

Hello DEFEATcancer Snowshoers ...

Our second snowshoe hike of the 2010 season will be on Saturday, February 13.

Where? Porcupine Snowshoe Loop out of Swampy Lakes Sno-Park – on the road to Mt. Bachelor

When? 9:00 am, Saturday, Feb. 13

Distance? The full loop into the Swampy Lakes Snow Shelter is about 4.5 miles. I would estimate 3 hours on the trail, plus an additional 30 minutes for a stay in the warmth of the Swampy Lakes Snow Shelter

Elevation Gain? Not much. However, there is a 400 foot hill to climb about one mile from the end of the trail. The views are supposed to be great from the top.

Bring? Snowshoes, trekking poles, day pack, snacks, lunch, water (I always bring a thermos of hot coffee too.), sunglasses, warm hats and coats.

Other Optional Stuff? Camera, GPS, binoculars, chemical hand warmers

After the Hike? As has become the custom with DEFEATcancer, I'm ending the day with lunch at the Cascade Lakes Lodge (Brewery) located at the roundabout where Century meets Chandler – near The Original Pancake House.

Directions to the Trailhead ....

Mile 0.0 - Set your trip odometer to “zero” at the North, South, East, West roundabout on Bend's northwest side. This is the roundabout where Century Blvd, Mt. Washington Drive, and Reed Market Road all come together.



Mile 4.4 – Pass the Inn of the Seventh Mountain on your left.

Mile 7.4 - Pass the “chain up” area. If needed (and I hope not.) tire chains can be installed here.

Mile 11.3 – Pass Virginia Meissner Sno-Park on your right.

Mile 12.0 – Pass Wanoga Sno-Park on your left.

Mile 13.4 – Turn right into Swampy Lakes Sno-Park.



There is plenty of parking at Swampy Lakes. Also – There is a restroom at the trailhead.



A valid Oregon Sno-Park Permit is needed to park at Swampy Lakes.



Our snowshoe trail is called the “Porcupine Snowshoe Loop”. If you examine the map closely, you will see that the snowshoe trail lies several hundred feet outside of the Nordic ski trail to the Swampy Lakes Snow Shelter. We will not be sharing our trail with skiers.



DEFEATcancer did a preliminary small scale trip in the same general area on January 9.



Costs? I stopped by “Powder House” on the corner of Simpson and Century. It’s near Croutons, Starbucks, Safeway, and the northwest McDonald’s. Powder House is owned by a family I know from teaching. Powder House is open at 8 am. However, they let you rent items the evening before a trip. That is probably a good idea if you do not own your own equipment. The trailhead, on the day of the hike and in a snowstorm, IS NOT the place to learn how to put on snowshoes.

Rent snowshoes – all day = \$12

Rent poles = \$3

Snow Park Pass for one day = \$5

Snow Park Pass good till Nov. 1, 2010 = \$24

I’ll see you at the DEFEATcancer general session on Tuesday evening, Feb. 9 if you have any questions.

Mike