

SHEEP LAKE and SOURDOUGH GAP (CHINOOK PASS NORTH PCT) HIKE

Please note: The Online Start Box (OSB) system does not deduct any walking fee from a walker's Event Bank until they have submitted walk completion information including the date the event was walked, the distance walked, and the selection of applicable special programs that walker is participating in. (Nevertheless, a fee of \$2 for a downloaded pdf is deducted from the user's Event Bank when the pdf is downloaded. Later, any pdf fees are credited back to a walker's Event Bank when he/she submits the walk completion information as a paying for credit walker.) Walk completion information must be entered within 60 days of registration

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4. Other Pacific Crest Trail Hikes

EVENT INFORMATION

Point of Contact: Joe Blazek, joemblazek1@gmail.com 509-899-6535 (cell - leave msg)

Trail Info: This is a popular hike from Chinook Pass in the William O. Douglas Wilderness area of the Pacific Crest Trail (PCT). It's an easy 7Km day hike with 300 feet of the 400 foot elevation gain to Sheep Lake in the last 0.2 miles. Beyond the lake, it is a steady climb and an additional 600 feet up to Sourdough Gap. The Chinook Pass PCT trailhead is at 5400 feet, Sheep Lake at 5800 feet and Sourdough gap at 6400 feet. The trail to Sheep Lake is an excellent hike for children. This hike is very popular on warm summer days with fields of wildflowers in late July and August for the first part before it enters the cool shade of the forest. The 10K offers view of Mt. Rainier and Mt. Adams. Remember, you're in the mountains, so be prepared for changing weather conditions. Carry extra clothes, snacks and water. Sunscreen, a hat and bug repellent are good ideas. Good shoes or boots are recommended. Bring a basic first aid kit. Practice basic "Leave No Trace" principles: protect fragile areas by staying on trails and in areas already used. If you bring it in, take it out. Please check current weather and trail information especially early in the season: Naches Ranger District, Okanogan-Wenatchee National Forest (509) 653-1401, <http://www.fs.usda.gov/main/okawen>.

Restrooms: Vault toilet at the trailhead that is closed after Labor Day. There are vault toilets at the Tipsoo Lake parking lot in Mt. Rainier NP (less than 1 mile away) that are open later in the season. No facilities on the trail.

Emergency 911 Service: There is some limited cell coverage close to the Chinook Pass highway in the first mile or so. Probably no cell service elsewhere on the trail.

Parking Passes: You must have either a Northwest Forest Pass, an America the Beautiful Interagency Annual Pass, an Interagency Senior Pass, or a Military Pass to park in the trailhead parking lot though you can park along the highway without a pass.

Chinook Pass North PCT Hike Y2763
Sheep Lake 7Km R/T Rated 2B (400' Elevation Gain)
Sourdough Gap 10Km R/T Rated 3C (1000' Elevation Gain)

Driving Directions: From Enumclaw, drive east on SR410 to Chinook Pass (44 miles). Just past the wooden PCT/Chinook Pass hiker's overpass bridge, turn left into the parking lot. From Yakima, drive west (66 miles) on US12 and SR410 and turn right into the parking lot just before the wooden PCT/Chinook Pass hiker's overpass bridge. The parking lot gets full early on weekends and holidays. If the lot is full, park along the highway or in the small parking lot on the other side of the highway. USFS Northwest Forest Pass required for parking in the trailhead parking lot which is available at the Enumclaw FS Ranger Station or the Naches FS Ranger Station. Daily self-issued permits are available at the trailhead to park in the parking lot. GPS Coordinates: 46°52'18.12" N -121°30'55.74" W.

1. The access trail to the PCT starts at the far end of the parking lot behind the vault toilets. It switchbacks uphill a short distance to the PCT.
2. Turn **RIGHT** on the PCT. For the first 1.5Km you are above SR410. you pass through meadows of wild flowers in mid summer.
3. At 2.1Km, the trail veers left (north) into forest and meadows until it gains the last 300 feet to the south end of Sheep Lake. *(Good lunch spots here).* To get your 7Km, continue along the lake to the wooden bridge over the outlet creek of the lake.
4. 7Kers turn **AROUND** here and return on the PCT and short access trail back to the trailhead.
5. 10Kers **CROSS** the outlet creek bridge and continue on the PCT along the east edge of the lake. There are multiple shoreline and campsite trails in this area. The trail angles uphill above the lake.
6. The PCT then climbs steeply and enters a series of switchbacks through open meadows.
7. At 4Km you enter a stand of trees where a small, unmarked trail leads off to the right to a viewpoint. Continue **STRAIGHT** on the PCT.
8. At 4.4Km views open up again. The ridgeline in front of you is made of black and gray basalt columns. The trail continues to gain elevation heading toward Sourdough Gap.
9. At the 5Km mark you cross a scree slope from one of the columns before switchbacking a very short distance up to Sourdough Gap at 5.1Km which is a small saddle in a jagged ridge. *(Has small lunch spots with great views).*
10. Turn **AROUND** and return the way you came back to the trailhead and your vehicle.

We hope you enjoyed this hike on the PCT.

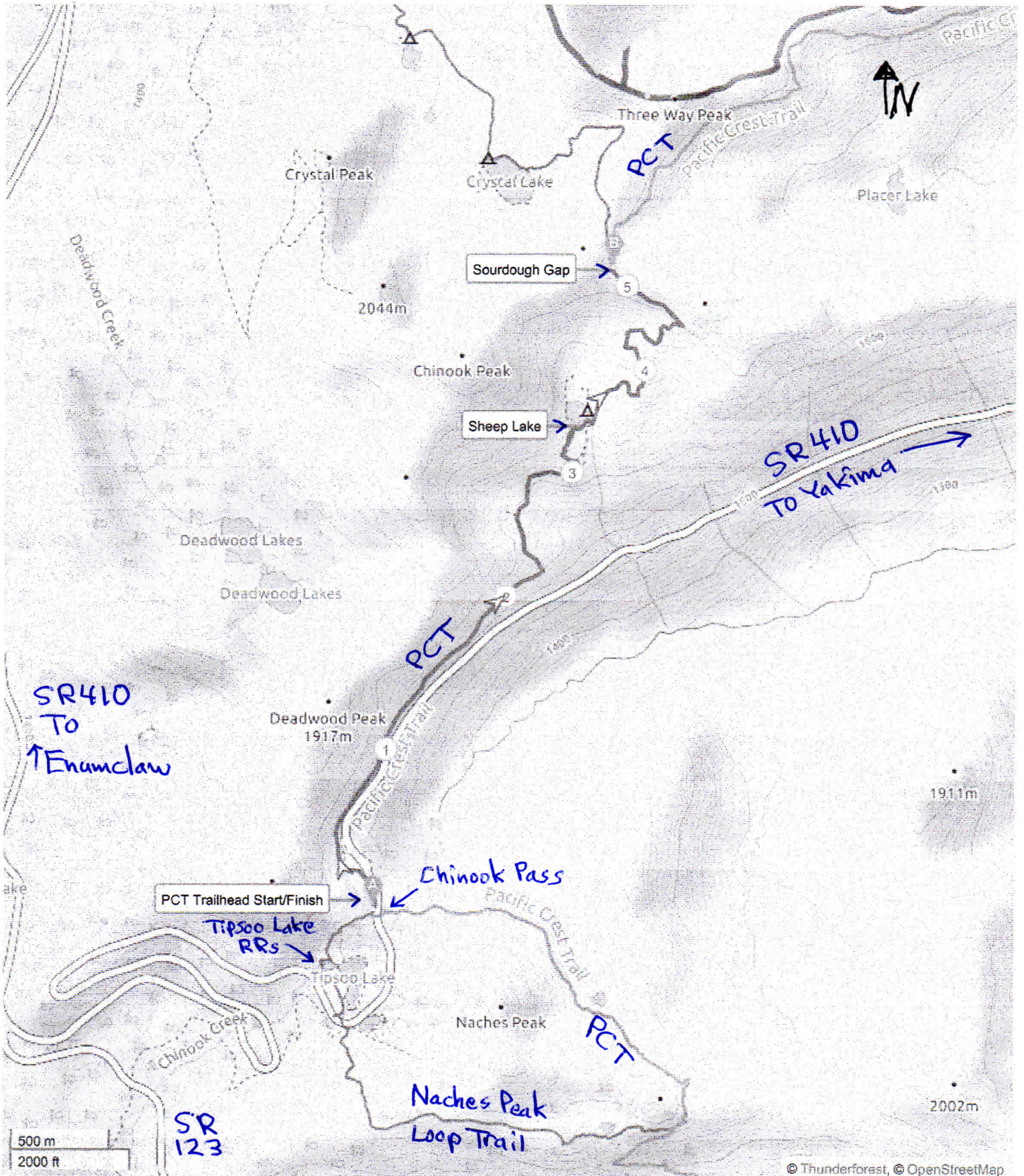
In late summer, the only water available is at the lake. Use a filtration system before drinking.

Emergency cell service 911 is available only at or near the parking lot.

These directions and map may only be used in conjunction with a signed American Volkssport Association Athletic Waiver. All other uses are prohibited.

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Sourdough Gap/Sheep Lake Hike



AVA hikes that qualify for the PCT Special Program Challenge

WASHINGTON:

1. Chinook Pass North – Sheep Lake and Sourdough Gap - Y2763
2. Mt. Rainier National Park -- Naches Loop and Dewey Lakes - Y2050
3. North Bonneville – Gillette Lake - Y2294
4. Snoqualmie Pass North – Kendall Katwalk - Y0786
5. Snoqualmie Pass South – Lodge Lake and Mirror Lake - Y3183
6. Stevens Pass North – Lake Valhalla - Y3182
7. Stevens Pass South – Josephine Lake - Y3184
8. White Pass North - Four Lakes – Y3190
9. White Pass South - Ginnette and Shoe Lakes – Y3191

OREGON:

10. Cascade Locks – Herman Creek Pinnacles - Y1677
11. Eugene, OR – Willamette Pass Rosary Lakes – Y2465
12. Government Camp – Timothy Lake – Y1514
13. McKenzie Pass – Belknap Craters – Y3246
14. Wapinitia Pass – North Twin Lakes – Y3230
15. Sisters, OR – McKenzie Pass Matthieu Lakes – Y2435
16. Willamette Pass – South - Three Lakes – Y3240

CALIFORNIA:

17. Carson Pass – Overviews & Frog Lake -- Y0880
18. Donner Pass – Y1038
19. Round Valley – Castle Valley & Views - Y0983
20. Whitewater – River Trail – Year-round - Y0975