

Hello Everyone ...

This email announces our first DEFEATcancer activity of the new year – even the new decade. We'll be going snow shoeing this Saturday morning, January 16.

Where: Swampy Lakes Sno-Park – about 16 miles up the Cascade Lakes Highway towards Mt. Bachelor from Bend.

When: We'll meet at 9 am, Saturday, January 16.

How long? Time on the trail should be about three hours for the “long loop” – 3 1/4 miles. I did the long loop on Dec. 26. It's a great hike. There is a “short loop” option that is about 1 3/4 miles in length. Take a close look at the photo of the trail map inserted into this email below.

Bring Stuff? In my daypack I'm bringing: a sandwich, trail food, a thermos of hot coffee, a camera, my GPS complete with built in-overpriced maps, a paper map, a compass, a couple of radios, rain gear, a hat, gloves, hiking poles, snow shoes, sun glasses.

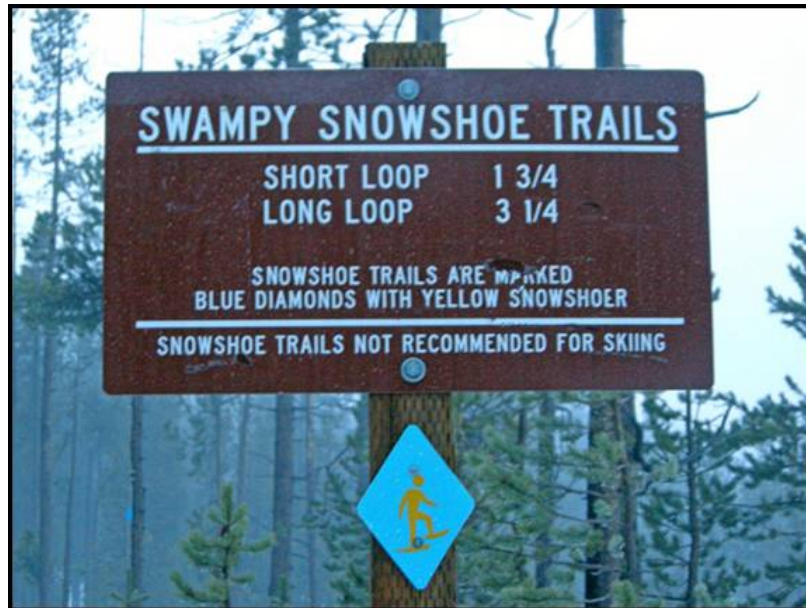
Any Other Stuff? Yes – You do need one of those Oregon Sno-Park parking passes to display in the left front window. I bought mine at “Powder House”. It cost \$24 (I believe) and is good until Oct. 31, 2010. I wasn't counting on much snow up there in July, but I guess that's an “Oregon Thing”. There are restrooms at the trailhead.

Apres Ski? Apres Chaussure de neige? I plan to have lunch at the Cascade Lakes Lodge. If we exit the forest about 12:15 pm, we should arrive at Cascade Lakes Lodge about 1 pm.

These photos – taken a couple of weeks ago – might help ...



We'll do the “Snowshoe Long Loop” on Jan. 16.
I'd like to hike to the Swampy Lakes Shelter on Feb. 20.



The trailhead



This is only half the available parking at the trailhead.



There is a warming hut at the trailhead – restrooms too!!!
No Starbucks however.



Two miles into the Long Loop.