

# horizons

a modern travel magazine



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inside: top 10 list of hikes in Washington state / the secrets of arizona grandcanyon / canoeing across lake ottawa

features

## looking for sensations

Reasons for traveling include recreation, tourism or vacationing. But travel may or may not be much easier depending upon the destination you choose, Mt. Everest, the Amazon rainforest, how you plan to get there tour bus, cruise ship, or oxcart, and whether or not you decide to "rough it" see extreme tourism and adventure travel. "There's a big difference between simply being a tourist and being a true world traveler"

WORDS BY MICHAEL KASUM

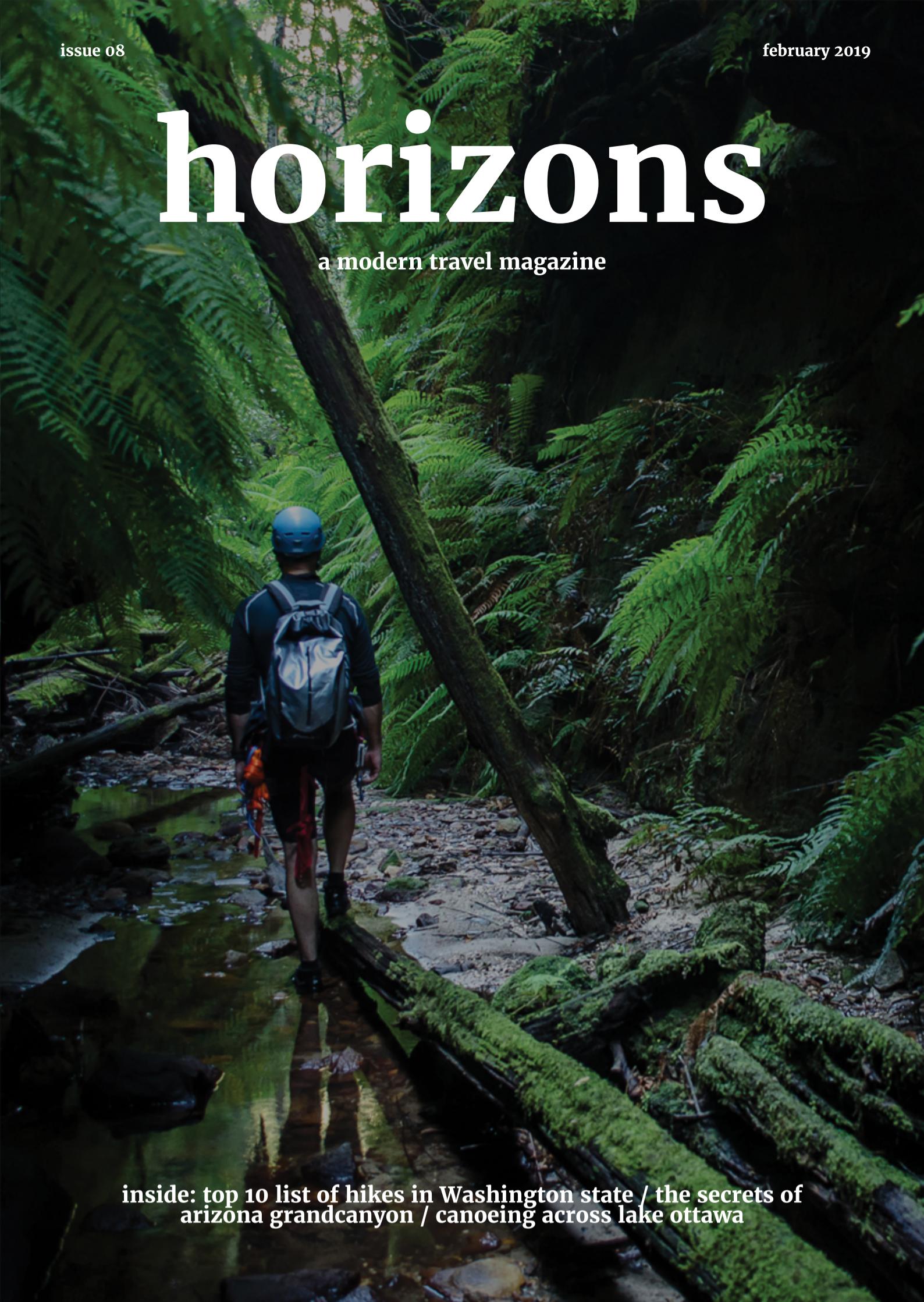
**TRAVEL IS NEVER A MATTER OF MONEY, BUT OF COURAGE.**

T.S ELLIOT

Hiking is the term for a long, vigorous walk, usually on trails (footpaths), in the countryside, while the word walking is used for shorter, particularly urban walks. On the other hand, in the United Kingdom, and the Republic of Ireland, the word "walking" is acceptable to describe all forms of walking, whether it is a walk in the park or backpacking in the Alps. It is a popular activity with numerous hiking organizations worldwide.

Wildflowers are blooming. Mountain trails are thawing. For many Seattleites, May — especially Memorial Day weekend — signals the time to dust off those hiking boots. The choices are endless in our backyard. Where to begin? We asked Karen Daubert, executive director of Washington Trails Association, to name a Top 10 list of hikes in our state, either for day trips or weekend getaways.

Cascade Pass is one of the most stunning hikes in the state, and the trail is easy and short enough for kids. Those with extra energy will find the push up to Sahale Ridge worth the extra effort. This area offers access to some of Washington's most challenging mountains.



PHOTOS BY FOTER PHOTOGRAPHY

## moutains hiking

The Cascade Pass Trail is a great day hike with spectacular views of peaks and glaciers. The trail climbs steadily through the pass, with views of peaks such as Eldorado, Johannesburg, Magic, Mixup and McGregor. This trail provides the shortest and easiest access in the park to the alpine environment. As a result, Cascade Pass is the most popular day hike in the national park and can be quite busy on summer weekends.

For an extended day hike, continue on to the Sahale Arm Trail. This trail ascends steeply through subalpine meadows and talus fields to the base of the Sahale Glacier.

