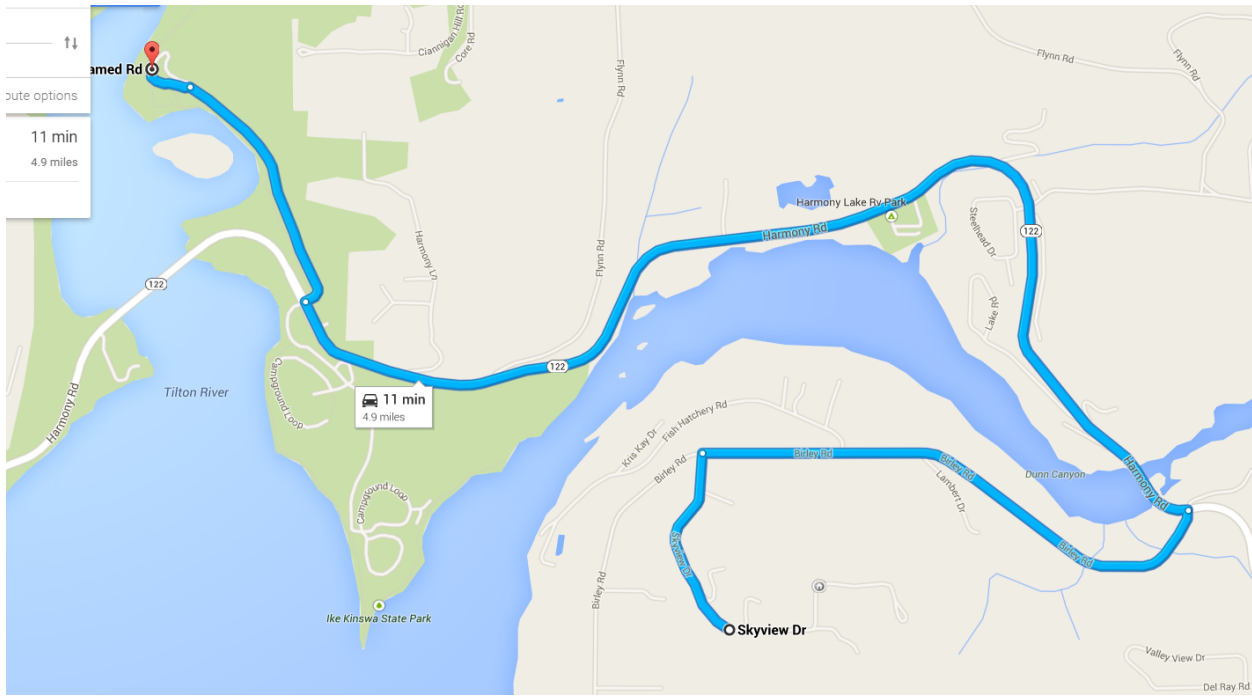


FAVORITE HIKES

4.9 miles from Adytum Sanctuary:

Ike Kinswa State Park Picnic area trail hike along the Tilton River as it feeds into Lake Mayfield.



There is a nice day hike at the day park across the road from the camping area. You need a Discovery pass to park at the picnic area. The trail starts out at the far north side of the park and follows up the Tilton River for several miles. You can see the river in several spots and hike down to it and even swing on a rope out into it if you are adventuresome.

<https://www.youtube.com/watch?v=AWS9ps17UCU>

<https://www.youtube.com/watch?v=XcSplfV8-vM>

<https://www.youtube.com/watch?v=UHFWHCOQCXc>

<http://www.americanwhitewater.org/content/River/detail/id/3411>

Mt. Rainier: <https://www.youtube.com/watch?v=59nQBR5te24>

Comet Falls: http://alltrails.com//trail/us/washington/comet-falls-trail?autologin=1&utm_campaign=AllTrails+Weekly+Newsletter&utm_content=featured+trail+explore+button&utm_medium=email&utm_source=sendgrid

Silver Falls: <http://alltrails.com/trail/us/washington/silver-falls-loop-trail?ref=search>

Grove of the Patriarchs: <http://alltrails.com/trail/us/washington/grove-of-the-patriarchs-nature-trail?ref=search>

High Rock Look Out Trail: <http://alltrails.com/trail/us/washington/high-rock-lookout-trail>

Panorama Point/Skyline Loop Trail: <http://alltrails.com/trail/us/washington/panorama-point-skyline-loop-trail>

Camp Muir: <http://alltrails.com/trail/us/washington/camp-muir-on-mt-rainier>

Mt. St. Helens: <http://alltrails.com/trail/us/washington/mount-saint-helens-national-volcanic-monument>

Gifford Pinchot National Forest

<http://www.fs.usda.gov/activity/giffordpinchot/recreation/hiking/?recid=31178&actid=50>

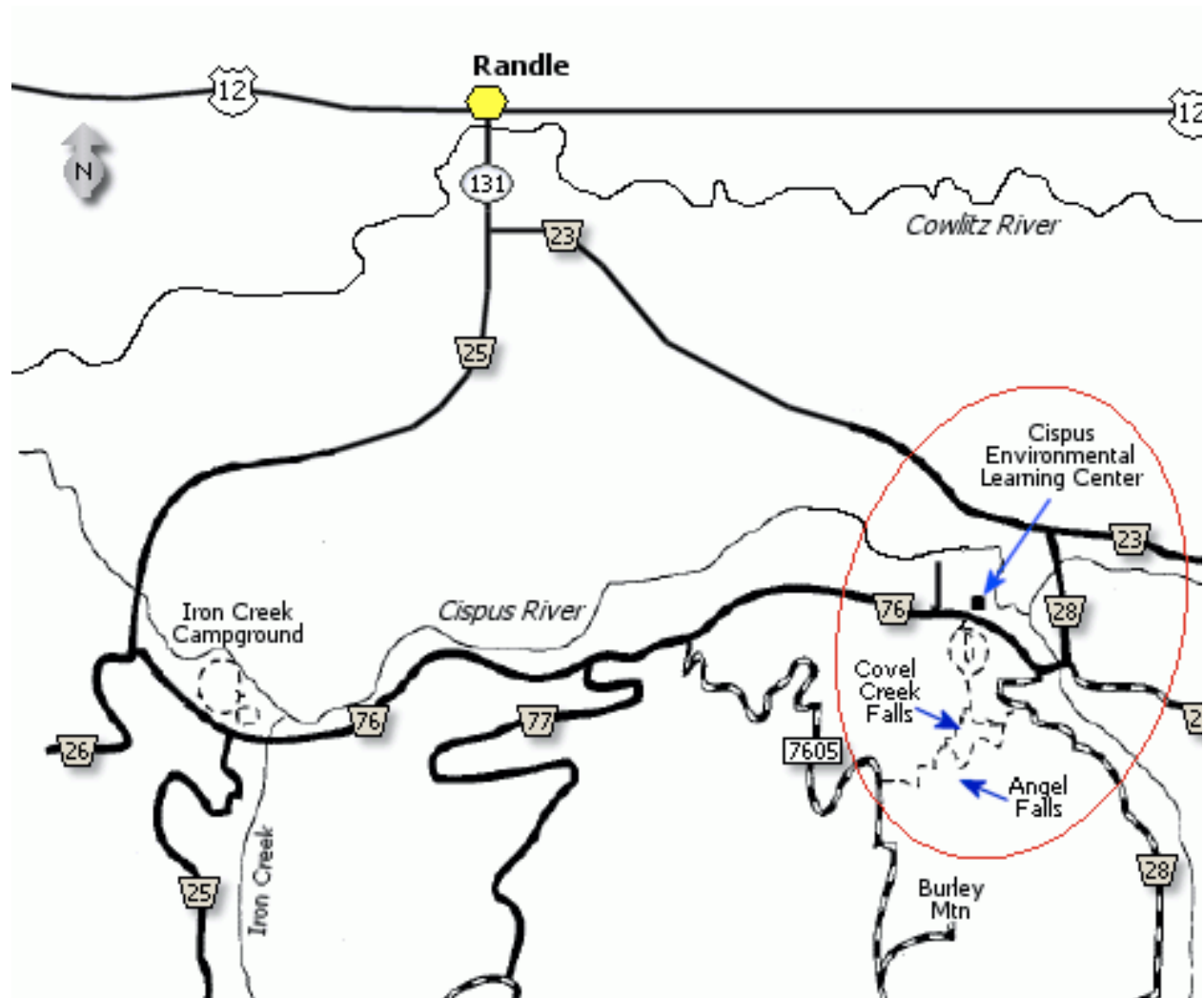
SEE MORE AT OUR PICASSA WEB ALBUMS:

<https://plus.google.com/photos/110031324604393556935/albums?banner=pwa>

Angel Falls: Cispus Center:

<http://www.fs.usda.gov/recarea/giffordpinchot/recreation/hiking/recarea/?recid=31190&actid=50>

This trail starts across the road from the Cispus Environmental Learning Center sign. Cispus braille trail is the first short loop then follow up Covel creek with its many short water falls to spectacular Angel falls. About 40 minutes from Adytum. Open year around.



Angel Falls is a low-volume but prominent waterfall on the West Fork of Covel Creek. The forks of Covel Creek cascade off the northeast side of Burley Mountain, and at about the 2200 foot level, both forks of the creek intersect a band of basalt which produces very scenic waterfalls. Angel Falls is the more prominent of the two falls along this cliff band, veiling about 150 feet over a mossy exposure of the basalt. Later in the season, the moss of the cliff absorbs most of the water until nearly the base of the falls, creating a somewhat surreal look to the falls. The falls are gorgeous when the creek is running, but in the late summer, there is not much more water than a garden hose can offer up. When there is enough water, you may even be able to shower in the falls if you want. Because the trail crosses the creek immediately at the falls' base, there is a significant amount of foreshortening levied against the falls.

HISTORY AND NAMING INFORMATION

The origin of this name hasn't been confirmed. I suspect it was derived from the fact that Covel Creek Falls, shortly downstream from here, has also been known as Phantom Falls, so the name of Angel Falls was applied to this waterfall as a contrast. If this is the case, the falls were named well. Angel Falls is much more graceful, while Covel Creek (Phantom) Falls is quite violent at times. The hike is essentially two loops connected like a figure "8" so the total hike of 4.5 miles has very little repeated terrain, yet is never more than two and a half miles from the trailhead. The Cispus Center keeps it very well maintained.

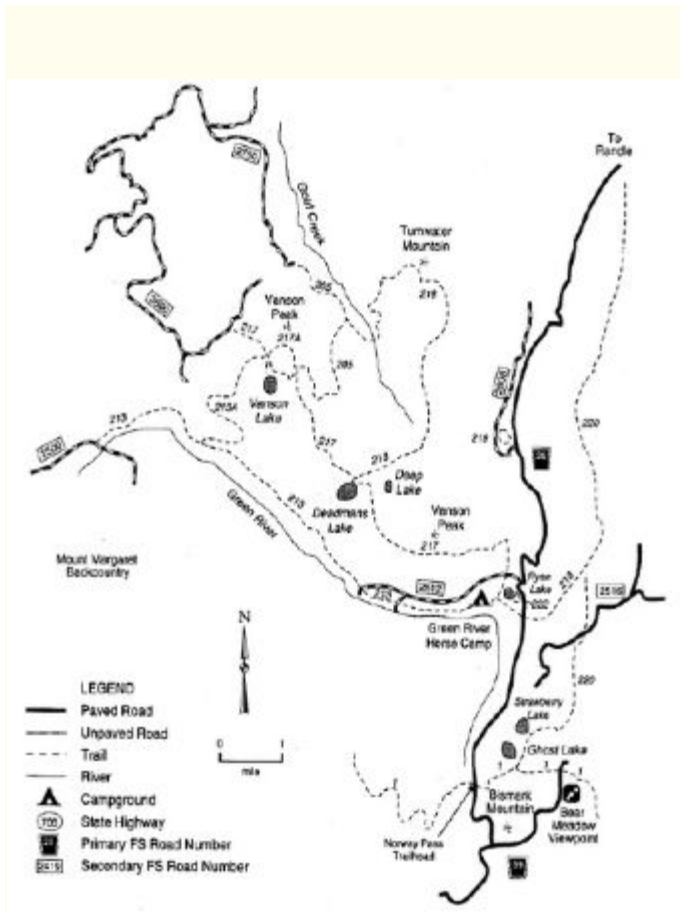
The hike is easy, but does feature some ascent with switchbacks. A quarter of a mile of the hike is at the base of an overhanging rock formation and offers some shallow caves to explore.

The highlight of the trip is the Angel Falls 175 foot fall. Other falls and footbridges make the whole trip interesting – the trail even travels behind one of the waterfalls.

Driving Directions:

Take exit 68 (Highway 12: White Pass, Yakima), head east and follow toward Randle. Turn south onto Cispus Road (Highway 131 toward Mt. St. Helens). After approximately a mile, follow Forest Road #23 to the left (also called Cispus Road). The rest of the way is well marked by brown Forest Service signs on the right hand side of the road. From Randle, the center is 11 miles away. Turn right onto Road 28 and continue two miles to the Cispus Environmental Learning Center where you can park. The Covel Creek Trail is across from the entrance to the center.

Goat Creek trail



Green River area general map in the Cowlitz Valley Vicinity. Sites include:

Goat Creek Trail #205

Goat Mountain Trail #217

Green River Trail #213

Quartz Creek Big Trees Trail #219

Ryan Lake Trail #222

Strawberry Mountain Trail #220

Tumwater Trail #218

Vanson Peak Trail #217A

Vanson Ridge Trail #213A

Area Status: Open



This trail is open to horses, hikers, and bicycles.

Goat Creek Trail is 5.5 miles long and begins in old growth Douglas Fir and Western Red Cedar. After 0.5 miles the trail passes underneath spectacular waterfalls, then follows Goat Creek. It crosses a small creek twice as it climbs to views of the forest below. The trail wanders near open meadows and rock cliffs before it meets with Goat Mountain Trail #217 south of Vanson Peak.

Special conditions: Wet in the spring and no bridges over stream crossings. The Goat Creek Trail begins on Road 2750. Access to the trailhead is on private land. Check for road closures during fire season. The trailhead can accommodate horse trails.

Access to the Vanson Peak area north of Mount St. Helens via Forest Road 2750 and Goat Creek Trail 205 is now closed due to high fire danger. Port Blakely Tree Farms has closed and locked gates on the 108 Bridge at Taidnapam Park. We anticipate that this closure will remain in effect until the end of the 2014 fire season.

For additional information, contact the Cowlitz Valley Ranger District at 360-497-1100.

At a Glance

Current Conditions:	11/07/2014: Open
Restrictions:	Closed to motorized use.
Closest Towns:	Glenoma, WA; Randle, WA
Passes:	No pass required.
Operated By:	Forest Service
Information Center:	Cowlitz Valley Ranger District

General Information

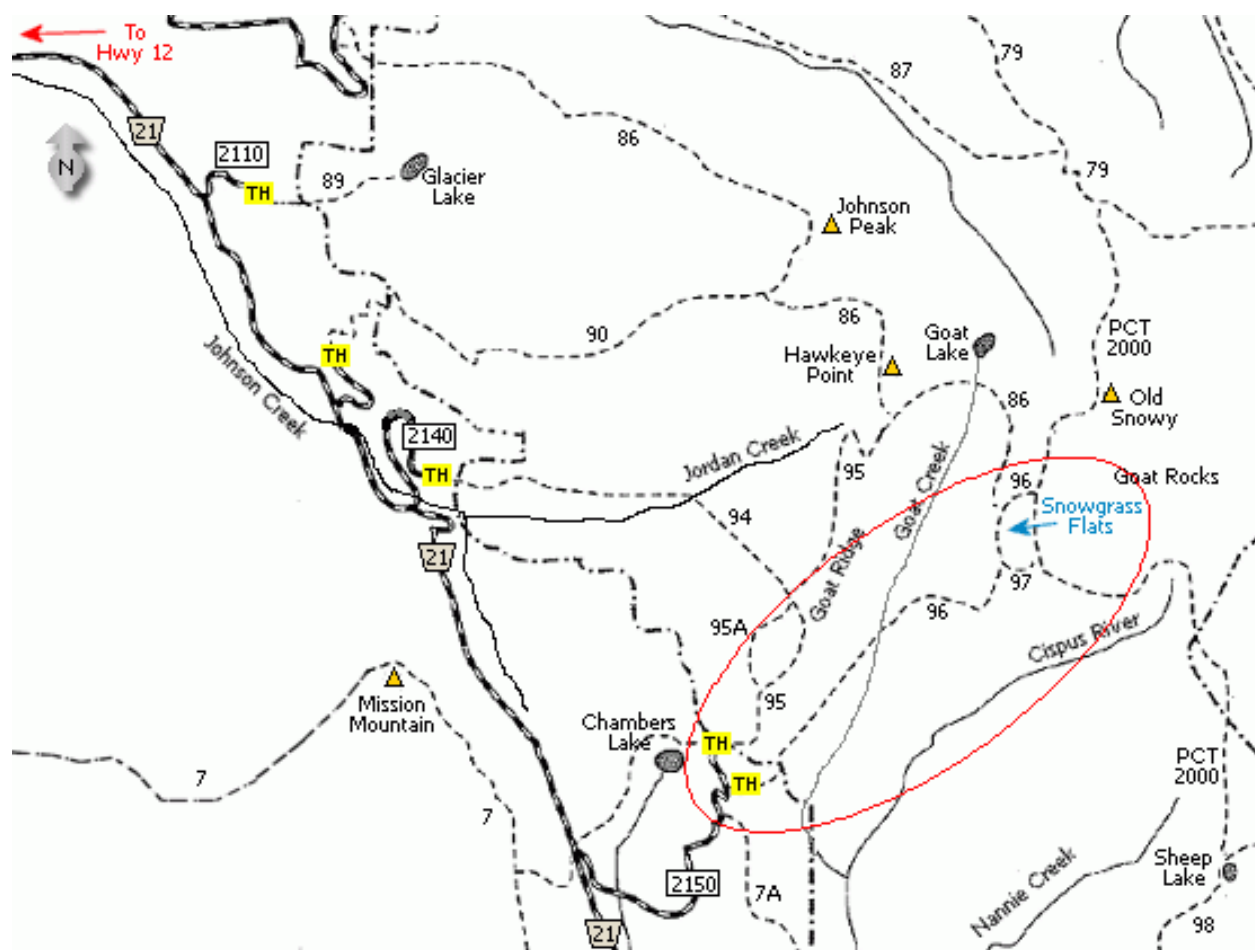
General Notes:

Wet in the spring. No bridges over stream crossings.

Directions:

The Goat Creek Trail begins on Road 2750. Access to the trailhead is on private land. Check for road closures during fire season. The trailhead can accommodate horse trailers.

Goat Rocks!! The best hike in the Cascades



<http://alltrails.com/trail/us/washington/goat-rocks-wilderness-trail-96?ref=search>

Length: 12 Miles round trip

Elevation Change: 2000' Elevation gain / 400' loss

Season: Mid-Summer thru Fall

Difficulty: Challenging

Permit: [NW Forest Pass Required](#)

Features: This hike to Goat Lake via Goat Ridge follows Trail #95 from the Trail Head on Forest Road #2150.040 near what is referred to as the Berry Patch. The trail head is not the same as the trail head to Snowgrass Flats. Follow the signs carefully when you park. The first 4 miles of this hike is mostly in forested areas with limited views.

The trail begins a very steep climb immediately, and continues to do so for the first couple miles. Actually, you are given the opportunity to do a loop around the Goat Ridge Lookout Trail, but on this hike, I'd recommend just getting to Goat Lake and back, so stay to the right as you pass Trail #95A. Eventually, you will meet the same trail again at the other end of it. Just keep on Trail #95 heading to Goat Lake.

At about 2.5 miles you will past the Jordan Creek Trail #94. Keep straight ahead, climbing again and crossing a small stream, which could be a problem in early summer. All along this trail you will be treated to wildflower displays. The closer you get to Goat Lake the better the displays.

At about 4.5 miles you will climb up into a really neat circ. You will be out in the open from now on. Switchbacking your way up the east side of this area will bring you to a saddle between the two valleys and to the Lily Lake Trail #86. Again, bear right and continue to Goat Lake.

At about 6 miles you will come upon Goat Lake. The approach to the lake is outstanding, in that you approach from above the lake, looking down. Don't forget to look up and examine the surrounding hillsides for the ever-present mountain goats. And don't be surprised if the lake is frozen. It usually doesn't thaw until mid-August.

Trailhead: Berry Patch

Area Status: Unreachable

Provides access to: [Trail #95 Goat Ridge](#) and [Trail #96 Snowgrass](#) which lead into [Goat Rocks Wilderness](#).

Trailhead is on Forest Road 2150 near Chambers Lake. Berry Patch was the site of a Forest Service Ranger Station from 1910 to the 1930s. Long before that, the site was an important Taidnapam/Yakama Native American berry-picking site.

At a Glance

Current Conditions:	12/29/2014:
Fees	\$5/vehicle/day
Permit Info:	Wilderness permits are required for entry into all Gifford Pinchot National Forest Wilderness areas. The self-issuing permits are free and are available trailheads.
Usage:	Medium-Heavy
Restrictions:	Wilderness regulations apply within Goat Rocks Wilderness.
Closest Towns:	Randle, WA; Packwood WA
Water:	No
Restroom:	Toilet
Passes:	Valid Recreation Passes may be used as a form of fee payment.
Operated By:	Forest Service
Information Center:	Cowlitz Valley Ranger District

General Information

Directions:

From Randle, WA travel south on State Highway 131 (Forest Roads 23 and 25). Veer left in 1 mile at the Y of Forest Roads 23 and Forest Road 25. Continue to follow Forest Road 23 for 17.5 miles and turn left on Forest Road 21. Follow Forest Road 21 for 15.6 miles and turn left on Forest Road 2150. Follow Forest Road 2150 for 2.9 miles and continue straight on Forest Road 2150040. Follow Forest Road

2150040 for .5 miles and arrive at the trailhead.