaway. Unfortunately, it can take a lot of work to get to that stage of dating.

rom spending hours sorting through online profiles looking for a good match to trying to connect via pokes, winks and email, dating can suddenly feel like a full-time job. Wouldn't it be nice if you could just fast forward to the fun part of dating? That's exactly what newlyweds Desireé and Michael Schlitt say It's Just Lunch, a dating service for busy professionals, did for them. The matchmakers at It's Just Lunch took the time to learn what they were looking for in a partner and then de-

### With so many dating options out there, why did you choose It's Just Lunch?

D: I travel a lot for work, so I'd read about It's Just Lunch in airline magazines, and then I ran into a friend who was attending the wedding of an attorney in town who'd met her husband through IJL — the fact that those two events happened so close together, I thought I should call them. At the end of my work day I didn't want to come home and go look at profiles online. I felt like it was a waste of my time.

# What would you tell a friend who was apprehensive about investing the money on IJL?

M: I'd ask, "Are you looking for a relationship or not?" With online dating you never know who's on the other side of the line. IJL had better quality people who were interesting. It truly was an experience that was tailored for me.

### Describe your first meeting with an IJL matchmaker?

M: I had a phone interview first and then went in and met with a matchmaker. It really made me think. Online you can say anything, but if you're paying for this I assume you're not going to lie about what you want.

### Tell us about your first date with one another.

D: I never went on lunch dates because I was always busy at work so I met Michael after work at a downtown restaurant. The conversation just flowed. I was attracted to him from the start. I remember it turned into dinner.

### What was your favorite part about dating through IJL?

D: I met my husband, so I guess I would say that! It's Just Lunch – it's just a lot of fun. I remember I'd get off a plane and have a voicemail from the matchmaker saying she had a potential date for me. With online dating, you can go back and forth and waste a month with someone and not really get to know them. With IJL, you go meet your match and if you like them, you see them again, and if you don't, you're done.

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# **Breaking Barriers**

A world-class adventurer, blind from age 13, helps others see paths through adversity By Buddy Levy

**AS ERIK WEIHENMAYER** descended from the 29,035-foot summit of Mount Everest in 2001, one of his guides congratulated him on his historic climb, and then said something that Weihenmayer would never forget: "Don't make Everest the greatest thing you ever do."

Weihenmayer had just become the first blind person to stand on the world's highest peak, and he went on to climb the rest of the fabled Seven Summits—the highest points on each continent. So, what was he supposed to do for an encore?

The more Weihenmayer thought about his guide's words, the more he realized that his life's purpose wasn't just about personal accomplishment: He had an opportunity to encourage others.

Weihenmayer skis black diamond runs and skydives. He has paraglided solo (with radio guidance). In 2014 he kayaked the 277 miles of the Colorado River that flow through the Grand Canyon, solo in his own boat, receiving instructions from guides on the river via Bluetooth headset—and the equipment didn't always work. He says it was the hardest thing he's ever done.

His accomplishments have expanded into other areas, too. In 2004 Weihenmayer co-founded **No Barriers**, a nonprofit organization aimed at helping people with adversities overcome personal barriers, find inner purpose and maximize contributions to the world. No Barriers serves a variety of populations, including middle school and high school students, wounded veterans and

adults with disabilities. The No Barriers motto is, "What's within you is stronger than what's in your way."

"We all face obstacles in our lives," says Weihenmayer. "Mine happened to be blindness, but all people struggle with adversity. [Yet] I think there is something inside all of us, a kind of light. Sometimes—through injury, disease, tragedy, mental illness, loss or trauma—we get shoved into a dark place, and that light almost goes out. A lot of times, making hard choices is what fuels that light, and becomes the energy we need to push us forward."

To help people push forward, No Barriers holds a four-day summit that features innovative adaptive medical technologies, inspiring speakers and clinics for outdoor activities such as rock climbing, kayaking, rafting, rappelling and fly-fishing.

This year's **No Barriers Summit** takes place in Park City, Utah, July 9–12. It will include an outdoor exposition featuring pioneers in adaptive equipment. Arts and adventure clinics—led by top adaptive-sports innovators, pro athletes and celebrated artists—will provide options for people of all abilities and passions.

This year's keynote speaker is six-time Olympic gold medalist swimmer Amy Van Dyken-Rouen, who was paralyzed in 2014 and has since taken her first steps with the aid of an exoskeleton, a computerized assistive device that gets paralyzed people walking.

Weihenmayer will participate in many of the clinics and will lead outdoor activities associated with the event. He will also be the featured speaker at the closing ceremonies, where he will share his message and inspirational stories.

Learn more about Erik Weihenmayer at touchthetop.com. To register for the No Barriers Summit, visit nobarriersusa.org.









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# Adventures on Every Page

Photographic explorations of natural places and the people who explore them By Hannah Tyne

The world's remote places and distinctive environments beckon to adventurers seeking premier athletic challenges and deeper connections to the natural world. They also call out to skilled photographers who document these wild lands and the people who thrive on outdoor adventure.

The following new and recently released books feature fascinating natural wonders and outdoor-sport achievements—as documented by adventure photographers exploring the great outdoors.



A rock climber ascends a wall at Indian Creek, outside of Moab, Utah.



# GREAT BEAR WILD Oppides from a color Randous TAN NOALCISTER



## **ADVENTURE & OUTDOOR PICKS**

# THE ART OF ADVENTURE Introduction by Ian Shive; Insight Editions

Insight Editions
Through dramatic
images, this large-format
title spotlights extreme
outdoor sports, from
rock climbing to
whitewater kayaking.

#### BY THE SEA

By Peter Guttman; Skyhorse Publishing Through the lens of travel photographer Peter Guttman, readers glimpse seascapes and coastal landscapes from around the world, as well as maritime cultures and marine life.

### GOING OUT IS GOING IN

By Jeff Johnson and James Joiner; Patagonia This book features works by prominent outdoor photographers; its sales benefit environmental conservation.

### **GREAT BEAR WILD**

By Ian McAllister; University of Washington Press Award-winning photographer McAllister captures images of the spectacular wildlife in a British Columbia wilderness.

### THE GREAT WIDE OPEN

By Jeffrey Bowman, Sven Ehmann and Robert Klanten; Gestalten From the craggy peaks of Switzerland to the rain forests of Washington state, the places depicted in this book's stories and images awaken a thirst for outdoor exploration.

### THE HIDDEN CANYON

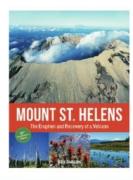
By Edward Abbey and John Blaustein; Cameron & Company A new edition, with dozens of unpublished images, updates the classic account of a trip on the Colorado River—told through words by famed essayist Abbey and pictures by Blaustein, an accomplished photographer and guide.

### MOUNT ST. HELENS

By Rob Carson; Sasquatch Books Thirty-five years after the cataclysmic eruption of Mount St. Helens, Rob Carson commemorates the devastating blast and the remarkable recovery of the surrounding region.

### THE SALISH SEA

By Audrey DeLella
Benedict and Joseph K.
Gaydos; Sasquatch Books
The marine region
represented in this
book—which is bounded
by parts of Western
Washington and
southwestern British
Columbia—is home to a
diverse ecosystem that
teems with sea life.



### **HOW-TO PHOTO BOOKS**

Feeling inspired? Grab your camera and head outside.

Getting Your Shot National Geographic

John Shaw's Guide to Digital Nature Photography By John Shaw; Amphoto Books

Mastering Landscape Photography By David Taylor; Ammonite Press

Outdoor Action and Adventure Photography By Dan Bailey; Focal Press

Photographing Washington By Greg Vaughn; PhotoTripUSA (other states available)



# EL GAUCHO, THE QUINN T. ESSENTIAL STEAKHOUSE By Quinn Travis

After extensive research, an intrepid food critic finally settles on **EL GAUCHO** AS THE ULTIMATE STEAKHOUSE.

FOR SOME TIME NOW, I have been patiently and secretly visiting every self-proclaimed or ravely reviewed "top shelf steakhouse" in the major market cities: New York, Chicago and San Francisco. Restaurants like The Palm, Chicago Chop House, Gene & Georgetti's, Smith & Wollensky, Angelo and Maxie's, Ben Benson's Steak House, and so on.

In fact, I'm writing this at Angelo and Maxie's in Manhattan as I sit outdoors in 85-degree weather at 8 o'clock at night. Why? Well, I love a good steak, and quite frankly there are so many steakhouses and so many claims and readers polls, I thought it was high time for me to do some sleuth work. Exactly, how does Seattle fare in this category? Is it in the big leagues?

First off, there are so many steakhouses in Seattle it's mind-boggling. Local favorites like Daniel's Broiler, Metropolitan Grill, Brooklyn Seafood Steak & Oyster House and El Gaucho, and big invading chains, like Morton's and Ruth's Chris all compete in the market replete with a zillion other restaurants that claim to have the best steaks around. So if you feel like a great steak, where do you go to really impress a business client and cement the deal?

### THE ULTIMATE STEAK

Last November, a colleague and I were having dinner, and the owner of the steakhouse (whom we know) came up and proudly proclaimed that we were in luck. They had just secured a deal with an elite distributor, the Tarpoff Packing Co. of Granite City, IL (a third-generation family-owned packing plant where each steer is hand selected by owner John Tarpoff), for exclusive restaurant rights, and that night was the premiere of the new beef. This owner claimed it was the best custom 28-Day Dry-Aged Certified Angus Beefs Prime, tender and lean, that he had ever tasted. (By the way, only .05 percent of beef sold in this country

is Certified Angus.) This came as a mild quake to me, since I felt the steaks were already superior at this establishment. The man is

Paul Mackay, and the steakhouse is El Gaucho. I must confess, Paul was not blowing smoke.

### A SUPER-HIP CIGAR ROOM

First-time visitors to the El Gaucho are immediately hit by its distinctive atmosphere. Nondescript on the outside and dimly lit and well appointed on the inside, El Gaucho is a perfect representation of what my worldly brother-in-law architect Ron Rea terms a "swank 1940s New York nightclub." Yes, even the baby grand piano man is here, playing it live. The restaurant screams style, quality, and fashion—right at you, but not in your face.

Stunning details include curved walls, terraced seating, big booths, tables, a stylish bar, wood trim galore, a marble floor, three small private dining rooms (two of which are wine cellars, too), a 16-foot ceiling, and no windows. Further, there's the ultra-retro Pampas Room downstairs that can accommodate up to 200 guests and has a full dance floor and stage.

A super-hip cigar room, with whisper-quiet ceiling vents that whisk away the stogie fumes, has a freshness that would impress an air quality specialist. If you didn't venture into that part of the restaurant, you simply would not know that there is a cigar room. Absolutely no cigar odors permeate the main dining area. Yet with that huge cigar vault, El Gaucho is the place for many sports celebrities, business leaders, and politicians who like an occasional cigar.

### ALWAYS ON, EVERY NIGHT

Here are the main reasons why I think this is the best steakhouse in Seattle, and yes, even beyond Seattle. There is no excuse for an off night.

In this business, you must be on every night—without exception. There are three main areas where restaurants rise or fall. El Gaucho excels at all three.

First, good food means fresh, well-prepared, well-presented, well-sized portions, with variety and creativity. Second, the environment must have an ambiance that enhances the dining experience. Third, service

must be exemplary—neither too invisible nor too intrusive. Service is one area where El Gaucho rules hands down. The wait staff are so knowledgeable, so polite and gracious, so attentive to detail, so professional in dress and demeanor, that I can only commend Paul for creating and sustaining such a fine, rare, unique atmosphere. No other restaurant comes close. That includes all the big guns, both here and in the other major markets.

"Let's sum it all up this way.
I've been to El Gaucho at
least eight times in the past
year or so, and I've never
been disappointed."

I frequent the other high-end steakhouses in town and beyond, and they are good, some perhaps even great, but I have had off evenings at these restaurants. Plus El Gaucho's steaks are, shall we say, a cut above—more tender, more flavorful. Furthermore, they could teach advanced grad school courses on service and etiquette. And the ambiance, while classy, successfully avoids the pretentious, stuffy mode.

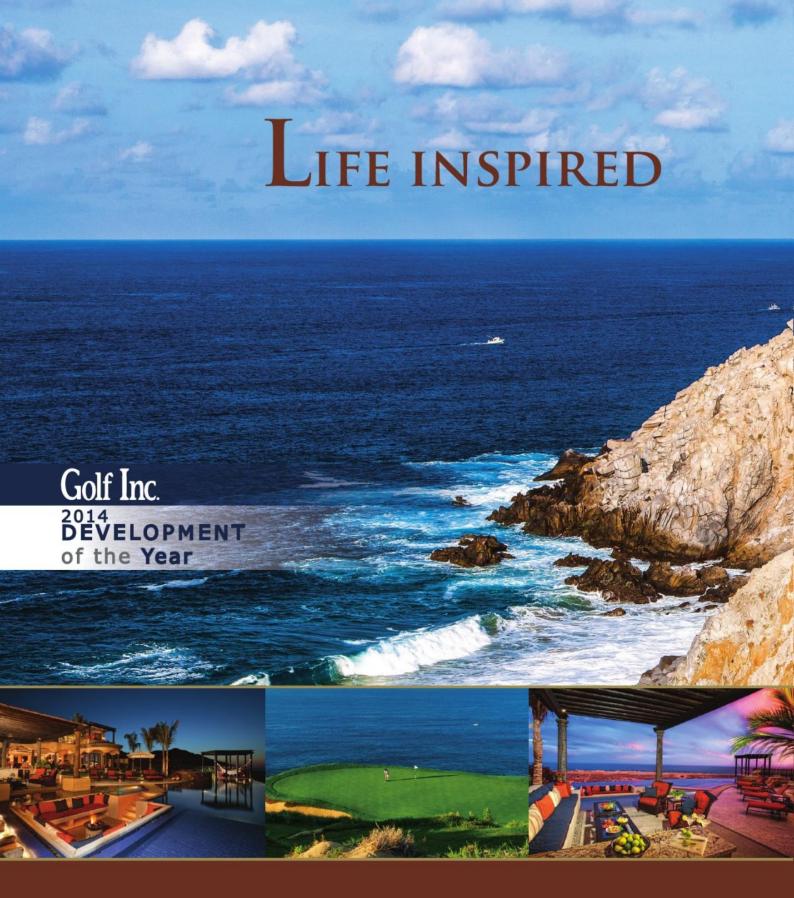
So having dined at many of the best steak-houses in the country, let me answer my earlier question: Are we in the big leagues? Seattle is not only in the big leagues with El Gaucho, we're like the Ichiro-fueled Seattle Mariners—we are on top of the heap. Chicago, New York—my apologies. El Gaucho is the definitive steakhouse in this country.

FOR RESERVATIONS:

Washington State banned smoking in public places in December 2005. El Gaucho Seattle and Tacoma still have cigar lounges, however smoking is unfortunately not permitted on premises. El Gaucho Portland has an open and dedicated cigar lounge.

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# ENCHANTING COSTA RICA

ALASKA AIRLINES' NEWEST
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FORESTS AND BEAUTIFUL
BEACHES BY STEPHEN JERMANOK

## HIGH UP IN THE MOUNTAINS

with views of the Pacific coast, the weather in the Monteverde Cloud Forest is surprisingly cool for a Central American locale. A perpetual dampness fosters a slick layer of moss that covers the branches and trunks of the trees. Thick vines dangle from towering ficus trees and clay-covered trails are laden with fallen passion fruit. We are following an impassioned naturalist named Mauricio Ramirez who truly loves his job. He gives us cilantro and cinnamon to smell, tells us what part of the palm tree to cut to find the meaty heart of palm, sticks a flashlight into a hole to spotlight an orange-and-brown tarantula, and has us swing from one of the vines à la Tarzan.

"This is impressive," Mauricio says as he quickly sets up his telescope. I peer in and my jaw drops as I make out the bushy white eyebrows and wide eyes of a crested owl staring back at me. "Holy cow!" I blurt out as Mauricio chimes in, "Beautiful. Yes, beautiful."

I've had the pleasure of returning to Costa Rica a half-dozen times since that initial walk with Mauricio in 1999. Each time, I feel grateful that I've had another chance to explore this magical country. Blessed with a lush interior and a tropical habitat that's home to four types of monkeys, slow-moving sloths, vibrant scarlet macaws, toucans and 45 different species of hummingbirds, Costa Rica has become an increasingly popular destination.

A mix of rain forests, mountain cloud forests, volcanoes and exquisite Pacific beaches, the country



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is only about the size of West Virginia. On a weeklong trip, many travelers sample each of the diverse landscapes. Others head straight to the beach.

For active travelers, Costa Rica is one of the best playgrounds in the Americas. A perfect introduction to the landscape is the often overlooked Central Highlands on the verdant back slopes of Poas Volcano, less than a 90-minute drive from the international airport outside the capital city of San José. From the small farming community of Bajos del Toro, I take a horseback ride with my family on meadows that climb the hillside. We ride high up the slopes, trotting through streams and stopping at a dairy farm to milk the cows and feed a 5-day-old calf. We gallop through this small village of 300 to see the local church, school, soccer field and bar.

That afternoon, a two-hour hike brings us to three waterfalls hidden within the cloud forest bordering Poas. Walking along a stream, we pick blackberries, feel the soft elephant ear leaves, and peer at golden beetles crossing the trail. It's the heart of the green season, in midsummer when torrential downpours pounce in the late afternoon, only enhancing the verdant interior. We cross a bridge to find our first waterfall, cascading down a rock crevice. The waterfalls become more picturesque the higher we hike, especially the final waterfall, named The Promise, which plummets 200 feet into a pool.

"I can't believe we're all alone," says my daughter, Melanie, dipping her toes into the cool waters.

A three-hour drive northwest of Poas brings you to Arenal, one of the most active volcanoes in the

Western Hemisphere. On one night I remember vividly, my friend Jeff and I watch a river of red molten lava flow down from the crater of Arenal.

When we wake the next morning, we hear the hammering of the eruptions and see puffs of smoke from the smoldering lava. We spend the afternoon mountain biking on dirt roads at the base of this coneshaped volcano whose simple beauty rivals Osorno in Chile and Mount Fuji in Japan.

On a guided four-hour ride, we bike up and down a rolling dirt road lined with orchids and colorful green birds. As we pass a small village where cows lounge in the shade of palm trees and kids call out "Hola," Lake Arenal, an 18-mile-long reservoir, comes into view. We stop for a break beside a raging river to sample fresh pineapple. As we near the end

The Pacific beaches of Manuel Antonio National Park (left) are popular among travelers.

A young boy (above) ziplines above a rain forest canopy.

Surfers flock to beaches on both the Pacific and Caribbean coasts. Below is Santa Teresa Beach on the Nicoya Peninsula, on the Pacific side.





of our jaunt, pedaling past fields of papaya, I peer up at a tall trumpet tree and see the unmistakable yellow beak of a toucan that's hopping along a branch.

It was another exquisite bird that gave me the idea to return to Costa Rica and spend a week just bird-watching. I was down near the central Pacific coast of the country when I heard loud squawking overhead. High above me on a branch of a palm tree was a pair of scarlet macaws and their impressive pageantry of red, blue and yellow. Excepting my local pet store, where a large parrot named Harvey is the headliner, I had never seen such a glorious bird.

So I return to nearby Carara National Park and enter this thicket of rain forest at exactly the time the park opens at 7 A.M. By 7:03 I hear the distinct "raak, raak" of a scarlet macaw. In a white cedar tree I spot a dazzling display of color: A male and



# WORK UP An appetite

Gallo pinto (a mix of rice and black beans), tender chicken, plantains, and fresh fruits such as papaya, mangos, pineapple and bananas, are the staples of Costa Rican dining. At lunch, the standard dish is casado, rice and beans served side by side with a small salad and either chicken, fish or pork. Steve & Lisa's, a restaurant on the main road into Los Sueños from Carara National Park, serves consistently good Costa Rican fare. On the Osa Peninsula, enjoy the chicken quesadillas (left) at Martina's Place along Drake Bay. —S.J.

female are perched side by side, exemplifying the macaw's lifelong monogamy. As they groom each other's feathers, I notice a little red head peeking out of a hole behind them, and above that one, another head pops out of another hole, a sibling.

From Carara, it's less than a 30-minute drive to the Los Sueños Marina on the

Pacific coast. Charter boats line the docks here to entice anglers who have dreams of hooking a giant sailfish or marlin. This is what the legendary Captain Daniel does best. Winner of the Los Sueños Signature Billfish Tournament, his crew once caught and released a record 97 sailfish in just six days. I head out with Captain Daniel in





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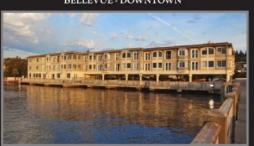
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November, when the billfish are just returning to these waters.

After passing pods of dolphins jumping over our wake, Captain Daniel roars out a command and the crew springs into action. Soon I spot a sailfish skimming the water's surface and, lo and behold, it's latched on to one of our hooks. I put on a belt, ready

The cone-shaped, and active, Arenal Volcano in northern Costa Rica is a major attraction for adventurers.





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for action, but just as quickly, the fish is gone. We have better luck with tuna and mahi mahi, reeling in seven fish.

Heading south along the coast, we reach Quepos, a city that once housed the workers for the Chiquita Bananas corporation. These days, palm oil plantations have replaced the banana fields. Used for biodiesel fuel, cooking oil, suntan lotion and other lubricants, palm oil is the second most important business after

# URBAN Experiences

### **Many travelers visiting Costa Rica**

fly into one of the two destination airports served by Alaska Airlines, and fly out of the other. Both San José and Liberia offer enticing urban experiences to complement the country's popular adventure vacations.

San José, the nation's capital, is a lively city of about 300,000 and features a mix of modern and Spanish colonial architecture. Attractions include the Museum of Contemporary Art and Design, the Pre-Columbian Gold Museum, and the National Museum of Costa Rica, devoted to Costa Rica's cultural and natural history. The National Theatre of Costa Rica is an icon of colonial architecture.

Liberia, located about 130 miles northwest, was founded in the mid-18th century and is the largest city of the Guanacaste region. The city's bustling downtown features the Art Deco-style Museum of Guanacaste, local galleries, public markets, and fine restaurants serving Spanish cuisine, flat iron steaks and fresh local seafood.

tourism on the Costa Rican coast.

High in the hills adjacent to these vast plantations we sample the sport of ziplining. The now-ubiquitous zipline tour originated in Costa Rica, and can be found in all types of terrain. Cruising above the rain forest or cloud forest canopy, immersed in the greenery, provides an unparalleled feeling of freedom.

Harnessed up, we go to the top of a ridge and the first of 12 zipline runs above the rain-forest canopy. Gliding down the cable, the greenery becomes a blur, especially when you ride upside down, which we all try. For a finale, my son, Jake, performs the Superman runface first, arms out like the superhero.

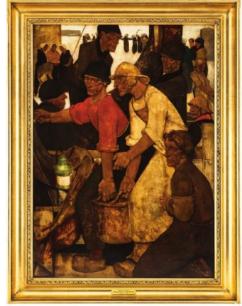
A must-stop on any itinerary is nearby Manuel Antonio National Park, a sliver of rain forest bordered by a sublime stretch of Pacific coastline. A little more than 1,700 acres, the small park allows only 800 people to visit each day, so it's best to arrive when the gates open, and hire a naturalist with a telescope. I find that everything looks spectacular through a telescope: the bulging eyes of a dragonfly, the hairs of a tarantula, the electric blue coloring of a butterfly's wings. Yet, it's hard to top the monkeys we watch chasing one another on the beach. Our naturalist also scopes a sloth high in a tree.

Perhaps the most gratifying part about visiting Costa Rica is meeting the people. Even though travel is a vital business here, locals don't view you as a walking dollar bill. Costa Ricans are very proud of their country, as they should be. They want you to savor your time here and will help assist you any way they can. As they like to say here, "Pura vida!" wishing you the joy of life. In this case, it's an expression that reflects reality.

Stephen Jermanok is a columnist for Men's Journal and The Boston Globe.

Alaska Airlines launches new service to Costa Rica this fall: Los Angeles/LAX to San José, Oct. 31; and LAX to Liberia/ Guanacaste, Nov. 1. Get more information and book flights at alaskaair.com or call 800-ALASKAAIR.

# Willem van den Berg



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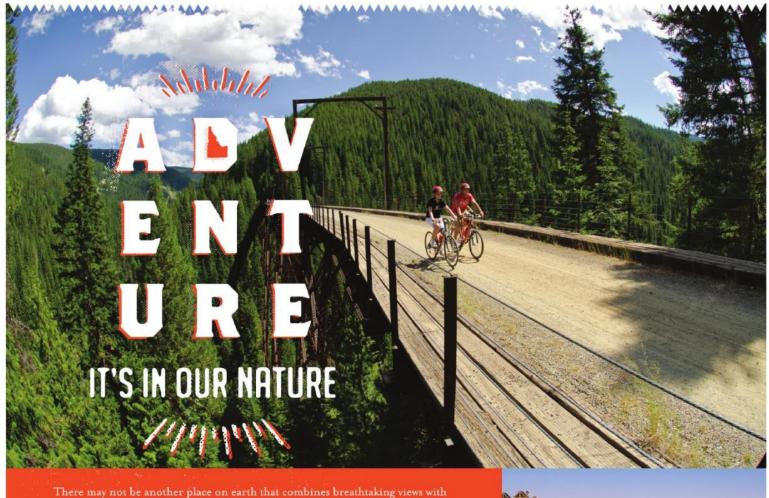
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## WHEN MOUNT ST. HELENS **ERUPTED IN 1980**, the explosion blew

the north side off the graceful 9,677-foot peak, flattened surrounding forests into toothpicks, shot debris 80,000 feet into the atmosphere, and scattered ash across the Northwest. Today, the 8,365-foot peak testifies to the power of terrestrial forces, making it a dramatic but (in mountain-climbing terms) relatively easy ascent, a great introduction to mountaineering, one of the West's most rewarding sports.

I had climbed St. Helens before it blew, so I was especially keen to attempt it after the eruption. Climbing it back in the 1970s when I was in high school introduced me to mountaineering, a sport that defined my life for many years, teaching me self-reliance, risk management and love for the rugged beauty of the Mountain West, from the Sierra Nevada to the Cascades and the Alaska Range.

Over the years since, I've ascended most major peaks in the region, including St. Helens, Mount Hood, Mount Whitney and Mount McKinley (universally known in Alaska as Denali, and the subject of my recent novel, The Storms of Denali). It's been a steep and profoundly satisfying path, having not only climbed these peaks, but internalized something of

them as well.

Along the way, I've had the pleasure of introducing a number of friends to the sport, which if pursued in a sensible and skilled manner can be safe, fulfilling and bracingly challenging. The key is to adopt a step-by-step approach, with realistic objectives, and learn the skills needed to tackle them.

Climbing Mount St. Helens is a strenuous but nontechnical trek that reveals the crater from the 1980 eruption.

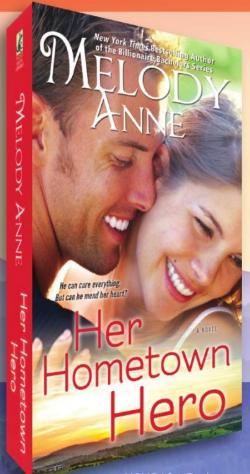
Like most climbers, I built my skill and experience by ascending peaks that stretched my limits without exceeding them. St. Helens proved a perfect stepping-stone to more difficult objectives. The popular Monitor Ridge Route on the peak's south side gains 4,500 feet in 5 miles from the Climber's

Bivouac at 3,700 feet to the crater rim at 8,365 feet.

MOUNTAINS OF DATA

 Mount Rainier What Puget Sounders simply call "the Mountain" has a visible mass of 13,211 feet, exceeding that of K2, Earth's second-highest peak. • Denali North America's highest peak (20,320 feet) has a visible prominence of more than 18,000 feet—greatest in the world. • Mount Whitney The highest peak in the Lower 48, at 14,494 feet, rises 10,000 feet above the Owens Valley on Whitney's east side—but just 3,000 feet above its surroundings on the west side.

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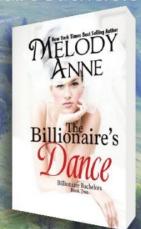
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This nontechnical climb does not require ropes, crampons or glacier travel skills, though it may require an ice axe or ski poles to avoid slipping on the snow slopes in early summer.

The dark sky gleamed with stars when my climbing partner Tom Remmers and I hit the trail at 5:30 A.M. on a recent return to this iconic climb. We used headlamps to navigate past subalpine fir trees, avalanche lilies, white trilliums and patches of gray ash, a reminder of the eruption. The blast reduced this side of the peak to a heap of loose, unconsolidated ash, but alpine fir, huckleberry bushes and bear grass are returning. The mountain is recovering.

The trail crossed a snowfield and then ascended the snout of a large lava flow. At the end of it, the snowpack started. Using my ski poles, I headed up the slope, concentrating to keep my balance. Breathing deeply, I entered what I call the Zen zone, a trance-like state where I focus solely on the path before me. One foot in front of the other, a measured, steady pace.

A few hours later, I reached the summit. I took off my pack and sat down to enjoy the view. Tom came up a few minutes later. Southern Washington state and northern Oregon spread out beneath me, the iconic cone of Mount Hood seemingly close enough to touch. There were patches of clearcuts, dense forests, and rumpled old lava flows, reminders that volcanic history here goes back millions of years.

We ate lunch and then approached the crater rim. There are many observation sites scattered around Mount St. Helens, but none affords as graphic a view ADVENTURE



of the geologic devastation as this one. The eruption vaporized the entire north side of the peak. The inner cone has built itself up over the years, but the mountain is nothing like its former height. It still looks like an immense bomb crater, a smoking wasteland, testament to the power of nature to destroy as well as renew.

We headed back down as the afternoon wind came up. The ski poles came in handy to avoid sliding, especially when I became distracted by the immense panorama of snow and dazzling blue sky, just one of the rewards of this appealing climb.

# BEGINNING CLIMBS

**These routes are ideal** for making the transition from hiking to climbing. They can be done by a novice in good hiking shape, but require additional skills. Make sure to go with an experienced companion or guide if you're a newbie and want to attempt them.

#### **ALASKA**

▲ Mount Healy A short, steep hike which includes some scrambling and great views of Denali National Park; 1 day, 4.5 miles roundtrip, 1,700 feet of elevation gain to the 4,500-foot summit.

#### WASHINGTON

▲ Mount Adams, South

**Spur** Snow climb in summer; bring crampons, ice axe; 1 or 2 days, 12 miles roundtrip, 6,670 feet of elevation gain to the 12,276-foot summit.

Mount Stuart, Cascadian
Couloir Snow climb, rock
scramble in summer; bring

crampons, ice axe; 1 to 2 days, 13 miles roundtrip, 8,200 feet of elevation gain to the 9,415-foot summit.

## OREGON

▲ Saddle Mountain, south side Steep trail with occasional rock scrambling: 1 day, 5 miles roundtrip, 1,650 feet elevation gain to 3,283-foot summit.

▲ South Sister, southeast side Long, steep trail with some scrambling; 1 to 2 days, 12 miles roundtrip, 4,900 feet elevation gain to the 10,358-foot summit.

### CALIFORNIA

Mount Shasta, Avalanche

Gulch Long, steep snow climb requiring crampons, ice axe & helmet; 2 days, 12 miles roundtrip, 7,200 feet elevation gain to 14,162-foot summit.

A Half Dome, Yosemite Valley Long hike with final stretch up a cable stairway; 1 day, 16 miles roundtrip with 4,800 feet in elevation gain.



**Mount Rainier** 14,410 ft **Mount Stuart** 9,415 ft. **Mount St. Helens** 8,365 ft. **Mount Adams** 12,276 ft. Saddle Mountain 3,283 ft. **Mount Hood** 11,240 ft South Sister 10,358 ft. **Mount Shasta** 14,162 ft. **Half Dome** 8,842 ft. **Mount Whitney** 14,494 ft.



### MOUNT HOOD

As I acquired additional skill and experience, I sought to ascend more difficult routes. Nearby Mount Hood seemed the ideal next step. My friend Eric Helmer, originally from Portland, was game to attempt the peak, having grown up right

Mount Hood is among the most popular—and most challenging—peaks in the West.





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425.558.1515 shawnkellerdds.com smilesbydesigndds@msn.com in its backyard. Located 76 miles east of Portland, Mount Hood is one of the most popular glaciated climbs in North America, but definitely not for novices.

Hood's popularity can lead to overconfidence. It has been the site of numerous mishaps, so we prepared for a variety of conditions on the popular Hogsback/ Pearly Gates route. We took a climbing rope, ice axes, crampons, and helmets.

The South Side Route begins at 5,800 feet at the Timberline Lodge parking area. At 3 miles and 5,440 feet of elevation gain, this is the shortest and most popular route to the II,240-foot summit. We began on skis with climbing skins attached, allowing us to head up the snow slope. Most climbers forgo this option, but we were both strong skiers and hoped for a quick, thrilling descent.

After covering 2 miles and gaining 3,000 feet, we stashed our skis and headed up toward Crater Rock, using ski poles and ice axes to keep our balance on the steep snow. As the grade steepened, we roped up in case of a fall. The snow-spackled walls of the Devil's Kitchen Headwall gleamed to our right. We stopped to put on helmets and crampons for the climactic stretch on the Hogsback and through the Pearly Gates. This is the crux of the climb, its most difficult section, with conditions varying yearly between easy snow and hard ice.

The steep ridge of the Hogsback didn't prove especially difficult, but it was very dramatic. As we climbed upward, I noticed a crevasse below us. I was glad we were roped up.

The final push up through the Pearly

Gates tested my ice climbing skills. The well-trodden path through a narrow cleft in the rock was icy, requiring crampons to safely ascend. My crampons bit easily into the ice, allowing steady progress.

At the summit, we whooped and hollered and high-fived, delighted to have achieved our goal. In the sunny spring weather, we sat on our packs and ate lunch, enjoying the view of Oregon spread out before us. Then we carefully down-climbed the route, eager to get back to our skis and enjoy the long run back to Timberline, almost a half-hour of blissful skiing on sun-warmed snow.

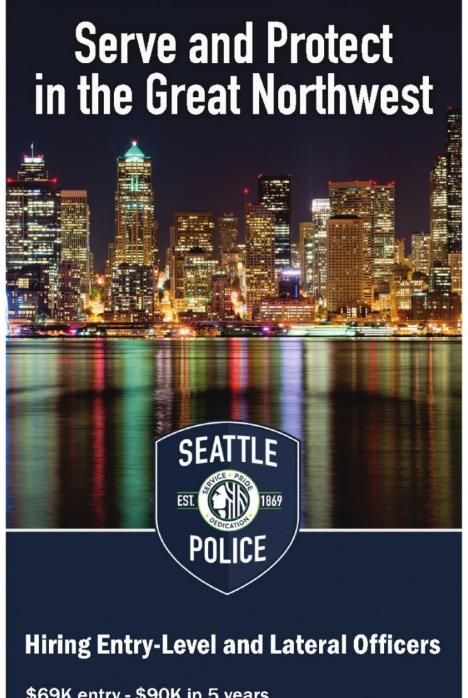
### MOUNT WHITNEY

At 14,494 feet, Mount Whitney is the highest point in the continental United States (though barely 84 feet higher than Rainier). This alone would make it a worthy objective, but it's also a powerfully dramatic peak, a glittering triangle of granite thrust high into the southern California sky. Over the years, I'd pored over photos of it. I was particularly impressed with the clean, aesthetic lines of the East Buttress. If I was going to climb it, I wanted to do it via that route.

Most attempt it via the Whitney Trail, a 22-mile roundtrip hiking route that gains almost 5,900 feet of elevation. It starts at the Whitney Portal (8,637 feet) 13 miles west of the town of Lone Pine on the east side of the Sierra.

I asked my friend Mike Barton to join me on the trip. We would take the Whitney Trail partway up the peak and then veer off to hike to Iceberg Lake and the start of the East Buttress rock climbing route. By this time, I had acquired decent rock climbing skills, including belaying, lead climbing, and placing safety devices such as pitons into the rock. After completing a number of longer rock climbs in the Cascades, I wanted to test my skills in the Sierra, a range renowned for its sparkling, coarse-grained granite.

After camping at Iceberg Lake, we rose early the next morning for our summit attempt. I donned my climbing harness and a helmet, slung a gear rack like a bandolier around my shoulder

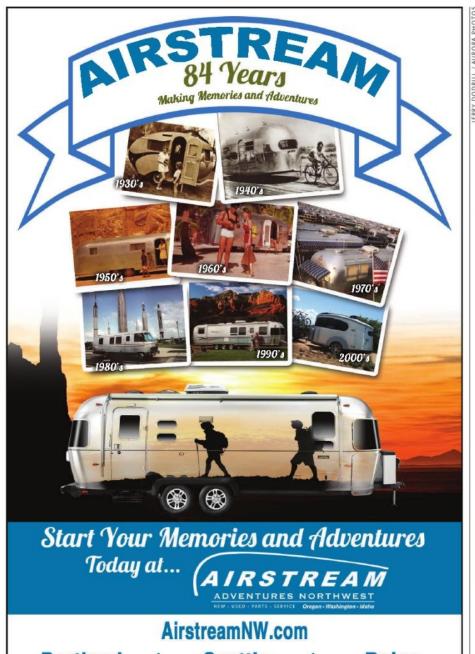


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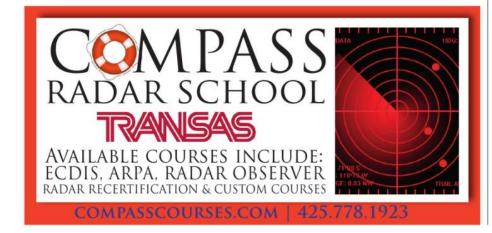
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All-encompassing views, such as this one at sunrise from the top of Mount Whitney, are among the rewards of climbing.

containing nylon slings, nuts and camming devices called Friends or Camalots. I would place these into slots in the rock, clip them into the rope with a sling and a carabiner, ensuring the rope would stop me from falling.

"Belay on?" I asked Mike after I'd tied into the rope.

# CLIMBING SERVICES

### **Beginner Education**

- The Mountaineers, Seattle, WA; mountaineers.org.
- The Mazamas, Portland, OR; mazamas.org.
- Sierra Mountaineering Club; sierramountaineeringclub.org.
- Mountaineering Club of Alaska, Anchorage; mtnclubak.org.

### Guide Services (for complicated trips)

- Rainier Mountaineering; rmiguides.com.
- Northwest Mountain School; mountainschool.com.
- REI Adventures; rei.com/ adventures.
- Timberline Mountain Guides; timberlinemtguides.com.
- Sierra Mountain Center;
   sierramountaincenter.com.



"Belay on," he said.

The vocabulary of climbing is simple and straightforward, making it easy to understand your partner if he's disappeared around a corner.

My shoes frictioned easily across the roughly textured granite. The bone-colored rock was speckled with orange lichen and dotted with chunks of pink feldspar. I peered over the edge of the ledge; the thrill of the exposure surged through me like an electric current.

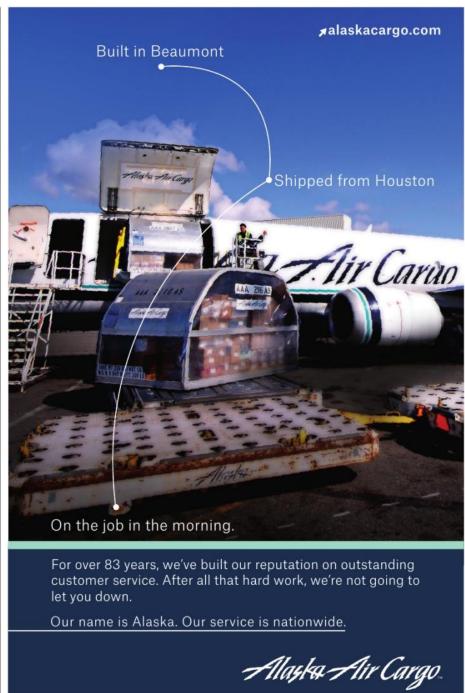
I shuffled ahead and clipped myself into the rope. Now I could fall no farther than its 30 feet. I continued along the ledge, trying not to look to the left where the cliff plunged hundreds of feet.

In contrast to previous climbs, the East Buttress proved steeper and more strenuous, requiring a lot of upper body strength. As we wound through a series of blocks and slabs, I reveled in discovering the twists and turns of the route, slowly unlocking the mountain's secrets.

At the top, we unroped, took off our packs, and walked over to a stone hut to sign the register. Then we basked in the sun and admired the view—the jagged peaks of the High Sierra around us, the town of Lone Pine, a green blur in the distance, and beyond it, the sunbaked hills of Nevada. After lunch, we glissaded down the Mountaineer's Route, a moderate snow slope, which led us back to our tent at Iceberg Lake.

## DENALI

Few climbers can resist the appeal of Denali (Mount McKinley), at 20,320 feet the highest point in North America. Mountaineers from around the globe gravitate here to attempt the coldest and most challenging peak in North America. For some, it represents the pinnacle of their alpine career; for others like me it's a stepping stone to the Himalayas. But for all, it's a strenuous, committing and starkly beautiful continued on page 187











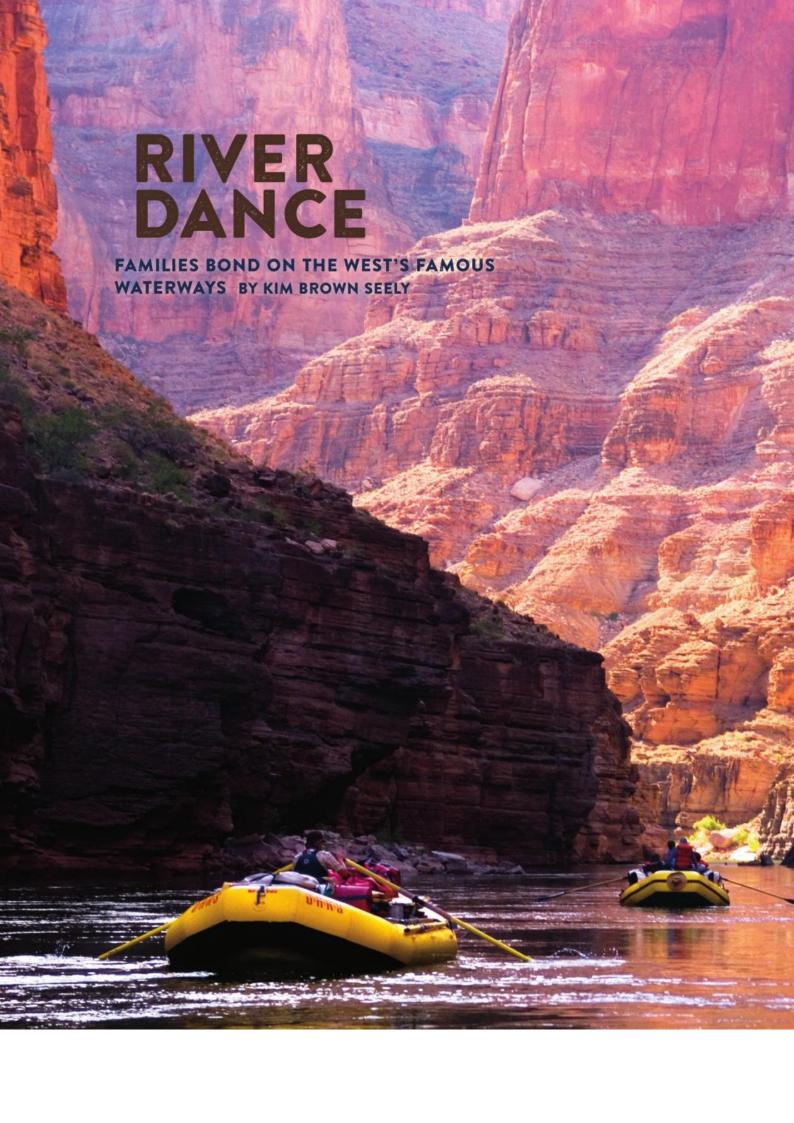
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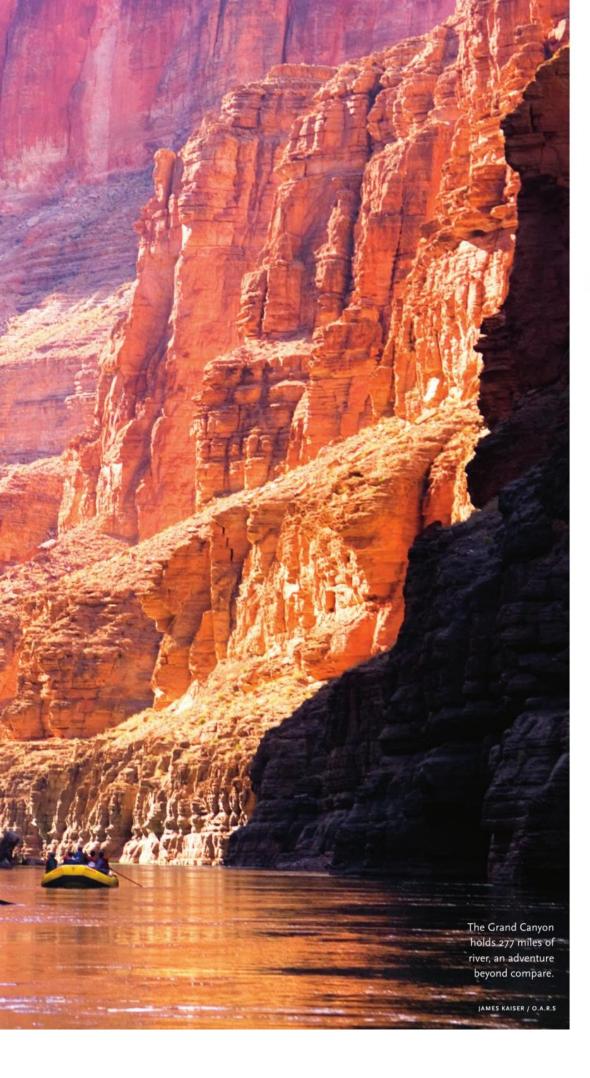
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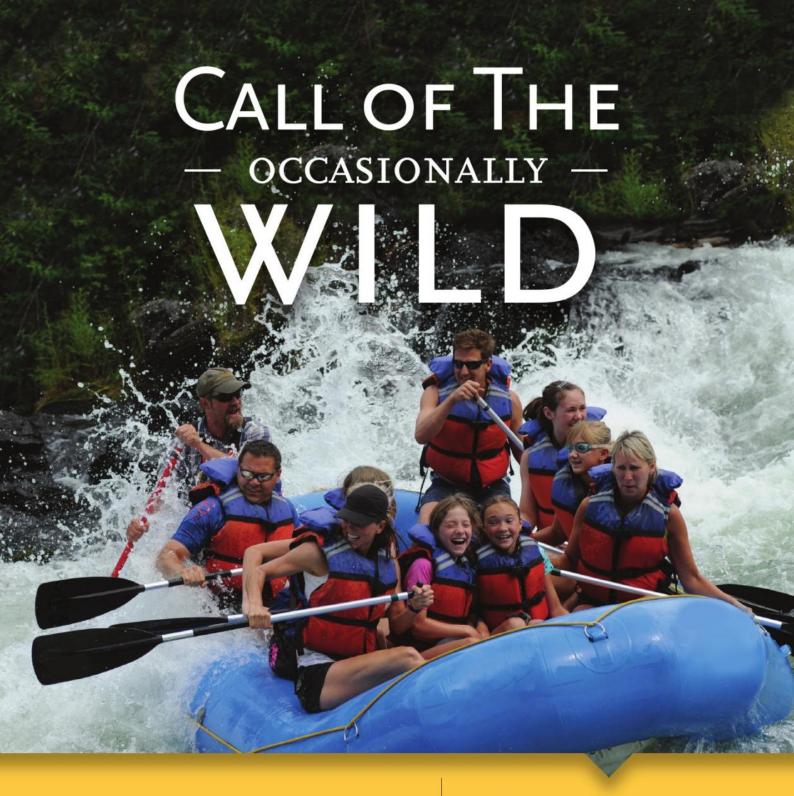
## LIFE IS BUSY but

rivers are long, which makes them ideal for friends and family bonding. But five minutes into our 12-day journey through the Grand Canyon my husband and sons were fretting. "Are you sure we need to be down here two weeks?"

We'd just pushed off down the Colorado River in a 17-foot dory. Our super-fit guide, Kerstin ("KJ"), manning the oars, was explaining how, as passengers, we'd need to shift our weight with a quick high-side "punch" at each wave. We were here because I'd been casually plotting for about 33 years to transport my clan to the ancientness of the Grand Canyon. My parents had taken my sister and me down the river in the 1970s, and the experience made such a lasting impression I'd wanted to bring my own family here ever since.

Soon we heard our first rapid, Badger, rumbling downstream. "Sit straight!" KJ commanded, while holes and haystacks appeared all around. A wave rose up like a hand and hit me flat in the chest. Cold!

"This is sick!" my 16- and 18-year-old boys yelled, offi-



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cially baptized and actually impressed. Thank heaven, I breathed to myself. They were in for the trip of a lifetime and just beginning to realize it.

It wasn't long after my sons learned to swim, in fact, that my husband and I began thinking about taking them down rivers. Why rivers? Growing up with young, outdoorsy parents meant such shared adventures were a key ritual in our family. Annual hiking, river and road trips not only turned my sister and me into lifelong adventurers, they drew us all closer with bonds that only the best family vacations create. Once my own sons were old enough I hoped we could share the same kinds of experiences.

### WHY RIVERS

I also knew that river trips are high among the experiences that awaken a sense of wonder. "Their free-flowing quality is absolutely fundamental to experiencing that feeling of awe in the natural world," says George Wendt, president and founder of O.A.R.S. (Outdoor Adventure River Specialists).

In addition to the Grand Canyon, rafting the Middle Fork of the Salmon, one of America's archetypal wilderness rivers, was also at the top of my family bucket list. My parents had also taken us down the Middle Fork, and the journey, which involves floating through the largest chunk of contiguous wilderness in the Lower 48, still topped my Greatest Hits List of trips ever. To my mind, saving up for these trips was a financial goal for my husband and me, like saving for college.

The year our boys turned 14 and 16, we signed up

for the Middle Fork and their grandfather came too. Among the life lessons I suspected my boys might absorb, first was the luxury of simplicity: Though most of us packed a bit more than Dad's carry-on, we actually didn't need

much. Next was the luxury of isolation: no cellphones, no emails, no texts, no television, no video games, no schedules. Bliss!

# THE LUXURY OF SIMPLICITY

When we arrived at our first night's camp my father rolled out his tarp, anchored the corners with rocks, and casually strolled off to grab a beer from the cooler. "Don't you think Grandpa Bart looks a little like Clint Eastwood?" my 16-year-old said, setting his

tarp the same way. I had to smile. They were already getting the third and most important lesson: how to be cool when everything else is stripped away. Or simply, how to just be.

A good river trip, it turns out, is really more about the people than



Oregon's Rogue River (top) and Idaho's Middle Fork of the Salmon (above) are two premier wilderness trips in the West. Both offer family fun on guided trips—and twilight suppers riverside.





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the rapids. Mark, our head guide, explained our game plan for the week: Wake each day for a leisurely breakfast, pack up and float, stop for lunch, hit more rapids, make camp in time to hike and, if they were biting, fish. The days eased by as we slipped into river time, the ultimate peace of mind. You know you've crossed over when you wake to the



smell of camp coffee and don't have anywhere else to be but in a raft, heading downstream.

Now that my boys are young men, I am incredibly grateful we managed to make those trips happen. As when I was young, the shared adventures—even the misadventures—have become the stuff of myth. They are the stories we tell. The stories other families ask us to tell. Looking back, those are the memories that define those years for my husband and me—the year we did the Middle Fork. The year we did the Grand Canyon. And because they're shared memories, they grow stronger over time.

As we continue to hear about extreme drought conditions in the West, it's natural to wonder if 2015 will be a river-running season at all. While it definitely won't be a high-water year, many mountain ranges did receive near normal snowpack (or the rivers running off them are glacier-fed). Interior ranges, such as the Rockies, will be spilling snowmelt into midsummer, providing ample flows on waterways such as the Colorado and Salmon. Here are some top Western river trips this season.

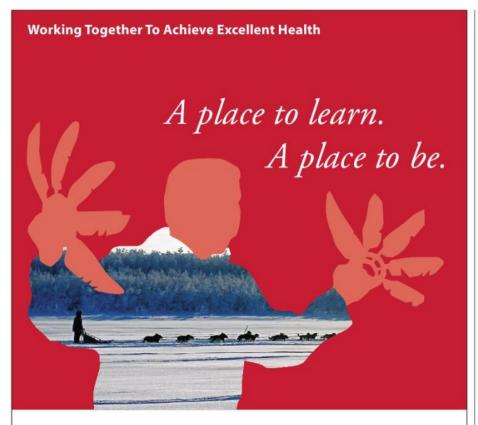
# COLORADO RIVER THROUGH THE GRAND CANYON

It's hard to explain what's so awe-inspiring about a Grand Canyon river trip, but after a day or so you realize it's not just the rapids. You've got kids scrambling like lizards up billion-year-old rocks, grown-ups leaping into enchanted pools. There's the desert heat that seeps into your skin. The heady smell of rain coming in the distance. Sleeping mere feet from the silt-laden river while it carves 277 miles between towering cliffs. Each dawn, the canyon has a way of drawing you deeper into it.

Even more than that, though, the trip is about time. Floating through the Grand Canyon in a small boat is the perfect antidote to 21st century overload—lives besieged by too much data, too many decibels. And then, of course, there are the rapids themselves, which even in the absence of everything else would be pretty darn thrilling. From Lees Ferry the rapids start out moderate and grow larger each day until you hit Phantom Ranch and some of the most celebrated whitewater: Horn Creek, Granite, Hermit, Crystal, and finally, the notorious Lava Falls, North America's most renowned big drop. Seven days from \$2,607, 14 days from \$4,613; oars.com.

Alaska's Alsek River system (above) is often considered the top wilderness journey in North America. A side canyon hike is a key excursion in the Grand Canyon (left), and the Skagit River is delightful for everyone in the family.





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# MIDDLE FORK OF THE SALMON RIVER

Natural and untamed, Idaho's Middle Fork of the Salmon drops 3,000 feet during its 96-mile run through the largest wilderness area in the Lower 48, making this one of America's archetypal wilderness rivers. The Middle Fork is one of the nation's first "primitive areas"-set aside by Congress in the 1930s so people could "detach themselves from the turmoils of modern existence." Idaho's governor at the time, H. Clarence Baldridge, declared it the wildest country he'd ever seen. It's still wild: The river's fame inspired the 1968 Wild & Scenic Rivers Act, and in 1980 it became the heart of Idaho's 2.4-million-acre Frank Church-River of No Return Wilderness.

When the Middle Fork surges with snowmelt each spring, its rapids take on

# THE GRAND CANYON OF OREGON

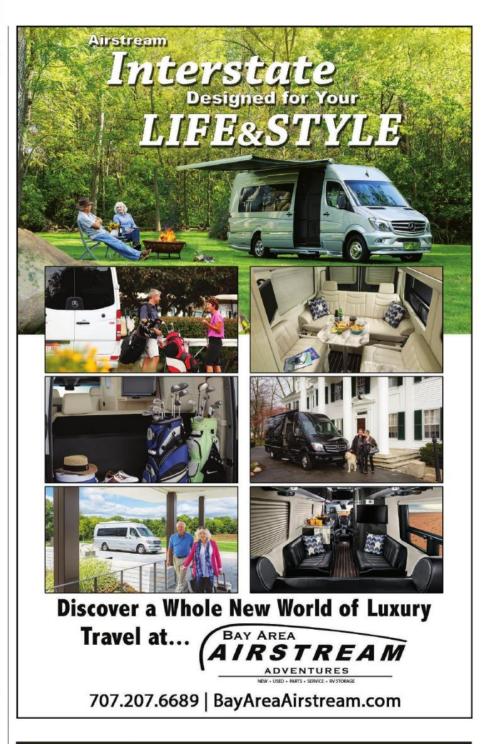
The Owyhee (pronounced o-WHYhee), a tributary of the Snake that cuts through Idaho and Oregon, is one of the nation's most recent protected wildernesses and Wild and Scenic rivers. If you're ready for a cool trip on a rarely run river, the Owyhee is the one to add to your list. It drifts through an arid, almost unpopulated region with magnificent desert canyons that are home to mountain lion, bobcat, bighorn sheep, and a large variety of raptors. The area is rich in cultural history, as well, with Native American petroglyphs up to 9,000 years old, abandoned ranches, fascinating side hikes, sandy beaches, and riverside hot springs. Fish concentrations are also dense, which makes the Owyhee a great choice for anglers. For a true wilderness experience, an expeditionstyle trip, and a journey to one of the most remote places in the Lower 48—easily reached from Boise—the Owyhee is not to be missed. Six-day trips from \$1,850; momentumriverexpeditions.com.

# ADVENTURE RAFTING

epic proportions. But by July it turns into a near-perfect ride: a delicious float through one of the deepest gorges in North America. Idaho isn't seeing severe drought conditions like other regions in the West, which makes running the Middle Fork a solid choice this year. "Peak flows won't be super high, but will be friendly to paddlers," says O.A.R.S.' Idaho manager, Curt Chang. "Spring rains and cool temps should bring good flows until August," far-away.com, oars. com, mtsobek.com.

### **ROGUE RIVER**

Southern Oregon's Rogue River winds through some of the most beautiful pine-forested canyons in North America, flowing from its headwaters high in the Cascades near Crater Lake toward the Pacific. Fun, intermediate rapids, warm water, and the Rogue River Wilderness' green-forested canyons make it a natural playground. You can run it in three to five days, and its southern Oregon location makes it ideal for families who want to combine a river trip with nearby parks such as Crater Lake and Northern California's redwoods. The Rogue winds through the storied Siskiyou Mountains, explored for centuries by Indians, trappers, and gold prospectors, and was one of the original eight rivers included in the Wild & Scenic Rivers Act of 1968. Its rapids run as big as Class IV and V, but are mostly just-challenging-enough, also making it a great pick for families. This float is about basking in the Southern Oregon sun, finding swimming holes, camping under the stars, fishing, and terrific wildlife viewing opportunities (black bear, river otter, black-tailed deer, bald eagles, osprey, water ouzel, and Canada geese). Most outfitters can provide rafts or kayak "duckies." Three-, four- or five-day trips from \$799; oars.com. Three-day lodge-based trips from \$955; rowadventures.com. continued on page 168



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# PDX'S PASSION FOR FOOD

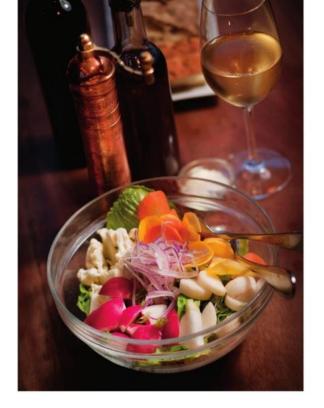
As I scan downtown Portland's food carts, hungry office workers line up for tacos and Middle Eastern gyros, grilled cheese sandwiches, pad thai and fish and chips. Fairly mainstream—but wait: Here's Kargi Gogo, "Authentic Street Food from the Country of Georgia," the hand-painted sign explains, which offers *badrijani* (eggplant, walnut and garlic rolls) and *khachapuri* (cheese bread). Who doesn't love badrijani? Actually, who has ever even heard of it, outside Georgia, and now, downtown Portland?

I turn a corner and discover the latest manifestation of Portland's fondness for food, at the Bing Mi! food cart that opened last November. They make one item only, a stuffed crêpe called a *jian bing* that hails from the streets of Beijing. The freshly poured and fried crêpe is filled with black bean paste, pickled vegetables, hot sauce, a scrambled egg, plum sauce, and two crispy wonton crackers, all rolled up. There is a long line, and as I watch, co-owners Neal and Alisa Grandy and Tim Harris are frantically trying to keep

LOCAL CULTURE, LOCAL FARMS AND EPICUREAN ENTHUSIASM ALL BLEND IN THIS CULINARY CAPITAL • BY JIM GULLO



Imperial (left) is one of Portland's premier dining rooms, under the guidance of Vitaly Paley, whose pop-up Russian dinners (above) sell out. Fresh ingredients and world-class wines from Oregon producers are found at Nostrana (right) and at 40 farmers markets (below left). The food is equally fresh at farm feasts such as this Dinners in the Field event (bottom right).



up with orders. I order two bings and wait my turn.

Where else but in Portland? And why Portland? These two thoughts flavor my many explorations of PDX gastronomy to savor everything from classic grilled salmon to German sausages, Vietnamese sandwiches, ravioli and, yes, badrijani. It can be breathtaking to behold the sheer abundance of food, cocktails, coffee, spirits, beer, wine—you name it—available in the Rose City's thriving and famous food scene.

Few other urban areas are so foodfriendly. Estimates place about 3,000 restaurants in Portland, and an astounding 600 food carts, which have nearly doubled in number over the past five years. There are more than 40 farmers markets throughout the city, with hundreds of vendors. There are more brewpubs—60—than any other city in America. Distilleries are popping up like Oregon mushrooms, and a new Distiller's Row on the Eastside offers tastings at seven different places that produce 50 different spirits. There are 440 wineries in the Willamette Valley, the closest of which are just a half-hour's drive from downtown Portland. For a city of 609,000 people, in a metropolitan area of 2.3 million, that's a lot of dining and drinking options—more than some bigger cities.

Anecdotal evidence is equally compelling. In the Portland area, for instance,

3,000 RESTAURANTS,
600 FOOD CARTS, MORE THAN
40 FARMERS MARKETS,
60 Brewpubs, and 7 distilleries
In Portland, and 440 wineries
In the willamette valley.







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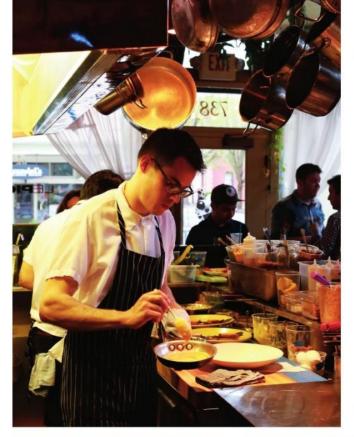


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there are two fully subscribed series of farmstead dinners that draw epicures to the country for balmy meals in pastoral settings. Both Dinners in the Field and Plate & Pitchfork offer 10 or more events, many less than an hour's drive from the city.

Portland boasts eight chefs who have won 10 James Beard Awards—most recently Naomi Pomeroy of Beast, in 2014.

It's hard to think of a culinary approach that won't thrive in Portland. What other city has a dining establishment devoted to bone broth? Broth guru Tressa Yellig's Broth Bar opens this month. There's more: As a lark last year, and to explore the roots of the country he left at the age of 13, veteran Portland chef Vitaly Paley staged a pop-up dinner of Russian cuisine. He









Le Pigeon's open kitchen (top) lets diners watch food preparation. Local ingredients such as Willamette Valley tomatoes and eggs and Oregon shrimp typify small plates at Little Bird (left) and Andina (middle). A classic street food from Beijing, *jian bing*, draws crowds to one of Portland's most popular new food carts, Bing Mi!

hoped a few people would show up, but it sold out immediately. It was so successful that this year he created a series of "DaNet" pop-up dinners of five-course menus of Russian dishes. They all sold out.

In April, Eater Portland published a roundup of the dozen new restaurants that had opened in the city ... in March. They included the fourth location for a local, high-end bakery that specializes in \$3 doughnuts glazed with Cointreau crème brûlée; a curated cheese shop that pairs artisan cheese bites with wine and beer; and a restaurant dedicated to batter—pan-

cakes, waffles, crêpes—and cocktails.

The phenomenon extends to libations as well. When, last February, the Italian society that oversees the marketing and distribution of Brunello di Montalcino wines in America wanted to preview its 2010 vintage to U.S. wine lovers, a Portland restaurant, Nostrana, was chosen to receive the precious advance bottles. This was the only restaurant on the West Coast to get the preview because it was just the second American restaurant ever to receive the Leccio d'Oro award, in 2011, for its quality and commitment to the Brunello wines.

Chef/owner Cathy Whims is a six-time finalist for James Beard Awards. At a recent Saturday night dinner, Nostrana was packed with couples on dates, families with kids, millennials, and boomers with aging parents—a true Portland sampling—and the food and Brunello wine samples I tasted were sensational ... and for that week at least, available only in Portland.

"You have to have a lot of different components to be a really good food town," says veteran culinary star Paley, whose Paley's Place restaurant has been at the forefront of the Portland scene since 1995





#### PDX'S PASSION FOR FOOD

after he relocated from New York. He added Imperial in 2012 at the Hotel Lucia, and has since added a casual eatery, the Portland Penny Diner, to his growing food empire. "You have to have enough people who understand and know good food. Accessibility to the best ingredients has to be close. I also believe that you have to have a good wine region close, a wine destination. And to be a mature dining scene, you need everything from food carts on up the chain."

Paley, Cathy Whims and Le Pigeon's Gabe Rucker were among the second wave of first-rate chefs who put Portland on the culinary map, following pioneers Greg Higgins (Higgins Restaurant),



# BREWED

Hotels were sold out. Fancy restaurants like Paley's Place and Le Pigeon created

beer-pairing menus. And around town the suds flowed like, well, beer when the Craft Brewers Conference returned to Portland in April with more than 11,000 attendees. As Northwest Brewing News reported, the local microbrew scene, which has led the nation since the 1980s, has grown much headier since the CBC was last here in 2001. Portland leads the nation with 26 breweries and 60 brewpubs within city limits; Oregon has a nation-leading 225 breweries statewide and, perhaps most importantly, a thirsty market that makes craft brew account for 60 percent of draft beer sales in the state. Whether it's sour, fruity or hoppy, Belgian-style, German-style or laced with brettanomyces, it's made and poured here. And enjoyed here! - J.G.

Philippe Boulot (The Heathman Restaurant), Caprial Pence (Caprial's Bistro) and Cory Schreiber (Wildwood, which closed its doors in 2014 after a lauded 20-year run). Their careers and iconic restaurants foresaw the expansion of the local food scene from downtown, business and tourist-supported restaurants to the city's many neighborhoods.

"This part of town was in deep decay when we opened in 2006," laughs Gabe Rucker about Le Pigeon's East Burnside Street location. Now his convivial, 35-seat bistro anchors a strip of restaurants, shops and a brewpub. The tiny, open kitchen produces astonishing dishes such as chicken-escargot pie, with a scoop of black garlic/parsnip ice cream that I savor at a long, communal table with a dozen equally delighted strangers. "This [food culture] could only exist right here, and that's what makes it so special."

Whims chose the Buckman neighborhood, also on the Eastside, for the palatial Nostrana, and put one of the city's first wood-fired ovens and rotisseries into play to re-create the simple, fresh, ingredient-driven foods she discovered during trips to Italy. Both chefs point to a local clientele hungry for fresh, innovative food; nearby farms that are happy to provide everything from vegetables and hazelnuts to lamb and wild game; and affordable commercial space that allows young chefs to take a chance on putting up their own shingle.

"There's a pronounced DIY mentality here," declares Whims. And DIY, they do, and keep it local. Rucker now runs a second restaurant, Little Bird, and Whims, who is fresh from a workout and wearing a track suit when we meet (an apt outfit for a chef as busy as she), owns and runs Oven and Shaker in the Pearl District, is about to open an artisan hamcentric bistro called Hamlet, and plans European journeys to cook in Milan and Bucharest as part of the U.S. culinary diplomatic program.





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#### PDX'S PASSION FOR FOOD

New food corridors now seem to spring up overnight. Food carts and restaurants have transformed North Mississippi Avenue, Northeast Alberta Street, and Southeast Division Street



Ruby Jewel is an ice creamery in the thriving new North Mississippi Avenue dining district.

into gastronomic party spots. "In the summer it's like being at a country fair," marvels writer Jen Stevenson of the Division Street crowds, who go from bar to Tidbit food cart pod to ice cream stand in a steady stream. She created the Under the Table With Jen food blog to try to keep up with it all. "It just keeps growing. It's astonishing," she adds.

How did this all happen? Peter Platt, co-owner of Andina, which specializes in Peruvian cuisine, says Portland has always been a food center. "When my grandfather grew up here, trains would bring local produce from the Willamette Valley right into town," he says. "Our building was an abattoir at one time."

Portland's commitment to food is both historical and psychological. The hundreds of thousands of pioneers who came west on the Oregon Trail 170 years ago were drawn by tales of barrel-size cabbages and year-round vegetables grown on pastoral bottomland in the Willamette Valley. The marionberry, perhaps America's best-known "native" fruit, was created in and named for Marion County, an hour south of Portland.

"The pioneers who came west felt they had discovered an agricultural Eden," says Kerry Tymchuk, executive director of the Oregon Historical Society. "So, we've just gone from wagon trains to food carts."

American culinary icon James Beard grew up in a Portland boardinghouse run by his mother; a vast new public market named for Beard is slated to open later this decade. Former Mayor Sam Adams, who now works on sustainability issues for a Washington, D.C., think tank, cites the city's commercial beginnings, when Portland supplied California Gold Rushers with food and materials.

• Eyrie Vineyards: Oregon's modern wine industry began 50 years ago with the planting of Pinot Noir by Eyrie Vineyards' David Lett in the Dundee hills south of Portland.



- · Henry's Tavern: The corner of West Burnside Street and NW 12th Avenue was the location for original craft brewer Henry Weinhard in 1864.
- · Hillsdale Brewery & Public House: The McMenamin Brothers' first brewpub was the first in Portland when it opened in 1985; 1505 SW Sunset Blvd.
- · Huber's Cafe: The oldest restaurant in Portland, circa 1879, still serves turkey dinners and flaming coffee drinks; 411 SW 3rd Ave. downtown.
- · Oldest Food Cart Pod: It may have long been surpassed in amenities and flash, but the food cart pod at SW 5th Ave. & SW Stark St. is the oldest in town

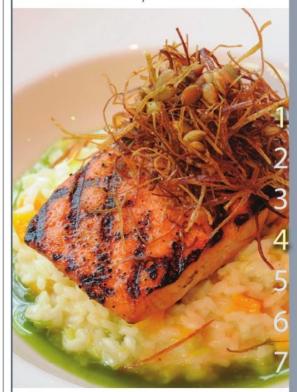


· Voodoo Doughnut: Just look for the lines at 22 SW 3rd Ave. to find the original genesis of Portland's doughnut craze. - J.G.

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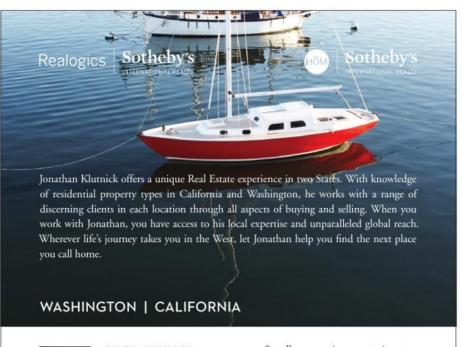
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#### PDX'S PASSION FOR FOOD

"Our tradition of growing food started very early," notes Adams. "It was key to our early survival." More recently, when food carts began to pop up at downtown parking lots during his administration, "we got the heck out of the way," says Adams, encouraging the carts to proliferate by keeping regulations and fees low.

In addition, Oregon has exacting food service requirements for any establishment with a full liquor license: It must also provide a three-hour period in which a menu of five meals is available. And a frozen pizza is not a meal—"a substantial food item offered with at least one side dish," state the liquor licensing regulations. According to Portland writer Niki Ganong, author of the new book *The Field Guide to Drinking in America*, very few other states have food service requirements that rigorous.



## PDX NFW TO DO

People, bikes, in-line skates, unicycles, streetcars—but no cars. The newest of Portland's unique

public facilities is the Tilikum Crossing bridge—Bridge City's 13th span—which will preview August 9 for this year's Providence Bridge Pedal and Stride, and then open officially September 12; trimet. org/bridge. • Also new is World of Speed in Wilsonville, a 45,000-square-foot museum whose 100 cars include several famous racing vehicles; worldofspeed. org. • Master Japanese potters bring their work to the Portland Japanese Garden June 6-July 5; japanesegarden.com. • It's dedicated to blues, but reds, yellows, greens and every other color imaginable light up the sky July 4 during the Waterfront Blues Festival's fireworks extravaganza. Festival headliners are blues legends Buddy Guy and Gregg Allman; waterfrontbluesfest.com.

"If you have to offer food, it makes sense to offer really good food. And being independently creative is a key facet of our cultural scene," Ganong observes.

"I think the culinary boom has a lot to do with the local culture," says Tom Gillpatrick, professor of marketing at Portland State University and food program director at PSU's Center for Retail Leadership. "Oregon has a libertarian culture, of innovation and doing things our own way. Specialty foods are the fastest growing food segment, and we're kind of ground zero for trends in specialty foods, whether it's cured meats, cheeses, wines, coffees or microbrews."

He adds that Portlanders are not just paying lip service to their food devotion. On a typical summer Saturday afternoon, upwards of 20,000 people shop at the farmers market at PSU. "People here are looking for local, authentic food experiences," he says. "It's cool to shop local."

"It's a fascinating time to be in food," adds Andina's Platt. "Food is the intersection in this state and this city for many political issues. It touches on water, land use, labor and quality of life issues." Chef Paley adds that Portland's residential affordability leaves more dollars in the personal budget for dining out.

Speaking of quality of life, and as someone who figuratively has one hand wrapped around a glass of Oregon Pinot Noir and the other holding a Chinese bing, it's a fine time to be a food lover in Portland. One hopes the factors that got us here will continue ... because I'll be hungry again in about three hours.

Jim Gullo writes from the heart of Willamette wine country, in McMinnville.

Alaska Airlines is a sponsor of Feast Portland, an extravaganza devoted to Oregon's gastronomic bounty, September 17–20; and offers service to PDX from 36 cities. For flight reservations, go to alaskaair.com or call 800-ALASKAAIR.

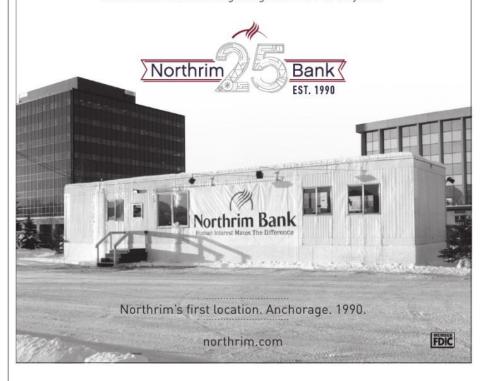


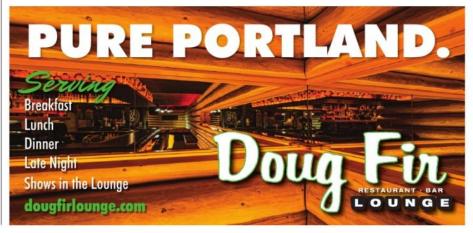
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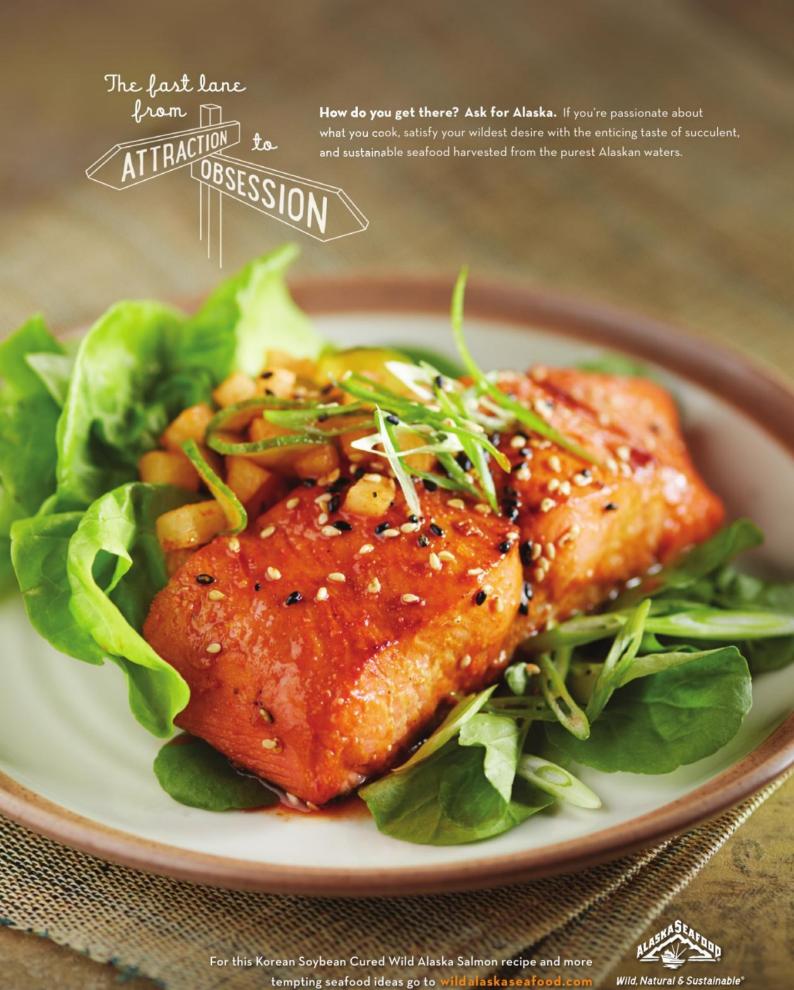
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#### WASHINGTON

Fun things to see and do in the Evergreen State.



WA4 Seattle and Surroundings

By David Schmidt

WA14 Mountain Destinations

By Terry W. Sheely

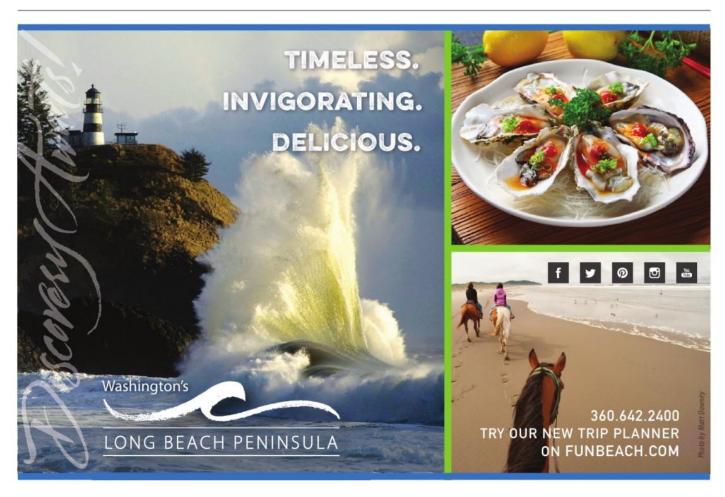
WA24 Eastern Excursions

By Cheryl-Anne Millsap

WA36 Natural Splendor

By Roddy Scheer

Cover: A kayaker enjoys the still waters of Indian Cove off Shaw Island during a three-day group sea kayaking trip in the San Juan Islands of northwestern Washington state. Photo by Ben Herndon / Tandemstock.com



Urban and outdoor adventures abound in the Puget Sound area >>> By David Schmidt

vening sunlight glitters off the tall towers of Seattle's downtown core as a fresh breeze fuels a Tuesday-evening sailboat race with its key element. This same wind lifts the kites that are being flown near me on the Great Mound, a sculpted hill that functions as the hub of Seattle's Gas Works Park, where my wife and I are enjoying a summer evening of watching one of the world's quirkiest sailboat races.

The **Duck Dodge sailing series** has been contested on Lake Union on most Tuesday evenings during summer months since 1974. Whereas most organized regattas strictly adhere to the *Racing Rules of Sailing*, Duck Dodge rules stipulate, for example, that racers "never make a duck change its course." Actually, this original rule that ducks have the right-of-way over all sailboats is not strictly enforced but remains part of the spirit of the event. Boats start at the same midlake start/finish line, and—depending on the wind's direction—racers are sent on a north-south (or south-north)

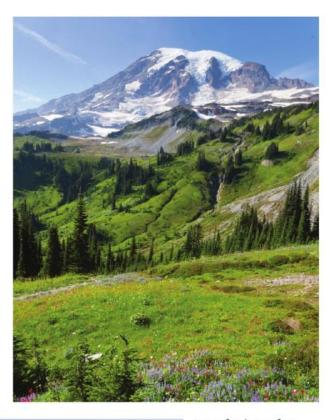


Seattle's famous Space Needle towers above the EMP Museum, with its prominent multicolored metallic shell.

journey around buoys that are positioned at the course's corners.

Adding to the distinctiveness of this event are the race's theme nights (such as Ugly Sweater Night and Toga Night) and the

winner's award of a duckshaped sticker, typically applied to the boat's boom or transom for bragging rights.





Just a few hours from Seattle are unforgettable getaway locations, including Mount Rainier National Park (above) and the San Juan Islands (left).

The same lively spirit that drives Seattle's sometimes-whimsical urban subcultures thrives in this summer spectacle, where sailboats of all stripes come together in a mash-up that's more geared toward fun and creativity than traditional yachting prowess.

Catching a ride on a boat for a Duck Dodge typically involves knowing sailors or finding the right online forum, but other equally entertaining experiences come as easily as putting one foot in front of the other and exploring some of the unique gems around Lake
Union, in the heart of the
Emerald City, or else taking
slightly longer trips out from
Seattle to other towns and
locales in the activity-filled
Puget Sound Basin. Adventures
are plentiful in the area, with
glacier-covered mountains,
freshwater lakes, islands and
the mighty Pacific Ocean all
within day-tripping range.

From my perch at the north edge of Lake Union, I consider the possibilities for adventure that are spread out around me—in Seattle and beyond.



For STARTERS, I consider where I'm standing. Gas Works Park isn't your typical middle-of-thecity park. An urban oasis of green grass and open space, it occupies a promontory into Lake Union—the glacially dug body of water that engineers used as the central core for the Lake Washington Ship Canal system (opened 1917), which they created by dredging eastward to Lake Washington and westward to the briny waters of Puget Sound. In summer, the Duck Dodge races run on most Tuesdays and may be viewed from Gas Works Park (in background).

#### TACOMA

Visiting artist Jay

Macdonell works

Shop, in Tacoma.

in the Museum

of Glass Hot

About 34 miles south of Seattle, the city of Tacoma is another destination rich with attractions.

This month, the 2015 U.S. Open is being held in nearby University Place (June 18–21, with preliminary events starting June 15), on the distinctively designed Chambers Bay Golf Course. This marks the first time the tournament has been held in the Pacific Northwest, attracting fans and top golfers to the south end of Puget Sound.

The Tacoma area's 760-acre Point Defiance Park is home to the Point Defiance Zoo & Aquarium and provides excellent opportunities for walks along the beach or among tall trees.

In town, Tacoma has excellent museums: the

Museum of Glass, where visitors enjoy exhibitions and
live glassmaking; the Tacoma Art Museum, with its strong
commitment to Northwest art; LeMay—America's Car

Museum, whose exhibitions and events celebrate the automobile; the Children's Museum of Tacoma, with its hands-on activities for various age groups; and the Washington

State History Museum, with informative, intriguing

historical exhibits. - D.S.

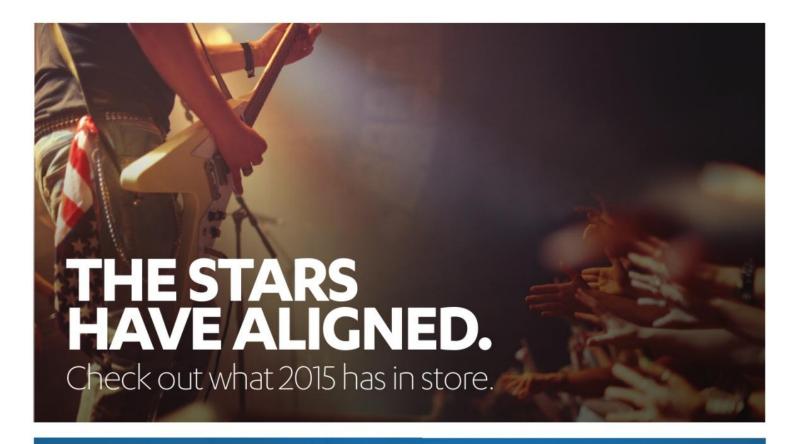
Children love the polar la bears at Point Defiance Zoo & Aquarium.

The nearly 20-acre park on Lake Union harbors a visible remnant of Seattle's industrial past: the towering hulk of the once-mighty Seattle Gas Light Company's gasification plant, which turned coal into gas for lighting, heating and refrigeration from 1906 to 1956,

when the city switched to natural gas.

A large park like this was originally envisioned in the early 1900s by the Olmsted Brothers sons of legendary American

sons of legendary American landscape architect Frederick Law Olmsted—as part of their plans for the city's park system.



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KALISPEL TRIBE OF INDIANS

But it took until 1975 to see a vision realized—by local designer and landscape architect Richard Haag.

Watching the sailboats below, I marvel at the relative calm (except for the Duck Dodge) that hangs over the typically bustling lake. On most afternoons and evenings (mornings, too), a fleet of seaplanes takes off and "lands" on this freshwater airstrip. Kenmore Air maintains regular flights from its base on Lake Union, whisking passengers to destinations such as the majestic San Juan Islands, about 70 miles to the northwest of Seattle.

Additionally, the carrier offers scenic flight tours: 20-minute narrated flights over Seattle's skyscrapers and sports stadiums. Few American cities boast active seaplane operations, making these tours authentic Seattle favorites, especially in summer months when the skies are clearest. This evening, however, the skies are quiet, as flights are diverted to Lake Washington on Duck Dodge nights.

Far beyond the cluster of masts and colorful sailcloth, the lake, and downtown is the extensively glaciated **Mount**Rainier—at about 14,410 feet,

Lincoln Square,

part of The

Collection.

Bellevue



one of the highest peaks in the Lower 48. I can't quite see the mountain from my current angle, but I know that it's there, in the background, drawing visitors south to enjoy its highaltitude wonders.

Flanking my views to the east and west are the city's two

tallest, bustling bridges-

the I-5 Ship Canal
Bridge and the George
Washington Memorial
Bridge (or "Aurora
Avenue Bridge").
These large highways
allow drivers into Puget

Sound's main metropolis and—perhaps just as important to Seattle's outdoor-loving populace—out to parks and points of attraction that are situated to the north and south.

Just to the north of Gas
Works Park passes the BurkeGilman Trail—a converted rail
trail that runs for more than 18
miles from the Ballard neighborhood next to Puget Sound
to the northern end of Lake
Washington. It serves as a
nonmotorized thoroughfare
for pedestrians, runners and
Seattle's many devoted bicycle
commuters.

The **Fremont neighborhood** just to the west of Gas Works The view of the Space Needle and skyline from Kerry Park on Queen Anne Hill is a classic Seattle vista.

Park is home to an eclectic collection of restaurants, bars, boutiques and—famously—outdoor sculptures (including the giant troll that clutches a full-size Volkswagen Beetle

I'm continually impressed by the range and quality of the adventures that exist within the Emerald City and its nearby surroundings.

underneath the Aurora Bridge), which speak to the neighborhood's artsy roots. The University of Washington has its own district—almost its own small town—to the east.

Ringing Lake Union is the Cheshiahud Lake Union Loop, a marked network of nonmotorized paths and on-street bike lanes that acquaint visitors with

#### **BELLEVUE AND THE EASTSIDE**

Growth on the Eastside in recent decades—especially in the cities of Bellevue, Redmond and Kirkland—has spurred the development of cultural attractions, high-end shops, and exceptional restaurants, bars and cafes.

The Bellevue Collection—comprising Bellevue Square, Lincoln Square and Bellevue Place—touts a lineup of 250 retailers and many fine-dining options.

In late July (July 24–26), the city will host the Bellevue Arts Museum ARTSFair, the 6th Street Fair and Bellevue Festival of the Arts. This weekend provides visitors with multiple art exhibitions, shopping opportunities, activities and foods.

Bellevue has a wide variety of great restaurants, from the always-popular John Howie Steak restaurant, known for its exceptional, custom-aged steaks and more, to Purple Cafe and Wine Bar, which gives wine connoisseurs chances to sample vintages from Washington and the world, paired with locally grown delicacies.

In the city of Redmond, on Microsoft's doorstep, Redmond Town Center has 110-plus shops in a multilevel outdoor setting. Redmond restaurants such as Pomegranate Bistro and Coho Cafe are perpetual favorites with local residents. Also in Redmond: Marymoor Park is home to the Eastside's premier offleash dog park, and plenty of play space for people. The park's concert venue features big-name acts. On Father's Day weekend (June 19–21), Marymoor will host the 10th-annual Washington Brewers Festival, with more than 400 beers from 105 breweries based in Washington. —D.S.



#### VISIT ANY EXOFFICIO STORE FOR TRAVEL INSPIRATION.

Sea-Tac Airport Central Terminal Bellevue Square Bellevue, WA Belltown Seattle, WA

Cherry Creek North Denver, CO JFK Airport Terminal 5 White Plains White Plains, NY the lake's working waterfront while wending past houseboats, restaurants and 35 different "pocket parks."

To the west of my Gas
Works Park vantage point, rows
of meticulously maintained
floating homes line Lake
Union's shore, including Hollywood's most famous symbol
of Seattle-style insomnia—the
home used for filming Sleepless
in Seattle.

Looming above and to my west is Queen Anne Hill, which is home to some of the city's older, grand residences and a handful of green spaces—some of which were part of the Olmsted Brothers' 1903 Seattle park master plan. Queen Anne Hill's tiny Kerry Park (1.26 acres) offers one of

the best land-based views of downtown Seattle and Elliott Bay. This park's position relative to the city foreshortens the roughly one-mile gap between the iconic **Space Needle** and the rest of the urban core, creating a postcard-perfect composition that places the Space Needle in the foreground, flanked on either side by sparkling towers of glass and concrete, and, on sunny, clear days, Mount Rainier in the distance.

While it's simple enough to drive to the top of Queen Anne Hill via a grid of sometimes steep streets, a classic Seattle alternative involves ascending one of the myriad urban staircases that are tucked into the city's high-angle topography.

A couple picnics

Michelle Winery.

by a pond at

Woodinville's

Chateau Ste.



Seattle's stairs are spotlighted in Jake and Cathy Jaramillo's Seattle Stairway Walks: An Up-and-Down Guide to City Neighborhoods (Mountaineers Books, 2012). Kerry Park can be accessed via the popular Queen Anne Stair Walk.

Given the plethora of nearby national parks, forests and mountains, it's not surpris-

ing that a large proportion

of Seattle's population falls into the "highly active" category, and it's common to see groups, as well as individuals, walking or jogging up the city's

hidden stairways, perhaps training for a climb up Mount Rainier—or just enjoying an evening of outdoor activity.

From Kerry Park you can stroll, mostly downhill, to Seattle Center, home of the Space Needle, the EMP Museum, Chihuly Garden and Glass, and the Pacific Science Center, among other great attractions.

The energetic urban adven-

The Burke-Gilman Trail passes through Fremont (shown here) as well as other North Seattle neighborhoods.

turer can also retrace steps

back down to Lake Union and rejoin the Cheshiahud Loop, bound for other Seattle gems, including Lake Union Park and the Museum of History & Industry (MOHAI), housed in the historic Naval Reserve Armory. MOHAI offers visitors educational and entertaining multimedia journeys through Seattle's colorful history, from its rough-hewn beginnings as a logging town to its current incarnation as one of the country's leading technology epicenters, thanks in part to major tech employers including Amazon (founded in Seattle in 1994), Boeing (incorporated here in 1916) and Microsoft (which arrived in the Puget Sound-area city of Bellevue in 1979 from Albuquerque, New Mexico), as well as numerous corporate outposts (such as

those for Adobe, Google and

#### WOODINVILLE

Located northeast of Seattle is the small town of Woodinville, which has long served as a residential community for people who work in Seattle, Bellevue or Redmond, and which has, in recent years, become a major Washington wine-tasting center, with more than 100 tasting venues in the Woodinville Wine Country area.

Chateau Ste. Michelle, Washington's oldest operating winery (founded in its current form in 1967), has an 87-acre estate, an excellent tasting room, and an outside summertime concert venue that attracts world-famous musicians and a sophisticated clientele.

Other local wineries that produce superb vintages include Efestē, Brian Carter Cellars and Novelty Hill.

Also in Woodinville: The Herbfarm restaurant, with elaborate nine-course, locally sourced dinners paired with top wines (nonal-coholic options are also available). And Red-

**hook Brewery Woodinville** has a summer concert series and foods that pair well with Redhook's collection of brews.

For cyclists, runners and walkers, the roughly 11-mile

Sammamish River Trail passes through Woodinville and links to the Burke-Gilman Trail in the nearby town of Bothell. This trail combination connects Woodinville to Seattle (to the southwest) and Redmond (to the southeast). —D.S.







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#### BELLINGHAM

The community of Bellingham, with a population of close to 83,000 people, is situated some 90 miles north of Seattle. This is the northernmost city in the Lower 48 that has a population greater than 50,000, and it is notable as home to Western Washington University.

The city's waterfront area includes the Bellingham Marina, which provides boaters dockage, fuel and water, while providing a homeport to a dedicated population of "liveaboards."

In addition to the city's proximity

to North Cascades National Park and Mount Baker Ski Area, Bellingham is home to the Whatcom Museum of History and Art, which exhibits local artists' work:

the Bellingham Railway Museum; and the unique

Spark Museum of

Electrical Invention, where visitors can learn about innovations that changed the arc of modern technological development.

Visitors looking for boutique shopping should head to Fairhaven Village, where they can enjoy the Fairhaven Historical District. a seasonal farmers

market and restau-

Bellingham offers

access to the San luan Islands—as

well as to Canadian destinations. The San Juan Island Commuter and San Juan Island Shuttle Express carry passengers between Bellingham and the islands, while Washington State Ferries runs its main routes out of Anacortes, about 40 miles to the southeast (or about 80 miles northwest of Seattle). - D.S.



Museum of History and Art.

National Park.

North

Cascades

#### **Puget Sound**

Facebook). Much more recently, the rapid growth of Amazon and other tech firms has helped to dramatically transform the South Lake Union area, as evidenced by a skyline that's punctuated by more and more new towers.

Just steps from MOHAI, in the South

#### **EVERETT**

When it comes to gargantuan buildings, Everett holds the record, as the **Boeing Everett Factory** is touted as "the world's largest building by volume."

It has to be: This is one of the main facilities used by Boeing to build its highly prized family of jetliners. No visit to town is complete without taking the **Boeing Tour**, where visitors can learn more about how a business founded in Seattle literally changed the face of international travel. (For more on this subject, also check out the impres-

sive Museum of Flight, in Seattle.)

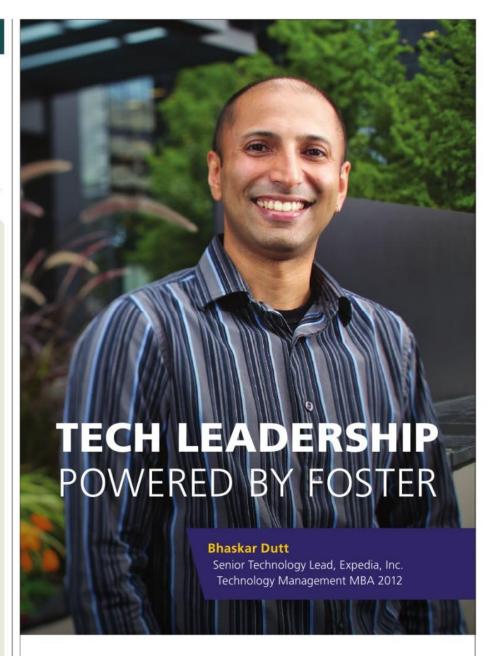
Few factorytour experiences are more humbling than standing on the mezzanine of Everett's Boeing factory and looking down at what appear to be small planes being built, only

The Boeing Tour looking down at of the factory what appear to in Everett. be small planes

to realize that the apparent puddlejumpers are actually giant jets.

Turning from the aeronautical to the nautical, Everett is home to **Naval Station Everett**, as well as the growing **Port of Everett**, where ships from around the world come to load and offload wares.

For outdoor enthusiasts, Everett is home to 40 parks, including the Evergreen Arboretum and Gardens and the Nishiyama Garden. The latter is a traditional Japanese garden with a section of the Kintai Bridge imported from Iwakuni, Japan (one of Everett's sister cities). —D.S.



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#### **Puget Sound**

Lake Union area, the nationally recognized Center for Wooden Boats beckons visitors with a fine collection of nautical eye candy ranging from handcrafted wooden dories to gracious sloops. Visitors can take a sailing lesson, rent a boat, or simply admire the foundation's handsome collection of small, wooden craft from the Pacific Northwest. For those with a bit more time to spare, the Center for Wooden Boats also offers workshops, boatbuilding classes and summer camps for junior sailors.

A FOGHORN CRIES OUT from the lake, snapping me back into the moment and signaling that the winner of the Duck Dodge's "Fast Boats" division has just crossed the finish line and that the evening's racing is winding down. Slowly, other Seattleites begin gathering their gear in the fading light and heading for their next engagement, reluctant to bid farewell to a picture-perfect, still-bright summer evening in a town that's more closely associated with espresso and flannel than sunscreen.

My wife and I linger to watch the slower "Cruising" sailboats finish their race before we too amble off, to meet up with friends in Fremont. It's fair to say that many Seattle visitors and residents—my wife and I included—carefully plan their schedules to maximize time in the Pacific Northwest's wild and remote places. But there is plenty to find within town, as well. As a New England transplant, I'm continually impressed by the range and quality of the adventures that exist within the Emerald City and its nearby surroundings. **W** 

David Schmidt is a freelance writer and editor who lives in Seattle and enjoys outdoor activities such as sailing and hiking.

For flight information, or to book a ticket to any Alaska Airlines destination in Washington, visit alaskaair.com or call 800-ALASKAAIR.





Recreational opportunities in and around Washington's Cascade towns

>>>> By Terry W. Sheely

t Deadhorse Point, pebbles clang off our car's wheels, clatter off the edge of the road and don't touch mountain again for hundreds of feet.

The views from this high-elevation point, on Harts Pass Road in the northern Cascade Mountains of Washington, are simply incredible.

Behind the wheel, I glance at a stunning sweep of North Cascades peaks, and I promise my wife, Natalie, that we'll stop on the way down to better appreciate the view.

As so often happens around the small mountain towns on the skirts of Washington's Cascades, Natalie and I have come to the Winthrop, Washington, area on one adventure and have discovered another adventure to enjoy.

This time our offshoot adventure involves following this road as far as it will take us, to one of the highest maintained points in Washington that anyone can drive. A hiking trail starts there, above timberline, and leads to some of the wildest wilderness in the state.

The drive is an added bonus—unexpected and unforgettable.
U.S. Forest Service Road 5400 is a graded gravel one-lane, with





The views, though, become increasingly spectacular the higher we drive. At 7,200 feet, this is one of the highest-elevation roads in Washington (though it's gated at 6,100 feet and closed to motorized access above that, except for service purposes).

and motor homes discouraged.

The road is also a jump-off into the Pasayten Wilderness—a remote area of more than a half-million acres. At the Slate Peak trailhead is a panoramic view of this Cascade refuge that is home to rare solitude-seekers such as wolverines, lynx and even grizzly bears.

From north to south, and on both the western and eastern

Left: A hiker enjoys trailside views near Harts Pass, in the Pasayten Wilderness. Opposite: A fisherman wades into the Methow River, near Winthrop.



The aptly named Cascade Mountains have many plunging streams, such as this one in Gifford Pinchot National Forest.

sides of the Cascades, one finds gems such as this—places where unforgettable outdoor adventures may be found close to small towns with their own distinctive attractions. The town of Winthrop is where we learned about this road, and more about the wilderness beyond.

#### Winthrop

Pushing into the east flank of the North Cascades, Winthrop epitomizes Washington mountain towns where one finds adventures upon adventures. Surrounded by peaks, divided by trout rivers and populated with lovers of the outdoors. Winthrop is dressed in Western themes. It is home to the exceptional Winthrop Rhythm & Blues Festival, celebrating its 28th year July 17-19. Old-time horseback events gallop through in the Methow Valley Rodeo on Memorial Day and Labor Day weekends.

WA14 ALASKA BEYOND AND HORIZON EDITION MAGAZINES JUNE 2015

ALTON / ALAMY

Winthrop's downtown offers other glimpses of the past via its historic-front buildings and boardwalks, and a historymaking Forest Service base. A tour of the North Cascades

Smokejumper Base reveals how, in 1939, local forest service employees came up with the idea that firefighters could parachute into mountainous areas to put out forest fires.

At the town's Rocking Horse Bakery we fortify our provisions with Winthrop-roasted coffee from Lariat Coffee Roasters, and we add to our bag a nugget of down-home fudge from Sheri's Sweet Shoppe.

Winthrop is the summer hub for top outdoor-recreation options: a 120-mile web of hiking and mountain-biking trails, horseback trips from one of the local ranches, rock

#### **MOUNT RAINIER**

Towering 14,410 feet above sea level, Mount Rainier is a regional icon and the center of **Mount Rainier National Park**—a focal point for outdoor adventures.

Washingtonians often refer to approaching Rainier on either "the Paradise side" (entering the park south of the peak) or "the Sunrise side" (to the northeast). The park's main visitor facility is Paradise Jackson Visitor Center, at 5,400 feet, just more than 20 miles east of the town of Ashford and about 100 miles southeast of Seattle. The Paradise area, famous for hikes and summer wildflower blooms, is home to historic Paradise Inn (right), open in summer. The road to Paradise from the park's Nisqually Entrance is plowed in winter, allowing activities such as snowshoeing and tubing. Visit nps.gov/mora.

climbing at nearby Goat Wall and Burgundy Spires, and whitewater rafting on the

Methow River.

A few hours of fly-fishing for trout or steelhead in the Methow, Twisp or Chewuch rivers ends well with a locally crafted draft at the awardwinning Old Schoolhouse Brewery, or eight-ball and a brew at Three Fingered Jack's Saloon, the "Oldest Legal Saloon in Washington state." In winter, the area is a premier cross-country-skiing destination, boasting the nation's largest groomed Nordic ski trail system (120 miles). Learn more at winthropwashington.com.

#### Chelan

This sun-filled mountain town revolves around the startlingly blue water of Lake Chelan.

There is a paradox here, as the area averages less than a foot of rain a year, yet its proximity to snowy peaks (in addition to a hydroelectric dam), bestow the area with the longest lake in the



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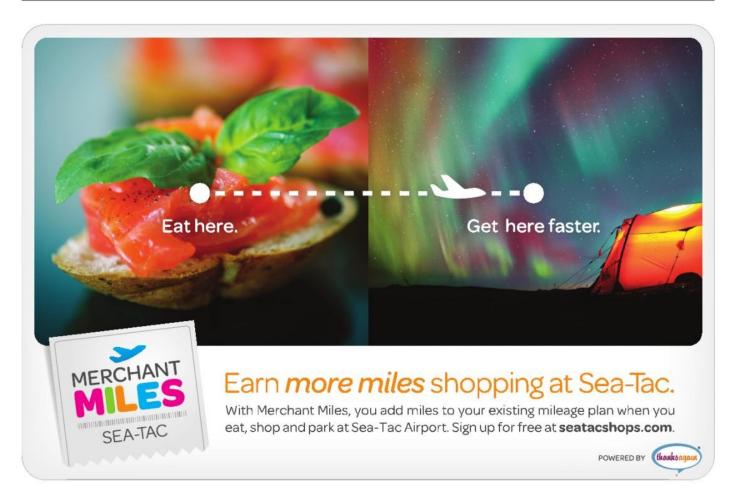
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state (at 55 miles long), which is also the third-deepest lake in the United States (at a maximum depth of 1,486 feet, almost 400 feet below sea level).

Chelan summers center on water sports, wineries and mountain biking—the area's Chamber of Commerce proclaims it an "undiscovered fat-tire paradise."

Chelan also provides a backdoor into the backpacking paradises of North Cascades National Park, Wenatchee National Forest, Lake Chelan—



#### **STEHEKIN**

The ultimate small mountain town, Stehekin has a location that makes getting there a huge part of its adventure. Only 95 year-rounders live here, in relative isolation at the head of Lake Chelan (and at the heart of the North Cascades). There are no roads to the outside—the valley walls are steep and protected as national wildernesses, parks and recreation areas. Backyard peaks reach to 9,000 feet and the Stehekin River offers native trout and whitewater-rafting thrills.

Access is by small plane, boat or a lengthy hike. Scheduled and chartered seaplanes leave the waterfront in Chelan daily to visit Stehekin or trailheads on the upper lake. But most travelers line up at the Chelan Boat Company dock to board the 100-foot-long private ferry. This vessel, the *Lady of the Lake II*, carries 285 passengers on a four-hour narrated trip to the headwaters town. *Lady of the Lake II*, as well as the faster-moving *Lady Express* (which takes 2.5 hours from Chelan to Stehekin) runs daily during summer months.

From Stehekin, taking rental bikes or a shuttle bus up an isolated stretch of road allows access to miles of valley trails. There are rafts to float, horses to ride, wild trout to challenge and the Stehekin Pastry Company for enjoying baked indulgences.

The North Cascades Lodge and Stehekin Valley Ranch cater to overnighters (make reservations). Visit stehekin.com.

The Lady Express, leaving Stehekin Landing, Lake Chelan.

Sawtooth Wilderness and Glacier Peak Wilderness—in many cases accessed from trailheads up the lake from town, reached on a private ferry (see sidebar).

The mountains, which are snowcapped for much of the year, appear to grow out of the lake's upper end, where guides for fishing expeditions target uncommon catches of Mackinaw trout, landlocked chinook and kokanee salmon.

The Chelan area provides an eclectic mix of roadside fruit stalls, artisan bakeries, statepark camping areas and picnicking spots. Summer brings the Lake Chelan Bach Fest (July 10–18), which features more than classical music—jazz

be included. Summer afternoons fill with parasailing, water sports, sunbathing, biking and hiking.

The wealth of outdoor options is counterbalanced by sophisticated dining found

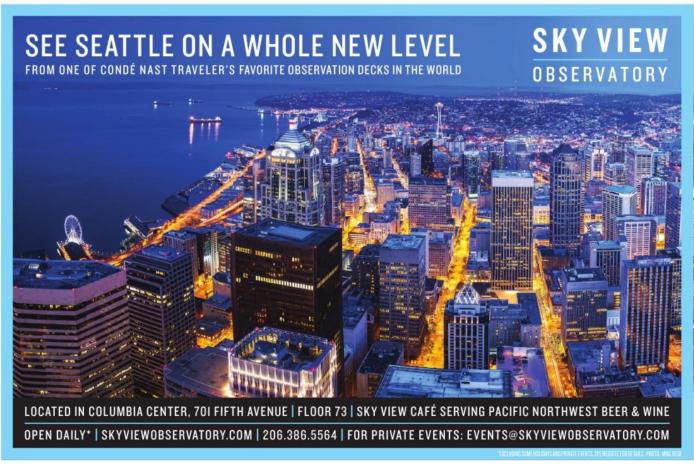
Boaters and water-sport enthusiasts are drawn to Lake Chelan

at some local wineries. For example, after a workout on the lake or a grinding ride up a fat-tire trail, you can surround yourself in marbled Italian elegance at Sorrento's Ristorante at Tsillan Cellars. To learn more about Chelan, visit chelan.com.

#### Leavenworth

Nestled between two mountain highway passes-Blewett on U.S. Route 97 and Stevens on U.S. Route 2, Leavenworth is at the confluence of the Wenatchee River and Icicle Creek, and is a destination in itself, as well as a jumping-off point for other adventures. Famous for its Bavarianthemed businesses, Leavenworth also offers a free summer exhibit of Village Art in the Park, summertime theater productions, and a series of festivals throughout the year that celebrate-among other things-wine, beer, autumn





leaves, quilts, salmon and the month of October (at Leavenworth Oktoberfest, weekends, October 2–17, 2015). Rafting the Wenatchee River ranges from high-adventure Class IV rapids experiences to family fun and nature trips.

Food-and-drink highlights include beer, brats, schnitzel and sauerkraut. At one local establishment—King Ludwig's Restaurant—the specialty is schweinshax'n (roasted pork hocks), served with Bavarian potato salad and red cabbage kraut. For Northwest domestic food, try Uncle Uli's Pub BBQ or Fresh Burger Cafe.

Polka-fueled weekends break into Bavarian-style dancing, and generous tastings at local wineries, breweries and distilleries. Another popular activity is the GPS-enabled treasure-hunt sport of geocaching.

Heading out of town, follow Icicle Creek Road to riverside campgrounds and trails in the mountainous backcountry of Wenatchee National Forest.

One of the premier Washington backpacking trips—to the Enchantment Lakes—is possible to launch from Leavenworth, though permits for overnight camping among the gemlike upper lakes may be



awarded months in advance, with any remaining slots each morning awarded by lottery at the ranger station in Leavenworth. For a more restful visit, Sleeping Lady Mountain Resort along Icicle Creek Road offers elegantly eco-friendly accommodations with features such as an outdoor, rock-lined hot tub under the stars. Learn more

Roslyn

at leavenworth.org.

While Leavenworth represents Bavaria, the foothills town of Roslyn has served as a TV stand-in for Alaska (in the offbeat 1990s television series Northern Exposure).

Located just north of Interstate 90—east of Snoqualmie Pass and west of the town of Cle Elum—Roslyn prides itself on being a main gateway to the extremely popular Alpine Lakes Wilderness—a wilderness area that boasts 615 miles of trails and around 700 mountain lakes. Many visitors access the 394,000-acre wilderness by way of Roslyn and—beyond town— SR 903/Salmon La Sac Road,

Some stores in Roslyn still have false fronts that hint at the town's Old West heritage. The town of Leavenworth was modeled after Bavaria, right down to the lederhosen.

which curves along Cle Elum Lake to camping areas and trailheads at the top of the lake. Modern Roslyn's economy is

tied to tourism, but its mining roots still show. In the 1880s, Roslyn was a bustling company town owned by coal and railroad interests. Traces of that legacy are seen in the town's elegant-but-aging Victorian houses and rows of weathered homes, slag piles, remaining mine shafts, and cemetery plats developed by the roughly two dozen ethnic groups that worked in the mines. The remnants of its tumultuous early days have put Roslyn on the National Register of Historic Places.

But it was television, not coal, that established one of the town's best-known addresses as 100 West Pennsylvania Ave.
That's where **The Brick Tavern** does a lively business in such fare as chili, waffle fries and Roslyn Brewing Company beers made just down the street. Featured in *Northern Exposure*, "The Brick" claims to be Washington's oldest con-





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tinuously operating bar. On its own, the 23-foot-long running-water spittoon beneath the century-old bar makes The Brick a must-see location after a weekend of hiking, kayaking, camping or fishing in areas around town. For more information about the Roslyn area, visit kittitascountychamber.com.

#### North Bend/ Snoqualmie

The dramatic cliffs that line the rugged west face of Mount Si (4,167 feet) fill the sky at the edge of North Bend, a beacon for outdoor adventures that start to unroll not far from Seattle's city limits.

On the forested southeast slope of the immensely popular mount, a roughly 4-mile trail rises from the valley near the Middle Fork Snoqualmie River and, over many switchbacks, gains 3,100 feet to a view from Si's Haystack promontory at 3,900 feet (it's another steep rock scramble to the very top). The dramatic views



There are opportunities for hiking, fishing and sightseeing along the Snoqualmie River, shown here at Lower Twin Falls near North Bend.

from Mount Si regularly stretch to Puget Sound. Because it's just 45 minutes from Seattle, Mount Si is among the busiest hiking trails in the state. Watch for the rare mountain goat. Close neighbor Little Si offers a slightly shadier hike, with a lower-elevation end point.

#### The Cascades

Conveniently located at the foot of the mountain, North Bend has much to offer outdoor buffs coming down from Mount Si and other slopes near **Snoqualmie**Pass, or returning from wildlife watching or trout fishing in the North, Middle or South Forks of the Snoqualmie River. A can't-miss stop is **Twede's Cafe** for cherry pie and the fine cup of coffee celebrated

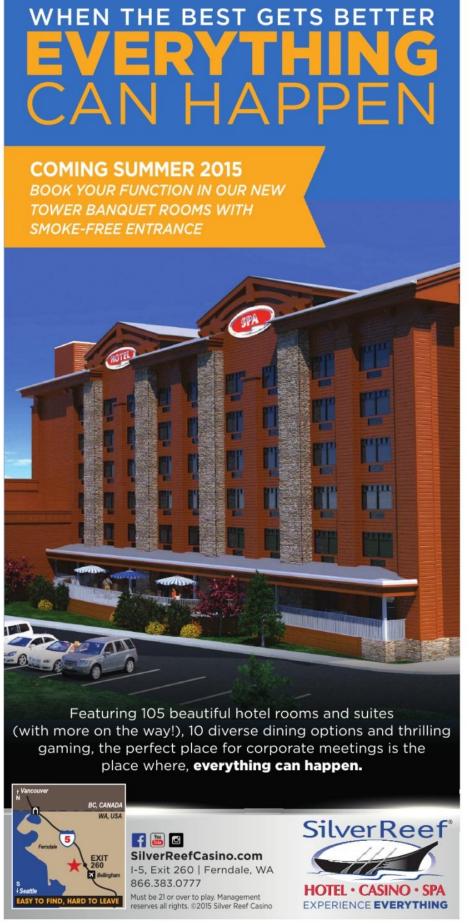


The Little Si Trail in the North Bend area leads to a high point around 1,550 feet and delightful views of nearby peaks and valleys.

by FBI Agent Dale Cooper of TV's *Twin Peaks* fame. The cafe was immortalized when the cult-hit TV show was filmed in the area and cast Twede's as the Double R Diner, the social hub of the fictional town. Another home-from-the-mountain classic stop is at **Scott's Dairy Freeze** on East North Bend Way, where patrons enjoy old-time milkshakes and burgers.

The three forks of the Snoqualmie River collect into the main river on the outskirts of town, and—five minutes west of town—tumble about 270 feet over Snoqualmie Falls. A viewing station is adjacent to the upscale Salish Lodge.

Between the thunder of the falls and North Bend is **old-town Snoqualmie**, where steam locomotives, railroad memorabilia, and the promise of 75-minute



rail rides in antique coaches attract train buffs to Snoqualmie Depot. Across the street waits Flying Frog Antiques and samplings at Snoqualmie Falls Candy Factory.

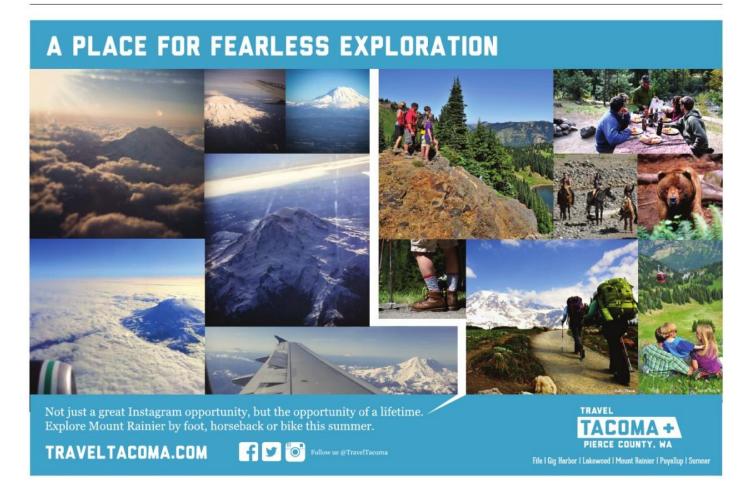
An alternative to adventures deeper in the mountains is North Bend's Rattlesnake Lake Recreation Area. Three miles south of I-90, this area offers quality trout fishing, picnicking and hiking. Many visitors hike up a roughly 2-mile trail to a rocky overlook at Rattlesnake Ledge. Visit northbendwa.gov.

#### Carson/Skamania

On the Washington side of the Columbia River Gorge National Scenic Area, about 50 miles east of the major southwestern Washington town of Vancouver, Washington (part of the Greater Portland area), is the diminutive community of Carson. Carson is, for many people, little more than where you turn north from SR 14 up Wind River Highway into the southern end of WashThe historic Hotel
St. Martin continues
to soothe guests with
geothermally heated
natural waters. After
a strenuous workout
in the mountains,
aching muscles
appreciate a long
soak in a deep tub or
mineral-water pools.

ington's Cascades. Ahead are adventures in Gifford-Pinchot National Forest; the moonscape at Big Lava Bed; Mount St. Helens National Volcanic Monument; the flanks of Mount Adams; the historic Sawtooth Berry Fields; and hiking and fishing in Indian Heaven Wilderness, an area of cultural significance to tribes in the area.

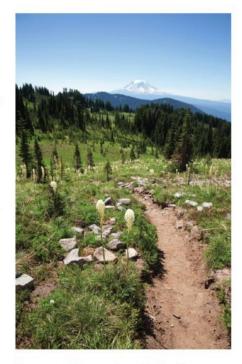
Yet the Carson area has its own adventure on the way to other adventures. Along the Wind River and in nearby North Bonneville, **geothermal hot springs** bubble to the surface. The largest is at the site of the historic Hotel St. Martin, now part of the Carson Hot Springs Golf & Spa Resort. Completed in 1901 (with its bathhouse finished in 1923), the hotel continues to soothe body and bones with geothermally heated natural waters, averaging 102 degrees. After a strenuous workout in the mountains, aching muscles appreciate a long soak in a deep tub or mineral-water



pools. One can also add to the experience a steam bath and wrap, or a massage, and a night in the storied hotel.

Smaller and more primitive, **Wind River Hot Springs** is a natural riverside hot spring
with two pools about three-quarters of a
mile—by trail—from St. Martin's. The
107-degree water here bubbles from bedrock. A third hot spring is a short drive
west on SR 14. The water at **Bonneville Hot Springs Resort & Spa** is close to 90 degrees.

The legend of Sasquatch is another reason to stop and look around in Carson. Skamania County officials have officially declared the county a "no Bigfoot-hunting zone," and on September 19, Bigfoot Bash and Bounty will be celebrated in Home Valley Park, which is also a favorite launch point for sailors and kiteboarders enjoying the legendary waters of the Columbia River Gorge. Learn more about Skamania County at skamaniacounty.org.



Bear grass blooms along the Pacific Crest Trail in the Goat Rocks Wilderness, with Mount Rainier in the distance.

Other must-see stops in the area may be found at the nearby Columbia Gorge Interpretive Center Museum and Skamania Lodge. At the lodge, towering glass windows and a sculpted river-rock fireplace overlook the rolling waters of the Columbia Gorge. It's a wonderful place to wind up after, or before, a Cascade Mountain adventure. And its view of the outdoors from a comfortable perch within civilization is a good reminder that, in the case of Washington's Cascades, there are many gems to be found in the hills as well as along the way. W

Terry W. Sheely writes from Black Diamond, Washington.

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Enjoying diverse activities on the sunny side of the state >> Cheryl-Anne Millsap

tanding on the deck of an Un-Cruise Adventures riverboat, the SS *Legacy*, I feel the sun warming my face as I scan the rugged landscape rising from the Columbia River Gorge National Scenic Area.

This mighty river feeds the fertile agricultural heart of Washington state, supplying water and power to scores of vineyards and millions of acres of farmland. And while a series of dams may have tamed the formerly wild waterway, you can still imagine how the landscape might have looked when Lewis and Clark made their famous expedition through the region in the early 1800s.

I've traveled alongside the Columbia in many different modes of transportation over the years. Still it wasn't until I explored the region by river—which has cut spectacular canyons in certain places along its circuitous route through the state—that I gained a true appreciation for the vastness and unique qualities of this part of Washington.

Visitors to Eastern Washington, especially those who cross the Cascade Range from the western side of the state, are sometimes surprised by the differences in topography and geology as they visit the east side. The land varies greatly in composition as you travel





through fertile valleys and plains and among flinty basalt outcroppings and through semi-arid desert. It isn't until you reach Spokane near the state's eastern border with Idaho that the wide sagebrush vistas become dotted with tall Ponderosa pines.

Starting with Spokane, we explore Eastern Washington through its main communities and discover a unique region that offers an array of outdoor experiences.

#### Spokane

Washington state's secondlargest city is also Eastern Washington's hub for commerce, health care, shopping and entertainment.

Boasting an average of 260 days of sunshine each year,

Spokane's Hoopfest has developed into the world's largest 3-on-3 street basketball tournament. Un-Cruise Adventures offers various cruises, including trips along sections of the Columbia and Snake rivers.

Spokane is home to more than a dozen golf courses, including the award-winning Indian

Canyon Golf Course, chosen by Golf Digest as one of the top 25 municipal golf courses in the nation in 2012, and numerous lakes just a short drive from downtown. Spokane thrives on outdoor activities.

The city hosts a number of world-class outdoor events each year, including the annual 12K Lilac Bloomsday Run, held in early May, which brings as many as 50,000 runners, joggers and walkers of all ages to the city's streets and byways. This month, the city hosts Hoopfest, June 27–28, the largest 3-on-3 street basketball tournament in the world, in which about 7,000 teams play on 450 courts set up right in

the center of the downtown area, and the streets are filled with players and spectators. In the fall, the whole family can take part in SpokeFest, September 13, with cycling routes that include a 1-mile park loop, a 9-mile or 21-mile river loop and a 50-mile ride for true enthusiasts. The city's proximity to five ski resorts all within a two-hour drive provides easy access to the slopes in winter. The scenic Spokane River curves through the heart of the city and also offers seasonal water sports from whitewater rafting to scenic floats.

However, not all the fun is outdoors. With 20 wineries and a growing number of wine bars of Perry Street Brewing while listening to music and noshing on food-truck fare makes for a perfect summer evening.

Riverfront Park, the downtown green space created for the 1974 Expo, offers unique views of the river and is home to the historic Looff Carrousel. You can also take a ride in a SkyRide Over The Falls gondola, named one of the "Top 12 Scenic Cable Rides in the World" in 2013 by Condé Nast. The gondola will carry you over the Huntington Park Natural Area and under the historic Monroe Street Bridge for a great view of the Spokane Falls before returning you to Riverfront Park.



and tasting rooms—most located within easy walking distance of one another in an area known as the city's **Cork District**—it's easy to spend an afternoon sampling some of the state's finest wines.

For beer lovers, the Inland
Northwest Ale Trail stretches
throughout the greater Spokane
area, with a concentration of
breweries and tasting rooms in
downtown Spokane. Sipping a
single-hop pale ale on the patio

The Spokane River is known for whitewater rafting in the summer.

I've grown to appreciate Spokane's proximity to so many Northwest destinations including spectacular wilderness areas—and the abundance of choices for good food and entertainment in the city.

If my husband and I aren't going to a concert at the Art Deco **Fox Theater** or the Art



Nouveau **Bing Crosby Theater**, we are probably going to see a WestCoast Entertainment "Best of Broadway" production at the **INB Performing Arts Center**.

A Friday night in the downtown area often includes a stroll across one of Riverfront Park's pedestrian bridges to admire the Spokane Falls, dinner at Santé Restaurant & Charcuterie (Chef Jeremy Hansen is a James Beard Best Chef finalist). We also can easily spend an hour or two immersed book browsing at Auntie's Bookstore next door.

Another favorite excursion is to visit the Northwest

Museum of Arts and Culture
(the MAC) in Browne's Addition to see "Ioo Stories," an exhibit that showcases Ioo

SpokeFest, Spokane's annual family-friendly cycling event, attracts riders of all ages.

unique items from the museum's collection that illustrate the region's history and native cultures ("100 Stories" runs through December, 2016).

One of the city's new gems is Kendall Yards. The contemporary mixed-use development is revitalizing the north bank of the Spokane River with modern housing, spectacular views of the Spokane River and city skyline, and a farmers market. Brunch from The Yards Bruncheon restaurant and dinner at Wandering Table are always welcome stops.

For a sensory feast of wine, music and breathtaking views of Spokane Valley, we drive the

#### WATER FUN ON THE DRY SIDE

While Eastern Washington is known for its semi-arid climate, the region offers plenty of water activities. The following are two popular places.

**Lake Roosevelt** This reservoir behind Grand Coulee Dam draws water-skiers, campers and anglers.

Hanford Reach National Monument One of the last free-flowing sections of the Columbia River in the United States, the area is a favorite for anglers, boaters, bird-watchers, hikers and kayakers.



A section of the Hanford Reach National Monument.





winding road up to the historic Cliff House at Arbor Crest Wine Cellars for one of the Spokane Symphony's "Symphony on the Edge" concerts.

As the sun dips on the horizon and the music swells, we can toast one another under a painted sky. To learn more about Spokane, you can go to visitspokane.com.



### Pullman

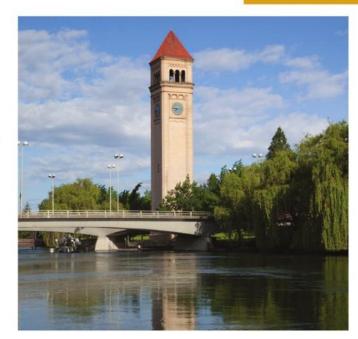
Sunlight and clouds play over the Palouse like an artist painting the rolling hills and fields with shifting hues and shadows. Each season has its own palette and each time I travel to Pullman, I appreciate it more.

Home to Washington State University, Pullman is more than just a college town. Since the founding of WSU in 1890, the agricultural city has grown to be a center of education and recreation. Fresh local produce also fills the weekly Pullman Farmers Market, which runs from May to October.

The Spokane Falls SkyRide gondolas offer expansive views of the Spokane area.

popular

varieties.



The Clock Tower in Riverfront Park is one of Spokane's most iconic images.

The National Lentil Festival (August 21-22) celebrates the fact that about 20 percent of all lentils grown in the United States come from the Palouse. The festival includes the World's Largest Bowl of Lentil Chili (350 gallons last year), a lentil cook-off, a fun run, a parade and the crowning of the Lil' Lentil King and Queen.

> The WSU Creamery's Cougar Gold Cheese, a sharp, rich cheddar, has developed a fan base that stretches around the world. Another way to appreciate a day in Pullman is to rent a bicycle from B&L Bicy

esque 8-mile Chipman Trail connecting Pullman and its Idaho sister city, Moscow. Or you could hit the links at the Palouse Ridge Golf Club for Scottish-links style golfing on a championship layout.

Then, after all that fun in the Eastern Washington sun, quench your thirst by hoisting a microbrew from Paradise Creek Brewery (part of the Inland

Wayne Taylor and Appaloosa perform during the 2013. Wenatchee River Bluegrass Festival, held each year in the town of Cashmere.

### WASHINGTON WINE TRAIL

With more than 850 wineries in the state, Washington has arrived as one of the world's finest winemaking regions. And leading the way is Eastern Washington, where virtually all of Washington's wine grapes are grown. With hundreds of wineries throughout Eastern Washington, there's plenty of tasting opportunities for oenophiles. The following are a few of the region's best wine-tasting tours.

The Rattlesnake Hills Wine Trail starts south of Yakima, in the town of Wapato, and includes more than a dozen wineries located in this picturesque area. The route is also popular with cyclists (rattlesnakehills.com).

Upper Yakima Tour Begin in the city and enjoy music, small-plate meals and fine wines at Gilbert Cellars before traveling Yakima's newest wine-grape-growing area to learn about sustainable and organic farming.

The Pasco-Kennewick-Richland Wine Trail Explore wineries in the heart of the Columbia Valley. Bookwalter Winery hosts live music on Wednesday nights and Gooseridge Winery offers blending classes.

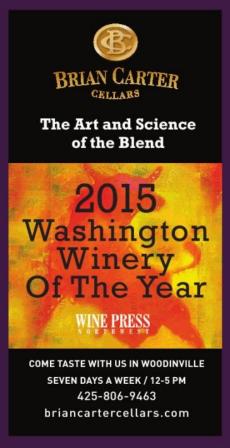
Walla Walla offers several wine trail options, including a downtown tasting tour and routes to the south, west and north of the city. More than a dozen wineries make and sell wine at the Walla Walla Regional Airport and Industrial Park, including Dunham Cellars, Five Star Cellars and Buty Winery. - C.M.





# PACIFIC NORTHWEST WINES

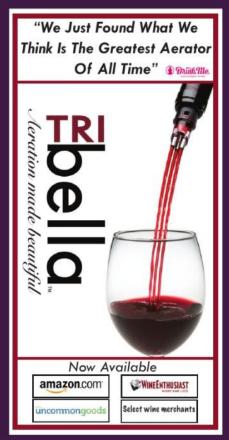


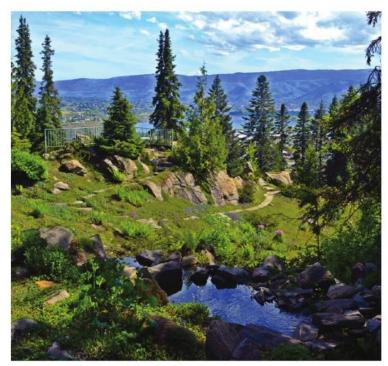












Right: Wenatchee's
Ohme Gardens has a
beautiful setting and
amazing views of the
Columbia Valley. Below:
The agricultural, social
and military history of
southeastern Washington is on display at Fort
Walla Walla Museum.



Northwest Ale Trail) or a tasty artisan cider at The Cider House. To learn more, visit pullmanchamber.com/visit-pullman/.

### Clarkston/Lewiston

For an Eastern Washington history lesson, try a stop in the cities of Clarkston, Washington, and Lewiston, Idaho.

The sister cities are at the intersection of the Snake and Clearwater rivers and are named for Meriwether Lewis and William Clark, whose Corps of Discovery expedition in the early 1800s helped open the Northwest to early settlers.

Take a jetboat tour through Hells Canyon National Recreation Area for both the thrills and the opportunity to take in the unique landscape. Choose from a half-day, full-day or overnight trip. Visit the Lewis & Clark Interpretive Center and the Nez Perce County Historical Society & Museum, which brings to life the history and rich cultural heritage of the Nez Perce people.

Lewiston and Clarkston also offer a variety of festivals and annual events. The **Hot August Nights** festival, August 27–29, celebrates classic cars and classic rock music from the



An array of hot-air balloons take flight during the Great Prosser Balloon Rally.

1950s through the 1970s. Attendees will find good food, live concerts and lots of activities. The **Lewiston Roundup**, September 9–12, ranks among the nation's top 50 rodeos. *To learn more, you can go to visit-clarkston.com*.

### Walla Walla

This small but historically significant agricultural town has become an important

### WASHINGTON ON TWO WHEELS

Eastern Washington's abundant sunshine, dry climate and spectacular scenery make the region a popular center for cyclists.

Here are a few of the region's top biking trails:

### **Spokane**

Centennial Trail
The trail is a 37.5-mile
asphalt path that follows
the Spokane River from
Nine Mile Falls to the
Washington-Idaho border,
and is popular with cyclists
of all ages and skills.

### **Pullman**

Grand Avenue Greenway
A 1.7-mile asphalt segment
of the 8-mile Pullman Loop
Trail, the greenway circles
the Washington State
University campus.

### Walla Walla

Cottonwood Loop
The 17- to 19-mile loop on a series of country roads takes you through the Blue Mountain foothills on the eastern edge of town.

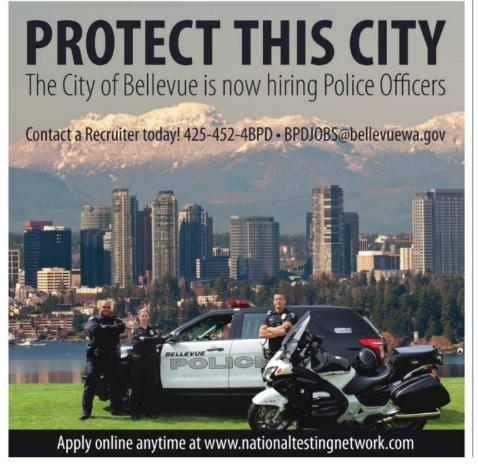
### Yakima

Yakima Greenway
The bike tour is a 10-mile
asphalt trail along the
Yakima River, passing
through parks, nature
trails, conservation areas
and the Yakima Area Arboretum. The trail offers
access to wildlife-viewing
platforms along the way.

### Wenatchee

Apple Capital Recreation Loop Trail
This paved 10-mile trail crosses the Columbia River and meanders through parks and urban areas (traillink.com/trail/apple-capital-recreation-loop-trail.aspx). —C.M.





### Eastern WA

player in the Washington wine industry, with more than 100 wineries in and around the area. Wine Enthusiast Magazine listed Walla Walla as one of 2014's "10 Best Wine Travel Destinations." A three-hour drive from Spokane, Walla Walla is usually my first choice for a weekend getaway.

The luxurious Marcus Whitman Hotel & Conference Center was built as a showpiece in 1928 and is still the place to stay when in Walla Walla. The grand hotel is a perfect headquarters for a weekend of wine-tasting, with most of the downtown tasting rooms located within a few blocks of one another.

Known as one of the top Washington biking destinations, the city hosts many cycling events, including the **Tour of** 



Walla Walla's Wine Valley Golf Club is an award-winning layout with great views.

Walla Walla each April. The three-day event draws cyclists from across the Northwest. The city is also known for its top-tier golfing at Wine Valley Golf Club and other local courses.

For history buffs, the Whitman Mission National Historic Site, located about 10 miles west of town, is built on the site of the mission Marcus and Narcissa Whitman established in the Walla Walla Valley from 1836 to 1847.

It tells the fascinating story of the local Native tribes, the development of the Oregon Trail and the mission's tragic end. The Fort Walla Walla Museum focuses on the valley's early agricultural and military history. The city is also known for the Walla Walla Fair & Frontier Days, September 2–6.



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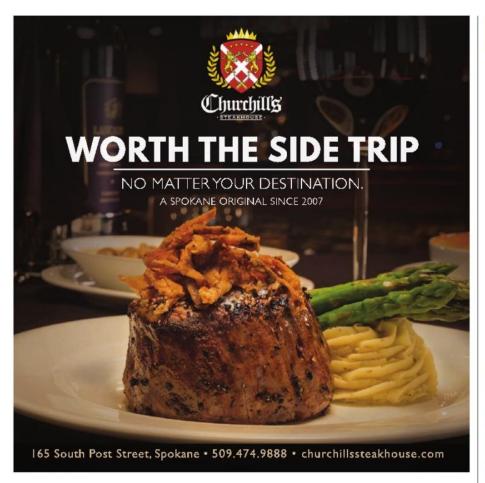
### SCOTTA ASHCRAFT

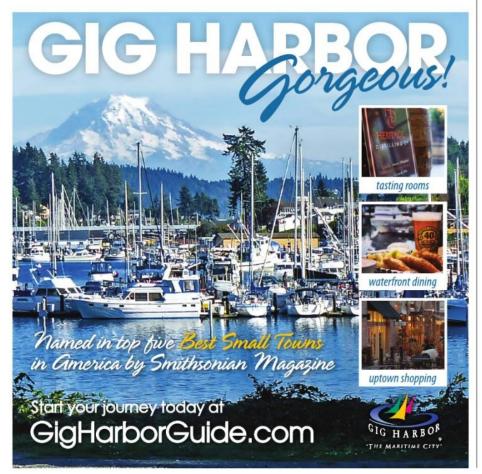
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### Eastern WA

In the evenings, after a day of winery tours, golf and cycling, we like to take in a concert or enjoy a performance by the troupe Shakespeare Walla Walla at the historic and beautifully renovated Gesa Power House Theatre. For more information, go to visitwallawalla.org.

### Tri-Cities and the Yakima Valley

There are now hundreds of wineries in and around this region, which stretches from the Tri-Cities—composed of the adjacent communities of Richland, Pasco and Kennewick—northwest to



The HAPO Columbia Cup hydroplane races are one of the highlights of the annual Tri-Cities Water Follies.

Yakima. The wide Columbia River flows through this semi-arid area and divides the Tri-Cities. Today, there are more than 200 wineries within an hour's drive, and wine-tasting has become a popular pastime. The area is also known for summer events, including the Tri-Cities Water Follies, July 24–26, which is celebrating its 50th anniversary this year. A highlight of the follies is the HAPO Columbia Cup, one of the nation's leading hydroplane races. To learn more, go to visittri-cities.com.

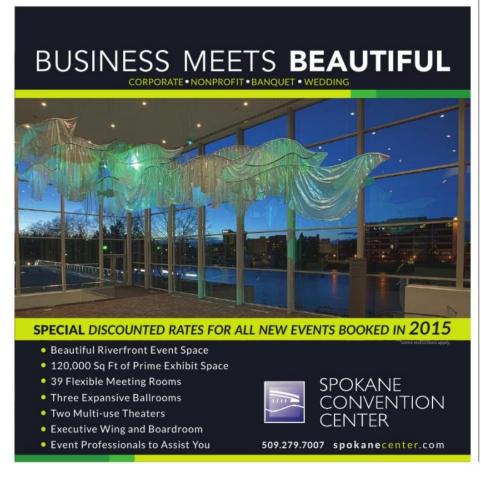
About 15 miles to the west of the Tri-Cities is the Yakima American Viticultural Area (AVA). This region, which accounts for almost half of all wine grapes grown in the state, runs roughly from Yakima to Red Mountain and is home to more than 100 wineries.

Wine lovers visit the many tasting rooms and flock to the **Prosser Wine and** 









Food Festival, August 8–9 this year, to enjoy live music, fresh farm-to-table foods and, naturally, plenty of fine Washington wines. In the fall, colorful balloons take to the skies for The Great Prosser Balloon Rally, September 25–27 this year. One of the newest attractions in this area is Prosser's Walter Clore Wine and Culinary Center, which offers an interactive and entertaining look at the area's unique agricultural and viticultural industries, as well as cooking classes, wine-tasting, and a great place to stop and enjoy the excellent views.

In Toppenish, 34 miles northwest of Prosser, beer lovers will appreciate the American Hop Museum and train lovers will like the Northern Pacific Railway



Orchards line the banks of the Wenatchee River, and snowcapped Mount Cashmere and other Cascade Range peaks rise in the distance.

Museum, which displays classic automobiles, freight train cars and railroad engines. About 20 miles north, downtown Yakima tasting rooms serve wonderful wines, including the excellent Gilbert Cellars.

The Yakima Farmers Market showcases fresh produce and locally produced meats, cheeses and wines. The indoor market is open on Thursdays, Saturdays and Sundays. A Sunday outdoor market is held from May to October.

In the spring and summer, outfitters such as Alpine Adventures (alpineadventures.com) run river-rafting tours down the Yakima River. The waterway is also known for its excellent fishing. For more information, go to visityakima.com.

### Eastern WA

### Wenatchee

This central Washington city north of Yakima has long been known as the Apple Capital of the World by locals, thanks to the multitude of area apple orchards. The juicy fruit is exported all over the world and remains a mainstay of the local economy.

The city is also a great launching point for outdoor fun. Wenatchee's proximity to the Columbia River and other bodies of water make it a prime location for boating, fishing, kayaking and whitewater rafting. A short distance away is the Cascade Range, offering numerous locations for hiking, horseback riding and mountain climbing.

In the city, you will find the **Pybus Public Market**, a year-round market that
offers local produce, meats and cheeses.

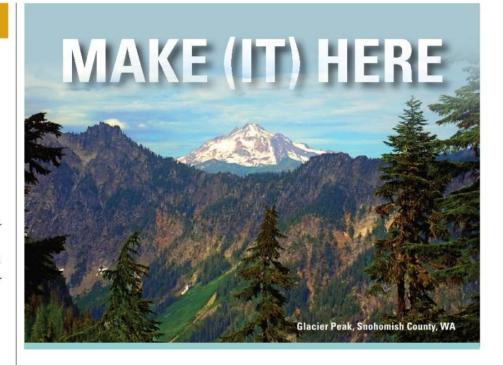
You can also visit the **Ohme Gardens**. Open to the public since 1939, the gardens are filled with towering evergreen trees that originally came from the Cascade Range and feature walls, steps, benches and pathways hand-built out of native stone.

The lush spaces offer an array of greenery, flowers and refreshing water features. Each Thursday in July, Ohme Gardens will host a musical concert. In addition, Ohme will host the annual Wine and Food Gala, on July II this year, which features top chefs, regional wineries and a concert series.

Other popular events include the annual Wenatchee River Bluegrass Festival in nearby Cashmere, June 19–21, the North Central Washington District Fair in August and the Chelan County Fair in September. For more information, go to wenatchee.org. W

Cheryl-Anne Millsap is a Spokane-based writer.

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The scenic beauty of this majestic region

>>> By Roddy Scheer

s I walk along the trail through the thick spruce forest, an otherworldly vista opens up before me: orange sky fades into the Pacific Ocean, anchored by a crescent beach that is festooned with craggy sea stacks and by a waterfall plunging more than 100 feet from a cliff top to the beach below.

This breathtaking coastal scene is at **Third Beach** on the Olympic Peninsula, near the northwest tip of the contiguous United States. It is one of the awe-inspiring views that abound on this large, mountainous swath of Washington that is bordered by the Pacific Ocean to the west, the Strait of Juan de Fuca to the north and Puget Sound to the east. The middle of this peninsula's temperate rain forest, under the shadow of mighty Mount Olympus, is among the most remote places in the Lower 48 states. For hundreds of years, adventurers have been blazing trails through one of Washington's wildest regions and finding spectacular views and amazing natural wonders.

Whether you like to hike, fish, camp, kayak, swim, fly a kite or soak in hot springs, Washington's Olympic Peninsula has plenty to offer.



WA36 ALASKA BEYOND AND HORIZON EDITION MAGAZINES JUNE 2015



### Rain Shadow Experiences

The northeastern section of the Olympic Peninsula is known to be in the "rain shadow" of the Olympic Mountains, which soak up much of the moisture coming from the Pacific storms reaching the coast. Port Townsend, Sequim and Port Angeles receive much more sunshine and only a fraction of the annual rainfall of 118 inches that the Hoh Rain Forest town of Forks receives, creating an ideal climate for outdoor adventure, even in the winter.

The ferry ride from Seattle to Bainbridge Island (visitkit-sap.com/cities.asp?ID=I) takes only 35 minutes, but it can seem like another world. Once on Bainbridge, it is a short distance to the Kitsap Peninsula, a gateway to the Olympic Peninsula that offers high mountains, a rugged coastline, charming small towns and untamed forestlands.

Olympic National Park's Elwha River runs swiftly through a narrow canyon known as Goblin's Gate. The Olympic Mountains are a popular destination for mountain climbers and hikers.

A few blocks from the ferry terminal is **Downtown Bain-bridge Island**. Walk the city's main street, Winslow Way East, to admire the many art galleries, shops and restaurants. I always make a stop at **Eagle Harbor Book Company** and **Mora Iced Creamery**.

If you are at least 25, have a driver's license and a taste for salt air, you and up to nine friends can rent The Eagle Harbor Inn's electric boat for a noiseless, fume-free spin around Eagle Harbor (theeagle-harborinn.com/eagle-harborelectric-boat).

Or hook your very own
Puget Sound salmon by hopping aboard a fishing charter
with Bainbridge-based Tyee
Charters (tyeecharters.net).
Captain Matt McCulloch grew
up fishing these waters and can
maneuver his boat into the best
fishing holes in the area.

Traveling northwest on State Route 305, you can stop at the Bloedel Reserve, a 150-acre public garden at the north end of the island. Bloedel is known for the distinctive former residence on the property that looks like a French château, and for numerous landscaped gardens, lawns and lakes. Back on the road, leave Bainbridge Island and continue traveling northwest to reach the Olympic Peninsula by crossing the Hood Canal Bridge. At almost 1.5 miles across, it is the third-longest floating bridge in the world and the longest over saltwater.

About 40 minutes north of the Hood Canal is Port Townsend (enjoypt.com), a bustling waterfront town with a vibrant restaurant and nightlife

Since 1898, the North Head Lighthouse on Cape Disappointment has been a welcoming beacon on the Washington Coast.

scene and plenty of outdoor adventures. When you've browsed the downtown, named a National Historic Landmark District, board a whale-watching expedition with Puget Sound Express (pugetsoundexpress.com), which offers four-hour tours mid-March through October and guarantees participants will see orcas. Or sign up for a handson class on boating skills, radar navigation, marine weather and other marine-related endeavors at the nonprofit Northwest Maritime Center (nwmaritime. org), which also houses the Wooden Boat Foundation, where you can usually watch

The foundation sponsors

artisans building or fixing

wooden boats.



The Eagle Harbor Inn on Bainbridge Island rents its electric boat for harbor cruises.

the Wooden Boats Festival (September 11-13), which displays hundreds of wooden boats.

About 45 minutes west of Port Townsend is the town of Sequim (visitsunnysequim. com). I like visiting a lavender farm during the summer bloom for the olfactory experience. The town's annual Lavender Festival (lavenderfestival. com), will be July 17-19 this

### TIDE POOLING

If you're looking to get off the beaten path, detour from U.S. 101 west of Port Angeles onto State Route 112 and head to Tongue Point, a tide pool lover's dream, offshore from Clallam County's Salt Creek Recreation Area (clallam. net/Parks/SaltCreek. html). Photographers from all over the world flock here to photograph sea stars, anemones, urchins, crabs and myriad other marine life forms getting washed over by the constant ebb and flow of the briny waters of the Strait of Juan de Fuca. —R.S.

### THE QUIETEST PLACE ON EARTH

A spot 3.2 miles from the beginning of the Hoh River Trail in the Hoh Rain Forest has been named the "quietest place on Earth" (onesquareinch.org),



Moss-covered

trees in the Hoh

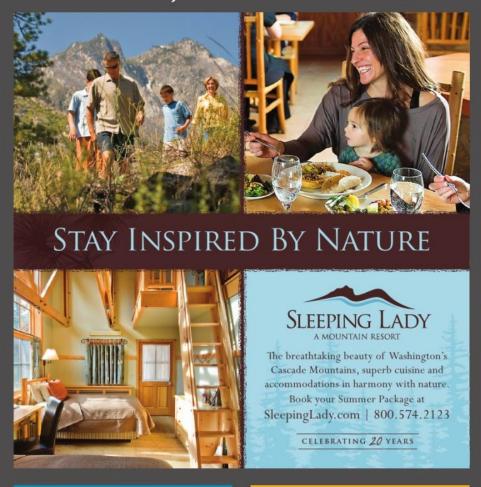
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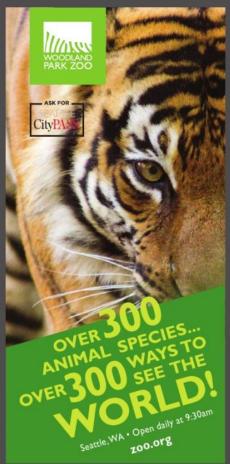
Rain Forest. Gordon Hempton, an "acoustic

ecologist." The place is marked by a small redcolored stone, just off the trail. -R.S.



# Around the Sound...







### VICTORIA: OLD WORLD CHARM WITH A KICK.

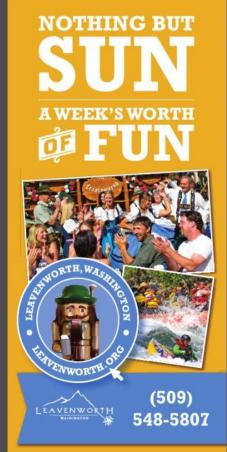
Also available: Orca Whale Watching & San Juan Islands from \$126



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year and will feature farm tours, lavender-themed crafts sales and other events celebrating one of the Olympic rain shadow's most iconic crops.

Another Sequim-area attraction is the Olympic Game Farm (olygamefarm.com), where about 200 animals—some of which have starred in National Geographic documentaries—range within large enclosures.

Visitors, staying in their cars, can take driving tours through the park and get close to bison and elk. Friendly llamas and yaks will eat bread from your hand.

True nature lovers visiting Sequim also will want to try hiking on the **Dungeness National Wildlife Refuge** (fws. gov/refuge/dungeness), one of the world's longest sand spits. The 5-mile-long sand peninsula extends out into the strait and



has a quintessential Northwest lighthouse near the end.

It's a great hike even with little ones, as it's along a sandy beach and you don't have to go the entire distance to enjoy the ocean breezes and abundant wildlife.

Farther west you'll find Port Angeles, the gateway to Olympic National Park. The town is From top: Kayakers paddle in Freshwater Bay on the Strait of Juan de Fuca, near Port Angeles. A black-tailed buck grazes among the wildflowers at Olympic National Park's Hurricane Ridge. Sol Duc Falls is considered one of the most beautiful falls in Washington state.





the best location for stocking up on groceries and outdoor gear for those interested in exploring the park.

There are a number of services, such as Adventures Through Kayaking (atkayaking.com), that offer mountain biking, kayaking and paddle-boarding tours. They will also rent gear to take with you into the national park or beyond.

### The Olympics

With your hiking boots on and your cooler stocked, drive south out of Port Angeles and follow signs to the Olympic National Park Visitor Center (nps.gov/olym), where you can consult a ranger about weather and trail conditions in the park and which seasonal highlights you should prioritize.

If there's one must-see sight

in Olympic National Park, it has to be the view from Hurricane Ridge (nps.gov/olym/ planyourvisit/visiting-hurricane-ridge.htm). The road up from Port Angeles gains 5,200 feet in elevation over just 17 miles. Park at Hurricane Ridge

Visitor Center and enjoy the spectacular views of Mount Olympus and many other peaks to the south. A half-mile hike will allow you to see Port Angeles, the Strait of Juan de Fuca and Vancouver Island to the north. You can also hike several trails to area ridges and farther into Olympic National Park. Wander for an hour, a day or longer-just make sure you are prepared for the elements and don't stray beyond your comfort zone. In summer wildflowers carpet the surrounding subalpine meadows and black-tailed deer browse contentedly while hikers walk by.

### FORKS AND LA PUSH— VAMPIRE COUNTRY

The towns of Forks and La Push are unlikely centers for America's fascination with vampires. Thanks to best-selling author Stephenie Meyer setting her vampire book series "Twilight" in and around Forks, the town has become a literary touchstone for many fans. The community is embracing its newfound popularity, including holding the 9th-annual Stephenie Meyer Day/Bella's Birthday Weekend celebration, September 10–13 this year, in which devoted readers gather for activities and events connected to the "Twilight" book series.



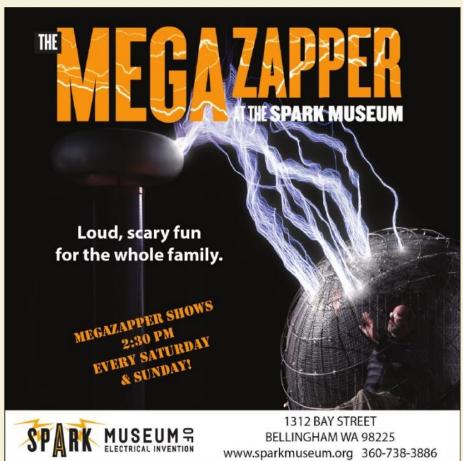
Rugged First Beach at La Push.

JUNE 2015 ALASKA BEYOND AND HORIZON EDITION MAGAZINES WA39

# DESTINATION BELLINGHAM, WA









TOP TO BOTTOM, PANORAMIC IMAGES / GETTY IMAGES; JAY GOEBEL / ALAMY; KEVIN SCHAFER / ALAMY

Not far from Hurricane Ridge, you can see a river reborn by touring the sites where in 2014 the project to remove two hydroelectric dams along the Elwha River was completed. View where the former Glines Canyon Dam formed Lake Mills high up in the Elwha drainage, and then continue to the end of the road and hike on the Boulder Creek Trail for 2.5 miles into the Olympic Hot Springs, a mystical section of forest where several thermal pools ranging in temperature from lukewarm to more than 100 degrees F invite a relaxing dip. Permittoting backpackers can spend the night nearby in the woods while everyone else will have to make it a day hike.

For another outdoor excursion, travel 22 miles west from Port Angeles to reach cerulean Lake Crescent. Rent a kayak or a canoe from the Lake Crescent Lodge (olympicnationalparks. com/accommodations/lake-crescent-resort.aspx) on Barnes Point on the south side of the lake—or just jump right in off

the dock for a refresher better than coffee.

The Fairholme General Store at the western end of the lake sells supplies for those planning to camp at the National Park Service's nearby Fairholme Campground.

Near Lake Crescent Lodge is the beginning of a mile hike through temperate rain forest to the sublime 90-foot Marymere Falls, where Falls Creek cuts through a high cliff notch and falls into a mossy green amphitheater below. If you've got a bike, ride the 4-mile Spruce Railroad Trail, which skirts the north side of Lake





Above: The impressive 119-foot Marymere Falls can be reached by a short hike from Lake Crescent Lodge. Left: Known for its brilliantly blue water, Lake Crescent is one of the deepest lakes in Washington, reaching an official depth of 624 feet.

Crescent past the **Devils Punchbowl** swimming hole.

About 2 miles west of Lake Crescent is Sol Duc Hot Springs Road. Follow the road for about 12 miles into the park to reach Sol Duc Hot Springs Resort, a family favorite for generations. You can rent a cabin at the resort or just come for the day to enjoy the three mineral hot spring soak-

ing pools and a bracingly cold freshwater swimming pool.

Two miles farther up the road is
Sol Duc Falls,
which is one of the
most beautiful waterfalls in a state blessed
with many cascading gems.
e water from the falls braids

The water from the falls braids into four channels that run side by side down 37 feet into a dark chasm, and then tumble over an II-foot drop before rushing downstream. Trek through old-growth forest to view the spectacle from a high wooden footbridge. You can turn around and head back to the parking lot or loop back on the Lover's Lane Trail past mammoth Sitka spruce and western red cedar trees on the way past Lover's Lane Falls.

### Coastal Favorites

For surfers and those who like wild and rugged beaches, take time to travel out to the northwestern tip of the Olympic Peninsula to surf the waves or beachcomb at Hobuck Beach

### BEACH DISCOVERIES

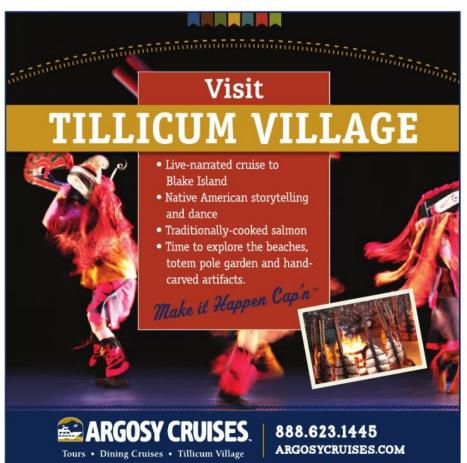
Washington's coastline has numerous hikes that provide spectacular views and scenery.

One of the most impressive treks is Shi Shi Beach and Point of the Arches, located near the Makah Indian Reservation on the northern Washington Coast. The beach includes dramatic erosion-sculpted large-rock outcropings, known as sea stacks, that rise from the surf. You can study the tide pools and observe the abundant sea creatures and birds in the area (wta.org/go-hiking/hikes/north-shi-shi-access).

Point of Arches, Shi Shi Beach.

JUNE 2015 ALASKA BEYOND AND HORIZON EDITION MAGAZINES WA41





on Neah Bay. This beach is home to some of the better surf breaks along the Washington Coast. However, be sure to wear a wet suit, as the Pacific remains cold all summer long. Sign up for surf camp or a private lesson there with the Washington Surf Academy (wasurfacademy.com).

Another Olympic Peninsula bucketlist item is hiking to Cape Flattery, one of



A surfer catches a wave on Washington's Hobuck Beach.

the northwestern-most points of the contiguous United States. Follow a twisting and misty trail for three-quarters of a mile, and check out the amazing and rugged cliffs, caves and sea stacks of the cape from a series of lookouts culminating in a viewing platform teetering on the last edge of terra firma.

This is no place to let kids play unattended. However, the spectacular views give you a sense of the raw power and beauty of nature. Other coastal hiking destinations to visit include Shi Shi Beach, Cape Alava, Ruby Beach, Second Beach and Third Beach. Each offers different perspectives on the craggy and eroded shoreline that is protected in perpetuity as part of the state's Olympic National Park.

The drive from the coast inland to the Hoh Rain Forest is well worth the extra time so you don't miss the Hall of Mosses Trail. This o.8-mile loop winds through lush rain forests that contain some of the largest old-growth Sitka spruce, Douglas fir and western red cedar trees to be found anywhere in the world.

Hikers can take the **Spruce Nature Trail**, a 1.2-mile loop, down to the banks of the rushing Hoh River, a torrent of

### Olympic Peninsula

snowmelt that flows from the peninsula's peaks to the Pacific. Longer-haul hikers can make their way deep into the Hoh Rain Forest via the Hoh River Trail, which ascends for 18 miles to the foot of the Blue Glacier. It is one of the classic Olympic Peninsula backpacking excursions for those willing to rough it in the wilderness. Keep a lookout for Roosevelt elk, one of the park's iconic wildlife sym-



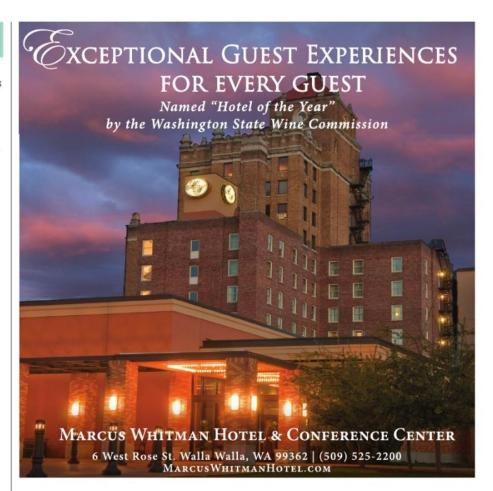
The Cape Flattery Trail has many lookouts for viewing the roiling surf.

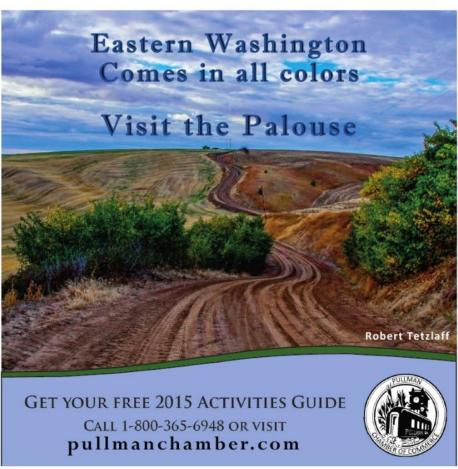
bols, picking their way gingerly through the forest and drinking from the shallows of the Hoh River.

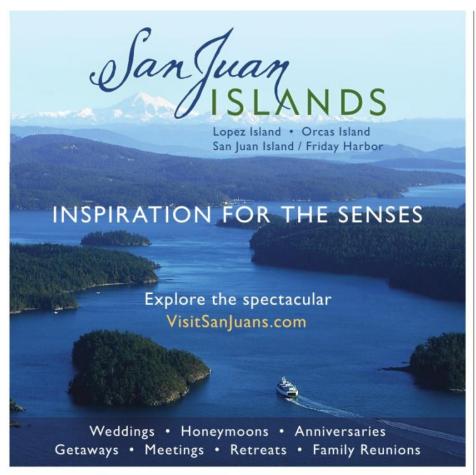
Yet another way to experience the Hoh is on a rafting excursion with Olympic Raft and Kayak (raftandkayak.com), which also leads rafting trips on the Sol Duc and Elwha rivers as well as guided kayaking trips on Lake Crescent and in Freshwater Bay.

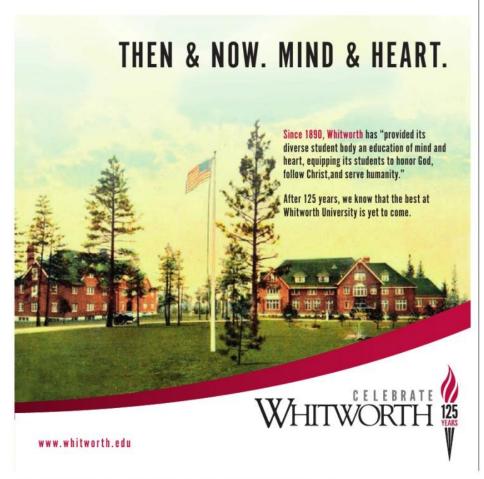
You'd never know the rough and wild Pacific coast was only a few miles to the west when you first behold tranquil and serene Lake Quinault. Use the 89-year-old Adirondack-style Lake Quinault Lodge (olympicnationalparks.com/accommodations/lake-quinault-lodge. aspx) as your base of operations—just like President Franklin Delano Roosevelt did when he visited in 1937—and rent a kayak, canoe or rowboat.

If you're feeling lucky, cast a line and









### Olympic Peninsula

try to catch-and-release one of the lake's resident salmon or trout species. Hikers can immerse themselves in rain forest grandeur via the 2-mile Falls Creek Loop, which starts behind the lodge.



All varieties of kites can be seen at the annual International Kite Festival in the coastal vacation town of Long Beach.

About 30 miles southwest of Lake Quinault is the town of **Seabrook** (seabrookwa.com), a beach community on the coast near Pacific Beach, where you can rent cottages and enjoy sandy beach hikes by day and marshmallow roasting with neighbors around group fire pits by night.

A restaurant and small grocery market can meet most dining demands, and a heated indoor community pool as well as a playground, horseshoe pits, a hilltop park and a town pavilion will keep everyone busy. Most of the rental homes come with a few bikes to borrow, and they will provide all the transportation you'll need in this enchanting village.

The southern coastal area of the Olympic Peninsula is another world unto itself, and well worth a trip for a weekend or a week. This area is home to wide, sandy beaches and the towns of **Ocean Shores** and **Long Beach**, two traditional seaside resort communities.

Ocean Shores (tourismoceanshores. com) is located on Point Brown Peninsula, on the northern side of Grays Harbor, about 18 miles south of Seabrook. It is known for family activities such as arcades, horseback riding, kite-flying and beachcombing.

For those interested in deep-sea fish-



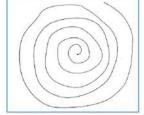
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### Olympic Peninsula

ing, make a stop in the town of Westport, on the southern side of Grays Harbor, to join a charter fishing trip.

Farther south, near the mouth of the Columbia River, is Ilwaco, another location for recreational fishing, clamming



The port town of Ilwaco is a popular recreational fishing, crabbing and clamming spot.

and crabbing. Just to the north is the 28-mile stretch of white sand known as Long Beach (funbeach.com).

This sandy peninsula is perfect for all types of beach fun, including the annual Washington State International Kite
Festival (kitefestival.com), August 17–23 this year. Rent a bike and ride the Discovery Trail, which runs 8.5 miles from Ilwaco to Long Beach. Along the way, stop at the picture-perfect North Head Lighthouse for an expansive view of the Pacific and the coastline.

There are few places in Washington that offer more rugged natural beauty than the Olympic Peninsula. From the glacier-capped peaks of the Olympic Mountains to the churning sea at Cape Flattery, this is a region to be explored and experienced. **W** 

Roddy Scheer is a Seattle-based writer.

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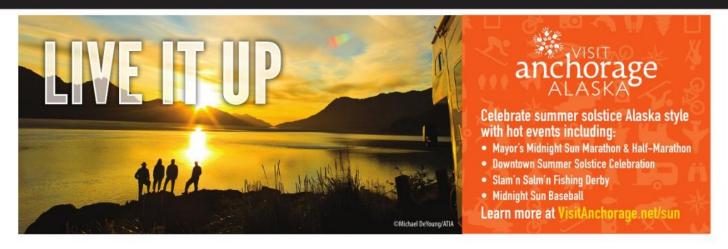


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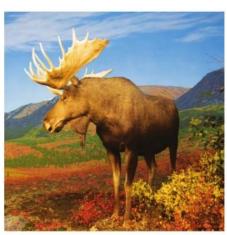
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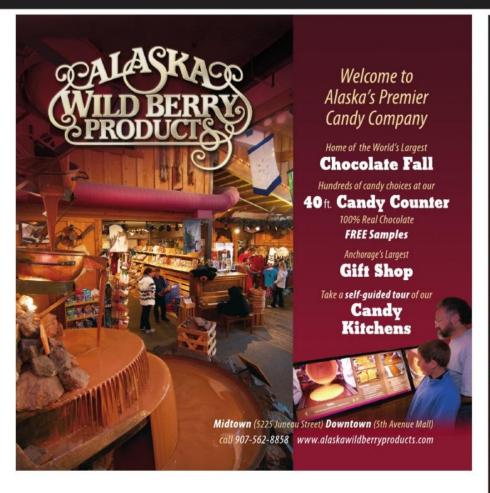
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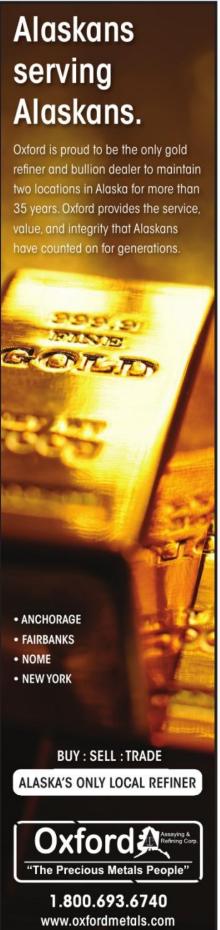
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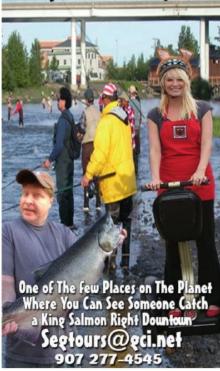














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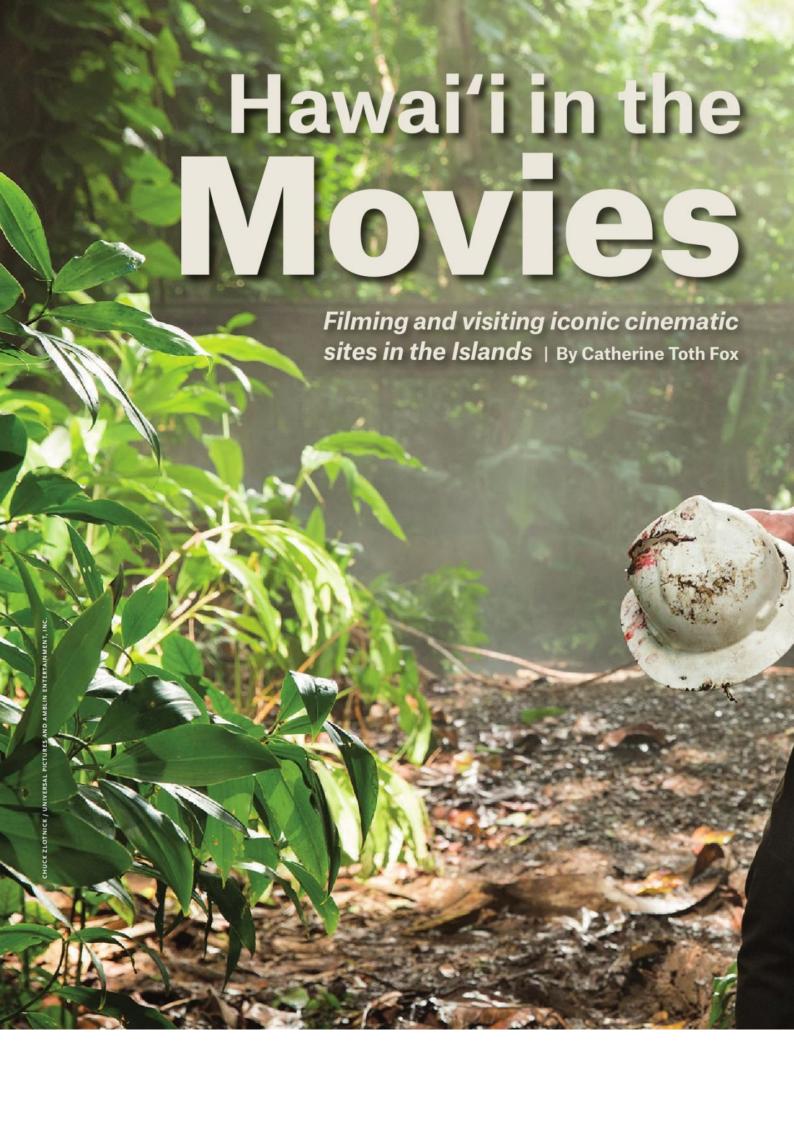




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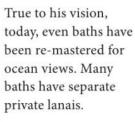
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The blue-tiled lobby opens to the sky and the ocean view carries clear through to the threshold of the porte-cochere.

Mr. Rockefeller expected to draw outdoor-minded people. "What we look for are people who have enough inner resources to enjoy an unorganized

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appreciate peace, serenity,
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On July 24, 1965, his Mauna Kea Beach Hotel opened with a pair of stepped-back galleries. Rooms had broad lanais and doorways facing garden atriums rather than dark corridors.



Then, of course, there is the great outdoors itself – none greater than Mauna Kea's golden crescent beach on

Kauna'oa Bay. The resort sports the 18-championship holes of Mauna Kea Golf Course, its 3rd hole arguably the most beautiful in the world. Guests tennis inclined enjoy an equally beautiful ocean vista at the 11-court Seaside Tennis Club.



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"OK, GANG, we're going to walk through that bunker and end up in Hollywood."

Our tour guide, Bruce, motions us over to a huge World War II bunker called Battery Cooper, built into O'ahu's Kualoa Ridge, facing the Pacific Ocean. It looks vaguely familiar to me—as has much of Kualoa Ranch, the 4,000-acre working cattle ranch where we started our tour. The ranch has been the site for so many TV shows and films that it's nicknamed the "Back Lot of Hawai'i."

Then it hits me—and probably most of the other movie buffs on this tour: This is the gun battery in *Pearl Harbor*, a 2001 feature film that involved about five weeks of filming in Hawai'i.

A couple poses in front of Battery Cooper for a photo, flashing the Hawaiian *shaka* sign, thumb and pinky outstretched. Dozens of visitors walk through the bunker that's now a museum devoted to the more than 50 films and TV shows that have been filmed in the Kualoa area, including *Paradise*, *Hawaiian Style* (1966), the third and final Elvis Presley movie filmed in the Islands; and *Jurassic Park* (1993), which fixed the area's Ka'a'awa Valley on the movie map.

Much more recently, scenes for *Jurassic World*, the fourth film in the franchise, were filmed at Kualoa. This movie, which stars Chris Pratt, will be in theaters this month. Its release closely follows the star-studded *Aloha*, another Hawai'i-filmed feature, out in May.

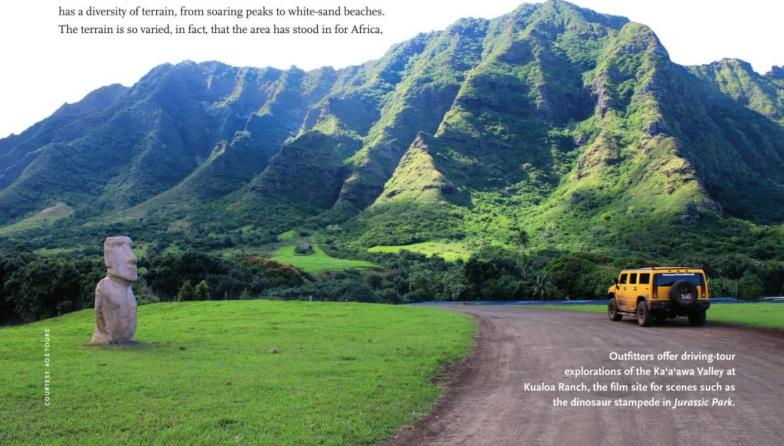
On our tour (before the release), specific *Jurassic World* film sites aren't disclosed. Instead, we explore other attractions.

"I didn't know that film was shot here," I overhear one woman say to her husband, pointing to a framed poster of *The Karate Kid*, *Part II*, the 1986 sequel set in Okinawa but filmed partly on O'ahu. This was something I *did* know—the filming of this movie was big news on O'ahu when I was growing up. What I did *not* realize was just how many movies were shot on and around the ranch, which has a diversity of terrain, from soaring peaks to white-sand beaches. The terrain is so varied in fact that the area has stood in for Africa.



Asia, Ireland, the Amazon, North Korea, Mexico and the lost city of Atlantis. All this is in just one area, about 45 minutes from Waikīkī. Cast members pose at a film site for Pirates of the Caribbean: On Stranger Tides (2011), which has scenes from O'ahu and Kaua'i.

Each of the four largest Hawaiian Islands contributes to an overall diversity of locations that has, particularly over the past 25 years, made Hawaii a popular outdoor studio for feature films. The lush area around the Wailua River on Kauaii played an African village in *Outbreak* (1995). The massive surf break Peiahi on Maui doubled as North Korea's Puk'chong Coast in the 2002 James Bond flick *Die Another Day*. And the privately owned Shipman Ranch on Hawaii Island provided some of the jungles of Peru for *Indiana Jones and the Kingdom of the Crystal Skull* (2008).



While Hawai'i's diverse landscapes have caught the attention of producers, the movies made here have lured buffs from all over the world to see filming locations (and sometimes settings). "The beauty of the film industry in Hawai'i is that whether [a location is] playing itself or another place, the viewers put themselves into the Islands," says Honolulu Film Commissioner Walea Constantinau. "The way movies and TV shows are talked about now, people want to know where it's shot and how it's shot."

### A Paradise for Filmmaking

Along with its scenery, Hawai'i offers other enticements.

For starters, the Islands boast a state-owned and -operated filmstudio complex, which houses a 16,500-square-foot soundstage, production offices, storage facilities and a large inventory of props and state-of-the-art equipment. The state also has film crews and local talents, many of whom are based on O'ahu and have worked on major productions. Permitting isn't too difficult, either, with a one-stop process and a generally film-friendly community. And the Islands have a wide range of housing and accommodations.

"Gorgeous locations, combined with access to America's 11thlargest urban center (Honolulu) and the greatness of the people ... that's Hawai'i's appeal," says Ed Rampell, co-author of *The Hawai'i* Movie and Television Book: Celebrating 100 Years of Film Production Throughout the Hawaiian Islands (Mutual Publishing, 2013).

Some of the biggest draws recently have been the state's tax

incentives for film, TV, commercial and digital-media productions. Projects qualify for a refund based on what they spend. On O'ahu, where the most films are made, the refund is 20 percent of qualified costs; it's 25 percent of costs for productions on the Neighbor Islands (Hawai'i Island, Kaua'i, Maui, Lāna'i and Moloka'i).

Production spending on film and TV projects in the Islands totaled \$223 million statewide in 2014. And with two blockbuster releases out this year—*Jurassic World* and *Aloha*—as well as several others in production, prospects look to get even better.

"When a major studio like DreamWorks Studios comes to our island and spends nine months with a budget of more than \$100 million, that's saying something," says Kaua'i film commissioner Art Umezu. Blockbusters are alive and well in the Islands, he says.

"We know we're in competition with the whole world," says T. Ilihia Gionson, film commissioner on Hawai'i Island. "But because of our structure and our incentives, and the various looks we have, Hawai'i is a really compelling package."

### **Visiting Film Sites**

The favorable environment for making films, along with the resultant films, have in turn created great opportunities for Hawai'i visitors who love movies and who love seeing where films have been made. You can find, for example, fans taking photos of the golden Lumaha'i Beach on Kaua'i—where Nellie Forbush decided to "wash that man right out of her hair" in the 1958 South Pacific.





At Kualoa Ranch, the movie tour—the ranch's most popular tour—averages up to 500 people a day, with higher numbers during busier months. The tour is one of the ranch's oldest offerings, celebrating its 30th anniversary.

"It's a big piece of the pie for us," says Frank Among, Kualoa's director of sales, marketing and business development.

Of course, Kualoa Ranch isn't the only place where you can

The Byodo-In Temple, which is private, but offers tours by appointment, appears in *The Karate Kid, Part II* (1986) and *Pearl Harbor* (2001).



# WHERE WAS IT FILMED?

Match each movie to the island where it was—at least partly—filmed.

#### Movie

- 1. A Perfect Getaway (2008)
- 2. The Hulk (2003)
- 3. The Day After Tomorrow (2009)
- 4. 50 First Dates (2004)

#### Island

A. Oʻahu

- B. Hawai'i Island
- C. Kaua'i
- D. Maui

Answers: 1.C, 2.D, 3.B, 4.A





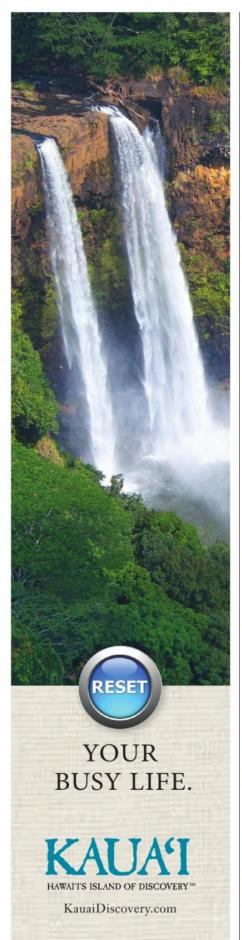


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experience Hollywood in Hawai'i (see sidebars). There are tours on O'ahu and Kaua'i devoted entirely to visiting movie sites on those islands. And there are books, magazine articles and dozens of websites pointing out the obvious and the obscure Hawai'i locations used in films. Unless it's on private property or inaccessible by tour bus, anyone can visit these locations. And they're rarely disappointed.

### **Hollywood History**

American popular culture has long had a love affair with Hawai'i.

This affinity likely started in the 1800s, with curious visitors venturing to the exotic islands in the middle of the Pacific. It was fueled by the work of Mark Twain, who spent four months here in 1866 and wrote affectionately about Hawai'i afterward.

By the early 20th century, Hawai'i, particularly O'ahu, was becoming a destination for wealthy adventurers. Then in 1913, the first Hollywood productions were filmed in the Islands. Hawaiian Love and The Shark God were two one-reelers shot in and around Honolulu. These two movies became part of the soon-to-be-fashionable South Seas Cinema genre, which prominently featured tropical locales. What was then the Territory of Hawai'i was just a five-day trip on a luxury steamship—much closer than other Pacific Ocean destinations such as Tahiti and New

Zealand. This made the Islands appealing to visitors and film crews alike.

While filmmakers started venturing out to the Neighbor Islands-Hawaii Calls (1938) was partly filmed on Maui; Song of the Islands (1942) was shot on Hawai'i Island; Pagan Love Song (1950) featured locations on Kaua'i-O'ahu has always lured the most productions.

"What's interesting about O'ahu is that you have these beautiful, pristine beaches, these gorgeous valleys, these great accessible jungles—and at the same time, you have a really great downtown, a fun Chinatown [and] a world-class resort area," Constantinau says.

Since studios began using Hawai'i as a film destination, there have been dozens of iconic movies filmed here, showcasing the Islands' beauty and versatility.

In 1953, the Academy Award-winning feature From Here to Eternity, which told of soldiers in Hawai'i just before the Pearl Harbor bombing, turned the small Hālona Cove off the highway on O'ahu's southeastern coast into a visitor destination; in fact, this cove, where Deborah Kerr and Burt Lancaster passionately

Turtle Bay Resort, on O'ahu, was not only the film site but the named setting for the 2008 comedy Forgetting Sarah Marshall. In this image, a crew works on the film.



### **FILM LOCATIONS**

A partial list of locales and movies that feature them.

#### O'AHU

Hālona Cove, eastern Oʻahu, near Sandy Beach Park From Here to Eternity (1953); Pirates of the Caribbean: On Stranger Tides (2011)

Hanauma Bay, eastern Oʻahu Big Jim McLain (1952); Blue Hawaii (1961)

Kualoa Ranch, Kaneohe; 808-237-7321; kualoa.com Mister Roberts (1955); Paradise, Hawaiian Style (1966); Jurassic Park (1993); Mighty Joe Young (1998); Pearl Harbor (2001); Windtalkers (2002); The Hunger Games: Catching Fire (2013)

Turtle Bay Resort, Kahuku; 808-293-6000; turtlebayresort.com Along Came Polly (2004); Forgetting Sarah Marshall (2008); Pirates of the Caribbean: On Stranger Tides (2011); The Hunger Games: Catching Fire (2013)

### HAWAI'I ISLAND

Hawai'i Preparatory Academy (private), Kamuela The Descendants (2011)

Hawai'i Volcanoes National Park, lava plains near Volcano; 808-985-6000; nps.gov/havo Planet of the Apes (2001)

### MAU

Grand Wailea, Kīhei; 808-875-1234; grandwailea.com Just Go with It (2011)

Pe'ahi ("Jaws"), east of Pā'ia Die Another Day (2002)

### KAUAʻI

'Anini Beach Park, between Kalihiwai and Princeville Honeymoon in Vegas (1992)

Hanalei Bay, near Princeville South Pacific (1958); The Descendants (2011)

Nāpali Coast/Kalalau Valley, north end of Kūhiō Highway King Kong (1976); Raiders of the Lost Ark (1981); Jurassic Park (1993); Six Days Seven Nights (1998); Mighty Joe Young (1998).—C.T.F.

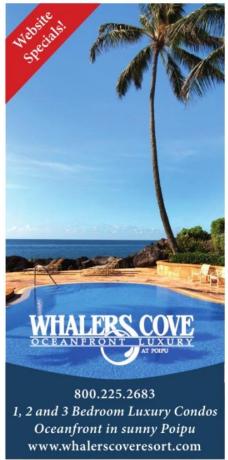




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kissed in the rolling surf, is sometimes referred to as "Eternity Beach."

The most famous Elvis Presley movie, *Blue Hawaii* (1961), used the Oʻahu sites Waikīkī Beach, the Tantalus-Makiki area, Diamond Head, Ala Moana Park, Punchbowl Crater and Hanauma Bay, as well as Kauaʻi's Wailua River and Coco Palms Resort. Just before filming started, Presley held a special concert in Honolulu that raised \$67,000 for the USS *Arizona* Memorial in Pearl Harbor.

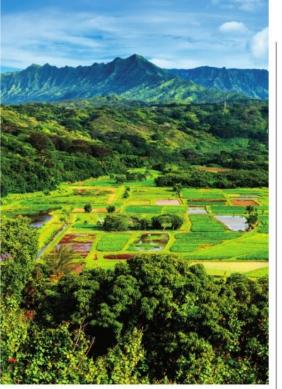
The list goes on: King Kong (1976), which had to use four helicopters to airlift the cast and crew to the remote Honopū Valley on Kaua'i's northern coastline; Waterworld (1995), which used an elaborate and expensive floating set off Hawai'i Island's Kona Coast; Six Days Seven Nights (1998), which turned Kaua'i into French Polynesia; Windtalkers (2002), which made Ka'a'awa Valley into the Pacific island of Saipan; and Avatar (2009), which used footage of such things as hāpu'u trees from Keahua Arboretum and 'Ōpaeka'a Falls on Kaua'i, for example, and transformed it with computers into the fictitious moon Pandora.

### The Biggest Blockbusters

In the past 30 years, Hawai'i has served as the backdrop for several big-time films, each one drawing visitors and locals to areas where scenes were filmed.

The much-anticipated *Jurassic World*, opening this month, brings film viewers back to fictional Isla Nublar, 22 years after the first movie hit theaters. In this installment, the island is now a fully functioning dinosaur theme park that, to stimulate renewed visitor interest, opens a bold new attraction. Cue the drama.

The Jurassic Park movie series, which originally filmed on both Kaua'i and O'ahu, has had an impact on Hawai'i's movie tourism. The first helicopter-based views of Isla Nublar, supposedly an island off Costa Rica, are actually of the cliffs of Kaua'i's Nāpali Coast. The dinosaur stampede scene in the Ka'a'awa Valley on Kualoa Ranch is among the most popular stops on the ranch's movie tour.



The lush agricultural Hanalei Valley is a featured location on the Kaua'i Movie Adventure Tour, offered by Gray Line Polynesian Adventure Tours.

"People most equate Kualoa Ranch with *Jurassic Park*," says Frank Among. "And since the *Jurassic World* trailer came out, the tours have really gotten busier."

Over the past two decades, each of the *Jurassic Park* films has been shot at least partly in the Islands. Spielberg returned to Hawai'i for *The Lost World* (1997), shooting the opening sequences on Kaua'i. *Jurassic Park III* (2001) was filmed partly at the Dillingham Airfield, the He'eia Kea Ranch and the rain forests of Mānoa Valley on O'ahu; at the Wailua River and Hanalei Valley on Kaua'i; and on the rugged Moloka'i coastline.

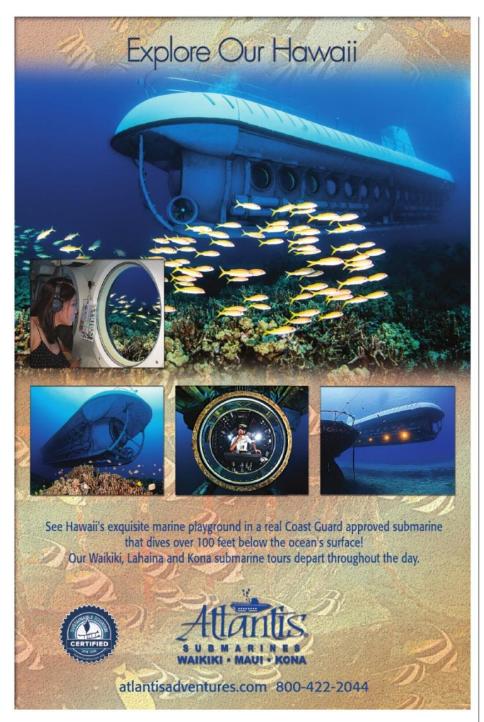
"It's really a tremendous statement that filmmakers who are at the highest level of filmmaking, over a period of 22 years, come back to the Islands," says Constantinau.

Jurassic World isn't the only blockbuster to film in Hawai'i in recent years. The latest two installments of the hugely popular Pirates of the Caribbean franchise, with Johnny Depp, involved filming in the Islands. For Pirates of the Caribbean: At World's End (2007), the last few days of principal photography were shot with











Orlando Bloom and Keira Knightley at coastal locations on Maui and Moloka'i. There were other scenes filmed at the Hanalei Plantation Resort on Kaua'i and other undisclosed spots on O'ahu. Pirates of the Caribbean: On Stranger Tides (2011) involved a month of shooting at the remote Honopū Beach, the National Tropical Botanical Garden of Lāwa'i, Kipu Ranch, Grove Farm and a private ranch, all on Kaua'i. The crew also shot at historic Coco Palms Resort near Kapa'a and on the island's northern shore. Blackbeard's pirate ship, the Queen Anne's Revenge, spent time off O'ahu's coast and docked at Barbers Point or He'eia Kea Boat Harbor near Kāne'ohe on the windward side of the island.

Filming for *The Hunger Games: Catching Fire* (2013), the series' second film, took place on O'ahu, at Kawela Bay, Mānoa Falls and He'eia State Park. Kawela Bay, adjacent to the expansive Turtle Bay Resort on O'ahu's North Shore, was the site of the arena in the movie's Third Quarter Quell, the 75th Hunger Games competition. The tribute competitors appear on top of the saltwater lake—in reality the crescent-shaped bay in Hawai'i—as their battle begins.

The film's jungle scenes—in which Katniss (Jennifer Lawrence) and Peeta (Josh Hutcherson) run from monkeys and skin-eating fog, among many other hazards—were filmed in remote locations in Waimea Valley and along the Mānoa Falls Trail.

"When you see the movie, you can totally tell it's our bay," says Brad Doell, director of sales and marketing at Turtle Bay Resort, where many cast members and their families stayed during filming.

Another big Hollywood movie filmed in Hawai'i was *Tropic Thunder* (2008). Starring Ben Stiller, Jack Black, Robert Downey Jr. and Nick Nolte (with an appearance by Tom Cruise), this production involved eight months of shooting on Kaua'i. It's the largest-to-date production ever staged on the Garden Isle.

"Each island has its own flavor, but Kaua'i has the most unique-looking places," says Angela Tillson, owner of

#### **FILM TOURS**

The following outfitters and tours visit filming locations.

KOS Tours, off-road TVand movie-site tours in a

Hummer: Two-hour tour: \$79 for those 13 and older, \$69 for ages 5 to 12; five-hour tour: \$159 for those 13 and older, \$129 for 5 to 12; eight-hour tour: \$209 per person (no child rate). No children under 5 are allowed on tours. 808-561-2440; hummertourshawaii.com.

Movie Tours Hawai'i/Hollywood Movie Sites, Kualoa Ranch: Kaneohe. Bus tour is 90 minutes. Cost is \$35 for adults, \$25 for children ages 3 to 12. 808-237-7321; kualoa.

Turtle Bay trail ride, The Stables at Turtle Bay, Turtle Bay Resort: The 45-minute group trail ride passes through movie sites on the resort property. Cost is \$75 per person with discounts for military members. Ages 7 and up. 808-293-6000; turtlebayresort.com.

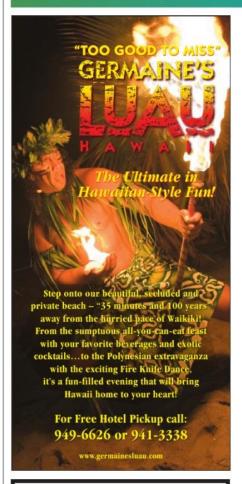
#### KAUA'I

Hawai'i Movie Tours, Kaua'i, Roberts Hawai'i: The bus tour is six hours long. Cost is \$415 per person and includes lunch; children under 2 are free. 800-831-5541; robertshawaii.com.

Kaua'i ECO Adventure, Blue Hawaiian Helicopters: Fly over some of the island's most popular movie sites. Cost is \$239.38 per person, with discounts for those booking online. 800-745-2583; bluehawaiian.com.

Kaua'i Movie Adventure Tour, Gray Line Polynesian Adventure Tours: This bus tour is six hours long. Costs, including lunch, are \$108.28 for adults, \$20.78 for children; discounts for online bookings. 888-206-4531; 808-833-3000; polyadhawaiitours.com. -C.T.F.

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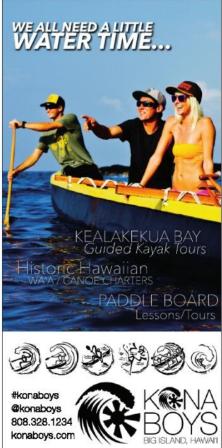
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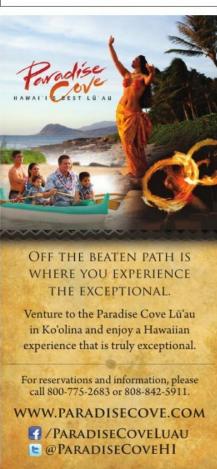
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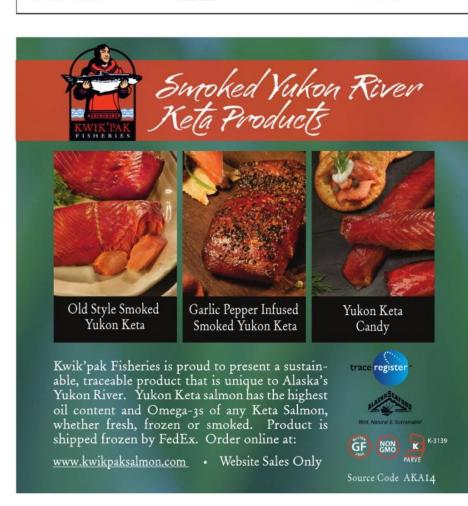
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A Whale of a Time Productions and a longtime locations manager who worked on this film. "We have a variety of looks, not just palm tree-lined beaches. We have jungles and forests and swamps and a canyon.

"Everybody's always ready to move here [after a shoot]," Tillson adds. "The beauty of the island and the fact that the crews here and from O'ahu are so professional and well-organized, it makes the shoots go a lot faster and easier."

#### Hawai'i as Hawai'i

This may be hard to believe, but it's not often Hawai'i plays itself in movies.

There have been a few notable examples, such as Blue Hawaii (1961), A Very Brady Sequel (1996), Blue Crush (2002), 50 First Dates (2004) and Forgetting Sarah Marshall (2008). But many films shot here use the tropical background to double as someplace else.

The most recent film to depict Hawai'i as itself is Aloha, the romantic comedy written and directed by the Academy Award-winning director Cameron Crowe (Almost Famous and Jerry Maguire). This movie, which opened in May, boasts an all-star cast, including Bradley Cooper, Emma Stone, Rachel McAdams, John Krasinski, Bill Murray and Alec Baldwin.

"The biggest stars on the planet are in this movie, and Crowe, himself, is such a great artist," Constantinau says.

The movie is about a military contractor who returns to Hawai'i on deployment for a secret mission. It was shot over two months in and around O'ahu at the end of 2013. During that time the cast was spotted all over the island, including kayaking in Kailua and shopping in Chinatown.

Another recent feature, The Descendants (2011), a drama directed by Alexander Payne and starring George Clooney, portrayed the Islands in an authentic way, a departure from depictions in the South Seas Cinema era or in vacation reels.

This critically acclaimed film, adapted from a novel by the Hawai'i-born writer

Kaui Hart Hemmings, tells the poignant story of land baron and Honolulu-based attorney Matt King, who finds himself struggling with unexpected occurrences in his formerly plain life. Every piece of this movie was rooted in Hawai'i: the office where King worked in downtown Honolulu, a private oceanfront club in Waikīkī, the boarding school his daughter attended on Hawai'i Island, a beach cottage along Hanalei Bay on Kaua'i, the family home in Nu'uanu on O'ahu. The result is a raw but realistic view of life in the Islands. The movie earned an Oscar for Best Adapted Screenplay and Golden Globes for Best Picture-Drama and Best Actor-Drama.

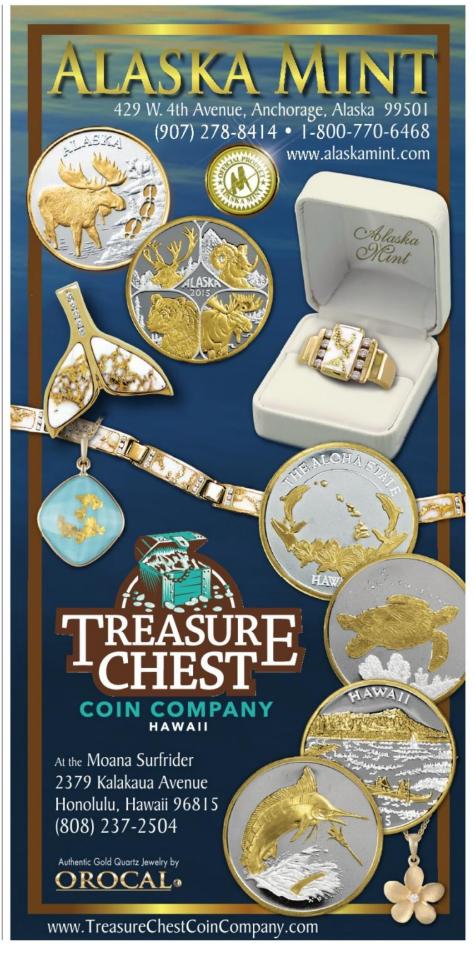
It's not uncommon to see visitors, with smartphones and selfie sticks, wandering around the vacation rentals at Hanalei Bay, looking for the cottage where King confronted his wife's lover, or popping into the nearby Tahiti Nui Restaurant, where King met with a cousin, played by Beau Bridges.

"The movies and TV shows are calling cards to the rest of the world," says film historian Rampell, who lived in the Islands for two decades. "This [filming on location] is how people from far away get their ideas formed, get to see other parts of the world. And Hawai'i has such a great tropical climate, and it's so beautiful, and the people are so wonderful. I believe it's the motion picture and television industries that lure people to Hawai'i."

Hawai'i may be known for its goldensand beaches and world-class surf.
But Hollywood has transformed the Islands into much more in moviegoers' imaginations.

Catherine Toth Fox lives on O'ahu.

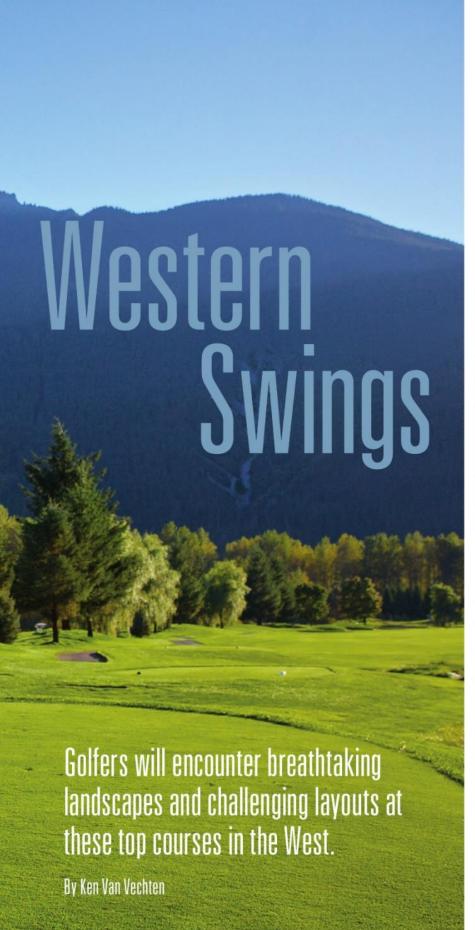
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148 ALASKA BEYOND MAGAZINE JUNE 2015





Eighteen tees.
Eighteen greens.
Eighteen holes. The standards of the average golf course are pretty well set. There's grass, often trees, sand, some number of yards and a par

wide to play courses in various locations.

Why? Because golf is aesthetic, it's an experience beyond the numbers, which tend to often overwhelm discussion of the game. A kick-in birdie at the venerable seventh hole of world-famous Pebble Beach Golf Links is worth a gloat, but we also will talk for years about the otters and sea lions we saw next to the course in Stillwater Cove. We travel to tee it up because different courses offer different thrills, different satisfactions and different ways to experience the surrounding landscape.

that's usually in the low 70s. Yet we travel far and

The following excellent courses reinforce the notion that when it comes to travel golf, the setting does matter. Luckily, we in the Western United States and Western Canada are blessed with some of the nation's most awe-inspiring layouts.

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#### Big Sky, Pemberton, British Columbia bigskygolf.ca

"Eagle!"

No, not that kind of eagle. Unfortunately, it's a day of mostly bogeys on the scorecard. However, when the king of raptors wings over and you are accustomed to robins and sparrows, it's a very cool thing. I'm sure that regulars at Big Sky, located about 20 miles north of the resort town of Whistler, British Columbia, take such things in stride. Lucky them.

Big Sky is a pastoral vision of meadow and wetland ringed by Coast Mountain peaks, including 8,500-foot Mount Currie. Robert E. Cupp—the designer of Crosswater Golf Course in Sunriver, Oregon, another sinuous gladeland play—did the honors here, and it is as well executed. A must-walk course, Big Sky is an almost completely unspoiled natural canvas, with the course curving through stands of Douglas firs and broad-leaf trees and meandering by lakes and the glacier-fed Green River.

#### Brasada Canyons, Powell Butte, Oregon brasada.com

Many of us imagine a larger-than-life American West as shown on the big screen, complete with CinemaScope and Technicolor. Brasada Ranch resort, located 16 miles northeast of Bend, does a masterful job of giving us the West we have often envisioned: tall mountain ridges and rangelands in a mantle of native grasses, sage and juniper.

The backdrop includes high-basin desert and the Cascade Range. Brasada's past as a cattle ranch adds to the mystique and is showcased liberally throughout this growing resort community.



Oregon native Peter Jacobsen and longtime design partner Jim Hardy share the honors at the resort's Brasada Canyons Golf Club, and they threaded the course through the canyons and across the brows of an ancient volcanic rise, resulting in dramatic elevation changes. Brasada Canyons is visually inviting and stunning to play.

#### The Broadmoor, Colorado Springs, Colorado broadmoor.com

The eastern slopes of the Rocky Mountains have been called the gateway to the West, and just outside of Colorado Springs you'll find a big, warm, luxurious welcoming resort: The Broadmoor. Located at an elevation of more than 6,000 feet, the resort has hosted the biggest events in amateur golf and most every major USGA tourney short of the men's U.S. Open. From 1918 through the most recent re-tweak in 2006, the resort has ended up with three 18-hole

Top: Located in the foothills of the Rocky Mountains, The Broadmoor's three excellent golf courses offer a challenging high-altitude experience.

Above: The eighth hole at Circling Raven Golf Club is an example of the course's mix of rangeland and forest.



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layouts—East, West and Mountain—with course designers Donald Ross and Robert Trent Jones Sr. sharing the honors on different holes on the East and West tracks and Jack Nicklaus Design Group in charge of the Mountain course. East, the leader of the pack, is a stately woodlander with wide fairways, massive greens and amazing views. It is also ranked among the top courses in the nation.

#### Circling Raven, Worley, Idaho cdacasino.com

The Circling Raven Golf Club, located to the southwest of Lake Coeur d'Alene, is the newest addition to Lake Coeur d'Alene's excellent golf offerings. Opened in 2003, the immensely broad-shouldered romp of a layout—it measures nearly 7,200 yards from the back tees—is located at the Coeur d'Alene Casino Resort Hotel, and meanders through a landscape that includes high-basin rangeland and the pine forests of the Coeur d'Alene Reservation.

#### Coeur d'Alene Resort, Coeur d'Alene, Idaho cdaresort.com

When people talk about the Coeur d'Alene Resort course, they focus on the true-island floating green of the par-3 14th, one of golf's great acts of devious fun that is pulled off superbly.

However, for true eye candy on a short hole, I like the resort's downhill-toward-the-lake one-shot sixth. Swing a 7- or 8-iron and watch your ball nestle beneath a curtain of skyscraper pines. Scott Miller—whose credits include the Cholla Course at We-Ko-Pa Golf Club in Fort McDowell, Arizona, and helping to design many of Jack Nicklaus' best tracks—traced a woodland-parkland amble above and—with No. 14—on crystalline Lake Coeur d'Alene.

#### Edgewood Tahoe, Lake Tahoe, Nevada edgewoodtahoe.com

"I thought it must surely be the fairest picture the whole earth affords."

Writing in his 1872 travel memoir Roughing It, Mark Twain wasn't the first and surely won't be the

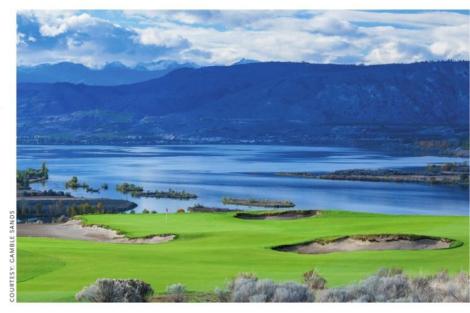


last visitor to marvel at the sight of Lake Tahoe. The inspiring setting that Twain describes is also home to the Edgewood Tahoe Golf Course, a beauty of a layout that slices through stands of pine trees along the lake's south shore.

This course is a charmer, like every aspect of the high alpine lake region cut into the Sierra Nevada. Edgewood's demands are more thoughtful than muscular—even with the down-range assist that comes from smacking drives at 6,200 feet above sea level.

A fusion of woodland and glade, the course threads by creeks and lakes. The layout places a premium on accuracy with drivers and fairway irons to avoid the many pines that pinch fairways and protect greens.

From top left: The Coeur d'Alene Resort course brilliantly uses Lake Coeur d'Alene as an integral part of its layout. Known for a beautiful setting, the Edgewood Tahoe Golf Course is located along the south shore of Lake Tahoe. Washington's Gamble Sands opened in 2014 to rave reviews for its excellent design.



## Gamble Sands, Brewster, Washington gamblesands.com

Located in the town of Brewster, 65 miles north of Wenatchee, Gamble Sands opened in 2014 to plenty of accolades, even being named the best new course in America by *Golf Digest*. It is easy to see why.

The course was designed by David McLay Kidd, who is known for creating links-style courses at such places as Oregon's Bandon Dunes and Bend.

Set atop a sandy, rolling plateau above the Columbia River, Gamble Sands is audacious in its style, fun and to-the-horizon view.

## Sunriver Resort, Sunriver, Oregon sunriver-resort.com

When it comes to golfing destinations, the Bend area in Central Oregon is one of the top spots in the West, and the Sunriver Resort offers some of the best regional plays.

Threading by both the Deschutes and Little Deschutes rivers and boasting the Cascade Range as a backdrop, Crosswater Golf Course is a mustplay in the area.

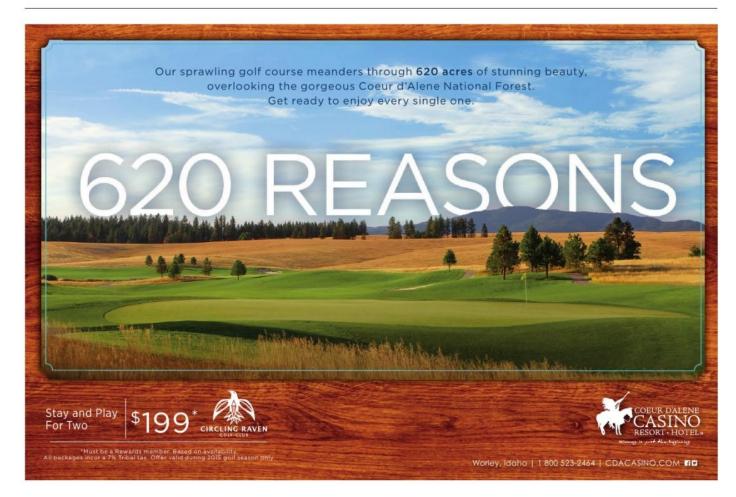
The course flirts with and carries over stream



braids and wetlands across a sun-kissed glade.
Sister courses at the resort include Meadows Golf
Course, which strums a similar melody in a classicera mantle of play, and The Woodlands track, offering pine-delineated lines that are pure Pacific
Northwest.

The family will also enjoy playing the resort's nine-hole par-3 Caldera Links layout.

Above: Sunriver's Crosswater Golf Course, near Bend, Oregon, includes streams and wetlands. Opposite page: The 10th hole at Sun Valley's Trail Creek Course boasts excellent views of Bald Mountain.



#### Sun Valley Resort, Sun Valley, Idaho, sunvalley.com

Offering 45 holes of championship golf, Sun Valley Resort's golf options are truly a sight to behold.

Mountain-woodland Trail Creek Golf Course is so named because of multiple stream crossings. Private but resort-accessible Elkhorn is a yin-yang routing of ambling hills and wetlands. And the show pony in verve, if not pedigree, is the ridgetop-zigging nine holes of White Clouds Golf Course.

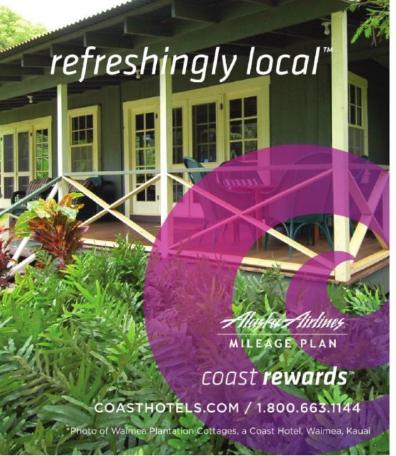
There's a classic movie about World War II titled *Where Eagles Dare*. The film comes to mind when I look at the stunning views of mountain and river valley. You will enjoy holding a putt-off on the 18-hole Sawtooth Putting Course, which is patterned after the Himalayas Putting Course next to the Old Course at St. Andrews in Scotland.

#### Waikoloa Beach Resort Golf, Hawai'i Island, Hawai'i waikoloagolf.com

Set about midpoint along the Kohala shore, on the northwest side of Hawai'i Island, Waikoloa blends the attributes that make Kohala golf unique: surf, lava, snow-dabbed volcanic peaks and perfect
weather. Robert Trent Jones Jr.'s Beach Course
heads toward the Pacific, where the reachable par-5
seventh hole arcs around an ancient lava flow to a
green perched above the surf. Out and back, the











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course offers other peeks at the Pacific, while threading and often leaping lava flows and a drapery of feathery kiawe trees.

On paper, the more-inland Kings Course might appear to play out in the shadow of its coastal brother course. However, nothing could be further from the truth.

This Tom Weiskopf/Jay Morrish creation offers outward views of Mauna Kea and plays tough on those who like to hit it from the back tees. Given the design firm, anticipate plenty of risk and reward choices on many of the holes.



And be sure to cap a round at either or better yet, both—courses with a craft brew and 'ono (delicious) pub fare at the nearby Tropics Ale House.

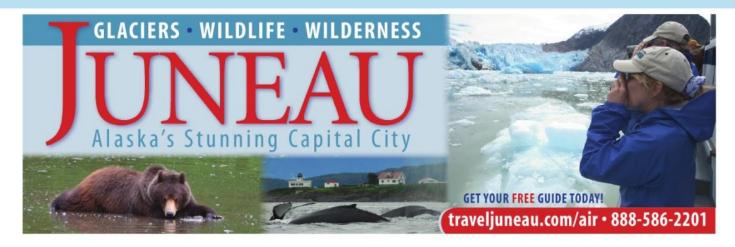
#### Wilderness Golf Club, Eureka, Montana thewildernessclub.com

When it comes to golf, one of the state's best courses is the Wilderness Golf Club, nestled about 70 miles northwest of Kalispell in a valley between the Flathead and Kootenai national forests.

The course offers excellent views and also shows off the design skills of knighted Englishman Nick Faldo, with a hand from his frequent American collaborators Lee Schmidt and Brian Curley. The team has an eye for Old World practices: meandering fairways, rough-hewn margins and that Wild West backdrop of towering peaks.

Ken Van Vechten writes about golf from Central California.

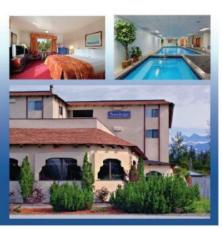
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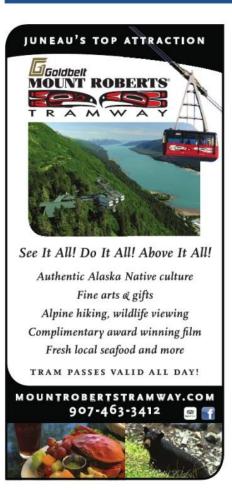
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## South Pacific Shangri-la

Exploring the tropical paradise of Fiji

By Ted Alan Stedman

Reflections of a razor-sharp crescent moon and a stunningly large Venus shimmer on the calm South Pacific Ocean just off the coast of Vanua Levu, Fiji's second-largest island. It is the perfect setting for me to observe some of this archipelago's most interesting local nightlife. For nearly an hour I've watched the island's nocturnal undersea denizens slither, swim, lurk and prowl about in the shallow and

warm waters of Namena Marine Reserve, home to a virtual Darwinian who's who of ocean biodiversity. Then, just before last call to the night dive boat, I spot one of the strangest sights I'd ever seen diving. About 20 feet in front of me, in an underwater grotto illuminated by my flashlight, I view a beautifully colored red and white shrimp no more than three inches long, pincers flailing, busily scouring the detritus from the menacing toothy maw of a submissive moray eel. "That was a banded coral shrimp cleaning the eel's teeth. It's a symbiotic relationship in nature that's just amazing to witness," exclaims Johnny Singh, my dive chaperone. His enthusiasm is infectious—and I'm not surprised, since he also happens to be the resident marine biologist at my island digs, the Jean-Michel Cousteau (yes, son of Jacques) Resort Fiji. Singh is an ocean evangelist who becomes wide-eyed and animated at the mere mention of the unique creatures that we find lurking in Davy Jones' locker.

Jean-Michel Cousteau, son of underwater explorer Jacques Cousteau, scuba dives in the Namena Marine Reserve off the coast of Vanua Levu, Fiji's secondlargest island and home to the Jean-Michel Cousteau Resort Fiji.

"That's the beauty of diving at night," he says about the evening excursion. "You see lobsters, sting rays, squid and eels—things you don't normally see during daylight. You won't spot the tons of colorful reef fish that you would during the day, but you see different marine life. People usually don't think of going out at night, and they're surprised at the difference."

Night diving seems a fitting entry for my traveler's journal while spending a week in Fiji, which is living up to its reputation as a South Pacific Shangri-la of beautiful beaches, thick jungles and clear, turquoise bays full of exotic fish.

From diving amid underwater creatures to hiking verdant hills with plunging waterfalls, I am blissfully working my way

FIJI

essential experiences for visitors to this archipelago of 333 islands.

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Historic
Paradise
Known for its
remote location,
Fiji is more than
1,700 miles northeast of Australia.
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first located the island

nation less than 400 years ago, when Dutch explorer Abel Tasman sailed by in 1643.

While his description of the treacherous reefs kept mariners away for more than 100 years, the Fijian reputation as home to fierce warriors was already widespread among the South Pacific islands.

British explorer James Cook is credited



with naming the islands while he was sailing through the area in 1774. A Tongan chief called the islands Viti—pronounced "fee-gee" in his language. As the story goes, "Fiji" is the name Cook adopted for the sprawling archipelago. In 1789, Captain

William Bligh passed through the

Fiji islands after famously being booted off the HMS Bounty.

Bligh ordered his famished and sun-withered longboat crew to keep rowing, noting in his logbook, "I dare not land [on Fiji] for fear of the natives."

There is no fear of the native residents today. Because

Fiji was a British colony from 1874 to 1970, most island residents speak fluent English. They are known for a happy disposition and to smile easily and often. It is very common to hear the refrain of "Bula!" an all-purpose joyful greeting in the Fijian language. No matter where I visit in Fiji, I find a South Pacific paradise, where the

annual mean temperature fluctuates between a low of 74 degrees F in July and a high of 80 degrees F in February.

The islands offer everything from brilliant white-sand beaches and turquoise lagoons to black-sand shorelines and mountain ranges. I also encounter the pleasant effects of what is commonly referred to as "Fiji time"—a seamless dawn-to-dusk existence where I put away my watch, disconnect the mobile and let

## GARDEN OF THE SLEEPING GIANT

Founded by the late actor Raymond Burr, this garden is located at the



base of Sleeping Giant Mountain, about 7 miles outside of Nadi, on the island of Viti Levu, and includes more than 2,000 varieties of Asian orchids and Cattleya hybrids. Stroll the garden paths to enjoy the flowers and the surrounding rain forest.

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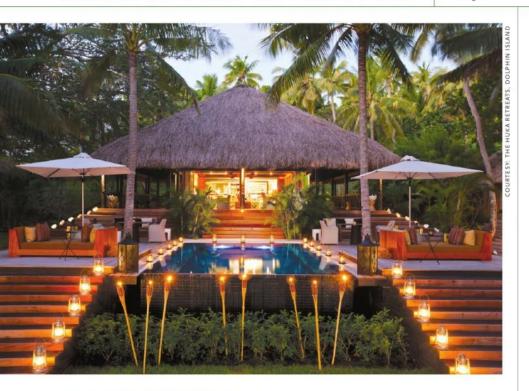
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The Main Bure Pavilion at the private luxury retreat on Dolphin Island, off the north coast of Viti Levu, offers guests an infinity pool and gourmet dining.

the rhythms of the wind and sea lull me into a general feeling of bliss.

#### Diving Delights

I spend the first few days of my time in Fiji exploring Viti Levu, the country's largest island. The tour included a visit to the Sabeto Hot Springs and Mud Pools for a soothing treatment. Located at the foot of the landmark Sleeping Giant Mountains, this natural series of alfresco thermal pools is a local village enterprise that is refreshingly rustic and therapeutic.

Later in the week, I take the one-hour flight to Vanua Levu, and arrive at the Jean-Michel Cousteau Resort Fiji. The boutique five-star accommodations are a few minutes from the enclave of Savusavu, a seaside community of 3,300 that is Vanua

> A visitor tries a therapeutic mud treatment at the Sabeto Hot Springs and Mud Pools on Viti Levu.

Levu's largest town and the center for many tourist-geared enterprises.

Here you can arrange diving, hiking, kayaking and other island activities that have earned Fiji the reputation as a bucketlister for eco-adventurers.

The Cousteau resort consists of luxury bures, or thatched huts, on a former coconut plantation. It includes crystalline pools, gourmet dining, a doting staff and a dive shop ready to shepherd you into an immense offshore water world, particularly



#### WHEN YOU GO

The **Republic of Fiji** consists of 333 islands scattered throughout a 250,000-square-mile archipelago. Travelers typically arrive at Nadi International Airport on the main island hub of Viti Levu, stay for a few days and then visit other islands (fiji.travel).

#### Lodging

The Westin Denarau Island Resort & Spa, a popular beachfront property located near Nadi, Fiji's third-largest town, is located 10 minutes from the airport. It offers a landscaped pool complex, a spa, an 18-hole golf course and a menu of water sports activities (westindenarauisland.com).

Jean-Michel Cousteau Resort Fiji is an eco-friendly resort located on the island of Vanua Levu. It has thatched huts, or bures, a gourmet restaurant, four pools, spa treatments, a dive center and a children's activities center (fijiresort.com).

Dolphin Island, located off the northern tip of Viti Levu—Fiji's largest island—is a 14-acre private retreat that offers luxury lodging, an attentive staff and an array of water activities (dolphinislandfiji.com).

#### Dining

The Kitchen@Westin is an open-air beachfront gourmet restaurant, with tiki-torch lighting and water features, at the Westin Denarau Island Resort & Spa. It serves wonderfully prepared fresh seafood, beef and other entrees (westindenarauisland.com/thekitchenatwestin).

A stay at **Dolphin Island** entails exclusive dining that can best be described as equal parts surprise and culinary perfection. Depending on the day's catch, entrees may include lobster, ahi tuna, snapper or other seafood specialties (dolphinislandfiji.com).



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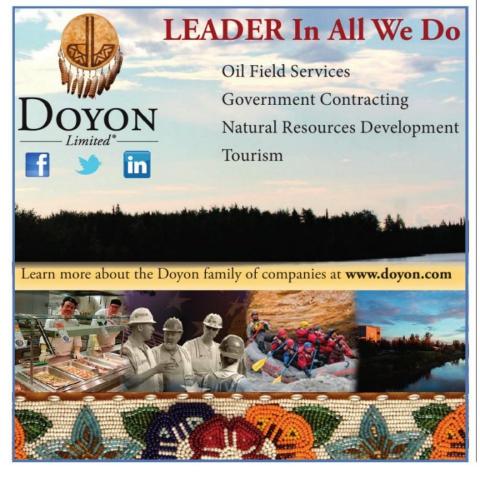
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#### Fiji

the crown jewel of this area, the Namena Marine Reserve. I manage a few dives, including my nighttime sojourn, while visiting the resort. Marine biologist Singh says there are 1,000 fish species and 400 types of corals and sponges protected in the 27-square-mile reserve.



#### SRI SIVA SUBRAMANIYA TEMPLE

The largest Hindu temple in the Southern Hemisphere is located in the city of Nadi on Viti Levu. The temple is famous for its Dravidian architecture, popular in India; exquisite ceiling frescoes; and extraordinary carvings of brightly painted Hindu deities.

In the evenings, with few electric lights of any kind, the sky is alive with stars and the resort is subtly lit with the gentle glow of tiki torches. In this dreamy setting, I am served pan-fried wahoo and tuna and then spend the evening listening to and singing traditional folk songs.

That night, I join residents for the requisite visitor initiation of drinking kava—a traditional and potent potion made from a shrub of the pepper family that can produce a mild intoxicating effect. Seated cross-legged, we encircle a sloshing wooden bowl filled with the brew. I take my turn, swallow a cupful of the muddy and bitter brew and fake a smile that I'm sure amuses my Fijian friends. Even in a mock ceremony such as this, kava remains a cohesive ritual central to everything from greeting visitors to sealing business deals.

The next day I join other resort guests for an afternoon rain forest hike to Nakawaga Waterfall, a postcard-worthy setting, which includes a pool that entices us to go for a dip. Later, we kayak down the nearby Vunivesi River and are amazed at the surrounding jungle.

#### Island Retreat

I end my tour of paradise with a trip to luxurious Dolphin Island, a private 14-acre islet just off Viti Levu's northern coast. To my delight, I am the only guest booked into the island's four luxurious thatch-roofed bures.

The small island is ringed by a paperwhite sand beach, which holds exotic, colorful and bulbous seashells that could be mistaken for Christmas-tree ornaments. The center of the island is a tropical rain forest that includes an array of flowering plants beneath a forest canopy alive with exotic birds.

I kayak out into the lagoonlike leeward shore, peering into clear, shallow water that reveals the abundant corals and sea life. Afterward, I sharpen my windsurfing skills in the afternoon breeze and enjoy the saltwater infinity pool. For dinner, I indulge in an exquisite meal of lobster.

That evening, while talking with staff members, I watch the sun sink into the ocean, and soon a dazzling Milky Way sprawls across the inky sky.

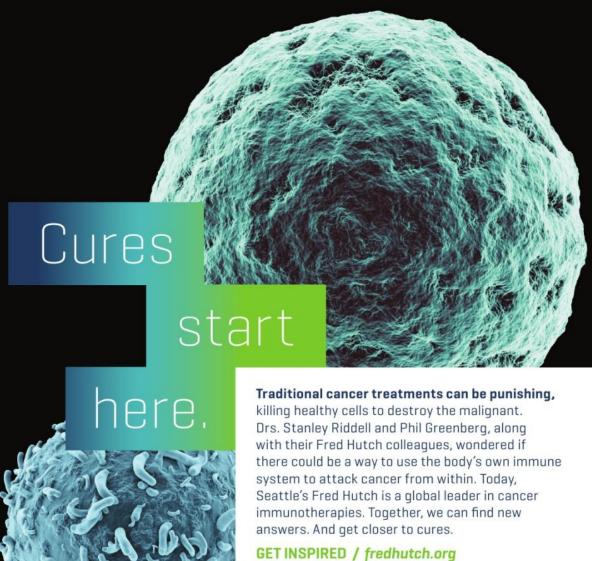
I spot the Southern Cross just above the southern horizon, hanging like a kite against a flotilla of stars. No one moves or talks—no need to interrupt the purity of the moment.

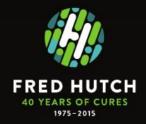
Ted Alan Stedman is a Denver-based freelance travel writer.

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## **Exercise Your Options**

By Ellee Thalheimer

My husband is rolling his eyes at me—not because I'm planning to attend a yoga class but at my seemingly complicated strategy to get there and back. I plan to jog downtown, then take the bus back. The bus stop by my house is right by the grocery store, where I will pick up dinner on my walk home. "Your life approach is to stuff 12 pounds into a 10-pound bag," he says (fondly). Guilty. I respect people who have a

single focus, such as ultramarathon runners or bike racers who place in the top five at local competitions. But I have trouble being so single-minded with my exercise time. I am too susceptible to whimsy: a bike ride during a break in chaotic spring weather when the cherry blossoms are snowing petals. And I'm prone to contradictory impulses—a long yoga session full of backbending followed by feasting with friends on a crème brûlée French toast, crispy bacon and plenty of yerba mate.

An ideal day for me would include biking on the beach, handstands, a brisk hike to a viewpoint and salsa dancing in the evening. Frenetic? According to Dr. Kerry Kuehl, director of the Human Performance Laboratory and sports medicine specialist at Oregon Health & Science University, my proclivity for a grab-bag of activities is helpful to a long-term exercise strategy.

"Generally, the data support the idea that your workout shouldn't be routine," says Kuehl. "If you get on an exercise bike, ho-hum around, read, and talk to people, you're not getting the desired muscle recruitment, mind-body interaction or heart rate elevation. By doing a combination of exercise activities, you stay engaged and can benefit from more focus and utilizing a variety of muscle fibers. In this case, routine and habit can reduce the benefit in caloric expenditure."

In a healthy meal, you'll usually see a variety of colors on the plate. A well-rounded, successful exercise regime needs the same diversity. And you don't have to "stuff 12 pounds into a 10-pound bag" to achieve a multifaceted exercise routine.

"Start simply and comfortably if you want a varied, active lifestyle," says Dan Tripps, retired director of Seattle University's Center for the Study of Sport and Exercise, now with Seattle's Speck Health/Potentrx. "The most important element is enjoyment. Pick activities that give you pleasure and are logistically easy. Start small, like walking to work, and then branch out, like trying kayaking on the weekend. Approach exercise as an exploratory process, not as drudgery. Most people don't get motivated by a corporate gym environment."

Even if your goal is more narrow—for instance being a fast cyclist—rounding out your workout approach with variety can be more effective, healthy and enjoyable in the long term. "We all would benefit by crosstraining," says Dr. Mark Timmerman, medical adviser to Trek Bicycles, sports medicine physician and a professor at the University of Wisconsin. "Your strength training benefits from endurance workouts and vice versa."

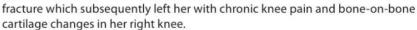
An excellent place to start thinking outside the exercise box is transportation. Trading in a drive, or part of a drive, once a week reduces stress, gets your heart pumping and makes you more efficient at work, without a huge time commitment. If there is a safe route, bike to work once a week. Or go "multimodal," using any creative combo of busing, biking, walking and



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"Everyone I know who has joint issues, I tell them, you have to talk to Dr. Riopelle. This technology is incredible." — Seanna Hogan

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#### FITNESS

driving. Most likely it will save you money, too.

"When I see thin, healthy 70-yearolds in my practice, they all say they walk every day," says Timmerman. "Walking is low-hanging fruit. If you want to be 70 and awesome, walk a mile every day. Exercise doesn't have to be fancy."

Believing the ads for quick-result exercise plans sold by scantily clad people flexing oiled muscles is akin to believing in easy online get-rich-tomorrow schemes. A more sustainable approach is to think about slowly shifting your lifestyle toward being active.

Every little bit of activity helps. Take the stairs. Do a five-minute ab workout during your lunch hour. Use a standing desk. I don't hesitate to squeeze in a 15-minute jog between clicking my computer shut for the day and picking up my daughter from school, even if I originally wanted a 45-minute run.

Folks commonly try to go from couch to 60 in their new exercise resolutions, while clinging to unrealistic goals and timelines. Attempting to convert from basic inactivity to running three times per week can easily cause burnout and injuries from overuse.

To set yourself up for success, consider what gives you the most pleasure.

Do you get a rush from cresting the mountain summit with 36o-degree views? Does a walk in a neighborhood full of bungalows and giant tree roots busting through sidewalks soothe your stress? Back in high school did you relish faking to the left and dribbling right past the guard to make a layup? Have you always wanted to dangle from a rope on a rock face you just climbed or learn a hip-hop routine that you unabashedly perform for your family? Indulge yourself.

Approaching exercise as an unpleasant task that we accomplish through sheer tenacity so we can eat dessert does us no favors. Considering it a smorgasbord of activities we love is more enjoyable and more productive.

#### REVITALIZE YOUR EXERCISE

Sign up for an event or a trip—Committing to a 10K charity run or a bike tour through California wine country can light a fire under you to execute a training schedule that is a bit outside your comfort zone. This is doubly effective if you also join a team or are part of a group of people.

Three elements to a great exercise routine—Core and muscle strengthening. Aerobic workout. Stretching and flexibility. Most sports medicine MDs agree that these three elements are parts of an optimal exercise approach. What is your workout missing? Arrange a yoga instructor to teach a lunch hour class at your workplace. Hire a trainer for a one-time visit that sets you up with a 15 minute core workout that you can do before your morning shower. Walk or bike to work.

Dance—Grab your date or your partner and head to the nightclub or take a swing class. Exercise can be romantic.

Transportation—Save money and reduce stress by walking or biking to work and other places.

Apps—If you are short on time or are intimidated by a group exercise atmosphere, there are a variety of apps that offer regularly refreshed exercise videos which you can use at home, and give you the option to sign up for exercise plans. —E.T.

Without a doubt, it may sometimes take a burst of willpower to motivate ourselves to do something that we even like. But, over time, exercise can become the dessert in itself, lavish with endorphin highs, robust family life, more energy and less illness. My husband may roll his eyes at me, but we both appreciate the outcome.

Ellee Thalheimer is based in Portland.

















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from page 69

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big as small houses in its Class III, IV and V rapids. "This season with snowpack at record low levels, the good flow on the Skykomish will hold at least through mid-June," says Allan Kearney, a longtime river-runner and director of Washington's Guide, an adventure hub for Washington guide ser-

vices and hospitality.

Kearney also recommends the mighty Skagit River, with its huge hydroelectric complex and three dams (Ross, Gorge, and Diablo), as an alternative to the Skykomish, since it retains an even flow all summer right into fall. The Upper Skagit has "just enough whitewater to be fun for families," Kearney says, "plus the beauty of the North Cascades is pretty unbeatable." wildandscenic.com.

## Alaska Native People Shaping Health Care

Southcentral Foundation (SCF) Board of Directors and employees celebrate President/CEO Dr. Katherine Gottlieb for her visionary leadership and working with the Native Community to create the world-renowned SCF Nuka System of Care, which continues to achieve unprecedented results in improved health, decreased cost and improved customer and employee satisfaction.



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Adventure writer Kim Brown Seely is based in Seattle and Idaho.

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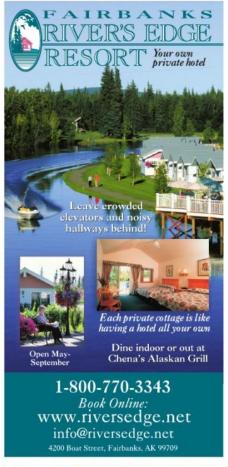
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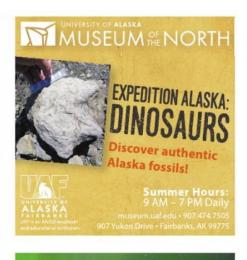
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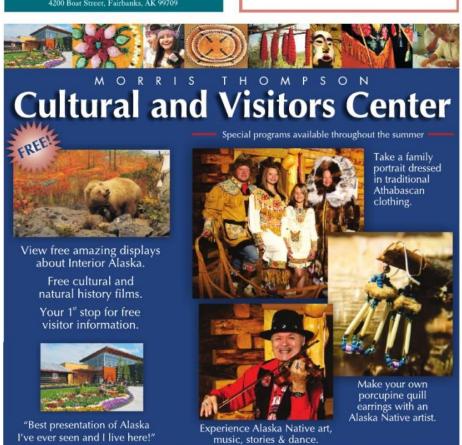
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## Coupe Success

By Bengt Halvorson

If you've found some level of success and prosperity in life, it may be time to celebrate with a vehicle that's a little more focused on wants than needs. It's called a splurge. ■ And while Americans never really abandoned the idea of splurging on vehicles, the post-recession idea of automotive indulgences has changed a bit. If you look past muscle cars, such as the Ford Mustang and Chevy Camaro,

Americans definitely are not shunning practicality in favor of fine-focused sports cars and roadsters at quite the rate they were a decade ago. But that does not mean we've given up on flair and flamboyance, or that automakers should simply focus their efforts on building the next trendy SUV or crossover wagon.

Instead, there's a resurgence of a kind of car that's been largely absent from the market for years: the stylish, sporty, mid-size two-door "personal luxury" touring coupe.

The new BMW 4-Series and Lexus RC are two prime examples of this new batch of coupes. Both of them are a size up in usability and comfort from roadsters and small sports cars, yet more sprightly than

big luxury cars. And in time spent with both of these models in recent months, I've found them to be engaging, with the kind of curb appeal that makes them great for business as well as personal worlds: painting you as successful but not over-the-top ostentatious for a client meeting, yet indulgent enough for a special night out or a weekend road trip.

With the introduction of the 4-Series badge, BMW is essentially splitting its 3-Series lineup into two lines of models. While sedans and wagons keep the 3-Series name, giving coupes the 4-Series badge allows the German automaker to deal with the reality that coupe and convertible buyers have somewhat different expectations of their vehicles.

The 4-Series doesn't just have a different look all around. It is also slightly wider in its track than the sedans, and it rides slightly lower. That gives it a more macho stance and a more sports-car-like profile, along with an inherently sportier tune for the ride and handling.

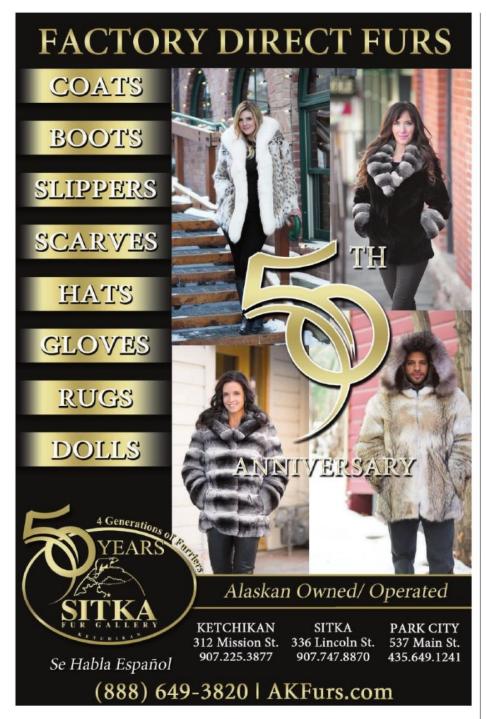
LEXUS, TOO, HAS BEEN smart about distancing the RC from its sedans, but it does so in a different way. The RC is related to the IS and GS sport sedans, yet with 185 inches of overall length, it's longer than the compact IS sport sedan yet not quite as long as the mid-size GS sport sedan.

If you haven't considered a Lexus in a few years, or if you currently drive an older one, you're in for a surprise inside the RC. The brand's interiors have really brightened up and taken inspiration from high-end audio equipment and executive suites.

Outside, the Lexus, with its massaged sheetmetal and design lines clearly influenced by the brand's LFA supercar, looks like the more aggressive of the two makes. And that carried through to performance, as well. Compared with the couple of 4-Series models that I drove, the RC 350 definitely looked, sounded and felt "zoomiest" of them all.

With a 306-hp, 3.5-liter V-6 and the F Sport performance package, the RC 350 provides just enough in the sensory department so that, in everyday driving, you sure won't be missing that purebred sports car. While the RC 350 is only available with an eight-speed automatic transmission, you can quickly manage those shifts with steering-wheel paddles. In part because this engine isn't turbocharged, it builds power smoothly and progressively all the way up the rev band. And it has a great sound track—aggressive and sonorous when you're accelerating hard, yet quiet when cruising.

With the F Sport package, you get an Adaptive Variable Suspension system that firms up only when it's needed for han-



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#### **AUTOS**

dling and control, as well as the Lexus Dynamic Handling System with a smart, variable-ratio steering system that can give you a quick turn of the wheels when parking or making a U-turn but a longer ratio for higher-speed stability.

For those whose impression of Lexus is based on the flagship LS or the comfort-oriented RX crossover or ES sedan, the level of communication with the driver will seem a little surprising at first. However on U.S. city and suburban streets, the RC felt right-sized: It is tidy and compact enough for urban driving, yet it carves out enough back-seat space that it is not overly restrictive when you want to take along a couple of extra co-workers for lunch or pack for a long weekend away.

THE BMW 4-SERIES offers a similarly enticing package, but the driving personality and what's under the hood are quite different. BMW is offering its 4-Series with a long list of powertrain possibilities, as well as three body styles. The 428i models have a 240-hp, 2.0-liter turbocharged four-cylinder engine, while 435i models have a 300-hp, 3.0-liter turbocharged six-cylinder.

If you want the experience to be a little more sports-car-like in the BMW, you can choose the standard six-speed manual gearbox, while the eight-speed automatic is a great option for most drivers.

There's also an M Sport package that maximizes the 4-Series' handling capability with stiffer suspension plus upgraded brakes and various appearance upgrades.

Although I had a short drive in a 435i Coupe, I spent the most time—nearly a full week—with a 428i Gran Coupe. It has the wider stance and performance-minded tune of the 4-Series Coupe, with two more doors (all of them frameless), plus an elongated roofline (4.4 inches longer) for a half-inch more headroom.

Yes, the Gran Coupe is a four-door,

but given the swoopier coupe roots, BMW doesn't call it a sedan, and it's easy to see why this could be a great compromise if you're thinking two-door but need the usability of a four-door.

The turbo four in the 428i adds up to a car that's plenty quick for most needs. It's as perky and instantaneous in its power delivery as some nonturbo six-cylinder engines, and about the only thing missing is the sweet sound of BMW's sixes.

The 428i also averaged about 25 mpg over a mix of driving that was more city

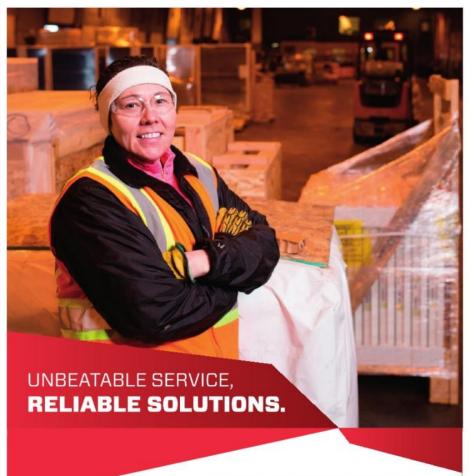


than highway. EPA ratings stand at 23 mpg city and 34 highway.

BOTH OF THESE COUPES are offered in even higher-performance form, though they're more expensive that way—significantly more than the roughly \$55K price tags that the test RC 350 and 428i carried. The RC F trades the RC 350's V-6 in for a snarling V-8 engine that makes 467 hp and can blast this coupe to 60 mph in just 4.4 seconds or to a top speed of 170 mph.

Likewise, BMW has the M4, a model that is a special 425-hp twin-turbo-charged version of the 335i's straight six, plus upgrades to pretty much all of its vehicle systems—creating 0 to 60 mph times in the low-4-second range and a (limited) 155-mph top speed.

While those models are the absolutes of their respective lines, it's important to remember how practical both of these coupe lineups are versus full-fledged sports cars. Both models now offer all-wheel-drive systems for better all-season tractability, and outward visibility in



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### AUTOS

either of these models is excellent.

What goes without saying—and rehashing feature lists—is that these are equipped as plush, full-fledged luxury cars. If you have a luxury feature in mind, it's likely that it's optional, if not standard, on both of these models. But I'll single out the Lexus, in particular, for the awesome sound of its 835-watt, 17-speaker Mark Levinson audio system.

What's quite different in these models is the interface. A lot of the ancillary controls for audio, navigation, vehicle settings and hands-free calling are accessed through menu systems. BMW's iDrive uses a controller that you turn and push, while Lexus' Remote Touch system is, to me, the more difficult of the two, with its touch-pad arrangement requiring you to keep your eyes on the screen and "mouse" over selections.

THESE TWO LUXURY models are confirming a trend—that personal luxury is making a comeback. Audi has separated its coupes—including the A5—from its sedans for a number of years now. And Nissan's luxury brand, Infiniti, intends to broaden the separation between its sedans and coupes with the introduction of its next-generation Q60 mid-size luxury coupe next year.

Yet not all luxury brands are headed toward separating their two-doors from their four-doors; Mercedes-Benz, for instance, has over the past couple of years rolled out E-Class Coupe and S-Class Coupe models that are sold alongside the sedans of the same name.

The essential factor in this trend is that these models are true, pedigreed luxury vehicles through and through, and that they aren't seen as too practical. Both the RC and the 4-Series have that capital—in how they look and perform, of course, but perhaps more importantly in how they make you look and feel.

Bengt Halvorson is an independent automotive journalist living in Portland, Oregon.



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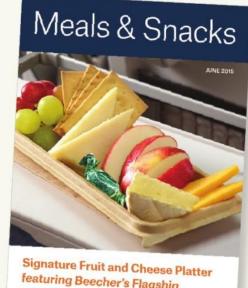
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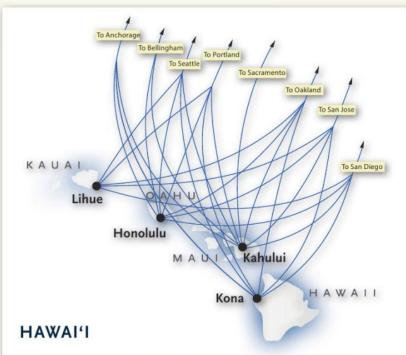
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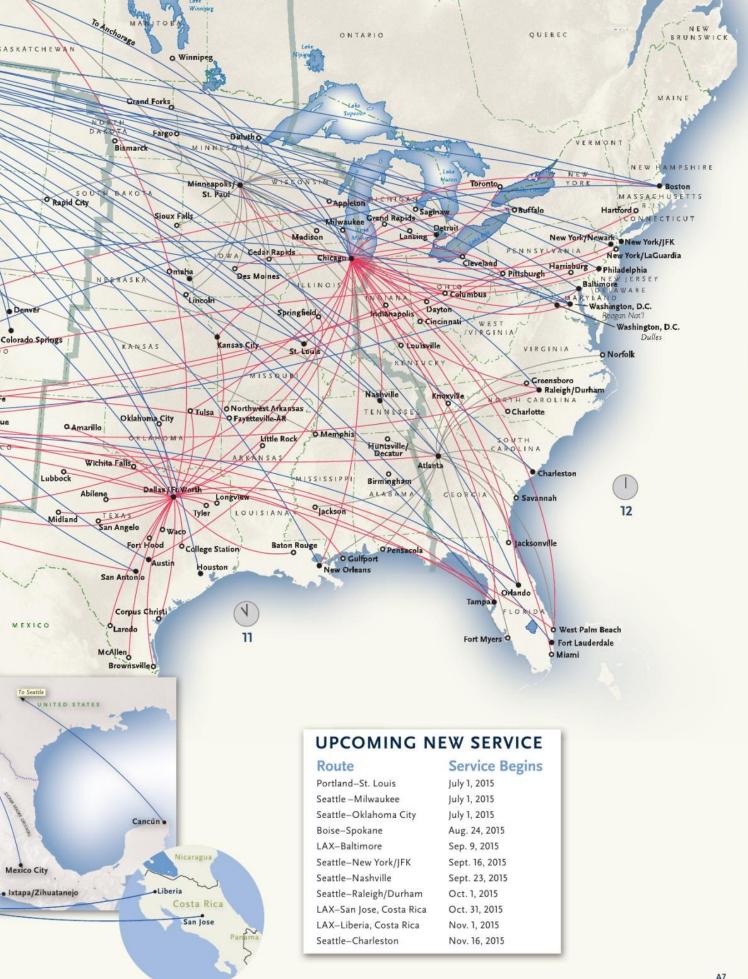


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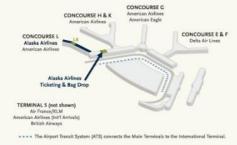
## **HELPING YOU FIND YOUR WAY**

A quick guide to help you make easier connections.

## Anchorage International Airport (ANC)



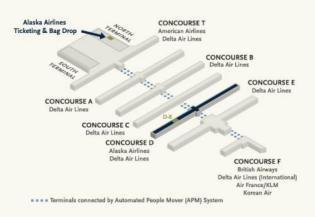
## Chicago O'Hare International Airport (ORD)



## Los Angeles International Airport (LAX)



## Atlanta International Airport (ATL)



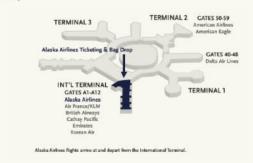
#### Seattle/Tacoma International Airport



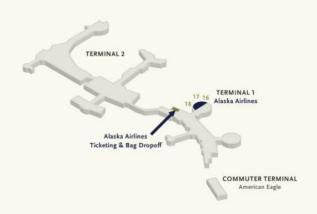
#### **Portland International Airport**



## San Francisco International Airport (SFO)



## San Diego International Airport (SAN)



#### CUSTOMS AND IMMIGRATION

Customs and Immigration forms are distributed by flight attendants during your flight. Prior to landing, complete all forms that pertain to you, following the tips below. Completed forms are presented immediately upon entering the International Arrivals building.

Las formas de Aduana y Migración son distribuidas por los sobrecargos durante el vuelo. Antes del aterrizaje en su destino final complete las formas correspondientes usando las indicaciones que se porporcionan a continuación. Las formas completas seran presentadas en la Terminal Internacional.

#### TO THE UNITED STATES

#### U.S. CUSTOMS DECLARATION

Who must complete this form? All travelers

#### Helpful tips

- One form per person or one per family (family defines those in the same household who are related by blood, marriage, domestic relationship, or adoption)
- Lines 5, 6—If not using a passport, leave these lines blank
- · Line 9-Enter "AS" for Alaska Airlines
- · Sign at the "X"

#### **DECLARACION DE ADUANA**

¿Quién debe completar esta forma? Todos los pasajeros

#### Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Línea 5, 6—Si no tiene pasaporte, deje esta sección en blanco
- · Línea 9-Use "AS" para Alaska Airlines
- · Firme en la "X"

#### TO CANADA

Flight Attendants distribute a combined Customs and Immigration form during your flight. Prior to landing in Canada, complete this form, which includes easy-to-follow instructions. Completed forms are presented immediately upon entering the International Arrivals building.

Los Sobrecargos distribuyen una forma combinada para aduana y migración. Antes de aterrizar en Canadá, llene esta forma que incluye instrucciones fáciles de seguir. Las formas completas serán presentadas inmediatamente al entrar al edificio de la Terminal Internacional.



Please use all capital letters with blue or black ink.

Por favor use letra mayúscula en tinta azul o negra.

#### TO MEXICO

#### MEXICO CUSTOMS DECLARATION

Who must complete this form? All travelers

#### Helpful tips

- One form per person or one per family with same address
- Section 6—It is not necessary to declare medicine for your personal use

#### **DECLARACION DE ADUANA**

¿Quién debe completar esta forma? Todos los pasajeros.

#### Datos de ayuda

- Una forma por persona o por familia con la misma dirección
- Sección 6—No es necesario declarar sus medicamentos de uso personal

#### FMM

Who must complete this form?
All travelers except citizens of Mexico
¿Quién debe completar esta forma?
Todos los viajeros, excepto los ciudadanos de México



#### FEM FOR MEXICAN NATIONALS

Who must complete this form? Citizens of Mexico



#### FEM PARA MEXICANOS

¿Quién debe completar esta forma? Ciudadanos de México (Aun siendo residentes permanentes de EE.UU.)

#### Datos de ayuda

- · Complete una forma por persona. No olvide firmarla.
- · Seleccione la opción "Entrada a México".
- En la línea 5 escriba el tipo y número del documento que usara como identificación.

#### MEXICO STATE CODES

City / State	State Code
Cancún / Quintana Roo	ROO
Guadalajara / Jalisco	JAL
Ixtapa, Zihuatanejo / Guerrero	
Loreto, La Paz, Los Cabos, San Jose / Baja California Sur	BCS
Manzanillo / Colima	COL
Mazatlán / Sinaloa	SIN
Mexico City / Distrito Federal	D.F.
Nuevo Vallarta, Bucerias and north / Nayarit	NAY
Puerto Vallarta, Mismaloya / Jalisco	JAL

#### A GUIDE FOR AIR TRAVELERS

The Federal Aviation Administration (FAA) and Alaska Airlines have set the following rules and regulations to assure your safety and comfort:

- Your seat belt must be fastened whenever the "FASTEN SEAT BELT" sign is illuminated. Keep your seat belt fastened at all other times in case of undetectable clear-air turbulence.
- Seatbacks and tray tables must be in the upright, locked position during taxi, takeoff and landing.
- All carry-on baggage must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.
- Please use caution when opening an overhead bin, as items may have shifted.
- Customers are requested to use the lavatory in their assigned cabin and are required to do so on inbound international flights; exceptions may be made for customers with special needs.
- Prior to takeoff and landing, service items provided by Alaska Airlines must be picked up or properly stowed under the seat in front of you, in carry-on luggage that is properly stowed or in an overhead bin.

- Alcohol may not be consumed aboard an aircraft unless it has been provided by a flight attendant. No alcohol may be served to any person who appears to be intoxicated, or who is under 21 years of age.
- During taxi, takeoff and landing, portable electronic devices and headphones may be used. Larger electronic devices such as laptops must be stowed during taxi, takeoff and landing.
- Cellphones may be used while the boarding door is open until advised by your flight attendant that cell service must be turned off. Upon landing, your flight attendant will advise when cell service can be enabled.
- During flight, electronic voice communications of any kind (e.g., cell/VoIP calls) are prohibited.
- Headphones must be worn when using electronic devices such as personal music players, Inflight Entertainment Players, etc.
- Interference with crew members' (including flight attendants') duties is a violation of federal law. Under federal law, no person may assault,

- threaten, intimidate or interfere with crew members in the performance of their duties aboard an aircraft under operation. Penalties for crew interference include fines up to \$11,000, imprisonment or both. An incident report may be filed with the FAA regarding a customer's behavior.
- Smoking, chewing tobacco and electronic cigarette use are not permitted on any Alaska Airlines flight.
- Child-restraint devices must bear the FAA approval sticker.
- Seat-belt extension use is not allowed in exit rows for the safety of all passengers due to the possibility of entanglement by the extensions.
- Alaska Airlines prohibits the use of items that do not meet FAA Regulations or Company regulations. This includes the use of seat-belt extensions not provided by Alaska Airlines, devices that restrict the recline of seats, selfheating meals or beverages, air filters placed on overhead vents and personal air purifying devices.
- Pets must remain in carrier for entire flight. Carrier must be stowed for taxi, takeoff and landing.

## IMPORTANT PHONE NUMBERS

#### **CUSTOMER CARE:**

800.654.5669 (Mileage Plan, Web Support, Customer Relations)

Toll-Free Reservations Within the U.S. and Canada: 800.ALASKAAIR (800.252.7522)

(TTY 800.682.2221)

En Español: 800.858.5525

From Mexico: 001.800.252.7522

Alaska Airlines Vacations: 800.468.2248

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We know use of your electronic devices is important, and we've adjusted our procedures to give you more time with those devices.

#### Allowed on the Ground and in the Air



- Laptops (must be stowed for taxi/takeoff/landing)
- Tablets/smartphones (Airplane Mode after door closure)
- > Wireless mouse/keyboard
- > e-readers
- > Media/CD/DVD players
- > Noise-canceling headphones
- Cellphones (prior to door closure only)

#### Not Allowed During Flight



- Voice calls of any kind, including VoIP
- Devices with cell service enabled
- > AM/FM radios or TVs
- > Personal air purifiers
- > Remote-control toys
- > Electronic cigarettes



from page 59

climb in one of the most pristine high altitude environments anywhere.

There are many routes to the top, but the West Buttress remains the most popular. Climbers reach this route by flying from nearby Talkeetna to the base camp on Kahiltna Glacier at 7,200 feet, and then ascending 13,120 feet over 16.5 miles to the summit. Most parties take two to four weeks to reach the top. Only about half those who attempt it succeed.

When Mike Barton and I decided to attempt it, we booked a guided trip with Rainier Mountaineering, Inc., an experienced outfitter on Mount Rainier, Denali and beyond. This was a crucial decision; I had climbing experience, but no high altitude or expedition experience. RMI provided this, giving us a much better shot at getting to the top.

After landing at base camp, we crossed the immense Kahiltna Glacier. We had to carry all our gear, 100 pounds per person, half in a backpack, the other half dragged behind us on sleds. Lugging the gear was brutal, especially combined with snowstorms, gusting winds, subzero temperatures and high altitude. But the harsh and otherworldly beauty of the surroundings, the camaraderie of the group and the gritty satisfaction of steady progress made it worthwhile.

Despite several storms, which kept us holed up in our tents, we kept battling, reaching the summit two weeks later. Then we beat a hasty retreat back to base camp. The expedition took 17 days, a relatively fast ascent, which I credit to favorable weather and the experience of our guides.

As on the previous climbs, I returned from McKinley having forged strong friendships, earned indelible memories and deepened my love for the harsh and elemental beauty of the alpine world.

Nicholas O'Connell is a travel and adventure writer based in Seattle. "If You Don't Know Furs Know Your Furrier"

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#### ACROSS

- 1 Ewe's offspring
- 5 Enticement
- 9 Stories
- 14 Bullets, for short
- 18 Inter\_
- Jason's ship
- 20 San Antonio fort
- 21 Equal
- 22 Something beyond criticism
- 24 Person of only apparent strength

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- 26 Crown
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- 31 Gaelic
- 34 Composer Schifrin
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- 47 "Do I dare to \_\_\_\_ peach?"
- 48 Defeated incumbent
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- 52 Heavenly visitor: Fr.
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- 58 English city
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- 66 Actress Kidder
- 68 Spring zodiac sign 70 RR stop
- 71 \_\_\_ Miserables
- 72 Adam
- 73 Imitator
- 76 Off to one side
- 78 Compass dir.
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- 86 School org.
- 87 Singer Vaughan
- 90 Pitchers
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- 93 Race, as an engine 94 Welsh onion
- 96 Search for
- 98 Limerick writer
- 99 Hail!
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- 111 Benefit
- 114 Orinoco Flow singer
- 116 Sargasso and Black
- 117 Forestall
- 120 Most senior
- 122 Eyelid problems

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- 134 Director Kazan
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- 8 Drying cloth
- 9 Saloons
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101 102

- 138 Breather

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- 1 Persist
- 2 lai
- 3 Layered mineral
- 4 Desolate
- 6 Curve
- Inventor Sikorsky

- 11 Lick

- 14 Each
- 16 Run across
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- 23 Actor Hyman
- 25 Dense
- 29
- 32 Thailand, once
- 33 Rob \_\_\_ of Silk Stalkings

- 39 Runway surface
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- 49 Colorado Indians

- 13 MTV's Tabitha \_\_\_\_
- 15 Huge: pref.

- 28 False god
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- 35 Fragrant wood
- 36 Domain
- 37 Nine: pref.
- 38 Go-getter
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- 112 "'Tis good to keep \_\_\_\_ egg" (Cervantes)
- 113 Siena's location
- 115 On \_\_\_\_ Boat to China 117 Scheme
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- 129 Everything 130 Court divider

SOLUTION ON PAGE 173.

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Discover Moab

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Gig Harbor, Washington w.gigharborguide.com

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Long Beach Peninsula

MasterPark

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www.morristhompsoncenter.org

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Pullman Chamber of Commerce

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NorthStar Trekking www.northstartrekking.com

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www.seattleaquarium.org Seattle Art Fair

www.seattleartfair.com

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Complete the Sudoku grid by placing a number in each box so that each row, column and small nine-box square contains the numbers one to nine exactly once. **Solutions on page 172.** 

	1	3	4					5
	8		1				9	
9				E	8	4	2	
6	4	2		5				8
5				1				7
3				4		9	5	6
	3	5	2					9
	2				1		3	
4					9	1	8	

		4	5		7			3
	9	6			8		2	4
5				4		7		
1			7					9
		9	6	1	5	4		
6					4			1
		8		7				5
2	3		8			9	4	
4			9		1	6		





Two boys launch from poolside diving boards during a summer vacation at Fairmont Hot Springs Resort in British Columbia.







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