

TRANSFORMATIONAL TREKKING

Train, Trek, Transform!

sheri@transformtrekking.com

206-465-1795



Directions for Hikes

Bi-Monthly 3-4-Hour Training Hikes: (hike destinations could change due to weather and trail conditions)

Sunday Sept. 13 – Cedar Butte - (3.5 miles, 900 ft elevation gain)

Friday Sept. 25 – Dirty Hairy’s Balcony - (4.4 miles, 1300 ft elevation gain)

Sunday Oct. 4 – May Valley Loop Trail to Bullitt Fireplace (6.6 miles, 1684 ft elevation gain)

Friday Oct. 16 – Little Si to Boulder Garden Loop + Douglas Fir Trail to Mount Si trail to Talus Field and back– (6.1 miles)

Sunday Nov. 1 – Margaret's Way + Debbie's Lookout (7 miles round trip - 1500 ft elevation gain)

Saturday Nov 21 – Lime Kiln Trail (7 miles 625 ft elevation gain)

Friday Dec 4 – Ravenna Park to Park Trail (7 miles)

Cedar Butte Trail Hike

Arrival time: 7:45AM (stick rolling, pack adjustments, bathrooms & COVID-19 rules)

Hike start time: 8AM

Mileage/Elevation: 3.5 miles, 900 ft elevation gain

Where to Meet: We will meet at the Iron Horse State Park. This park is right next to the Rattlesnake Ledge hike parking lot, just a bit further up the rode. See below for directions.

Bathrooms: There are 2 bathrooms. Bring your own toilet paper just in case.

Driving Directions

From I-90 at the east end of North Bend, take Exit 32 (436th Ave SE) and head south on 436th Ave SE, which becomes Cedar Falls Road SE. About 3.5 miles from I-90, pass the parking area for Rattlesnake Lake and soon turn left into the parking area for the Cedar Falls Trailhead (Iron Horse State Park.) A pair of privies is available. A Discover Pass is required. A day pass may be purchased at the trailhead.

For more information on the hike and specific trail directions:

<https://www.wta.org/go-hiking/hikes/cedar-butte>

Dirty Hairy’s Balcony

Arrival time: 7:45AM (stick rolling, pack adjustments, bathrooms & COVID-19 rules)

Hike start time: 8AM

Mileage/Elevation: 4.4 miles, 1300 ft elevation gain

Where to Meet: By the trail sign in the parking lot (see directions)

Bathrooms: There is one bathroom. Bring your own toilet paper just in case.

Directions: From Seattle, take exit 38 towards the Fire Training Academy. After exiting, head right at the stop sign and drive 1.8 miles. The road comes to a junction.

Turn left to go underneath the freeway and you will see the parking lot ahead of you with a trailhead sign and a bathroom.

For more information on the hike and specific trail directions:

<https://www.wta.org/go-hiking/hikes/dirty-harrys-balcony>

May Valley Loop Trail to Bullitt Fireplace and Back

Arrival time: 7:45AM (stick rolling, pack adjustments, bathrooms & COVID-19 rules)

Hike start time: 8AM

Mileage/Elevation: 6.6 miles, 1684 ft elevation gain

Where to Meet: By the trail sign in the parking lot (see directions)

Bathrooms: There are two bathrooms. Bring your own toilet paper just in case.

Directions: The park is located just south of Issaquah. Head East on I-90, take Exit 15, then turn right heading southbound on Issaquah-Renton Road. Drive 4 miles, then turn left on the May Valley Road. Drive 3 more miles to the Squak Mountain State Park parking lot (21500 May Valley Road) on the left.

For more information on the hike and specific trail directions:

<https://www.wta.org/go-hiking/hikes/squak-mountain>

Little Si to Boulder Garden Loop + Douglas Fir Trail to Mount Si Trail to Talus Field and back

Arrival time: 7:45AM (stick rolling, pack adjustments, bathrooms & COVID-19 rules)

Hike start time: 8AM

Mileage/Elevation: 6.1 miles - variety of terrain – rocky, roots, smooth, hilly, narrow and wide trails as well as a less traveled trail

Map of these various trails of Mount Si: (bring this map with you)

<https://www.dnr.wa.gov/geo/mountsi.pdf?vgqeo>

Where to Meet: Little Si Trail Head

Bathrooms: There are two bathrooms. Bring your own toilet paper just in case.

Directions: Traveling on I-90 East, approaching North Bend, take exit for 436th Ave SE and turn left. Head 0.5 miles on 436 Ave SE and take a left on SE North Bend Way. Proceed 0.3 miles and turn right on SE Mount Si Road. The main parking lot for Little Si will be 0.4 miles on your left as the road straightens out after the bend (if you pass 439 Pl SE or 440 PL SE, you have driven too far).

There is an overflow parking lot west of the main lot tucked into SE Mt Si Rd and 434 Ave SE. There is a trail connecting the two. Be warned that both lots may be full on weekends. There are two toilets in the main parking just off the trailhead. Discover Pass is required.

Margaret's Way & Debbie's View

Arrival time: 7:45AM (stick rolling, pack adjustments, bathrooms & COVID-19 rules)

Hike start time: 8AM

Where to meet: Margaret's Way Trail head - Issaquah Alps - Squak Mountain

Distance: 7-miles round trip, 1500 feet elevation gain but we will add on the Debbie's view option to make the hike around 7-miles

FYI: This is a King County Park, so you do not need a parking pass, but always best to keep it in your car just in case.

Driving Directions

From I-90, take exit 15 signed Lake Sammamish/Renton Highway 900. At the stoplight at the end of the exit turn right onto Highway 900/Renton-Issaquah Road and go south toward Renton. From the stoplight drive 3.2 miles and turn left at the easy-to-miss driveway with a large blue Cougar Mountain Recreation sign. The large parking lot is straight ahead. There is a parking lot and trailhead just before Margaret's Way parking lot on your right hand side, this is not the correct lot. Our lot is on the left hand side of the road and it is easy to miss, so drive slow!

For more information on the hike and specific trail directions:

<https://www.wta.org/go-hiking/hikes/margarets-way>

Lime Kiln

Arrival time: 7:45AM (stick rolling, pack adjustments, bathrooms & COVID-19 rules)

Hike start time: 8AM

Mileage/Elevation: 7 miles, 625 ft elevation gain

Where to Meet: In the parking lot by the trailhead

Bathrooms: A portable toilet may be available, perhaps seasonally. Bring your own toilet paper and plastic bags just in case!

Directions: From SR-92 in Granite Falls, turn south on Granite Avenue. It's the main cross street in the old part of town and has a four-way stop. Go three short blocks and turn left on Pioneer Street, which soon becomes Menzel Lake Road. In about 0.8 mile, turn left onto Waite Mill Road. In just over a half-mile, drive past a wide school bus turn-around and note on the left the sign for "Lime Kiln Trail." Head left on the gravel road and, in about 500 feet, turn left into the signed Robe Canyon Historic Park and reach the trailhead parking area.

Parking is free, and no passes or fees are required. There is room for approximately 25 cars at the trailhead. Note that the access road shoulder is signed "No Parking." There is no water source.

For more information on the hike and specific trail directions:

<https://www.wta.org/go-hiking/hikes/lime-kiln>

Seattle Park-to-Park hike:

Arrival time: 7:45AM (stick rolling, pack adjustments, bathrooms & COVID-19 rules)

Hike start time: 8AM

Where to meet: Green Lake Starbucks: 7100 East Green Lake Dr N, Seattle, WA 98115

Course: Green Lake Starbucks to Ravenna Blvd on the grass bits, to Cowen and Ravenna Parks to The Burke Gilman Trail to UW new and old crew houses to University slough/canal to UW main campus to Greek Row to Ravenna BLVD back to Green Lake Starbucks

Mileage: About 7 miles

Bring: Daypack to carry your lunch and snacks + enough water for 3-4 hours. Hiking poles as the parks will most likely be muddy. Layers and for sure, rain gear! Small aid kit just in case - at least have some band-aids, sterile pads, neosporin and hand wipes! And any other personal gear that you like to bring!

