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2019/2020

YOUR COMPLETE GUIDE TO THE PARKS

# AMERICA'S NATIONAL FORESTS

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Our National Forests and Grasslands are truly “The People’s Lands.” These spectacular 193 million acres stretch from Alaska’s snow-capped peaks to Florida’s lush longleaf pine forests. Red rock deserts, sprawling grasslands, hardwood forests, and fascinating history are all yours to explore and discover when you visit our National Forests and Grasslands.



But these forests are about more than just scenic vistas and historic sites. Our forests provide water to millions of Americans in thousands of communities, harbor diverse wildlife, and provide resources for our nation. From clean air to clean water and from scenic drives to the thrill of wilderness solitude, our national forests offer an abundance of recreation opportunities, ecosystem services, and a lifetime’s worth of exploration.


The National Forest Foundation works to steward these incredible landscapes and engage Americans in their care. We do this through innovative grant programs, tree-planting projects, long-term investments in particular landscapes, and by bringing diverse groups together. We also share the stories of our national forests and highlight the values these treasured public lands provide.

We are proud to work with the American Park Network on this guide that lists just some of the incredible opportunities our National Forests and Grasslands offer. As you explore our national forests, we invite you to learn more and get involved. Visit [nationalforests.org](http://nationalforests.org) to learn how.

**Mary Mitsos**  
President, National Forest Foundation

## WANT TO TAKE A TOUR OF YOUR NATIONAL FOREST? THERE’S AN APP FOR THAT!



In 2017, the U.S. Forest Service launched a mobile tour app, offering visitors a guided tour in national forests, prairies, and grasslands. Download the free app from iTunes or the Android store by searching “USFS Tours” and scrolling through the forests that have tours available for download. New tours are added every week! Use the app to find useful information: safety alerts, driving directions, hiking trails, maps, and permitting instructions. Plan your journey with historical landmarks, waterfalls, mountains, visitor centers, and fantastic photo ops with tips handpicked by national forest staff. Download the app and selected tours at home, since many national forests don’t have wifi. The *Oh, Ranger!* guide indicates forests that have a tour with a smartphone icon  next to the forest name. We welcome you to your national forests and hope these tours make your visit even more special. It’s all yours!



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Cover: Tonto National Forest in bloom (iStock)



For answers to all your questions,  
go to **OhRanger.com**



## WHAT'S NEW! WE'RE ALL CONNECTED

**"When we try to pick out anything by itself, we find it hitched to everything else in the Universe."**

—John Muir

As a young man, John Muir, the naturalist known as, "Father of the National Parks," had an accident that left him temporarily blinded. It changed his life forever. When he regained his sight, he emerged into the light ever-determined to pursue his dreams of exploration. Fortunately for the world, Muir's trials led him to help move Congress to set aside Yosemite, one of his many contributions to our nation's preservation movement.

When faced with adversity, we have but two choices. We can either rise above our circumstance or succumb to our demons of doubt, fear, resentment and apathy. While Muir was lucky to have his sight return, his subsequent efforts drew strength from hope, compassion, kindness and love to rise up from personal adversity.

Lately, it feels like we're all dealing with too many hurdles. Every hour, "breaking" news spews forth accounts of tragedy and divisiveness. It was with this backdrop that I was preparing to teach a restorative yoga class, to create a safe environment for my students and provide an hour's worth of peace and quiet to carry out into the world. What theme would capture their imagination and neatly underscore our human need for connectedness?

When teaching, I try to use examples that marry ancient tradition with contemporary



Mark, Joel & Alex – connecting in parks!

science. I often find inspiration in parks. In its traditional form, yoga was about joining with the collective universe. So, too, is Muir's quote, best illustrated by an example from Yellowstone. When wolves were reintroduced there after a 70-year absence, the rampant elk population could no longer leisurely nibble on willows, graze in open meadows or congregate by the rivers. In a short period of time, the forests and meadows began to regenerate. Song birds appeared. Beavers flourished, building dams, which created habitats for otters, muskrats and ducks. Cooler waters, shaded by more trees, attracted different species of amphibians and fish. Tree roots stabilized the river banks, diminished erosion and even changed the geography of the park! Indeed, pick out anything by itself and we quickly find that *everything* is connected.

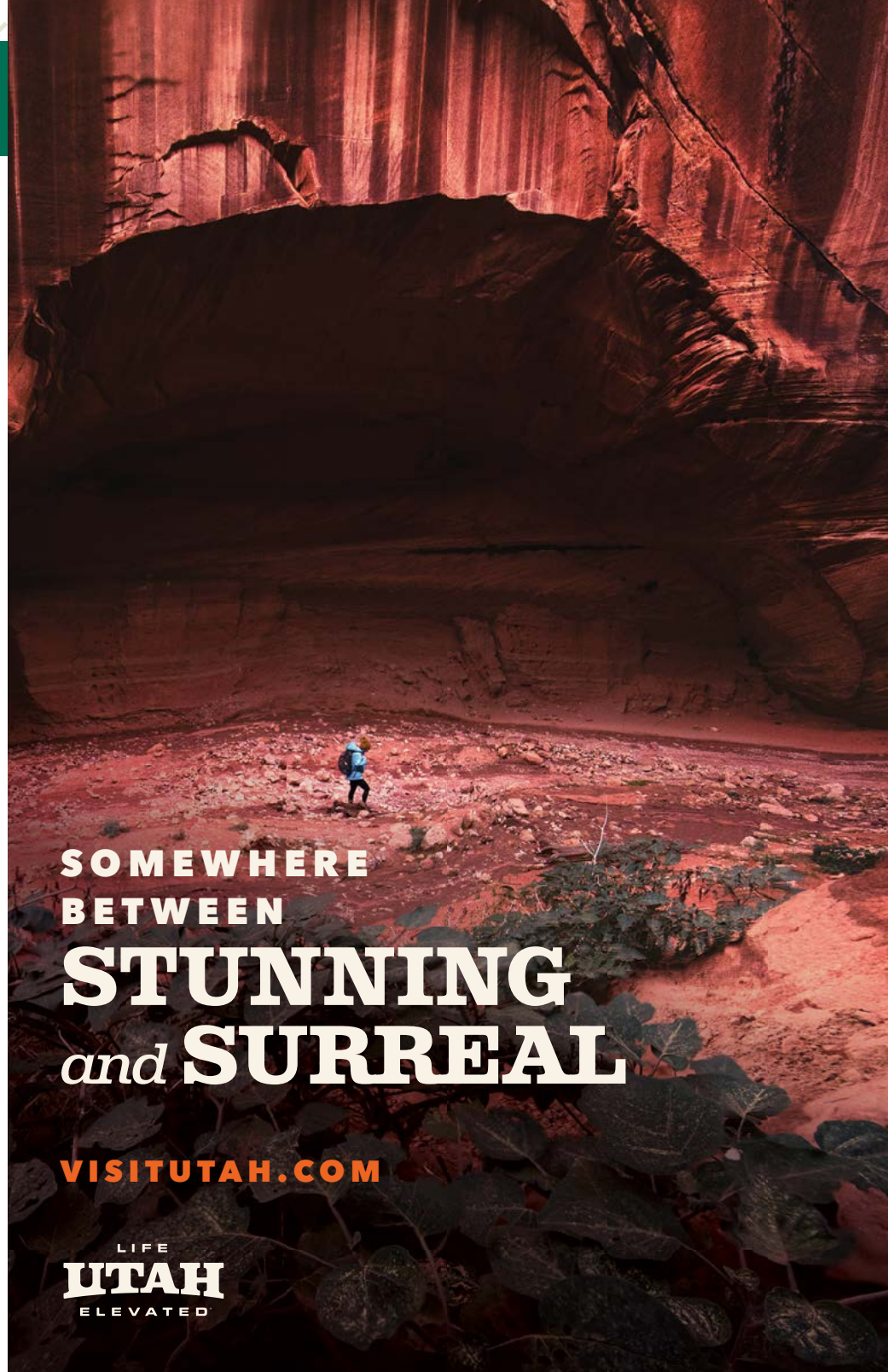
Now is the time to seek out connection—whether in a park, a yoga studio or anywhere you find inspiration—to find strength to rise up and overcome the obstacles that face us all...

mark@americanparknetwork.com



### GET CONNECTED AT YOUR FAVORITE PARKS!

Parks are about enjoying nature, but what if you want to share a great picture or are awaiting an important email? If you're looking to add connectivity to your park, or if you already have Wi-Fi and would like help adding content or generating sponsor revenues, please let us know at [wifi@americanparknetwork.com](mailto:wifi@americanparknetwork.com).



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## AT A GLANCE

The National Forest System spans 193 million acres across America and Puerto Rico. Traversing mountains, temperate rainforests, glaciers, grasslands, and deserts, national forests provide visitors a recreational space to explore and relax. The forests and grasslands encompass some of the country's most untouched, serene, and treasured landscapes.

Camping, hiking, biking, swimming, kayaking, boating, fishing, and horseback riding are just a few of the adventures that are waiting. Odds are, there is a national forest closer to you than you think, filled with limitless opportunity for fun and discovery. So what are you waiting for? Get out there and explore!

### U.S. FOREST SERVICE

The U.S. Forest Service takes on the responsibility of managing public lands in National Forests and Grasslands. Founded in 1905, the U.S. Forest Service protects some of the most diverse and treasured landscapes in the nation. Overseeing 155 national forests and 20 grasslands in 43 states, roughly an area the size of Texas, the USFS helps defend against major threats to the National Forest and Grasslands system, including: fire and fuels, invasive species, loss of open space, and unmanaged recreation.

The organization prides itself on carrying out what its founder Gifford Pinchot espoused: to provide the greatest amount of good for the greatest amount of people. For more information on the **U.S. Forest Service**, call **(800) 832-1355** or visit **www.fs.fed.us**.

### STATE FISH & WILDLIFE AGENCIES

Hunting and fishing are two extremely popular recreational activities in the national forests. If you are traveling to a forest on a trip, it is important to have a valid license in that state before you go fishing or hunting.



### ACCESSIBILITY IS OUR PRIORITY

Do you or someone in your group need accessible facilities? Let **recreation.gov** be your tool for planning your trip and discovering locations with accessible accommodations. Here are a few tips to help you get started:

- Search for the location you wish to visit or activities in which you wish to participate on **recreation.gov**.
- For search results that include camping and lodging locations, apply the accessibility filter in order to display only those locations with accessible sites. Filters are found at the top of the search results page.
- Next, choose "Show Sites" (right side) to display only those campsites that are accessible. Add your desired dates and choose "Book Now."
- For tours and permits, carefully read the tour or permit description to find accessible information for specific activities or special areas.
- Keep in mind that many sites with accessible accommodations and activities may not list the full details. It is always a good idea to contact local offices to inquire about accessible features to accommodate your needs.

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## VOLUNTEER

Get involved with your national forests! Despite the magnificent work of the U.S. Forest Service and other organizations, the forests can always use helping hands to keep them in shape. Many forests offer volunteers a variety of programs in resource management activities, such as invasive plant control or migratory bird monitoring. If you are interested in history, **Passport in Time** is a program that allows volunteers to work with professional archaeologists and historians in the forests. With thousands of miles of trails, volunteers for trail maintenance are always welcome.

## RECREATION.GOV

When planning a visit to a national forest, be sure to use the essential resource of [recreation.gov](http://recreation.gov). The federally managed site can answer almost any question you have about the forests online or by phone at (877) 444-6777.

## TRIP IDEAS

For a full catalogue of everything [recreation.gov](http://recreation.gov) has to offer, visit the "Explore Trip Ideas" page. Lists and pictures of fantastic places and exciting activities are the perfect remedy for those lacking the inspiration to make a forest dream into reality. The information can even be explored by state for your convenience.

## FIND PARKS, FORESTS, AND CAMPGROUNDS

Once you have an idea of the kind of trip you would like to take, [recreation.gov](http://recreation.gov) is an indispensable tool for learning the particulars. The site offers a comprehensive database to reserve campgrounds and cabins, find lakes and hiking trails as well as guidance on accessibility. With detailed information about rules,

amenities, and features, you'll be able to plan the perfect getaway. Most importantly, the site provides the opportunity to book your stay on the site up to 180 days in advance.

## PERMITS AND PASSES

Many of the most popular attractions in national forests require explicit permission in the form of permits or passes. Many climbing destinations are so sought after that passes to climb peaks like Mt. Whitney are only given out through lottery, which can be entered online.

Permits are also required for boat use in the national forests. When authorized in national forests, OHV vehicles always require permits, which differ from state to state, but [www.fs.fed.us](http://www.fs.fed.us) can help you with specific state and forest rules.

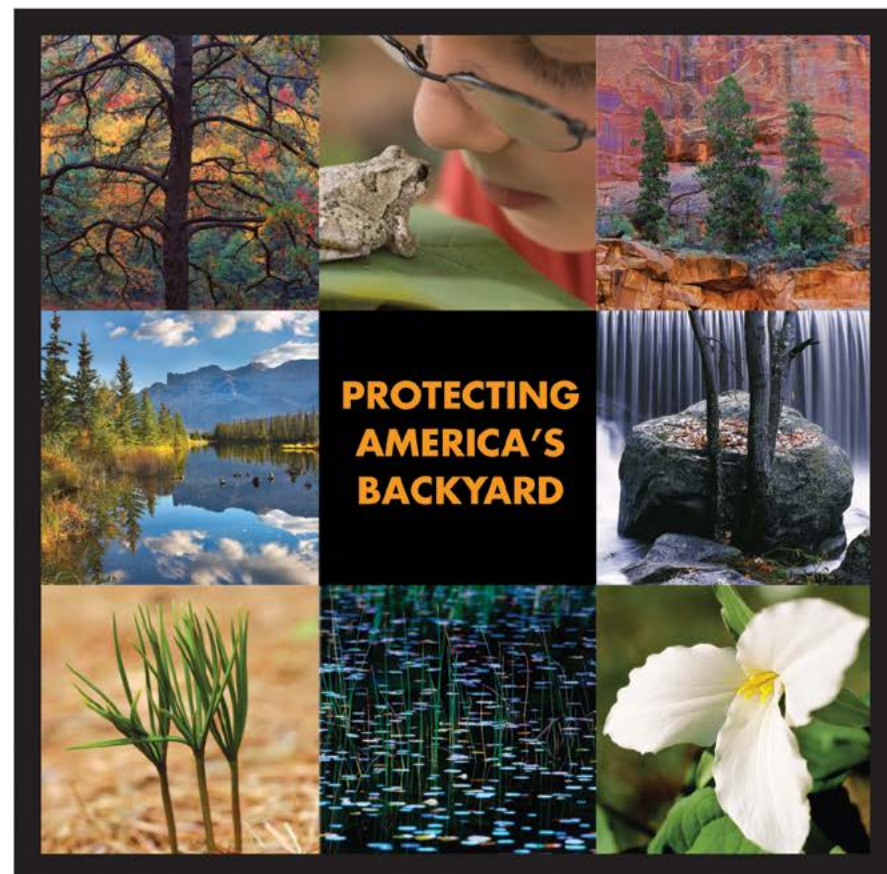
*No drones/UAS (unmanned aircraft systems) are allowed in Wilderness Areas or near wildlife.*

## EVERY KID OUTDOORS

To help engage and create our next generation of park visitors, supporters, and advocates, the Federal Land Management agencies participate in the Every Kid Outdoors initiative. The immediate goal was to provide every fourth grade student across the country the opportunity to experience their federal public lands and waters in person.

All kids in the fourth grade have access to their own Every Kid Outdoors pass at [everykidinapark.gov](http://everykidinapark.gov). This pass admits the owner and any accompanying passengers in a private non-commercial vehicle to the park. Up to four people accompanying a fourth grader on bikes or on foot will also be admitted free of charge.

You must print your pass from [everykidinapark.gov](http://everykidinapark.gov) and present it at the park. The Every Kid Outdoors pass is valid until August 31, 2019.



They give us fresh water, clean air and unforgettable experiences.  
They give us beauty, serenity and escape.  
They are OUR public lands.

It doesn't take much to give a little something back to ensure that these places will be here for our children to enjoy. Join the thousands of individuals who play a part in helping to care for our National Forests every day.

Learn how you can help



[www.nationalforests.org](http://www.nationalforests.org)

## BECOME A FRIEND OF AMERICA'S NATIONAL FORESTS

There are lots of ways to be a friend to your forests and play a role in perpetuating America's great legacy of National Forests and Grasslands. Visit the National Forest Foundation online to:

- **Get Your Hands Dirty** volunteering for a Friends of the Forest® Day or another hands-on forest stewardship project. Visit [nationalforests.org/volunteer](http://nationalforests.org/volunteer).
- **Take Off On An Adventure** by choosing a new national forest to explore. Visit [nationalforests.org/forests](http://nationalforests.org/forests).
- **Plant a Tree** and help us meet our 50 million tree goal. For more information on how to get involved, visit [nationalforests.org/planttrees](http://nationalforests.org/planttrees).

• **Share a Photo** of your visit to a national forest or grassland with the NFF and they may feature it on their Instagram page at [nationalforests.org/Instagram](http://nationalforests.org/Instagram).

- **Follow NFF'S Trail** and share your adventures through Facebook—[facebook.com/NationalForestFoundation](https://facebook.com/NationalForestFoundation) and Twitter—[twitter.com/nationalforests](https://twitter.com/nationalforests).
- Or simply **Share the Beauty** of a national forest with a friend, family member or child. Passing on an appreciation for the wonders of our public lands is the greatest gift you can give. Visit [nationalforests.org](http://nationalforests.org).



## SPECIAL PLACES IN OUR NATIONAL FORESTS

The U.S. Forest Service manages over seven million acres of Congressionally-designated areas and national monuments, protected either by Congress through legislation or by the President via proclamation under the authority of the Antiquities Act. These sites include National Monuments (NM), National Volcanic Monuments (NVM), National Historic Scenic Areas (NHS), National Recreation Areas (NRA), Scenic Recreation Areas (SRA), and National Scenic Areas (NSA). Additionally, the Forest Service manages 757 Wilderness Areas, 208 Wild and Scenic Rivers, over 2,500 Historic Sites and Landmarks, and a network of 30 National Scenic and Historic Trails.

These special or iconic places are singled out because they are outstanding examples of plant and animal communities, recreation opportunities, geological features, scenic grandeur, or other special attributes that merit special management, and often require specific management plans differing from those of the national forests of which they are a part. To better understand the current needs, conditions, and perceptions of these special places, we conducted a survey of these places across the United States.

### NORTHERN REGION

With the major trailhead only 4.5 miles north of Missoula, the 61,000 acres of glaciated topography in the **Rattlesnake National Recreation Area and Wilderness** (RNRWA) on the Lolo National Forest form Montana's premier urban wilderness, blending the best of both wilderness and civilization. The U-shaped Rattlesnake basin is fed by more than 50 small creeks that begin as seeps from springs and melting

snowbanks in the upper Wilderness portion of the NRA. Resting in the more than 30 high mountain lakes, crystal clear water then plunges down waterfalls to hanging valleys separated by sheer head walls and carpets of sub-alpine firs, lodgepole pines, and spruces sloping down to open Douglas fir and ponderosa pine parklands.

### ROCKY MOUNTAIN REGION

The **Chimney Rock National Monument** encompasses 4,726 acres of the San Juan National Forest between Durango and Pagosa Springs, Colorado. The area is sacred to today's Native American peoples. Chimney Rock is a national treasure, and contains spiritual, historic, and scientific resources of great value. On September 21, 2012, President Obama proclaimed Chimney Rock a National Monument, making it the seventh national monument managed by the U.S. Forest Service and the only national monument in the national forest system devoted primarily to archaeological resources.



### PACKING ESSENTIALS

#### Don't hit the trail without:

- Topographic Map and Compass + GPS
- Whistle
- Flashlight or Headlamp
- Sunglasses, Sunscreen, and Hat
- High-energy Food and Plenty of Water
- Appropriate Clothing and Extra Layers
- Waterproof Matches
- Insect Repellent
- Pocket Knife
- First-Aid Kit
- Sturdy Footwear

## 100TH ANNIVERSARY OF THE FIRST RECREATION PROFESSIONAL

### CELEBRATING ARTHUR CARHART'S FOREST SERVICE

This year marks 100 years since Arthur Carhart began his landmark work on national forests as the first landscape architect, and recreation professional for the USDA Forest Service. When Carhart was hired in 1919, the young agency tasked him with planning, designing, and managing the newfound interest in recreation on public lands. His advocacy to leave some special places untouched became a foundation for the Wilderness Act many years later.

In honor of Carhart's legacy, the USDA Forest Service is laying the groundwork for the Get Outdoors Carhart Centennial Corps, a cadre of landscape architecture Resource Assistants focused on sustainable recreation work on National Forests and



*Arthur Carhart (1892–1978) while he was employed to the USDA Forest Service.*

Grasslands. The Resource Assistants Program is a paid internship that provides the tools for participants to launch careers in natural and cultural resource management.



## CONSERVING OUR FORESTS

The 21st Century Conservation Service Corps (21CSC) is a bold national effort that seeks to advance conservation priorities and expand access to lands and waters for recreation and restoration. 21CSC is putting America's youth and veterans to work protecting, restoring, and enhancing America's Great Outdoors.

In January 2018, the new 21CSC Act passed the House Committee on Natural Resources with unanimous bipartisan support. In recent months, 21CSC has been featured in hearings and briefings on Capitol Hill, where the initiative has been called a strategy for addressing the many issues facing our public lands.

Leaders from 21CSC organizations have testified about how the Corps offer a way to engage the next generation of national forest visitors, help returning veterans transition back to civilian life, and help land managers meet their mission.

To date, 11 national partners and five local partners have joined the 21CSC, provid-



ing hundreds of young people, veterans, and other under-represented communities an opportunity to engage in public land restoration and conservation. These organizations engage a broad spectrum of diversity nationwide. For more information, including eligibility requirements, visit [21CSC.org](https://21CSC.org).

You don't have to be a part of an organization to help preserve America's forests, you just need to learn how to visit respectfully. Leave No Trace is a national program that teaches people how to enjoy the outdoors responsibly and promotes and inspires proper stewardship of America's public lands. The U.S. Forest Service and many other federal land management agencies are cooperating partners in this program. You can help minimize impacts to the natural resources and experiences of other visitors by practicing these seven principles:

- Plan ahead and prepare.
- Travel and camp on durable surfaces.
- Dispose of waste properly.
- Leave what you find.
- Minimize campfire impacts.
- Respect wildlife.
- Be considerate of other visitors.

Consider applying these principles during your travels. We always need your help in preserving our shared lands for future generations. It is the most important thing you can do for the places you love. Make the commitment to Leave No Trace.

For more information, please visit [LNT.org](https://LNT.org).



Follow Leave No Trace principles—pack out what you pack in and minimize campfire impact.

## SOUTHWESTERN REGION

The **Jemez National Recreation Area** is comprised of 57,650 acres of beautiful valley bottoms and high mesas. Jemez National Recreation Area was established in 1993 in order to “conserve, protect, and restore the recreational, ecological, cultural, religious, and wildlife resource values of the Jemez Mountains.” This includes working with the Pueblo of Jemez to “assure access to religious and cultural sites, enhancing the privacy and continuity of traditional cultural and religious activities and protecting traditional cultural and religious sites.”

## INTERMOUNTAIN REGION

The **Spring Mountains National Recreation Area** (SMNRA) is part of the Humboldt-Toiyabe National Forest. Better known to locals as Mount Charleston, it is located just 30 minutes from downtown Las Vegas and encompasses more than 316,000 acres of remarkable beauty and surprising diversity. The Humboldt-Toiyabe National Forest's spectacular 6.3 million acres makes it the largest national forest in the lower 48 states. Located in Nevada and a small portion of eastern California, the forest offers year-round recreation of all types.

## PACIFIC SOUTHWEST REGION

The **San Gabriel Mountains National Monument** was designated on October 10th, 2014. This monument, encompassing 346,177 acres of the Angeles National Forest and neighboring San Bernardino National Forest, is the eighth national monument under Forest Service management. The area is within 90 minutes of 15 million people in the Los Angeles Basin, of which the San Gabriel Mountains provide 70% of their available open space and 30% of their drinking water. The national monument

serves as the backyard to the nation's second-largest urban center.

## PACIFIC NORTHWEST REGION

The Congressionally designated **Columbia River Gorge National Scenic Area** (CRGNSA) encompasses 292,500 acres in Washington and Oregon, where the Columbia River cuts a spectacular river canyon through the Cascade Mountains. The U.S. Forest Service manages approximately 80,000 acres in the National Scenic Area and works with the Gorge Commission, states, counties, treaty tribes, and partners to protect and enhance scenic, natural, cultural, and recreational resources.

## SOUTHERN REGION

**Indian Nations National Scenic and Wildlife Area** is a 41,051-acre scenic area in the Ouchita National Forest. It includes the Homer L. Johnson Wildlife Management Area and a 15-acre fishing lake atop Post Mountain, as well as the 78-acre Cedar Lake, primarily used for fishing. Facilities include boat docks and ramps, drinking water, outdoor grills, pavilion, picnic area with tables, playground, hook-up sites for recreational vehicles, and tent sites for camping.

## EASTERN REGION

Encompassing 100,000 acres of the Monongahela National Forest, the scenic **Spruce Knob-Seneca Rocks National Recreation Area** (NRA) contains the highest peak in West Virginia, some of the best rock climbing on the east coast, outstanding views, and a chance to enjoy America's great outdoors.

Congress established the Spruce Knob-Seneca Rocks National Recreation Area in 1965. It was the first NRA to be designated in the USDA Forest Service.

## ALASKA REGION

**Misty Fjords National Monument Wilderness** extends 17 million acres across Tongass National Forest, and includes the largest wilderness in Alaska's national forests and the nation. Misty Fjords is a natural mosaic of cliffs and rock walls jutting 3,000 feet out of the ocean as well as dramatic

waterfalls, lakes, and streams. Taking its name from the almost constant precipitation of the area, the monument is covered with thick rainforests that grow on nearly vertical slopes from sea level to mountaintops. The region is also home to the Chugach, the northern most temperate rainforest in North America.



## A ROOM WITH A VIEW



Shutterstock

*Burley Mountain Lookout is one of more than 50 lookouts available for rent across the West.*

**Picture this:** from your front door, the world unfolds around you, mountains and valleys forming an imposing and impressive topography that stretches for miles. Sound tempting? Well, you too can wake up to such a view when you rent a U.S. Forest Service fire lookout through their popular recreation rental system.

America's lookouts are deeply tied to our nation's rich history. At one point during the 1940s, there were over 10,000 fire lookouts in national forests across the country, and nearly every stream drainage on forest land was "covered," often from two or three vantage points. Lookout numbers spiked during the Great Depression, when Civilian Conservation Corps crews were commissioned to build new structures. During World War II, the U.S. government instituted the "Aircraft Warning Service," and lookouts were used to watch for enemy aircraft in addition to forest fires. But with the advent of new technologies like computerized

lightning detection systems and air patrols, the need for lookouts decreased and many were decommissioned in the 1970s and 1980s.

Today, there are 900 lookouts, with several hundred of those actively staffed during fire season. Many of the remaining lookouts have been restored by volunteers through the Forest Service's Passport in Time Program and still house historical equipment, like the Osborne Fire Finder.

There are 50 lookouts you can rent in states across the West for around \$25 to \$50 a night. Rental fees are dedicated solely to maintenance of the lookout itself. Keep in mind that the lookouts are small—often around 12 to 15 square feet in size—so they usually don't accommodate more than four people. Not all are accessible by car and amenities are rustic. Most lookouts have a heat source, cooking utensils, table and chairs, and beds—ask what is provided. Start at [firelookout.org/lookout-rentals.htm](http://firelookout.org/lookout-rentals.htm).

Once you have picked out your desired destination, you can usually make a reservation up to 180 days in advance at [recreation.gov](http://recreation.gov).

The wide panoramas and vast solitude will amaze you. Mornings are a revelation, and some swear that the stars shine brighter up there. Want to reserve a cabin or a lookout? Reservations can often be made through [recreation.gov](http://recreation.gov) or by calling (877) 444-6777.



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# EASTERN REGION

For millions of people each year, the 17 national forests of the Eastern Region are popular destinations for recreation year-round. Water-based recreation is especially popular in these forests, where more than 10,000 lakes and 15,000 miles of streams provide settings for canoeing and trophy fishing. Whether it's finding solitude in the wilderness, snowmobiling on a snow-covered trail or skiing down a world-class ski run, the Eastern Region national forests have something for everyone.

## FEATURED WILDERNESS

### BOUNDARY WATERS CANOE AREA

The **Boundary Waters Canoe Area Wilderness** is a unique natural area located in the northern third of the Superior National Forest in northeastern Minnesota. It extends nearly 150 miles along the international boundary—with Canada's Quetico Provincial Park—and with Voyageurs National Park to the west.

Glaciers carved Boundary Waters into the rugged cliffs and rocky shores of the approximately **1,175 lakes** which lie within the wilderness. The area has human history from 10,000 years ago through the early American fur trade, including villages, pictographs, and sites of ritual importance.

Boundary Waters has approximately 80 entry points with 12 hiking trails and nearly 2,200 campsites. Its **1,200 miles of streams** provide the opportunity for long distance travel by watercraft in the spirit of the French Voyageurs of 200 years ago. In the winter months, visitors can enjoy opportunities for skiing, dog sledding, and ice fishing. Visitor services are available at nearby Ely and Grand Marais, Minnesota. For more information, visit [ely.org](http://ely.org) or [grandmarais.com](http://grandmarais.com).

## IN THE AREA

### ALLEGHENY NATIONAL FOREST

Pennsylvania's only national forest is approximately 517,000 acres located in the northwest corner of the state. The motto "**Land of Many Uses**" captures the goal of a healthy, vigorous forest that provides wood products, watershed protection, and recreational opportunities. The best way to see the forest might be the 36 miles of the **Longhouse National Scenic Byway**. Made up of three main legs that form a loop around the Allegheny Reservoir—State Routes 59 and 321 and the Longhouse Scenic Drive—the byway's foliage makes this loop particularly striking in the fall, and it contributes its roads to multiple bicycling events each year. Stop at several vistas of the reservoir for campgrounds featuring beaches, picnic areas, boat launches, and an accessible fishing pier.

Visit the **Buzzard Swamp Wildlife Management Area** for some of the best wildlife viewing opportunities in the forest—especially for deer and black bears. Fifteen man-made ponds have been constructed and are just one of the ways the area is managed to help its animal population. Buzzard Swamp is an important link in the Atlantic Flyway during the waterfowl migration and features an 11.2-mile trail system designed for hiking, skiing, and mountain biking, though motorized vehicles, ATVs, and snowmobiles are not allowed on any trails.

### GREEN MOUNTAIN & WHITE MOUNTAIN NATIONAL FORESTS

The **Green and White Mountain National Forests** combine rugged mountain

peaks with quaint New England villages. For a great photo-op, stop at Thundering Falls, one of the tallest waterfalls in Vermont and the site of a historic mill powered by the falling water. Starting from the River Road parking area, this accessible section of **The Appalachian Trail** passes through open Ottauquechee River floodplain across 900 feet of boardwalk, then ascends to the falls viewing platform via an accessible switchback and spur trail. For some unique history, the **Robert Frost Recreational Trail** commemorates the work of the American poet who for 42 years taught at Middlebury College's Ripton, Vermont campus. The trail is a fitting tribute as it holds some of the scenery which inspired his pastoral poetry.

The White Mountain Trail is the most popular auto tour in the White Mountain and is recognized as one of a select group of "**America's Scenic Byways**." This 100-

mile loop encompasses all the natural splendor, cultural richness, historical charm, and recreation opportunities the White Mountains Region has long been known for. Stop by **The Russell-Colbath House** on the Kancamagus Highway in Albany, New Hampshire for an up close look at a 19th century farmhouse with period furnishings which operates as a historic house museum, with an on-site historic interpreter.

### MONONGAHELA NATIONAL FOREST

Start your visit at the **Seneca Rocks Discovery Center** to see the iconic Seneca Rocks, an enormous quartzite crag that remains the only true peak on the east coast. During World War II, the formation became the training ground for soldiers learning assault climbing during the West Virginia Maneuvers (1943–1944). Because its peak is only accessible by climbing, Seneca Rocks

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*Rising nearly 900 feet above the North Fork of the South Branch of the Potomac River, in West Virginia, Seneca Rocks has long been popular with climbers who flock to its 375 mapped routes.*

serves as one of the most popular climbing destinations in America. The center provides information on the area's history through live performances of traditional mountain music and demonstrations of Appalachian crafts and frontier living, including oak basketry and candle making. Just a short walk from the Discovery Center rests the **Sites Homestead**, a historic home originally constructed in 1839 by Jacob Sites. Tours are available on Saturdays during the summer, and visitors are welcome to tour the grounds, including the summer kitchen gardens during regular day use hours.

The Monongahela is home to the headwaters of five major river systems and hundreds of miles of streams. During high water in the spring, the Laurel Fork, Dry Fork, and Glady Fork offer a mix of **scenic whitewater runs**, which vary in difficulty from family friendly Class II to the riskier and athletic Class IV. For thrill seekers, Red Creek, Seneca Creek, and the Upper Blackwater offer expert qual-

ity whitewater; among the most challenging in the United States The lower summer flow is more suitable for lazy float trips or canoeing through scenic valleys. See local outfitters to rent equipment and hire guides.

The campaigns of the Civil War in West Virginia built the reputations of many leading figures and are an important part of American history. To explore this legacy, take the **Civil War Discovery Trail** through landmarks of the state's early wartime conflicts.

Notable stops on the tour include **Cheat Summit Fort** (the highest known Union fortification east of the Mississippi), Camp Allegheny battlefield, and the museum and lookout tower of **Droop Mountain Battlefield State Park**.

Located at the junction of Route 150 and Route 39/55, the **Cranberry Mountain Nature Center** holds an exhibit hall and auditorium with guided tours and programs for all ages, including the very popular live snake

display. The center also features a nature store, native plant garden, and a nature trail. Check the website for hours of operation.

The nature center sits just minutes from the **Cranberry Glades Botanical Area**, which protects a large concentration of bogs in the southwest of the forest. A half-mile boardwalk makes its way over the bogs so visitors can see the unique, moss-covered wetland up close without damaging the fragile ecosystem. The barrier-free boardwalk is also a great opportunity for some of the best birdwatching in the forest.

Access the natural wonders of the forest via the **Highland Scenic Highway**, a designated National Scenic Byway. This Byway extends 43 miles from Richwood to U.S. Route 219 with four developed scenic overlooks. Each site provides a comfortable rest stop and a beautiful view of the surrounding mountains and valleys. The Highway traverses mountainous terrain of the Allegheny Highlands and Plateau, rising from Richwood, elevation 2,325 feet, to over 4,500 feet along the Parkway.

### MONONGAHELA NF: WALKING & HIKING TRAILS

Trail	Description	Round-Trip	Difficulty
<i>Trailhead</i>		<i>Distance</i>	<i>Elevation Gain</i>
<b>Seneca Rocks Trail</b> <i>Spruce Knobs - Seneca Rocks</i>	Steep ascent but worthwhile for the observation platform and its wonderful views from the top.	2.6 miles 1.5 hours	Moderate 900 ft
<b>Roaring Plains West</b> <i>Forest Road 19 at the end of Forest Road 70</i>	Park a car at each end (or walk about four miles extra to make a loop) and explore the plains of this beautiful plateau on the Flatrock Run Trail and Forest Road 70.	12.5 miles full day	Moderate to Strenuous up to 4,700 feet
<b>Dolly Sods Circuit</b> <i>Trailheads located around the edge of the wilderness</i>	Hike the Dolly Sods Wilderness! Choose one of eight trailheads that will lead you into the Sods interior. Make a loop or do an out and back across plateaus, mountains, and canyons.	<i>Depends on trail</i>	Moderate to Difficult <i>Varies</i>
<b>Rohrbaugh Overlook</b> <i>Off Dolly Sods Rd. near intersection (Dayton Carr Rd.)</i>	Follow this old forest service road down to the rim of Red Creek Canyon with great views of the Dolly Sods Wilderness.	3.6 miles 3 hours	Easy to Moderate 300 feet

*Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.*

### EASTERN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

<b>Allegheny National Forest</b> 4 Farm Colony Drive Warren, PA 16365 (814) 723-5150	<b>Hiawatha National Forest</b> 820 Rains Drive Galstone, MI 49837 (906) 428-5800	<b>Monongahela National Forest</b> 200 Sycamore Street Elkins, WV 26241 (304) 636-1800
<b>Eastern Regional Office</b> 626 E. Wisconsin Avenue, Suite 100E Milwaukee, WI 53203 (414) 297-3693	<b>Hoosier National Forest</b> 811 Constitution Avenue Bedford, IN 47421 (812) 275-5987	<b>Ottawa National Forest</b> E. 6248 U.S. Highway 2 Ironwood, MI 49938 (906) 932-1330
<b>Chequamegon-Nicolet National Forest</b> 500 North Hanson Lake Road Rhinelander, WI 54501 (715) 362-1300	<b>Huron-Manistee National Forests</b> 1755 S. Mitchell Street Cadillac, MI 49601 (231) 775-2421	<b>Shawnee National Forest</b> 50 Highway 145 South South Harrisburg, IL 62946 (618) 253-7114
<b>Chippewa National Forest</b> 200 Ash Avenue, NW Cass Lake, MN 56633 (218) 335-8600	<b>Mark Twain National Forest</b> 401 Fairgrounds Road Rolla, MO 65401 (573) 364-4621	<b>Superior National Forest</b> 8901 Grand Avenue Place Duluth, MN 55808 (218) 626-4300
<b>Green Mountain National Forest</b> 231 North Main Street Rutland, VT 05701 (802) 747-6700	<b>Midewin National Tallgrass Prairie</b> P.O. Box 88 30239 S. State Route 53 Wilmington, IL 60481 (815) 423-6370	<b>Wayne National Forest</b> 13700 U.S. Highway 33 Nelsonville, OH 45764 (740)-753-0101
		<b>White Mountain National Forest</b> 71 White Mountain Drive Campton, NH 03223 (603) 536-6100

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# SOUTHERN REGION

Enjoy a refreshing swim in a cool stream, go climbing at the Red River Gorge, or hike along the famous Appalachian Trail. The scenery varies as much as the recreation in this historic region—from cypress swamps and mountain meadows to pine and hardwood forests. There are 16 national forests in this region, Texas to the west and Virginia to the north, and Puerto Rico to the south.

## FEATURED WILDERNESS

### UPPER BUFFALO WILDERNESS

The **Upper Buffalo Wilderness** in the Ozark Mountains of Arkansas contains the headwaters of the scenic **Buffalo National River**, which flows through a rough forested land of steep slopes that descend into deep valleys. People once made their homes down in the valleys, and you'll see their old homes, stone fences surrounding pastures, antiquated farm equipment and cemeteries on river banks and off old dirt roads.

**White-tailed deer, wild turkeys, and black bears** are the largest resident species, with a fair number of smaller animals including foxes, opossums, beavers, and bobcats.

White oaks, red oaks, and hickory create shade during the hot and humid summer months, while January temperatures may drop below zero. A system of old logging roads that runs throughout the area provides an informal network of trails for hiking and horseback riding, but the route to scenic overlook of **Hawksbill Crag** is the only designated hiking trail located in the wilderness, leading past some of the waterfalls found in the area.

## IN THE AREA

### CHATTAHOOCHEE-OCONEE NATIONAL FOREST

Cool in the summer, mild in the winter, the **Russell-Brasstown Scenic Byway** encircles the headwaters of the Chattahoochee River and is surrounded by the **Chattahoochee National Forest**. The drive is ideal for viewing wildflowers or dazzling fall color. Hike at Dukes Creek Falls, where a mile-long path delivers you to a misty poolside below a cascading waterfall. Watch for views of **Mount Yonah's** prominent cliff face in the distance. Cross the famed Appalachian Trail at Hogpen Gap. Linger atop **Brasstown Bald**, Georgia's tallest mountain, to absorb all 360-degrees of rolling highlands. At nearby **Track Rock Petroglyphs** you can view ancient Native American rock carvings and learn how the area's history is written in stone. Stroll up the 0.4-mile paved path the Anna Ruby Falls, and see where two creeks converge in the rare, 150-foot twin falls.

### DANIEL BOONE NATIONAL FOREST

The **Daniel Boone National Forest** embraces some of the most rugged terrain west of the **Appalachian Mountains**. The forest lies within the **Cumberland Plateau**, where forested slopes, sandstone cliffs and narrow ravines characterize the land. With nearly 100 developed recreation areas and 600 miles of trail, the forest attracts outdoor enthusiasts year round. The **Sheltowee Trace National Recreation Trail** extends the length of the forest from north to south, serving as the backbone of an expansive interconnecting trail system.

No place embodies the forest's unique topography like **Red River Gorge Geological Area**, known for natural arches and other unique rock formations. Red River Gorge is internationally recognized as a rock climbing destination. Visit **Gladie Learning Center** to learn about the cultural heritage, natural resources, and spectacular geology found within the gorge and **Clifty Wilderness**. Informational exhibits provide a look into the past and convey the wild and scenic beauty of this area.

Kentucky has hundreds of naturally formed arches, including **Natural Arch**. This rock feature expands nearly 100 feet across the landscape. An overlook provides visitors with a panoramic view. This area has picnic sites, group picnic shelters, playgrounds, and hiking trails for family enjoyment.

**Cave Run Lake, Laurel River Lake**, and many rivers and streams provide water sports for boaters and anglers. Both lakes have marinas, campgrounds, picnic areas,



Natural Arch is one of hundreds of naturally formed arches in Kentucky.

**swimming beaches, and trails.** The lakes also provide wildlife viewing opportunities.

Tucked away in the eastern hills, **Redbird Crest Trail** is developed for off-highway vehicle riders, hikers, horseback riders, and mountain bikers to enjoy year round. Three trailheads provide vehicle parking. Trailhead signs indicate the type of use permitted for each section of trail. Motorized users must stay on trail sections that are designed for their vehicle type.



### DANIEL BOONE NF: WALKING & HIKING TRAILS

Trail Trailhead	Description	Round-Trip Distance	Difficulty
<b>Auxier Ridge Trail</b> <i>Tunnel Ridge Rd. off KY15.</i>	The ridge gives a scenic lookout of Haystack Rock, Auxier Branch, and the Double Arch on the way to Courthouse Rock.	<b>5 miles</b> <i>3 hours</i>	Easy
<b>Rockcastle Narrow Trail</b> <i>Off Y192 at Rockcastle Bridge between Somerset and London</i>	This dirt surface trail has scenic overlooks including Bee Rock, with cliffs and wildflowers and follows the Rockcastle River.	<b>3 miles</b> <i>2 hours</i>	Moderate to Difficult
<b>Middle Range Trail</b> <i>Off Forest Road 839, 18 miles from Somerset.</i>	Multiple stream crossings with towering stone cliffs and natural arches, this is an isolated area with strenuous hiking conditions.	<b>6.5 miles</b> <i>9 hours</i>	Most Difficult
<b>Bark Camp Trail</b> <i>London Range District</i>	This popular trail passes under rock shelters and cliffs to a series of waterfalls near Sheltowee Trace Trail.	<b>2.5 miles</b> <i>2 hours</i>	Moderate

Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.

## NATIONAL FORESTS IN CAROLINA

Set out on the 65-mile **Forest Heritage National Scenic Byway** from the southern entrance to the **Pisgah National Forest**, for a great mix of views and roadside sites. Become a true nature enthusiast at the **Cradle of Forestry**—located 11 miles from the southern entrance—with the first school of forestry in America, **Biltmore Forest School**. Enjoy a hands-on exhibit or hike a guided trail to experience the wonders of the forest first-hand, including a restored logging locomotive from 1914. The **rhododendron**

**gardens** in Roan Mountain represent a natural treasure of the forests of North Carolina. One of the top rafting rivers in the country, the **Nantahala River** hosted the **2013 Free-style Kayaking World Championships**, which brought competitors and spectators from around the world. For a different water ecosystem, see the boardwalks of the **Cedar Point Tideland Trail** and the ecology of an estuary as it crosses a tidal marsh. In an effort to restore the rare peregrine falcon population, some rock cliffs are seasonally closed to climbers.



## SOUTHERN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

**Angelina-Davy Crockett-Sabine-Sam Houston National Forest, Caddo-Lyndon B. Johnson National Grassland**  
415 S. First Street, Suite 110  
Lufkin, Texas 75901  
(936) 639-8501

**Apalachicola-Ocala-Osceola National Forest**   
325 John Knox Road, Suite F-100  
Tallahassee, FL 32303  
(850) 523-8500

**Bienville-Delta-DeSoto-Holly Springs-Homochitto-Tombigbee**  
200 S. Lamar Street, Suite 500N  
Jackson, MS 39201  
(601) 965-1600

**Chattahoochee-Oconee National Forest**  
1755 Cleveland Highway  
Gainesville, GA 30501  
(770) 297-3000

**Cherokee National Forest**  
2800 N. Ocoee Street N  
Cleveland, TN 37312  
(423) 476-9700

**Croatan-Nantahala-Pisgah-Uwharrie National Forest**  
160A Zillicoa Street  
Asheville, NC 28801  
(828) 257-4200

**Daniel Boone National Forest**   
1700 Bypass Road  
Winchester, KY 40391  
(859) 745-3100

**El Yunque National Forest**   
HC-01, Box 13490  
Rio Grande, PR 00745-9625  
(787) 888-1880  
(check before going, hurricane relief efforts are ongoing)

**Francis Marion-Sumter National Forest**  
4931 Broad River Road  
Columbia, SC 29212  
(803) 561-4000

**George Washington & Jefferson National Forest**  
5162 Valleypointe Parkway  
Roanoke, VA 24019  
(540) 265-5100

**Kisatchie National Forest**  
2500 Shreveport Highway  
Pineville, LA 71360-2009  
(318) 473-7160

**Land Between The Lakes NRA**  
100 Van Morgan Drive  
Golden Pond, KY 42211  
(270) 924-2000

**Ouachita National Forest (Arkansas and Oklahoma)**  
100 Reserve Street  
Federal Building  
Hot Springs, AR 71902  
(501) 321-5202

**Ozark-St. Francis National Forest**  
605 W. Main Street  
Russellville, AR 72801  
(479) 964-7200

**Bankhead-Conecuh-Talladega-Tuskegee National Forest**  
2946 Chestnut Street  
Montgomery, AL 36107  
(334) 832-4470

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# ROCKY MOUNTAIN REGION

## IN THE AREA

### BLACK HILLS NATIONAL FOREST

The famous outlaw town of Deadwood, South Dakota—run by infamous gamblers and gunslingers—was home to legendary characters like Wild Bill Hickok and Calamity Jane, and its central location is a great place to start your exploration of the area. The famous Sheriff Bullock did as much for the forests surrounding the town as the town itself. Besides being Deadwood's first sheriff, he was one of the first forest supervisors of the Black Hills National Forest, appointed by President Roosevelt. Just two miles south of **Deadwood**, he built the Mount Roosevelt Friendship Tower in 1919 as a dedication to his close friend of many years. Bullock chose the location for its overlook of the plains beyond Belle Fourche and on into North Dakota where Roosevelt had his ranch.

In the south part of the forest sits **Harney Peak**, the highest point east of the Rocky Mountains. A look-

Enjoy the quiet beauty of a mountain meadow or hike through aspen groves and rugged mountain passes. Challenge yourself on some of the world's finest ski slopes or relax by a fireplace in a friendly mountain resort. You'll find yourself wanting to return often once you discover the refreshing change of pace awaiting you in the iconic Rocky Mountain Region.

## FEATURED WILDERNESS

### NEVER SUMMER WILDERNESS

**Never Summer Wilderness** in Colorado is bordered by the Rocky Mountain National Park Wilderness to the east encompassing the Arapahoe and Roosevelt Forests. As its name suggests, Never Summer Wilderness is blanketed in large amounts of rain and snow that collect on peaks with names that hint at their cloud-kissed heights: Cirrus, Cumulus, Stratus, and Nimbus.

Never Summer supplies water to three main rivers: the Colorado, the North Platte and the Cache la Poudre. In damp gulches, trees absorb the abundant moisture and grow old and exceptionally large. **The spruce and fir** in **Bowen Gulch** have been measured at four feet in diameter and estimated at 600 years in age. To see them, take the **Bowen Gulch Trail**, which ventures five miles into the oldest of the old growth.

Straddling the Continental Divide, Never Summer has about **20 miles of trails** that lead up gulches and cross the divide on two high passes, crossing several trout-filled lakes and streams and offering true Rocky Mountain views.

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The stunning view from Harney Peak, the highest peak east of the Rocky Mountains.

out tower at the summit gives hikers views of four states and the rock formations of the Black Elk Wilderness. The **Black Elk Wilderness** is the most popular hiking area of the forest, and its miles of hiking and horse trails lead to Harney Peak from almost any direction.

### NEBRASKA NATIONAL FOREST

The **Nebraska National Forest** encompasses nearly 1.2 million acres of land in central and northwest Nebraska and central and southwest South Dakota. The area is made up of the Nebraska and **Samuel R. McKelvie National Forests**, and the **Buffalo Gap, Oglala, and Fort Pierre National Grasslands**.

Just minutes from the north entrance to Buffalo Gap National Grassland in the tiny town of Wall, South Dakota, sits the learning center for the history of the Forest Service's 20 National Grasslands. The National Grasslands Visitor Center offers a theater, interactive exhibit room and Junior Ranger program designed to educate on Great Plains history. Step into an archeological excavation in progress at the **Hudson-Meng Education and**

**Research Center** in Oglala National Grasslands. A climate-controlled enclosure rests over the central portion of the bonebed and is open to the public each summer to learn more about ongoing research. Just a three-mile trail hike will take you to what is often considered Nebraska's Badlands, at Toadstool Geologic Park. Volcanic ash swept over this area 30 million years ago, preserving hundreds of prehistoric plants and animals of the Oligocene Epoch, many of which are being discovered only now as the toadstool-like towers crumble.

The **Charles E. Bessey Nursery** was established to produce the tree seedlings used to create the "World's Largest Man-Made Forest" in the adjacent Bessey Ranger District. The nursery and ranger district were named in honor of Charles E. Bessey, a professor of botany who, believing the Native American legend that the Sandhills were once covered in trees, set about planting pine seedlings until a forest stood. To see the true reach of the man-made forest, take the three-mile Scott Lookout National Recreation Trail as it winds between Ponderosa pines and red cedars to its high point, and

a 65-foot watchtower that offers sweeping views of the surrounding countryside.

### SHOSHONE NATIONAL FOREST

Inside America's first national forest, the 46-mile road north of Cody, Wyoming, the **Chief Joseph Scenic Byway** (Wyoming Highway 296) is considered one of the most beautiful drives in the country. Not only will you find the breathtaking views but several historical markers along the road provide more information about the flight of the Nez Perce Indians the road is named for. The route passes the Clarks Fork of the Yellowstone River and the spectacular Dead Indian Pass, with many campsites scattered along the way.

At the head of the Wood River, near

Francs Peak, sleeps the historic site of Kirwin, Wyoming. This small ghost town is a treasure trove for historians. Once a thriving hub with a population of 200 gold miners and their families, harsh winters and avalanches eventually pushed them out. Historical restoration and stabilization of the site began in 1999 and continues today. The mixed conditions of the picturesque and rugged upper Wind River Range have made them a training area for generations of world-class mountaineers. The best-known climbing areas are the Cirque of the Towers and the Fremont Peak areas along the Continental Divide. Check nearby towns for purveyors, guides and outfitters and to find more information about mountaineering programs.



## ROCKY MOUNTAIN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

#### Arapaho-Roosevelt National Forest Pawnee National Grassland

2150 Centre Avenue Building E  
Fort Collins, CO 80526-8119  
(970) 295-6600

#### Bighorn National Forest

2013 Eastside 2nd Street  
Sheridan, WY 82801  
(307) 674-2600

#### Black Hills National Forest

1019 North 5th Street  
Custer, SD 57730  
(605) 673-9200

#### Grand Mesa-Uncompahgre- Gunnison National Forest

2250 Highway 50  
Delta, CO 81416  
(970) 874-6600

#### Medicine Bow-Routt National Forests; Thunder Basin National Grassland

2468 Jackson Street  
Laramie, WY 82070  
(307) 745-2300

#### Nebraska & Samuel R. McKelvie National Forest; Buffalo Gap, Fort Pierre, & Oglala National Grasslands

125 North Main Street  
Chadron, NE 69337  
(308) 432-0300

#### Pike-San Isabel National Forest; Cimarron & Comanche National Grasslands

2840 Kachina Drive  
Pueblo, CO 81008  
(719) 553-1400

#### Rio Grande National Forest (San Luis Valley Public Lands Center)

1803 W. Highway 160  
Monte Vista, CO 81144  
(719) 852-5941

#### San Juan National Forest & Public Lands Center

15 Burnett Court  
Durango, CO 81301  
(970) 247-4874

#### Shoshone National Forest

808 Meadowlane Avenue  
Cody, WY 82414  
(307) 527-6241

#### White River National Forest (CP)

900 Grand Avenue  
Glenwood Springs, CO 81601  
(970) 945-2521



## NEBRASKA NF: WALKING & HIKING TRAILS

Trail Trailhead	Description	Round-Trip Distance	Difficulty Elevation Gain
<b>Scott Lookout National Recreation Trail</b> <i>Starts at Bessey Rec. Ctr. on FSR 223.</i>	Moves through the Ponderosa pines and red cedars of the hand planted Bessey Forest to a 65-foot lookout tower.	3 miles 2 hours	<b>Easy</b> 200 ft
<b>Bison Trail</b> <i>Leaves from Toadstool Park, off Hwy 2/71</i>	A three-mile hike through canyons and grasslands to Hudson Meng, with views of surrounding badlands and grasslands.	6 miles 3 hours	<b>Moderate</b> 300 ft
<b>Soldier Creek Wilderness Loop</b> <i>Off Soldier Creek Rd.</i>	Trooper Trail Loop cuts through the wilderness, mostly in open sun, passing wildflowers and climbing to a tall peak with panoramic views.	11 miles 6 hours	<b>Easy</b> 1,434 ft

Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.



# NORTHERN REGION

The Northern Region covers Montana, North Dakota, northeastern Washington, and parts of Idaho and South Dakota and features 12 national forests and grasslands. The **Missouri Plateau** and the **Grasslands of the Great Plains** dominate the majority of the land in this region, but over 70 ranges of the Rocky Mountains sit in the western reaches in a patchwork of forests that form one of the richest areas of national forests in the country. Follow the route of the Lewis and Clark Expedition through the **Bitterroot Mountains**, catch your limit of trout at a pristine alpine lake or camp under the stars and listen to the wolf howls.

## FEATURED WILDERNESS

### ABSAROKA-BEARTOOTH WILDERNESS

The United States Congress designated the **Absaroka-Beartooth Wilderness** in 1978 and it now contains over 900,000 acres of Southern Montana and Northern Wyoming, just north of Yellowstone National Park. The Wilderness is a part of the Custer, Gallatin, and Shoshone National Forests. It is named for the two great mountain ranges found within its borders, the Absarokas—named after the Crow Indians—and the Beartooth Mountains—named for the jagged mandibles of the nearby grizzly population.



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*The Prairie Reef along the Continental Divide in the Bob Marshall Wilderness is as impressive as it is remote—its summit is 14 miles from the nearest trailhead;*

Vast, treeless plateaus dominate the tundra of the Beartooth portion, while the Absarokas have dense forests and broad meadows with crossing streams. More than **700 miles of hiking trails** cut through this backpacker's dream and both ranges offer opportunities for an unsurpassed wilderness experience—though cold and precipitation can strike any day of the year, so be prepared for the elements. **Bighorn sheep, wild horses, and mountain goats** roam about the mostly rugged country, along with **elk, coyotes, and black and grizzly bears**. The lakes and streams in both ranges are brimming with trout and are ready for fishing (proper permit and license required).

## IN THE AREA

### FLATHEAD NATIONAL FOREST

Covering over two million acres of Western Montana, with over one million acres of designated wilderness, **Flathead National Forest** sits in the Crown of the Continent Ecosystem, a prime location for sightseeing. The forest neighbors Lewis and Clark National Forest to the east, Lolo National Forest to the south and the Kootenai National Forest to the west. Glacier National Park meets it to the east and the Canadian Border to the north. There's a lot to explore, so keep in mind the local outfitters who can provide the equipment and hands-on expertise to make yours a successful visit. One of the most completely preserved mountain ecosystems in the world, The **Bob Marshall Wilderness**, or "the Bob" as it is sometimes called, is a treasure centered around the **Continental Divide**. It features rugged peaks, alpine lakes, grassy meadows, and big river valleys relatively untouched

by man. Northern access to the wilderness is gained through the Spotted Bear Ranger district. Take NF-895 (West Side Road) around the Hungry Horse Reservoir to the district office.

To the west, the Swan Lake District of the park runs up against the **Flathead Indian Reservation** and the southwest shores of Flathead Lake, the largest freshwater lake west of the Mississippi. The glacial lake remains incredibly clear, even in late summer, and the mild climate allows for cherry orchards on the east shore and vineyards on the west. Make the short waterfront drive up Route 35 to where the Swan River runs into Flathead Lake, at the town of Big Fork, a hub for water recreation, art galleries and unique shops. Big Fork's close proximity

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to Flathead, Echo, and Swan Lakes make it a great spot for anglers, boaters, and anyone else looking to get their feet wet.

The historic town of **Whitefish, Montana** is a great hub on the north side of the centrally located Flathead Valley. The quaint town is home to golf, shops, cabins and some of the best skiing in the area at the Whitefish Mountain Resort.

Once there, be sure and stop by the Forest Service Summit Nature Center located in the lower level of the Summit House on top of Big Mountain. The nature center hosts informational displays and hands-on activities. In the summer, they host daily wildflower nature walks on the mountain-side and families can check out an “Adventure Pack” filled with field guides and materials for fun outdoor exploring. During the winter, school groups strap on snowshoes to explore the winter environment, learning about avalanches, how people and animals adapt to the cold and ways to properly gear up for winter adventure.

### HELENA-LEWIS AND CLARK NATIONAL FOREST

Located in central and north central Montana, the **Lewis and Clark National Forest** and **Helena Forest** were combined into one. They feature a nice balance of rolling hills and dramatic mountains. For an interactive history of the famous expedition, visit the **Lewis and Clark National Historic Trail Interpretive Center** in Great Falls, Montana, featuring a permanent exhibit hall, 158-seat theater, and a retail store. Staff is on hand year-round with a full schedule of activities and performances.

Take the **Kings Hill National Scenic Byway** (U.S. Highway 89) from Great Falls down through the plains part of the forest for a little of everything. As you work your way down, stop for a soak in the mineral baths of White Sulphur Springs and make sure not to miss the beautiful hike to Memorial Falls, just past Many Pines campground. There is plenty of downhill skiing

nearby, but the Silver Crest cross country trail system has four easy-to-intermediate loop trails at the winter sports parking lot right off U.S. Highway 89.

### LOLO NATIONAL FOREST

The **Lolo National Forest** is located in West Central Montana between the Bitterroot Mountains and the west slope of the **Continental Divide**. In the Superior Ranger district sits the Savenac Historic Tree Nursery. Founded in 1907 as a USDA Forest Service tree nursery, the site is now used for cabin rentals. Continuing east on I-90 takes you to the historic Remount Depot at Ninemile Ranger Station, established in

1930 when the Forest Service purchased the old Allen Ranch. It has a visitor center open from Memorial Day to Labor Day, a self-guided tour available any time of the year and is a great stop to gather information for your trip. The Stuart Peak/Twin Lakes Trail roams around the **Rattlesnake Wilderness’** alpine terrain surrounding Stuart Peak. This spectacularly wild 9.5-mile loop will take you through the best wildlife and birdwatching in the area. On the east side of the forest (off Route 83), lays Seeley Lake. Stop at Big Larch Campground on the east side of the lake to cool off on its beach and boat launch or take a stroll along its nature trail.

### FLATHEAD NF: WALKING & HIKING TRAILS

Trail	Description	Round-Trip	Difficulty
<i>Trailhead</i>		<i>Distance</i>	<i>Elevation Gain</i>
<b>Danny On Trail</b> <i>Whitefish, four miles down the Big Mountain Rd. turnoff.</i>	Hike the slopes up to Summit House and its view of Glacier and the surrounding wilderness, with an optional chairlift ride.	<b>3.8 miles</b> <i>2 hours</i>	<b>Moderate</b> <i>2,353 ft</i>
<b>Holland Falls Trail</b> <i>Hwy 83 to Rd. #44, at the road's end.</i>	Follows the shoreline of Holland lake up to the base of the multi-tiered falls. Great day hike for a picnic.	<b>1.6 miles</b> <i>45 minutes</i>	<b>Easy</b> <i>240 ft</i>
<b>Stove Pipe Canyon</b> <i>Rd. #2924 east of Tally Lake, 10 miles from Whitefish.</i>	Hike and bike trail through Stove Pipe Canyon to Tally Lake. Downhill towards water makes the return harder.	<b>1.4 miles</b> <i>40 minutes</i>	<b>Easy</b> <i>400 ft</i>
<b>Moose Peak Trail</b> <i>North Fork Road (Country Rd. 486) to Rd. 316 to Rd. 315</i>	Winding around Moose Lake, this fairly steep hike up to Moose Peak offers a stunning view from the craggy precipice.	<b>2.9 miles</b> <i>2.5 hours</i>	<b>Moderate</b> <i>1,876 feet</i>

*Visit [fs.usda.gov/activity/flathead/recreation/hiking](https://fs.usda.gov/activity/flathead/recreation/hiking) for more information.*

### NORTHERN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

<b>Beaverhead-Deerlodge National Forest</b> 420 Barrett Street Dillon, MT 59725-3572 (406) 683-3900	<b>Flathead National Forest</b> 650 Wolfpack Way Kalispell, MT 59901 (406) 758-5208	<b>Kootenai National Forest</b> 31374 U.S. Highway 2 West Libby, MT 59923 (406) 293-6211
<b>Bitterroot National Forest</b> 1801 N. First Street Hamilton, MT 59840 (406) 363-7100	<b>Custer-Gallatin National Forest</b> P.O. Box 130 10 E. Babcock Avenue Bozeman, MT 59771 (406) 587-6701	<b>Helena-Lewis and Clark National Forest</b> 1101 15th Street North Great Falls, MT 59401 Lewis and Clark: (406) 791-7700 Helena: (406) 449-5201
<b>Nez Perce-Clearwater National Forest</b> 903 3rd Street Kamiah, ID 83536 (208) 983-1950	<b>Idaho Panhandle National Forests</b> 3815 Schreiber Way Coeur d'Alene, ID 83815 (208) 765-7223	<b>Lolo National Forest</b> Building 24 Fort Missoula Road Missoula, MT 59804 (406) 329-3750
<b>Dakota Prairie Grasslands</b> 2000 Miriam Circle Bismarck, ND 58501 (701) 989-7300		

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# INTERMOUNTAIN REGION

The Intermountain Region encompasses national forests found in Utah, Nevada, Idaho, Wyoming, Colorado, and California. This region offers forest visitors rugged mountains and fertile valleys, rivers, and lakes, deserts and high altitude, diverse wildlife, adventure and solitude. A national forest is just a few hours drive from anywhere in the Intermountain West.

## FEATURED WILDERNESS

### JARBIDGE WILDERNESS

One of the wilderness areas originally designated by the Wilderness Act in 1964, Jarbidge—named for a fantastical creature the Shoshone people trapped in a cave—is the largest of the Nevada wil-

dernesses. Jarbidge features deep canyons and towering peaks with views for over 100 miles.

This area is unusually wet for Nevada, with the seven to eight feet of snow falling annually allowing for vegetation that varies from northern desert plants to alpine trees. Many creeks and a few small lakes provide points of interest for anglers and hikers, while the elk and deer that graze on the eastern side of the area attract their fair share of hunters.

Despite its remote nature, around 170 miles of trail can be accessed from several main trailheads, including Snow Slide Gulch, Camp Draw, and Three Day Creek. Maps and trail information are available at the Jarbidge or Ruby Mountain ranger stations.

## IN THE AREA

### BRIDGER-TETON NATIONAL FOREST

The **Bridger-Teton National Forest** in western Wyoming is one of the largest national forests in America, and with its size comes a large and diverse body of wildlife. Summer visitors are likely to see moose, elk and grizzly bears, and although it is widely known for its large mammals, Bridger-Teton also supports over 355 species of birds, including the trumpeter swan and bald eagle.

Just 18 miles northeast of Jackson, Wyoming, the **Gros Ventre Slide** is a one-mile-wide section of mountain that collapsed in 1925, damming the Gros Ventre River. Lower Slide Lake formed behind the dam for two years before the dam gave way, flooding the town of Kelly, Wyoming.

A trail winds through the area with signs pointing out the visible history and ecology of this massive landslide. After your hike, be sure and take a dip in the **Granite Hot Springs** nestled in the Gros Ventre Mountains. The hot springs provide an almost unbroken view of the surrounding vistas and a campground can be found nearby for those who need extended soaking.

Situated at the base of the limestone cliffs of the Salt River Range, the unique **Periodic Spring** discharges its cold water in intermittent blasts that range anywhere from four to 25 minutes. There are only a few springs like this in the world, and there are still disputed theories about the spring's perplexing behavior. The wild and scenic Snake River in the **Snake River Canyon** is an extremely popular camping destination known for its crystal clear waters, **unique geology and great hikes**. The stream opens in April for anglers and boasts big and diverse fish and an opportunity for the catch of a lifetime. The Snake River Canyon is located south of Jackson and runs along Highway 89 to Alpine, Wyoming. From Alpine, you are only a short drive from the neighboring Grand Teton National Park.

### CARIBOU-TARGHEE NATIONAL FOREST

The **Caribou-Targhee National Forest** occupies over three million acres and stretches across southeastern Idaho, from the Montana, Utah, and Wyoming borders. The **Upper Mesa Falls** is marked by a small rainbow that weaves through its mists every morning. From the surrounding walkways, safely enjoy the power and beauty of the 300-foot-wide falls. In beautiful St. Charles Canyon, northwest of Bear Lake, **Minnetonka Cave** offers a half-mile of fascinating stalactites, stalagmites and beautiful geothermically formed rock. From June until Labor Day, guided tours carry thousands of visitors through the cave, which stays a brisk 40 degrees all year long.

During the 1880s the Birch Creek Valley bustled with activity as miners worked a rich body of ore located about 10 miles east of the Kilns, known as the Viola Mine. It was discovered in 1881 and produced \$2.5 million worth of lead and silver before the ore ran out in 1888. The **Charcoal Kilns Interpretive Site**



Little Wind River and Buffalo Head Peak in Bridger-Teton National Forest.



## BRIDGER TETON NF: WALKING & HIKING TRAILS

Trail	Description	Round-Trip Distance	Difficulty Elevation Gain
<b>Wyoming Peak Trail</b> <i>Off Shale Creek Rd.</i>	Ascend to the old Wyoming Peak Fire Lookout and view of surrounding ranges from the summit of Wyoming Peak.	5 miles 2.5 hours	<b>Moderate to Difficult</b> 3,000 ft
<b>Grizzly Lake Trail</b> <i>Grizzly Lake Trailhead in Gros Ventre Wilderness</i>	Open sagebrush meadow with views of Red Hills and Tetons, aspen forest, crossing creek some without bridges.	2.1 miles 2 hours	<b>Intermediate</b> 320 ft
<b>Cabin Creek Trail</b> <i>Off Cabin Creek Rd. south of Cabin Creek Campground</i>	Following Cabin Creek through wildflower meadows and passing beaver dams, with occasional open ridges providing views.	5.2 miles 3.5 hours	<b>Moderate</b> 700 ft

Download the **Jackson River District Hiking Trails Guide** for an in-depth guide on local day hikes.

is home to the kilns built to replace the overworked furnaces, which consumed enormous quantities of fuel.

## DIXIE NATIONAL FOREST

The **Dixie National Forest** is home to many extremes. For example, the **Red Canyon Visitor Center**—located off of Scenic Byway 12 en route to Bryce Canyon National Park—seems precariously perched atop the flaming red cliffs of the gorge and offers stunning views of the red spires, hoodoos, and other rock formations against the green pines. There are several trails that are available right out of the parking area, like the Pink Ledges Trail and Golden Wall Trail. Verti-

cal gray-orange walls of Navajo sandstone stand above two canyon tributaries of the Escalante River in **Box-Death Hollow Wilderness**. The name Death Hollow gives reference to a number of livestock that plunged to their death trying to cross the steep canyon. Raging waters often flood these canyon narrows after rain. Along the creek banks, you may see mule deer, an occasional cougar, or even elk in winter. Boulder Mountain, one of the largest high-elevation plateaus in the United States, is known for its **many small lakes**, all over 10,000 feet above sea level. Most waters are managed as fisheries, and nearby streams are also ripe with fishing opportunities.



# SOUTHWESTERN REGION

## IN THE AREA

### COCONINO NATIONAL FOREST

The low elevation of the **Coconino National Forest** cultivates a fascinating brand of botanical diversity unique to the arid places of the earth, full of various cacti and hardy shrubs, as well as softer beauties like wildflowers. The Red Rock Ranger District of the forest is aptly named for landmarks such as Bell Rock and Cathedral Rock, which are colored a bright, rusty red. Visitors can view the iron oxide formations of Bell Rock and the adjacent landmark Courthouse Butte, by hiking Bell Rock Pathway or Courthouse Butte Loop.

## FEATURED WILDERNESS

### GILA WILDERNESS

In 1964, based on environmentalist Aldo Leopold's insistence, the **Gila Wilderness** of New Mexico became the world's first designated wilderness area. It now contains more than 500,000 acres, making it the largest wilderness in New Mexico and one of the best destinations for **backpackers** in America.

The western and eastern portions boast high mesas and mountains, like the Mogollon Range and steep canyons carved from the drainages of Turkey and Mogollon Creek, while Ponderosa pines blanket the central portion, with sheer cliffs outlining the Gila River. Rainbow trout, catfish, and bass can be found in the Gila and Three Forks rivers, which run year-round, and hot springs can be found scattered along their lengths.

The **Gila Cliff Dwellings National Monument** is a series of homes set in high caves above the middle fork of the Gila River. Information on the wilderness can be found at the monument's visitor center, which also serves as a launching point for some of the hundreds of miles of hiking and riding trails in the Gila Wilderness.

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The Gila cliff dwellings were built by the Mogollon people in the 1280s in natural caves.



## INTERMOUNTAIN REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

### Ashley National Forest

355 North Vernal Avenue  
Vernal, UT 84078  
(435) 789-1181

### Boise National Forest

1249 S. Vinnell Way, Suite 200  
Boise, ID 83709  
(208) 373-4100

### Bridger-Teton National Forest

P.O. Box 1888  
340 North Cache  
Jackson, WY 83001  
(307) 739-5510

### Caribou-Targhee National Forest; Curlew National Grassland

1405 Hollipark Drive  
Idaho Falls, ID 83401  
(208) 557-5900

### Dixie National Forest

1789 N. Wedgewood Lane  
Cedar City, UT 84721  
(435) 865-3719

### Fishlake National Forest

115 East 900 North  
Richfield, UT 84701  
(435) 896-9233

### Humboldt-Toiyabe National Forest

1200 Franklin Way  
Sparks, NV 89431  
(775) 331-6444

### Manti-La Sal National Forest

599 W. Price River Drive  
Price, UT 84501  
(435) 637-2817

### Medicine Payette National Forest

500 N. Mission Street #2  
McCall, ID 83638  
(208) 634-0700

### Salmon-Challis National Forest & Public Lands Center

1206 S. Challis Street  
Salmon, ID 83467  
(208) 756-5100

### Sawtooth National Forest

2647 Kimberly Road East  
Twin Falls, ID 83301  
(208) 737-3200

### Uinta-Wasatch-Cache National Forest

857 W. South Jordan Parkway  
Salt Lake City, UT 84095  
(801) 999-2103

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A few miles north of Flagstaff, Arizona, evidence remains of an ancient flow of lava. The flow cooled and hardened on the outside, but the inside continued moving, forming a volcanic vein. The empty vein remains and now serves as a natural attraction called **Lava River Cave**. The petroglyphs of V-Bar-V feature rock art left by the Sinagua people between 1150 and 1400 A.D. A visitor center is nearby for those who wish to learn more about this large and well-preserved Heritage Site. Elden Pueblo features the remains of another site previously inhabited by the Sinagua. Archaeology programs are held throughout the year, including a public “field day” where visitors can excavate the sites and clean artifacts.

### CORONADO NATIONAL FOREST

**Coronado National Forest**, in southern Arizona, hosts one of the real treasures of the region, the Sky Islands—mountains surrounded by lowlands of a completely different environment. The mountains are year-round playgrounds for outdoor recreation and

provide a unique habitat. For a closer look, travel along the **Sky Island Scenic Byway**, one of the only roads leading to the top of **Mt. Lemmon**, providing a unique chance to experience four seasons in its 27-mile ascent. The Babad Do’ag Vista is the perfect place to take a rest and enjoy views of the Santa Catalina Mountains and the Tucson Basin.

South of Mt. Lemmon, in the vast Sabino Canyon, is the great forest resource of the **Sabino Canyon Visitor Center and Bookstore**. Here, the staff can answer questions about nearby points of interest and provide detailed information about hiking trails in the Santa Catalina Ranger District. On the Douglas Ranger District, rock climbers should be sure and visit the Cochise Stronghold, the crags of which once served as a hideout for Apaches. The high granite cliffs here are known for their rugged faces and difficult routes, but there are also more moderate options for a wide variety of **climbers**. Try the intermediate Ewephoria, one of the area’s crown jewels. It requires a steep 45-minute hike, but the views are worth the work.

On the northwest face of the Santa Rita Mountains sits Madera Canyon, known as one of the best **birdwatching** sites on the planet. The higher elevation grants relief to desert dwellers during hot months. A major resting place for migrating species, rarities seen here include the Elegant Trogon, Elf Owl, and Painted Redstart.

### KAIBAB FORESTS

The **Kaibab National Forest** is 1.6 million acres in size and sits on the north and south rims of the Grand Canyon—with the famous wonder splitting the forest’s regions. This split personality is reflected in the forest’s seemingly improbable juxtaposition of terrain. The lower desert areas of the North Kaibab differ drastically from the alpine slopes of the Tusayan Ranger District to the south. Most of the terrain is relatively level, except

the sandstone cliffs of the Mogollon Rim that cut diagonally across the southwest portion of the forest, and Coconino Rim in Tusayan.

The North Kaibab is a great area for **mountain bikers**. The gentle rolling high plateau is spotted with short, steep passages and remains largely undiscovered. The forested byways are lined with aspen, old-growth yellow pine and scrub Gambel oak. As you skirt along the northern rim of the canyon, you can see Vulcan’s Throne and Steamboat Rock, and from the top you’ll have **clear views of Bryce and Zion national parks** in Utah. The historic **Route 66**, immortalized in John Steinbeck’s novel *The Grapes of Wrath*, makes its way through the Kaibab. Often called America’s Main Street during the Great Depression, the road offered easterners the hope of starting a new life in California.

CORONADO NF: WALKING & HIKING TRAILS			
Trail Trailhead	Description	Round-Trip Distance	Difficulty Elevation Gain
<b>Crest Trail #144</b> (Santa Rita Mountains) <i>Florida Canyon</i>	High elevation walking trail on the spine of the Santa Ritas with views of Santa Catalina, the Huachuclas, and into Mexico.	3.2 miles 2.5 hours	<b>Moderate</b> 1,643 ft
<b>Romero Trail #8</b> <i>Catalina State Park</i>	Leads to a collection of seasonal pools in Romero Canyon, then heads into the Pusch Ridge Wilderness.	6.6 miles 5 hours	<b>Difficult</b> 3,200ft
<b>Mount Kimball/ Finger Rock Trail</b> <i>Oro Valley, in the Pusch Ridge</i>	Strenuous mountain hike past Finger Rock to the Linda Vista with views of the canyon and the flats of Tucson.	6.3 miles 7 hours	<b>Difficult</b> 3,100 ft
<b>Sutherland Trail #6</b> <i>Off East Innovation Park Dr. from North Oracle Rd.</i>	Relaxing out and back hike through old-growth mesquite, desert scenery, and views of the Catalina foothills.	9.5 miles all day	<b>Moderate</b> 650 ft
Please follow Leave No Trace principles when hiking. See the “Preservation” section for more information.			

SOUTHWESTERN REGION DIRECTORY		
For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.		
<b>Apache-Sitgreaves National Forest</b> 30 S. Chiricahua Street Springerville, AZ 85938 (928) 333-6280	<b>Coconino National Forest</b> 1824 S. Thompson St. Flagstaff, AZ 86001 (928) 527-3600	<b>Lincoln National Forest</b> 3463 Las Palomas Blvd. Alamogordo, NM 88310 (575) 434-7200
<b>Carson National Forest</b> 208 Cruz Alta Road Taos, NM 87571 (575) 758-6200	<b>Coronado National Forest</b> 300 W. Congress Street Tucson, AZ 85701 (520) 388-8300	<b>Prescott National Forest</b> 344 S. Cortez Street Prescott, AZ 86303 (928) 443-8000
<b>Cibola National Forest; Kiowa and Rita Blanca and Black Kettle and McClellan Creek National Grassland</b> 2113 Osuna Road NE, Suite A Albuquerque, NM 87113 (505) 346-3900	<b>Gila National Forest</b> 3005 E. Camino del Bosque Silver City, NM 88061 (575) 388-8201	<b>Santa Fe National Forest</b> 11 Forest Lane Santa Fe, NM 87508 (505) 438-5300
<b>Kaibab National Forest</b> 800 S. Sixth Street Williams, AZ 86046 (928) 635-8200	<b>Tonto National Forest</b> 2324 E. McDowell Road Phoenix, AZ 85006 (602) 225-5200	

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# PACIFIC SOUTHWEST REGION

Within the lush forests of Oregon and Washington are hundreds of experiences waiting for you. Float the Snake River through the deepest gorge in North America or enjoy a scenic drive around snow-capped Mt. Hood. Explore a rain forest of spruce and fir growing beside glacier-fed rivers, or enjoy a forest ranger's program at Mt. St. Helens National Volcanic Monument. From high alpine meadows and craggy peaks to surf-splashed coastlines and sand dunes, the national forests of the Pacific Northwest Region offer unlimited opportunities for outdoor recreation.

## FEATURED WILDERNESS

### TRINITY ALPS WILDERNESS

The Trinity Alps Wilderness is the second largest wilderness in California and encompasses more than 525,000 acres.

The wilderness includes peaks up to 9,000 feet in elevation, deep glacial canyons, and spectacular mountain meadows. The granitic Trinity Alps to the east make for great climbing and the glacial ponds nestled in between the peaks are a good source of trout with the tributaries of the **Wild and Scenic Trinity River** harboring migrating Chinook salmon. The variation in elevation, soil types and geology make this region one of the most diverse with respect to native plants and animals. Common wildlife sightings include **black bear, coyote, mountain quail, and rattlesnakes**, while some visitors may be lucky enough to spot the less common river otter, northern spotted owl or mountain lion.

Located 50 miles west of Redding, California, access to **Trinity Alps Wilderness** is via a network of over 550 miles of trails. Numerous loops weave through the land,

most taking between three and five days to complete, with the Canyon Creek Trail acting as the most well-known. Seventeen miles of the Pacific Crest Trail run through the Scott Mountains in the northeast part of the wilderness.

As much as 12 feet of snow falls on the high country every year and trails at higher elevations are often not clear until late June. In keeping with the character of wilderness, trail signing is minimal. Many trails are not easy to follow and a map, compass and the skill to use them is a must. Severe weather is always a possibility and can create trail hazards. Management of the wilderness is shared by the **Klamath National Forest, Shasta-Trinity National Forest, Six Rivers National Forest**, and the **Bureau of Land Management**. Check their websites for information on permits, food storage requirements, trail conditions, and possible closures.

## IN THE AREA

### ANGELES NATIONAL FOREST

The **Angeles National Forest** is set in the San Gabriel Mountains of California. With majestic mountains and habitat teeming with wildlife, it is sometimes hard to believe the forest is situated **less than an hour away from a bustling downtown Los Angeles**. The forest's beauty is highlighted by its chaparral, a shrubland or heathland plant community often resistant to drought, which is the only biome of its kind in the entire United States.

While the forest gives millions of Los Angeles residents an escape from the stress of modern life, it also provides crucial habitat for the federally endangered California

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*Just an hour away from downtown Los Angeles, Angeles National Forest provides crucial habitat for the federally endangered California condor.*

condor. In the wake of Los Angeles County's largest wildfire in history, the National Forest Foundation has designated the Angeles as a Treasured Landscape site and is conducting large-scale tree planting and forest restoration to rebuild the ecosystem, revitalize watersheds, and restore valuable wildlife habitat.

**Devil's Punchbowl** is a county park located inside the area of Angeles National Forest. The bowl itself formed when the growth of the San Gabriel Mountains caused the sandstone to become tilted and jut out of the ground. A variety of trails take hikers to **Devil's Chair**, which acts as a 100-foot-high lookout point over the rock beds. It's important to remember that there are steep drop-offs and rocky ridges.

The **Mt. Baldy Visitor Center** offers an indoor trail that takes visitors on a simulated trip from the foothills of the mountains to Mt. Baldy peak while simultaneously highlighting resident wildlife. Exhibits inside the center provide historical detail about the early schoolhouse. A reproduction California Gold Rush camp and Gabrielino-Tongva village

help bring history to life for visitors and provide a great place to take the kids!

### SAN BERNARDINO NATIONAL FOREST

The lands of the **San Bernardino and San Jacinto Mountain Ranges** were designated a national forest more than a hundred years ago. The landscape surrounding **Deep Creek** is unique in a southern California context because of the diversity of land formations. The area is host to some of the best fly fishing in the forest, as well as a home to a great deal of wildlife, including the colorful and rare Arroyo toad.

North Shore Drive (SR 38) runs on the north shore of the four-mile-long Big Bear Lake and meets Big Bear Boulevard (SR 18), which travels on the south side though the community of Big Bear Lake. Located on SR 38 near the community of Fawnskin on the north edge of the lake, **Big Bear Discovery Center** is a natural resources and learning center operated by the Southern California Mountains Foundation. This site has exhibits for children and adults, focusing on the life in the park and how to



## SAN BERNARDINO NF: WALKING & HIKING TRAILS

Trail <i>Trailhead</i>	Description	Round-Trip Distance	Difficulty <i>Elevation Gain</i>
<b>Jenks Lake Trail</b> <i>Off the Rio Monte Trail, near the Barton Flats Visitor Center</i>	Follows an old logging road to Jenks Lake, with views of San Geronio and much to explore around the lake.	1.1 miles 1 hour	Easy 500 ft
<b>Pineknoll Trail</b> <i>Hwy 18 to Mill Creek Rd. off the Aspen Glen Picnic Area</i>	Switchbacking through forest and meadows with views of Catalina Island. In the summer, wildflowers abound. Out and back.	3.14 miles 2.5 hours	Moderate 1,400 ft
<b>Woodland Trail Loop</b> <i>North Shore Dr, one mile east of Big Bear Discovery Center.</i>	Nice hike with signs explaining the fauna of Big Bear Lake. Finishes lakeside with connections to other trails.	1.5 miles 1 hour	Easy 300 ft
<b>Forsee Creek Trail</b> <i>38 past Angelus Oaks, on Jenks Lake Rd.</i>	Some real backwoods trails with occasional steep passages, but some of the most rewarding sights in the forest.	8 miles 5 hours	Moderate 2,800 ft

You can download trail maps and brochures from the NF website. Remember the Leave No Trace principles.

become a responsible caretaker for the forest, as well as visitor information for those with specific questions about the San Bernardino National Forest.

Take State Highway 18 west to Heaps Peak and its unique arboretum and botanical gardens. The mountain oasis greets visitors with a diversity of native plants and re-introduced species. The **Heaps Peak Arboretum's gardens** also feature an "animal-footprints trail," that teaches the language of native animal prints. Heaps Peak Arboretum is open 365 days a year and is free to the public. **Palms to Pines Scenic Byway** offers a full variety of ecosystems in the Lower Sonoran region. This 67-mile route will take you from Palm Desert to Banning Pass, going from clusters of desert palms to high country conifer forests and snow-capped mountains, within a short distance. Admire fantastic views of the urbanized valley floor below and the stunning **San Geronio Wilderness** to the north on the Banning Pass section.

Rising abruptly from the desert floor, the

**Santa Rosa and San Jacinto Mountains National Monument** provides a picturesque backdrop to local communities, contributing significantly to the Coachella Valley's allure. It is also a backcountry destination accessible by trails from both the valley floor and the alpine village of Idyllwild, California. The Santa Rosa and San Jacinto Mountains National Monument Visitor Center, south of Palm Desert on Highway 74, has informational displays on wildlife in the area and visitor programs, while the Idyllwild Ranger Station is a good source for hiking information and natural and cultural history exhibits.

## SEQUOIA NATIONAL FOREST

The rich and varied landscape of the **Giant Sequoia National Monument** holds a diverse bounty of scientific and historic resources. The monument is divided in two sections, separated by Sequoia and Kings Canyon National Parks; the northern portion is in the **Hume Lake Ranger District**, with vehicle access to the national

park, while the southern portion is in the **Western Divide Ranger District**. Thirty-three groves or grove complexes of giant sequoia trees are protected within the monument for visitors to explore. Groves and individual trees that are easiest to reach by passenger vehicle include Converse Basin Grove, Long Meadow Grove and the Trail of 100 Giants.

The beautiful 87-acre Hume Lake lies behind the world's first concrete reinforced multiple arch dam, constructed in 1908 by the Hume-Bennett Lumber

Company. During lumber operations, the lake stored logs for an adjacent mill and supplied water for a flume used to transport the cut lumber to Sanger, California. The lake is a hotbed for activity, whether during warmer months for fishing, non-motorized boating and mountain biking or during the winter for cross-country skiing, and snowmobiling.

Jennie Lakes Wilderness is known for its wide variety of pine forests and an abundance of wildflowers in the spring and summer.



## PACIFIC SOUTHWEST REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

### Angeles National Forest

701 N. Santa Anita Ave.  
Arcadia, CA 91006  
(626) 574-1613

### Cleveland National Forest

10845 Rancho Bernardo Rd.,  
Ste 200  
San Diego, CA 92127  
(858) 673-6180

### Eldorado National Forest

100 Forni Road  
Placerville, CA 95667  
(530) 622-5061

### Inyo National Forest

351 Pacu Lane, Suite 200  
Bishop, CA 93514  
(760) 873-2400

### Klamath National Forest; Butte Valley National Grassland

1711 S. Main Street  
Yreka, CA 96097-9549  
(530) 842-6131

### Lake Tahoe Basin Management Unit

35 College Drive S.  
South Lake Tahoe, CA 96150  
(530) 573-2600

### Lassen National Forest

PO Box 100  
Mineral, CA 96063  
(530) 595-4480

### Los Padres National Forest

6750 Navigator Way #150  
Goleta, CA 93117  
(805) 968-6640

### Mendocino National Forest

825 N. Humboldt Avenue  
Willows, CA 95988  
(530) 934-3316

### Modoc National Forest

225 West 8th Street  
Alturas, CA 96101  
(530) 233-5811

### Plumas National Forest

159 Lawrence Street  
Quincy, CA 95971  
(530) 283-2050

### San Bernardino National Forest

602 S. Tippecanoe Avenue  
San Bernardino, CA 92408  
(909) 382-2600

### Sequoia National Forest

1839 S. Newcomb Street  
Porterville, CA 93257  
(559) 784-1500

### Shasta-Trinity National Forest

3644 Avtech Parkway  
Redding, CA 96002  
(530) 226-2500

### Sierra National Forest

1600 Tollhouse Road  
Clovis, CA 93611-0532  
(559) 297-0706

### Six Rivers National Forest

1330 Bayshore Way  
Eureka, CA 95501  
(707) 442-1721

### Stanislaus National Forest

19777 Greenley Road  
Sonoma, CA 95370  
(209) 532-3671

### Tahoe National Forest

631 Coyote Street  
Nevada City, CA 95959  
(530) 265-4531

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# PACIFIC NORTHWEST REGION

Within the lush forests of Oregon and Washington, is a bounty of pristine wilderness. Float the Snake River through the deepest gorge in North America, or enjoy a scenic drive around snow-capped Mount Hood. Explore a rain forest of spruce and fir growing beside glacier-fed rivers, or enjoy a forest interpreter's program at **Mount St. Helens National Volcanic Monument**. From high alpine Cave meadows and craggy peaks to surf-splashed coastlines, the national forests of the Pacific Northwest Region offer unlimited opportunities for outdoor recreation.

## FEATURED WILDERNESS

### SKY LAKES WILDERNESS

Just south of **Crater Lake National Park** in Oregon lie more than 160 miles of trails that make up the Sky Lakes Wilderness. As it stretches along the crest of the volcanic Cascade Mountains it encompasses the Seven Lakes, Sky Lakes, and Blue Canyon basins. An overall high-elevation forest consisting largely of Shasta red fir and western white pine yields to lodgepole pine around many of the lakes. All of southern Oregon seems to lie at your feet when viewed from the summit of the beautiful volcano Mount McLoughlin.

Expect to find creeks and ice-cold springs—such as the Boundary Springs, the pristine headwaters of the **Rogue River** that flow from beneath the ancient lava flows—grassy meadows of wildflowers and a host of clear subalpine lakes. Several of the wilderness's lakes were found to have among the purest water in the world.

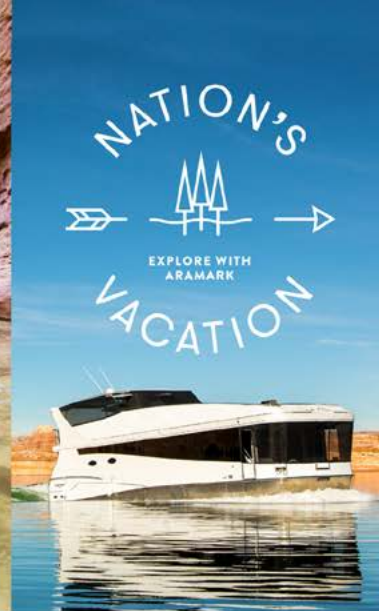
Elk herds spend much of the summer and early fall in the northern third of the **Sky Lakes Wilderness**, and the elk-hunting season can be very active. The entire wilderness supports roving populations of pine martens and fishers, black bears, cougars, and coyotes, as well as pikas. During October and November, **migrating birds** pass over in the hundreds of thousands, often stopping at the high lakes. Game fish are stocked in the Sky Lakes by the state of Oregon annually. These include brook trout, rainbow trout, cutthroat trout, and Kokanee.

The **Pacific Crest National Scenic Trail** passes through the entire length of **Sky Lakes Wilderness** north-south for about 35 miles, but much of the route is well away from streams, springs and other water sources. All together, there are more than **160 miles of trails** in Sky Lakes. Human use is heavy in the three main lake basins, particularly at the larger lakes, which are popular fishing, hiking and camping destinations. The 1888-inscribed "**Waldo Tree**" at the southeast shore of Island Lake is a draw for a few historically-minded visitors each year, as is the opportunity to hike along the route of an 1860s–1890s military wagon road, on the present Twin Ponds Trail. The summit of Mount McLoughlin (9,495 feet) is a popular but very strenuous summer day hike to the summit, the highest in southern Oregon.

## IN THE AREA

### DESCHUTES NATIONAL FOREST

Nestled along the Cascade Mountains, the **Deschutes National Forest** is one of



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the most popular recreation forests in the Pacific Northwest. This four-season destination attracts more than eight million people every year. Its name comes from French Canadian fur trappers who traveled on the “river of many falls.” Currently, parts of the West Bend Area are off limits to visitors on weekdays to restore the forests here. Check for local closures before visiting.

Located inside the forest, the Deschutes River provides rafters with every class of rapids and numerous waterfalls. The expansive **Newberry National Volcanic Monument** encompasses all of the Newberry Caldera, parts of the upper slopes of the volcano and most of the volcano’s northwest rift zone. For an encompassing view of the area, hike to the top of Paulina Peak. For additional information and maps of the trails and activities available in the area, visit the **Lava Lands Visitor Center**. Here, the rangers can help orient you to the monument using a 3D topographic map and exhibits on area geologic and cultural history. There are two trails leaving from the visitor center—the **Trail of the Molten Lands** and the **Trail of the Whispering Pines**—as well as a trip by shuttle bus or car to the top of Lava Butte for a spec-

tacular view of Central Oregon.

For a more intimate look at the volcanic systems that formed the areas, **Lava River Cave Interpretive Site** offers seasonal self-guided exploration of a mile-long lava tube. In the interest of preventing the spread of White-nose Syndrome to bats that reside in the cave, do not wear or bring into the cave, any clothing or gear used in a cave or mine outside of Oregon or Washington.

One of the best ways to explore the forest highlights is by driving the **Cascade Lakes Scenic Byway**. This 66-mile road cuts through the heart of the forest, passing by some of the most beautiful lakes in the state. With dazzling views of the snowcapped Cascades, this is a great route for any first time or return visitor.

**GIFFORD PINCHOT NATIONAL FOREST**

**Gifford Pinchot National Forest** is a mix of volcanoes, Douglas fir and ponderosa pine forests, mountain streams, and countless recreation opportunities. People have used this landscape for well over 10,000 years and it continues to be an inviting place to explore in any season.

DESCHUTES NF: WALKING & HIKING TRAILS			
Trail <i>Trailhead</i>	Description	Round-Trip Distance	Difficulty <i>Elevation Gain</i>
<b>Deschutes River Trail</b> <i>Deschutes River</i>	Relatively flat hike with unparalleled views of the Deschutes River. Lots of interaction with river rafters and bicyclists.	6 miles 3 hours	<b>Easy</b> 100 ft
<b>Todd Trail</b> <i>Recreation Pass Site</i>	Takes hikers through the Three Sisters Wilderness past the gorgeous Todd Lake with views of Mt. Bachelor.	5 miles 3 hours	<b>Moderate</b> 200 ft
<b>Swede Ridge Trail</b> <i>Swampy Lakes or Swampy Loop Trail</i>	A good day hike through the Tumalo Falls area. Access to other loops from just past the trail head.	5 miles 3 hours	<b>Moderate</b> 100 ft
Please follow Leave No Trace principles when hiking. Some trails require day pass and dogs are prohibited during the summer season.			



*Johnston Ridge Observatory offers unparalleled views of Mount St. Helens. The visitor center hosts displays that tell the biological, geological, and human story of an active volcano.*

On the west side of the forest sits the most active volcano in the Cascades Mountain Range. Located at the end of State Highway 504 in the heart of the Mount St. Helens blast zone, **Johnston Ridge Observatory** hosts displays that tell the biological, geological and human story of the active volcano and is a great place to start your trip. Ranger talks, short and long hiking routes, and junior ranger opportunities are available.

From tasty huckleberries to edible mushrooms to beargrass and other plants used in floral arrangements, the forest is an important place for people collect forest products for personal use and also from which to make their living. August is an excellent time to snack on berries in higher elevations while fall rains draw many mushroom gatherers.

Within a seven-mile radius are five high-elevation lakes with developed camp-

grounds called the **Midway High Lakes**. Each provides fishing and limited boating, with access to nearby berry picking and recreation trails to the **Mt. Adams Wilderness**. The Gifford Pinchot is covered in edible berries. In fact, during the Great Depression people picked so many huckleberries that an agreement was made reserving specific areas of the **Sawtooth Berry Fields** for harvest by local Native American tribe members. Check with the nearest Forest Service office for places to pick the tasty fruit.

**MT. BAKER-SNOQUALMIE NATIONAL FOREST**

The **Mt. Baker-Snoqualmie National Forest** is located on the western slopes of the Cascades between Seattle and Vancouver. Here, you will find glacier-covered



peaks, spectacular mountain meadows and old-growth forests. The most prominent feature of the **Mt. Baker Wilderness Area** is the 10,781-foot **active volcano**. Baker's summit, called **Grant Peak**, is actually a 1,300-foot-deep mound of ice, which hides a massive volcanic crater. Mt. Baker offers a variety of approaches with varying degrees of technical difficulty for would-be climbers; however, all routes to the summit are technical climbs on glaciers. Glacier travel experience, knowledge of crevasse rescue

techniques and safe climbing habits are a must. A recreation pass, which you can buy online, is required at the trailhead.

The **Skagit Wild and Scenic River System** begins in the North Cascade Mountain Range and winds out to the Puget Sound. The rivers of the Skagit System flow through wilderness, rural communities, farmlands, and cities of the lower Skagit Valley. The essence of the river system reveals itself in abundant wildlife, exceptional fisheries, and outstanding scenery.



## PACIFIC NORTHWEST REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

**Columbia River Gorge National Scenic Area**  
902 Wasco Avenue, Suite 200  
Hood River, OR 97031  
(541) 308-1700

**Colville National Forest**  
765 South Main Street  
Colville, WA 99114  
(509) 684-7000

**Crooked River National Grassland**  
274 SW 4th Street  
Madras, OR 97741  
(541) 416-6640

**Deschutes National Forest**  
63095 Deschutes Market Rd  
Bend, OR 97701  
(541) 383-5300

**Fremont-Winema National Forest**  
1301 South G Street  
Lakeview, OR 97630  
(541) 947-2151

**Gifford Pinchot National Forest**  
1501 E. Evergreen Blvd.  
Vancouver, WA 98661  
(360) 891-5000

**Malheur National Forest**  
P.O. Box 909  
431 Patterson Bridge Road  
John Day, OR 97845  
(541) 575-3000

**Mt. Baker-Snoqualmie National Forest**  
2930 Wetmore Avenue, Suite 3A  
Everett, WA 98201  
(425) 783-6000

**Mt. Hood National Forest**   
16400 Champion Way  
Sandy, OR 97055  
(503) 668-1700

**Olympic National Forest**  
1835 Black Lake Boulevard, SW  
Olympia, WA 98512  
(360) 956-2402

**Ochoco National Forest & Crooked River National Grassland**  
3160 NE 3rd Street  
Prineville, OR 97754  
(541) 416-6500

**Okanogan-Wenatchee National Forest**  
215 Melody Lane  
Wenatchee, WA 98801  
(509) 664-9200

**Rogue River-Siskiyou National Forest**   
3040 Biddle Road  
Medford, OR 97504  
(541) 858-2200

**Siuslaw National Forest**  
3200 SW Jefferson Way  
Corvallis, OR 97331  
(541) 750-7000

**Umatilla National Forest**  
72510 Coyote Road  
Pendleton, OR 97801  
(541) 278-3716

**Umpqua National Forest**  
2900 NW Stewart Parkway  
Roseburg, OR 97471  
(541) 957-3200

**Wallowa-Whitman National Forest**  
1550 Dewey Avenue, Suite A  
Baker City, OR 97814  
(541) 523-6391

**Willamette National Forest**  
3106 Pierce Parkway, Suite D  
Springfield, OR 97477  
(541) 225-6300

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# ALASKA REGION

North to Alaska! Evergreen forests blanket rugged snow-capped mountains, rushing streams teem with salmon and icebergs the size of office buildings calve from glaciers into the water. Camp along historic gold rush trails, watch eagles soar above forests from the comfort of a passenger ship, or kayak the shoreline of a quiet fjord. Your national forests in Alaska are a special reason to visit America's "Last Frontier."

## FEATURED WILDERNESS

### MISTY FJORDS NATIONAL MONUMENT WILDERNESS

**Misty Fjords National Monument** is a part of **Tongass National Forest** and includes over two million acres on the southern tip of the Alaska Panhandle. It is part of a vast coastal rain forest and can receive 160 inches of rain annually. The region is marked by deep valleys with sharp ridges formed by volcanoes and carved by glaciers. Many **steep-walled**

**fjords** offer excellent sea kayaking opportunities, although 25-foot changes in the tides and frequent storms can make boating challenging. Choose your campsite carefully; ideal-seeming beaches may be underwater two hours after pitching a tent. Behm Canal, the longest waterway into the Wilderness, runs for over 100 miles with views of Walker Cove, Rudyerd Bay, and Punchbowl Cove—the preserve's most picturesque areas.

Mountain goats, Sitka black-tailed deer, and both brown and black bears are common sights. All five species of salmon share the waters with harbor seals, killer whales and porpoises, while migratory birds—from hummingbirds to trumpeter swans—fill the skies.

## IN THE AREA

### TONGASS NATIONAL FOREST

The **Tongass National Forest** encompasses almost 17 million acres of Alaskan wildlands, making it the largest National



## TONGASS NF: WALKING & HIKING TRAILS

Trail	Description	Round-Trip Distance	Difficulty Elevation Gain
<i>Trailhead</i>			
<b>Mendenhall Glacier</b> <i>Mendenhall Glacier Visitor Center</i>	Short hike near the Oakridge Campground where farmland has reverted back to forest, with views of Mendenhall Glacier outside Juneau.	3.1 miles 2 hours	<b>Moderate</b> 400 ft
<b>Connell Lake Trail</b> <i>Connell Lake Dam parking area</i>	Easy access along the shore of Connell Lake for berry picking, fishing, nature study, and camping. Near Ketchikan, Alaska on Revillagagedo Island.	2 miles 1 hour	<b>Easy</b> 200 ft
<b>Ward Lake Nature Trail</b> <i>Main parking area</i>	The trail is a gravel surfaces and easy to hike as it wraps around Ward Lake and offers information on the local wildlife.	1.5 miles 40 minutes	<b>Easy</b> 100 ft

Please follow Leave No Trace principles when hiking. See the "Preservation" section for more information.

Forest in the United States. The size of West Virginia, the forest is a favorite of anglers, hunters, hikers, kayakers and adventurers. The forest has 700 miles of trails!

**Alexander Archipelago** is made up of over 2,000 islands in Southeast Alaska. Prince of Wales Island, slightly larger than the state of Delaware, is one of the largest islands in the forest. Venturing up to the cold, remote Alaskan wilderness provides views of glaciers that can only be seen in a few locations on earth. Located 13 miles from downtown Juneau, the **Mendenhall Glacier** is known as Alaska's "drive-in" glacier. The forest also encompasses the Stikine Icefield which stretches 2,900 miles and viewable via charter boats, kayaking and flight seeing.

Forest Supervisors may issue orders periodically to restrict areas with the intent of protecting resources and preventing damages. Check the USDA website for up-to-date information.

Tongass is home to a variety of wildlife including grizzly bears, bald eagles and wolves. Pack Creek, located on Admiralty Island has more brown bears than all the lower 48 states combined. Be sure to stay a safe distance from wildlife, and keep in mind, summertime visitors must have a permit. The Tongass is known for the five varieties of Pacific salmon that inhabit the lakes and streams of the forest. Saltwater fishing is even more popular and can yield halibut, shrimp and crab. Pick up a valid Alaska state fishing license and find out if the area you plan to visit is catch and release.

## CHUGACH NATIONAL FOREST

The **Chugach National Forest** is a breathtaking landscape in the heart of south central Alaska. This is the backyard for more than half of Alaska's residents, and a coveted destination for hundreds of thousands of visitors each year. The most northerly and westerly forest in the National Forest System, its 5.4 million acres, composed of three distinct landscapes, compares in size to the state of New Hampshire. These lands are home to many of Alaska's Native peoples, including **Ahtna, Chugach, Dena'ina, and Eyak**.

The Chugach National Forest hosts nearly 600,000 visitors each year who explore the more than 3,500 miles of shoreline in Prince William Sound, the glacier-studded **Nellie Juan-College Fiord Wilderness Study Area**, the Kenai Peninsula's 175 miles of the Iditarod National Historic Trail-Southern Trek, or the **Copper River Delta**, the largest contiguous wetlands complex on America's Pacific coast and a spring migration stopover for millions of shorebirds.

While portions of Alaska are often considered remote, the Chugach is accessible through multiple routes. More than 500 miles of trails, 40 cabins, and 16 campgrounds provide plenty of opportunities to explore making it a popular destination for those wanting to leave the bustle of the city behind.

Learn more about the Chugach National Forest at the Begich, Boggs Visitor located in Portage Valley, Alaska or at the Crooked Creek Information Site in Valdez, Alaska.



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## ALASKA REGION DIRECTORY

For more information about the forests featured in this chapter and throughout this region, contact the offices listed below.

### Chugach National Forest

161 E 1st Ave. Door 8  
Anchorage, AK 99501  
(907) 743-9500

### Tongass National Forest

648 Mission St. Federal Building  
Ketchikan, AK 99901-6591  
(907) 225-3101



# FOREST REGULATIONS & SAFETY

Please abide by the following regulations and safety tips, which are in place to help protect the forests, wildlife, and you, the visitor. During your visit, please follow Leave No Trace and Tread Lightly! principles.

**Camping:** Do not dig into or level the ground, as archaeological resources could be disturbed or erosion initiated.

**Driving:** Observe posted speed limits. Watch for turns. Be especially alert for animals crossing the road.



## PRESERVING THE PAST

Have you ever dreamed of unearthing ancient artifacts in scenic locations, or of helping to piece together the jigsaw pieces of history? Well, you're in luck! You too can fulfill your secret (or not so secret) Indiana Jones fantasy with the U.S. Forest Service's Passport in Time program. Participants have been assisting forest archeologists and historians at field sites across the country since 1991, helping them to explore and preserve the history of our national forests and the cultures that have used these lands for millennia. As a volunteer, you could find yourself restoring ancient rock art, gathering oral histories, renovating historic structures, or curating important artifacts. Projects over the years have ranged from stabilizing cliff dwellings in New Mexico to excavating a 10,000-year-old village site in Minnesota. Participants are responsible for their travel, food and accommodation costs, and projects last from two days to two weeks or longer. So if you're ready to get your hands dirty preserving our nation's rich historic legacy, visit [passportintime.com](http://passportintime.com) to begin the journey.

**Firearms:** Regulations vary by forest and grassland. Check with the forest or grassland you plan to visit before your trip for more information.

**Fires:** Wood fires are permitted only in existing fireplaces at campgrounds and established picnic grounds. Not all forests permit building fires. Use wood from inside the forest or local sources.

**Insects:** To reduce your risk of being bitten by ticks, which are active year-round, stay on trails and avoid grassy, bushy areas.

**Off Highway Vehicles:** OHV rules vary by forest and grassland. Contact the location before your visit to find out if OHV use is allowed or if permits are required. Observe all age restrictions when using OHVs.

**Poison Ivy:** Avoid poison ivy by staying on trails and keeping away from brushy areas. A hat, long pants, and a long-sleeved shirt also help.

**Trees:** Significant flaws and structural damages from insects or worn over time can make any tree a hazard.

**Valuables:** Don't leave valuables in your car. They are an easy target in a locked or unlocked vehicle.

**Vandalism:** Please take only pictures and memories home with you. Do not deface, destroy, or remove any flowers, trees, shrubs, rocks, or historical objects.

**Wildlife:** Feeding, petting or harassing wildlife is prohibited. Animals may seem tame, but they are wild and can hurt you and themselves if you get too close.



WHAT WAS YOUR CLOSEST WILDLIFE ENCOUNTER?  
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# PRESERVATION

The National Forests and Grasslands represent some of the most diverse ecosystems in the country. Though the forests have been protected by the National Forest System, threats remain a reality.

## INVASIVE SPECIES

**Firewood** is one of the largest transporters of invasive species like the **emerald ash borer**, which has ravaged trees in Minnesota and Wisconsin. To keep from spreading, campers should not bring in firewood from outside areas unless permitted by the forest they are visiting.

**Weeds** may not appear to be threatening, but they are one of the biggest threats that cling onto clothing, pets, and horses. Make sure to do a routine check of your clothes for any potential hitchhikers. Brushing pets and shaking out the top layer of your clothing can help reduce the chances of transporting weed species.

While riding **horses** on trails is exciting, these animals can become vehicles for passengers other than you. Visitors are required to bring **weed-free feed** for their animals. Other feed brought in may contain harmful and invasive plant species.

If you go **fishing**, bear in mind that your boat or waders could potentially transport **aquatic species**. Moving from one body of water to another without properly cleaning, drying and disinfecting fishing equipment can lead to the spread of invasive species. Some are visible, but many organisms are too small to be noticed.

## FIRE CONTROL

It is critical to make sure your campsite is fire safe, as uncontrolled fires still occur and cause significant damage. Check where the forest permits you to build fires, which is often only in fire pits at campgrounds and picnic areas. These

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Keep wildlife wild and safe. Never feed wildlife or leave food exposed as it encourages wild animals to forage at campsites and human use areas. Always store your food safely and away from your tent.

areas can safely contain fires. Never leave your campfire unattended, and use water to completely put out the fire. Use wood from inside the forest or local sources to avoid transporting invasive species into forests.

### KEEP WILDLIFE WILD

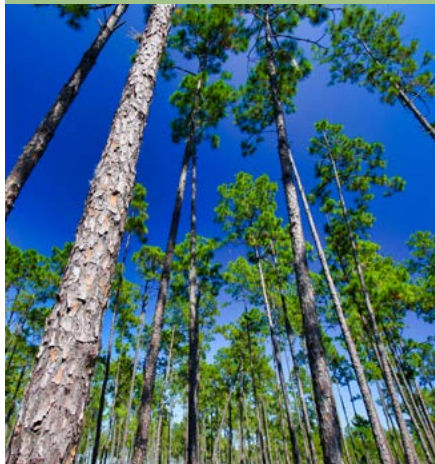
As far as animals are concerned, you should never feed wildlife or leave food exposed as it teaches wild animals to forage at campsites and human use areas. Animals will come looking for a free meal if they associate humans with food.

### TREE HAZARDS AND THE MOUNTAIN PINE BEETLE

A large problem in national forests located in western states is the mountain pine beetle. Although the beetles are only about a quarter of an inch in length, they can bring down a mature pine tree hundreds of feet tall. If a tree becomes unstable, the Forest Service sends in experts to remove hazardous arbors from campsites. This ensures everyone has an enjoyable and safe time in the forests. It is important to check the specific forest website or call for updates on conditions. For more information, please visit [www.fs.fed.us](http://www.fs.fed.us).



### 50 MILLION FOR OUR FORESTS



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*The National Forest Foundation is undertaking an ambitious effort to plant 50 million trees.*

Our national forests cover an impressive 193 million-acres and are a critical resource for all Americans. We rely on our forests for providing abundant supplies of clean water. Our forests clean our air and fight climate change. They provide habitat for threatened and endangered wildlife. But just as we need our forests, our forests need us. Now more than ever. Natural disasters such as wildfire, insect, and disease

outbreaks have impacted millions of acres of our forests.

That's why the National Forest Foundation is undertaking an ambitious effort to plant 50 million trees across our national forests by 2023. Working in close partnership with the U.S. Forest Service, we'll target our support to areas that need of reforestation the most.

We're inviting all Americans—businesses and individuals alike—to join us as we replant America's forests. To learn more about our campaign to plant 50 million trees, visit [nationalforests.org/50million](http://nationalforests.org/50million). You can easily donate online, reach out to start a partnership for your business, or invite your friends to plant trees through a simple and engaging online fundraiser.

By planting 50 million trees in our national forests, we are investing in healthy forests for today and for future generations. Together, we'll restore tens of thousands of acres of wildlife habitat, from the longleaf pine forests of Florida to the cedar groves of Alaska. Will you help us grow a new future for our national forests?

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Cabinet Mountains Wilderness, MT © Jim Rueckel



# PHOTOGRAPHY

For millennia, we've looked towards the heavens and contemplated what's beyond our orbit and universe. More recently, stargazing has become increasingly difficult for millions of people living in developed areas. If you live you in a populated area east of the Mississippi or along the Pacific coast, odds are that you can count the number of stars you see on your hands. National and state parks—remote and minimally developed—not only protect our land, but also our dark skies which are ideal for astrophotography.

There are two primary types of astrophotography shots that yield different, but stellar compositions. A long exposure setting will show stars trailing across the sky, while a shorter exposure will show pinpoints of light—objects that a camera can capture that the unaided eye cannot. Both require a camera with interchangeable lenses and manual controls to set aperture, ISO, and exposure settings. Here's what you'll need to start:

- **A sturdy tripod:** Simply put, a shaky tripod will yield blurry photos.
- **A cable release or remote control or intervalometer:** You'll want to avoid touching your camera to minimize shake. The addition of an intervalometer will allow you to take sequential long exposures
- **Batteries:** Your aperture may be open for several hours, so it's important to have multiple fresh and fully charged batteries.
- **A wide lens:** Use the fastest, widest lens available.
- **A head lamp:** It'll be useful to set up your equipment and illuminate your foreground.

Check the cloud cover; if there's too much wait until you have a clearer night. Before you start, set your focus to infinity and turn off your autofocus and high ISO noise reduc-

tion. Next, set your white balance to daylight settings (5500k) and turn on your mirror lock to avoid mirror shake. Wait until the moon is out, too, as it'll illuminate and add detail to your foreground. Make sure that it's behind you. To capture star trails:

- Set your ISO at 200 to reduce digital noise.
- Compose your image, making sure you have interesting features in the foreground.
- Choose your focal length. The longer the focal length, the quicker your star trails will start to form.
- Set your camera to manual mode so that you can select your shutter speed and aperture.
- Set your aperture between f/2.8 and f/4 for best results.
- Select "bulb mode" as your shutter speed.
- Use your cable release or remote to open the shutter or set your timer for two to four minutes.

Check your results. If your picture is too dark, increase the exposure time. If your trails are too short, increase the exposure time. Keep playing around with your settings to get the results you desire. To learn how to take photos of the milky way and millions of points of light, visit [ohranger.com/brightskies](http://ohranger.com/brightskies).



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*Photographing the night sky is as close as many of us will get to exploring space.*



## Discover Moab in the Off-Season

With unmatched solitude, spectacular views, and discounted rates, the off-season in Moab is fast becoming one of the most rewarding times to visit. Enjoy year-round access to Arches and Canyonlands National Parks, Dead Horse Point State Park and thousands of square miles of spectacular red rock scenery. No matter what time of year you visit, Moab's warmth and hospitality will shine through.



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# JUST FOR KIDS

National forests encourage kids toward exploration, wildlife viewing, hiking, and a respect for nature. Learn to use your senses and observational skills while adventuring through some of the most amazing scenery in the country.

## DISCOVER THE FOREST

Discover the Forest is a website that allows kids to search for forests and parks only minutes away from their homes. The website features fun and educational activities such as how to identify animal tracks, create leaf rubbings, recognize animal sounds, and use a compass. For more information, please visit [discovertheforest.org](http://discovertheforest.org).



## TAKING CARE OF THE FORESTS

In our forests, kids can learn about navigation, wildlife, survival, and much more, but to really interact with the forests and wilderness, everyone must learn how to protect them. Keeping your distance from animals, making sure to leave everything you find and packing out trash are just some of the ways to make sure the area is preserved for generations to come. Leave No Trace principles offer some excellent guidelines for being a good steward of the land. Kids can learn more, play games and earn PEAK (**Promoting Environmental Awareness in Kids**) certification at [Int.org/teach/peak/peakonline](http://Int.org/teach/peak/peakonline).

**Every Kid Outdoors: Discovering America's Public Lands and Water.** Every Kid Outdoors is a U.S. government initiative that will tackle the ambitious goal of providing every fourth grader in the

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*Leave No Trace offer excellent tips for protecting our public lands.*

United States with a meaningful experience on their public lands and waters. This campaign was launched in August 2015 and engages all public land and water management agencies; diverse non-governmental organizations and educational partners; and strives to reach millions of 10–11 year olds in the 2019 school year.

## SMOKEY BEAR

Forest fires are preventable and kids can learn simple ways to protect the forest. Check out Smokey Bear's website for games and information about proper campfire etiquette. For more information, visit [smokeybear.com/en/smokey-for-kids](http://smokeybear.com/en/smokey-for-kids).

## JUNIOR FOREST RANGER

The Junior Forest Ranger Program gives kids a fun opportunity to learn valuable skills and learn about forests. Kids can download and complete the activities in the booklet, which includes equipment guides and a log to mail it in for a membership card and pin. For more information, please visit [na.fs.fed.us/ceredirect/jfr](http://na.fs.fed.us/ceredirect/jfr).



## MOVE TO PLAY & LEARN

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CONNECT WITH  
NATURE IN A  
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An educational  
technology platform  
empowering you to  
create your own  
location-based  
augmented reality games

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# TRAILS MORE ACCESSIBLE



USFS

The Forest Service is committed to integrating and maximizing accessibility into a full range of recreational opportunities while protecting natural resources.

There are 4,500 miles of trails on the national forests that comply with federal **Trails Accessibility Standards**. Most are short hikes with firm and stable surfaces, though not all are paved. Some have short runs of steeper grades, but the width is generally at least 36 inches wide. For more information about any of these accessible trails, contact the national forest where they are located.

**Colorado:** *Arapaho-Roosevelt National Forest—Trail Between the Lakes:* This trail winds its way through a Ponderosa pine forest in fairly mountainous terrain and provides visitors of all abilities an opportunity to enjoy a short hike between two beautiful lakes West Lake and Dowdy Lake

**Michigan:** *Hiawatha National Forest—Point Iroquois Light Station on Lake Superior.* This boardwalk trail winds

through the trees then the dunes to the shoreline then back to the Light Station parking lot.

**North Carolina:** *Nantahala National Forest—Whitewater Falls Trail.* This quarter-mile trail provides views of water falling dramatically in a 411-foot tiered cascade from an overlook. The paved path provides easy access to the viewing area, and along the way you can hear the roaring of the water as it cascades over the falls.

**California:** *Six Rivers National Forest — Ruth Lake Trail.* This hardened surface trail hugs the lake shore and connects two Forest Service campgrounds. The trail has a unique retaining wall and viewing benches.

Many more short hikes that comply with the Accessibility Standards are listed on the Forest Service Accessibility website at: [fs.fed.us/recreation/programs/accessibility](https://fs.fed.us/recreation/programs/accessibility)

Wildness  
reminds us  
what it means to be  
**HUMAN,**  
what we are  
CONNECTED TO  
rather than what  
**WE ARE SEPARATED FROM."**  
terry tempest williams



# NATURE VALLEY

HAVE SOME  
FAMILY FUN

CLIMB A MOUNTAIN

SLEEP UNDER THE STARS

RECHARGE

EAT A NATURE VALLEY BAR

CAST A LINE

RUN A RIVER

REFRESH

FIND YOUR  
HAPPY PLACE

HIT THE TRAIL

## TAKE A HIKE WHERE THE WIFI IS WEAK!

You're not going to remember the time you spent surfing the web. Get back to nature and see why you'll find the best tweets outside, not online.

**#NatureGives**

