



Redwoods, Crater Lake and Bend Trip Notes **September 3-14, 2016**

Oregon Headlines

This trip might be remembered not as “The Crater Lake Tour” but as “The Fifth Giraffe Species”. We learned this week that there were in fact four different species of giraffes. I learned this week that there is a #5 and it is (was) the brass one in the Bend art shop where Mr. Burton’s and Mr. Giraffe’s eyes met; Tom couldn’t part with Mr. Giraffe, and he is now on his way to Middletown NJ. Or rather to Tom’s Museum More on Mr. Giraffe later to include pictures.



Hiking Tour Headlines by www.ParksPlusHiking.com - Redwood Coast to Crater Lake - Headlined by Crater Lake--with the bluest water you may ever see, and the California Redwood--the tallest tree you will ever see, "Redwood Coast to Crater Lake" is a great sampling of the diversity of southern Oregon and northern California. Over seven days you'll also hike on the California Coastal trail above the pounding Pacific and enjoy a subterranean visit to Oregon Caves National Monument. For good measure, this tour also includes two nights at each of three historic lodges.

Hiking tour Pros -

- A new area for me was Crater Lake.
- A refresher from childhood in Northern California Redwoods.
- Tom joining me on this trip.
- Two upgraded park lodges and a lovely end to the trip with four nights in Bend in a top rated resort.
- Crater Lake’s Rim has been added to the Pacific Crest Trail route.
- Wow, I can keep up! I was waiting to see if I was able before I invited young nephews to a bigger hike this next summer.

Hiking tour Cons -

- Can I really keep doing these tough hikes? I was likely the oldest.
- The elevation going from living at sea level to 5000 and 9000 feet was tough on the lungs.
- Too much eating. But some would put that on the pro side.
- Bee sting issues - see below.



Photos by Artist and Guide Nola: in Fern Canyon; walking the shore; both pictures are with Jan the other Artist. www.JanGoldmanpastels.com

The Bee(s) Sting - on two occasions we saw a lot of regular looking bees (later thought to be yellow jackets.) I wasn't much concerned but one of the fellow hikers (Jan) carries an EpiPen and had reason to be concerned. On the last day we stopped for a moment and one or more bees got under the lower leg of my shorts and I got what appeared to be multiple stings. There were no stingers which was the first oddity. The stinging sensation and a little redness lasted through the day and became itchy the following day. Then started the swelling (enough swelling to see through my clothing) and a redness that was raised and about the size of a silver dollar which lasted over a week. Eight days later the bubbles were starting to reduce. If it happens again, I'll take a big dose of Benadryl.

Health Update – While it seems ages ago and what should have been a little incident, my August 7 fall off my own front porch remains a part of my life. Obviously I'm fine as evidenced by continuing hiking and weight training, yet 6-weeks later the whole area above the eyebrow not only looks ugly but is tender and some swelling of the eyelid remains. I don't comfortably lie on that side or touch it without an odd headache sensation, the nerve endings giving an odd sensation, and a balance issue remains if I lean over. When I think of how awful it could have been, I am clear I've no complaint.

Some daily notes sent around – though we were out of connectivity 2-3 days:

Saturday in Medford Oregon

It was a very long day getting here. At East Coast time we got up at 2:45 AM for a 4 AM car to the airport.

We went thru San Francisco airport and were able to experience, for the first time, the new Centurion lounge given to American Express platinum members. It was not only luxurious but it was surprisingly full. (how is it that once I make it the rest of the world does too. Smile). We had checked out the United lounge first, and they have upgraded their food offerings, but after our "interview" we realized that the food was hugely better at the American Express lounge. The ambience is better in the United lounge because it is larger and less crowded. We had at least a 2 1/2 hour layover so we had plenty of time to check out each.

There was shopping to do once we arrived in Medford. Liquor is not available in grocery stores so it took a reasonably long drive to find a liquor store. On the way we dealt with acquiring a Garmin GPS

for Tom since I didn't want to give up my phone to him and his iPhone 3GS didn't talk. (this is not a joke).

We kept seeing little taco huts so we got hungry for Mexican. We have more Jewish food than Mexican food on the Jersey shore. We indulged to the tune of probably a couple of pounds.

The pictures show the giant drinks.

The hotel couldn't have been any more different than our usual. It would turn out to be quite the opposite than our next night accommodation. Shiloh in offers a lot of room for the money. I mean really, what can you get for \$70 that includes breakfast, good location, decent bedding, a bathroom counter, a coffee maker, a refrigerator and a microwave. Tom says he couldn't remember being in a place like that for a long time. He didn't complain but I didn't think he was looking forward to it again either.

Needless to say, we crawled into bed early and slept solidly.

I wasn't too sure about the house Tom had reserved for the next night but in the next report I'll tell you about the success.

While I have room in the email I'll give you a panorama from the Sunday hike. I thought of these rocks as the Capri Italy rocks.

A note about the weather, there were wind advisories the day before we arrived, there was the hurricane coming to NJ that could have interrupted our flight, there were fires and smoke in the Oregon region, and the heat will come to the lower region about the time we leave. All of which is to say we seem to be very lucky. Touchwood.



Sunday - The first day of the hike going from Medford to the California redwoods national forest.

It was a long drive but there is no other way to do it. I have always wanted to do this hike because it includes Crater Lake but I was never willing to do the twin hike called Rogue River hike that is back country lodges along the river and changes location every day.

I was delighted that my favorite hiking leaders of parks plus hiking created a trip to Crater Lake that included the Northern California redwoods. We had a couple of stops on our drive and went through some interesting little towns but it was at least three hours from Medford into Klamath. I think that is entirely different than Klamath Falls in Oregon.

Tom's new Garmin GPS must have done him fine because he said he never got lost. A new event. Smile. However I showed up first and found the house that he had reserved. I wasn't expecting a lot but I figured it would be a lot better than the old historical B&B that had tiny little rooms.

I didn't realize that it was a half a mile away from the B&B on a tiny little narrow and steep road. But Tom has a car and he agreed to drive me back-and-forth as needed.

The house is quite pleasant, has walls full of windows in both the living room and the bedrooms, overlooking some great old growth Forest and the ocean. It is right where the Klamath River comes out into the ocean so there is even more water. Three bedrooms and two baths will probably be enough. Smile. The hot tub probably won't be used but we have enjoyed having the wraparound deck. The only downside so far is that it is a bit away from the B&B and there are mosquitoes.

I will give you a picture through the living room window. The house is well appointed, modernized, lovely carpets on top of wood floors, a huge kitchen with an island, lots of extra room and even skylights.

Or as my hiking guide says Tom likes palaces. You will hear more about that in the future.

Our hike today was 5 to 6 miles on the coastal Trail. It is rather unique to have old growth forest up on the hillside looking straight down and above the lapping waves of the ocean.



Monday from Klamath California

Up at 5:30 AM gave me a lovely view of the river and the ocean fog and with a little bit of red sunrise coming up over the mountains.

It was cool in the 50s but going up to mid-60s during the day. I'd say that was good sleeping weather but I think we would've slept in any kind of weather.

The B&B being 1/2 mile from the house, caused some confusion as to why that would make any difference. We have our meals at the B&B, our meet ups, and the fixing of lunches. The road between our house and the B&B is very narrow, and steep, with no shoulder for walking or lighting.

Thus Tom is committed to getting up early for delivering me. He never complains and announces that he likes naps anyway.

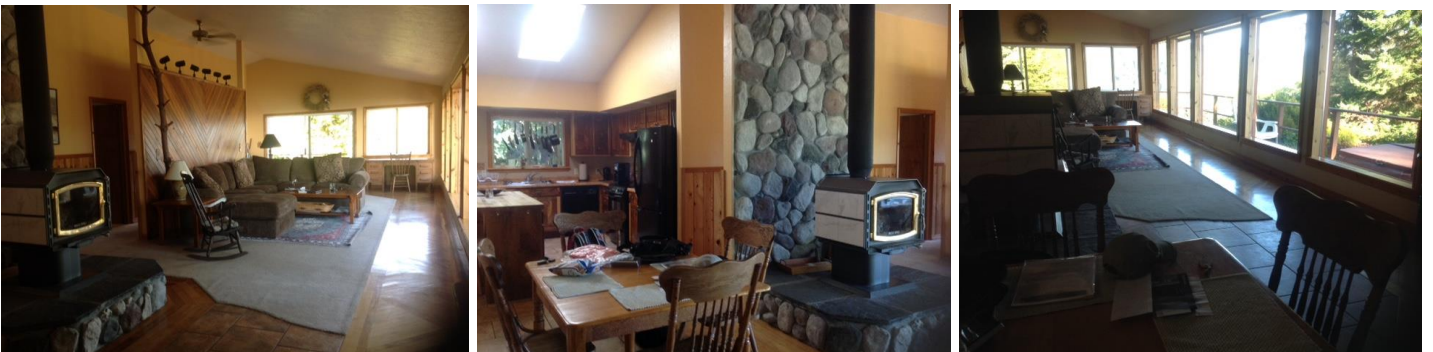
Dinner at the B&B was unique in that it was family-style and very California type of cooking. We had a kale salad and then some root vegetables and a salad type mixture, followed by a lamb Ragu. The wedge of chocolate pie with whipped cream went over very well.

I'm writing this at breakfast before we head off for our 11 to 12 mile hike. I heard a couple of the hikers say they had never gone that far before so this may be interesting. Steve and Nola are set up well to accommodate fast and slow people. And on this hike we have some fast people who are in for the miles.

The pictures are in two different directions with the early-morning fog with a little bit of sunrise.



Tom's pictures from inside our Klamath house. Where the Klamath River reaches the Pacific Taken from the living room.



Monday night in Klamath

Some of you inquired how the 11 to 12 mile hike went today and whether everyone was able to do it. Fortunately everyone was not expected to do it and our leaders had arranged for various cut offs. I started out with the fast kids and felt obliged to keep up with them especially after seeing bear and elk scat on the trail. (Rangers confirmed bear spotting). The hiking speed is not difficult for me but I might prefer to smell the roses a little bit more.

Instead of the alternate of a dirt road, they choose to go out onto the beach and walk a mile and a half on the sand. Deep sand. That was probably tiring for everyone and certainly for me. I will add a picture of our picnic spot on the beach, sitting on a huge drift wood log. Some emptied their shoes of a large amount of sand but I figured it would just fill up again so my sand saved until we returned to the house.

A walk through a Fern Canyon was interesting as well as tedious. Many huge trees that had fallen required climbing over them and I was not shy about asking for help.

We probably did about 12 miles and maybe half of the people did about half of that mileage. It was a lot of roots and steps and up and down, not to mention again the sand, so it took us all of 6 to 6 1/2 hours. It was in amongst a huge old growth forest of redwoods. Some were big enough to live in. Many were moss covered and a lot had interesting sculptured burls.

Dinner did not sound interesting and we had plenty of leftover food from New Jersey and from along the way so we chose to enjoy our house for the evening instead.

We pack out and go to Oregon Caves Chateau in the morning where there is NO cell nor Wi-Fi for the two nights.



Friday at Crater Lake

Just when you get convinced that the world is flat, then you spend a week at national parks with very little connectivity. The lack of Internet has been frustrating but it is compensated by the unique parks and hikes. I can feel both blessed and distressed.

Crater Lake is huge at about 6 miles x 5 miles across. It is about 2000 feet deep with 5,000,000,000,000 gallons of clear pristine and more pure water than anywhere known in the world. It is not a meteor crater but from a volcano and it is rimmed with peaks of about 2000 feet high around its edge.

The volcanic eruption that caused this was fairly recent in terms of volcanoes. It was about 7700 years ago. Now centuries of rain and snow have filled the crater with this unmatched blue color and clarity. I asked if it was deeper than Lake Tahoe and by far it is.

We have had a couple of tough enough and long enough hikes to make me feel a little bit more secure that I can continue this hobby a while. (South Dakota hiking comes at the end of this month).

I'll add a couple of pictures of our lovely lodges -- yes, those without any connectivity. One was the Château at Oregon caves in the deep Forest Canyon and the next one is the famous historically significant Crater Lake lodge. All have their own stories and much having to do with being old and deteriorated and somebody finally bringing them back to life. In the case of the Château, it had once been flooded so severely that it slipped down the hillside by about 8 inches and the building had to be moved back onto its foundation.

At the Château we had a family suite which wasn't anything to brag about but it did get us a bit more room. I think it had 1950s plumbing. But as I have said at Paradise Lodge at Mount Rainier - you open the window, look out, and you forget it all. Tom may have had a difficult time forgiving it all for the creaky floors above and out in the hallway.

At Crater Lake we had a reasonably large room with sitting area, that is, for a national Park lodge. The room had two windows with perfect views over the lake. We would look forward to our reserved elegant accommodations at Bend, Oregon, for the following four days were it not for the weather predictions suggesting it is in the 90s there. Maybe we will have to stay in our room.

The weather at the Parks has been favorable with very cool evenings necessitating bundling up in the morning and then Warming into the mid-60s in the afternoon. The night sky is dramatic since there's no light pollution. The sunrise glows.



From Tom re **The water in Crater Lake** - It is the main feature of **Crater Lake** National Park and is famous for its deep blue color and **water** clarity. The **lake** partly fills a nearly 2,148-foot (655 m)-deep caldera that was formed around 7,700 (\pm 150) years ago by the collapse of the volcano Mount Mazama. Said to be the purest and clearest water in the world. BTW - None of the pictures I sent today (below) had been photo-shopped!

Crater Lake at its Best – by Diana, photos collected and sent by Tom:

Here are some pictures sent by Tom. Our last morning at Crater Lake was probably the best with a lovely sunrise and absolutely mirrored look on the lake. I had about a 6 mile hike around the rim which included a couple of bee stings which were no great deal but it was my headline.

Tom had a ranger-guided trolley ride around the rim. You get to see pictures of the best of both.

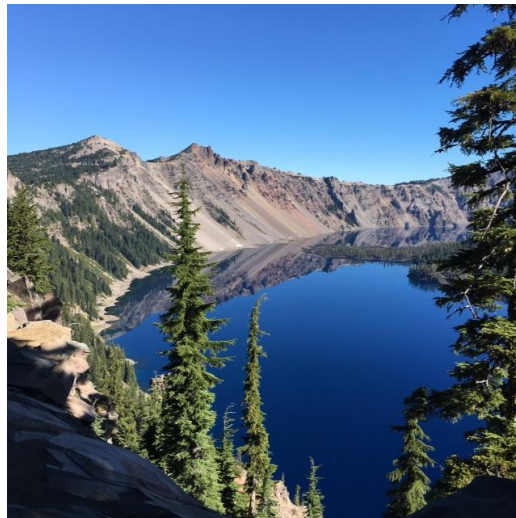
We are now at a resort outside of Bend Oregon and it is gloriously lovely as compared to the rooms at national parks. Having said that I am clear that the views out of the rooms at national parks well make up for the simplistic if not almost primitive rooms. (Wow are we spoiled!).

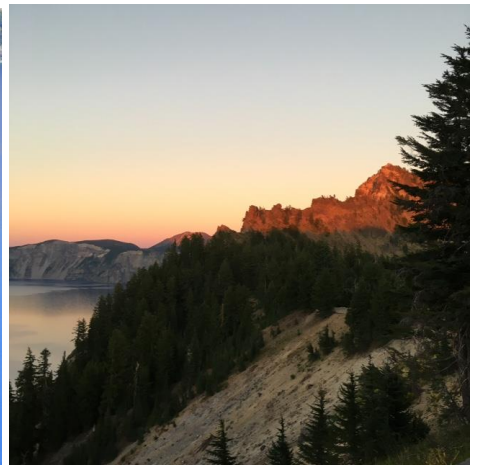
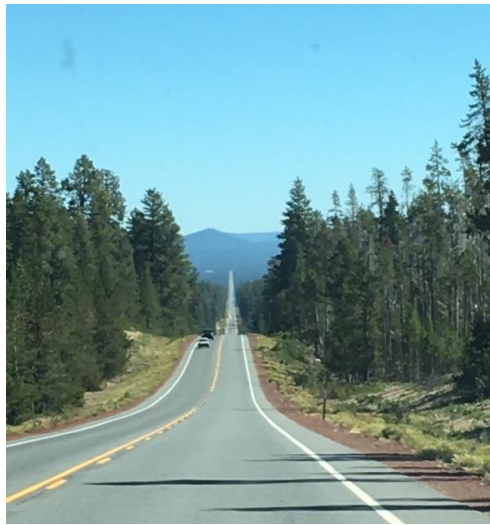
Our seven day trip at three different historic lodges will stay in our memory longer than luxurious rooms. Being without Internet or television has its advantages and besides who has time for such silliness. Smile.

A note on volcanic ash: it sticks and stays everywhere. Tom suggests that it is pumice. I can wash my clothes in the tub during a shower "wine stomping style" and still have black feet thereafter. A longer soak will be needed but the socks might have to hit the trash.

A note on restaurant prices at national park lodges: I've had responses from other people who also were shocked at entrées that cost \$49. That was the cost of Tom's beef tenderloin but he declared that it was the best he had had for a long while.

On that, I'll quit. Yet I'd still like to show you pictures from up on top of Mount Scott from the day before. Later.





Tom's pictures of Crater Lake Lodge and surrounds:





From my missing days without connectivity - It was a long ways up-up-up to the top of that mountain where there was a little hut and a 360 degree view. That's Steve and Nola taking a little break at the top.

Decadent Foods – aka how to use up the calories that hiking wore off. I had the "hungry man hamburger" and Tom had the appetizers scallops. That baked potato had everything on it. Ugh.



Diana to Nola: You got me hungry for burgers. I looked for an In 'n Out burger and the closest one was Medford. So what did we do? We stayed at the resort and had an \$18 burger instead. Ugh. Yet it tasted very good. Me? I might well have enjoyed the In 'n Out burger as well.

Then our last day we walked the little town of Redmond. We'd noticed a Peruvian/Mexican Fusion restaurant in Bend called Hola and heard there was one on the outskirts of Redmond. Success. Here from Tom: One of the best Mexican meals I can remember and, the cocktail shaker had maybe 3-4 normal margaritas (in a cocktail shaker?? That's a first). And this picture was before the main course.



And then a little to make up for all the calories: How Walking in Nature Changes the Brain

Some scientific research from Stanford to suggest that my walks in the parks and the woods is not only beneficial to a few of us but to maybe every other person too.

<http://well.blogs.nytimes.com/2015/07/22/how-nature-changes-the-brain/?smprod=nytcore-iphone&smid=nytcore-iphone-share>

A walk in the park may soothe the mind and, in the process, change the workings of our brains in ways that improve our mental health.

Famous Lodges – notes from a 2010 trip

After the stay at Timberline Lodge, I'm looking to a new goal: visiting the top national park lodges. Most of them, like Timberline Lodge, 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 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 Wuksachi Lodge in Sequoia even though they aren't on the list of top ten.

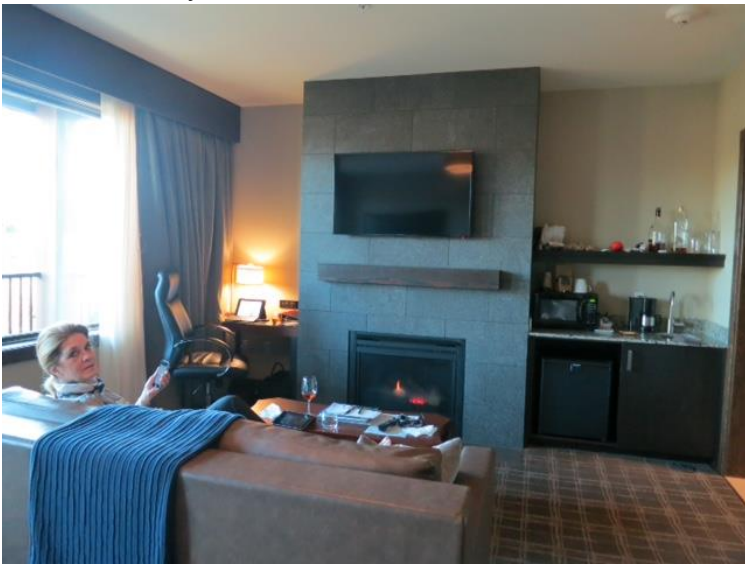
Others that I think should be on the top lists are historically significant park lodges I've visited and stayed at including Jackson Lake Lodge in the Grand Tetons, Shadow Lake in the Canadian Rockies, and Phantom Ranch at the bottom of the Grand Canyon.

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.)

As of 2016: They are pretty much all accomplished, or written off the list.

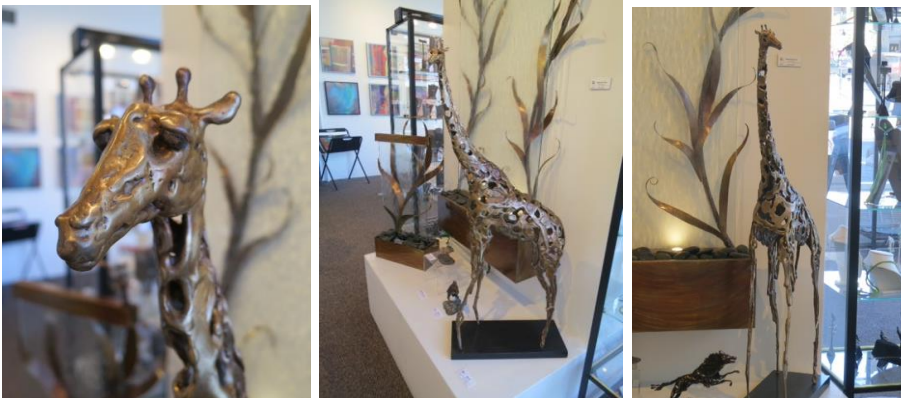
From our Bend Oregon resort for 4 nights

Tom titled the living room picture as: Woman at her leisure. It was a lovely place and quite different from our national park lodges. The views included a golf course and out our patio were some sage brushes, artsy dead trees, and a few mule deer.



Then there's this young gal at the brewery who might be more than 'at leisure.' Someone should advise her? At that, I'll say THE END.

P.S. The Giraffe #5: Tom to Judy -- Years ago, when we first got in the koi hobby, Diana was at a dealer's place and she spied a fish and we bought it because she said, "Our eyes met." Well, I saw Mr. Giraffe (and did you look at the eyes in the head photo), our eyes certainly met and I was smitten. The artisan had captured the benevolent and soft look of the subject and had the genius of making holes in the body that gives the look of the pattern of the real thing. Spectacular! I've never seen anything like it and you could certainly say our eyes met. Can't wait to get it delivered (he's building a crate for shipping via UPS) and placed where my mind finally landed on the only place I think it can go in our otherwise Japanese influenced decor (which was tough to come up with). Pictures to follow in due course. Exciting stuff!



The 5th Giraffe Species. Tom is particularly taken with the benevolent look of a giraffe. They seem calm, collected and with never any anger.

Itinerary

Sat Sep 3

6:05am Depart Newark EWR via UA#1483
9:05am Arrive San Francisco SFO for plane change

Check out new Platinum AX lounge for long delay in SFO

11:30am Depart San Francisco SFO via UA#5455
12:57pm Arrive Medford MDF

Rental Car Hertz

Hotel Shilo Inn – 1 night only and booked by PPH
2111 Biddle Rd., Medford, Oregon 97504 Tele: 541-770-5151
www.shiloinns.com

Sun Sep 4 – Day 1

8:00am Start of hike at host hotel

Description by www.ParksPlusHiking.com - Redwood Coast to Crater Lake - Headlined by Crater Lake--with the bluest water you may ever see, and the California Redwood--the tallest tree you will ever see, "Redwood Coast to Crater Lake" is a great sampling of the diversity of southern Oregon and northern California. Over seven days you'll also hike on the California Coastal trail above the pounding Pacific and enjoy a subterranean visit to Oregon Caves National Monument. For good measure, this tour also includes two nights at each of three historic lodges.

California Coastal Trail - Distance: 6 mi and Difficulty: 3

Lodging: Requa Inn – 1st of 2 nights
Klamath, CA 95548 Tele: 707 482 1425
www.requainn.com

Our journey from the Redwood coast to Crater Lake begins with a sea-level hike on the 600+ mile California Coastal Trail along and above the Pacific Ocean. We'll try not to over-indulge on the innumerable plump, sweet blackberries lining the trail on our way to the Requa Inn, our home for two nights.

Mon Sep 5 - Day 2

Miners Ridge, Fern Canyon, James Irvine Loop - Distance: 12 mi and Difficulty: 4

Lodging: Requa Inn – 2nd of 2 nights

Today's hike may well provide as much variety as any of our entire season's lineup. We'll set out from the Prairie Creek Visitors Center in Redwood National Park into a stunning old-growth redwood forest. Leaving the forest, we then walk along Gold Bluffs beach, before turning inland through well named and incredibly lush Fern Canyon. Back in the redwoods, we'll complete our loop to the Visitor Center. Oddly enough, we are apt to encounter Roosevelt elk at any time this day, even on the beach!

Tue Sep 6 - Day 3

West Ridge and Prairie Creek Loop - Distance: 6 mi and Difficulty: 3

Lodging: Oregon Caves Chateau – 1st of 2 nights
www.oregoncaveschateau.com Tele: 541 592 3400 – no wi fi and no AT&T

Our setting for this transition day is once again the Prairie Creek unit of Redwood National Park, where we'll visit several rather large named trees including the most famous "Big Tree." If history repeats itself, we may also encounter light-saber toting Star Wars Jedi-Knight wannabees and perhaps even an Ewok or two in the Endor-like forests of the area. Following our hike, we'll make the commute up to Oregon Caves National Monument.

Wed Sep 7 - Day 4

Mt. Elijah - Distance: 9 mi and Difficulty: 5

Lodging: Oregon Caves Chateau – 2nd of 2 nights

Our requisite subterranean (Oregon Caves) hike must wait for tomorrow as today is a peak-climbing day instead. Mt. Elijah may top out at only 6,281', but the climb still requires a "Parks Plus" effort. And while the journey really is its own reward, the view from the top is awesome too--including 14,180' Mt. Shasta if we're lucky and the weather is clear.

Thu Sep 8 - Day 5

Oregon Caves National Monument - Distance: 4 mi and Difficulty: 3

Lodging: Crater Lake Lodge – 1st of 2 nights
Rim Dr, Crater Lake, OR 97604 Tele: 541 594 2255
<http://www.craterlakelodges.com/>

More variety awaits on this second transition day. First, we don an extra layer of clothing for our 90-minute underground tour of Oregon Caves itself, with fascinating historical and geologic commentary from our accompanying Park Ranger. Next we'll hike several short trails near the Chateau and enjoy a picnic lunch before heading to Crater Lake lodge, perched above and alongside the namesake lake--one of the best locations you'll ever see!

Fri Sep 9 - Day 6

Mt. Scott - Distance: 5 mi and Difficulty: 4

Lodging: Crater Lake Lodge – 2nd of 2 nights

No stay in Crater Lake National Park would be complete without a visit to its most famous trail and peak. While the trail to the summit of Mt. Scott is moderate in both length and difficulty, the view is nothing short of amazing. We'll complete our hike relatively early this day, leaving time for exploration of the fascinating nooks and crannies of Crater Lake Lodge and the nearby Visitor Center, a bit of souvenir shopping, or perhaps even more hiking along the crater rim.

Sat Sep 10 - Day 7

Cleetwood Cove, Fumerole Bay, Wizard Island - Distance: 5 mi and Difficulty: 4

Our final day of hiking is all about Crater Lake--not the lodge or the rim drive or even the historic National Park--but the big, really blue body of water looming so large below. From the trailhead on the rim drive, we'll hike just over a mile, descending 600' to the lake shore at Cleetwood Cove, where we'll board a boat bound for Wizard Island. Following two moderate hikes on the island, we'll re-board the boat and complete a tour of the lake, hoping to meet up with the "Old Man of the Lake"

somewhere along the way, before ascending to the trailhead at the crater rim. A fitting end to a memorable tour!

End around 1-2pm when Tom can pick up Diana at trail head – about 20 minutes from Lodge. Hike trip ends at approx. 5pm in Medford

Drive approx. 2 hours to Bend

Hotel Tetherow Resort – 4 nights
61240 Skyline Ranch Road, Bend, OR 97702 Tele: 541 388 2582

Ideas to do: Town of Bend, Smith Rock, Redmond, Volcanic Park, Scenic drive

Wed Sep 14

Drive from Bend to RDM airport –½ hour and 18 miles

10:40am Depart Redmond RDM via UA#5465
12:20pm Arrive San Francisco SFO for plane change

1:45pm Depart San Francisco SFO via UA#779
10:02pm Arrive Newark EWR

State of wonder: where to find Oregon's best landscapes - Lonely Planet from Lonely Planet
US/CAN's [Tweet](#)

Note – depart to SD on Friday Sep 23