

## Lambert House Outdoor Recreation: Mount Ellinor Hike

Date: Sunday, May 7; Sign up by Thursday, May 4<sup>th</sup> at the Lambert House front desk

Time: Meet at Lambert House at 8:30am; we'll return by 10:30pm

The Mount Ellinor hike is steep with dramatic views all the way to the top. Hiker's efforts are rewarded with 360-degree views from the summit, and an exhilarating 1,100-foot glissade (sliding in the snow on your bottom).

We will start from the upper trailhead if road conditions allow which is a 2.1 miles to the summit with 2,444 feet of elevation gain (this is steep!). If road conditions require us to start from the lower trail head, the hike will be 3.1 miles to the summit with 3,300 feet of elevation gain. More information about the Mount Ellinor hike is available on the WTA website: <http://www.wta.org/go-hiking/hikes/mount-ellinor/>

Requirements:

- Complete Lambert House orientation by Friday, May 5<sup>th</sup> during normal drop-in hours
- Liability waiver signed by yourself, or parent/guardian if under the age of 18

Mount Ellinor Essentials; some items may be available from Lambert House, let us know what you need:

- A daypack to carry your supplies
- Breakfast, snacks, lunch, 2 L of water, and money for a dinner stop on the way back
  - You will be expending a lot of energy on this hike, and you will want enough food to eat.  
Example: Two sandwiches, two snack bars, a piece of fresh fruit, nuts
- Warm hat
- Gloves (this is a safety essential for the glissade at the end of the hike)
- Warm clothing in layers
  - Long underwear made of synthetic materials or wool recommended
  - REI advice on layering: <https://www.rei.com/learn/expert-advice/layering-basics.html>
- Sturdy hiking boots or shoes, wool socks
- A change of clothes for after the hike: cotton is great for this as it will be comfortable for the ride back! Including a change of shoes!

If you have any questions give us a call during drop-in hours: 206-322-2515.