

SHEEP LAKE and SOURDOUGH GAP PACIFIC CREST TRAIL HIKE

Please note: The Online Start Box (OLSB) 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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EVENT INFORMATION

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253-208-1331 (cell)

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 a 300 feet of the 400 foot elevation gain to Sheep Lake in the last 0.2 miles. Continuing to Sourdough Gap for 10Km gains an additional 600 feet and starts with a steep climb before leveling out somewhat. 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. **Restroom at the trail head only.**

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. **USFS NW Forest Pass per car required for parking.**

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. Hike with a buddy. A hiking stick may be useful on the 10Km. 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>

There is some limited cell coverage close to the Chinook Pass highway in the first mile or so, otherwise spotty. Try 911, but otherwise no emergency phone.

Sheep Lake and Sourdough Gap Y2763 7Km/10Km Hike Directions



*** In case of Emergency dial 911
911 MAY NOT BE AVAILABLE**
Hike Contact: Nancy Wittenberg
253-208-1331 newittenberg@gmail.com

Driving Directions: Chinook Pass SR410, Washington State.

GPS Coordinates: DD Coordinates: 46.8717 -121.515483

DMS Coordinates: 46°52'18.12" N -121°30'55.74" W

From Enumclaw drive east on SR410 to Chinook Pass (44 miles). Park in the large lot on the **Left** side of SR410. From Yakima drive west (66 miles) crossing Chinook Pass and park in lot on **Right**. **USFS Northwest Forest Pass per car required for parking**, available at the Enumclaw Ranger Station. Self-issued permit available at the trailhead.

The only restroom is here.

This is an out and back hike entirely on the Pacific Crest Trail (PCT).

- 1. Start** behind the restroom on the Pacific Crest Trail.
For the first 1.5Km you are above US410. But you are passing through meadows of wild flowers in mid summer.
- 2. At 2.1Km**, the trail **veers left (north)**, through forest and meadows until it gains the last 300 feet before dropping down to the basin at the south end of Sheep Lake. This is a good spot to take a break and have lunch. **7K turns around here and returns to the trailhead.**

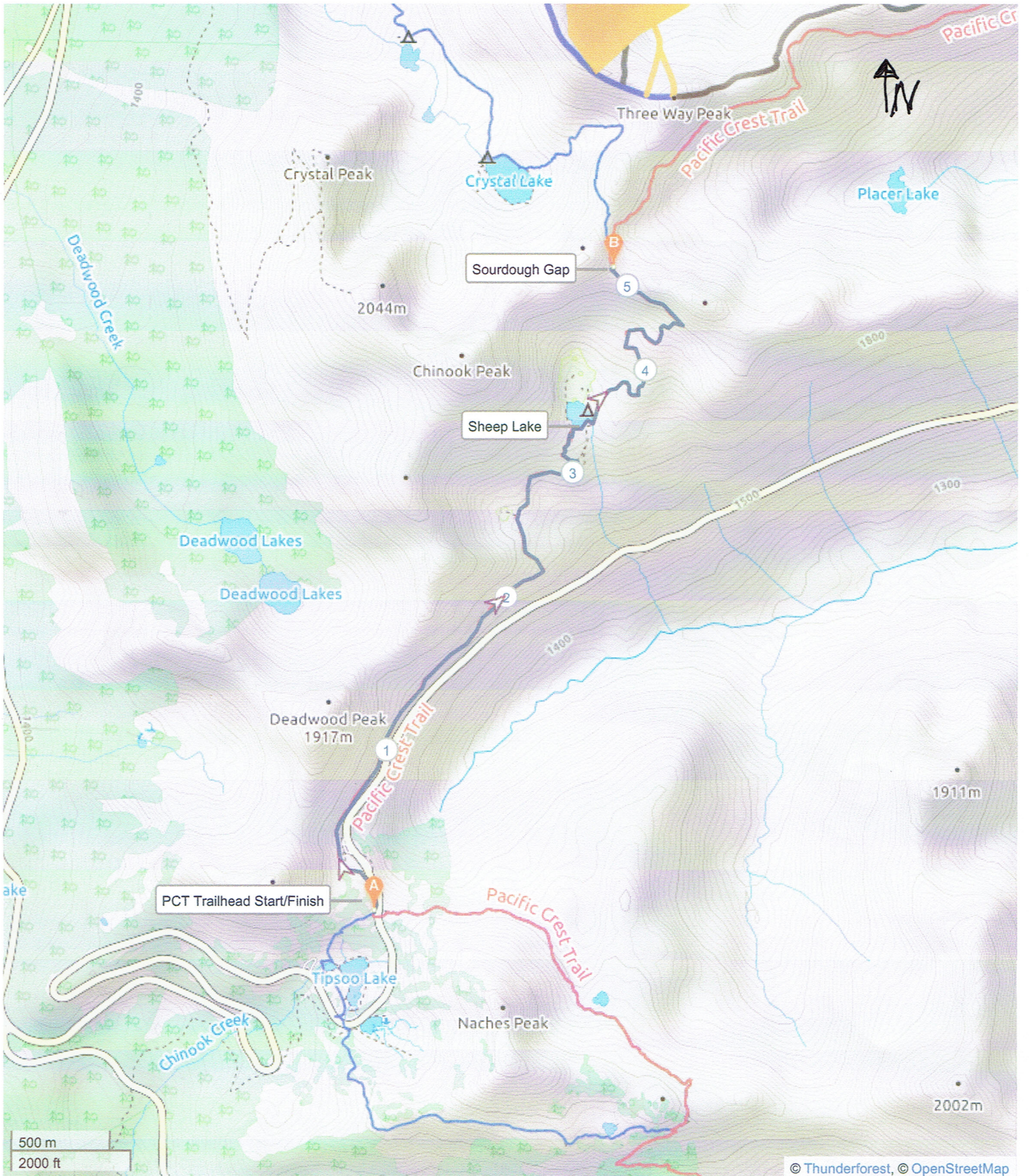
10K Continues:
- 3. Continue** on the PCT along the east edge of the lake. The trail then climbs steeply, but soon enters a series of switchbacks through open meadows.
- 4. At 4Km** you enter a stand of trees where a small trail leads off to the right.
- 5. Right** on this trail to get your first glimpse of Mt. Adams and the peaks of the Goat Rocks Wilderness. Don't worry if you miss it. You will get view later. **Return to the main trail.**
- 6. At 4.4Km** views open up again. The ridgeline in front of you is made of black and grey basalt columns.
The trail travels below the ridgeline heading toward Sourdough gap.
- 7. At the 5Km** mark you cross a scree slope from one of the columns before reaching Sourdough Gap at **5.1Km**, a small saddle in a jagged ridge
- 8. Turn around the way you came, back to the trailhead for a 10.2Km hike.**
- 9. Or, Continue** on the main trail another **.4Km** for wonderful views east and a total **11Km** upon return to the trailhead..

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These walk directions and maps may be used only in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

^ Emergency phone service 911 MAY only be available in the first mile close to SR410. Send a companion to the trailhead for help.

Sourdough Gap/Sheep Lake Hike



AVA SPECIAL PROGRAMS CHECKLIST

WALK NAME Sheep Lake/Sourdough Gap – Pacific Crest Trail NUMBER -- Y2763		
ESVA SPECIAL PROGRAMS NW Region		
COUNTY: PIERCE and YAKIMA counties		
OTSVA SPECIAL PROGRAMS NW Region		
"N" [2019 – 2021]	Nature – Trail, Wildflowers, etc.	
"O" [2019-2021]	Overlooks – View Mt. Adams/Mt Rainier (10k)	
"T" [2020-2021]	Trails -- PCT	
AVA SPECIAL PROGRAMS		
50 STATES/51 CAPITALS	[Ongoing]	WASHINGTON STATE
PACIFIC CREST TRAIL	[2017--]	Doing this trail will count when this national challenge is official.
WALK THE USA A - Z	[ongoing]	"C" Chinook Pass

PACIFIC CREST TRAIL (PCT) AVA SANCTIONED HIKES

WASHINGTON:

GILLETTE LAKE – Y2294

NACHES LOOP and DEWEY LAKE –Y2050

SHEEP LAKE and SOURDOUGH GAP – Y2763

KENDALL KATWALK – Y0786

OREGON:

TIMOTHY LAKE – Y1514

HERMAN CREEK PINNACLES – Y1677

MATTHIEU LAKES – Y2435

ROSARY LAKES – Y2465

CALIFORNIA:

CARSON PASS – Y0880

DONNER PASS – Y1038

ROUND VALLEY – Y0983

WHITEWATER – Y0975

Find other walks and hikes on the AVA website – www.ava.org.