



Glacier National Park with Kansas City Trip Notes
August 17-29, 2013

I've been on this hike before: two years ago with the same company. But it snowed, the bears were in abundance, and the roads were not all open. (That trip report is added to the bottom of this report.) Thus this trip was booked in part because it should be different but also Sister Beverly and running friend Kathy chose this hike. Later Cousin Cheryl would happily agree to join us. And it was different and now I understand that a third visit might be in order too as there are many amazing hikes in Glacier National Park.



Here is a group picture from Leader Nola. Notice that we are all women except Steve the Leader? And me who has avoided any and all 'women's only' hikes or runs? Fortunately we had Steve plus a lot of very interesting, sharp and professional women. Now that you've seen 8 happy hikers, can I just stop there and give you this BIG picture and it tells it all?

We are: Kathy, Carol, Diana, La, Liz, Monica (in front), Bev and Cheryl with Steve and our part-time Glacier guide Pete in the back. .



These are pictures received from Cheryl. Thank you! Especially since I didn't get pictures of myself and those from my camera were unfortunately set on low resolution so not very good. The first picture is leader Steve on the way to Iceberg Lake. The last one is Kathy, me and Beverly wandering the lovely and little flowered town of Whitefish pre-hike.



Thanks Liz and La (an amazing couple of gals from N.C.) for these pictures. The first two are just trails though the second one is a bit like a smaller Yosemite Mist Trail. The third trail is a story in itself and the beginning of a memorable adventure that some (wisely?) avoided. Yes, that IS the trail with a major drop off farther down than you can see. So narrow that it was one foot in front of the other but there were cables to hold onto in places.



These are still pictures from Liz and La. I was too fearful to stop and take out a camera until it was over with. After the narrow rocky trail of scree, we came to a ladder to negotiate before going into a narrow dark and low tunnel. Once you get that far it was hard to turn back despite the steep drop off steps after the tunnel. This was all to see the glacier Crypt Lake. Here is a link to one You Tube. There are more that are more frightening.

http://m.youtube.com/watch?autoplay=1&v=H3B6Jy1PZPs&desktop_uri=%252Fwatch%253Fv%253DH3B6Jy1PZPs%2526autoplay%253D1

So Judy says: Let's change her name to Amazing Diana. Amazing Grace is already taken, and would be sacrilegious anyway. Tom said: Good. Or how about Dynamite Diana or Daring Diana (or maybe even Delightful Diana?) Alayna voted for Dingaling Diana. No matter, Judy ended with Double D which had a lot more jokes surrounding it. Then after Judy saw Liz and La's pictures, I got a Triple D rating.



Here are some of Liz's animals. We also saw moose, grizzly bears, black bears, mountain goats, and an assortment of smaller critters. Then there is US who sometimes felt like animals for climbing the hills.



The All-Girls Cast, then Diana with Liz and La. Below Beverly, Diana and Monica as well as a bar/dining room shot of all of us at Many Glacier Hotel.



Speaking of Many Glacier Hotel, it was in renovation two years ago so all we got to do there was eat and lay our wet clothes out around the roaring fireplace. We'd stayed at the small and historic Swift Current Lodge which is probably in a better location but it's nothing like staying in HISTORY.

After one hike I came in just in time to get the one hour ranger guided tour. So there I was with my big backpack on, hiking boots, trekking poles in one hand, and a drink in the other hand that Liz and La had just provided me, taking a walking tour. I love this stuff. Two years prior Annette and I had managed to get inside one of the rooms and



this time I stayed in one. It was about the size of a large closet and in fact the bathroom had been a closet but it hung over the center lobby where afternoon and evening live music floated up. Many of my fellow tour hikers were in the annex with rooms about double the size. I've mixed emotions about which is best but if you reserve you might ask about renovated rooms as at least there you'll find more than one electrical outlet.

On our last day we stopped by Glacier Park Hotel also known as the hotel of giant trees. It is where I might consider staying if I returned with non-hiker Tom. It's worthy of a trip. I'd seen it two years ago. I still want to see Lake McDonald Lodge. They are all famous for being built in early 1900s by the railroad and are all historically significant.

Whitefish

Our last couple days were again in the little town of Whitefish and we managed a trip up to the Big Mountain, gondola, museum and a lovely lunch overlooking the village. There would be a bike race giving us a bit more entertainment. Most of the gals had left very early that morning and only Cheryl, Bev and I were left, with Cheryl leaving mid-afternoon. Beverly and I drove around Kalispell as well as taking a guided tour of the Conrad Mansion.

The diary of daily notes:

Pre-tour to Bev, Kathy and Cheryl: I've been on with Steve and Nola and have a few items to share. Yes, there will be bugs especially in Canada where it's been wet. I'll bring some natural spray and purchase an aerosol (can't pack it) bug repellent with some DEET while there.

Cameron Parkway is still closed in Waterton due to the washout & flood damage from earlier this season. This means we can't get to the Carthew-Alderson trailhead. Steve and Nola haven't yet decided on the replacement hike for the Carthew-Alderson day but believe Alderson can still be reached from town like we did when I was there (though no snow this time). I have no worry that they'll find a good replacement. Nola did on my past trip for about every day we were there.

Nola says we should also be able to do Crypt Lake this time.

So far, the trails we hike in Glacier Park are all open...! They are still checking daily, though, for bear closures when we are in the park. It happens. No information on who our Glacier Guide will be yet. Nola has her favorites.

Weather looks good for the week. Waterton: highs low 80s / lows high 50s; Saint Mary: highs mid 70s / lows mid 40s. Higher up it should be pretty comfortable, possibly slightly cooler. Often, our hottest hike is the first afternoon in Waterton. Mostly sunny forecasted for the week so far (of course, everyone should still bring rain gear & layers).

Update en route - Saturday 3pm

Yes I got TSA pre check. No to simple but relatively so with only hic up being my forgetting I had cough syrup. They were easy going about it but had to test the bottle.

The club was packed with children under 10 and it was more like a nursery school. First class is sold out then next leg doesn't have first class available. Thanks for the ride. I will call when settled into hotel around 10pm Montana time.

Saturday evening update

I arrived at the Kalispell airport with a big bold bright sunset in the sky. The mountains were shadowy in the distance and absolutely huge. I haven't remembered such magnificence

The little airport is a world away from the Newark airport. Within 10 minutes of sitting down on the runway bags were out and everybody was pretty much dispersed. Only a few minutes longer until my hotel shuttle came

I didn't remember the Pines Lodge being anything special but I thought it was okay. That was two years ago and I was given a smaller room this time. Needless to say I will try for the larger room for when I return after the hike.

The gals had arrived earlier this afternoon and took a walk to the town of Whitefish where they had dinner. As it was after 10:00 PM I didn't see them this evening. We have arranged to have breakfast at 9 AM.

Sunday eve update

The weather all day was glorious with the right kind of clouds in the sky and plenty of blue and the right temperature. We walked much of the town which isn't very big and went into probably most of the stores. Unfortunately there was no festival going on at Depot Square and in the depot the museum was closed. Fortunately we thought better of walking up the mountain and taking the gondola because we learned that it was probably 7 to 8 miles one way. We did walk the trail and at one point went the wrong direction which all turned out very nice and we ended up back at the hotel maybe around 4:30.

Steve and Nola met us in the lobby and we had a nice greeting and chitchat and then we went to dinner downtown before 6 o'clock. A little pub and not late night was perfect for me. We start at 8 o'clock tomorrow morning ready for hiking.



On the way thru Glacier to Waterton National Park in Canada with everyone in good humor and greatly looking forward to it.

Monday is day one of the hike

We started at 8 o'clock this morning from Whitefish Montana driving for much of the morning and into early afternoon. Fortunately the long drive was broken by stops and lunch on top of beautiful amazing scenery. We drove the road that was mostly closed when I was here two years ago. It is called Going to the Sun Road. Along the way quite by surprise we saw some of Nola's bicycle friends. Lunch was

in a small café in St. Mary's where we will return in a couple days. This café is known for their fresh berry pies. My choice was a veggie wrap which was not as good as yesterdays but quite okay.

Crossing the border into Canada is always a surprise. It is not just our security forces that are cautious. After our leader was questioned the security officer spoke with every one of us. Beverly wanted her passport stamped but I don't think that happened. Some of the gals leafed through my rather voluminous passport and ask about some of the visas and stamps. The oddest stamp I have is from my trip here to years ago at Goat Haunt border crossing.

We had a hike after arriving in Waterton Park which was maybe 2 1/2 hours up to Bertha Falls. Upon registering and entering my room I found disappointment. It was my fault because I presumed all the rooms were the same as what I had two years ago. Not. It is a nice clean but very simple room and had I understood I would have upgraded. There wasn't time to try to upgrade though I tried but the line was long and dinner was an hour later.

Dinner was at the Waterton Lodge where we stay and as dinners go it was plenty good. Fresh trout can't be bad. After a walk around town and down by the lakeshore I gave up the ghost and turned in around 10 o'clock. Last time I was here we saw moose at the Lakeshore and also with in the town.

Tomorrow starts bright and early with a 7 o'clock breakfast and then one of the bigger hikes to Crypt Lake. To get there we have 2100 foot of elevation gain (plus ups and downs) and a climb through a narrow tunnel and a ladder to negotiate before getting to the lake. We'll see.

Later

We are back from a big big hike. We hiked from 9am (well 15 minutes of that was a ferry ride) until 4:30 with a lot of elevation. More on that. Steve offered to drive us to the Prince of Wales hotel at 5:15. Fortunately I have been there before because I can't get cleaned up by 5:15. I'm going to the shower and then I will call you after. We have to meet for dinner at 6:20.

Tuesday evening update

Today started very good and much of the day was too. By evening I had some concern about Tom and felt like a real shit leaving him home alone. But we are not young chicks anymore and these things happen and it looks like he's okay now.

We started with our usual 7 o'clock breakfast and then went to the leaders' room to fix lunch. Off we were for the 9 o'clock ferry to the start of our hike. While this was a mere 2100 feet of elevation it was a lot more up-and-down. We hiked through beautiful forest areas and along a lot of scree and loose gravel finally coming to an area that was a tunnel to scoot through almost on all fours and then a very narrow ledge. That narrow ledge did have cables to hold us up and safely. Oh and did I mention the ladder?

3 1/2 hours (well almost 4 hours) and we arrived at Crypt Lake and just in time for a 15 to 30 minute soak your feet in the lake time and lunch before we had to return. The last ferry to return us to our hotel was 4 o'clock. Everyone made it though two only made it by the skin of their teeth. Two others, Beverly and Cheryl, were wise enough to turn back halfway through and they enjoyed the Lakeside for a couple hours

Meanwhile I was the only one that I know of who had a fall. Some of the hikers pointed out how lucky I was to fall on my backpack instead of my back on this pointed rock. I got right up and was fine but a little bit of scrapes here and there and I will surely have a few bruise marks and somewhat a sore neck from an old injury. (Two weeks later the bruises, scabs and lumps remain but they never stopped me.)

Today was a big ego boost for me. We have two young girls who are quite beautiful themselves who call me Miss America and make constant comment about my hair. Naturally I am very flattered particularly because they are lovely.

Then on the way up when the going got rough and I was tired of breathing hard I met an old man. He pointed way up and over at the path we would be going and where the tunnel starts. It took me all of 10 seconds to say well I am not going there! I'm turning around! To which he asked me if I was going to let an old man beat me? I couldn't resist and I asked him his age. When I found it was 64 years old and he was surprised at my age I was totally incentivized to continue on and off I went. This has been a good day wouldn't you say?

Back to the scheduling of the day: Lunches that we pack in the leaders rooms are always good. I was surprised to have eaten every speck of my huge lunch. And continually drank every drop of my 100 ounces of water plus a can of soda.

Upon return to Waterton at 4:30 our leader offered to drive us to the Prince of Wales hotel. Anybody who knows me will know that I cannot get cleaned up that fast. That means I had until 6:15 for dinner -- a real bonus. I spent part of that bonus time worried about Tom and he was worried about himself also.

Dinner was in town at the Bayshore restaurant. I had eaten there before and I remember the mule deer coming up to the patio where they were eating on the flower boxes. Of course I ate salmon again (well similar it was trout last night.) And of course anybody who knows me knows that I needed a drink. Or two.

Tomorrow is the usual bright and early to include having to pack up and leave before going to St. Mary's. We will hike in the area first.

From Tom:

I just spoke to Diana and apparently this is what they hiked today. Looks pretty scary to me. http://m.youtube.com/watch?autoplay=1&v=H3B6Jy1PZPs&desktop_uri=%252Fwatch%253Fv%253DH3B6Jy1PZPs%2526autoplay%253D1 Ask You Tube for Crypt Lake tunnel or Crypt Lake cables and you'll see even more.

Wednesday update

Saying goodbye to Waterton, a true crown jewel in the Canadian parks system and one of their first parks. Another early rise and a night of very little sleep but upon awakening I learned Tom was stabilized and later and after many tests the cardiologists would say he was in very little risk and to keep on living as before. This is the crazy cardiologist who told Tom to go ahead to Italy even though his vision was blurry and to call him if he needed him. Honest. But I believe in the attitude if I could just get more into it.

We started out around 8am and climbed at least 2300 feet plus the ups and downs before ending at a lovely secluded glacial lake where I had been before but had to slog thru some snow before getting there. Four proceeded farther up at noon but two soon chose to return and avoid the high steep cliffs with big falloffs.

We were back at the lodge by 3pm to begin our journey back into the United States and over their very particular, fussy and careful border. (Do we look like terrorists?) We got Bear Mountain crossing stamps in our passports and the agent noticed how one of us already had one. Plus my Goat Haunt border crossing on foot.

Tomorrow is even earlier and the biggy and toughest hike of the week called the High Line. With 16 miles of trails I'm hesitant but the leaders think I can do it. I'm by far the oldest and sobered as such.

Thursday evening update

High Line is the plumb trail of Glacier NP. It is out of Logan Pass and it was snow covered when I was here two years ago. It was next to perfect now. Near 16 miles up and down on rocky trails was a lot for most of us and nearly too much for some. After climbing who knows how high to the chalet it was then a 2300' drop into Many Glacier resort. I fall behind on the way UP but get to the bottom much sooner than others. Grizzly bear and mountain goats were seen and lots of glaciers and waterfalls.

We did usual breakfast and move out but earlier and drove 45 minutes to Logan Pass starting the hike by 9am. We were into Swift Current lodge by 5:15 and some a bit later. We had an official glacial guide want him or not. It's a union type deal.

Lovely dinner at the lodge after a small band played out by room balcony. If you can call it a room. Nearly a closet. So late and so tired so maybe more later. Like another and less full day.

Update Friday early eve

When I came in from the hike a ranger led hotel tour was just starting so despite still with hiking poles and pack I went. My kind of entertainment. Then Wi-Fi was jammed, then there was NO hot water and here I was up against a 6:15 dinner. Cold sponge bath would have to do.

Friday eve update

Usual schedule. Early! 6.8 mile out to Upper Grinnell Lake was fabulous. All along edge of cliffs overlooking series of lakes and into a range of glaciers. Grizzly bear sighting (and fresh scat on trail) plus a big moose down at lake. We had seen a couple yesterday too. Small varmits and a big marmot who didn't mind begging. Big horn sheep pretty near and mountain goats up above. Eating huckleberries all along enough that I could be competition to the bears. Yep, one pays the price for a bushel of berries going down the gullet but it's worth it. From 8:30 until 3:30 pretty strong hiking with 2300' elevation gain. 4pm ranger tour of hotel and history. Funny wine story.

Perfect weather then hard rain during dinner. How lucky can that weather be? Packing up for last day. Super tired but happy. Legs and feet performing well. Touch wood. Best of all is that Tom is well after a worrisome day and night.

Saturday evening update

It is more common on the last day of a hike to have it an easy one. This 9 to 10 mile hike was not necessarily an easy one. Well maybe because it was only about 1200 feet of elevation gain. We went to the end of the trail to a glacier lake called Iceberg Lake. Two years ago much of the trail had snow on it despite pouring rain. And Iceberg Lake had no melting -- it was solid. This year we had multiple small iceberg sculptures to look at during our picnic by the side of the lake.

We had packed up early morning and drove to Swift Current Lodge for the start of the trail. It was at Swift Current Lodge where I stayed two years ago because Many Glacier Hotel was partially closed for renovation. Surprisingly everybody started the hike and even more surprising is that everybody finished the hike. I say is surprising because many people had hurt feet or hurt knees or hurt legs or all of the above and one had to give up her hiking boots to wear sandals with heavy socks in order to walk. The next morning would be no exception with plenty of people pussyfooting around.

After our hike which took a little longer than expected we went back to Swift Current Lodge. We may have taken longer because we saw grizzly bears and black bears and moose and small varmits plus

bighorn sheep and mountain goats. Our Glacier guide said it was unusual to see so many animals. I say that I am more of a zoo girl because our animal sightings were so far away as to be nearly nonexistent and not very exciting to me. We got back to Whitefish later than expected so I would have lost my rental car but Tom called and got me another vehicle. A big SUV but I was grateful as it was their last vehicle and they were closing up.

We were comfortably ensconced in our hotel by 7 o'clock and most of the hikers just died and slept. Almost the same thing for me as my light was out before 11 PM which is at least an hour earlier than all this last week. I got up at 5:30 because I had the only car and took parties to the airport. Fortunately Steve and Nola took the earlier group though I had been willing.

Sunday update from our last full day in Whitefish

Hi to Nola: What did we do today?

It was a little bit of trouble for me to give up West Glacier but there were a number of reasons to do so. I'll just have to come again. We started early but not as early as you did. I took Kathy to the airport at 6am and then decided to drive up the mountain village on my own and see the sunrise. It was a long ways up the mountain.

After breakfast at the hotel we all went up the mountain together and drove around some and then went up the gondola to the very top. Did you know that there was a large village and some shopping up on top of the mountain? There is a water slide and zip lining as well as a few cables. Yesterday and today were bike races using the mountain trails. The ride to the top was much longer than we expected but gave a 360° panorama once we were on top. It also gave us a bar and a nice lunch.

The Whitefish Lake is much larger than expected and I drove around it earlier today and then again with the girls. It has real beach and we were able to see what lakefront houses look like in Montana. I found a hippie house that had a caution sign in the front that said "grump".



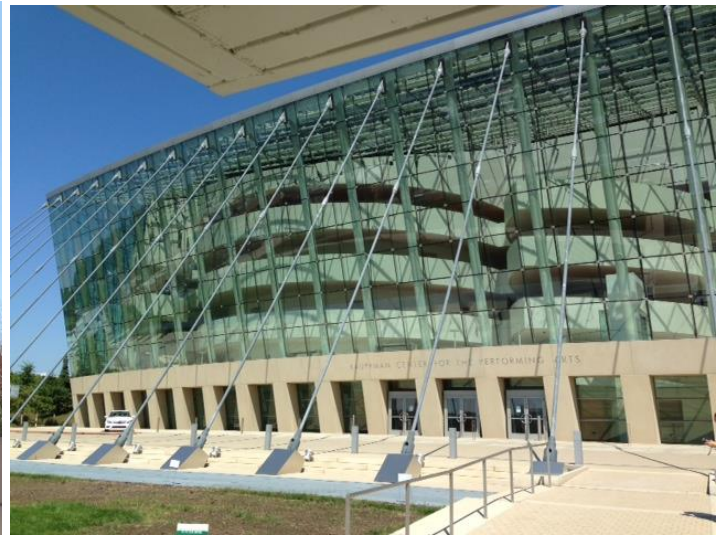
We got back to town in time to stop by the brewpub for some T-shirts and a little beer. Well a little yogurt at the red caboose Café too. The train depot museum still was not open. All of which took until it was time to take Cheryl to the airport. By 2:30 we were in Kalispell In time for the guided walking tour of the Conrad mansion Museum. Lovely mansion, good tour, very historical and we are glad we went. But sorry to miss West Glacier. All of which is to say that I have to come back again so that I can do Apgar, West Glacier and the McDonald lodge that I never saw before either.

And you? Did you drive all day and is everything okay? Your ears should have been burning because we talked about what wonderful guides you and Steve are. And now I'm super tired and going to give up the ghost. Surely that is the case for you too as you deserve a few days off.

Thanks again for a super week and being so patient with all of us.

KC for family reunion

Bev and I met with my daughter for breakfast then our brother at lunch. Toured art museum with daughter. Union station. Then toured dramatic new Kaufman center for performing arts downtown K.C. then dinner with grandson and his girl and both were shockers. Hippies to extreme. Pray for me. Pic coming.



So I decided that the 28 year old grandson with the 99 year old beard shouldn't be pictured here. He's such a good looking fellow under it all so we'll wait for a better picture.

More on Glacier?

Of course! But in the interest of space and time, I'll add parts of my trip notes from two years ago which now follow.

More travels on my list?

Of course! And that's why I'm cheating by using trip notes from two years ago. I'm off for more adventures with very little time at home in NJ. Gotta go while I can.



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.



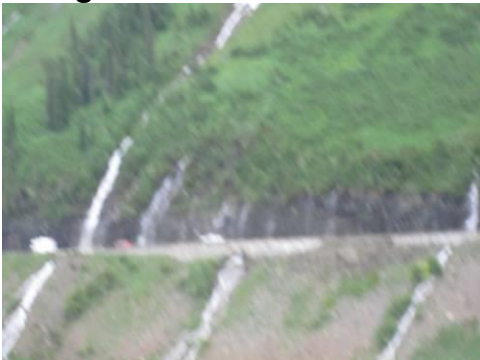
This day would take us through forests, over streams and up high to a glacier lake, but going much beyond meant trekking through snow which I declined.



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.

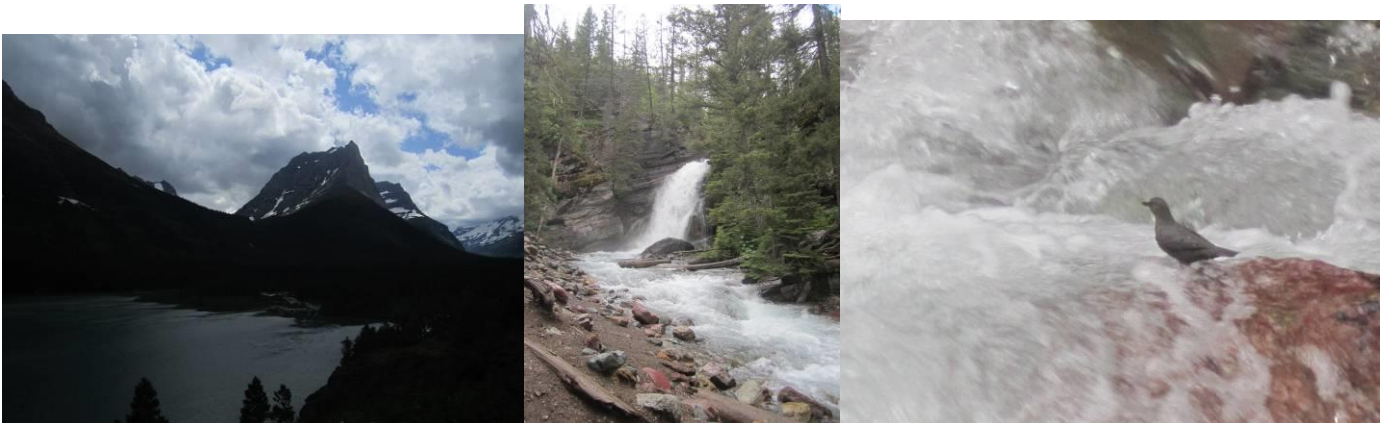


Waterfalls and more waterfalls

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 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.

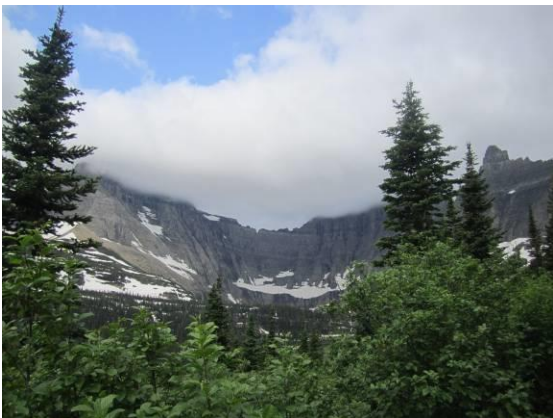
The historical cabins

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 a 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 Isaak 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?

In the interest of space – I'm removing these pages of pictures. If you're interested check out www.LibertyLadies.weebly.com and click on 2011 hiking trips.

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=Gv1sRqCO_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 full screen 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.

Just for fun

We have a wonderful chef locally and his newsletter suggests we hosts a lot of 50th anniversary parties so he asks how they did it. He now says this is his top 10 list of the funniest responses to his question WHAT IS THE SECRET TO 50 YEARS OF HAPPY MARRIAGE?

DRUM ROLL PLEASE.....

- 1... *Who said anything about being happy?* Gulp, ok, enjoy your evening....
- 2... *Two words- "yes, dear"....* by far, the most popular answer
- 3... *As soon as I learned that I am always wrong we got along better .*
- 4... *We learned after 20 years of marriage to spend less time together-the next 30 was bliss.*
- 5... *She always has forgiven me, even when she's wrong.*
- 6... *We just avoid killing each other & everything else just falls in place.*
- 7... *At this point, we just keep breathing* ...said by a woman celebrating their 75th anniversary!?!
- 8... *Look at us, enough said*said by a man and woman, she was blind, he was deaf. Not kidding.
- 9... **There are many things to fight about, turning left or right isn't one of them.**
- 10... **TOLERANCE....** incredibly, they both said at the same time. Talk about being on the same page...

Itinerary

Sat Aug 17

3:29pm Depart Newark EWR via United #1107
5:48pm Arrive Denver DEN for plane change

6:55pm Depart Denver DEN via United #6516
9:11pm Arrive Kalispell FCA MT

No rental car - Pine Lodge has shuttle and plenty in town within walking distance

Hotel Pine Lodge – 2 nights
920 Spokane Avenue, Whitefish, MT 59937
Free shuttle; call when arrived – within 10 minute walk to town of Whitefish
Free WiFi and continental breakfast - 2 beds, refrig and coffee service
Tele: 406 862 7600 or 800 305 7463 <http://thepinelodge.com>

Sun Aug 18

Open day for tourist – see 2011 trip notes

Mon Aug 19

8:00am Start of hike with www.timbertours.com - Leaders: Steve and Nola
Be dressed for hiking

Outline:

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: 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 during the Glacier/Waterton Lakes Hiking Tour. 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 several seasons ago 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 hiking trip offered in this region.

Mon Aug 19 – Day 1

Glacier/Waterton assembles in Whitefish and we'll provide a van shuttle to Waterton early morning of Day 1. 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

Hotel Waterton Lakes Resort – 2 nights (same as Lodge at Waterton?)
Box 4, 101 Clematis Avenue, Waterton Lakes National Park, AB TOK 2M0
Tele 403 859 2150
Coffee service in room, no refrig, free WiFi

http://watertonlakeslodge.com/waterton_hotels_lodging_accommodations.htm

Tue Aug 20 – Day 2

We'll head for Cameron Lake well above the village early this following morning. We'll hike along Cameron's 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 snowclad summits of Mt. Alderson and Carthew are magnificent as we begin our descent to Alderson Lake, and ultimately back to the townsite (12 miles).

Wed Aug 21 – Day 3

Crypt Lake is considered by many to be the finest day hike in all of the Canadian Rockies and that's our plan for Day 3. 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's Lodge – 1 night (Diana arranged to stay in Great Bear Lodge)
Highway 89 and the Going-to-the-Sun Road, St Mary, MT 59417 Tele 406 732 4431
http://www.glacierparkinc.com/st_mary_lodge_and_resort.php
No WiFi except limited in the lobby; coffee service only in Great Bear Lodge rooms

Thu Aug 22 – Day 4

We'll enter Glacier Park on Day 4 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 Many Glacier Hotel – 2 nights
Glacier National Park Tele 406 732 4411
(I was at Swiftcurrent in 2011 since Many Glacier Hotel was closed for renovations)
<http://www.nationalparkreservations.com/many-glacier-hotel.php>
Free WiFi but very limited depending on satellite and weather; no refrig.
No coffee service in non-renovated rooms; have asked to upgrade to renovated room.

Many Glacier Hotel is located along the shores of Swiftcurrent Lake inside Glacier National Park. The great northern railroad built this historic hotel in 1915 to accommodate the many tourists passing through Glacier National Park. Many Glacier Hotel is built in the Swiss Chalet style and the Swiss theme is carried through the interior of the hotel as well. This quaint hotel provides world famous scenery, with panoramic views of nearby Grinnell Point and Mt. Henkel. These picturesque views and the warm hospitality of the staff at Many Glacier keeps visitors coming back year after year. Both of these spots are some of the park's best locations for taking pictures at sunrise and provide the ideal location for spotting mountain goats, big horn sheep, and bears. Standard guest rooms at the Many Glacier Hotel are equipped with double and twin beds, as well as in-room bathrooms. All rooms and facilities at Many Glacier Hotel are non-smoking. A cozy sitting area in the massive lobby makes the perfect setting for fireside socializing, reading and writing postcards. Many Glacier Hotel, was built in 1914 and 1915 and is the largest hotel inside the park with 208 rooms. Its unique design was modeled after Swiss chalets and the Swiss theme is carried throughout the hotel. Guests at the Many Glacier Hotel will find standard rooms with double and twin beds (none of which will sleep over four). The Ptarmigan Dining Room features large picture windows that look out at Glacier's majestic peaks providing a very Swiss Alpine atmosphere for your dining pleasure. Continental and American cuisine is served, as is a full breakfast buffet, lunch and dinner.

Fri Aug 23 – Day 5

We'll hike to Grinnell Glacier on Day 5 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).

Sat Aug 24 – 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 Whitefish by 6:00pm.

5:00pm Avis mid-size - Conf #42890117US4

Hotel Pine Lodge – 2 nights – Note that Cheryl stays 1 night; Bev stays 2 nights
See address above

Sun Aug 25

Open for touring –probably car is desirable. Pine Lodge has shuttle for airport only

Mon Aug 26

4:35pm Depart Kalispell FCA via UA#6490

6:47pm Arrive Denver DEN for plane change

7:45pm Depart Denver DEN via UA#4932

10:45pm Arrive Kansas City MCI – connect up with Beverly's car

Hotel Fairfield Inn at airport – 3 nights with queen beds
11820 NW Plaza Circle, Kansas City, MO 64153 Tele: 816 464 2424

Tues and Wed Aug 27 and 28

Open – advised Alayna

Beverly staying over and offers use of her car

Thu Aug 29

6:07pm Depart Kansas City MCI via UA#4181
9:59pm Arrive Newark EWR