

Portland and Columbia River Gorge Trip Notes
June 9-19, 2010

The idea for this trip started last summer in Yosemite when tour leaders Steve and Nola convinced me that I needed to see the Columbia River Gorge and the famous waterfalls. I'd always liked Portland when I went through for business; Portland is noted to have the finest Japanese Garden in the country; thus it was easy to convince Tom to join me for the four days prior to the hike. So since the main attraction was the Japanese Garden (said to be the best in the country) and the Chinese Garden (said to be the best outside China) and they are well covered by Tom's Photo Show, I'll let the following Photo Show link explain that part of the trip and get right on with the hiking portion. www.photoshow.com/members/tomskoi. Also at the end are a couple emails from Japanophile friend Ellen to and from Tom remembering Portland fondly and especially these two Gardens.



Timber Tours Itinerary

For a visual overview of the hiking trip, see fellow hiker Linda's Photo Show to include a Portland nude bicycle parade thrown in. Portland prides itself on being Weird. What we saw qualified from Voodoo Donuts to colorful street people to vendor stalls galore. Linda being a real photo pro, you'll like to see www.photoshow.com/watch/ep6eK8nC.

Day 1	Group assembles in Portland; Beacon Rock State Park—hike Hamilton Mountain	8 miles
Day 2	Eagle Creek- Metlaka Falls-Punchbowl Falls- High Bridge- Skooknichuck Falls – Tunnel Falls.	12 miles
Day 3	The Falls of the Columbia Gorge: Latourell, Wahkeena, Horsetail, Multnomah; Beacon Rock (47 switchbacks)	10 miles
Day 4	Dog Mountain (2900 ft. ascent) (moved to an earlier day)	7 miles
Day 5	Tom, Dick & Harry Mountain	7 miles
Day 6	Tamanawas Falls; van shuttle to Portland	4 miles

Total Hiking Mileage - 48 miles plus any optionals

Summary from www.timbertours.com

The historical role of the Columbia River Gorge in the westward expansion of our country was profound. Early explorers probed the mouth of the Columbia near present-day Astoria where the mighty river poured into the Pacific. Dreams of a water passage across the mountains to the Pacific lingered into the early years of the 19th century—a dream still cherished by Thomas Jefferson as he commissioned Lewis and Clark to explore the newly-acquired Louisiana Country.

The Columbia Gorge was the corridor through which Lewis and Clark traveled to reach the Pacific, and the avenue by which they began their long journey home. Even though the Expedition finally ended hopes of an all-water route across the continent, the information they gathered and documented, along with their reports and illustrations of the vast resources of the Pacific Northwest provided the inspiration for the tide of western expansion and settlement that followed. By the mid-19th century, almost 12,000 pioneers had migrated to the Oregon Territory.

The Columbia Gorge also is a geologic wonder and its landscape truly reflects the power of nature. For millions of years, hundreds of erupting volcanoes frequently altered the course of the Columbia, ultimately creating one of the few canyons in the world oriented in an east-west direction. Near the end of the last Ice Age the massive Missoula Floods swept across eastern Washington, scouring cliffs high above the river bed, creating one of the world's greatest concentrations of waterfalls from tributaries left hanging above the river. No less than 77 of these falls can be found in the relatively short span between Troutdale and The Dalles.



Denise on her first ever hike

The start

Linda, a hiker and biker friend from Los Angeles who had also been on the Yosemite trip last year, was staying at the Marriott Waterfront where Tom and I were for the four days preceding. He didn't highlight it in the Photo Show above, but it was Rose Festival weekend and parades with dragon boat races and a carnival atmosphere permeated the waterfront where we stayed. You'll see some of the festival in Linda's Photo Show.

Linda, Tom and I had dinner the night before and shared a taxi early morning Sunday to meet our tour leaders at an airport hotel. In a van with a total of eleven hikers, our adventure began. Along for the adventure was friend Denise from Palm Beach on her very first hiking trip, as well as Chuck from a couple other hiking trips and who lives in upstate New York, and Jeff, also from other hiking trips and who lives in Louisville, KY. Both are physicians so we were in good hands as well as with friends, and unbeknownst to us at the time we had two other physicians in the group.



Columbia River Gorge National Scenic Area

Best known for scenic Mt Hood (and surrounded by Mt Jefferson and Mt Adams when the weather is clear), the Gorge waterway was the first and only method of continuing westerly for those on the Oregon Trail. But with Hudson's Bay Company having the only game in town ferrying covered wagon loads of family's easterly, they overcharged as well as created huge line-ups of families waiting their turn. This eventually caused folks like Barlow and Palmer to find a southerly overland route and thus Mt Hood became known and popular. This story is told in "A Sight So Nobly Grand: Joel Palmer on Mount Hood in 1845" written by a 7th generation grandson.



Water Water Everywhere – Bridge of the Gods out our hotel window and from a high mountain top

From Wikipedia: The Columbia River Gorge is a canyon of the Columbia River in the Pacific Northwest of the United States. Up to 4,000 feet deep, the canyon stretches for over 80 miles as the river winds westward through the Cascade Range forming the boundary between the State of Washington to the north and Oregon to the south. Extending roughly from the confluence of the Columbia with the Deschutes River down to eastern reaches of the Portland metropolitan area, the gorge furnishes the only navigable route through the Cascades and the only water connection between the Columbia River Plateau and the Pacific Ocean.

The gorge holds federally protected status as a National Scenic Area called the Columbia Gorge National Scenic Area and is managed by the United States Forest Service.



Strong powerful waterfalls kept the moss growing – that's mist not fog

The western gorge is dominated by conifers, Bigleaf Maple, cottonwood, Oregon Ash, and Vine Maple. The eastern gorge is home to Bigleaf Maple and Garry Oak. The wide range of elevation and precipitation in the gorge creates a diverse collection of ecosystems from the temperate rain forest at Oneonta Gorge (with an average annual precipitation of 75 inches) to the Celilo grasslands (with average annual precipitation 12 inches), with transitional dry woodland between Hood River and The Dalles. A large variety of endemic wildflowers thrives throughout the gorge. Atmospheric pressure

differentials east and west of the Cascades create a wind tunnel effect in the deep cut of the gorge, generating 35 mph winds that make it a popular windsurfing and kite-boarding location.

The gorge also contains a high concentration of waterfalls, with over 90 waterfalls on the Oregon side of the gorge alone. Many are along the Historic Columbia River Highway, including the notable 620-foot high Multnomah Falls.



Did Chuck or didn't he cross the river on that log? I played the game next. Linda survived the strong winds on mountain top.

Geology

The Columbia River Gorge began forming as far back as the Miocene Era, (roughly 12 - 17 million years ago), and continued to take shape through the Pleistocene era, (700,000 - 2 million years ago). During this period the Cascades Range was forming, which slowly moved the Columbia River's delta about 100 miles north to its current location.

Although the river slowly eroded the land over this period of time, the most drastic changes took place at the end of the last Ice Age when the Missoula Floods cut the steep, dramatic walls that exist today, flooding the river as high up as Crown Pointe. This quick erosion left many layers of volcanic rock exposed.

History

The gorge has supported human habitation for over 13,000 years. Evidence of the Folsom and Marmes people, who crossed the Bering land bridge from Asia, were found in archaeological digs. Excavations near Celilo Falls, a few miles east of The Dalles, show humans have occupied this salmon-fishing site for more than 10,000 years.

The gorge has provided a transportation corridor for thousands of years. American Indians would travel through the Gorge to trade at Celilo Falls, both along the river and over Lolo Pass on the north side of Mount Hood. In 1805, the route was used by the Lewis and Clark Expedition to reach the Pacific. Early European and American settlers subsequently established steamboat lines and railroads through the gorge. Today, the BNSF Railway runs freights along the Washington side of the river, while its rival, the Union Pacific Railroad, runs freights along the Oregon shore. Until 1997, Amtrak's Pioneer also used the Union Pacific tracks. The Portland segment of the Empire Builder uses the BNSF tracks that pass through the gorge.

The Columbia River Highway, built in the early 20th century, was the first major paved highway in the Pacific Northwest. Shipping was greatly simplified after Bonneville Dam and The Dalles Dam submerged the gorge's major rapids.

In November 1986, Congress made it the first U.S. National Scenic Area and established the Columbia River Gorge Commission as part of an interstate compact. In 2004, the gorge became the namesake of the Columbia Gorge American Viticultural Area, a 4,432-acre area located on both sides of the river.

Seen on the trail



A make-shift double dog leash out of the arms of a sweater. A cutie that'll one day be a hotie. The unicycle.



Three kids on a log later turned to five while I took their picture. A huge log fell over our pathway just minutes after we crossed. Moss covered logs.

Hamilton Mountain Trail is an 8-mile loop that includes a visit to stunning Rodney and Hardy Falls before cresting Hamilton's summit for its breathtaking views of Mt. Hood, Mt. Adams and Table Rock.

Info from localhikes.com: A steep day hike to the top of Hamilton Mountain, passing Hardy and Rodney Falls, near to Stevenson, WA. Distance: 7.5 miles round trip. Elevation Gain: 2400 ft. Hike Time: 4.5 hours. Difficulty: Moderate. Trail Condition: OK, but a few difficult spots. Hike Type: Out and Back. Summary: The hike begins climbing moderately into the wooded foothills of Hamilton Mountain and passes through a variety of terrain on the way to Hardy and Rodney Falls. Pause here

for a few pictures or sit on the bridge and listen to the water, wildlife, and the winds that seem to blow on most days. As the trail climbs it becomes quite steep on your way to sheer cliffs and spectacular views of the Columbia Gorge. Stay to the right on the most difficult marked section of trail that will lead to a plateau overlooking the Columbia River and the Bonneville Dam. There is a variety of plant life on this trail as well including Sword Ferns, wild rose and snowberry plants as well as mock orange, ocean spray and low bush Oregon grape. This has become one of the more popular hikes in the area.

Cascade Locks was our first of two hotel locations where we spent three evenings at the Columbia River Inn. I sure like staying in one place a few nights; It saves so much time, wear and tear. This little town sits on the end of the Bridge of the Gods, said by the Indians to have been a rock arch before it tumbled, but now where the Pacific Crest Trail (PCT) crosses. The PCT is my next destination a week later when I'll be in Sunriver Oregon just south of Bend for a marathon.



From and of the hotel and the Bridge of Gods connecting Oregon and Washington - taken at night with iPhone



A rainbow in the town across the bridge, Bridge Art, and about all there was of Cascade Locks

Info from Wikipedia: Cascade Locks is a city in Hood River County. The city took its name from a set of locks built to improve navigation past the Cascades Rapids of the Columbia River. The federal government approved the plan for the locks in 1875, construction began in 1878, and the locks were completed on November 5, 1896. The locks were subsequently submerged in 1938, replaced by Bonneville Lock and Dam.

Cascade Locks is located just upstream from the Bridge of the Gods, a toll bridge that spans the Columbia River. It is the only bridge across the Columbia between Portland and Hood River. Cascade Locks is also a few miles upstream of Eagle Creek Gorge, a popular scenic area that doubles as an alternate route for the Pacific Crest Trail. Cascade Locks is used frequently by hikers along the Pacific Crest Trail (PCT) to cross the Columbia River. Cascade Locks is the lowest point

along the trail, which runs from the Mexican border in California to the Canadian border in Washington.

Waterfalls and more waterfalls

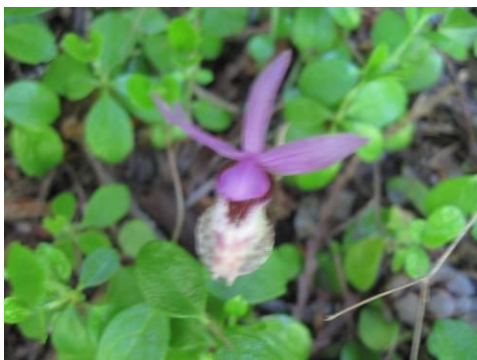
So many falls, so little time but one day we managed to get to a number of them in individual hikes: Latourell, Wahkeena, Horsetail and magnificent 620-foot Multnomah Falls. Multnomah Falls is thought to be the tallest waterfall in Oregon; this was maybe the highlight though not necessarily for hiking. It's quite touristy and parts of the trail are paved. It drops in two major steps with the upper falls of 542 feet and the lower falls of 69 feet for a total height of 620 feet. It's unusually accessible just off the Historic Columbia River Highway. We were not to be disappointed as the Portland area had just had about 40 days and nights of record rainfall so all the falls were strong. Though most of our time was with the hike and falls, the Multnomah Lodge is dated from 1925 and is on the National Register of Historic Places.

Dog Mountain may be the Gorge's premier hike. It might also be the toughest. Without a doubt, Dog Mountain was a challenge with a 2,900-foot ascent in the context of a 7-mile loop. But the trail's spectacular wildflower display and the incredible views of the Gorge were well worth the effort.

Well, now that I've said that, one of our hikers didn't exactly agree and thought it was over the top. I'd think the strong winds that made holding onto the mountain were the cause of this hiker's discomfort, added to the steepness of the trail that didn't give any assist with carved out steps. It was brutally cold and windy and far beyond the clothing that any of us expected to need. We layered.



Dog Mountain was maybe the toughest hike of the week but due to elevation gain and cold and wind.



From localhikes.com: This is an extremely popular trail. Distance: 7.1 miles round trip. Elevation Gain: 2850 ft. Hike Time: 4.5 hours. Difficulty: Strenuous. Trail Condition: OK, but a few difficult spots. HikeType: Loop. Summary: Dog Mountain is one of the area's best and most accessible spring and summer escapes. This heavily used loop opportunity climbs rapidly in the first 0.5 mile, gaining 700 feet in elevation. The trail forks, giving hikers the option of heading north on

the more direct, but steep route to the summit, or to the east for a longer but more gradual climb. The trail to the right (east) provides a great opportunity for sweeping views of the Columbia River and beautiful flowered meadows, while the northern route is a 2.5 mile steep grade through the forest where it links back up to the summit loop trail. For your efforts you are rewarded with a collection of wildflowers,



views of Mt Hood, Mt St Helens, and the knowledge you just made it atop the 2,984 ft. Dog Mountain. Watch for poison oak and rattlesnakes along the trail. Absolutely beautiful. Worth the climb. Flowers are at their peak now. Spectacular views. Not a climb for wimps, but anyone can do it slowly and with enough water. A must see! Yes, those are my pictures above and below.

Wildflowers during the week



Timberline Lodge

At the base of Mt Hood, up to 6,000 feet elevation, the grand and historic Timberline Lodge was our destination for our final two nights. Here we were coming up to this historically significant lodges and its June and SNOW was not just falling, it was a major accumulation. The falling snow was just added to the snow piles already there. **Web picture follows.**



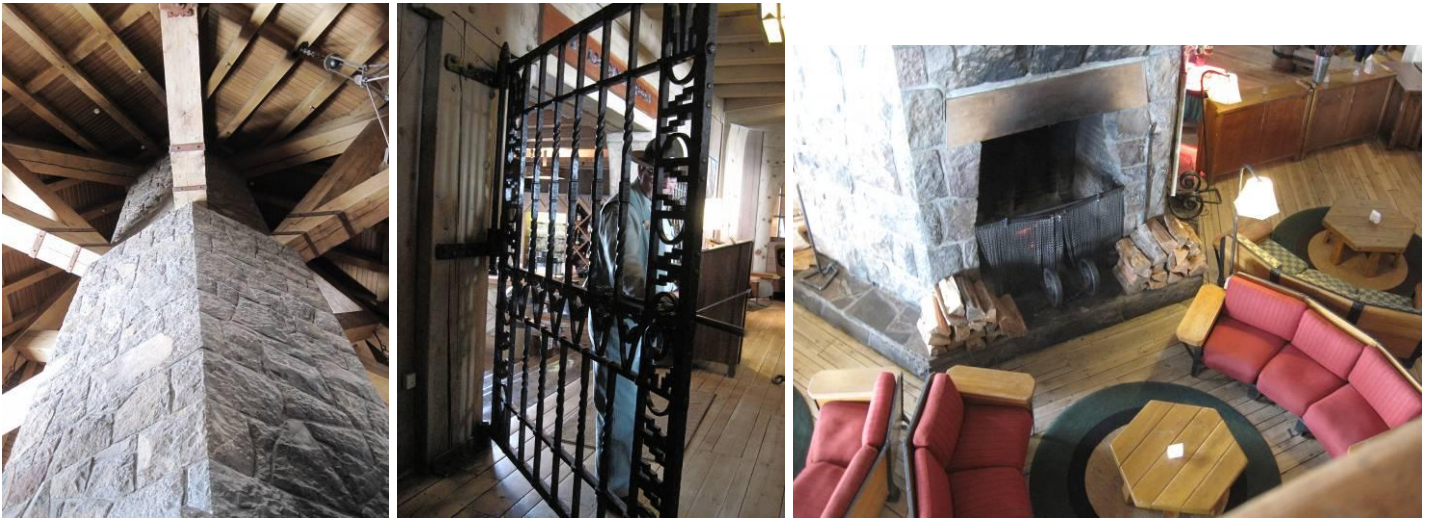
The stay at Timberline Lodge (no relationship to the tour name) was a highlight for me and fortunately we had a two-night stay. Equally fortunate (for me) was the snowfall as we started up the hill to the lodge. I wouldn't have wanted to drive in it, least of all a van carrying a trailer, nor to shovel snow in the unplowed parking lot where the van was continually stuck, but to find myself snow bound in a historically significant structure where tours and documentaries were shown and the glorious view of Mt. Hood came and went all day couldn't have been better.

Of course the majority went onto the hike and afterwards some said I missed a lot yet others admitted that the snow came and the views were obscured so much that there was zero view at the top and they were traipsing in and out of snowfall. My choice was right for me, and my morning's decision to stay and enjoy the Lodge matched another couple's who also didn't want to brave the cold, wind, possibility of being stuck, and slim chance of seeing anything even if we reached the top. Besides, my legs were not in top condition anyway having just accomplished the strenuous Grand Canyon adventure. A rest is usually the safest idea for me. (Fortunately the legs felt good all week without a need for Tylenol/Motrin or the development of a hot spot.)



The van got stuck on the way in causing shoveling. Skiers from my window. The front entrance.

I walked the snow on my off-hiking day and watched the skiers and considered taking the Mile High lift up the mountain but it was just too foggy to bother. The ski lodge contained numerous shops as well as interesting characters, plus a bit of shopping. It was the main lodge that contained the most interest.



Looking up inside the 'head' or great room, one of the famous ironworks, looking down into the head room.

Famous Lodges

After the stay at Timberline Lodge, I'm looking to a new goal: visiting the top national park lodges. Most of them, like Timberline, were built by the WPA and CCC during the depression, and the stories, art work, craft, etc. are mind blowing. From a list of the top ten (in order of significance), I've been to and stayed at Grand Canyon Lodge in North Rim of the Grand Canyon (twice), Ahwahnee in Yosemite, Old Faithful in Yellowstone, now Timberline in Mt Hood, El Tovar in Grand Canyon's South Rim (twice), and Bryce Canyon Lodge. On the list that I'd like to see and are either on or easily attached to www.TimberTours.com are Many Glacier Lodge in Glacier National Park, Crater Lake Lodge near to the Rogue River in Oregon, and Paradise Inn at Mt Rainier. I've yet to find sufficient information on Chateau of Oregon Caves. I'd also like to add Chateau Sureau at Yosemite and Wuksachi Lodge in Sequoia even though they aren't on the list of top ten.

Others that I think should be on the top lists are historically significant park lodges I've visited and stayed at including Jackson Lake Lodge in the Grand Tetons, Shadow Lake in the Canadian Rockies, and Phantom Ranch at the bottom of the Grand Canyon. I'm hoping for some input from friends as to others or how to visit the missing lodges.

Just for the record since I found the listing, here are the top listed parks I've been to followed by those I now have on my list: Carlsbad Caverns, Grand Tetons, Mt Rushmore, Great Smokey Mountains, Yellowstone, Yosemite, and Grand Canyon. To add one day soon: Acadia (October), Arches, Denali (August), Redwood National, and Rocky Mountain (September.)

Skiing all year!

Throughout the day I watched the scores of skiers both from the picture windows and by walking over to the lift(s). I'd intended to venture up the Magic Mile Lift but it was not only incredibly cold but mostly socked in. Apparently skiing is available year round, its only 60 miles from Portland, and once to the top it's possible to ski for a full mile uninterrupted. More surprising is that there were a number of quite amazing skiers – without legs. They were using single skis on a chair with added poles made with small skis on the ends.



Though Sun Valley built the first ski lift, the relationship between owners was close and thus Timberline had the second lift utilizing the T-bar. Timberline benefited from a close contact with Harry Hopkins who was FDR's right-hand man and who authorized considerably more money than for other

such projects. Still, it was built with materials at hand, as evidenced by the wrought iron work (said to be some of the best in the entire world yet made from old railroad rails), weavings for both draperies and rugs (made from WWI uniforms), and a hefty amount of art work (some simply on linoleum and some with what pieces and colors of glass that were available) by artists who later became big names and famous in their own right. The wood work is not only gloriously done and richly carved, but most of the wood came from old cedar telephone poles. It was all done without benefit of machinery.



Stairway banisters, a door in the ski house, and more stairway end posts

The tour was given by a Forest Ranger who had been a physician in his first life and retired to give tours at Timberline because he was so enchanted by the story, the art significance and the TLC of either full restoration or upkeep by a large team of volunteers. Evidence the drapery and carpet weavings that are still kept perfect and/or made from scratch.

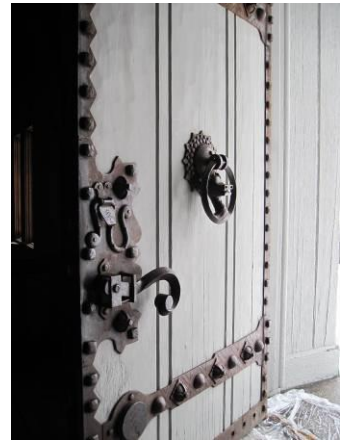
*From Wikipedia: Timberline Lodge is a mountain lodge on the south side of Mount Hood in Oregon, about 60 miles east of Portland. Built in the late 1930s, the National Historic Landmark sits at an elevation of 5,960 feet, within the Mount Hood National Forest and is accessible through the Mount Hood Scenic Byway. It is a popular tourist attraction, drawing more than a million visitors annually. It is noted in film for serving as the exterior of the Overlook Hotel in The Shining. **Here's the Ax made famous in "the Shining" – Named "Here's Johnny!"***

The lodge was constructed between 1936 and 1938 as a Works Progress Administration (WPA) project during the Great Depression. Workers used large timbers and local stone, and placed intricately carved decorative elements throughout the building.



President Franklin D. Roosevelt dedicated the Lodge on September 28, 1937. In his remarks, he commented on the reasons for the project.

But first, to paint the picture, here's the balcony, both inside and out, where FDR spoke, plus the huge door leading to the balcony. Note the famous glorious iron work on the door.



"This Timberline Lodge marks a venture that was made possible by W.P.A., emergency relief work, in order that we may test the workability of recreational facilities installed by the Government itself and operated under its complete control. Here, to Mount Hood, will come thousands and thousands of visitors in the coming years. Looking east toward eastern Oregon with its great livestock raising areas, these visitors are going to visualize the relationship between the cattle ranches and the summer ranges in the forests. Looking westward and northward toward Portland and the Columbia River, with their great lumber and other wood using industries, they will understand the part which National Forest timber will play in the support of this important element of northwestern prosperity.

Those who will follow us to Timberline Lodge on their holidays and vacations will represent the enjoyment of new opportunities for play in every season of the year. I mention especially every season of the year because we, as a nation, I think, are coming to realize that the summer is not the only time for play. I look forward to the day when many, many people from this region of the Nation are going to come here for skiing and tobogganing and various other forms of winter sports."

The dedication ceremony was five months before completion of the lodge interior February 1938, when it opened to the public. It took extra expense and effort to make the lodge appear presentable for the dedication.

Decline and recovery of Timberline

Lifestyles Northwest published a story about the history of Timberline Lodge in its February 2005 issue, based heavily on interviews with the family who have operated the lodge for fifty years. The story noted that in the lodge's early years, it had had four different operators, none of which was willing or able to maintain it. By 1955 Timberline Lodge was closed and in disrepair.



Richard Kohnstamm and his famous St Bernard

Other than in this picture of the man who saved the lodge from destruction, I never saw the perpetually-alive St Bernard known for being the Lodge's mascot. Maybe it was too cold for doggy. I know it was in my summer hiking clothing.

Richard Kohnstamm, the patriarch of the family that currently operates it, remembered those difficulties as being due to financing problems arising from the fact that the government owned it. Kohnstamm decided to maintain the place as if he owned it himself; he lost money during his first five years of operation, but his timing turned out to be fortuitous, since he began operating it only a few years before skiing started exploding in popularity in the late 1950s. That popularity helped the family generate a profit starting in 1960. Kohnstamm, "The man who saved Timberline", died at the age of 80

on April 21, 2006. Richard's son Jeff is now the Area Operator of Timberline Lodge.

Film history of Timberline

The 1980 movie "The Shining," based on the Stephen King novel of the same name, used aerial shots of Timberline as part of its opening scene. Film of the exterior of the Timberline Lodge is also used for some establishing shots of the fictional Overlook Hotel throughout the movie. In 1981, Boris Sagal was directing the TV movie "World War III" starring Rock Hudson. During filming, Sagal was killed in Timberline Lodge's parking lot when he walked into the tail rotor blades of a helicopter, almost decapitating him. The 1973 version of "Lost Horizon," starring Liv Ullman, Michael York, Peter Finch, Sally Kellerman, John Gielgud and Olivia Hussey had portions shot in the Timberline parking lot. Blizzard conditions needed in the film were created by a helicopter. Other scenes were shot in the immediate area while the lodge was a base for the cast and crew. The 1993 film "Hear No Evil" was partly filmed at Timberline. The 1960 film "All the Young Men," starring Alan Ladd and Sidney Poitier, had some snow scenes filmed at Timberline. The 1952 film "Bend of the River" starring James Stewart, Arthur Kennedy, Julie Adams, and Rock Hudson was partially filmed on the snow above Timberline Lodge, near the Magic Mile chairlift. The 1941 short musical film, "Jingle Belles" is set at the lodge.

The rooms – not by size are they rated highly

The rooms were so very small that I was doubly grateful to have arranged a private room as it was hard to think how anybody sharing a room would be able to unpack a suitcase. Yet the rooms were elegant, complete with original wood panels and wood carvings, original leather and iron work lamps, wood and iron work for the feather beds giving a nesting feel, and the tiny bathrooms had been updated as much as possible. The towels and amenities were tops. All this made the room a delight.



Inside the room, feather bed and fine old wood paneling and wrought iron details abound

Mount Hood hiking

Since I didn't hike on the Mt Hood day to Mirror Lake and what they called the Tom Dick and Harry Trail, and since even if I had it was socked in, here's a series of pictures snatched from the gift shop's screen saver. Yes, these are pictures of pictures off a TV screen.



*Including Mt Adams and Mt Jefferson which we periodically glimpsed.
The professional picture on the right even caught Mt Rainier*



It is not that I never saw Mt Hood but it was rare and times were more like that on the right than that on the left. These are my pictures.

Eagle Creek

It was perfect weather to hike what's said to be one of the more popular (and easy) hikes in the area. We did climb well above the creek to 100-foot Metlako Falls and Punchbowl Falls and then onto High Bridge, a metal footbridge spanning an incredible slot-like chasm, before reaching Skooknichuck Falls. I went as far as anybody did but darned if I can remember if we actually reached our ultimate destination being awesome Tunnel Falls. And what day did we do Eagle Creek? It is said to have the most quintessential waterfall look. Did they all start blending together? They sure did! I was saturated in more ways than one.



Here's Linda and Diana all wet!

From www.oregon.com: A canyon full of waterfalls in the Columbia Gorge. The Eagle Creek Trail is one of Oregon's most spectacular paths, passing half a dozen major waterfalls. The trail is also an engineering marvel. To maintain an easy grade through this rugged canyon, the builders blasted ledges out of sheer cliffs, bridged a colossal gorge and even chipped a tunnel through solid rock behind 120-foot Tunnel Falls. Difficulty: A moderate 4.2-mile hike to Punchbowl Falls (with 400 feet of elevation gain), or a difficult, 12-mile hike to Tunnel Falls (with 1,200 feet of elevation gain).

Bridges of the week



More bridges- but not all



And a final farewell on still another bridge



Linda, Denise and Diana on the last day. And the last morning's sunrise in Portland – Bridge to Home

Upcoming hike ideas

I'm soliciting, I'm searching, and I'm needy. Help! I'm more in tune to hiking now than marathons especially after figuring out that the body never feels rough during or after hikes even if they are longer and seemingly tougher. I think it's the dirt versus the pavement that saves the joints.

Our leader Steve got me excited about a hike next February through Maui. He revealed a major excitement in telling me about one of the hikes in particular and his hope that he could put a group together for this trip. It's hard not to go anywhere they say so I'm tentatively on the list and have the week's hiking itinerary.

Then on my past hike through the Grand Canyon one of the gals insisted that I must see Big Bend National Park down in the bottom of Texas. It would also be an opportunity to see El Paso and Las Cruces again. It happens the first or second week of March so I'm toying with this one too.

In addition, if the leaders agree that Rogue River is suitable for me, in that its total back country, I'm potentially game. Those three hikes are in addition to my goal to get to Glacier National Park and stay at Many Glacier Lodge. Both of these would be in the summer.

More ideas?

Return to Portland's Amazing Gardens – via Emails and Ellen's Dream Day

Hey Ellen: Thanks for all the kind words and I agree with everything you said about Portland. Very nice city and very easy to transit. I was with Diana on this one from Wednesday 'til Sunday when I came home and she went with Timber Tours for hiking in the Columbia River Gorge. There will be some pictures from that part of the trip too no doubt but all you see on the photo show were taken by me. Yes, the teahouse is really special and we snacked and I had some tea (and brought some home) while Diana tasted some sake (a bit of a surprise). Great visit overall. She's going back at the end of the month to do their marathon (out of Bend, OR.)



Hi Tom: I love the Portland slide show! You produced a great show. To start with, I really like Portland. It's a neat town. People are friendly. The town is "people sized", with lots of small pocket parks, fountains, waterfalls and landscaping: there are lots of trippy restaurants, several museums, and the Japanese garden is the best I've seen in the US. The Chinese garden is a gem – authentic, reminiscent of the gardens in Suzhou, China. It's small – only one square city block – but it's exquisitely designed. The tea house has the most interesting menu of exotic teas I've encountered.

Portland is on my list to revisit. I was there in spring when the cherry trees were in bloom and the neighborhoods around the park where the Japanese garden is located were magnificently in bloom with all kinds of spring flowers. My son and a previous girl friend owned a little house on the Columbia River (because it a great place to wind surf). Rob tells me that next time I go to Portland I need to go out to The Dalles because there are a series of waterfalls there that are breathtaking.

There's also a world-famous book store in Portland named Powell's. It's huge!! One of the brokers in my former office goes to Portland just to go to that bookstore! - I look forward to going back. Meanwhile, I'll watch your slide show grateful.

Good morning to Ellen: To be let loose in Katsura for the day would be wonderful. The first time I was there, no pictures and a guide in front and a guard in the back making sure no pics and no lingering. The next time, still one in front and one behind but pictures were allowed - hooray! - I took a bunch. I'm sure you've seen it but just in case, there's a photo show on just Katsura. You've seen lots of pictures with all the books but I'm particularly proud of mine so have a re-look now that the subject is fresh in your mind.

Portland gardens were extra special and having the shows to look at from time to time will remind me how true that is. I enjoy seeing shows again - brings back fond memories. There are now 74 with more to come.

Hi Tom: I'm SO glad you were in Portland. The Japanese garden is (to me) really special. I'm glad you were there to see it. And the Chinese garden – well, I went back there 3 times in the short time I was there.

Thanks so much for the wonderful pictures of both gardens. I didn't take a camera with me because I was there for a business conference and didn't realize how beautiful Portland was going to be. So having your pictures to look at is special to me. Watching them is going to be part of my R and R over time!

On another subject: There was a recent exhibit at a gallery at UCLA of black and white photos of the buildings at Katsura in Kyoto. Since we didn't go inside the buildings, I found them interesting. Then I began wondering how the photos related to the garden, so I ordered the "Katsura" book from the library, and also found a huge book about the Japanese Imperial Gardens that included Katsura and Shugako-in – the Imperial garden we visited with the huge lake. With more pictures on the web, movie segments on the "Dream Windows" DVD and a huge fold-out map found in a pocket at the back of the Katsura book, I now think I have a feel for Katsura that lets me walk around it in my mind and know what would be in front of me, and to either side. It's been a fascinating way of recreating it in my mind's eye. I also now know the political history of the early 1600s in Kyoto including how and why and by whom these gardens were built. It's been like putting a puzzle together. Fascinating. I remember Katsura was your favorite. Hope I find myself back to Kyoto at some time to revisit these gardens (or for any other reason!) I would bet you feel the same. I'd love to be able to walk around Katsura on my own without a guide! That would be heaven! Don't you agree?

Hi Tom: Well, before I watched your Katsura show, I took the time to look at several of your others as well: The Kyoto gardens from your last trip, the San Francisco Japanese Garden, the Seattle Japanese Garden, The Burton's house, the new screen, and finally, Katsura. Oh, how I wish I'd gone on that last Kyoto trip! But I was probably busy going someplace else!

The San Francisco Japanese Garden and the Seattle Garden shows were instructive. If you've never been to Japan they look wonderful. But after being in Japan, I notice nuances that take them both out of "top tier". I didn't have that sensation in the Portland garden. I was there in early spring. The camellias were in bloom. Standing by the bridge, looking at the waterfall, my eye was distracted by a white camellia bush that was covered with white camellias. It stood out like a sore thumb in all that greenery. While I was contemplating the scene a gardener who had been working around the area, went to the camellia bush and shook it vigorously. There was a snow storm of white petals, and when he finished the bush sported just exactly the right amount of white to make it blend naturally into the scene. It was stunning to watch. Before he worked on the white camellia bush, the scene was out of balance. When he was finished, the balance was perfect – subtle, delicate and right! I talked at length to the head gardener and it was clear that he had a deep understanding of Japanese pruning techniques and was dedicated to making this garden as perfectly balanced as possible. It showed! No poodle pom-pom pruning for him!

I watched your Katsura show several times. How beautiful the garden is with the azaleas in bloom. Thank god they're not pruned into balls! I much prefer their natural shapes.

I've decided that what I want is a whole day at Katsura with a select group of friends. I'd start with a tea ceremony in the Shokin-tei (the tea house you see when you site from the path over the little lantern on the rocky point). Then a leisurely boat trip all around the lake. Then a bento picnic set up on one of the high hill spots in the garden or in the Geppa-Ro teahouse adjacent to the Old Shoin. This would be followed by a leisurely stroll around the garden (on our own) with time for leisurely contemplation here and there. Then around 4:00 there would be a concert in the music room of the Middle Shoin consisting of musicians playing traditional instruments, followed by musicians playing

some selections of music by Toru Takemitsu, Japan's most famous composer. He's the composer featured in the DVD "Dream Windows". He's the composer of over 100 film scores including "Ran" directed by Akira Kurasawa. (I have become addicted to his music). This would be followed by a dinner catered by one of Kyoto's best Japanese restaurants served in the Old Shoin, with all the shoji screens open so we can see the garden at twilight.

Then all the lanterns would be lit, and we would have a moon-watching party with appropriate refreshments (moon cakes, plum wine, sake, etc) on the moon-watching deck - before being driven back to our hotel. Now don't you think that would be perfect? It would be like a modern version of a day in the life of Prince Toshihito, who built Katsura back in the 1620s. Want to be part of the select group of friends?

Love your slide shows.

From Tom to Pat: The Japanese and the Chinese gardens are worthy of a trip (as you'll see soon in the photo show). Very nice town and small enough to get around on foot as we did mostly. Public transport is probably the best in the country and cheap (even free in a large part of the center city). One very good meal on the last night (Saturday) with our friend from LA who was there to visit a friend and then go on the Columbia River hike. Also, Diana's friend and co worker at Jacuzzi for many years (took Diana's job as right-hand to the CEO when she got promoted to VP) that we visited with over lunch in Palm Beach, is along (Diana gave her the "you can do it" sales pitch so she got busy and trained and is doing fine).

Itinerary

Wed Jun 9 – Diana and Tom

6:45am Depart Newark (EWR) via CO#304
9:47am Arrive Portland (PDX)

Easy to be without a car. Blue Spar Shuttle is \$14 each airport to hotel or red line train is \$2.30 and get off at 3rd and Morrison and walk 3-4 blocks.

Hotel Portland Marriott Downtown Waterfront
1401 SW Naito Parkway, Portland, Oregon 97201 Tele 503 226 7600

Sat Jun 12

7:30pm Dinner with Linda at Paley's Place Bistro & Bar tele 503.243.2403 paleys@teleport.net
Famous and we went but couldn't talk over the noise. We did very well across the street.

Sun Jun 13 – Diana and Linda

8:00am Meet Timber Tours to begin tour with leaders Steve and Nola

Meet at Holiday Inn Express.
11938 NE Airport Way, Portland 97220 Tel: 503-251-9991

Sun Jun 13 - Tom

7:30am Depart Portland via CO#485
3:39pm Arrive Newark

Portland tourist notes:

Eat at "Mothers" for breakfast per Jess

See Pearle area per Jess -- The tour would be The Pearl District of Portland.....the restored downtown area that is Portland's best known art district, quality of life, blah, blah. Take a look at www.explorethepearl.com/about-the-pearl

Bruce said the real Portland Walking Tours www.portlandwalkingtours.com is excellent.

Per Jess: MOTHER'S Restaurant, 2nd Ave.and Stark St. Don't miss breakfast there, please! It opens at 7am...get there early to avoid a long waiting line.

Per Barb Damon: Make sure that you get to the Oregon Coast at some points on one of your trips. It is only an hour+ from Portland, and well worth the journey (recommend: making a loop of some sort, so there isn't any back-tracking; Hwy 30 from Portland to Astoria, down through Gearhart, Cannon Beach then back to Portland via Hwy 26). Or if more time, we can figure out a bit longer trip that takes you through the famous Oregon wine (especially Pinot) area that will take you to the coast...

Note – returning for Pacific Crest Trail Marathon in Sun River later in June - near to Bend Oregon

Timber Tours Itinerary

Day 1	Group assembles in Portland; Beacon Rock State Park—hike Hamilton Mountain	8 miles
Day 2	Eagle Creek- Metlaka Falls-Punchbowl Falls- High Bridge- Skooknichuck Falls – Tunnel Falls.	12 miles
Day 3	The Falls of the Columbia Gorge: Latourell, Wahkeena, Horsetail, Multnomah; Beacon Rock (47 switchbacks)	10 miles
Day 4	Dog Mountain (2900 ft. ascent)	7 miles
Day 5	Tom, Dick & Harry Mountain	7 miles
Day 6	Tamanawas Falls; van shuttle to Portland	4 miles

Total Hiking Mileage - 48 miles

Summary The historical role of the Columbia River Gorge in the westward expansion of our country was profound. Early explorers probed the mouth of the Columbia near present-day Astoria where the mighty river poured into the Pacific. Dreams of a water passage across the mountains to the Pacific lingered into the early years of the 19th century—a dream still cherished by Thomas Jefferson as he commissioned Lewis and Clark to explore the newly-acquired Louisiana Country.

The Columbia Gorge was the corridor through which Lewis and Clark traveled to reach the Pacific, and the avenue by which they began their long journey home. Even though the Expedition finally ended hopes of an all-water route across the continent, the information they gathered and documented, along with their reports and illustrations of the vast resources of the Pacific Northwest provided the inspiration for the tide of western expansion and settlement that followed. By the mid-19th century, almost 12,000 pioneers had migrated to the Oregon Territory.

The Columbia Gorge also is a geologic wonder and its landscape truly reflects the power of nature. For millions of years, hundreds of erupting volcanoes frequently altered the course of the Columbia, ultimately creating one of the few canyons in the world oriented in an east-west direction. Near the end of the last Ice Age, the massive Missoula Floods swept across eastern Washington, scouring cliffs high above the river bed, creating one of the world's greatest concentrations of waterfalls from tributaries left hanging above the river. No less than 77 of these falls can be found in the relatively short span between Troutdale and The Dalles.

Sun Jun 13 – Day 1

Our program assembles early morning of Day 1 in Portland and we'll van shuttle the short distance through the western portal of the Gorge. We're headed to Beacon Rock State Park, named for the massive rock promontory identified by Lewis and Clark as they passed along this section of the river as winter approached in 1805. We'll hike the Hamilton Mountain Trail, an 8-mile loop that includes a visit to stunning Rodney and Hardy Falls before cresting Hamilton's summit for its breathtaking views of Mt. Hood, Mt. Adams and Table Rock. We'll then head to Cascade Locks for our first of three evenings at the Columbia River Inn.

Hotel Best Western Columbia River Inn for 3 nights
735 WaNaPa Street, Cascade Locks, OR 97014 Tele: 541 374 8777

Mon Jun 14 – Day 2

We'll set out along Eagle Creek, though quickly climbing well above the creek to 100-foot Metlako Falls and Punchbowl Falls. We'll continue to High Bridge, a metal footbridge spanning an incredible slot-like chasm, before reaching Skooknichuck Falls. Our ultimate destination is awesome Tunnel Falls before returning to our trailhead (12 miles).

Tue Jun 15 – Day 3

So many falls, so little time but we'll bag a bunch as we dedicate Day 3 to the falls of the Columbia Gorge. Before day's end, we will have hiked to Latourell, Wahkeena, Horsetail and magnificent 620-foot Multnomah Falls (7 miles). And for those who want more, we teased you with a glimpse of Beacon Rock on Day 1; late afternoon of Day 3, we'll climb the astounding trail with its 47 switchbacks to the rock's summit (2.5 miles).

Wed Jun 16 - Day 4

It's off to Dog Mountain and what well may be the Gorge's premier hike. Without a doubt, Dog Mountain is a challenge with a 2,900-foot ascent in the context of a 7-mile loop. But the trail's spectacular wildflower display and the incredible views of the Gorge are well worth the effort.

From Dog Mountain, we'll shuttle across the river to the slopes of Mt. Hood, where we'll spend our final two overnights at the grand, historic Timberline Lodge. We've planned our spring Columbia Gorge hikes relatively early in the season with an ulterior motive in mind. Both the Gorge, and particularly the Hamilton Mountain and Dog Mountain trails, and the Mt. Hood area well may offer the most spectacular wildflower displays that we experience throughout our entire program.

Hotel Timberline Lodge for 2 nights
 Timberline, OR 97028 Tele: 503 622 7979

Thu Jun 17 - Day 5

We'll climb to the summit of Tom, Dick & Harry Mountain in the shadow of Hood's southwestern flank through an unbelievable rhododendron forest in full bloom (7 miles).

Fri Jun 18 – Day 6

Following our final evening at Timberline, we'll visit beautiful Tamanawas Falls, named by Native American inhabitants of the region who regarded this 100-foot curtain as a "friendly guardian spirit" protecting Hood's eastern flank (5 miles). Following lunch in Hood River, we'll return to Portland where our program concludes.

Hotel Holiday Inn Express
 11938 NE Airport Way, Portland OR 97220 Tele 503 251 9991

Sat Jun 19

7:50am Depart Portland (PDX) via CO#485
3:59pm Arrive Newark