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June 2015 TM

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Alaska Beyond™

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Contents June 2015

FEATURES

18 MAMMOTH DUET
Summer and winter adventures in California's Eastern Sierra.

25 DESTINATION: WASHINGTON
Great activities and attractions in the Puget Sound area, the Cascades, Eastern Washington and the Olympic Peninsula.

80 STARTUP STARS
New companies shine in Portland, which is known for its entrepreneur-friendly business climate.



ROB DUNTON

Adventures in the Mammoth Lakes area, pg. 18.

DEPARTMENTS

- 5 UP FRONT**
A message from Chief Executive Officer Brad Tilden.
- 7 THE REGION**
- Cultural Extravaganza.
 - Speed Racers.
 - Lovely Lavender.
 - News & Notes.
 - Last Best Country Fest.
 - Talked About.
 - FIFA World Cup.
 - Summer Running.

86 CROSSWORD

89 WELCOME ABOARD
Flight information, Mileage Plan frequent-flier program, vacation packages, route maps and more.

96 AIR TIME
It runs in the family.



COURTESY RAFT

Winning products from PDX startups, pg. 80.

Cover: Hikers enjoy the Olympic Peninsula in Washington state. Photo by Jordan Siemens / Getty Images.



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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 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 (go to www.alaskalistens.com).

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.



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.



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Photo: Rachel Davidson

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Dr. Upton, the Medical Director of the Anti-Aging Center at PRO Sports Club, has been practicing medicine for over 17 years. He became inspired by anti-aging through this extensive experience with preventative medicine.



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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KETCHUM-SUN VALLEY, ID

Speed racers



JOSHUA R. WELLS

Wearing a green T-shirt with the slogan “Go Granny Go,” an 80-something speedster turned heads at last year’s **Sun Valley Road Rally** after reaching 166.3 mph in her yellow Corvette as she zipped down the rally racecourse—a 3.2-mile closed-off section of State Highway 75.

Also drawing applause was a blue Nissan GT-R that reached 237.1 mph along the raceway, which is part of the Sawtooth Scenic Byway. And then a customized white, black and gold Bugatti Veyron Super Sport Pur Blanc zoomed to 246.4 mph to set the speed record of the rally.

Taking place July 24–25 this year, the Sun Valley Road Rally attracts drivers from across the world to compete one at a time for the fastest speed of the day—in cars such as Ferraris, Porsches, Bentleys, Corvettes and Lamborghinis—as spectators cheer and picnic on the sidelines. To participate,

drivers and cars must undergo an inspection process related to vehicle mechanical safety and driver experience and health.

The weekend will kick off July 24 with the 100-car **Ketchum Cruise & Car Show** (above), providing an up-close view of cars ranging from hot rods to exotic and vintage models. Contact: 208-309-3395; sunvalleyroadrally.com. —Hannah Tyne

Up to eight Bugatti Veyrons, each valued at more than \$2 million, are expected to compete this year.

news & notes



CRISTINA C. QUORUM BALLET & SIDF

▲ The **Seattle International Dance Festival**, celebrating its 10th anniversary, has been extended to 16 days, June 12–27, this year. There will be indoor and outdoor performances, by **more than 200 international artists** (seattleidf.org).

Enjoy **Oregon Cider Week**, June 18–28 at venues throughout the state. **Washington Cider Week** will be celebrated Sept. 10–20 (nwcider.com).

The **20th-annual Great Eldorado BBQ, Brews and Blues Festival**, featuring beer from more than 40 microbreweries around the world, will be June 19–20 in Reno, NV (eldoradoreno.com).

▼ Reenactors, exhibits and float trips will bring history to life during the **Lewis & Clark Festival** (shown below), June 19–21 in Great Falls, MT (lewisandclarkfoundation.org).



COURTESY LEWIS & CLARK FOUNDATION

Stars such as Lacy J. Dalton will join local musicians at “**The Wilder Side**” **1st Annual Country & Bluegrass Festival**, June 26–28 in Wilder, ID, west of Boise (facebook.com/events/369683676538013).

View one of the nation’s largest Buddhist communities and see the elaborate **Jewelled Hall of 10,000 Buddhas** in Mendocino County, CA, near the town of Talmage (cttbusa.org).

THROUGHOUT OREGON

Lovely lavender

Beautiful aromatic lavender has been prized for more than 2,500 years, according to the organizers of the **McKenzie River Lavender Festival**, which will showcase lavender fields and products July 10–12. The festival, taking place about 15 miles east of Eugene, in the Springfield, Oregon, area, will also include live music, a petting zoo, locally crafted items and a lavender labyrinth.



The celebration is one of the special events taking place at more than 20 farms participating in the statewide **Oregon Lavender Farm Tour**, which occurs the second weekend in July each year. Depending on location, visitors can make lavender-related crafts, cut their own lavender to take home, try lavender-related foods and view lavender-related paintings.

For more information on Oregon Lavender Farm Tour locations and events (along with recipes), visit oregonlavender.org. —Katy Wong

COURTESY: MCKENZIE RIVER LAVENDER

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.

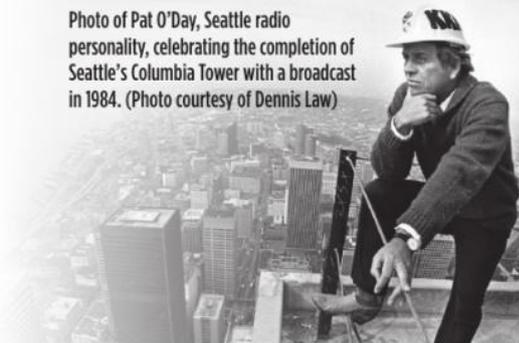
I'd been drinking to excess for years. I was just fine, but several acquaintances saw it differently. There was an unwelcome intervention where they demanded that I get treatment. Ten days later I walked out of Schick Shadel Hospital to never, ever, have another drink or any bad substance. My habit, 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 Voegtlin 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.

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Photo of Pat O'Day, Seattle radio personality, celebrating the completion of Seattle's Columbia Tower with a broadcast in 1984. (Photo courtesy of Dennis Law)



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!

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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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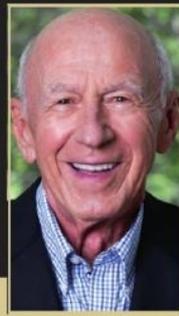
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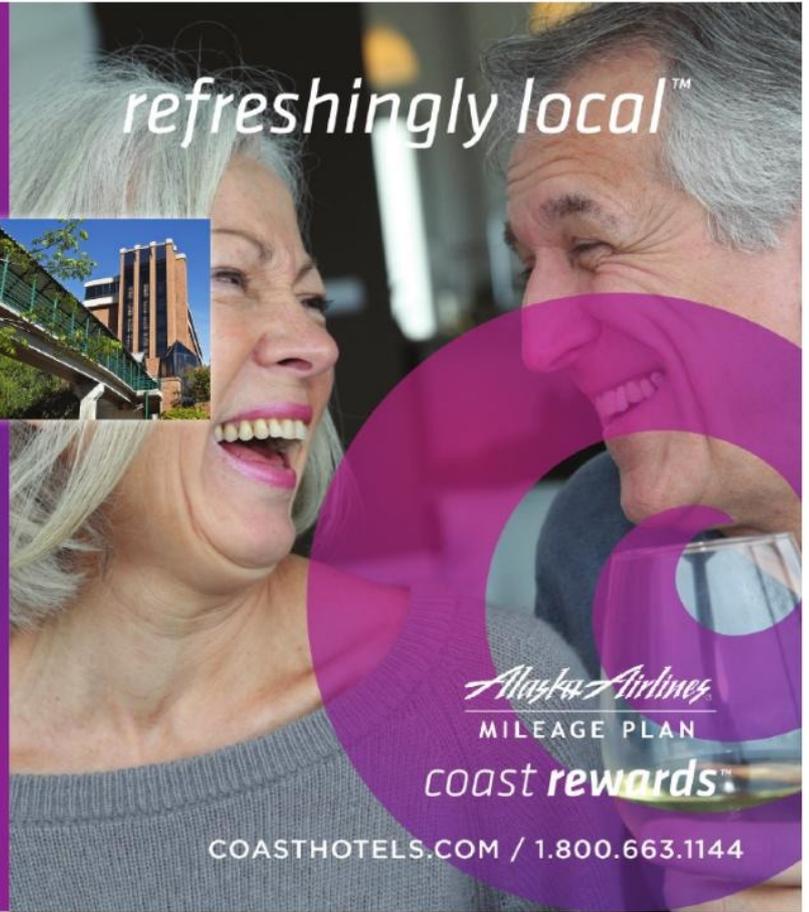
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Summer running

From family-friendly events to challenging triathlons, here are a few of the many races participants and spectators can choose from.

Missoula Marathon: A weekend of running events—including 3- and 5-mile Beer Runs (accompanied by guides who point out sight-seeing landmarks, with craft beer served after the runs)—culminates on July 12 with the Missoula Marathon, which winds through scenic countryside before finishing in the heart of downtown Missoula; July 10–12, **Missoula, MT;** missoulamarathon.org.

Arch Rivals Reno Superhero Run: Discover your inner comic-book character at this 5K, which features a costume contest for Best Superhero and Best Villain; July 18; **Reno, NV;** crawlreno.com/event/archrivals.

SpoKenya Run/Walk 7K: This event raises money for clean water in Kenya; July 18; **Spokane, WA;** spokenyarun.org.

Y-Not Triathlon: Open to ages 6 and up, with varying distance options and a relay option, and with different start times for kids and adults, this event has something for just about everyone; July 18; **Boise, ID;** ymcatvidaho.org/runs/y-not-triathlon.

Crawfish Crawl: In conjunction with the Crawfish Festival, choose to walk or run 5K, 10K or a half marathon, followed by Cajun food and live music; Aug. 1; **Tualatin, OR** (Portland area); htcraceseries.com/event/crawfish-crawl.

Footloose 5K & 10K: Billed as one of California's highest-elevation road runs, this race takes participants on a scenic loop at 6,463 feet; Aug. 2; **Mammoth Lakes, CA;** mammothtrackclub.com.

Lake Union 10K: Enjoy a hearty breakfast at the finish line of this run or walk on the Cheshiahud Lake Union Loop Trail; Aug. 9; **Seattle, WA;** lakeunion10k.com.



From top: Missoula Marathon, Arch Rivals Reno Superhero Run, SpoKenya 7K, Lake Union 10K.

Triathlon Eugene: This scenic tour of Lane County offers various distance and age options, and also relay and duathlon (bike and run) options; Aug. 9; **Eugene, OR;** triathloneneugene.com.

Water to Wine: The name of this half marathon reflects its prior starting point at Lake Sonoma, but a new route this year focuses solely on vineyards/wineries; Aug. 9;

Sonoma County, CA; runwinecountry.com/Water_To_Wine_Half_Marathon.htm.

SeaWheeze: A celebration of yoga and running, this Aug. 15 half marathon ends with a sunset festival at 1,000-acre Stanley Park; Aug. 15; **Vancouver, BC;** seawheeze.com. —Hannah Tyne

TOP TO BOTTOM: TOM ROBERTSON/PHOTOGRAPHY; BRENT BUSROOM/COURTESY; SPOKENYA; DENNY BROOKS / OMTHERUNEVENTS.COM

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Mammoth Duet

Summer & Winter Adventures
in California's Eastern Sierra
by Rob Dunton



Left: Cyclists ride one of the routes in the 300-mile Mammoth Lakes Trail System. Above: Snowshoeing is a popular winter activity in the Mammoth Lakes area.

REBECCA GARRETT / MLT



People don't notice
whether it's winter
or summer when
they're happy.

-Anton Chekhov

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The Eastern Sierra region appeals to backpackers, family adventurers and paddleboarders.



Sunbeams pierce the broad canopy of lodgepole pines along Coldwater Creek; the air is crisp; and the smell of evergreens pervades as longtime friend Paul and I hike a 2-mile trail to Emerald Lake and Sky Meadow on the outskirts of Mammoth Lakes, California.

We climb steadily, and after three-quarters of a mile we summit a hill and see a vast, jagged, vertical wall of granite called Mammoth Crest, lit by the warm glow of morning. A quarter-mile farther and we are on the shore of Emerald Lake, whose water is so clear that boulders, toppled trees and the occasional trout can easily be seen below the surface.

We find a scenic spot to sit near the lake's edge, and we unwrap still-warm breakfast burritos, prepared by Stellar Brew & Natural Cafe, with cage-free eggs, potatoes, onions, bell pepper, turkey and jack cheese. Except for the occasional trout, songbird or squirrel, the site is ours alone.

The town of Mammoth Lakes, home to Mammoth Mountain Ski Area, is aptly named. Thanks to a variety of trailheads around town, more than a dozen lakes are acces-

sible via a trail walk of 5 miles or less: Lake Mary, Lake George, Lake Mamie, Arrowhead Lake, Emerald Lake ... the list goes on. The Mammoth Lakes Trail System—a collection of some 300 miles of maintained routes—also connects to the Pacific Crest Trail and the overlapping John Muir Trail.

It has been said that people first visit Mammoth Lakes in the winter, and then discover its spectacular summers. That was certainly true for me. After being an avid Mammoth Mountain skier for more than a decade, I paid a summer visit to the Eastern Sierra in the 1990s. Ever since, I've been returning as often as possible during each season.

Below are two particularly memorable itineraries—one for summer and one for winter—that convey the

variety of activities around Mammoth Lakes, which might spark ideas for your own explorations.

Summer Itinerary

Hiking Our breakfast burritos eaten, Paul and I press on toward Sky Meadow. The trail gets steeper as we pass a waterfall that feeds Emerald Lake. Wildflowers along Coldwater Creek open with the sun: lupine, fireweed and monkeyflowers. We pass Gentian Meadow, with its stunning view of 11,669-foot-elevation Blue Crag; cross the cold, shallow creek; pass a second waterfall; and keep ascending until we reach Sky Meadow, in the John Muir Wilderness. June to September, the meadow is dotted with wildflowers ranging

PHOTOS, CLOCKWISE: ROB DUNTON; REBECCA GARRETT / MLT; JOHN WENTWORTH / MLT

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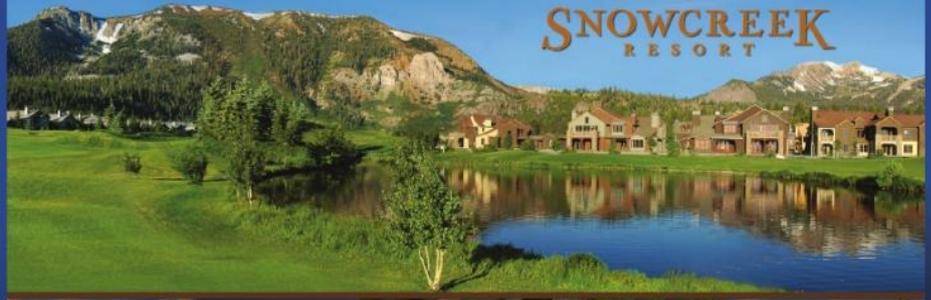
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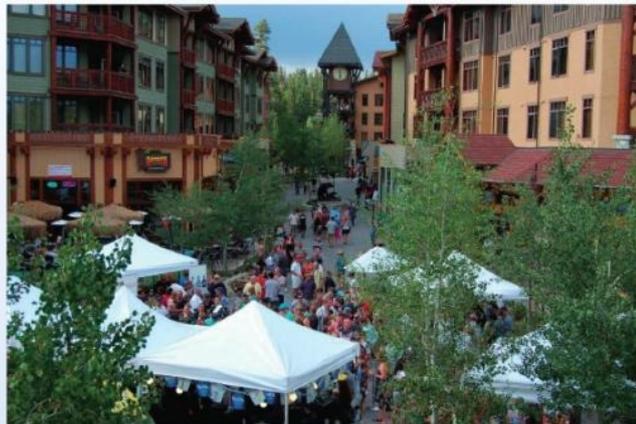


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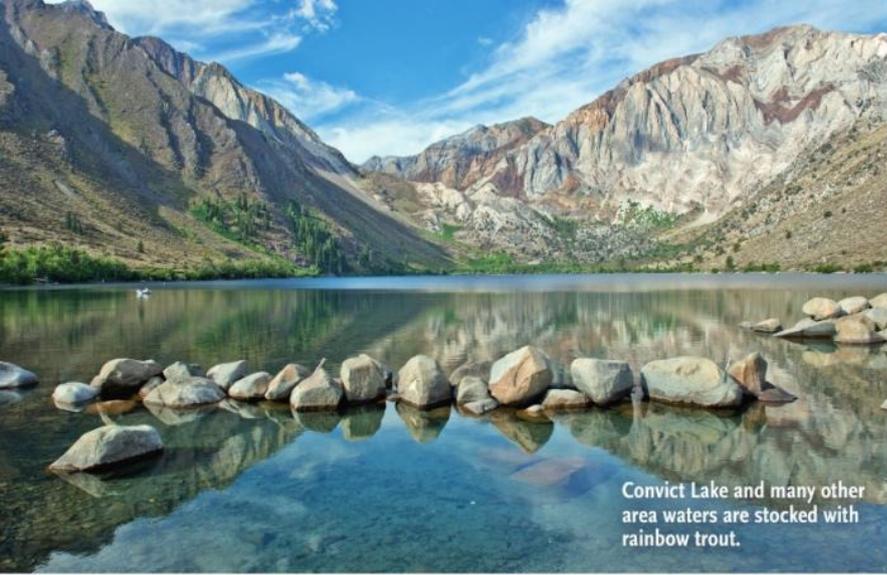
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Convict Lake and many other area waters are stocked with rainbow trout.

from tiger lilies to elephant heads to larkspur. (Mosquitoes also like meadows, so use repellent.)

We peel off our daypacks, lie down on the soft turf, and soak up the quiet vastness that surrounds us. In just over 2 miles we have hiked through a tranquil forest, along streams, and past waterfalls, all while viewing striking granite mountains.

Fishing Recalling the trout swimming in the shadows of Emerald Lake, Paul and I are inspired to try our hand at fishing, but we have no

gear. We hike the 2 miles back down the trail and drive about 15 miles to purchase poles (for just \$20 apiece) and bait, and obtain fishing licenses at the Convict Lake General Store.

A quarter-mile farther along Convict Lake Road and we arrive at the shimmering shoreline of Convict Lake, which is skirted by a ring of aspens and nestled between Mount Morrison and Laurel Mountain. This lake and many other area waters are stocked, allowing amateurs and seasoned anglers alike to catch rainbows.

We park near a small marina, rent a 14-foot aluminum boat and putter

around the nearly mile-long lake. We stop in the shade near the far end and set our lines. Water laps on our aluminum hull as a cool breeze rustles the leaves onshore. We see a few trout swimming lazily below, but none express interest in our apparently less-than-tantalizing bait.

After 90 minutes, we reel in our lines, circumnavigate the lake, and arrive at the dock hungry. Thankfully, The Restaurant at Convict Lake offers delicious lunches mid-June through Labor Day, and acclaimed fine-dining dinners year-round. We're seated at an outside table in the shade of aspens, and enjoy a well-crafted midday meal. I dine on Caesar salad topped with grilled chicken while Paul fulfills his fish wish with an order of fish tacos topped with tropical salsa and shredded cabbage.

Bicycling After lunch we head to Mammoth Lakes to rent a pair of bikes from Footloose Sports. Cycling around town is easy. Shoulders are wide, and visibility is good. The

Continued on page 74.

More Summer Fun

- **Yosemite National Park** (nps.gov/yose): The park's eastern entrance is a convenient YARTS bus ride or a 45-minute self-drive from Mammoth Lakes in the summer (entrance closed in winter).
- **Bodie State Historic Park ghost town** (bodiefoundation.org and parks.ca.gov/bodie): This interesting former gold-mining town in Mono County is about an hour's scenic drive from Mammoth Lakes. Tours are available.
- **Devils Postpile National Monument** (nps.gov/depo): Features a stunning 60-foot-tall basalt formation and 101-foot Rainbow Falls. Take

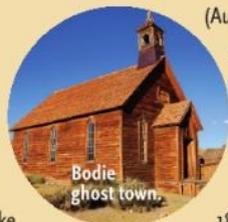
the shuttle from Mammoth Mountain's Main Lodge.

- **Festivals** (visitmammoth.com/events/summer-festivals): Events take place almost every summer weekend, such as **Mammoth Food & Wine**



Yosemite National Park.

Experience (June 26–27); 20th-annual **Mammoth Festival of Beers & Bluesapalooza** (July 30–Aug. 2); **Mammoth Rocks & A Taste of the Sierra** (Aug. 21–22); plus



Bodie ghost town.

movies and concerts.

- **Golfing:** Play the highest-elevation courses in California. **Sierra Star** is an 18-hole, par-70 course

with tree-lined fairways, mountain views, and tranquil lakes and streams (mammothmountain.com/sierrastar).

Snowcreek is a 9-hole, par-35 course surrounded by Mammoth Meadow, with great mountain views throughout (snowcreekresort.com).

- **Horseback riding:** Rides are offered from the Lakes Basin (mammothpack.com), Rock Creek (rockcreekpackstation.com), Convict Lake (convictlake.com/activities/horseback-rides) and June Lake (frontierpackstation.com). Frontier Pack Train also



Frontier Pack Train.



Mono Lake.

offers a four-day adventure, **Mustangs in the Wild.**

- **Mono Lake:** Guided kayak tours of the stunning lake with its dramatic tufas are available from outfitters such as Caldera Kayaks (calderakayak.com). Canoe tours are offered by the nonprofit Mono Lake Committee (monolake.org/visit/canoe).
- **Pie in the Sky at Rock Creek Lakes Resort** (rockcreeklakesresort.com): Famous homemade pies (they often sell out by early afternoon).
- **Rock climbing:** Choices range from challenging short climbs to demanding tall peaks (sierrarockclimbingschool.com and sierramtnguides.com). —R.D.

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WASHINGTON

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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

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Seattle and Surroundings

Urban and outdoor adventures abound in the Puget Sound area

» By David Schmidt

Evening 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 duck-shaped 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-the-city 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

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.



Visiting artist Jay Macdonell works in the Museum of Glass Hot Shop, in Tacoma.



Children love the polar 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 landscape architect Frederick Law Olmsted—as part of their plans for the city's park system.



THE STARS HAVE ALIGNED.

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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,



The view of the Space Needle and skyline from Kerry Park on Queen Anne Hill is a classic Seattle vista.

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 high-altitude 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 **Burke-Gilman 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

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.

Ringling 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 off-leash 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.



Lincoln Square, part of The Bellevue Collection.

A woman with blonde hair, seen from the back and side, is leaning against a white wall on a balcony. She is wearing a blue and green patterned sports top and blue shorts with a green trim. In the background, there is a scenic view of a valley and snow-capped mountains under a clear blue sky.

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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.



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 surprising 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 (non-alcoholic options are also available). And **Redhook 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.



A couple picnics by a pond at Woodinville's Chateau Ste. Michelle Winery.

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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 home-port 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 restaurants.

Bellingham offers access to the **San Juan 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.



Whatcom
Museum of
History and Art.



North
Cascades
National Park.

MICHELE WESTMORLAND / DANITADELMONT.COM

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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 impressive **Museum of Flight, in Seattle.**)



Few factory-tour 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

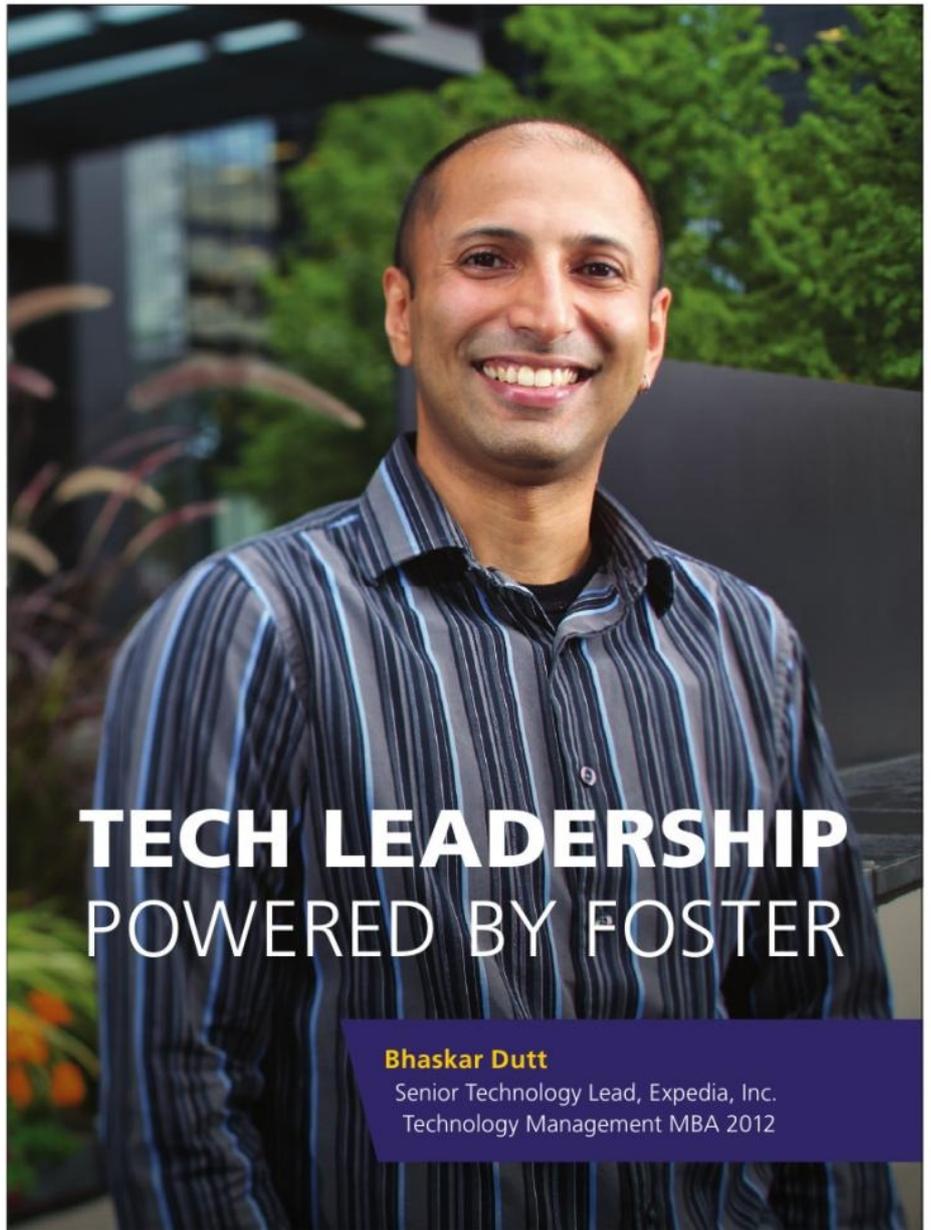
The Boeing Tour of the factory in Everett.

to realize that the apparent puddle-jumpers 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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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.

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Mountain Destinations

Recreational opportunities in and around Washington's Cascade towns
 » By Terry W. Sheely

At 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



judiciously spaced pullouts. Also called **Harts Pass/Slate Peak Road**, this path was carved into the mountainside in the 1890s by gold and silver miners. It's certainly steep and rugged—trailers are prohibited, and motor homes discouraged.

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).

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.

Winthrop's downtown offers other glimpses of the past via its historic-front buildings and boardwalks, and a history-making 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.

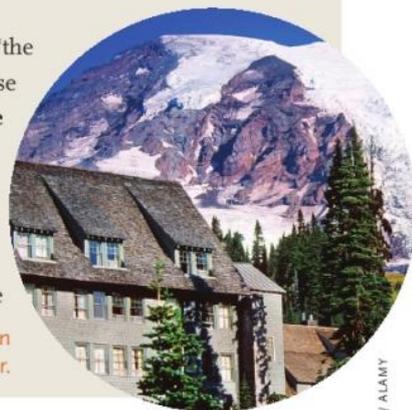
At the town's **Rocking Horse Bakery** we fortify our provisions with Winthrop-roasted coffee from **Lariat Coffee Roasters**, and we add to our bag a nugget of down-home fudge from **Sheri's Sweet Shoppe**.

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.



Paradise Inn on Mount Rainier.

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 award-winning **Old Schoolhouse**

Brewery, or eight-ball and a brew at **Three Fingers 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

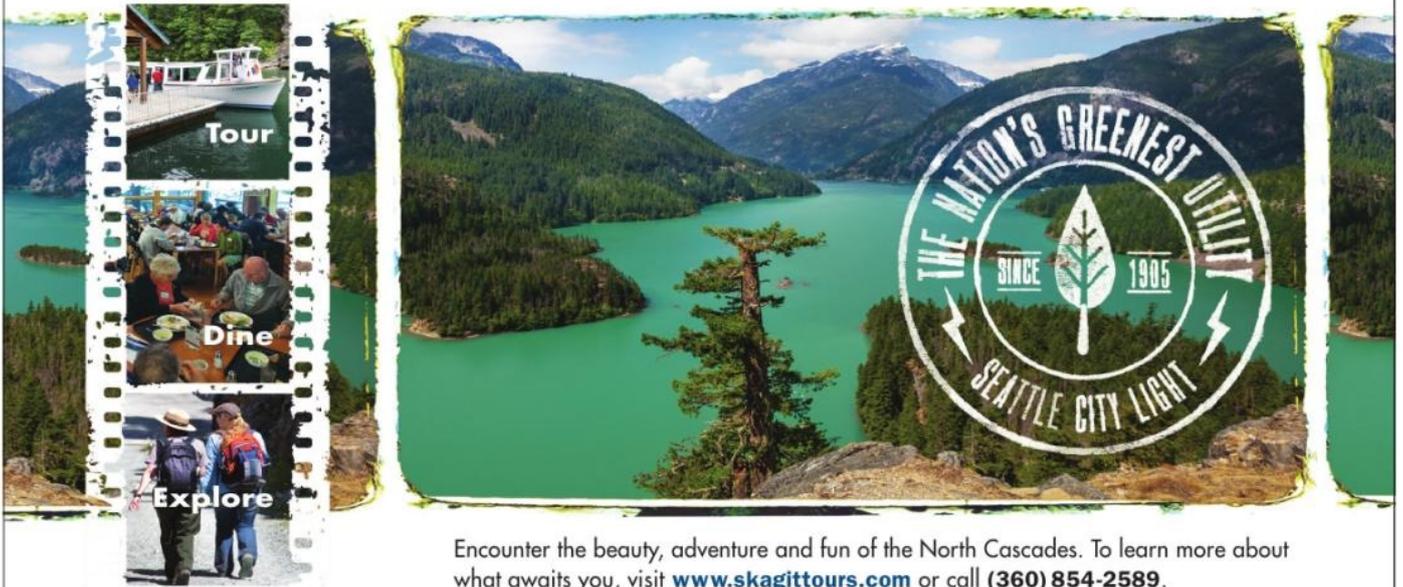
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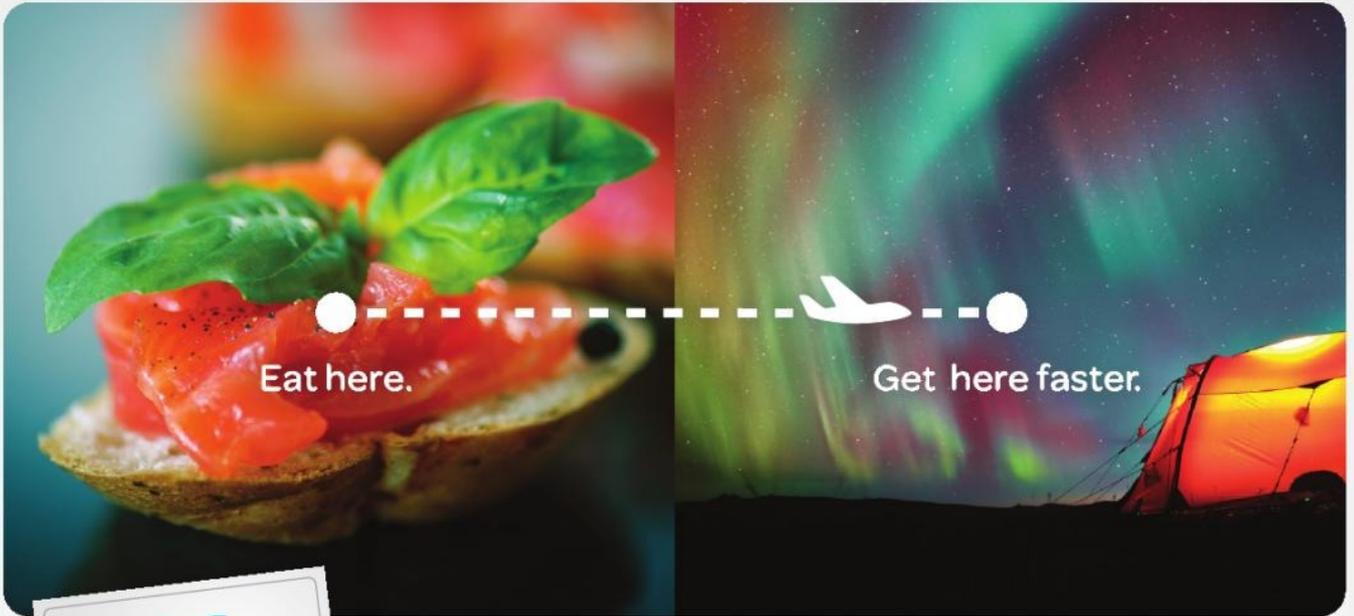


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state (at 55 miles long), which is also the third-deepest lake in the United States (at a maximum depth of 1,486 feet, almost 400 feet below sea level).

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—



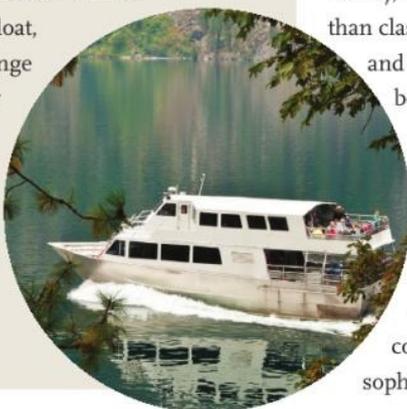
STEHEKIN

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 overnights (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, state-park camping areas and picnicking spots. Summer brings the **Lake Chelan Bach Fest** (July 10–18), which features more than classical music—jazz

and show tunes may also 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 **Bavarian-themed 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



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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



The town of Leavenworth was modeled after Bavaria, right down to the lederhosen.

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 at leavenworth.org.*

Roslyn

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.

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**



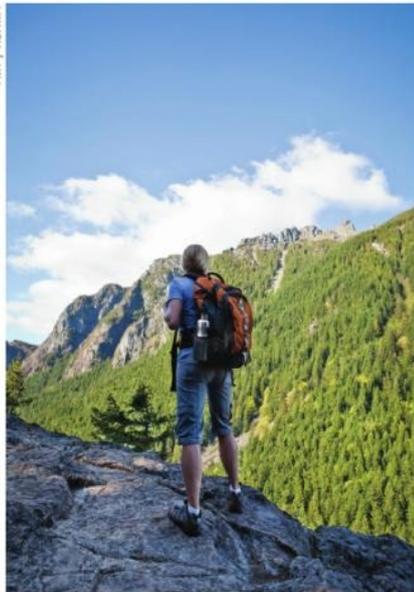
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There are opportunities for hiking, fishing and sightseeing along the Snoqualmie River, shown here at Lower Twin Falls near North Bend.

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

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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 Wash-

The 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 moon-scape 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 Bonnaville, **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

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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 bed-rock. 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.

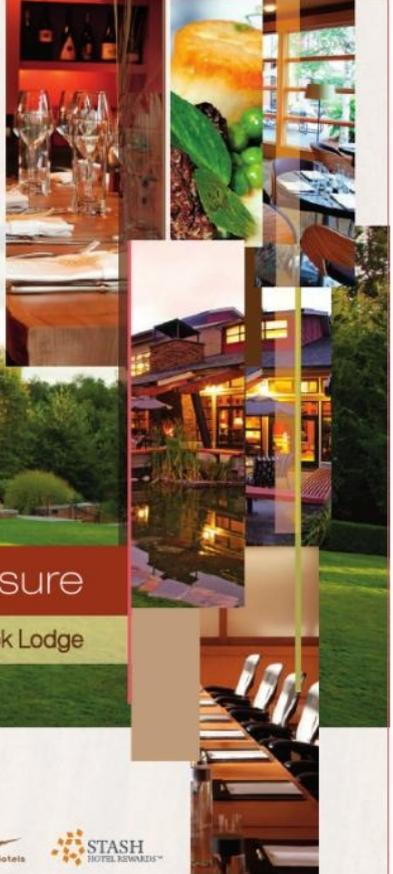
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Eastern Excursions

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

Standing 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 second-largest 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.



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

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

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



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

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 "100 Stories," an exhibit that showcases 100

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 Brunch** restaurant and dinner at **Wandering Table** are always welcome stops.

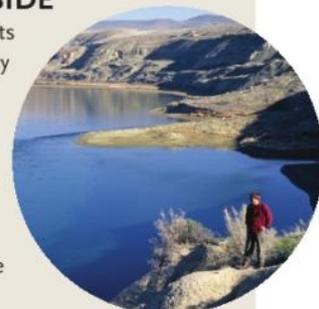
For a sensory feast of wine, music and breathtaking views of Spokane Valley, we drive the

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.

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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.



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 Bicycles and take the pictur-

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

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

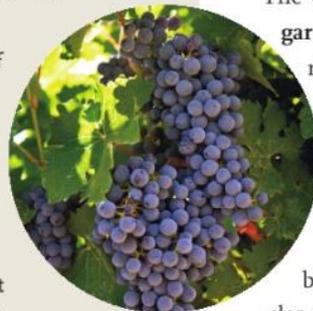
With more than 850 wineries in the state, Washington has arrived as one of the world's finest winemaking regions. And leading the way is Eastern Washington, where virtually all of Washington's wine grapes are grown. With hundreds of wineries throughout Eastern Washington, there's plenty of tasting opportunities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



Merlot grapes are among the state's most popular varieties.



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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 (trailink.com/trail/apple-capital-recreation-loop-trail.aspx). —C.M.



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

CLOCKWISE FROM TOP: OHME GARDENS; RI WOOLCOCK / PROSSER BALLOON RALLY; FORT WALLA WALLA MUSEUM

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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**



WINE VALLEY GOLF CLUB

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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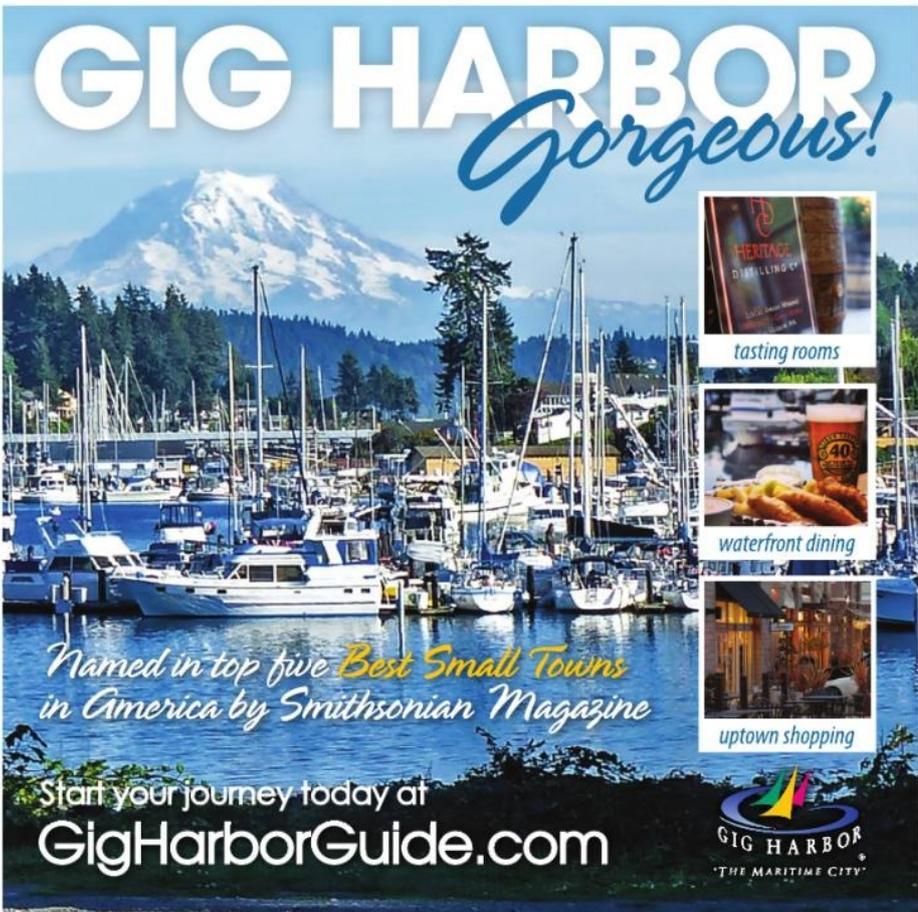
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Eastern WA

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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



CHRIS DENSLAW

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**

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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**



DESIGN PICS INC / ALAMY

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.*

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 white-water 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 11 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

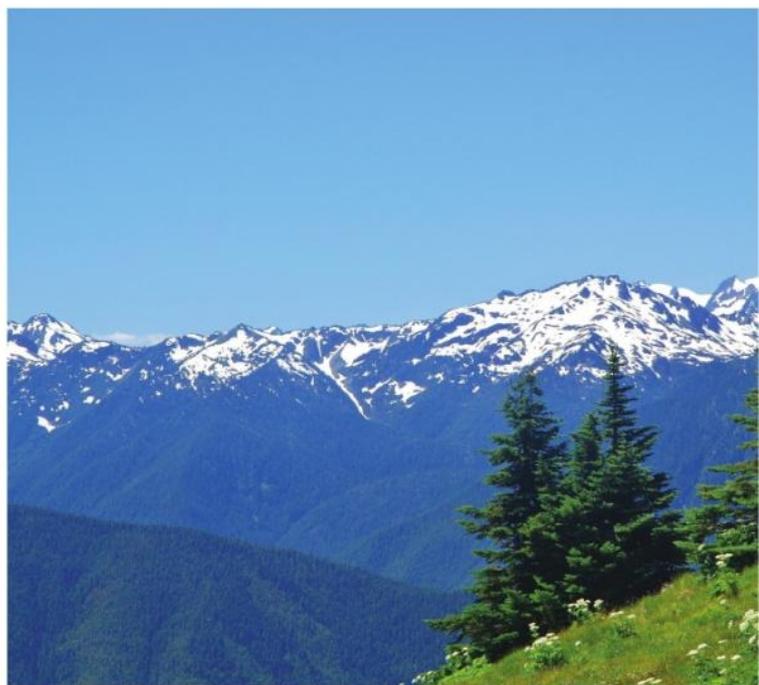
As I walk along the trail through the thick spruce forest, an otherworldly vista opens up before me: orange sky fades into the Pacific Ocean, anchored by a crescent beach that is festooned with craggy sea stacks and by a waterfall plunging more than 100 feet from a cliff top to the beach below.

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** (visitkitsap.com/cities.asp?ID=1) 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 Bainbridge 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 (theeagleharborinn.com/eagle-harbor-electric-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 pub-

lic garden at the north end of the island. Bloedel is known for the distinctive former residence on the property that looks like a French chateau, 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 hands-on 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 artisans building or fixing wooden boats.

The foundation sponsors



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),



according to Gordon

Hempton, an "acoustic ecologist." The place is marked by a small red-colored stone, just off the trail. —R.S.



CLOCKWISE FROM TOP: CIHAN ANISOGLU; © AURORA PHOTOS / ALAMY; JO ANN SNOVER / ALAMY

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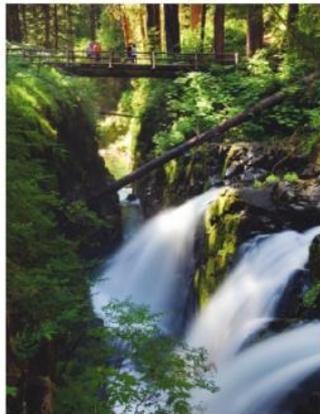
eatatlowells.com

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 paddleboarding 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/olymp), 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/olymp/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.

JAMES WALLEY / ALAMY

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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. Permit-toting 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 soaking 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. The water from the falls braids into four channels that run side by side down 37 feet into a dark

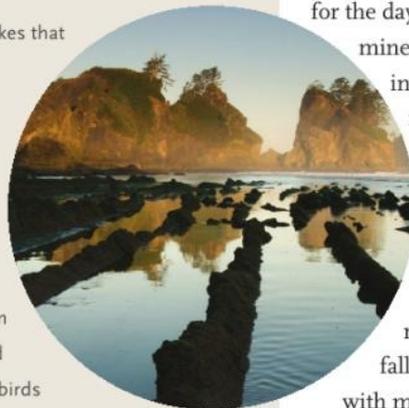
chasm, and then tumble over an 11-foot drop before rushing downstream. Trek through old-growth forest to view the spectacle from a high wooden footbridge. You can turn around and head back to the parking lot or loop back on the **Lover's Lane Trail** past mammoth Sitka spruce and western red cedar trees 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 outcroppings, 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.



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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 bucket-list item is hiking to **Cape Flattery**, one of



RON BAILEY / ALAMY

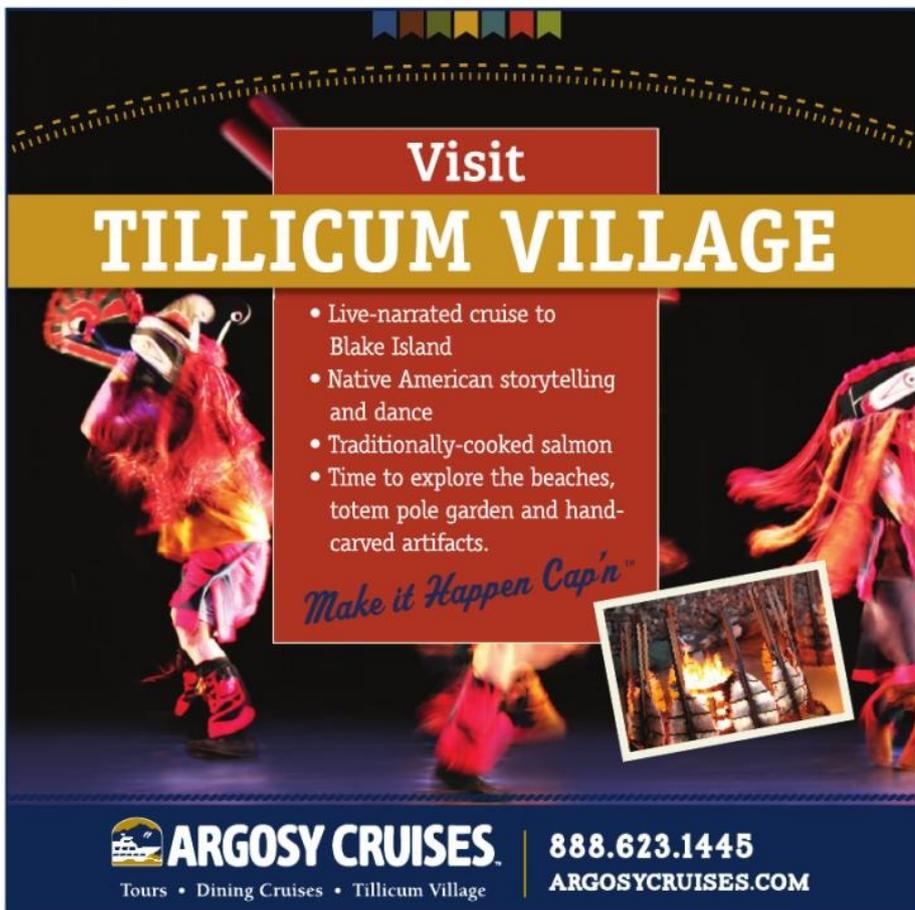
A surfer catches a wave on Washington's Hobuck Beach.

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 0.8-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



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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-



DESIGN PICS INC. / ALAMY

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.

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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.



DANITA DELIMONT / GETTY IMAGES

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 Quinalt 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-

A smiling man in a blue and white striped shirt is shown from the chest up, looking towards the camera. He is standing behind a roulette table, with a roulette wheel visible in the foreground. The background is a blurred casino floor with green lights.

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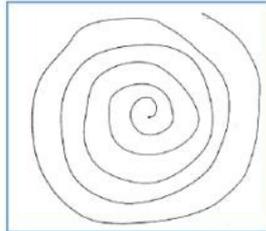
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Olympic Peninsula

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



DANITA DELMONT / ALAMY

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

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Alaska Beyond

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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Continued from page 24.

Mammoth Lakes area also offers miles of dedicated multi-use paths for safe and scenic riding (not to mention the epic mountain-bike trails on Mammoth Mountain).

We pedal part of the 7.3-mile Town Loop (containing multi-use-path and on-street sections) to Juniper Springs Resort, then take a side road west to access the paved 5.3-mile Lakes Basin Path alongside Lake Mary Road. The path provides access to many lakes, including Twin Lakes, Lake Mary, Lake Mamie and Horseshoe Lake. If you want to ride mostly downhill, take your bike on the free Lakes Basin Trolley from The Village at Mammoth to the heart of the Lakes Basin, and then pedal back.

Standup Paddleboarding

After about a 4-mile ride from town and an elevation gain of 1,000 feet, we park our bikes at Pokonobe Resort on the shores of Lake Mary, rent standup boards, and paddle out on the lake. The clear alpine water is surrounded by a green belt of pines and offers spectacular views of Crystal Crag, Mammoth Crest and Mammoth Mountain. Taking the recommendation of the SUP-rental shop, we paddle toward the southeast shore to see osprey and bald eagles.

Dinner Out As afternoon wanes, the temperature begins to drop, and the breeze off Lake Mary chills us. We paddle back to shore, grab our bikes, ride them back to the shop, and then stroll less than a mile to the stylish Mammoth Rock 'N' Bowl in Mammoth Lakes for supper and friendly competition. At Rock 'N' Bowl's Brasserie, we dine on French onion soup gratinée, elk medallions and grilled-vegetable Wellington before a few rounds of ball rolling at this popular local hangout, which also has three golf simulators.

Tired after our action-packed day, we decide to turn in early. We walk to our Village accommodations—beneath a blanket of stars seemingly close enough to touch, with the aroma of evergreens waiting at our doorstep.

Winter Itinerary

Breakfast Beginnings

Mammoth is blessed with an abundance of quality morning eateries. Good breakfasts can be found at any of the mountain lodges, and in town at the Good Life Cafe, the Breakfast Club and many others. On this particular morning, Paul votes for The Stove, a local institution that has been serving hearty fare for 40 years. I order my favorite, the Stove Special: two eggs with a side of sausage, and choice of pancakes, waffle or French toast. Carbo-loaded, we hit the slopes.

Mammoth Mountain

Eighteen inches of snow have dropped over the past three days. Paul and I climb aboard the Panorama Gondola and speed toward the summit. We pass over a variety of wide groomed trails, a massive halfpipe surrounded by log cabin-size ski jumps, and narrow chutes cut through rock outcroppings and forest. As we rise above 9,500 feet, the forest thins with the air, then ends altogether, giving way to an open arching slope that spills from Mammoth's peak at 11,053 feet. As we exit the gondola house, I take in the 360-degree view of the Minarets, White Mountains and 3,500 acres of skiable terrain.

I follow Paul into a steep, open slope called Climax. The fresh snow is billowy and silent as I carve my board sharply to control my speed on the precipitous incline. Large patches of untracked powder remain, and I relish being the first to ride this gift from the skies.

Soon we join the intermediate trails that wind through gullies, hills and stands of lodgepole pine, and finally arrive at Canyon Lodge, where four chairlifts converge, and rows of students, some as young as 3, line up for lessons. We hop on a high-speed quad lift and enjoy carving deep S-turns along groomed trails, then work our way over the summit to Mammoth's backside in search of more powder among the trees at Outpost Glades.

After a half-dozen runs exploring the quiet canyons and bowls that surround Chair 14, we make our way back to the

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teams.com): A novel activity for young and old; also ask about custom overnight trips.

- **Ice climbing** (sierrarock-climbingschool.com): Renowned climbs, including guided adventures



in Lee Vining Canyon.

- **June Mountain ski/snowboard** (junemountain.com): Light on crowds, with powder that typically remains untracked longer than at Mammoth Mountain, the location overlooks a row of stunning lakes.

- **Snowmobiling:** Guided or self-guided touring via various companies (mammothmountain.com/winter, snowmobilemammoth.com, and snomobiles.com).
- **Tubing** (mammothmountain.com/winter): Enjoy family-friendly snow play at Woolly's Adventure Summit.

—R.D.

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Main Lodge for lunch. We build salads at the extensive salad bar in Broadway Marketplace and share a wood-fired pizza at a slopeside window. Lunchtime entertainment includes a view of freestylers launching off the lip of a massive 22-foot halfpipe.

Snowshoeing Warmed and recharged, we stow our gear in the lockers at the Main Lodge and take the free shuttle down to Tamarack Lodge and Resort for an afternoon of serene snowshoeing along the forest trails between Twin Lakes and Lake Mary. The peacefulness is surreal and the pace sublime. Trees and snow muffle each leisurely step as our wide snowshoes crunch along the snowy trail.

When we reach the vast field of snow that is winter Lake Mary, the scene is familiar, since we'd paddleboarded the lake in the summer. We had shared the water with kayakers, fishermen and other SUPers, but now, there is no one here but us. If not for the rich blue sky above, the scene would be a classic Ansel Adams photograph: a brilliant-white snow field surrounded by black-silhouetted pine trees along the shore, and framed by the serrated granite ridge of Mammoth Crest, with the pinnacle of Crystal Crag rising fortresslike above.

Après-Sports at The Village

After a rejuvenating soak in the hot tub at our lodgings, Paul nestles into a book while I head to Simply Massage in The



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PETER MORNING

Cross-country-skiing equipment rentals and tours are available from the Tamarack Cross Country Ski Center.

Village at Mammoth for a one-hour Skier's Serenity massage designed to soothe the muscles I've used—maybe even abused—all day.

Paul joins me afterward, and we wander The Village's corridors and plazas to decide where to eat. Will it be the Side Door Cafe for crêpes; the Smokeyard for barbecue; Sushi Rei for sushi and noodle dishes; Gomez for Mexican; or Campo for wood-fired pizza and homemade pastas?

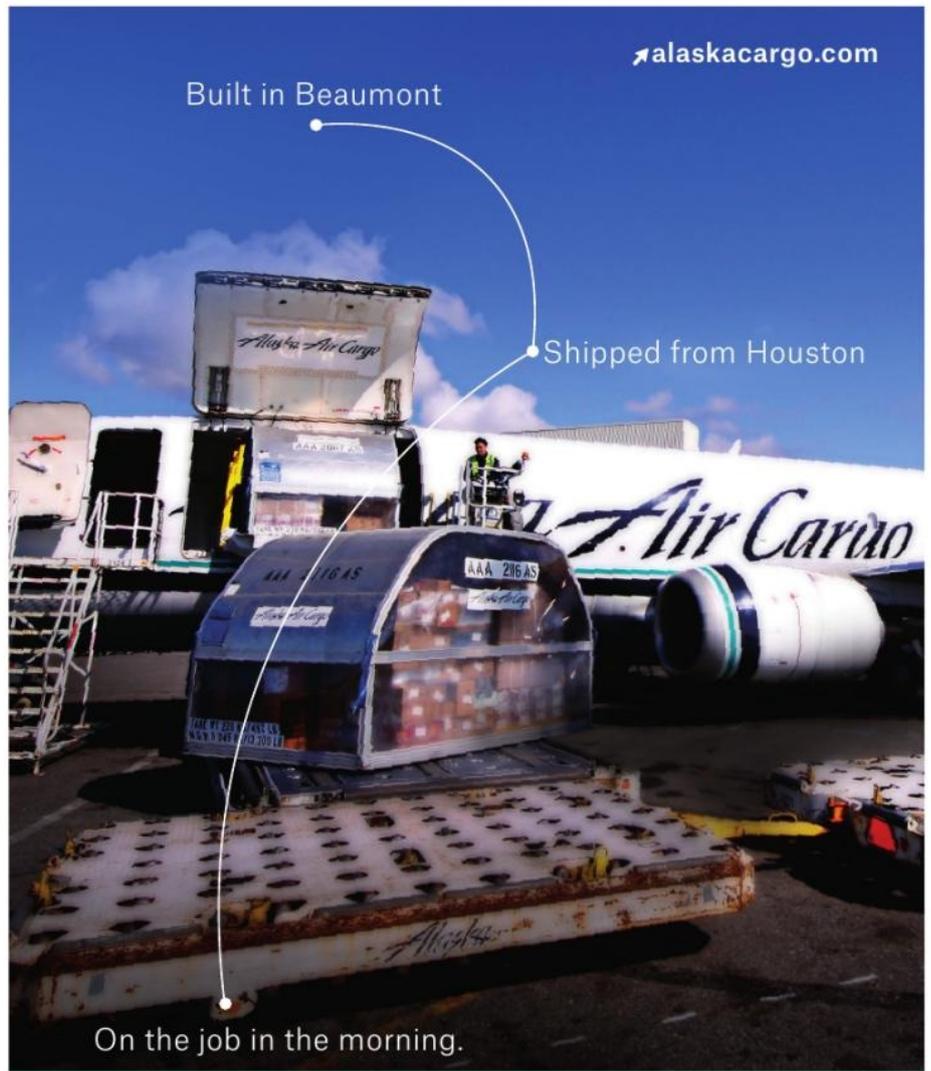
We choose crêpes, a treat too rarely enjoyed, then relax by an outdoor firepit and take in the starry brilliance shining above The Village's handsome mountain-rustic architecture. As we walk back to our lodgings, we pass Lakanuki, a tiki bar, and its lively music catches my interest. Lakanuki is known for its theme nights, dance music, global cuisine and fun drinks. We are drawn in for one more round of fun before calling it a night. ■

Rob Dunton lives in Southern California.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) offers convenient service to Mammoth Lakes, which is also a summer gateway to Yosemite National Park.

Fly Alaska Airlines from Los Angeles to Mammoth this summer and show your boarding pass for two-for-one gondola and bike-park deals; visit the website for details.

For more information on visiting the Mammoth Lakes area, see mammothmountain.com and visitmammoth.com.



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Startup Stars

You've probably heard some of the reasons Portland, Oregon, is an exceptional place for startup companies, including an entrepreneur-friendly business climate, attractively priced power, reasonable housing costs, livable neighborhoods and outstanding recreation.

For scientists Marcie Colledge and Kelly McCollum, there's another key reason: Portlanders value education. The women started their company, Yellow Scope, last year to improve science education for girls.

Girls often get the message that science is for boys, McCollum says. "If you look at toy-store shelves, you find that science kits are often in the boys' section and art kits in the girls' section. Girls get a message that they have to choose between being creative and science. What they miss is that scientists are incredibly creative."

As the mothers of young girls, the women decided to do something about a gender gap in which **women hold 26 percent of the nation's STEM (science, technology, engineering and math) jobs while representing nearly half of the total U.S. workforce**, according to 2011 data from the U.S. Census Bureau.

McCollum, who has a master's degree in epidemiology and biostatistics, and Colledge, who has a Ph.D. in molecular physiology, met while volunteering at their daughters' elementary school six years ago. They were leading science fairs and family science nights.

"Many conversations about science, education and girls eventually led us to the idea to make science kits for girls," Colledge says. They decided to call their startup Yellow Scope because yellow is bold and bright and not pink, while the word "scope" indicates microscope, and look at/examine, and scope of study, she says.

Neither of the women had a business background, so early last year they took a six-week business-foundations class through Portland-based MercyCorps Northwest. "The class gave us skills we needed to become successful entrepreneurs," Colledge says. "Perhaps even more importantly, the encouragement and enthusiasm from the amazing instructors and our fellow students gave us the confidence to take our idea from the concept stage to reality."

Portlanders "favor equal educational opportunity for boys and girls, support small businesses and startups, and reward quality," McCollum notes.

Yellow Scope was named one of the six winners—from among 134 applicants—of the 2014 **Startup PDX Challenge, sponsored by the Portland Development Commission**, the city's economic-development agency. The challenge focused on entrepreneurs with diverse founding teams and the ambition to scale to a national or international market. Yellow Scope received a \$15,000 working capital grant, a year of rent-free office space, free professional advice and other services.

Yellow Scope also raised more than \$33,000 in just two months late last year through an online Kickstarter campaign that led to preorders for 500 kits. The orders came from all over the United States and Canada—from moms, dads, grandparents, aunts and uncles of girls, McCollum says. "Some orders were from parents who have a science background, but many came from people who care about giving girls opportunities to see themselves as scientists."

The Foundation Chemistry Kits—containing "real lab

New companies
shine in
entrepreneur-friendly
Portland

By Julia Anderson



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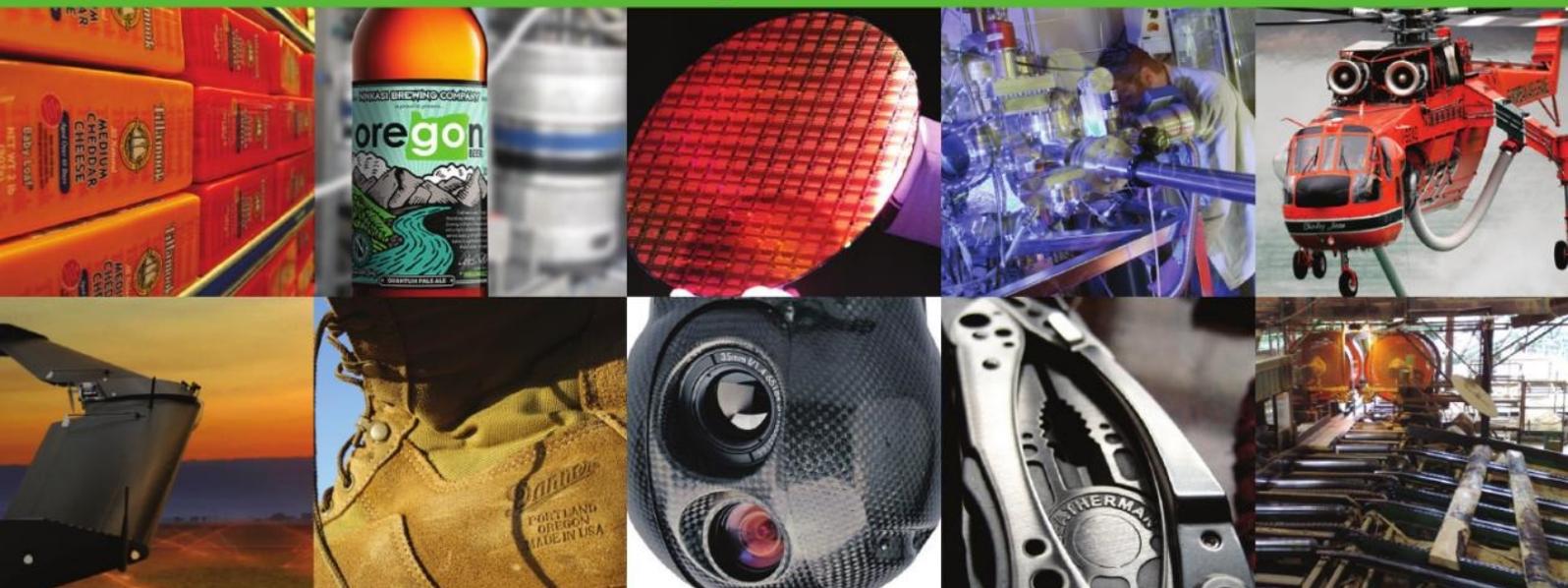
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equipment and chemical reagents, as well as notebooks and art supplies to document girls' findings in an artistic but scientific manner—were delivered in March. Yellow Scope has assembled another 1,000 kits to be sold through regional retail stores and via the company's website.

Down the road, Yellow Scope expects to be offering kits at several price points in five science categories: chemistry, physics, biology, computer programming and environmental science.

Colledge hopes that someday the company will make science kits for kids in general, not just girls, as the gender gap closes. "Right now, we feel the momentum is there for our kits for girls," she says.

Yellow Scope is a recent example of how startup companies are thriving in the City of Roses, which in December was described as "a startup powerhouse" by *U.S. News & World Report*. In part by focusing on spin-offs and startups, the metro area has made a strong recovery from the worst of the Great Recession.

According to a March 2015 Brookings Institution report, the Portland metro economy jumped from 59th place among the 100 largest U.S. metro areas during the recession to 12th place in the fourth quarter of 2014. Rankings were based on jobs, business output, unemployment rate and home prices.

Last year, *CNNMoney* listed the Portland area as No. 3 on a list of most innovative cities, and *Forbes* ranked it No. 5 for best places to launch a new business.

New businesses—a year old or newer—as a percentage of all employers in the metro Portland region increased to

Yellow Scope

(yellow-scope.com)

What: Science kits for girls ages 8–12.

When: Established 2014. **Who:** Two founders + one partner.

here—in both private industry and government—take time for startups," says Linda Weston, president and executive director of the 650-member **Oregon Entrepreneurs Network**. "Collaboration is what it's about in Oregon."

The Oregon Entrepreneurs Network is one of the numerous nonprofits and government agencies focused on providing startups with access to the mentorship, training and capital they need to gain traction. Resources also include **Business Oregon**, **Greater Portland Inc**, the **Portland Seed Fund**, the **Portland Incubator Experiment** and **two angel-investor groups**, all collaborating with the Portland Development Commission.

"The [startup] ecosystem has changed dramatically," Weston says. "A number of local startup-support organizations didn't exist five or six years ago."

Janet LaBar, president and CEO of Greater Portland Inc, a business-development nonprofit, notes that the Portland area is taking a multisector approach. "Entities such as the Portland Development Com-

3.3 percent from 2008 to 2013, while some other big cities saw declines, according to an Oregon Employment Department compilation of the most recent U.S. Census Bureau data. "We've seen a fabulous resurgence in our entrepreneur and innovation community because people

Raft

(raftsyrops.com)

What: Organic botanical and cane-sugar syrups for cocktails and home soda-making.

When: Established 2013. **Who:** Two founders.



Roslynn Tellvik and Sook Goh.



BOTTOM: SHAWN LINEHAN; ABOVE RIGHT: COURTESY RAFT



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mission are looking across industries and across demographics to bring diversity to the economy," LaBar says. "It's quite impressive."

Below are a few more examples of thriving Portland startups, from various sectors.

Raft Botanical Cocktail + Soda Syrup

Roslynn Tellvik and Sook Goh both grew up drinking teas and beverages enhanced by botanicals—herbs, roots and flowers. In 2013, their affinity for botanicals led them to become business partners. Goh's background includes product development for a Portland tea company and a Seattle coffee company, while Tellvik has been a financial-services associate, life coach and consultative sales trainer.

"Our syrups, with their organic botanicals, make it easy for anyone to create amazing drinks at home," Tellvik says, and a growing craft-cocktail trend means bartenders all over the country are looking for unique and refreshing ingredients. The company obtains its botanicals from various global sources, including hibiscus from Egypt, lavender from France, ginger from Peru, dandelion root and orange peel from the U.S., and black tea from China.

In fall 2012, the founders enrolled in a Portland State University Business Outreach Program course before launching their company in 2013. They named it Raft, Tellvik says, "because to us Raft means having fun in nature with a sense of adventure and creativity; we hope our syrups give people a similar experience."

Puzzle on page 86.



Seamus Golf

(seamusgolf.com)
What: Handcrafted golf accessories, including tartan golf-club head covers. **When:** Established 2011. **Who:** Two founders + 10 employees.



COURTESY SEAMUS GOLF

The company also benefited from winning a \$15,000 grant in the 2014 Startup PDX Challenge, which helped them buy ingredients in bulk and expand their product line. And Raft was a 2015 Good Food Award winner in a national blind-tasting competition organized by California-based non-profit Seedling Projects. “We’re putting the product out there and getting recognition,” Tellvik says. Raft sells its syrups through a growing list of retail and commercial outlets, including more than 60 retailers and restaurants in the United States and Canada.

Seamus Golf

Akbar and Megan Chisti are benefiting from what they describe as “Portland’s great commercial-sewing community, with industrial sewing machines and repair guys to go with it.” A flourishing local fashion-design industry, along with artisans such as saddle makers and purse makers, has contributed to a pool of skilled workers.

These craftspeople are essential to creating the upscale merchandise that the certified public accountant and his wife, Megan, previously a women’s-wear designer at Portland-based Pendleton Woolen Mills, sell through their startup business, Seamus Golf.

Named for the couple’s fun-loving terrier, it makes golf-club head covers—in fabrics and patterns that reflect golf’s Scottish roots—as well as offering an expanding list of other high-end golf accessories, from tartan flat caps to hand-forged ball markers.

Megan Chisti began making wool golf-club head covers as gifts in 2009. Soon the Chistis were test-marketing their specialty product at golf events and trade shows, and they launched the business out of their garage in 2011. By 2013, clients included nearly three-dozen U.S. golf courses.

Seamus Golf was named one of the six winners of the 2013 inaugural Startup PDX Challenge, receiving a \$10,000 grant. Until then, the couple says, they were doing everything out of their home. “As a Startup Challenge winner, we received pro bono legal and accounting support; we joined a [city] delegation to Japan, where we made successful product presentations; and we connected with other artisanal manufacturers in Portland. It’s great to have government agencies interested in our success.”

The company now has six full-time and four part-time employees, has moved into its own offices, and is **selling its products through 300 golf shops and retail accounts: 200 out-**

lets in North America, 40 outlets in Japan, and 40 outlets in other countries, such as Ireland, Scotland and New Zealand. Seamus also sets up shop at major golf events such as the 2015 U.S. Open in the Seattle area this month. The Chistis expect sales to triple this year.

GlobeSherpa

GlobeSherpa began as a business-school project in 2010, when Nat Parker and Michael Gray were pursuing master’s degrees in international management at Portland State University.

While getting to and from PSU’s city-center campus on their different commuting routes, the two noticed the daily ticketing hassles of fellow light-rail passengers. “People wouldn’t have exact change, [and] they didn’t know how to use the ticket-vending machines,” Parker says. “We saw an opportunity to use a smartphone app to revolutionize

GlobeSherpa
 (globesherpa.com)

What: Mobile-ticketing platform with consumer apps, and transaction and operations-management software for entities such as public-transit systems, parking facilities and events.

When: Established 2010. **Who:** Two founders + 26 employees.

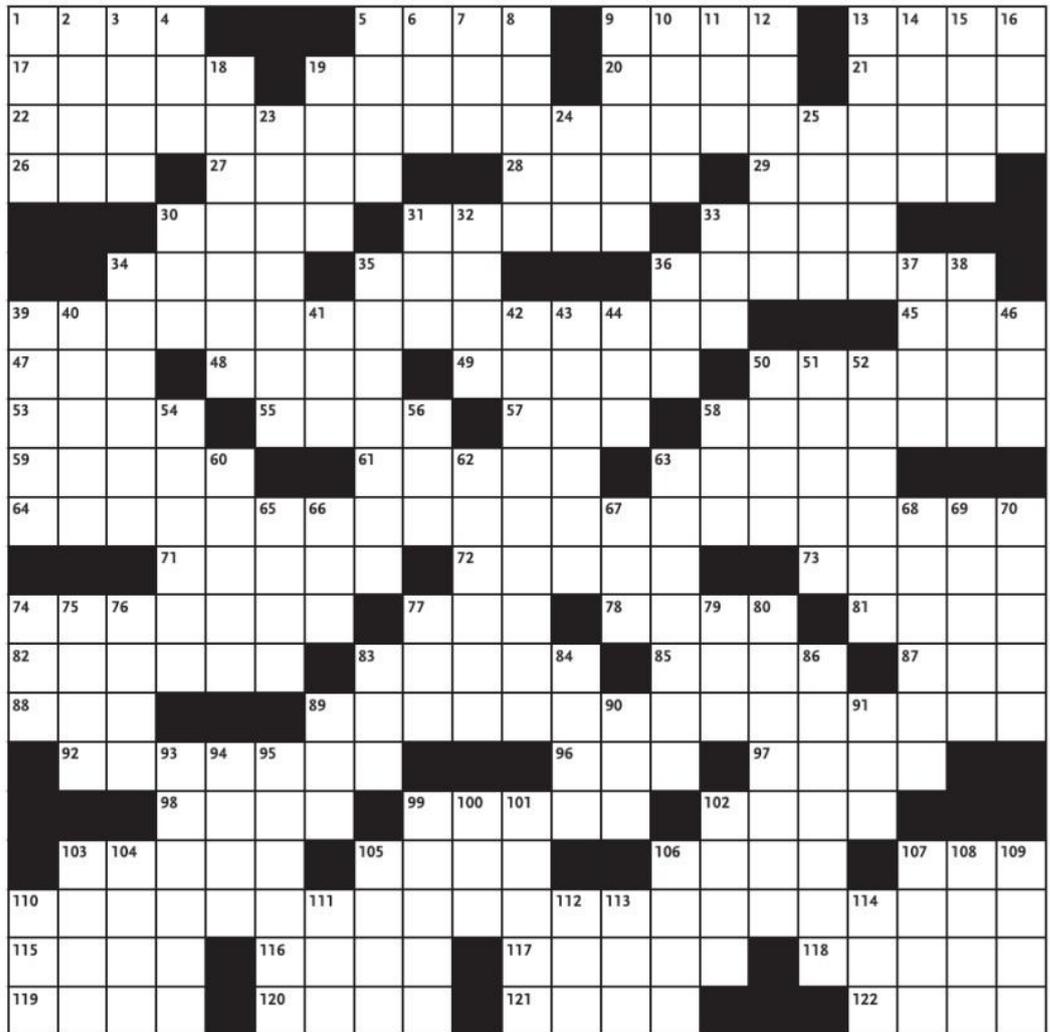


COURTESY GLOBESHERPA

EXPERIENCES

ACROSS

- 1 Tumble
- 5 Unfeeling
- 9 Not this
- 13 Burgoon
- 17 American Indians
- 19 Contradict
- 20 Serengeti call
- 21 Skin
- 22 Face a problem bravely
- 26 Cakes and _____
- 27 Eliminates
- 28 Colleen
- 29 Black tea
- 30 Gas-guzzlers
- 31 Roeper's partner
- 33 Shamrock land
- 34 _____ fides
- 35 He wrote "Ulalume"
- 36 Musical speed
- 39 Stayed the course
- 45 Have debts
- 47 City in Egypt
- 48 Opening
- 49 False move
- 50 Enervated
- 53 Forelimb bone
- 55 Exude
- 57 Shaq's league
- 58 Fixes
- 59 Proof of absence
- 61 Overhead figures
- 63 Frigidaria
- 64 Attacks on enemy ground
- 71 Isolated
- 72 Obstetric procedure
- 73 Start for mechanism
- 74 Baroque ornament
- 77 Presidential nickname
- 78 Cry for Yorick
- 81 Spotted horse
- 82 Basset and beagle
- 83 In re
- 85 Earthenware jug
- 87 Verse form
- 88 Excellent
- 89 Suffers criticism
- 92 Songbird
- 96 Ms. Tan
- 97 March date
- 98 My bad!
- 99 Foundation
- 102 Realty unit
- 103 Cluster
- 105 Swiss river
- 106 Coatrack
- 107 Before now
- 110 Endure any ordeal
- 115 Stuffed cookie
- 116 RBI, e.g.
- 117 Explosive liquid
- 118 Hard
- 119 Coin in Cancun
- 120 Hear here
- 121 Nod, from Eden
- 122 Summit



DOWN

- 1 Goat cheese
- 2 Asian sea
- 3 Simile word
- 4 Windbreak
- 5 Beaks
- 6 Eskimo knife
- 7 Wire measure
- 8 Southern miss
- 9 Assignment
- 10 Red-_____ (candies)
- 11 Sound of surprise
- 12 Apprehensive
- 13 Oral
- 14 Starchy root
- 15 Bird of prey
- 16 Director Craven
- 18 Abandons
- 19 Hotel items
- 23 Worthy of employment
- 24 Exclude
- 25 Wife of Zeus
- 30 Murmur
- 31 Age
- 32 Spat
- 33 Nanny's triplets?
- 34 European region
- 35 Porcelain jar
- 36 Hill builder
- 37 Pith helmet
- 38 Pitcher
- 39 Young pigeon
- 40 Tutu material
- 41 _____ Kippur
- 42 Emotion
- 43 Martini cocktail
- 44 Actress Merkel
- 46 Both Begleys
- 50 Brother of Cain
- 51 Plant pest
- 52 Certain bridge player
- 54 Scrape
- 56 Sock part
- 58 Dashed
- 60 Loafed
- 62 Quenches
- 63 High-school subject
- 65 Heirs
- 66 Cable TV station
- 67 Peoples of "Fame"
- 68 Salivates
- 69 Dodge
- 70 Work for nine
- 74 CEO's degree, perhaps
- 75 Grampuses
- 76 Stench
- 77 "Holiday _____"
- 79 Wing
- 80 Flushed
- 83 Puffin's cousin
- 84 Bangkok native
- 86 "Mary Poppins" star
- 89 B & O et al.
- 90 Bad _____ (spa)
- 91 Greens peg
- 93 Hey!
- 94 Scowl
- 95 Place side by side
- 99 Phuket money
- 100 Woof
- 101 Net
- 102 Florence's flower?
- 103 Skirt panel
- 104 Map markings
- 105 Culture medium
- 106 Sharp
- 107 Resting on
- 108 Trait carrier
- 109 Gemsbok
- 110 Republican letters
- 111 Ms. Hagen
- 112 Estuary
- 113 Abbreviated aliens
- 114 _____ loss

Solution on page 84.

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the transit sector and eliminate frustrations, as well as give municipalities the analytics to track operations and improve service.”

Parker, who has experience as a project manager for a renewable-energy developer, and Gray, who has experience as a software consultant, launched GlobeSherpa in 2010, after Parker received his master’s degree. Gray received his degree in 2011.

Fares purchased through the app are downloaded to the purchaser’s smartphone and stored in a “My Tickets” tab so that riders can quickly access them on the go, even when not connected to the Internet.

Portland’s TriMet public-transit agency—overseeing bus, light-rail and commuter-rail service—was GlobeSherpa’s beta test. Today, **more than 200,000 Portland commuters and visitors are using the smartphone ticket app, and the company also provides ticketless integrated mobile-transit services in five more urban areas, including Washington, D.C.**

Commuters value the convenience, while many transit agencies like aspects such as better serving their customers, reducing reliance on cash, and being able to easily track metrics such as demand and revenue by time of day to help with decision-making, Parker says.

Last year GlobeSherpa won the

Portland Metro Capital

Here are just a few examples of capital benefiting new ventures and growth companies; figures are for 2012 + 2013 unless otherwise noted. The Portland area also boasts at least **8 accelerators, 11 incubators, 3 business-resource providers, 3 workspace-resource providers, and a ‘maker space’** for product design and creation. **M = MILLION.**

\$47.2 M: Angel, seed & convertible debt transactions.

\$299.4 M: Venture capital provided.

\$375.6 M: Private equity transactions.

\$187.2 M: SBA general small-business, and real estate and equipment loans, fiscal year ending 9/30/2013.

\$16.02 M: Federal Small Business Innovation Research (SBIR)/ Small Business Technology Transfer (STTR) grants, 2013.

\$4.96 M: Kickstarter funding, 2013.

Source: “Oregon Capital Scan” report, June 2014, by the Business Innovation Institute at the University of Oregon’s Lundquist College of Business (oregoncf.org/Templates/media/files/jobs_and_economy/or-capital-scan-2014.pdf)

Future Digital Mobile Ticketing Award from United Kingdom-based Jupiter Research.

A new ParkingSherpa technology provides ticketless parking and analytics, and another technology provides step-by-step walking directions from transit sites, as well as electronic coupons and offers from retailers along transit routes. Car-sharing and bike-sharing systems are also among the target markets for GlobeSherpa.

The company has trademarked the

term “Integrated Commute,” Parker says, because ticketless public transit “is just the beginning.” ■

Writer Julia Anderson lives near Portland, Oregon.

Alaska Airlines (800-ALASKAAIR; alaskaair.com) flies daily to Portland, including St. Louis–Portland service starting July 1. For more information about doing business in the Portland area, go to greaterportlandinc.com, oregon4biz.com and pdc.us.

Success Factors

★ Heather Stafford, Business Oregon’s new assistant director of Innovation and Entrepreneurship, says startups and innovation are one of the most effective ways to drive job growth and long-term prosperity. Research shows that one new innovation job creates five additional jobs outside of high tech and that startups have proved to be the most reliable job creators. “**The next greatest innovations the world will see are being developed here,**” Stafford says. “**We are lucky to have such a strong startup culture in Portland, and in Oregon as a whole, and it gets better every day because more people are moving to Oregon than any other state in America.**”

★ Tom Kelly, chairman of the Portland Development Commission board—whose members volunteer their time, are approved

by the City Council and report directly to the mayor—says the agency has actively focused on supporting startups, and the next five-year strategic plan, approved in May, will bring more focus to women-owned and minority entrepreneurial endeavors. “**We see Portland as a great place for people to live and thrive that’s inclusive,**” Kelly says. “**It won’t just be a business community or an academic community. Our message is that if you move here or grow up here, you will have a successful life here.**”

★ Katherine Krajnak, senior business development coordinator for the Portland Development Commission, says Portland is just the right size—metro population nearly 2.35 million—at just the right time. “**It’s kind of a cool time to get into Portland. We’re still young and growing. That’s exciting for people who are entrepreneurial.**” —J.A.

ACCOMMODATIONS

Alpenhof Lodge
www.alpenhof-lodge.com

The Chrysalis Inn & Spa
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Coast Hotels
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DoubleTree by Hilton
www.doubletreevictoria.com

Heathman Hotel
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Holiday Inn/Holiday Inn Express of Washington & Oregon
www.greatnwhotels.com

Hotel Bellevue
www.thehotelbellevue.com

Hotel Eastlund
www.hoteleastlund.com

Lopez Islander Resort
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Marcus Whitman Hotel & Conference Center
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Pineapple Hospitality
www.staypineapple.com

Seasons 4 Condo
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Sierra Nevada Lodge
www.sierranevadalodge.com

Silver Reef Hotel Casino Spa
www.SilverReefCasino.com

Sleeping Lady Mountain Resort
www.sleepinglady.com

Snowcreek Resort
www.snowcreekresort.com

Snug Harbor Resort and Marina
www.snugresort.com

The Westin Monache Resort, Mammoth
www.westinmammoth.com/alaskaairspecial

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Graton Resort & Casino
www.gratonresortcasino.com

Muckleshoot Casino
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Doug Fir Lounge
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Lowell's Restaurant
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Seres Restaurant & Xiao Chi Bar
www.seresrestaurant.com

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Dick Hannah Subaru
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www.compareford.com

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FINANCIAL SERVICES

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www.becu.org

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Propel Insurance
www.propelinsurance.com

REAL ESTATE

American Life Inc.
www.amlife.us

Cascade Sotheby's
www.cascadesothebysrealty.com

Huckleberry at Priest Lake
www.huckbay.com

Mammoth 8050
www.8050mammoth.net

ECONOMIC DEVELOPMENT

Economic Alliance Snohomish County
www.economicalliancesc.org

RECRUITING

Bellevue Police Department
www.nationaltestingnetwork.com

EDUCATION

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Washington State University
www.wsu.edu

Whitworth University
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www.schickshadel.com

Swedish Radiosurgery Center—Cyberknife
www.swedish.org/prostate/cyberknife

Swedish Radiosurgery Center—Essential Tremor
www.swedish.org/essentialtremor

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Crossfire Foundation
www.crossfiresoccer.org

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Gig Harbor, Washington
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Idaho Travel Council
www.visitidaho.org

Leavenworth, Washington
www.leavenworth.org

Long Beach Peninsula
www.funbeach.com

Mammoth Lakes Tourism
www.visitmammoth.com

MasterPark
www.masterparking.com

Port of Seattle—Sea-Tac International Airport
www.portseattle.org

Pullman Chamber of Commerce
www.pullmanchamber.com

San Juan Islands
www.visitsanjuans.com

Skagit Tours
www.skagittours.com

Spokane Center
www.spokanecenter.com

Tacoma Regional Convention and Visitors Bureau
www.traveltacoma.com

Victoria Clipper
www.clippervacations.com

Wenatchee Valley Convention and Visitors Bureau
www.wenatcheevalley.org

Yosemite Area Regional Transportation System (YARTS)
www.yarts.com

THINGS TO SEE & DO

Bellingham Bay Marathon
www.bellinghambaymarathon.org

Bill & Melinda Gates Foundation Visitor Center
www.gatesvc.org

EMP
www.EMPSFM.org

Flying Heritage Collection
www.flyingheritage.com

LeMay—America's Car Museum, Tacoma, WA
www.lemaymuseum.org

Seattle Art Fair
www.seattleartfair.com

Sky View Observatory
www.skyviewobservatory.com

Spark Museum of Electrical Invention
www.sparkmuseum.org

Tillicum Village
www.argosycruises.com/tillicum-village

Transcendence Theatre Company
www.transcendencetheatre.org

Village at Mammoth
www.villageatmammoth.com

Woodland Park Zoo
www.zoo.org

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Barnard Griffin Winery
www.barnardgriffin.com

Bookwalter Winery
www.bookwalterwines.com

Brian Carter Cellars
www.briancartercellars.com

Hess Collection
www.macphailwine.com

Maryhill Winery
www.maryhillwinery.com

Ponzi Vineyards
www.ponziwines.com

Wine Road Northern Sonoma County
www.wineroad.com

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ExOfficio
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Schoenfeld Art
www.schoenfeldart.com

FOR THE HOME

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www.planetbronze.com

GIFT IDEAS

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www.tribellawine.com

GOOD IDEAS

Aquacide
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TABLE OF CONTENTS

A2	Onboard Amenities
A3	For Your Safety
A3	alaskaair.com
A3	Mileage Plan™

A4–A6	Route Maps
A7	Customs and Immigration Forms
A7	Airport Gate Location Maps

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 Seltzer & Tonic
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Seat backs and tray tables must be in the upright, locked position during taxi, takeoff and landing.

All carry-on baggage, including laptop computers, must be stowed under a seat or in an enclosed overhead bin upon boarding and prior to landing, as directed.

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Flight attendants will advise of any portable electronic device restrictions on the ground or in the air. Please observe our portable electronic device policies:

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 player
- › Noise-cancelling headphones
- › Cell phones (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

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Interference with crew members' (including flight attendants') duties is a violation of federal law. Under the law, no person may assault, threaten, intimidate or interfere with crew members in the performance of their duties.

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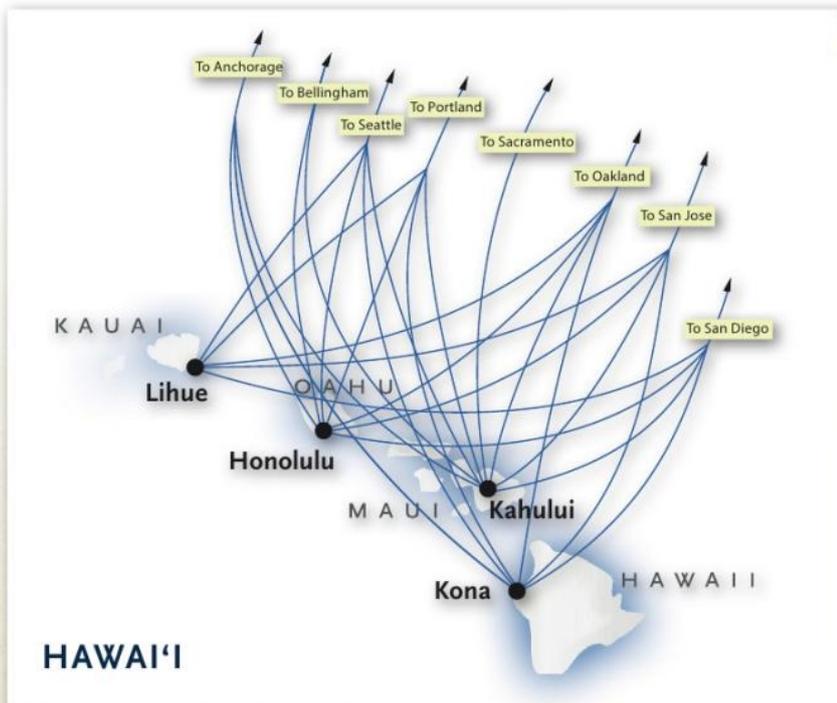
U.S. MILEAGE

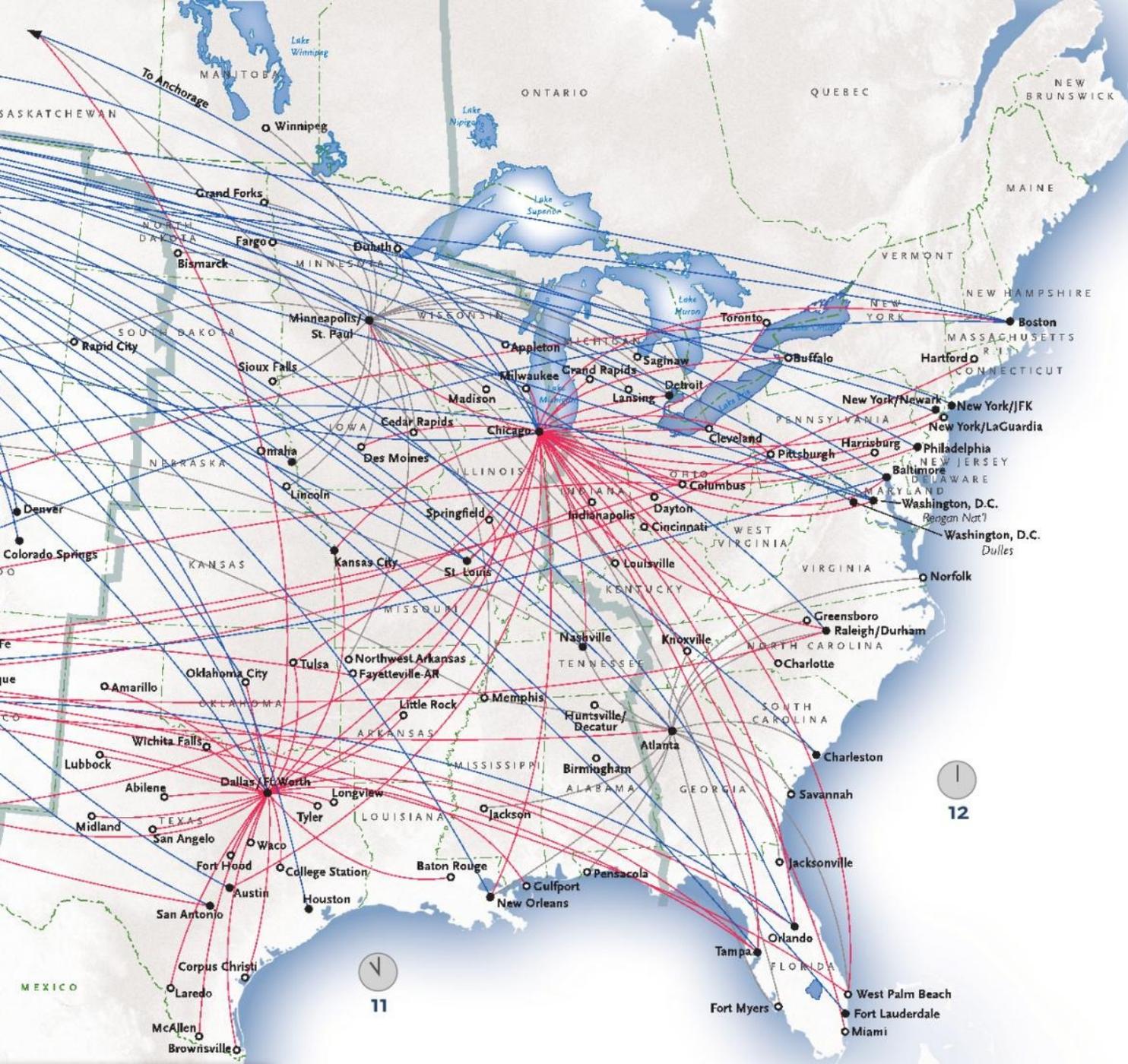
Between	Mileage
Seattle &	
Boston	2,496
Denver	1,024
Fort Lauderdale	2,697
Honolulu	2,677
Los Angeles (LAX)	954
New York City/Newark	2,401
Orlando	2,553
Phoenix	1,106
San Francisco	678
Washington, D.C.	2,306
Portland &	
Los Angeles (LAX)	834
San Diego	933
San Francisco	550

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-  DELTA

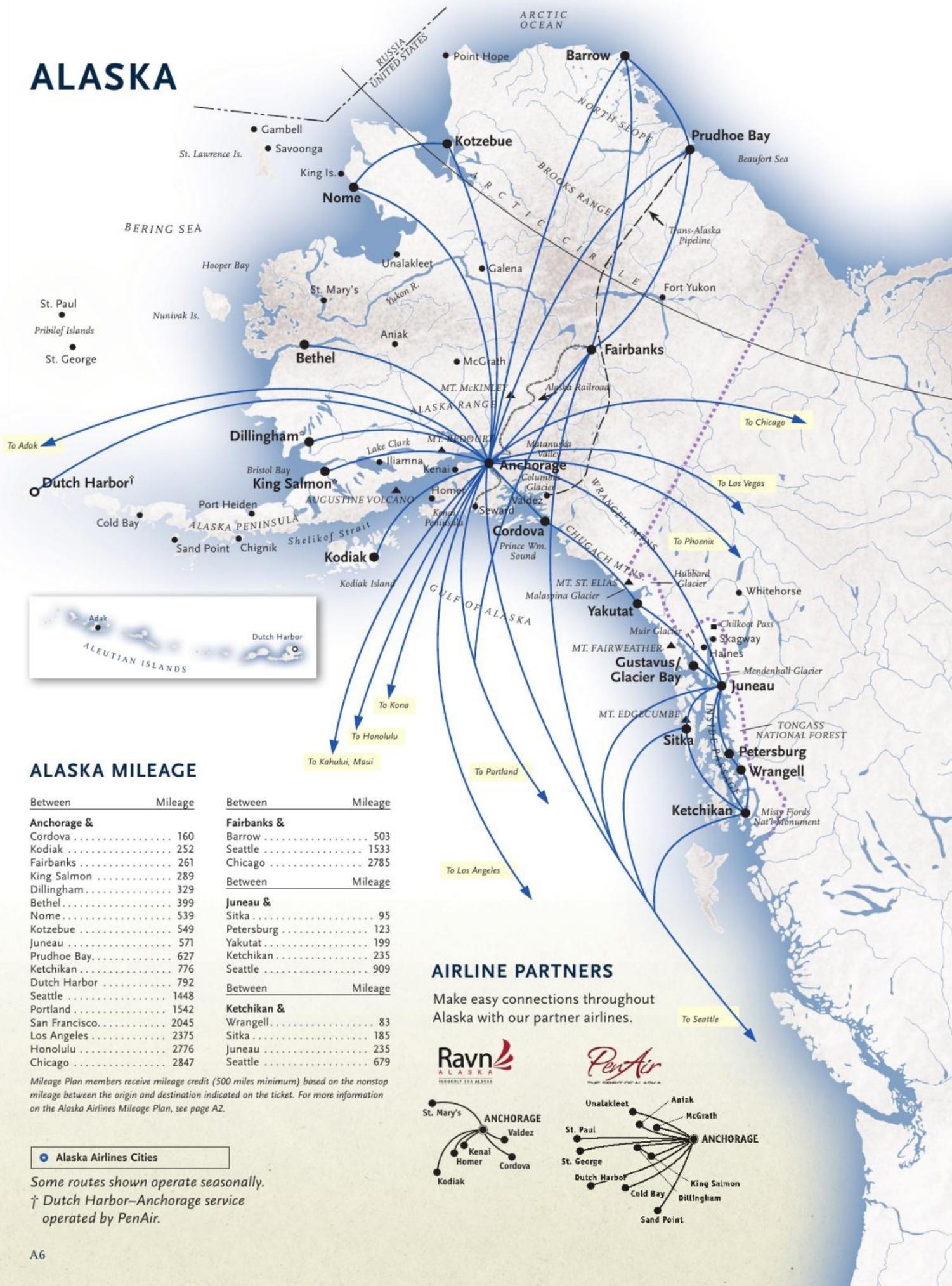
Some Alaska Airlines service operated by Horizon Air or SkyWest Airlines.
Some routes shown operate seasonally.





UPCOMING NEW SERVICE	
Route	Service Begins
Portland–St. Louis	July 1, 2015
Seattle–Milwaukee	July 1, 2015
Seattle–Oklahoma City	July 1, 2015
Boise–Spokane	Aug. 24, 2015
LAX–Baltimore	Sep. 9, 2015
Seattle–New York/JFK	Sep. 16, 2015
Seattle–Nashville	Sep. 23, 2015
Seattle–Raleigh/Durham	Oct. 1, 2015
LAX–San Jose, Costa Rica	Oct. 31, 2015
LAX–Liberia, Costa Rica	Nov. 1, 2015
Seattle–Charleston	Nov. 16, 2015

ALASKA



ALASKA MILEAGE

Between	Mileage	Between	Mileage
Anchorage &		Fairbanks &	
Cordova	160	Barrow	503
Kodiak	252	Seattle	1533
Fairbanks	261	Chicago	2785
King Salmon	289		
Dillingham	329	Between	Mileage
Bethel	399	Juneau &	
Nome	539	Sitka	95
Kotzebue	549	Petersburg	123
Juneau	571	Yakutat	199
Prudhoe Bay	627	Ketchikan	235
Ketchikan	776	Seattle	909
Dutch Harbor	792		
Seattle	1448	Between	Mileage
Portland	1542	Ketchikan &	
San Francisco	2045	Wrangell	83
Los Angeles	2375	Sitka	185
Honolulu	2776	Juneau	235
Chicago	2847	Seattle	679

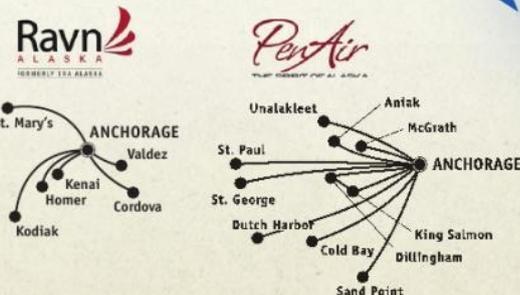
Mileage Plan members receive mileage credit (500 miles minimum) based on the nonstop mileage between the origin and destination indicated on the ticket. For more information on the Alaska Airlines Mileage Plan, see page A2.

● Alaska Airlines Cities

Some routes shown operate seasonally.
 † Dutch Harbor-Anchorage service operated by PenAir.

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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 proporcionan a continuación.

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"

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.



TO MEXICO

MEXICO CUSTOMS DECLARATION

Who must complete this form?

All travelers

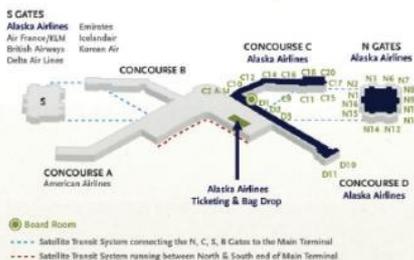
Helpful tips

- One form per person or one per family with same address
- Section 6 — It is not necessary to declare medicine for your personal use



AIRPORT GATE LOCATION MAPS

Seattle/Tacoma International Airport (SEA)



Portland International Airport (PDX)



Los Angeles International Airport (LAX)



San Francisco International Airport (SFO)



It Runs in the Family

Father and son compete in half marathons for fitness and fun | BY CRAIG HILL

In the world of recreational distance running, yellow shirts and blue shirts have become a bit of a status symbol. ■ “You see them and you know those people might not necessarily be fast, but they’re probably pretty tough,” says Puget Sound-area resident Tony Phillippi, finisher of 260 marathons, and also the co-founder of two marathon clubs—the Half Fanatics and the Marathon Maniacs—that have more than 22,500 members around the world. When the Half Fanatics compete, they wear blue; when the Marathon Maniacs compete, they wear yellow.

My son, Alex, first noticed the shirts two years ago, at age 11, while we were participating in the 2013 Tacoma City Half Marathon about 35 miles south of Seattle. Eleven-year-olds are a rarity in 13.1-mile races. In fact, Alex was at least three years younger than everybody else in the field of more than 1,000. But he takes after his running-enthusiast dad, and he had convinced me that a half marathon would be fun to do together.

We weren’t exactly flying. We were wogging. Walking some. Jogging some. But the runners in the blue and yellow shirts cheered Alex on as if he were winning.

“What’s up with all those shirts?” Alex finally asked.

I explained about the half marathon and marathon clubs.

“How do you get in?” Alex wondered.

“Well, that’s the hard part,” I said. “Choose one of the distances, then, at a minimum, finish two races in 16 days or three in 90 days.”

It was quiet for a few minutes as we plodded along the Tacoma waterfront. “OK,” Alex said, “let’s do it.”

As a dad, I loved hearing this. I love it when my kids want to do hard things. Joy and confidence come with success. Valuable life lessons also are learned from coming up short.

“No way,” I said. “You’re too young.”

He didn’t bring it up again that day, or even two weeks later when I qualified for membership in the Half Fanatics at the Capital City Half Marathon in Olympia, Washington. (Once you qualify, you don’t have to keep qualifying every year to be a member.)

But a year later, when we were out for a father-son jog, Alex asked if we could run the Tacoma City Half Marathon again. “It’s our

thing,” he said. Then he added, “And I’m a year older now, so I want to qualify for the Fanatics.”

“No way,” I thought, but I didn’t say it this time. I’d come to see running as having algorithms—step-by-step procedures for accomplishment—that are different for each person. It’s just a matter of figuring out the best algorithm for the particular person. “OK,” I said. “But we have to come up with a plan that works for you.”

We spent months on the plan. We talked to physical therapists and a podiatrist. We talked nutrition. We picked three half marathons stretched over 90 days so Alex would have time to recover between events. During training, I stayed by his side, giving us hours to talk. We took it slow, often wogging. There were times he wanted to quit. Times I wanted him to quit. He persevered.

Alex’s first event was the Tacoma City Half Marathon, where he shaved almost 12 minutes off his prior time. A month later, we entered a half marathon in Lakewood, south of Tacoma. We had so much fun talking, it hardly fazed us when we were the last two men’s-race finishers.

Then came the bad news. A knee injury would keep us from running the final race together. But it was my knee, not his. If he was

going to reach his goal, he would have to run alone in the B&O Half Marathon between the small Western Washington cities of Buckley and Orting. It was the most challenging course yet. It was on roads, muddy trails and paved paths. Temperatures approached 80. I rode a bike alongside Alex when I could.

As he approached Orting, moving slowly and ready to be done, he noticed coming toward him a runner with a finisher medal dangling from his neck. A Half Fanatics qualifier had heard Alex was about to earn a spot in the club. He cheered for Alex and ran with him for a few minutes until peeling off to let Alex have his moment of glory all to himself.

Too tired to sprint, Alex jogged to the finish line. A medal was placed around his neck. The race director presented him with a golden railroad spike for being the youngest finisher. But Alex’s face didn’t really light up until I handed him a blue sticker that read “Half Fanatics.”

Now he’s one of those runners in the blue shirt: Not necessarily fast, but pretty tough.

Craig Hill writes for The News Tribune in Tacoma.



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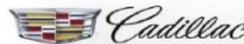
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