



# Natural History Society Newsletter

## July 2025



### Hiking the Olympics by John Goldwood

Hiking into the Maiden Peaks area of Olympic National Park offers an opportunity for spectacular views of the Olympic Mountains as well as enjoyment of a well-maintained trail through multiple Olympic Mountain habitats. Depending upon the source, trail guides label the hike 'moderate' to 'difficult'. This trail starts at an elevation of 5,300 ft and descends to 4,900 ft before climbing to 5,500 ft near Green Mt. Getting an early start and allowing a full day for the hike should provide a great trip. For those that reach one of the three summits, the 360° views are exceptional on a good day. These peaks also provide for regular cloud formations. Sometimes the clouds will be below, sometimes we will be in their midst, so layering and preparation for wide temperature variations is critical.

One of the huge attractions of the Maiden Peaks is the potential opportunity to observe Pallid Horned Larks, one of three subspecies of Horned Larks found in Washington. They breed in the high meadows of the Olympics including the area surrounding Maiden Peaks. We should also see endemic Olympic Marmots and late blooming wildflowers, such as Bluebell Bellflowers, along the trail.

We hope to reach the summit in time for a leisurely lunch and enjoyment of the area, then we'll head back, mostly downhill, to the trailhead. Save some energy for the last half mile on the return trip, as this trail requires a climb to get back to the trailhead!

### Outing: Maiden Peaks Hike

Join the Natural History Society on **Friday, July 25**, for a hike to the Maiden Peaks in the Olympic National Park, led by John Goldwood, Dave Rugh, and Wendy Feltham. We will carpool from the 4 Corners Park and Ride, at 63 Four Corners Road, to the trailhead at Deer Park. We'll depart at 7:00 AM, to be on the trail by 9:00 AM. This hike offers beautiful views and mixed habitats that may provide an opportunity to view marmots and Horned Larks. This is a 7.2 mile out-and-back hike with 1800 feet of elevation gain for those who reach the summit. Portable toilets are available only at the trailhead, and no potable water is on the trail. A National Park Pass is required for those driving. Please RSVP to Nan for details and signups: [nanswaltz@earthlink.net](mailto:nanswaltz@earthlink.net)

### Book Club Selection

The Natural History Book Club will meet at the Land Trust's Illahee Preserve on **Monday, July 28, from 3:00 to 4:30** to discuss *Homewaters: A Human and Natural History of Puget Sound* by David B. Williams. Find more information about the Book Club at: [olympicnature.org/book-club/](http://olympicnature.org/book-club/) Directions and information about the Illahee Preserve: <https://saveland.org/protected-properties/illahee-preserve/>

Editors: Wendy Feltham & Dave Rugh

Photo credits: Deer Park Trail and *Campanula rotundifolia* (Bluebell Bellflower) © Wendy Feltham