

WINTER 2016 / 2017

FREE

40TH
ANNIVERSARY



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CROSS-COUNTRY SKI AREA**

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- ICE SKATING • BACKCOUNTRY SKIING • ALPINE SKIING & SNOWBOARDING

Methow Trails' 40th Anniversary



Looking back in the history books of the Methow Valley, it seems like there have always been ski trails in the Valley. These “trails” that were the width of a ski and were formed by the person skiing in front of you.

By the 1970s, Nordic skiers had started experimenting with homemade grooming equipment as the sport of cross-country skiing was fast growing in popularity.

By all accounts, 1977 was the year that a number of these local, homegrown grooming operators in the Methow all came together and formed the Methow Valley Family Ski Club—the start to what would later become the Methow Valley Sport Trails Association (MVSTA) and what is today Methow Trails.

It's an incredible story...a perfect storm of people, partnerships, personalities, and perseverance all shaping what is today, 40 years later, a unique—and one of the most spectacular—trail systems in the world.

We hope you can join us on the trails this year as we celebrate the story of how this all came to be.



...what is today,
40 years later,
a unique—and
one of the most
spectacular—trail
systems in the
world.



Who We Are...



Methow Trails is a non-profit organization that was founded in 1977 to connect people to the special nature of the Methow Valley and support community vitality.

From our humble beginnings of wanting to create a great cross-country ski trail system in Washington State, we now:

- Are North America's largest cross-country ski area, with over 120 miles of trails.
- Offer free skiing every day to kids 17 and under.
- Have over 175 landowners who graciously allow easements for public trail access on their properties.
- Employ a 10-member ski-grooming team with over 140 years of collective ski-grooming experience, a 5-member office team, and a dedicated board of directors. Each one of us is a passionate trail enthusiast.
- Provide free spring, summer, and fall trail access at 11 Methow Valley trailheads.
- Manage and market a trail system that generates \$12.4 million per year for the local economy.
- Have the support of over 1,200 businesses, organizations, and individuals who believe in our Trails for Life mission.

It is with everyone's support that we can provide this incredible trail system for skiers today--and for generations to come. We hope you can join us out on the trails this winter!

If you value what we do for trails and our community, please consider making a donation or support our organization with the purchase of an annual pass at methowtrails.org



Location

The Methow Valley, anchored by the towns of Winthrop, Mazama and Twisp, is located in North Central Washington State and just south of the Canadian border. Detailed directions to our slice of paradise can be found on our website at methowtrails.org.

Methow Trails

Issue date: October 15, 2016
Published Yearly

Methow Trails
309 Riverside Ave.
PO Box 147
Winthrop, WA 98862

Volume 10, Issue Number 1
Subscription price: **Free**

Design & Layout:

Earth & Sky Studios, LLC
www.earthandskystudios.com

Printing:

Inprint Printing | www.inprintprinting.com

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One-Day Adult Pass (age 18+)	\$24
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One Day Fat Bike or Dog Pass	\$10
Annual Pass.....	\$325
Mid-Week Pass	\$199
Annual Fat Bike, Dog, or Snowshoe Pass	\$50
Lifetime Pass	\$3,300

Your purchase of an annual pass buys more than skiing—it supports year-round trail access. If you enjoy Methow Trails year-round, please consider purchasing an annual pass.

Kids 17 and under and Seniors 75 and older ski, fat bike, and snowshoe for free. We welcome the Canadian dollar at par!

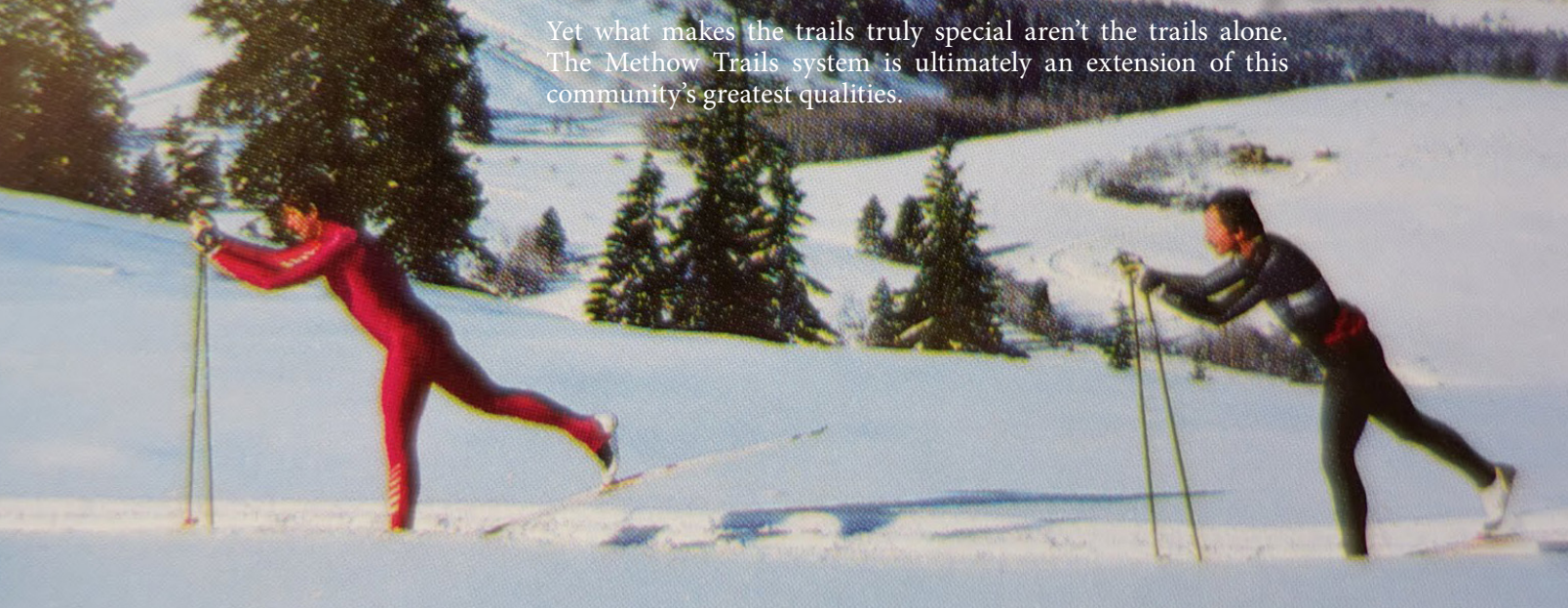
To order season passes online and find day-ticket vendors visit:

MethowTrails.org



Methow Trails 40th Anniversary Update

Yet what makes the trails truly special aren't the trails alone. The Methow Trails system is ultimately an extension of this community's greatest qualities.



In the winter of 1977 there was a small but passionate group of individuals who began what we all know today as Methow Trails. Thanks to the contributions of many over the last 40 years, our “family recreation” nonprofit has grown into North America’s largest – and arguably best-groomed – cross-country ski trail system. We have also grown into an economic force that helps drive a vibrant year-round economy, with the help of many local businesses and organizations, local personalities, and visitors who return year after year to recreate.

Together we have created a network of trails that pulls in trail enthusiasts from around the world. What makes the trails worth experiencing are the meticulous daily improvements that we make, inch by inch, ultimately covering all 7,603,200 fabulous inches of trail

Yet what makes the trails truly special isn't the trails alone. The Methow Trails system is ultimately an extension of this community's greatest qualities. The community's generosity, authenticity, friendliness, sense of adventure, and endless potential are all curated by an impressively skilled team of locals devoted to refining the trails. By design, the further you ski, the deeper you connect to the people and places that make this place possible.

In fact, one of the unique aspects of our trail network is that it has been thoughtfully grown and supported by 175 families who generously offer sections of their land for the shared interests of this community. These locals have been the visionaries, and they are unlike any other trail community... anywhere.

This crew truly makes all of our trail experiences possible. The next time you are on a trail adventure in the Methow, please tip your hat to all the “founders” you encounter. They are easy to spot in the winter – they wear either one of the green passes reserved for our landowners, or a gold pass for our lifetime-pass holders.

In honor of all those who have made the network of trails what they are today, we are naming a very popular segment of the Methow Community Trail after them. The previous Methow Community Trail segment linking Mazama to Brown's Farm will now be called the Founders' Trail.

Thank you – and here's to another 40 years!

James DeSalvo - Executive Director, Methow Trails

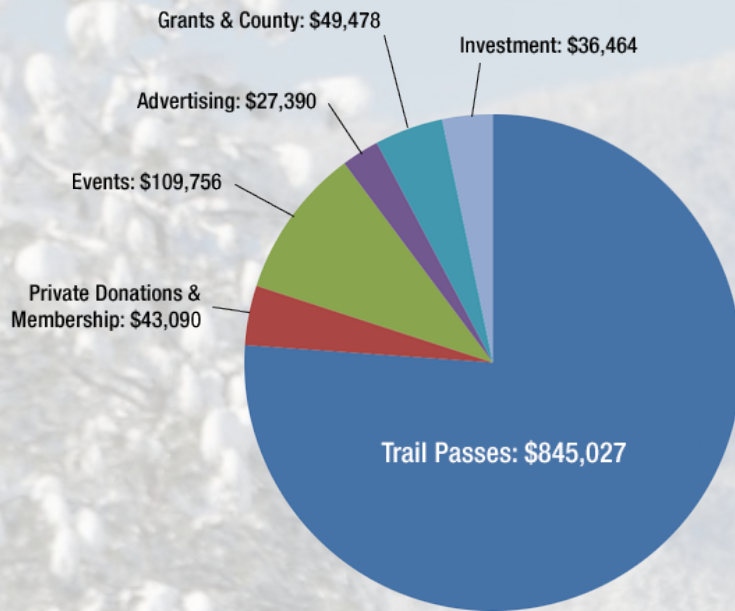


Methow Trails 2016 Revenue and Expenses

METHOW TRAILS ANNUAL INCOME

\$1,110,205

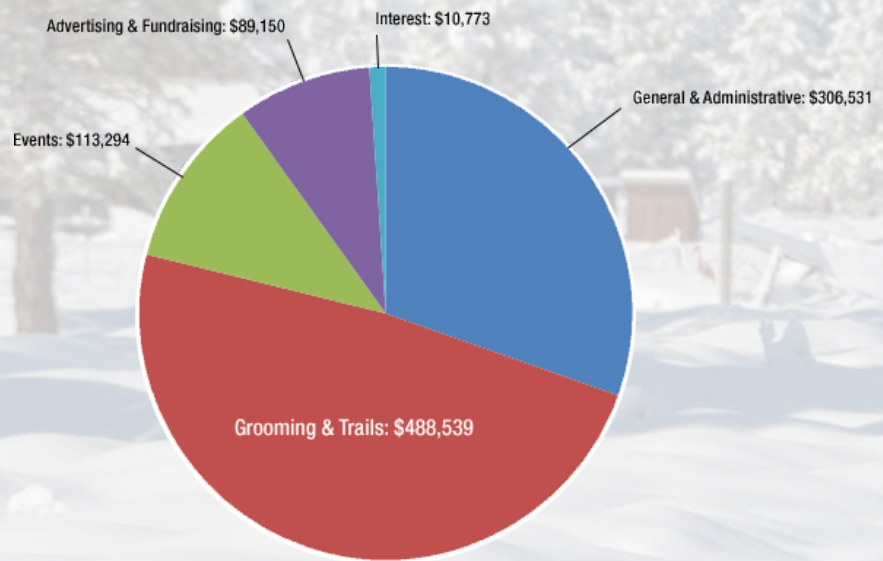
May 31, 2016



METHOW TRAILS ANNUAL EXPENSES

\$1,008,287

May 31, 2016



Methow Trails is a 501(c)(3) non-profit



nightly grooming

While you are sleeping off a hard day of skiing, our Methow Trails grooming magicians are out creating perfectly sculpted trails. Our groomers run their shifts nightly from sundown to sunup with first tracks ready by 8:00 am.

Methow Trails Grooming Report

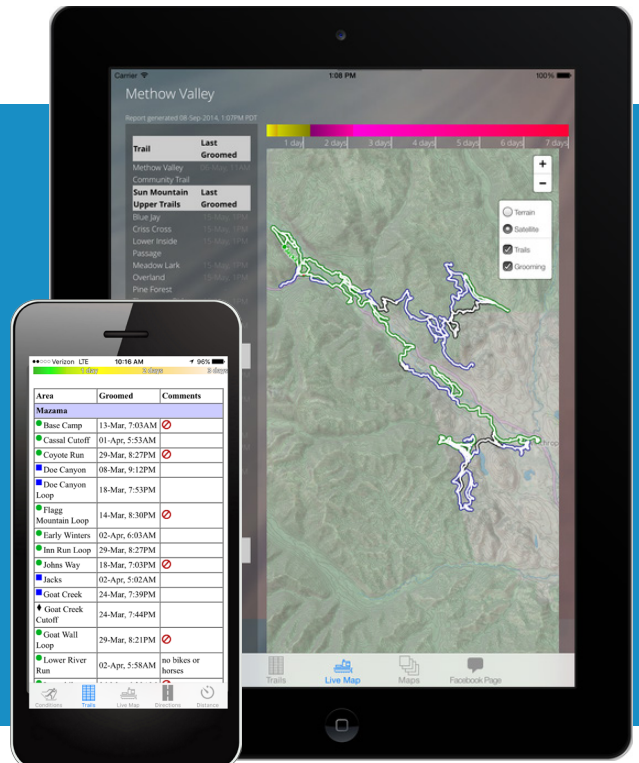


Download Our App!

Get the current grooming conditions of your favorite trail!

Our Methow Trails app provides you with an up-to-date grooming report of all the trails in the Methow Trails system. With the Methow Trails app you can also find directions to trailheads, keep track of how many miles (or kilometers) you ski for the entire year with our BRAND-NEW ski-mileage calculator, and find exactly where you are located with live map 'You Are Here' technology. The Methow Trails app has everything you need to stay prepared this ski season.

To download our app, simply scan the QR Code associated with the kind of phone you have below, or go to your phone's app store and search for 'Methow Trails'.



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Methow Trails by the Numbers

4

Snowcats go
out every night.

6

Inches of snow needed to get
many of our trails open

20,600

Total miles were groomed over a 139-day
season last year, spanning 6 months.

7,603,200

Inches of trail are meticulously groomed nearly every day.



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Hidden Behind The View

By The Methow Conservancy



It's cold, but not too cold. The sun glistens on the snow. You've got first tracks – no one but the groomer and the occasional coyote have crossed the ski trails this morning. Your lungs celebrate the quick in and out of fresh mountain air. You stop, adjusting your pole straps to buy a little time to slow your heart rate. You look up and around. You suddenly feel so grateful, so humble, to be skiing in a place this beautiful, this quiet, this wild.

But, there's more to this story: Something important hidden behind the view. Many of those make-your-heart-soar spots along the ski trail are permanently protected. Twenty-five families along the ski-trail system have voluntarily placed conservation easements on their land, thereby permanently protecting more than 1,644 acres of the views you may take in while you glide along. So, that feeling you just had? You can rest assured that future generations of skiers may take in some of the very same views and experience the very same feelings of gratitude.

Methow Trails' next-door neighbor in Winthrop, the non-profit Methow Conservancy, works with private landowners to protect the wide-open vistas, wildlife habitats, and agricultural soils that make the Methow Valley so special. From Lost River to Pateros, the Methow Conservancy has worked with more than 110 families to protect more than 8,500 acres of land, including 31 riverfront miles.

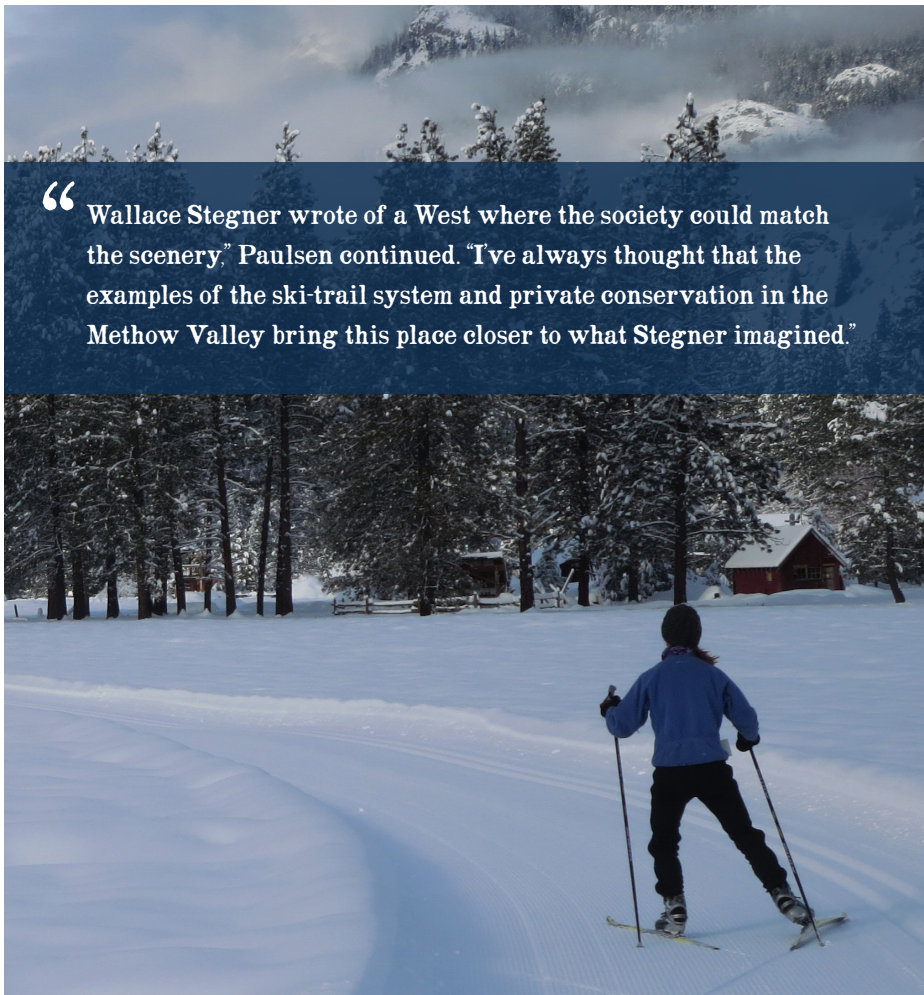
The Methow Conservancy is a nonprofit organization that works with private landowners to protect the wide-open vistas, wildlife habitats, and agricultural soils that make the Methow Valley so special.

"While we can't guarantee that every view you enjoy from the ski trail will never change, we can promise to continue to work with private landowners who want to conserve their properties so that future generations can know a Methow Valley like we do today," said Methow Conservancy Executive Director Jason Paulsen.

Celebrating its 20th anniversary this year, the Methow Conservancy, like Methow Trails, believes a community can shape its own future. "Just as it is inspiring to think of all the families who choose to let the ski trails come through their property so others can enjoy quiet



This winter the Methow Conservancy will launch an effort to gather Methow Love Stories – chances for you to share what captures your heart about this place. Start crafting your story now and look for more details about the Love this Valley campaign on the Methow Conservancy website at www.methowconservancy.org.



“Wallace Stegner wrote of a West where the society could match the scenery,” Paulsen continued. “I’ve always thought that the examples of the ski-trail system and private conservation in the Methow Valley bring this place closer to what Stegner imagined.”

moments in a beautiful place, it is also inspiring for us to think about the families who choose to permanently conserve their land so that some essential things about the Methow Valley look and feel the same forever,” said Paulsen.

“Wallace Stegner wrote of a West where the society could match the scenery,” Paulsen continued. “I’ve always thought that the examples of the ski-trail system and private conservation in the Methow Valley bring this place closer to what Stegner imagined.”

So, the next time you catch your breath on the trail and take it all in, be sure to share a moment of wonder for the people who have made the generous choices to make sure others can love this Valley like you do.



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20 Years of Methow Conservancy



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10am: FREE Ski Loppet
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7pm: The Paperboys in Concert
at our combined Birthday Party
@ The Red Barn

A birthday bash to say thank you to the amazing community that has supported both of our organizations through the decades.

Ticket sales for The Paperboys Concert will go fast, so get yours today!

On sale now at:
www.databarevents.com/pursuit

We hope you'll join us on the trails that day for a fun Ski Loppet through some of the Valley's conserved lands.

For more details see:
methowtrails.org



Ski For Light

This year will be the third-annual Methow Valley Ski for Light event, and we are hoping to bring in 40 people to enjoy the trails in the Mazama area. Skiers will include visually impaired and mobility-impaired participants, most from the Northwest. Dates are January 22-26, 2017. We will be skiing in the Mazama area. If you see double sets of tracks, you will know that we are out playing in the snow!

Ski for Light, Inc. is an all-volunteer not-for-profit corporation that was founded in 1975. It was created by a group of Norwegian-Americans who were familiar with a program in Norway, the Ridderrenn, and the success that program had enjoyed over the years in teaching blind/visually impaired and mobility-impaired people the Norwegian national sport of cross-country skiing.

Ski for Light has thrived for all these years because of the enduring truth of these beliefs. They remain as true today as they were in 1975, and they are the foundation upon which the entire program is built.

The primary goal of the event is to teach blind, visually-impaired and mobility-impaired people who have never skied before the basics of the sport, and to give people who have already learned the basics a chance to improve their skill and technique, or to let them just have fun on the snow.

Local organizers Nancy & Rich Milsteadt have been guiding with Ski for Light International for many years. In addition, they were both involved guides with Ski for Light's Puget Sound Regional program. When they moved to the Methow Valley it became quite clear that the combination of amazing trails and talented local skiers would make a perfect match.

For information or to volunteer, contact:
Nancy McKinney Milsteadt at nancymilsteadt@outlook.com.

THE TWO CORNERSTONE BELIEFS THAT LED TO THE CREATION OF SKI FOR LIGHT WERE:

- Blind/visually-impaired and mobility-impaired people can learn how to cross-country ski quite well, and have fun while doing it, if given proper instruction and equipment, and if paired with a sighted, experienced cross-country skier to act as instructor and guide.
- Experienced, sighted cross-country skiers will find it fun and rewarding to share their love of skiing by being an instructor/guide for someone who can't easily have that experience on his/her own.

Thanks to a grant from the Methow Fund, Methow Trails now offers adaptive "sit skis" for skiers with limited mobility. For more information call 509-996-3287.

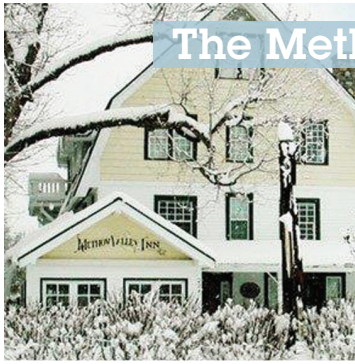
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noun: trailblazer; plural noun: trailblazers; noun: A person who makes a new track through wild country. A person who marks or prepares a trail through a forest or field for other people to follow.

Synonyms: pioneer, innovator, groundbreaker, spearhead, trendsetter

Each year in this magazine we celebrate a local hero who helped shape our magnificent trail system in the Methow. This year it is Ardis Bynum. As a Forest Service employee, she worked closely with the Methow Valley Sport Trails Association (MVSTA) in her role with the Forest Service and served on the MVSTA Board for several years.

It was a honor to interview someone whose name comes up in nearly every conversation when someone asks, "How do you think we got lucky enough to have access to such-and-such location for recreation?"

Here is Ardis' story:

How did you first get to the Methow?

I was working in the Gifford Pinchot National Forest when an "Other Resource Assistant" job opened on the Winthrop Recreation District. Even then, the Methow Valley had a reputation for being a special place. I applied and got the job.

What was an "Other Resource Assistant"?

"Other" is a catch-all for recreation, trails, wilderness, range, minerals, special uses, etc., assistant to the District Ranger (there were also timber, silviculture, fire, and wildlife assistants). By then (1988), it was becoming clear that timber harvest on public lands would be increasingly restricted in Oregon and Washington, impacting communities surrounded by national forests. Before I moved here, I had seen some proactive responses to

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change: Mount St. Helens erupted (1980) and then became a tourism/recreation draw, the Columbia River Gorge National Scenic Area was established (1986), and wind surfing appeared and exploded in popularity around Hood River in the 80s.

Do you remember your first project that involved the Methow Trails system?

I don't remember my first project. Fairly early on I started helping at events such as the MVSTA Mountain Bike Festival and Groundhog Day VolkSki "Search for Your Shadow" in Mazama. So much has changed in the skiing/trails landscape it is hard to remember the details before the three ski areas (Mazama, Rendezvous, and Sun Mountain) were tied together. A couple of the Rendezvous Huts were already in place. There was talk about connecting things, but it took John Hayes' energy and vision, generous land owners, plus the procedural dogging of John Sunderland and Joy Schwab to make it happen.

What would you say were your proudest Methow Trails-related achievements?

When we were trying to get the Big Valley to be an open space. Don Portman, John Hayes, and I did a dog-and-pony show up at Sun Mountain Lodge for the head of the Washington Department of Fish and Wildlife. We each presented compelling reasons the state should acquire it. The moment in our meeting when he clearly "got it" and bought into our mission was wonderful.

Even though I was a minor player, I am proud to have been involved in creating

the Community Trail— it is such a lifeline of keeping our community together.

In all our conversations with trail pioneers in the Valley, your name comes up time and time again and your influence has spread well beyond Methow Trails.

A lot of good things happened in those years, like building the eastern half of the Maple Pass loop [for hiking]. Increasing recreation needs were being identified along the North Cascades National Scenic Highway, but getting funding continued to be challenging. As use increased and the need arose, Chickadee was developed as a parking area near Sun Mountain and the Cutthroat Lake Trail was opened to bicycles up to the Pacific Crest Trail (where bicycles are not allowed).

As watershed restoration became increasingly important, we developed the Respect the River program, which was a combination of allowing recreation along the rivers but restricting vehicular access/impacts, and doing education including large interpretive signs at key locations along the river, and a weekly "ad" in the paper promoting ways people could Respect the River.

I also was able to leverage projects by finding new partners, responding to challenge/cost-share opportunities, and applying for money from many sources.

There are just so many incredible achievements and so many players that made it so. How do you think it was all able to come together so well?

Ways YOU can be a Methow Trailblazer!

Buy an Annual Trail Pass
Ski passes account for 2/3 of Methow Trails' revenue, supporting year-round access.

Volunteer for a Trail Work Day
With so many trails in the Methow, we can never get enough helping hands. And it's fun!

Participate in an Event
Challenge yourself and meet other people just like you on a trail run or ski event.

Become a Member
Membership is a great way to display pride in what you believe in.

Take Someone Skiing
Introduce a friend to a great sport - the more skiers, the more Methow Trails can do for trails.

Buy Your Gear Locally
If our community is successful, Methow Trails will be successful.

Try a New Trail Every Week
The more you use the trails, the more you'll fall in love.

When the players caught the excitement and potential (not all of which is yet realized) of the Community Trail, they could work together and find the synergies. If all those involved bring open minds and whatever they can contribute (expertise, stuff, process, labor, connections, etc.) to the table, it is amazing what can be done. Not all the potential players chose to be proactive, but those who did saw the opportunity, brought what they could to the table, and really didn't and don't care about who gets the credit. What we cared about was trails and recreation making people's lives better.

methow valley winter recreation



Ermine Sightings!

While skiing out on the trails, keep a keen eye out for these little, fun creatures!

Ermine (also called stoat) are short-tailed weasels that are fun to watch as they play and hunt in the snow. They of course blend in very well so it takes a keen eye to see them—but when you do, you might find that they enjoy being photographed!





Cross-Country Skiing

Ski the largest cross-country ski area in North America! Ski 120 miles (200+ kilometers) of groomed, interconnected trails between towns and lodges, glacial valleys, pristine forests, and mountain ridges. Methow Trails maintains trails and provides maps, passes and information on all winter recreation. For more, visit methowtrails.org

Fat Biking

Experience the thrill of riding a bike on the snow! Shared ski trails and specific fat bike trails exist throughout the area for fat biking, and there are fat bike rental at several valley locations. methowtrails.org

Winthrop Ice Rink

Winthrop’s gorgeous outdoor ice rink was named by *Sunset Magazine* as one of the top 10 ice rinks in North America. This refrigerated ice rink offers open skating, pick-up hockey, and figure-skating lessons. Skate rentals area available, and there is a warm, indoor viewing room to watch all the ice skating action. Learn more at winthropicerink.com

Alpine Skiing and Snowboarding

The Loup Loup Ski Bowl is one of the Pacific Northwest’s best-kept secrets. Just 20 miles east of Twisp, “the Loup” offers 1240 vertical feet with cut runs, a terrain park, and 23 kilometers of groomed Nordic ski trails. There is a quad chairlift, a poma lift, and a rope tow. Try the popular tubing hill. skitheloup.com

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Head up Highway 20 for access to a million acres of wilderness in the North Cascades, aka “The American Alps”--the most glaciated peaks in the continental U.S. For the ultimate lift assist, North Cascade Heli of Mazama offers 1-day to 4-day adventures. winthropwashington.com



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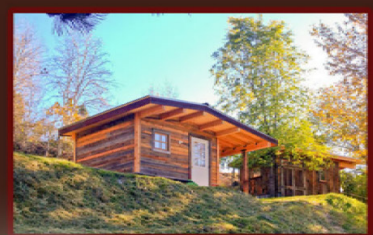
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For more information on recreation, lodging and activities at par visit: WinthropWashington.com/canada-dollar-par

Snowmobiling

Snowmobiling in the Methow offers everything from high-elevation exploring to groomed riverside tours. The extensive terrain allows for all-day rides over exceptionally dramatic scenery. About half of Okanogan County's 384 miles of groomed snowmobile trails can be accessed from the Methow Valley! Snowmobile rentals are available from several businesses. More information available at winthropwashington.com and mvsnowmobile.blogspot.com

Snowshoeing

Snowshoeing can be a quiet reprieve or a high-paced workout. Either way, it gets you away from the hustle and bustle of daily life. Enjoy the signed Methow Trails snowshoe-trail network or blaze your own trail through any of the public lands in the Valley. More information available at methowtrails.org and winthropwashington.com

Sledding and Tubing

A winter-wonderland experience in the Methow would not be complete without the simple pleasure of sledding! Families with kids young and old will take delight in the thrill of sledding down a slope covered in fresh snow, coming up for air, laughing, and running up to do it all over again. Of course, any hill will do, but the tubing hill at Loup Loup Ski Bowl is an enjoyable, safe choice. More information available at skitheloup.com and winthropwashington.com



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winter programs



Story Ski & Wild Side Ski Journeys for Kids

Back by popular demand, Erik Brooks' illustrated "StorySki" panels blend literacy with activity and usher young skiers down the trail. Each colorful story panel tells a delightful winter tale that can be read panel by panel over a 1K loop. "Wild Side" panels appeal to older kids, engaging skiers in activities and skill building.

Locations: At the Mazama, Town (Winthrop) and Chickadee Trailheads

Nature of Winter Snowshoe Tours

Saturdays, January 7 – February 25

Snowshoe with local guides and learn about winter ecology, wildlife, tracks, snow conditions, and more. Family-friendly.

Location: Sun Mountain Lodge & Jack's Hut at the Freestone Inn, 11:00am

Cost: FREE (must wear ski trail or snowshoe pass)

METHOW COMMUNITY TRAIL SHUTTLE SERVICE

Saturdays, January 7 – February 25

Methow Trails is offering an easy transportation service between Winthrop and Mazama to support your one-way journey along the iconic Methow Community Trail.

Pick-up times:

- Town Trailhead 10:00am
- Brown's Farm Trailhead 10:15am
- Mazama Trailhead 11:00am
- Brown's Farm Trailhead 11:15am

Cost: By Donation – Trail Pass Required

No Reservations

Weekly Ski Classes methowvalleynordic.com

Methow Valley Nordic provides classes for all abilities, ranging from beginner skiers to advanced recreational racers. Ski with a friendly group every week with expert coaching to improve your technique so you can enjoy Nordic skiing even more! Taught by the valley's finest coaches, the weekly classes typically alternate between skating and classic techniques. Most classes begin the second week of January and run for 10 weeks.

Location: Varies, using all the Methow trails

Cost: varies with class and duration (adults only)

Methow Valley Nordic CubSki methowvalleynordic.com

January 3 – February 7

This program offers 1st and 2nd grade children a fun, short season of skiing with games and instruction. The program welcomes children who have an interest in trying this fun sport. Tuesdays, 3:15-5:30 pm

Location: Methow Valley Elementary School, Sun Mountain Trails and Winthrop Town Trails.

Cost: \$75 (scholarships available). Cost includes bus transportation, instruction, and use of ski equipment.



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Methow Trails



signature events

SUNFLOWER TRAIL MARATHON, 1/2, & RELAY

methowtrails.org | May 6

Location: Mazama to Twisp Trails | Cost: \$75 Full or 1/2 Marathon;
\$55 per Relay Team Member; Kids 17 and under, FREE



CUTTHROAT CLASSIC

methowtrails.org | August 26

Location: Rainy Pass to Cutthroat Lake Trailhead.
Cost: \$75; Kids 17 and under, FREE



DOGGIE DASH & TOUR OF THE METHOW

methowtrails.org | Presidents Day Weekend

Location: Winthrop Town Trailhead

Cost: By donation. Kids race for FREE

METHOW VALLEY PURSUIT

Methow Valley Nordic Festival – methowtrails.org

January 21 - 22, Featuring the Methow Valley Pursuit

Free 10k Loppet!

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December Ski Camp

methowvalleynordic.com

December 15-18

The 2016 Methow Ski Camp has something for almost every skier-- whether you are a beginner to Nordic skiing or have been skiing for decades and want to improve your technique, we've got a coach to match your ability and interest. We will cover both skate and classic techniques, plus a day of your choice. We have a Swix waxing clinic on Thursday, December 15, 7:00 pm, plus a fully stocked wax room, daily pre-ski yoga sessions, and post-ski stretching. Registration opens September 24 at Skireg.com.

Location: Sun Mountain Lodge (lodging not included in camp price)

Cost: \$420, Trail Pass included

Ski Rodeo Races and Obstacle

Course - methowvalleynordic.com

December 28

Brought to you by Methow Valley Nordic Ski Educational Foundation. Join us in kicking off the ski season with the family-friendly Ski Rodeo. A great way to spend time with friends and family, try a ski race, or cheer someone on! Participants can ski competitively or just for fun. Race distances for all and we plan a fun OBSTACLE course!

Location: Winthrop Town Trailhead

December Kids' Holiday Ski Camp

methowvalleynordic.com

December 29-30

Methow Valley Nordic Team Holiday Camp for skiers ages 6-13, a 2-day clinic of fun, games, and skills.

Location: Mazama Community Center, Mazama 9:00 am-noon daily.

Cost: \$65, Methow Valley Nordic Team members; \$130, non-members

Vintage Ski Festival

methowvalleynordic.com

December 31

This Methow Valley Nordic event

is all about the fun of using vintage clothing and Nordic ski gear. Includes a promenade tour, the Wooden Ski Race, and refreshments.

Location: Noon-2:00 pm at the Mazama Store

Cost: Free

Try Biathlon

methowvalleynordic.com

December 31

This is your opportunity to try the Olympic sport of biathlon. Biathlon combines Nordic skiing with rifle marksmanship. The Methow Valley Biathlon Team will share the details on the equipment, history, training, and safety of the sport before inviting participants to take turns shooting at targets and skiing a short biathlon course. Open to ages 9 and older. No advanced registration required; first come, first shoot. This is a fundraiser for the Methow Valley Biathlon Team.

Location: Mazama Biathlon Range

Start Times: 10:00am-2:00pm

Cost: \$25 donation to cover cost of ammunition and assist MVB's mission

Winter Trails Day

mountaineers.org/wintertrailsday

January 6-8

Come enjoy the wonderful winter trails in the Methow Valley with the Seattle Mountaineers and Methow partners. The weekend includes Nordic and snowshoe tours, fat bike demos, ski lessons, rental deals, horse-drawn sleigh rides, ice skating, and more!

Location: Methow Trails

Cost: Varies based on activity choices

Methow Valley Nordic Members'

Clinic - methowvalleynordic.com

January 7-8

This weekend ski camp for Methow Valley Nordic members is a great way to get lots of coaching in a short period of time! Format includes 1 day of skate and 1 day of classic coaching, plus lunch

and snacks. 9:00 am-3:00 pm

Location: Mazama Community Center and Mazama trails

Cost: \$160

Ski for Light

January 22-26

An all-volunteer not-for-profit program that teaches blind/visually impaired and mobility-impaired people to cross-country ski. Experienced, sighted cross-country skiers are guides who share their love of skiing by being instructor/guides for people who can't easily have the skiing experience on their own.

Contact Nancy Milsteadt with questions about being involved: nancymilsteadt@outlook.com

Location: Mazama

Winthrop Ski Derby

methowvalleynordic.com

January 28

This classic race uses the Sun Mountain trails at Chickadee Trailhead and skiers may choose either a 15K or 30K race. The 15K course is rolling and utilizes most of the gentler lower trails, while the 30K course offers the challenge of skiing in hilly terrain with a climb to Thompson Pass before a fast descent. New this year, a "Fish Scale" category that is designed for the more intelligent skiers who realize that waxing is not always fun.

Location: Chickadee Trailhead

Cost: \$50 (\$40, Nordic Club members)

Race of the Methow

methowvalleynordic.com

February 4-5

Races for everyone! Skate sprint and classic distance races offered at this 2-day event. USSA sanctioned! For more information, contact mvntdirector@gmail.com, 509-996-6000

Location: McCabe Trail at Liberty Bell High School

Cost: Ranges from \$10-\$50



Methow Valley Ski for Women

roomone.org

February 5

A Nordic Ski opportunity for women of all ages and abilities, and a fundraising event for women and their families.

Room One will receive 100% of all donations. Costumes - Judging - Prizes - Laughter - Giving. Call (509)996-4228 for more detail.

Location: Mazama Trailhead, 10:00 am

Cost: By donation

Hanz's Big Adventure

methowvalleynordic.com

February 12

Come and have a blast on skis--a "guess your time" event with obstacle course included. Open to all ages. Contact Leslie at mvntdirector@gmail.com or 509-996-6000.

Location: McCabe Trail at Liberty Bell High School, 1:00 pm

Cost: FREE

Try Biathlon

methowvalleynordic.com

February 18

This is your opportunity to try the Olympic sport of biathlon. Biathlon combines Nordic skiing with rifle marksmanship. The Methow Valley Biathlon Team will share the details on the equipment, history, training, and safety of the sport before inviting participants to take turns shooting at targets and skiing a short biathlon course. Open to ages 9 and older. No advanced registration required; first come, first shoot. This is a fundraiser for the Methow Valley Biathlon Team.

Location: Mazama Biathlon Range, 10:00 am-2:00 pm

Cost: \$25 donation to cover cost of ammunition and assist MVB's mission

Tour of the Methow

methowtrails.org

February 18

Come together and celebrate skiing with your friends on a tour of the best

trails of the Methow Valley! Choose your distance: 20K, 30K, 50K, or 80K. Yummy snacks and lunch provided at the Mazama Community Center; buses travel from Mazama and Town trailhead to the Cub Creek Trailhead, and from Winthrop to the Mazama Trailhead for those wishing to drop a car and ski point to point. Register online to ensure a seat on the shuttle bus.

Location: All the Methow trails!

Cost: Free for Methow Trails and Methow Valley Nordic members; \$10, non-members. *Trail Pass Required*

Doggie Dash

methowtrails.org

February 19

A human-canine 6-legged event for people who like to laugh and dogs that like to wag! Prizes for best costumes, small-dog and large-dog categories.

A benefit event for the Methow Trails dog trails. Registration is 9:00-9:45 am. Heats start at the Town Trailhead at 10:00 am.

Location: Winthrop Town Trailhead

Cost: By donation

February Kids' Holiday Ski Camp

methowvalleynordic.com

February 19-20

Methow Valley Nordic Team Holiday Camp for skiers ages 6-13, a 2-day clinic of fun, games, and skills.

Location: McCabe Trail at Liberty Bell High School, 1:00-4:00pm

Cost: \$65, Methow Valley Team members; \$130, non-members



Methow Valley Nordic Festival

methowtrails.com

Celebrating 40 Years of Trails!

January 21 - 22

Sponsored by

Winthrop Mountain Sports

Join us for our 40th Anniversary Celebration! A winter weekend dedicated to celebrating the history of trails and Nordic skiing in the Methow Valley. To celebrate the 40th anniversary of Methow Trails, all ski trails will be open for free skiing on Saturday the 21st. NEW this year, a come-one, come-all Community Loppet with food, fun, and festivities along the 30km Methow Community Trail. Participants are invited to dance and stomp to the beat of The Paperboys on Saturday night. This event will sell out, so register early!

Saturday, January 21 - FREE SKI DAY

- 30K Community Loppet on the Methow Community Trail
- 10K Community Loppet, un-timed, free and open to all.
- Day 1 of Methow Pursuit AMS Race, Mazama to Winthrop
- Snowshoe Tours
- Ski and Fat Bike Demos
- 40-Year Celebration of Trails (and 20-Year Celebration of Methow Conservancy!) at the Red Barn with The Paperboys!

Sunday, January 22

- Day-2 of Methow Pursuit Race, Cub Creek to Mazama.
- 30K Citizen Races, skate or classic

Cost: \$75 for two-day Pursuit Race, \$30 per 30K Tour, Free 10K Tour, register at methowtrails.org

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welcome to the methow valley



Location

The Methow Valley, anchored by the towns of Winthrop, Mazama, and Twisp, is located in North Central Washington State and just south of the Canadian border. Detailed directions to our slice of paradise can be found on our website at methowtrails.org



hiking and trail running

These popular hikes close to Winthrop are not to be missed. Each hike has stunning scenery, so don't forget your camera. Maps and guidebooks can be obtained from local Methow Valley businesses as well as the US Forest Service Visitor Center in Winthrop. Methow Trails can also provide free summer visitor maps and current trail conditions.

Patterson Mountain

This 4-mile roundtrip hike offers great views of the surrounding mountains and sparkling Patterson Lake below, with stunning wildflowers in spring and early summer. The trail begins across from the Patterson Lake boat launch, 7 miles outside of Winthrop towards Sun Mountain Lodge. Take Twin Lakes Road from Winthrop for 3.5 miles and turn right on Patterson Lake Road. Continue to the lake and park at the boat launch on the left. Discover Pass is required in most areas.

Sun Mountain Trails

Access miles and miles of easy-to-moderate scenic hiking trails at either the Chickadee Trailhead or up at Sun Mountain Lodge. Popular trails include the Beaver Pond trail for birds and wildlife and the View Ridge trail for

stunning views of the surrounding mountains and valley below. Take Twin Lakes Road from Winthrop for 3.5 miles and turn right on Patterson Lake Road. Drive 4 miles to the Chickadee Trailhead or 5.5 miles to Sun Mountain Lodge.

Pipestone Canyon

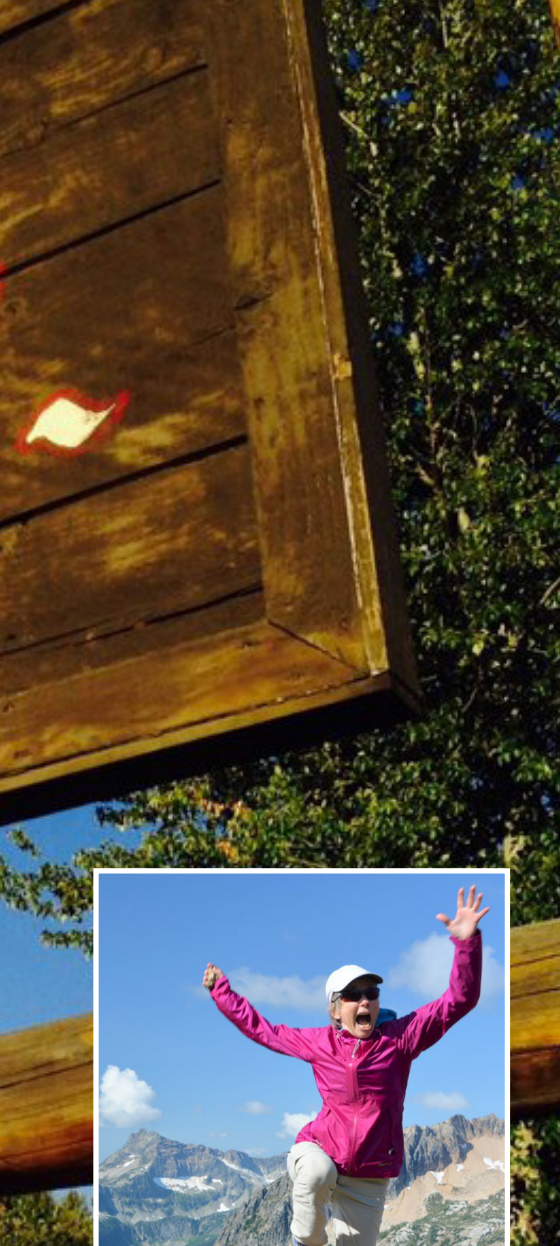
A 5-mile roundtrip in a gorgeous sandstone, rock-wall canyon located 7 miles southeast of Winthrop, traversing a very popular birding area, this hike is best done in the spring and fall, as rattlesnakes are common in the summer. From Winthrop, take Twisp-Winthrop East County Road 2 miles and turn left onto Bear Creek Road. After 2.3 miles, turn right on Lester Road, staying right to go onto Campbell Lake Road. Continue 1.3 miles to the Pipestone gate. Discover Pass required.

Big Valley

A beautiful, flat, forested walk following the Methow River with options to access the river's rocky beaches in a number of locations. This is a 6-mile (or shorter) out-and-back hike with many opportunities for wildlife viewing. Turn left (south) on Dripping Spring Road 6 miles west of Winthrop on Highway 20.

Lookout Mountain

This is a nice 3-mile roundtrip hike to a vacant fire lookout. The 360-degree views from the lookout are fantastic, and the trailhead is located just outside of Twisp. Drive west .25 mile on the Twisp River Road, turn left on May Street and take an immediate right on Lookout Mountain Road (FS Road 4345-200); continue 8 miles to the road end and trailhead. Northwest Forest Pass required.



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Goat Peak Lookout

A Methow Valley classic! This is a 5-mile roundtrip hike to an active fire lookout on top of Goat Peak. The steep 2.5 miles to the lookout are not easy, but the views at the top make it well worth it. Bring the camera! From Winthrop, take Highway 20 west for 12 miles. Turn right on Goat Creek Road at the Methow River bridge. Travel 3.2 miles; turn right on FS Road 52. Continue 2.7 miles; turn left. Drive 6.1 miles turn right. Proceed 3 miles to the trailhead parking lot.

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Tawls-Foster Suspension Bridge and Methow Community Trail

This 2-mile out-and-back hike is located in Mazama and highlights the impressive Tawls-Foster Suspension Bridge that spans the Methow River. The trail is flat and forested and follows the river downstream 1 mile to the bridge. Reward yourself with guilt-free lounging by the river, or continue further north and south along the trail for many more miles of hiking. From Winthrop drive west on Highway 20 for 8 miles. Turn right on Goat Creek Road (FS Road 1163) at the Methow River Bridge. Travel 3.6 miles and turn left into the signed Methow Trails parking area.

Slate Peak

This is one of those hikes where getting there is half of the adventure. But the views, ahhh, the views! Slate Peak is a decommissioned lookout located above Harts Pass. Harts Pass Road is the highest road in Washington and is not for the faint of heart; it is unpaved, rough and steep. From Mazama, drive 19 miles towards Harts Pass. At the Harts Pass guard station turn right and continue 3 miles up Slate Peak Road. Park at the end of the road and climb the short .5-mile hike up to the lookout. For those wanting more, there are a number of other trails venturing out from Harts Pass, including the Pacific Crest Trail.

North Cascades Hikes

Travelling west from Mazama on Highway 20 leads to many incredible hiking trails, such as the Pacific Crest Trail, Maple Pass, Cutthroat Lake, Blue Lake, Easy Pass—and many more. Maps and guidebooks can be obtained from local Methow Valley businesses as well as the US Forest Service Visitor Center in Winthrop.



mountain biking



Love mountain biking? The Methow Valley has hundreds of miles of well-maintained, easy-to-access singletrack, doubletrack and Forest Service roads.

Methow Trails, Evergreen Mountain Bike Alliance–Methow Chapter, and the Backcountry Horsemen help the Forest Service maintain many of the mountain bike trails in the Valley. Love the trails? Please consider supporting these organizations.

Sun Mountain Trails

All levels: This is not a specific loop or route, but rather a system of trails that can be linked together to provide any length and difficulty desired. Sun Mountain has singletrack, doubletrack, and Forest Service roads. Wooded sections and wide-open hillsides provide a variety of scenic options. The Sun Mountain trails are an excellent place to spend an hour to a full day of riding. You can access the Sun Mountain trails right from Winthrop via the Winthrop Trail, or drive 8 miles towards Sun Mountain Lodge to the Chickadee Trailhead. 1 to 35 miles of riding.

Methow Valley Community Trail

Beginner: There are many options for great riding on the trails maintained by Methow Trails. These are the same trails used in the winter for cross-country skiing. The most popular section of the trail is from Brown's Farm to Mazama for a 12-mile roundtrip ride. These are doubletrack trails, perfect for riding side by side. 1 to 35 miles in length.

Pipestone Canyon

Moderate & Advanced: A popular destination in spring and fall, Pipestone Canyon can be ridden as a loop of dirt roads or as a loop including singletrack along the rim of the canyon. The spectacular canyon is home to rattlesnakes, so this ride is best done in the spring and fall. Singletrack loop: 14 miles, dirt-road loop: 16 miles.

Buck Mountain

Moderate: Buck Mountain is the Methow Valley's signature mountain bike ride. Close to Winthrop, this ride showcases everything from wildflowers to open spaces to mountain tops. There are two trailheads where you can begin your ride – either Cub Creek or Buck Lake. Both trailheads allow for a great loop ride. Singletrack: 12–14 miles.

Bear Mountain Figure 8

Moderate: Combines two singletrack downhill with climbs up gravel roads. There are also a number of good mountain bike rides right in this area, such as Lightning Creek and Starvation Mountain. 15 miles total: 6.1 miles singletrack, 8.9 miles gravel road.

Starvation Mountain

Advanced: This is a long, mostly singletrack ride to the top of Starvation Mountain (note the name and bring plenty of food and water). Ride up the singletrack Lightning Creek trail and down the Blue Buck Trail. Singletrack loop: 22.6 miles.

Cutthroat Pass

Advanced: Cutthroat Pass is 11 miles round-trip, all on a singletrack trail in a stunning alpine setting. The trail between the trailhead and the lake is popular with hikers, so ride in control. The ride is an out-and-back, gaining 2,300 feet. Because this is also a popular hiking trail, this is a good ride to do midweek or late in the day. Singletrack loop: 11 miles.

Angel's Staircase

Advanced: This is THE Methow Valley ride for the serious mountain biker. It requires fitness and an adventurous attitude. The loop reaches altitudes of 8,000 feet, so be prepared for varying weather any time of the year. This is an all-singletrack ride that takes technical riding experience. This ride is usually not snow-free until August. Start early and plan for a full day of riding. Distance: 25 miles round-trip.

Rendezvous Trails

Moderate: 11 miles of fun, aerobic singletrack in the Rendezvous area between Winthrop and Mazama. The loop trail is primarily in the forest, but it also passes the popular Gardner and other Rendezvous Huts, where great mountain views await. Singletrack loop: 11 miles.



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horseback riding

Hour-long, half-day, and full-day rides are available through a number of lodges and outfitters, and extended backcountry trips can be booked through experienced local outfitters.



Bring your own horse or sign up for a guided ride once you arrive – the Methow has no shortage of trails to meet your equestrian goals. Valley-bottom trails follow the Methow River and offer cool shade mid-summer, while higher-elevation trails allow you to explore alpine meadows and enjoy scenic vistas.

There are a number of Methow Valley outfitters that offer trails rides, chuckwagon breakfast outings, and even multi-day backcountry excursions into remote wilderness settings. Visit winthropwashington.com for a list of local outfitters.

dogs in the Methow Valley



Do you love to bring your pooch along on your adventures?

Dogs are welcome on 90% of the Methow Trails summer trails, all National Forest trails, and in Wilderness Areas. Dogs are not permitted on trails in North Cascades National Park.

Please remember that trails are multi-use, and it is important to respect other trail users and private land.

More information on dog-friendly trails can be found at:

METHOWTRAILS.ORG



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Summer Events

Women's Trail Running Camp

cascadeendurance.com | April 28-May 1

Escape the rain to Sun Mountain Lodge for the 5th-annual running camp. Daily trail runs, yoga, and technique work. Learn how to make a training plan, how to incorporate strength into your routine, and more.

Location: Sun Mountain Lodge and Trails

Cost: \$450

Sunflower Trail Marathon, 1/2 Marathon, and Relay

methowtrails.com | May 6

Sponsored by Goat's Beard Mountain Supplies

This is one of the most visually spectacular trail runs in the country. Participants run from the town of Mazama by trail to Twisp in the beauty of the springtime bloom. Participate in the marathon, 1/2 marathon, or form a relay team of 2-5 members. This family-friendly event is a 37-year Methow Valley tradition. Space is limited, so be sure to register online early.

Location: Mazama to Twisp Trails

Cost: \$75, full or 1/2 marathon; \$55 per relay team member; kids 17 and under, FREE

The Rattler: 4-mile, 9-mile, 1/2 Marathon

cascadeendurance.com | May 15

Start your trail running season off with these beautiful, sunny courses on the eastern side of the Methow Valley in stunning Pipestone Canyon. Flowing singletrack, big climbs, and fun downhills await, with distances to please every ability level.

Location: Pipestone Canyon, Winthrop

Cost: \$15-\$45, varies by registration

Mazama 5/10k, 1/2 Marathon and Kids' Trail Runs

cascadeendurance.com | May 27

Take part in a long-standing spring tradition in Mazama and enjoy a fun race on beautiful trails, followed by a delicious pancake breakfast to benefit the Mazama Community Club. *New* this year is a 1/2 marathon distance! And as always, we'll begin the race lineup with a free, fun 1km kids' run around the meadow, so make sure to bring your youngsters along.

Location: Mazama Community Center

Cost: \$10-\$30, varies by registration



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Methow Singletrack Solstice - www.MethowEvergreenMTB.org

June 23-25

A mountain biking weekend of riding, socializing, and fun to benefit trails in the Methow Valley.

Location: In and around Winthrop

Cost: Varies by registration options

Cutthroat Classic - methowtrails.com

August 26

Sponsored by Winthrop Mountain Sports

Topping the charts of inspiration and popularity, the Cutthroat Classic provides incredible views along a spectacular section of high alpine trail. The Cutthroat course is an 11-mile trail run through the North Cascades, following the Pacific Crest Trail and over Cutthroat Pass. Registration for this race is limited and it sells out months in advance.

Location: Rainy Pass to Cutthroat Lake Trailhead

Cost: \$75; kids 17 and under, FREE

Telluride Mountainfilm On Tour

northcascadesmountainhostel.com

August 26

An evening of select films from the Telluride Mountain Film Festival, shown out under the stars.

Location: Winthrop Park

Cost: \$15, adult; \$10, 18 and under

Methow Valley Off-Road Duathlon

northcascadesmountainhostel.com

September 30

A challenging hardman 40K mountain bike and 10K trail run meandering through aspen and pine forests above Patterson Lake. We are also offering a sprint version 20K mountain bike and 5k trail run.





Climbing Higher in the Methow Valley

By CB Thomas

My forearms are pumped. My fingers crimp a dime-size edge while I press up higher on a sloping foot hold. I look down at my feet, hoping the rubber sticks and see 60 feet of air below my heels. My heart rate rises and my breathing quickens, but my mind becomes totally focused. I am in a virtual Zen state of meditation without any extraneous thoughts entering my mind as I reach for the next hand hold.

The Methow Valley is a true destination for rock climbers. You would be hard pressed to find a more complete offering of climbing options anywhere in North America. From single-rope-length bolted sport climbs on the valley floor, to multi-pitch bolted moderates on the Goat Wall, to the world-class traditional alpine climbing routes on Washington Pass, the Methow Valley has something for everyone.

Climbers began visiting the Methow back in the 1920s with ascents of Silver Star and other high peaks in the area. But it was Fred Beckey who put the Methow Valley on the radar for climbers. Long before the North Cascades Highway was constructed, Fred and various partners would hike up from the Twisp River Road to climb Liberty Bell and the Early Winter Spires that pierce the North Cascades' skyline. His route up Liberty Bell in the 1930s is still a trade route for aspiring alpinists with dozens of parties ascending the route each weekend. Washington Pass is a mecca for alpine climbers with hundreds of routes within a 2-hour walk from Highway 20.

But the modern age of climbing came to the Methow Valley in the 80s largely thanks to the vision and hard work of Bryan Burdo. Missy LeDuc, owner of the Mazama Store, has been quoted as saying the success of her business is largely thanks to Bryan's efforts in developing the climbs at Fun Rock and the Goat Wall. Climbers of all abilities from all over the country flock to Mazama for the hundreds of sport climbs that are within a few minutes' walk of the parking lot. Prime Rib, the 11-pitch 5.9 on the Goat Wall, is possibly the most popular multi-pitch route in Washington – a bucket list route for climbers.

We are now in the 4th decade of Burdo's efforts and he continues to develop new crags like The Matrix near Goat Creek as well as dozens of new crags from the Chewuch to Washington Pass. His latest project will open in the spring of 2017 and will offer a 17-pitch 5.9 route up the Goat Wall, the first new route on that wall in over 15 years.

Visitors who want to try climbing for the first time and those with lofty objectives are well served by North Cascades Mountain Guides. NCMG is based out of Mazama and offers packages for everything from family climbing days at Fun Rock to climbing Prime Rib and Liberty Bell. Visit www.ncmountainguides.com for more information.

The Goat's Beard Mountain Supplies in Mazama is the focal point for climbing in the Valley. They carry a complete selection of climbing equipment, shoes, clothing, guide books, and information for the visiting climber. The Goat's Beard is next to the Mazama Store (and their famous sea salt baguettes). Visit www.goatsbeardmountain-supplies.com or call 509-996-2515 for more information.

The best climbing guide books covering the Methow Valley include *Mazama Rock* by Bryan Burdo, *Washington Pass Climbing* by Ian Nicholson, and *Cascade Rock* by Blake Herrington.

As my fingertips grasp the positive hold, I exhale and feel the tremendous sense of relief and accomplishment that comes with getting to the top of a climb. The physical effort combined with mind and body control creates a rare sense of elation. But be careful, climbing is addictive.



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Trail Karma Program

Wow – what a year of working with volunteers to make great things happen on our Methow Trails! The best part of working at Methow Trails is the opportunity to work with passionate trail advocates to accomplish noticeable improvements that will make our trails a better place to recreate in the very near future. We have done so much together.

Here's a quick recap of our summer 2016 projects:

We worked on the Suspension Bridge, we built three other bridges, and we demolished four old ones.

We worked on the Patterson Mountain Trail and twice on the Patterson Lake Trail. We cut encroaching trees and brush on Cedar Creek Loop, on Cougar Bait, and twice on Power's Plunge. We placed new trail signposts around the Freestone Inn and mediated the water damage on Black Bear.

We brushed along the Community Trail near the Suspension Bridge and did tread work along the Cutthroat Trail, with an emphasis on improving drainage. Then, for our most-recent project, we all spent a morning maintaining and beautifying our trail tools in preparation for the season of hard use.

Thanks to all who helped. If you are a trail advocate who would like to join us on these work parties, we would love to have you. We hold them every third Thursday – and on random days in between. The best way to find out about these work days is to get on our notification list by emailing jon@methowtrails.org. We also post these parties on our Methow Trails Facebook page and on the Methow Trails Blog.

What's up for next year? More of the same, for sure, but there will be some variety, too. We'll be cutting and splitting wood that we will donate as firewood to needy households in the valley. There's the great chipping experiment. There are more encroaching trees that need to go, more bridges to build, more posts to place, a portable trail structure to build, and a bike-terrain park to install. You're going to want to be part of it! Get on the list and keep the third Thursday open if you are able.

We look forward to working with you on Methow Trails in the upcoming year.

Jon Albright – Trails Manager



Working to protect, enhance, and create high-quality, sustainable mountain biking opportunities in the Methow Valley

www.MethowEvergreenMTB.org



Trails for Life

Methow Trails wishes to thank the community of grantors, donors, business sponsors, lifetime and annual-pass-holders, and members* who provide the financial pathway for recreational trails in the Methow Valley--today and always!

* You are a Methow Trails member if you are a lifetime or current annual pass holder, a service program member, a trailside landowner, business member, board member, or you donated \$50 or more last year. Thank you to our 1,200+ members!

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In memory of Red McComb, for his Methow Valley spirit!

Thank you for yet another planned gift, Red! His planned gifts fuel the "Methow Trails Endowment," managed by the Community Foundation of North Central Washington. If you have named Methow Trails in your will, please let us know! We'd love to hear your story of what matters most to you about the future of trails in the Methow Valley.

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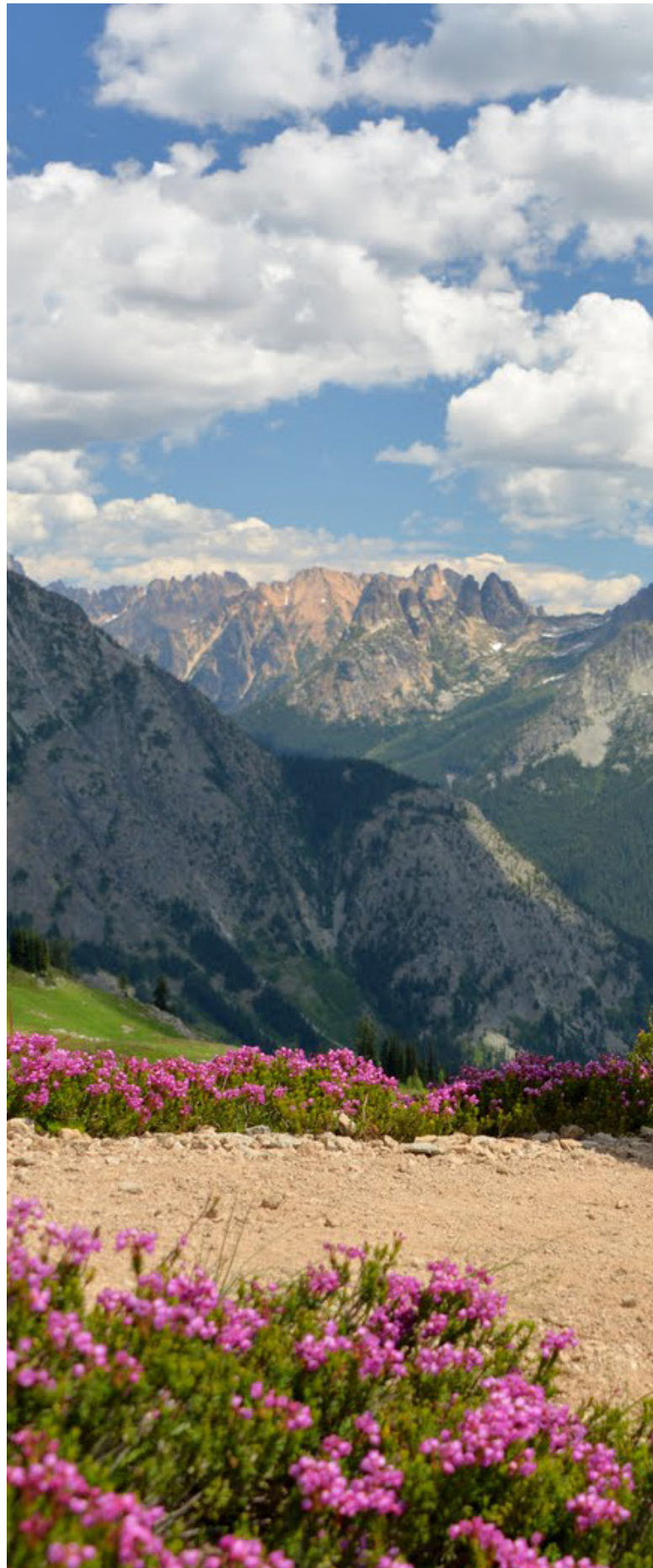
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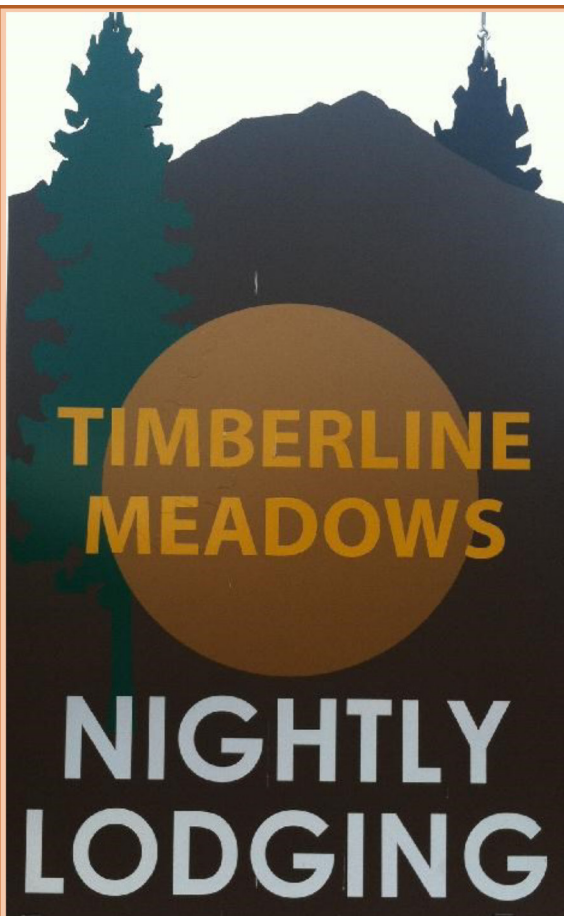


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