

**Summer 2010 Earthcare Northwest July Supplement**  
Featuring current Field Trips, Classes and Neighborhood Bird Walks

**CLASSES**

*Pre-registration required*  
*Please call The Nature Shop*  
**206-523-4483**

NO CLASSES CURRENTLY SCHEDULED  
MORE IN SEPTEMBER

**Field Trip Registration Procedures**

- Please sign up in advance for all field trips.
- Register for a trip by calling the Seattle Audubon office at 206-523-4483. Provide a contact name and number for emergencies when you sign up.
- Members may sign up for themselves and one guest for no more than two trips\*. Nonmembers may sign up only on the wait list.
- Do not call leaders to register; their numbers are listed only for last-minute cancellations.
- The first day to register is the second Tuesday of each month. On the first day of registration, reservations are taken between 6:30-7:30pm. Sign up continues Monday through Saturday from 10am-5pm.
- Field trips are for people 18 years of age and older. Anyone under 18 must call for additional information before registering.

**Field Trip Preparation**

- No pets are allowed on any field trip.
- Be prepared with layers, rain gear, and waterproof footwear appropriate to the weather.
- Always bring a lunch, drinks, and snacks for trips that go beyond midday.
- Bring binoculars, field guides, and cash for carpool fees, ferries, lattes, etc.
- If you have them, bring spotting scopes, walkie talkies, WDFW stickers, Golden Age passes, and park passes.
- Arrive at meeting place a few minutes early. Leaders will not wait for late arrivals.
- Carpool fees are 25 cents per mile and are listed for each trip, to be divided by passengers in each car. Ferry tolls and park fees are additional.
- Field trip participants must wear seat-belts.
- Like most other organizations, Seattle Audubon now requires participants to sign a waiver as a condition of participating in these free services.

**If You Need To Cancel**

- If you are unable to attend a trip for which you registered, notify the office ASAP so someone else can fill your spot. Repeat no-shows will be bumped to the wait list.
- Call the leader only for last-minute cancellations.

**FIELD TRIPS**

Signup starts Tuesday, July 13  
6:30pm, 206-523-4483

**Saturday, July 17, 2010 - Limit 12**

**Mowich Lake to Spray Park, Mt Rainier NP**

**Leader: Lee Barnes**

**6:00AM, Ravenna P&R**

A moderately strenuous hike of 7 miles and an elevation gain of 800 feet passes through the old growth forest to the sub-alpine zone. The focus is flowers which are blooming from the forest to the meadows. A wide variety of flowers in the various micro and macro habitats along the trail. Expect to see between 30-50 flowering plants. Look on the birds seen as a bonus because they are in a post-breeding dispersal and pre-migration so are very quiet. On sunny days the views of Mt Rainier are spectacular and the side trip to Spray Falls beautiful. Return late afternoon or early evening. Lunch on the trail and prepare for mountainous weather. Carpool cost \$50 shared equally by riders.

**Sunday, July 18, 2010 - Limit 7**

**Snoqualmie Point Bird Hike**

**Leader: Scott Ramos**

**6:00AM, Ravenna/65th P&R**

**206-229-2421 (mobile, day of trip only)**

Snoqualmie Point is the northern access point to the Rattlesnake Ridge trail. It climbs through alder woods, a recent clearcut and conifer forest, thus offering a varied set of habitat. Expect to see and hear many warblers, vireos and flycatchers. With luck, we may encounter Red Crossbills, Varied Thrush and Sooty Grouse. And raptors are always a possibility. We will hike about 5 miles, with a gradual elevation gain of 1500 feet, both on trail and on old logging roads. Bring snacks and fluids, and wear sun protection, and hiking boots. Return around lunch or early afternoon. Carpool cost: \$15, shared equally by riders.

**NEIGHBORHOOD BIRD WALKS**

*Open to all, no registration required*

**NO WALKS UNTIL AUGUST**

**MORE FIELD TRIPS**

**Tuesday, August 10th, 2010 - Limit 11**

**Whidbey Island**

**Leader: Brian H. Bell**

**6:30 AM, NE 145th P&R (N Jackson Park P&R)**

We'll be exploring Whidbey for returning shorebirds, remaining waterfowl, and songbirds. Bring money for carpooling and ferry. Bring lunch and plenty of fluids. Scopes very helpful. Returning about 6 PM. Carpool cost \$50 shared equally by riders, plus ferry.

**Saturday, August 14, 2010 - Limit 12**

**Luther Burbank Park, Mercer Island, WA**

**Leader: Judith Roan**

**9:00 AM, North End Parking Lot of the Park**

August is typically an iffy month for seeing birds, but we will see lots of feeding activity at the parks peapatch that include American Goldfinch, White-crowned Sparrows, Golden-crowned Sparrows, Red-winged Blackbirds, Rufous and Anna's Hummingbirds. Down at the wetlands, we will find the pair of nesting Bald Eagles, Great-blue Heron, and Willow Flycatcher. This easy walk through the park will take about three hours.

**Monday July 26, 2010 - Limit 8**

**Three Forks Natural Area, Snoqualmie/North Bend**

**Leader: John Tubbs**

**7:00 AM, Issaquah P&R, Tibbetts Lot**

Bird a relatively unknown King County Natural Area near the confluence of the South, Middle and North Forks of the Snoqualmie River. This trip will involve walking approximately three miles over easy terrain (Snoqualmie Valley Trail, gravel-surfaced and dirt trails in the natural area) so please wear appropriate shoes and other attire and bring water and a snack. Habitats include open meadows and forest edge, riparian areas, an oxbow slough and cottonwood forest with a few conifers thrown in. Mount Si gives spectacular views as it looms over the natural area. Return by noon. Carpool cost \$9 shared equally by riders.

**Saturday, July 31, 2010 - Limit 10**

**Leader: Barb Jensen**

**Naches Peak Flower Walk**

**6:30 AM, Ravenna P&R, or Enumclaw Safeway at 8:00**

Twenty-two years ago Barb Jensen and Marcus Roening offered this trip as part of their obligation to donate hours of service in return for the Master Birder training. Join us once again on this five-mile loop trail - one of the best wildflower hikes in the northwest! The trail is lined with subalpine flowers exploding in color and elevations from 5,000' to 7,000' afford grand views of Mt. Rainier, Goat Rocks, and the Pacific Crest Trail. Mt. Goats, marmots, elk, and east slope birds like Swainson's Hawk and Golden Eagle have been seen on this trip. Bring your lunch, water, sunscreen, wear hiking boots and dress for possible mountain rainy weather or even hot day. Return by 5. Carpool cost: \$55 shared equally by riders.