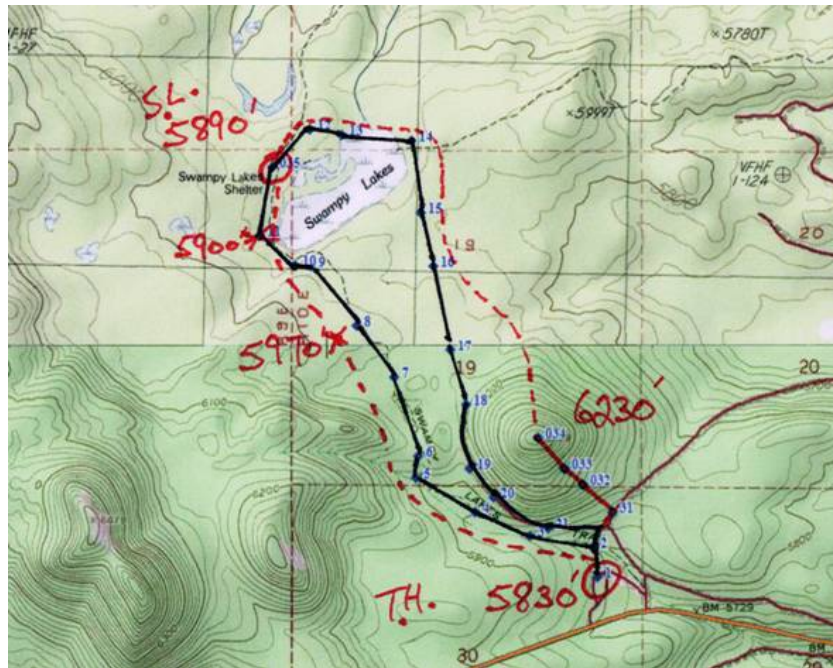


This is a reminder that I'm leading a DEFEATcancer snowshoe trek out of Swampy Snow Park on Saturday morning at 9:00 am. Our destination will be the Swampy Lakes Shelter. The Shelter is 2.1 miles from the trailhead.



The snowshoe trail to the Swampy Lakes Shelter is named the “Porcupine Loop”. That trail is indicated by the dotted red line on the map above. Notice that the outgoing Porcupine Loop Trail only varies by 70.

The summer hiking trail (and Nordic ski trail) to Swampy Lakes is indicated by the black line. I carried my GPS with me in the summer. Hence, the waypoints.

Notice that the “homeward bound” portion of the Porcupine Loop crosses directly over a 6230 foot butte. I hiked that butte with snowshoes last week. That hike is represented by the solid red line – and waypoints. If you do the math, you will see that the top of this butte is 400 feet above the trailhead. It took me 35 minutes to reach the top of the butte. It took me 15 minutes to come back down.

All that being said; This is what the main hike (That’s where I’ll be going !) will be on Saturday morning... I’m going to do an “out and back” to the Swampy Lakes Shelter. I will return to the cars by stepping in our outgoing tracks. That’s right – no loop. If you are a snowshoeing beginner, this means that if you turn back before you reach the Shelter, we will probably catch up to you on our way out.

For those of you who wish, I will be happy to send you on your way from the Swampy Lakes Shelter so that you can complete the true Porcupine Loop – including the 400 foot butte.

I would estimate that our time on the trail, including a stop at the Shelter for coffee (bring a thermos !) will be three hours. That would get us back to Bend (and the Cascade Lakes Brewing Company) at about 1 pm.



This is at the beginning of the Porcupine Loop.



100 yards out from the trailhead. The snow up there was four feet deep on Feb. 2.

Don't forget that the DEFEATcancer February general session is tomorrow evening, Feb. 9 at 5:30 pm. I'll be there. You can ask me any questions then. Remember, snowshoes cost about \$12 per day to rent. The one-day Snow Park Pass costs \$5.

Mike