



Glacier National Park Trip Notes
(see separate report for Madison Montana Marathon)
July 15-26, 2011

This was my first trip to Glacier National Park, that is, unless I went as a child and that is quite likely because father had family in Wyoming and we'd spend large amounts of time traveling by car through parks and Indian reservations and much through these areas. I don't remember it. This was a new experience that I'd looked forward to for some time but also put off because it simply isn't easy to get to the area – time wise or money wise.

Little did I know that the trip as planned would not be possible; virtually every day of this six-day hiking trip would be substituted. Fortunately Glacier National Park has plenty of variety and we could have spent a month there and found many lovely and enjoyable hikes. It was horrible hot the first couple days, then snow that stopped next, later it was rain that caused hesitation, and finally bears on the trail derailed us. (Note that we don't hike with bears due to our own safety but more so to protect bears staying wild in the wilderness. Bears aren't known to be people-eaters.) All turned out quite fine and now I could return to this Glacier 6-day hiking trip without having to repeat any hikes.



Sweet little Whitefish

This was a good couple days for us. We came in a day early because I like to acclimate; I like to see the local color; I like to be sure my plane gets me to the hike on time. Tour leader Nola had suggested Whitefish instead of Kalispell which we'd see on the end anyway and when we had a car. It was a good decision as we walked all over the town taking a historical walking tour and poking into every store around.

The airport is about halfway between Whitefish and Kalispell.

They dress and act differently in Montana.



Or are all the cowboy boots for the tourists? We saw some priced in the thousands of dollars. This sweet little gal who looked like runner friend Charlotte had a unique method for making a smoothie: the bicycle worked the blender. We sat on the sunny porch in perfect weather and consumed our coffee while watching her get exercise. We know runners who would have liked all these glitzy belts.



The restaurants were mostly in historical settings. The boats are from a walking path along the river. It would be my first introduction to their huge mosquitoes that nailed me all week and even 100% DEET didn't always keep them at bay. Here's Annette and runner friend Burk Foster who lives locally and who generously insisted on taking us to dinner.

Mountains Everywhere

From the town, and this photograph from high up in the rooftop of a brewery, we'd see the beginning of Montana's mountain ranges, many of which we'd be either hiking, driving, or running within. In the distance is the railroad museum where we spent quite a bit of time.



First stop was Waterton in Canada

That is, after a long stay at the border crossing.

This is a very special little town, sitting on a lake with a boat that would take us to Goat Haunt for the start of a hike around the lake. It is first famous for the lake view from the Prince of Wales Hotel. It should also be famous for all the wildlife.



The squirrels tried to snatch our picnics and the deer wandered the hotel complex as though they owned it.



Our hotel complex near to the lake, and a warning sign about the deer population.



See the teepee? That's Annette taking a picture of the inside: it was full of deer lounging and staying cool inside. The temperatures were great so they were being smart. It was bear that had the most attention however. That's the old historical 'International' wooden boat that would take us to Goat Haunt.



This hut is the border crossing at Goat Haunt back into the U.S. where we'd get our passport stamped. It was before having to cross a river by way of a swinging bridge. This was not my chosen form of transport.



More river crossings and this one more stable and to my liking.



We would cross the Continental Divide and cross the border a couple times this day.

Our hiking group is posed at the international markers for the border. Somewhere it was said that a clearing must be maintained between the U.S. and Canada so on both sides of the lake a wide swatch is kept clear. You can see it in the background.

We would picnic on the borders and some would step into the water with one foot in each country for their photograph.

Onto hiking – some trails were flat, many were nearly overgrown and we felt like trailblazers, and some were steep and rocky. Here’s one canyon shot and another lake overview.





Prince of Wales Hotel –

We would initially wish we were staying there but after returning for a drink and another time for a dinner and sneaking a look into the very old and very tiny rooms, we would much more appreciate the lodging chosen for us. It is a historic lodge and one worthy of a visit but maybe not an overnight. The view was spectacular.



This day would take us through forests, over streams and up high to a glacier lake, but going much beyond meant trekking through snow which I declined.



This is how we picnic though some of us also eat all day while trekking. We would see mountain goats across in the snow at water's edge. They were about the size of ants.



Going to the Sun Road



This was a bust but interesting that the road had only just opened due to heavy snow pack. It was either pouring rain during our ride and/or snowing up at Logan Pass, so we reverted and took in another more protected hike than that which was planned. The drive was a challenge for me to not get sick from the windy and bumpy road. It's surely worth another trip.

Logan Pass Visitors Center – This was also a bust. It poured rain and we later learned that not only did it have loads of snow pack but that day more snow fell. It is located at the loop of Going to the Sun Road.

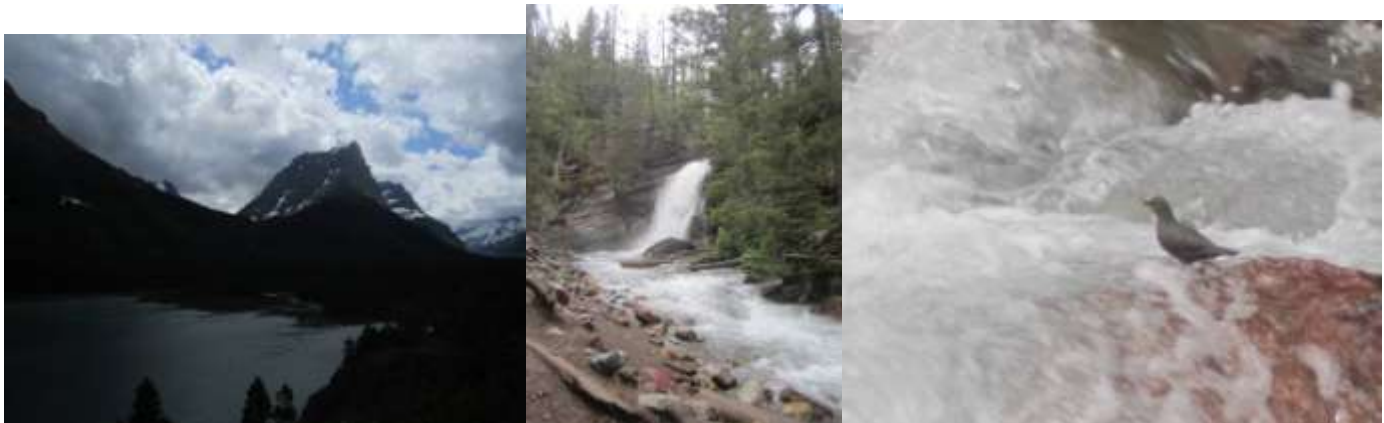


Waterfalls and more waterfalls

The alternate hike served us well. We inherited two required Glacier Park guides during the day. Sort of like Unions: this guide company has an edge on the market and want them or not you get them. We thought our leader Nola would do just fine but we did have sympathy that she'd been somewhat abandoned to deal with us totally on her own since they'd sent Steve to another tour. She never hesitated to be efficient and upbeat about it despite having to load and unload on her own, hitch and unhitch the trailer on her own, and do all the driving. We all agree that we'd go anywhere with Nola but were double grateful that no emergencies erupted.



That's not snow – its roaring water. We would trek much of the time in rain while admiring these huge and numerous waterfalls.



Yes, the sky would darken and the sky would brighten, giving us wide variety of weather in a single day. In this waterfall we were treated to a number of 'dippers' birds bob up and down between plunges into the water. They were able to swim against the current.



St Mary's Lake is said to be one of the most photographed in the world. I can see why. With little islands in the middle and with mountain ranges all around, it's a cameraman's delight.

These last three pictures were taken high up on a rock mountain that gave us a 360 degree view plus so much wind that it was risky to be too close to the edge. Those little dots on the horizon are some of our hikers in shadow. Again, see the extremes of weather.

Many Glacier

Here we stayed in little cabins connected like a motel and probably the simplest accommodations to my memory. Across the lake was Many Glacier National Park hotel and we again were envious of others staying there until we talked our way into a room and realized we were better off with more room and more modernization than Many Glacier offered.



How is this for extremes? Our hotel then that of Many Glacier NP. We would dine at Many Glacier, get into rooms twice, drink there, and after a very wet hike we'd go there to sit around the central fireplace to warm up and dry off.



The surprised cowboy was living at Many Glacier Hotel when I took the challenge of getting into a room. Annette had nudged me as to say that here was someone just coming out of his room and maybe we could get a look inside. It wouldn't take her but another day to get the gumption to ask her own way in, but when I asked Mr. Cowboy he was quite surprised and later quipped that he'd had plenty of offers but this one was the most unique – that was when I asked to see his room and noted that I had two more gals with me. He wanted to talk and talk he did all about his hat, his stay, his past western ranch stay, his retirement, etc.

The historical cabins

This cute little chick didn't hesitate a moment when asked if we could see into her cabin. She introduced us to her momma, to her guide, and told us about her next day's planned adventure bushwhacking through the wilderness. Now where is a picture of those cabins? Just one or two rooms and a bathhouse down the pathway. Super simple, super small, super old, and a tradition to stay in them. Her name was Diana too. No other similarities.





That's our view. That's our trail full of water and later snow. That's me absolutely having a super time wet or not. But we would get lots more wet later.



This is coming into Iceberg Lake. Yes, it remained frozen over and required quite a bit of snow trekking to get there. It was worth it.



Another weather pattern gave us huge amounts of wildflowers but also heavy rain necessitating my poncho. I might have looked funny but I was likely the driest of all the hikers. Some turned back earlier and some might should have. We all wrapped ourselves around Many Glacier's fireplace later on to dry body and clothes.

Glacier Park Lodge

Another favorite and famous park lodge where we stopped for coffee. I don't know if I was just tired or car sick but I failed to try to get into a room here. I'm slipping.



Goat Lick

With weather so yucky, Nola was challenged to entertain us and one such entertainment was stopping at this famous are where goats cling to the Cliffside. It would have taken quite a zoom lens to see them, but here's the idea.



Blow up the second picture and you can see momma and baby white mountain goat in the middle. Me? I don't get it. I must be like a City Girl, a Zoo Girl. Give me a zoo for real animal viewing any day. I have pictures of ant sized moose too if you want to see them

Isaak Walton Hotel

Another oldie but goody wrapped around the train tracks. You can stay in a train car, the honeymoon cabin, or the caboose, and all the time listening to and watching the Great Northern trains go by.



Our leader Nola was challenged to entertain us day after day because of either hot weather, or snow, or rain prohibiting the scheduled hikes. This day she was again challenged due to bears being on our chosen path so we toured some of the areas famous hotels. Inside the Walton Hotel Nola reminded me, carsick that I was that I had a goal to see inside a room. Annette and I were in a contest to see who could get into the most hotel rooms. Well, I almost got one over on Annette but later I found that she and Florie not only got inside a room but into the honeymoon suite, lounged on the bed, got their pictures taken on the bed, and grabbed a few soaps.



This is a popular spot. Watching the trains go by! This last picture is taken from the train tracks side. At least my simple cabin room of the last two nights was quiet.

Wildflowers

This was a perfect time to see a large variety of wildflowers and my collection of pictures from the Glacier hike and also from the Montana Marathon have a very large collection which I'd love to share but I'll try to limit them here. It was also the mosses and lichen that I pictured this time. Many of the specimens I hadn't seen before such as bear grass which isn't a grass at all and the bear don't eat it but there were fields opening up to bear grass and it was pretty much opening up as we watched it. I'll start with a hanging flower basket and while not wild, it does have a butterfly within it. Wild?







The end

We would return to Kalispell following our 6-day hike, rent a car, and spend the night. I would lounge while Annette joined the hiking group for a long evening of restaurant hopping trying to find one to take them without a 35 minute wait. I was grateful to have missed that entertainment but they enjoyed it.

The following morning Annette and I would rise bright and early for our momentous and gorgeous drive from Kalispell to Ennis, collect our bib, and enjoy the pasta party, all in preparation for the Highest Road Marathon in the Americas – at nearly 10,000 feet elevation with nearly 5,000 feet of ascent and descent. That on top of near 90 degree weather with a 9-10 UV Index warning to be done in the open Gravelly Range Mountains on trails and gravel. It would result in a completion and our feeling like superwomen even though it took us 8:40 hours to complete and gave us both major sunburns. It was worth it but never again!

On to the marathon: see trip notes called Montana Marathon.

Later news dated August 6th - WEST GLACIER, Mont. (AP) -- Glacier National Park says a grizzly bear mauled a 50-year-old hiker but the man was able to walk for help. Spokeswoman Denise Germann says the St. Paul, Minn., man was hiking alone from Many Glacier to Piegan Pass around noon Friday when he encountered a mother grizzly with an older cub. She says in a release that the animal attacked and bit the hiker on an arm, leg and foot and then shook him before leaving. The man had bear spray but couldn't use it in time. Despite the wounds, the man walked until he met up with a ranger who called for help. The hiker was hospitalized in Browning, but his condition was not immediately available. He name was not released. Germann says the trail from Piegan Pass to Feather Plum Falls has been closed as rangers investigate. Park officials say cases of grizzly or black bears injuring people at Glacier occur less than once a year.

From others

Joanne: Hey All, great to hike and hang with you! Here's a link to my pictures. And a picture of Sarah and Joanne.



https://picasaweb.google.com/114615603675397482779/WatertonGlacierNationalPark?authuser=0&authkey=Gv1sRgCO_42Jvu5LWyaA&feat=directlink#

Florie: She had a really professional camera with a huge zoom lens. Her photos are very good and you can watch about 300 of them on a photo show or breeze through them in thumbnail. From Jeannie and Florie: *I've so enjoyed everyone else's pictures! Even among all the beautiful landscapes, Jeff's pix of the squirrel stuffing his mouth was the one that made me smile most! Ha! Jeannie preferred that I just blend in some of her pictures with mine, so we've filled in every possible gap, if there could have been gaps in 300 photos...ha, ha. They are posted on www.funwithflorie.shutterfly.com. You do not need any kind of sign-in or password to view. From the Home Page, click on "Pictures and Videos" tab and ours will be the top album. You'll probably want to use the Slideshow to avoid finger fatigue :-)* and you can make fullscreen on the right. Hope you enjoy. Last week, Jeannie and I relived every day of the prior week so now we have been on the trip twice without having to pay again :-) and will now just reminisce through pictures. Awesome week and we enjoyed each and every one of you!!! Happy hiking!

Jeff and Terri: *We hope you all made it home safely with minimum hassle. You can take a look at our photos at the link below (you do **NOT** need a facebook account to look).*

www.facebook.com/media/set/?set=a.2241761214149.2126636.1551635046&l=74d01ad752&type=1

Here's one of Jeff's pictures and one that we aspired to whenever we sat down for dinner.

And with that -- Goodnight Gracie.



Itinerary

Fri Jul 15 - Diana

8:55am Depart Newark EWR via CO#1828
11:25am Arrive Denver DEN

- Annette

10:00am Depart O'Hare ORD via UA#0709
11:35am Arrive Denver

- Diana and Annette

2:15pm Depart Denver DEN via UA6298
4:20pm Arrive Kalispell, MT FCA

Hotel Pine Lodge, 920 Spokane Avenue, Whitefish, MT 59937
Free shuttle; call when arrived – within 10 minute walk to town of Whitefish
Free WiFi and continental breakfast - Mini suite w/2 beds and sofa
Tele: 406 862 7600 or 800 305 7463

Host hotel Hampton Inn Kalispell
1140 Highway 2 West, Kalispell, MT 59901 Tele: 406 755 7900

Sat Jul 16

Early eve Dinner with local runner Burk Foster

Sun Jul 17 – Day 1

8:00am Start hiking tour with www.TimberTours.com with pick up from hotel or Kalispell airport.

Daily Itinerary

Day 1	Assemble early- afternoon at Waterton Lakes Townsite (Timberline van shuttle from Kalispell to Waterton available early morning); Hike Bertha Falls dinner	5 miles
Day 2	Cameron Lake – Summit Lake – Carthew Ridge-Alderson Lake-Waterton Townsite	12 miles
Day 3	Boat across Waterton Lake – Crypt Lake Hike. – Van shuttle to St. Mary's Resort	11 miles
Day 4	Logan Pass over either Swiftcurrent or Piegan Pass to Many Glacier	14 miles
Day 5	Swiftcurrent Trailhead to Lake Josephine , Grinnell Glacier and Upper Grinnell Lake	9 miles
Day 6	Swiftcurrent Trailhead to Iceberg Lake. Van shuttle return to Kalispell (lunch at Isaac Walton Inn)	8 miles

Total Hiking Mileage - 59 miles

Summary by Timberline Tours: If we've learned anything in the course of our many years of cycling in Glacier and Waterton, it's that the cyclist experiences only a hint of this region's alpine beauty. Glacier's "front-country" that is accessible by road is spectacular, but pales in comparison with its vast backcountry. It's the hiker who will have the opportunity to capture this greater essence of the park. In the season ahead, we've planned what we believe to be an extraordinary 6-day program that explores the alpine magic and magnificent backcountry of Glacier and Waterton Parks.

We restructured this program last season by joining Waterton with Glacier, rather than staging separate hikes in each park. Glacier and Waterton share a common ecosystem; their separation by national boundaries is artificial. We've selected what we long have considered to be the best day hikes in each park as the components of what we now believe will be the most exciting program offered in this region.

Jul 17-18 - Day 1 and Day 2

8:00 am Assemble at pre-tour hotel with van shuttle provided to Waterton. We'll arrive in Waterton early enough not only to explore the Waterton townsite but also to hike above the town to beautiful Bertha Falls (5 miles). We'll spend our first of two overnights at the luxurious Lodge at Waterton and then head for Cameron Lake well above the village early the following morning. We'll hike along the Cameron lakeshore, climb gently to Summit Lake, and then more seriously as we emerge from the trees on our approach to the rugged crest of Carthew Ridge. The views of the snow-clad summits of Mt. Alderson and Carthew are magnificent as we begin our descent to Alderson Lake, and ultimately back to the townsite (12 miles).

Hotel Waterton Lakes Resort – 2 nights
Box 4, 101 Clematis Avenue, Waterton Lakes National Park, AB TOK 2MO
Tele 403 859 2150

Tue Jul 19 – Day 3

Crypt Lake is considered by many to be the finest day-hike in all of the Canadian Rockies. We'll travel across Waterton Lake by boat and immediately begin a steady ascent above the lake. We'll pass Twin Falls, emerge from the trees and enjoy magnificent open vistas all the way to Crypt Lake. The final approach to the lake is memorable and includes a scramble through a tunnel and beyond to the glacial amphitheater in which the lake is nestled (11 miles).

Later that afternoon, we'll van shuttle back across the border to St. Mary Resort, where we'll spend the evening.

Hotel St Mary Lodge
Highway 89, St Mary, MT 59417 Tele 406 837 0527

Wed Jul 20 – Day 4

We'll enter Glacier Park as we shuttle to Logan Pass atop Going-to-the-Sun Road early the following morning. We'll hike the magnificent Highline Trail from Logan Pass along the Garden Wall and the West Face of the Continental Divide to the Granite Chalet in one of the most incredibly beautiful high-alpine settings to be found anywhere. Another short gentle climb and we're atop the Swiftcurrent Lookout, with a 360-degree panoramic view of the glacier-carved rockscape. We'll then descend below Swiftcurrent Pass into the Many Glacier drainage, passing a series of high-alpine lakes linked by magnificent waterfalls as we head to the Many Glacier Hotel where we'll spend our next two nights (13 miles).

Hotel Swiftcurrent Lodge (Many Glacier Hotel is closed for renovation) – 2 nights
Glacier National Park Tele: 866-875-8456 or 406-862-8190

Thu Jul 21 – Day 5

We'll hike to Grinnell Glacier from the Swiftcurrent trailhead. We'll walk along Lake Josephine to Mt. Grinnell, climb high above Grinnell Lake and Grinnell Falls, and ultimately to Upper Grinnell Lake and the Glacier itself (9 miles).

Fri Jul 22 – Day 6

Our destination for our final day is stunning Iceberg Lake, a 9-mile hike through meadows ablaze with wildflowers beyond Ptarmigan Falls to the glacial cirque where we'll find the lake nestled in the shadow of Iceberg Peak. Floating on the lake's surface are the startling ice formations for which the lake is named. Following this full day's hike, we'll return to Kalispell late afternoon.

3-6pm Ask for drop off at airport to pick up rental car.

Hotel Hampton Inn Kalispell
1140 Highway 2 West, Kalispell, MT 59901 Tele: 406 755 7900

Sat Jul 23

Am Drive from Kalispell to Bozeman area -- about 6 hours or 320 miles into Ennis

From here – I'll pass you onto the Montana Marathon trip report under separate cover. We would stay through Tuesday and successfully run/walk this nearly 10,000 foot elevation marathon in the Gravelly Range, going up and down as much as 4600 feet. It took us 8:40 hours!

Packing:

Passport since we'll be going into Canada

2 sets of trekking poles

Car iPhone charger/solar charger

About bears from our hiking leaders:

From: Nola Stewart [mailto:cat_trax@hotmail.com]

Subject: RE: NYTimes: Study of Black Bears Finds It's Not the Mamas That Should Be Feared the Most

Hi Diana,

Thanks for the interesting link about bears.

I have lived in bear country -- and am no longer "Bear-anoid". I would say I'm "Bear Aware". I was quite nervous years ago when I first moved to Whistler because I had no experience with bears. Whistler used to have a huge issue with bears as the town was growing and bears were coming to get food in town and at the dump. First time I met one I was trail running solo. The bear did not see me. I had a rush of adrenaline but slowly backed down the trail & when I was at a good distance, hauled it back to the car. Lol. One summer they had to put down somewhere around 30 bears. It was quite sad.

One time I was hiking with my girlfriends at Lake Louise and we nearly ran into a mama grizzly & two cubs coming from the opposite way on the trail. We just backed off slowly. We weren't too far from the "back of the lake" rock climbing area so we went back to alert the climbers of her approach. One of them was an off-duty warden who we helped coax her away from the trail, toward the non-populated side of the lake. Parks Canada at times would put a "hike in groups of 6 or more" requirement on certain bear-frequented trails in that area. (I kept asking if the bears had to hike in groups of 6, too?)

The most startling bear encounter I had was when I went up to Jasper for a couple days on my own & camped in a "frontcountry" campground. I awoke at 6am to sniffing outside my tent, yikes. Once again, a shot of adrenaline! I kept quiet and let the bear wander off (thinking he'd better not put his furry paw through my new tent!). Once the bear went away, I slowly unzipped the entrance to find the bear circling a *cooler* that my next-door camp neighbors had left out!!! (Slime dogs -- there are very specific instructions on how to store food when camping & they apparently didn't read them.) Needless to say, I didn't really hang around -- got an early start, including leaving a note for the camp host to please educate those folks with the cooler!

I could go on...!

Basically, we encourage people to hike together (at least with a partner) and carry on a normal conversation when hiking in bear country. For the most part, if you see a bear from the trail, all they do is eat and maybe look over at you (*not* as a food source). The main thing is to not surprise one so that is why hiking together & talking along the way is encouraged while it goes without saying not to approach bears for a better photo! :)

I don't know if Steve told you that our Bryce/Zion bike trip (that was supposed to follow the hiking tour) was x-ed! I guess that means "party in Vegas"?

Hope wherever you are, you are having fun!

See you soon,
Nola

> Subject: NYTimes: Study of Black Bears Finds It's Not the Mamas That Should Be Feared the Most
> From: dianab@juno.com
> Date: Wed, 11 May 2011 22:08:07 -0700
> To: annettewulffe@yahoo.com; stevemeck@hotmail.com; cat_trax@hotmail.com
>
> Black bears have killed only 63 people in the United States and Canada over the last 109 years. Most attacks involved a bear on the prowl, likely hunting for food, not mothers protecting cubs. <http://nyti.ms/kYuw4F>

Olympic National Park warns hikers: Don't wee in the woods

I know not to wee at off trail places where a bear might be crouched, or where rattlesnakes might be, or in cactus groves, and as in today, where there's oodles of poison ivy, but this is a new reason -- goats!

Officials at Olympic National Park are warning visitors to avoid urinating near some backcountry trails because the resulting salt may attract aggressive mountain goats.

By Kurt Repanshek/National Parks Traveler

After a fatal attack by a mountain goat on a hiker last fall, officials at Washington's [Olympic National Park](#) are urging visitors not to urinate along some backcountry trails because the resulting salt deposits may attract the animals.



According to the [Peninsula Daily News](#), the no-pee advisory for Hurricane Ridge and other areas of "high goat use" is part of the park's new "mountain goat action plan" that includes keeping at least 50 yards away from all goats and closing trails for up to two weeks if visitors encounter aggressive, threatening behavior.

Bob Boardman, 63, of Port Angeles, Wash., was gored to death by a male mountain goat last Oct. 16 on a park trail near Klahhane Ridge. Boardman was protecting other hikers from the goat when it gored him in the thigh and then reportedly stood over him as he bled to death, [says the National Parks Traveler](#).

Olympic, whose vampire-friendly Hoh Rain Forest [inspired Twilight author Stephenie Meyer](#), is home to an estimated 300 mountain goats. There have been no reports of aggressive goats in the park this year and officials say hazardous encounters are "extremely rare," the National Parks Traveler adds.

But the Olympic plan says "there is a high potential for goat - human interactions in (the park). Most notable are the many areas where mountain goats are habituated to human presence (and) have also become conditioned to seeking salts from humans. They can be a nuisance along trails and around wilderness campsites where they will persistently seek salt and minerals from human urine, packs and sweat on clothing. They will often paw and dig areas on the ground where hikers have urinated or disposed of cooking wastewater and chew unattended clothing."