

2022 Conditioning Hiking Series CHS-1 (1.5-2.0 mph pace) Hike Schedule

Updated as of Aug 16, 2022

To graduate, participants must go on two hikes per month April to August, and one graduation hike in September. A maximum of two private or club hikes and/or backpacks may be substituted for two CHS hikes April to August. **You may not substitute a graduation hike.** Hikes listed as ‘Photography’, ‘Nature’ and ‘Just for Fun’ do not count toward your monthly total. One day of trail maintenance is also required of each participant. Hike destinations are subject to change due to snow, road, and trail conditions.

March: pacing hikes (OPTIONAL), 4-9 miles RT, 1,000-2,300’ gain – signup opens on Sat Mar 12

- 3/19 (Sat) — Lord Hill (5.5 miles, 250’ gain) led by Jeni Brink/Shelly Dearmon
- 3/19 (Sat) — Teneriffe Talus Loop (6 miles, 1,300’ gain) led by Doug Berry/Julie Cauthorn
- 3/19 (Sat) — Wallace Falls (5.5 miles, 1,300’ gain) led by Stacey Lissit/Negin Samandari
- 3/20 (Sun) —
- 3/20 (Sun) —

April: 2 monthly hikes, 4-6 miles RT, 0-1,000’ gain, signup opens on Wed Mar 23

- 4/02 Sat, Squak Mountain/Bullitt Fireplace (6 miles, 1,000’ gain) led by Elliott Krivenko
- 4/03 Sun, Fragrance Lake (5.5 miles, 950’ gain) led by Marion Bauman
- 4/04 Mon, Little Si & Boulder Garden Loop (5.6 miles, 1,700’ gain) led by Nancy Temkin/Peter Hendrickson
- 4/05 Tue, Pratt River Connector (5 miles, 800’ gain) led by David Bradley/Roseanne Lorenzana
- 4/06 Wed, Baker Lake (6 miles, 300’ gain) led by Shelly Dearmon/Jeni Brink
- 4/09 Sat, Dirty Harry’s Balcony (4.3 miles, 1,300’ gain) led by Suzanne Hobbs/Lani Phillips
- 4/10 (Sun) —
- 4/16 Sat, Ebeys Landing (5.6 miles, 260’ gain) led by Jeni Brink/Shelly Dearmon
- 4/16 Sat, TMT to Murat’s Bridge (5.5 miles, 1,300’ gain) led by Doug Berry/Roseanne Lorenzana
- 4/17 (Sun, Easter) —
- 4/18 Mon, Margaret’s Way (5.5 miles, 1,500’ gain) led by Nancy Temkin/Peter Hendrickson
- 4/22 (Fri, Earth Day) —
- 4/23 Sat, Discovery Park Beach and Highland Loop (5.1 miles, 380’ gain) led by Elliott Krivenko
- 4/23 Sat, Cowiche Canyon (7 miles, 1,000’ gain) led by Stacey Lisset/Negin Samandari
- 4/24 Sun, Bowman Bay (7 miles, 1,500’ gain) led by Gary Hastings/Rayna Weth
- 4/27 Wed, Little Si (6 miles, 800’ gain) led by David Bradley
- 4/30 Sat, Lily and Lizard Lakes (7.1 miles, 1,400’ gain) led by Elliott Krivenko
- 4/30 Sat, Ancient Lakes (7 miles, 700’ gain) led by John Sadro/Sonu Aggarwal

May: 2 monthly hikes, 6-8 miles RT, 500-1,500’ gain – signup opens on Wed Apr 20

- 5/01 (Sun) —
- 5/05 Thu, Squak Mountain West/Bullitt Fireplace (7 miles, 1,600’ gain) led by Roseanne Lorenzana/Doug Berry
- 5/07 Sat, Wallace Falls Loop (9 miles, 1,500’ gain) led by Elliott Krivenko
- 5/07 Sat, Icicle Ridge (6.5 miles, 1,800’ gain) led by Stacey Lissit/Anna May Brennan
- 5/08 (Sun, Mother’s Day) —
- 5/10 Tue, Little Si & Boulder Garden Loop (4.75 miles, 1,850’ gain) led by David Bradley

5/14 Sat, Squak Eastside Loop (7 miles, 2,300' gain) led by Alan Davey/Sherryl Davey
 5/14 Sat, Lookout Mountain Forest Preserve (7 miles, 1,200' gain) led by Shelly Dearmon/Jeni Brink
 5/15 Sun, Ingalls Creek (11 miles, 1,450' gain) led by Gary Hastings/Rayna Weth
 5/15 (Sun) —
 5/16 Mon, Poo Poo Point via High School Trail (6.6 miles, 1,800' gain) led by Nancy Temkin/Peter Hendrickson
 5/20 - 5/22 (Fri-Sun) — **Columbia Gorge Hiking Weekend (optional, extra costs associated)**
 5/20 (Fri) — **Columbia Gorge Weekend** (only if someone wants to lead a hike on Friday)
 5/21 Sat, Snoquera Palisades (7 miles, 2,000' gain) led by Barbara Folmer/Maureen Corlas
 5/21 Sat, **Columbia Gorge Weekend**, Coyote Wall (8 miles, 1,200' gain) led by Elliott Krivenko/Julie Cauthorn
 5/21 Sat, **Columbia Gorge Weekend**, Hamilton Mountain (6.5 miles, 2,200' gain) led by Dawn Kinsel/Kat Schonber-Hamar
 5/22 (Sun) —
 5/22 Sun, **Columbia Gorge Weekend**, Cape Horn (7 miles, 1,300' gain) led by Elliott Krivenko/Julie Cauthorn
 5/22 Sun, **Columbia Gorge Weekend**, Lyle Cherry Orchard (6.5 miles, 1,100' gain) led by Stacey Lisset/Negin Samandari
 5/23 Mon, Teneriffe Falls (6.5 miles, 1,300' gain) led by Nancy Temkin/Peter Hendrickson
 5/25 Wed, Lily and Lizard Lakes (7.15 miles, 1,530' gain) led by Lani Phillips/Suzanne Hobbs
 5/26 Thu, West Fork Teanaway River (7 miles, 1,300' gain) led by Roseanne Lorenzana/Doug Berry
 5/28 Sat, Monte Cristo (8 miles, 400' gain) led by Jeni Brink/Shelly Dearmon
 5/29 Sun, Yakima Skyline to Yakima Saddle (6.1 miles, 1,920' gain) led by David Bradley
 5/30 (Mon, Memorial Day) —

June: 2 monthly hikes, 8-10 miles RT, 1,000-2,000' gain; signup opens on **Wed May 25**

6/03 Fri, Cashmere Canyon Preserve 9.5 miles, 2,150' gain) led by Doug Berry/Roseanne Lorenzana
 6/04 Sat, National Trails Day, Fragrance & Lost Lakes (10 miles, 1,300' gain) led by Elliott Krivenko
 6/04 Sat, National Trails Day, Grand Prospect (8.4 miles, 2,120' gain) led by Suzanne Hobbs/Lani Phillips
 6/05 Sun, Lower Big Quilcene (11 miles, 1,400' gain) led by Doug Berry/Julie Cauthorn
 6/06 Mon, Twin Falls and Hall Point (9 miles, 2,000' gain) led by Nancy Temkin/Peter Hendrickson
 6/11 Sat, Deception Creek (11 miles, 1,200' gain) led by Barbara Folmer/Maureen Corlas
 6/12 Sun, Mason Lake (7.35, 2,500' gain) led by David Bradley
 6/13 Mon, Mount Washington Snoqualmie (8 miles, 3,200' gain) led by Nancy Temkin/Peter Hendrickson
 6/18 Sat, Goat Lake, Monte Cristo (10 miles, 1,280' gain) led by Shelly Dearmon/Jeni Brink
 6/19 Sun, Father's Day, Granite Lakes via Granite Creek 8.9 miles, 2,400' gain) led by Rayna Weth/Phoebe Smith
 6/25 Sat, Scorpion Mountain (9 miles, 2,650' gain) led by Jeni Brink/Shelly Dearmon
 6/25 Sat, Snoqualmie Pass to Windy Pass (9.4 miles, 2,000' gain) led by David Bradley/Roseanne Lorenzana
 6/24-6/26 (Fri-Sun) — **Olympics Campout & Hiking Weekend optional, extra costs associated)**
 6/25 Sat, **Olympics Campout**, Kloshe Nanitch Lookout (11 miles, 2,200' gain) led by Steve Payne
 6/26 Sun, **Olympics Campout**, Deer Lake (8 miles, 1,650' gain) led by Elliott Krivenko
 6/26 Sun, **Olympics Campout (Just for Fun)** Dungeness Spit 11 miles, 130' gain) led by Steve Payne
 6/26 Sun, Lake Serene (7.2 miles, 2,520' gain) led by Gary Hastings

July: 2 monthly hikes, 10-12 miles RT, 1,500-2,500' gain; signup opens on **Wed Jun 22**

7/02 (Sat) —
 7/03 (Sun) —
 7/04 (Mon, Independence Day) —
 7/05 Tue Rock Creek Falls (11 miles, 2,100' gain) led by Nancy Temkin/Peter Hendrickson
 7/09 Sat Island Lake (10.5 miles, 2,850' gain) led by David Bradley/Roseanne Lorenzana
 7/10 Sun Pratt Lake Basin (11 miles, 2,300' gain) led by Nancy Temkin/Peter Hendrickson
 7/16 Sat —
 7/17 Sun —
 7/19 Tue Tubal Cain and Buckhorn Lake (12 miles, 2,00' gain) led by Jeni Brink/Shelly Dearmon
 7/22-24 (Fri-Sun) **Mt. Rainier Campout & Hiking Weekend (optional, extra costs associated)**
 7/22 Fri Lake Whatcom Park: Chanterelle Trail (11.5 miles, 2,500' gain) led by Doug Berry/Craig Illman
 7/22 Fri **Mt. Rainier Campout**, Crystal Peak (8 miles, 3,100' gain) led by Kat Schonber-Hamar/Andrea Shadrach
 7/23 Sat Rattlesnake Mountain Traverse (12 miles, 2,600' gain) led by Elliott Krivenko
 7/23 Sat **Mt. Rainier Campout**, Van Trump Park (12 miles, 3,200' gain) led by Alan Davey/Sherry Davey
 7/24 Sun **Mt. Rainier Campout**, Palisades Lakes (10 miles, 2,300' gain) Andy Zavada/Sheila Reynolds
 7/26 Tue Cutthroat Lake and Pass (11 miles, 2,300' gain) led by Shelly Dearmon/Jeni Brink
 7/30 Sat Valhalla & Mount McCausland (13.5 miles, 2,400' gain) led by Julie Cauthorn/Doug Berry
 7/31 Sun Lake Josephine (11.2 miles, 2,400' gain) led by David Bradley

August: 2 monthly hikes, 12-14 miles RT, 2,000-3,000' gain; signup opens on Wed Jul 20

Month of August — **WTA Hike-a-Thon (optional)**

8/01 Mon Grand Valley Loop + Moose and Gladys Lakes (11.7 miles, 3,000' gain) led by Jim Souza/Kari Durr
 8/04 Thu Spider Meadows (12 miles, 3,000' gain) led by Jeni Brink/Shelly Dearmon
 8/06 Sat Wonderland Trail: Stevens Canyon to Peak 5960 (11.5 miles, 3,700' gain) led by Roseanne Lorenzana/Doug Berry
 8/07 Sun
 8/11 Thu Burroughs Mountain (12 miles, 3,000' gain) led by Jeni Brink/Shelly Dearmon
 8/13 Sat Kendall Katwalk (11 miles, 2,700' gain) led by Elliott Krivenko
 8/14 Sun
 8/18 Thu Summerland and Panhandle Gap (12 miles, 2,950' gain) led by Julie Cauthorn/Doug Berry
 8/19-21 Fri-Sun **North Cascades Campout & Hiking Weekend (optional, extra costs associated)**
 8/20 Sat West Fork Foss Lakes (12.0 miles, 2,600' gain) Led by John Sadro
 8/20 Sat **North Cascades Campout**, Jackita Ridge (14.3 miles, 3,000' gain) led by Barbara Folmer/Maureen Corlas
 8/20 Sat **North Cascades Campout**, Lookout Mt. (9.4 miles, 4,000' gain) Led by Kelly Cleman
 8/21 Sun **North Cascades Campout**, Granite Pass/Cutthroat Lake and Pass (14 miles, 2,600' gain) led by Kat Schonberg-Hamar
 8/21 Sun Surprise & Glacier Lakes (12 miles, 2,700' gain) Led by John Sadro
 8/22 Mon Mailbox Peak (11.2 miles, 4,100' gain) led by Nancy Temkin/Peter Hendrickson
 8/27 Sat
 8/28 Sun
 8/29 Mon Thompson Lake (12.6 miles, 4,100' gain) led by Nancy Temkin/Peter Hendrickson

September: 1 graduation hike, 15+ miles RT, 2,500+ gain; signup opens on Wed Aug 17

9/02 (Fri) — Ridge & Gravel Lakes via the PCT (15.0 miles, 3,100' gain) led by John Sadro
 9/03 (Sat) — Cady Ridge to PCT and Dishpan Gap 16 miles, 3,000' gain) led by Jeni Brink/Shelly Dearmon
 9/04 (Sun) —

9/10 Sat) — Indian Bar & Cowlitz Divide (15 miles, 4,000' gain) led by Doug Berry/Julie Cauthorn
9/17 (Sat) —
9/19 (Mon) — Mount Si-Mount Teneriffe Loop (14 miles, 3,800' gain) led by Nancy Temkin/Peter Hendrickson
9/24 (Sat) — Surprise Lake and Mountain (15.5 miles, 4,100' gain) led by Robert Swann

October:

10/01 (Sat) — Graduation Party (Brightwater Center)

November:

11/26 (Sat) — Alumni Hike: CHS Annual Thanksgiving 'Turkey Burner' - Tiger Mountain Trail (15.2 miles, 2,360' gain)