**Hiking Sentences**

1. There is a debate about exactly how many fourteeners there are in Colorado.
	1. The Colorado Geological Survey says that there are 58 mountain peaks that exceed 14,000 feet in elevation.
	2. Others say that to qualify as a fourteener, a peak must rise at least 300 feet above the saddle that connects it to the nearest 14er peak (if another exists nearby).
2. No other state has as many fourteeners, although California and Alaska both have higher mountains.
3. Alaska has 29 fourteeners and one 20,000 foot mountain, Denali.
4. California has 12 fourteeners.
5. Washington has two fourteeners.
6. Blanca Peak, in the Sangre de Cristo range, was one of the four peaks forming the corners of the traditional homeland of the Navajo.
7. Pikes Peak captured America's imagination after it was reported by Zebulon Pike in 1806 and gave its name to the Pikes Peak Gold Rush of the late 1850's.
	1. However, the gold fields were north of Pikes Peak.
8. In 1893, the view from Pikes Peak’s summit inspired Katherine Lee Bates to write *America the Beautiful*.
9. The Maroon Bells, which are both fourteeners, have graced about a million postcards.
10. There are more than 580 thirteeners in Colorado.

Sources:

<https://www.denverlibrary.org/blog/ross/getting-know-colorado%27s-fourteeners>

<https://www.colorado.com/articles/what-are-14ers>

**The Wilderness Society’s List of the 10 Best Hikes in the Pacific Northwest**

1. **Alpine Lakes Wilderness, Washington**
	1. This is one of the most popular hikes in the Snoqualmie Pass corridor.
	2. If you want to hike this area, a week is suggested.
	3. It might be best to visit in late summer or fall due to avalanche risks.
	4. However, early summer offers beautiful wildflowers.
2. **Wild Sky Wilderness, Washington**
	1. The West Cady Ridge Trail is a journey through alpine meadows with summer flowers and fall colors.
	2. Berry bushes provide wild delights to wildlife and hikers alike.
	3. Stop to take in sweeping vistas after about four miles.
	4. You could also travel farther for even better views at Bench Mark Mountain (7.2 mile one-way trip).
	5. A Northwest Forest Pass is required.
3. **Spring Basin Wilderness, Oregon**
	1. Designated in 2009, this area has it all: colorful geology, quiet canyons and wild waters.
	2. A diversity of wildlife includes golden and northern bald eagles as well as bobcats.
	3. "Trails" here consist of a few old four-wheel-drive tracks utilized as pathways.
	4. Hay Bottom and Eagle Canyons are great for solitude and photography.
	5. While splendid views abound year-round, some think spring is the best time to visit.
4. **Oregon Badlands Wilderness, Oregon**
	1. This area was protected in 2009 to preserve the remarkable features of the Badlands volcano and cracked volcanic pressure ridges.
	2. Yellow-bellied marmots, prairie falcons and antelope call this place home.
	3. Fifty miles of trails over flat lands offer the visitor many opportunities for solitude, hiking and horseback riding.
	4. But few trail markings mean some navigation skills will be necessary.
	5. Badlands Rock Trail leads to incredible 360-degree views of the region.
5. **Pasayten Wilderness, Washington**
	1. The northernmost forty miles of the Pacific Crest Trail (PCT) winds through the wildlife-rich Pasayten.
	2. This offers spectacular views of Mt. Baker, North Cascades National Park and the Picket Range.
	3. For a shorter ten-mile hike, start at the Cold Springs entrance to the eastern Pasayten Wilderness via Chopaka Mountain and Goodenough Park.
	4. If you’re looking for a longer trip across the entire Pasayten, you can travel 80 or more miles from Hart’s Pass north on the Pacific Crest Trail.
		1. Then you can go east on the Pacific Northwest Trail to the Iron Gate trailhead.
6. **William O. Douglas Wilderness, Washington**
	1. This neighbors Mount Rainier National Park.
	2. The Wilderness' southern portion is replete with lakes, ponds and pools.
	3. Hikers may spy elk, foxes, mountain goats and grouse.
	4. Snow may last from November until midsummer.
	5. Sixty-six trails add up to 250 miles for hikers and backpackers.
	6. Weekend warriors will love the 29.5-mile leg of the PCT from White Pass north to Chinook Pass.
		1. This crosses delightful meadows north of Crag Lake, where blueberries grow in late summer.
7. **Sky Lakes Wilderness, Oregon**
	1. This special place's name is no joke.
	2. There are literally hundreds of lakes on this 6,000-foot plateau.
	3. The view from Mt. McLoughlin showcases a volcanic landscape, accessible via a 3.5-mile trail off the PCT.
	4. Take Isherwood Trail for fishing and swimming treasures and Red Lake Trail to secluded campsites.
	5. To beat the bugs - and score some ripe huckleberries - visit in late summer.
8. **Wild Rogue Wilderness, Oregon**
	1. There is a 40-mile Rogue River Trail.
		1. This provides access to the river corridor.
	2. The Panther Ridge Trail leads visitors to stunning views at Hanging Rock.
	3. The Mt. Bolivar Trail takes hikers up to the 4,319-foot summit.
		1. Known as "the Rogue," this wild fishery is also popular for rafting and kayaking.
9. **Devil's Staircase Proposed Wilderness, Oregon**
	1. Nestled deep in the rainforests of Oregon's coastal mountains is the region's last remaining old-growth forests.
	2. The area is named for a waterfall of legend in the hard-to-reach Wassen Creek area.
	3. Cascading pools are alive with native coho and chinook salmon, trout and steelhead fishes.
	4. This wilderness has the highest density of northern spotted owls in the Coast Range.
	5. Other wildlife living here include black bears, elk, river otters and marbled murrelets.
10. **Salmo-Priest Wilderness, Washington**
	1. Bordering Idaho, this Wilderness is the largest virgin forest left in eastern Washington.
	2. It gets more than 50 inches of precipitation every year, with snow blanketing the ground until early July at high elevations.
	3. Some rarely sighted, threatened species like woodland caribou, grizzly bears and gray wolves roam this wild land.
	4. The scenic ridges of the Pacific Northwest Trail (PNT) wind through here.
	5. You can hike through a forest with cedars up to eight feet in diameter.

Source: <https://www.wilderness.org/articles/article/10-best-hikes-pacific-northwest-wilderness>

**Colorado 14ers Sentences**

1. “I would never say any fourteener is *easy*,” says James Dziezynski.
	1. He is the author of *Best Summit Hikes in Colorado*.
	2. “I always think that isn’t the right information to send.”
	3. “But Elbert, it’s a walk-up,” he says.
	4. “That’s how it evolves for people.”
2. “Grays, Torreys, Bierstadt, Evans, Quandary, Lincoln, Democrat and Sherman are close to Denver and easy enough for a first climb,” says Gerry Roach.
	1. He is author of *Colorado’s Fourteeners: From Hikes to Climbs*.
3. Grays and Torreys are side by side.
	1. Many hikers climb both peaks in the same outing.
	2. The same is true of Lincoln and Democrat.
4. The “easiest” fourteeners are likely to be busy on a weekend.
	1. However, for those early in their fourteeners careers, Dziezynski thinks there’s a benefit to crowds.
5. “A lot of people who have been doing this a while say they hate the crowds,” Dziezynski says.
	1. “But you have this built-in safety net of people you can ask questions to.”
6. Hikes like Grays and Torreys have “a beaten path to the top,” he says.
	1. This means new hikers are less likely to get off route.
	2. “Pay attention to what the weather does, pay attention to your nutrition.
	3. “Since you don’t have to worry about navigation, take care of these other things — and learn them.”
7. Sarah Meiser has climbed all of Colorado’s 14ers and 13ers and chronicles her adventures at 13ergirl.com.
	1. She echoes that sentiment for new high-altitude hikers.
	2. “For their first ones, I think it’s good to have people around.
	3. “This is because they don’t really know what to expect and they could run into some kind of problem.”
8. “If you want to avoid crowds, climb alternate routes, off season and on weekdays,” Roach says.
9. “You don’t have to get far off the Front Range,” Dziezynski says.
10. Easier 14ers that offer some solitude are Redcloud, Sunshine, Handies and San Luis peaks.
	1. (All are in the San Juan Mountains).
11. According to a hiker-use study by Colorado 14ers Initiative, Saturdays are far and away the most popular day of the week to hike.
	1. This organization seeks to protect the “natural integrity” of Colorado’s 14ers through education and sustainable trail building and maintenance.
12. “Even Sundays were about 30 percent fewer hikers than a Saturday,” says Lloyd F. Athearn is the executive director of the initiative.
	1. “Monday through Thursdays, even on the most popular peaks, see significantly lower use.”
13. Weather dictates so many things about how we climb fourteeners.
14. Early starts are required because of persistent, daily afternoon storms in the mountains in the summer.
15. Lightning demands that hikers descend immediately, regardless of the summit or time of day.
16. Roach notes in the preface of his guidebook that “Lightning kills people every year in Colorado’s mountains.”
17. Data compiled by the National Weather Service shows that Colorado ranks third in fatal lightning strikes in the U.S.
18. What can you do to mitigate the risk?
	1. First and foremost, start your hike early.
	2. This will ensure that you’re below treeline on your return — or better, finished with your hike — when the daily storm pops up.
19. Dziezynski says he likes to be on the trail by 5 a.m. for most hikes.
	1. However, if it’s a technical climb, that’s probably too late to be starting up a fourteener.

Source: https://theknow.denverpost.com/2017/06/16/colorado-14ers-hiking-guide/148242/