

## Day Hikes and Cheap Sleeps

**Are you a soft-bed enthusiast? These hikes on the south side of Mount Adams, in the Methow Valley and on the west Olympic Peninsula just happen to have nice soft beds nearby**

Have you ever gone hiking for the whole entire weekend, but left your tent at home? As in, on purpose? Because I'm about to give you permission to do so.

I love backpacking. I even like car camping. But sometimes, I really crave a hot shower and a soft bed after a long day hike. That's when I find a cozy inn or friendly B and B to use as a base camp as my family samples several day hikes over the course of a weekend ... perhaps a river walk on Friday, an exhilarating climb on Saturday, and maybe a beach comb on Sunday before heading home. It's especially convenient to travel this way in the shoulder seasons, when lots of great hiking destinations are accessible, but overnight temperatures can make outdoor sleeping less than hospitable.

I've assembled three fabulous regional destinations, providing not only suggestions for excellent day hikes, but also some pretty great places to sleep. I'm a budget traveler, so none of these accommodations is more than \$125 a night for double occupancy. As each of these "cheap sleeps" is independently owned, you can rest assured that your tourism dollars are staying in the communities you're visiting.

Try one out, have fun, and send us a postcard from the trail!

### Lauren Braden

Lauren is WTA's communications director. She can also be found sharing her lodging recommendations at *Northwest Cheapsleeps*, a blog about great places to stay throughout the Northwest.

## West Olympic Peninsula

Moss, moss, everywhere you look. Shun the crowds as you hike under towering trees in the quiet, deep peace of this section of Olympic National Park. Don't forget your raincoat! And bring a windbreaker for the next day as you comb the rocky beach for sea stars and climb among the old-growth driftwood.

### Where to Hike

#### Quinault National Recreation Trails

Olympic National Forest, Pacific Ranger District. 3.9 miles, 300 feet gain.

This gentle path among emerald giants and along a pretty lakeshore gives you a taste of what Franklin D. Roosevelt saw when he felt inspired to protect adjacent wilderness lands within Olympic National Park.

#### Bogachiel River

Olympic National Park. 12 miles, 400 feet gain.

With your feet in waterproof boots (hint, hint), you'll hike through second growth for a few miles before entering old-growth heaven. Enjoy the silence as you dodge hanging lichen, and keep an eye out for elk.



### Third Beach

Olympic National Park. 3.6 miles, 280 feet gain.

A hike along this wide, sandy stretch of wild Olympic coast leads you to a plunging waterfall. Choose this beach for a longer, quieter hike.

*More day hikes: Hole in the Wall, Queets River*

### Where to Sleep

Near the heart of Forks, **Huckleberry Lodge Cabins** comprise a handful of cabins set on 5 quiet acres of forest next to the Calawah River. Amenities include down comforters, extra pillows, kitchenettes, on-site laundry, a hot tub and a sauna. If you are lucky, you may even get a visit from a local herd of elk. Rooms run \$60 to \$110. Contact: (360) 374-4090 or visit their website, [www.huckleberryforks.com](http://www.huckleberryforks.com).

The funky, cheap **Rainforest Hostel**, also south of Forks, is popular with hikers, cyclists and international backpackers. Shared accommodations are \$10 per person and guests are asked to contribute to daily chores. A large communal kitchen is available for guest use, and the common areas are comfortable and clean. Contact: (360) 374-2270.

Like to fall asleep to the soothing sound of ocean waves? Stay right on the beach for under \$100 a night at the **La Push Oceanside Resort**. Offerings range from oceanview cabins with kitchenettes to comfortable hotel suites. Contact: (360) 374-5267 or visit [www.quileutenation.org/accommodations](http://www.quileutenation.org/accommodations).

*More cheap sleeps: Hoh Humm Ranch B and B in Forks (quite eccentric, good for kids). Lake Quinault Lodge (historic building, a bit more pricey).*

## The Methow Valley

Spring is a marvelous season to visit the Methow Valley, before the summer crowds descend and people start to outnumber the ponderosa pine. Hike along cedar-lined creeks and to stunning vistas of the North Cascades.

### Where to Hike

#### Cedar Creek Falls

Okanogan-Wenatchee National Forest, Methow Valley Ranger District. 3.5 miles, 500 feet gain.

This easy early-season hike is most impres-

sive after spring snowmelt when the creek and falls are swollen with turbulent water.

#### Goat Peak Lookout

Okanogan-Wenatchee National Forest, Methow Valley Ranger District. 5 miles, 1,400 feet gain.

A rugged trail with tight switchbacks, the reward is the view of peaks in every direction from one of two active fire lookouts in the Methow Valley.

#### Black Lake

Okanogan-Wenatchee National Forest, Pasayten Wilderness. 8 miles, 780 feet gain.

This hike through a recent burn along a pretty creek to Black Lake is delightful in late spring when colorful flowers paint the forest floor.

*More day hikes: Wolf Creek, Lookout Mountain*

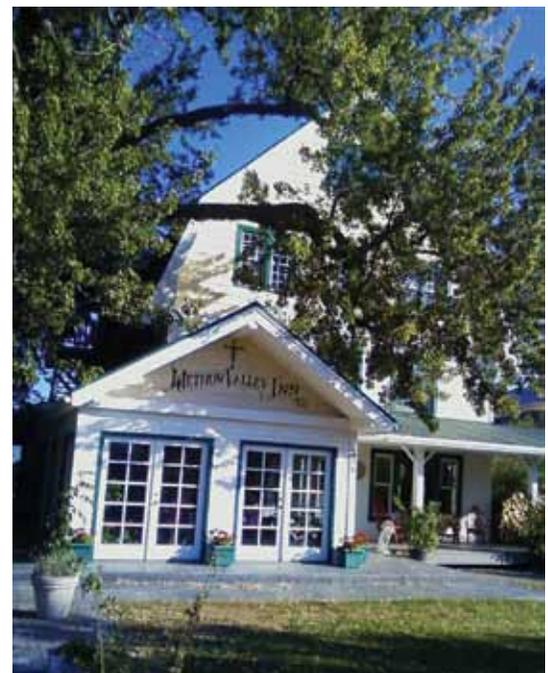
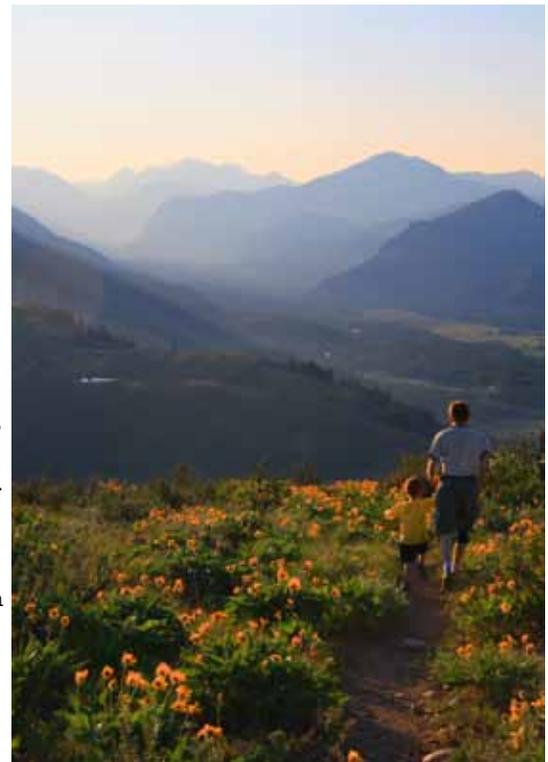
### Where to Sleep

Head to Twisp for a funky, charming cottage at the **Idle-A-While Motel** (\$49 to \$125). Some units have kitchenettes. The bumping Methow River is just a short path away from your bright yellow door. There's a hot tub and a sauna for guests to relax weary muscles after a day of hiking. Contact: (509) 997-3222 or [www.idle-a-while-motel.com](http://www.idle-a-while-motel.com).

Also in Twisp is the **Methow Valley Inn**, a bed and breakfast just one block from Twisp's main street, providing easy access to the Cinnamon Twisp Bakery and the Methow Valley brewpub. The inn has modest-size rooms that are well-kept and nicely detailed. The hardwood floors are as creaky as they are beautiful, though the rooms seem sufficiently soundproof. \$89 to \$119. Contact: (509) 997-2253 or [www.methowvalleyinn.com](http://www.methowvalleyinn.com).

*More cheap sleeps: The Mazama Country Inn, Duck Brand Hotel*

**If strolling through a meadow of balsamroot intrigues you, you will love the Methow Valley. Photo by Erika Klimecky.**





## South Side of Mount Adams

Mount Adams dominates the South Cascades landscape at 12,276 feet. Hikes in this region are both numerous and diverse, and the small town of Trout Lake makes an excellent base from which to explore nearby lava tubes and lookout hikes on day excursions.

### Where to Hike

#### **Sleeping Beauty Peak**

Gifford Pinchot National Forest, Mount Adams Ranger District. 3 miles, 800 feet gain.

Short and sweet, this climb rewards with a picture-perfect view of Mount Adams from a former lookout site.

#### **Ice Cave and Natural Bridges**

Gifford Pinchot National Forest, Mount Adams Ranger District. 0.5 miles, no gain.

Lava tubes formed by the long-ago volcanic activity of Mount Adams creates a enthralling play area for kids. One of the lava tubes has an ice cave in it.

**Above: Mount Adams. Photo by Lindsay Parker.**

**Below: Just a few of the blue ridges you'll enjoy seeing while hiking in the South Cascades. Photo by Tracy Aue.**

#### **Little Huckleberry Mountain**

Gifford Pinchot National Forest, Mount Adams Ranger District. 5 miles, 1,800 feet gain.

The views afforded on this moderately steep trail are truly unique, including the huge black Big Lava bed below, as well as Mount Adams and Mount Hood.

*More day hikes: Bird Mountain, Blue Lake*

### Where to Sleep

The **Trout Lake Valley Inn** is pet-friendly, kid-friendly and hiker-friendly. It's also budget-friendly at \$80 to \$100 a night. Start your day of hiking right with their signature sweet potato Belgian waffles. End your hike relaxing in the hot tub or warming up with your gas log stove. Trout Lake, Wash. Contact: (509) 395-2300 or [www.troutlakevalleyinn.com](http://www.troutlakevalleyinn.com).

Enjoy truly warm hospitality and wake up to a delicious breakfast of huckleberry pancakes at **Kelly's Trout Creek Inn Bed and Breakfast**, where the recent economic downturn has lowered rates to \$50 to \$70 (until May 1). Your dip in the hot tub beside a roaring creek will relieve tired muscles from your hike. Trout Lake, WA. Contact: (509) 395-2769 or [www.kellysbnb.com](http://www.kellysbnb.com).

*More cheap sleeps: Mount Adams Lodge (groups welcome), The Farm B and B*

Hike details and driving directions can be found at [www.wta.org/go-hiking/hikes](http://www.wta.org/go-hiking/hikes).

Find more recommended accommodations at [www.nwcheapsleeps.org](http://www.nwcheapsleeps.org).

