



JAMES JOHNSTON

South Sister Ascent

The view from the top is worth the trip.

The Three Sisters — the closely bunched trio of snowcapped peaks that dominate the eastern end of Lane County — were born many years apart. It's been 100,000 and 20,000 years respectively since either the North or Middle Sister expelled volcanic material that shaped the flanks of these mountains. Both of them show their age. The bulldozer-like action of giant glaciers have left behind steep, jagged and difficult to climb peaks.

But the South Sister, shaped by lava flows just 2,000 years ago, still retains much of its original rounded profile. The hike to the top is challenging, but manageable for people of all ages who are reasonably fit.

Many hikers backpack into Green Lakes or Moraine Lake, spend the night, and tackle the path to the top in the morning. There is, however, one day-hike from Eugene that can get you to the top, although it involves a two and half hour drive and a grueling 11-mile roundtrip hike.

Directions: Take I-5 south from Eugene for approximately three miles. Take the Oakridge/Klamath Falls exit (Exit 188A). Stay to the left onto Hwy. 58 and drive east for 72 miles (road construction is causing long delays along Salt Creek). A couple miles past the turnoff for Crescent Lake, 37 miles east of Oakridge, take a left onto Route 61 towards Davis Lake and Crane Prairie and Wickiup Reservoirs. In three miles, turn north (left) on Cascade Lakes Hwy. (FS 46). Drive the Cascade Lakes Highway for 41 miles, and turn right at the Devils Lake trailhead. Drive almost a quarter of a mile to the very end of the last parking area, and take the trail marked "South Sister Ascent."

After less than 100 yards the trail crosses the highway (and a wide gravel parking area where you should have parked), and climbs steeply through a viewless forest. After a mile and a half, you'll crest a ridge onto a flat plain with spectacular views of the South Sister. Another couple hundred yards brings you to a four-way trail junction.

If the mountain looks too daunting, consider taking the right hand turn and making the half-mile stroll to Moraine Lake, a gorgeous blue-green alpine pool. The loop trail that heads north from the lake and connects back to the mail trail 1.7 miles above the junction is currently closed for restoration.

If you're still up for the summit, go straight at the junction. The first mile and a half is easy going along a ledge overlooking Moraine Lake and the jagged talcum white and rust red spires of Broken Top, an extinct stratovolcano.

From the base of the mountain, the trail gains more than 3,000 feet of elevation in less than two and half miles to the top. A good resting spot is at the base of the Lewis Glacier, where the trail passes above an ice-cold tarn, a mountain pool fed by glaciers. The trail from here follows the western lip of the glacier. At the summit rim, follow the path along the eastern edge of the South Sister's snow filled crater to the mountain's highest point, with spectacular views north to the Middle and North Sister, Three-Fingered Jack, Mount Jefferson and Mount Hood.

Be sure and bring *lots* of water, snacks, sunscreen and a map for this trip. And don't forget a camera. You'll need it for what has got to be the best views in Oregon. **EW**



Baby Cakes Cafe

A Unique Child Friendly Experience

Prince Puckler's Ice Cream • Baked Goods
Breakfast • Lunch • Espresso

Hours - 7am - 5pm daily
760 Blair Ave., Eugene, OR • 484-CAKE

Ducks Illustrated

UPCOMING ISSUES

NEXT WEEK!

College Football Season Preview

SEPT 4

Nevada Football Game Preview

SEPT 11

Arizona Football Game Preview

SEPT 18

Michigan Football Game Preview

SEPT 25

Washington Football Game Preview

INSIDE EUGENE WEEKLY!

To advertise in Ducks Illustrated please contact us at 484-0519

Lively Organic Farm

Tom & Megs invite you to come and enjoy a WINE TASTING from an exciting NEW vineyard.

Territorial Vineyard & Wine Co. will be presenting their Rose of Pinot Noir, as seen in Aug. 2003 *Gourmet Magazine*, along with their other fabulous wines.

Organically Grown:

Nectarines, Blueberries, Strawberries, Peppers, Corn, Beans, Tomatoes, Melons & much more.

Saturday - 10 am to 5 pm

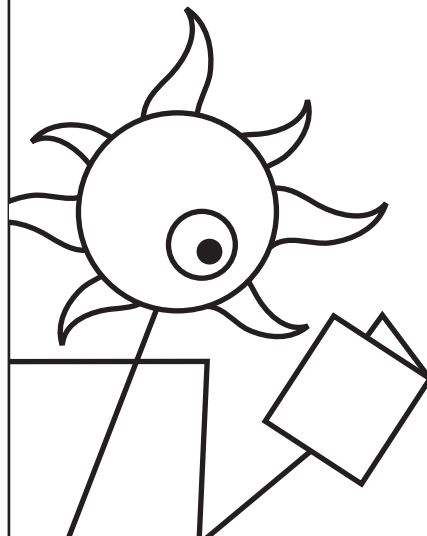
600 River Loop # 2
(3 miles North of Beltline off River Rd)

461-2737

Summer's here

Find the time to read a good book

We have plenty at both stores



SMITH FAMILY BOOKSTORE

768 East 13th 525 Willamette
345-1651 343-4717

a proud member of Unique Eugene



THE DECK IS OPEN!

Barbecue on the Deck
Thursdays 5-8 p.m.

Enjoy views of Downtown Eugene from the third floor of the Downtown Athletic Club ...weather permitting!

AX BILLY GRILL

(formerly Piccolo's)

The Ax Billy Grill welcomes the public...
999 Willamette Street ♦ 484-4011
www.downtownac.com

FLOWERS • SALSAS • BERRIES • VEGGIES • STARTS • FRUIT • PRESERVES • HONEYS • CHERRIES

August is National Farmers' Market Month, so come on Downtown and find the 'Bounty of the County' to set your table locally at

FARMERS' MARKET

Saturdays, 9 - 4 Tuesdays, 10 - 3

At 8th & Oak in the Park Blocks of beautiful Downtown Eugene

- Come Find the Best Local Produce, Plants, Proteins & Meat, Flowers, Foods & FUN!
- Stay & Learn from our Farmers! 'Savor the flavor' of the famous Oregon Strawberry!

FOR MORE INFORMATION or PRODUCT AVAILABILITY, CALL (541) 431-4923

PLANTS • FLOWERS • VEGGIES • STARTS • BUY LOCAL • FRUIT • SALSAS • PRESERVES • NUTS