



Mountain West Outdoor Club Newsletter
March, 2023

A Light exists in Spring
Not present on the Year
At any other period –
When March is scarcely here.

A Color stands abroad
On Solitary Fields
That Science cannot overtake
But Human Nature feels.

"A Light Exists in Spring" by Emily Dickinson

PHOTO CAPTION: Burgdorf Hot Springs, north of McCall Idaho,
accessible only by snowmobile or skis, February 2023.



MWOC Monthly Meeting, Monday, February 6

The General Business Meeting included a brief Treasurer's report, the upcoming Hike Leader's meeting, the Facebook page, administrator privileges on Wild Apricot, and the issue of MWOC business cards. The latter topic is pertinent because we often encounter people, on hikes and in our personal lives, who are interested in joining.

"Mickey Myhre's Magnificent March".

A blinding blizzard! A helicopter escape!! Scientific intrigue!!!

Our very own Mickey Myhre and his family spent three weeks trekking to Everest Basecamp in Nepal last summer. He told of his adventures in the Sherpa's footsteps, the sights he saw along the way, his collaboration with a scientific contingent of mushroom hunters, and his take-aways from the experience.

Mickey is the current president of the Southern Idaho Mycological Association (SIMA). He used his "retirement" to establish the only laboratory in Idaho for DNA sequencing of mushrooms.



MWOC MARCH MEETING, Monday, March 6, 7:00 PM

Idaho Fish & Game Headquarters, 600 S Walnut, Boise

General Business Meeting will include a brief Treasurer's report, a summary of the recent Hike Leader's meeting, MWOC business cards, and Tuesday hike leaders.

"Trek to Everest Base Camp"

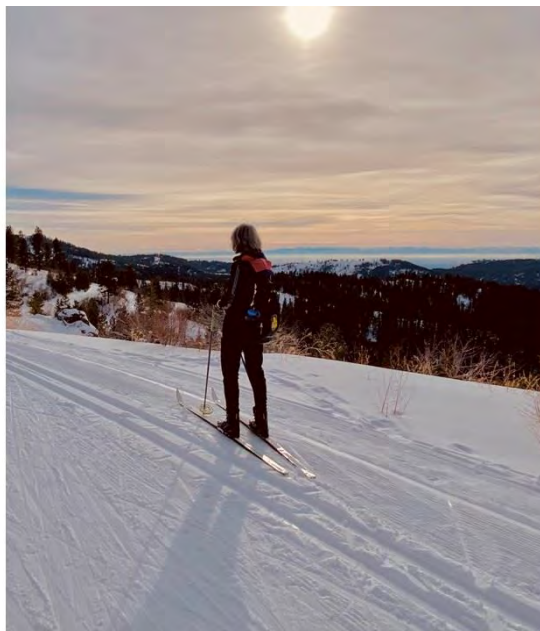
Join the intrepid MWOC trekkers – Janette Young, Wendell Martin, Judy Lam, Jeffery Rosendin, and Cliff Callow – for an informative and scenic presentation of their November trek to Everest Base Camp in Nepal. Their three-week trek was arranged and supported by the Boise-based Himalayan trekking company, *Hike with Sherpa*.

Being a more “mature” group of trekkers, they “snailed” their way 43 miles and over 8000 feet in vertical elevation to reach the Everest base camp. Along the way they stayed in rustic Himalayan trekking lodges, visited a number of Buddhist monasteries, and attended the annual “Mani-Rimdu” Buddhist festival in the village of Tengboche.

An administrative meeting will be held beforehand at the same location at 6:00 PM. Interested members are always welcome to attend.

Don't attend either meeting if you're feeling ill. Masks are optional.

UPCOMING MWOC EVENTS



WEISER RIVER TRAIL

The Friends of the Weiser River Trail (FWRT) have acquired a snow groomer and opened a portion of the trail for snowshoe and Nordic skiing. The trail is a popular, nicely maintained rail-trail that extends 84 miles from New Meadows ID to Weiser ID. Additional events include a marathon in April, the annual Wagon Train in May, a bike event in June, and the annual October trek. The October trek (biking the entire trail) was massive fun in 2021, and I hope to go again soon. For more information, check out their website, <https://weiserrivertrail.org>.

{FWRT events are not affiliated with MWOC but are generally safe and fun.}

{Photo was taken at Bogus Basin during a Thursday ski group. Isn't it a nice scene? All my pictures of WRT were taken in summer.}



WANDERING WHEELS BIKE GROUP

Next Meeting: Monday, March 27, 6:30 - 8:00 PM
Barbarian Brewing Taproom, 114 E 32nd St, Garden City
Next Ride: Saturday, April 1, TBA

We've been working on a joint enterprise between MWOC and the Wandering Wheels (WW) bike group. About 12 bikers attended our most recent meeting. We discussed ideas for future rides and heard a brief presentation about the Weiser River Trail. Several people expressed interest in biking the trail, possibly in Spring or during their October trail event. The trail may be too hot during high summer.

Future rides will incorporate options for shorter and longer day rides as well as some camping rides. In particular, weekend camping rides are planned for May 19 and October 6. Save the dates! WW is aware that most MWOC folks don't want to camp, so I think they're making the effort for day rides.

We should keep an open mind about this relationship. Most of the WW members are about the same age as MWOC members and have many outdoor interests in common. I have invited them to join us as visitors for our weekly hikes. If someone does show up, please welcome them! They're generally good-natured and definitely outdoorsy.

The planned March 4 ride to Hilltop Cafe was cancelled for weather. Stay tuned for the next ride on April 1.

MWOC TRAIL MAINTENANCE PROJECT

Monday, April 10, 9:00 AM, Big Springs Trailhead

Save the date! Look for more info closer to time, including directions to the trailhead. Questions to Greg Farmer.



Lava Hot Springs Trip, May 15 – May 19, 2023

You are invited on a *Hot Springs Adventure* in Lava Hot Springs, ID. Save the date and call NOW to make your own hotel or KOA campground reservations!

Lava Hot Springs (elevation ~5000 ft) and the surrounding area has lots of hiking, soaking, and history to explore. I've scheduled a variety of adventures. Every day you can soak in hot mineral springs if you'd like.

Monday: Drive to Lava Hot Springs by way of *Craters of the Moon* (180 miles/3 hrs) and take a break at the *Craters* for lunch and a hike. Arrive in Lava Hot Springs (Craters to Lava – 130 miles/2 hrs) around 5 pm. Cocktails at 6:00 PM.

Tuesday: Morning, hike Goodenough Campground Trail (4.7 miles/3 hours) only 20 miles/30 minutes away. Afternoon, Donata Hot Springs in Downey (~10 miles away). Evening, potluck supper.

Wednesday: Head East toward Soda Springs, pack lunch, visit Chesterfield Settlement, Soda Springs, Hooper Springs, Miter Cave, Black Canyon, Sheep Rocks Canyon ... other sights ... Back to Lava in late afternoon. Free evening. 7-9ish - Visit Hot Springs for evening soak.

Thursday: Head East and South to Bear Lake (60 miles/1 hr). Visit Bear Lake National Wildlife Refuge for birders OR alternative hikes in morning (West Mink Trail) and afternoon. 6ish - Group Dinner at local restaurant. 7-9ish pm - Visit Hot Springs for evening soak.

Friday: Check out, head to Massacre Rocks (along I86 in American Falls) and then Minidoka National Historic Site (WWII Japanese Internment camp - just east of Jerome) ... maybe, maybe ... if we need more hot springs, stop at Miracle Hot Springs in Buhl on way home ... only adds about 40 or so miles, soak for 45 min – 1.5 hours. 5-6ish – be home in Boise.

{An intervention will be held for victims of permanent prune-skin after this outing.}

Lodging:

- **Riverside Hot Springs Inn and Spa** (255 E Portneuf St, 208-776-5504, ask for Senior Special, available M-Th nights only, this hotel has 3 soak tubs in the basement, includes free breakfast each morning for 2, \$35 food coupon each day for use in the restaurant for dinner, unlimited, but scheduled indoor soaking).
- **Lava Hot Springs Inn** (1 Center Street, 1-800-527-5830, this hotel has multiple room options, 4-6 outdoor hot springs on property, breakfast included, and unlimited outdoor soaking included for guests.) For non-guests of the hotel, it has unlimited all day soaking for \$15/day.
- **Lava Hot Springs WEST KOA** (89 N Center St, 208-776-5209) 3 tents sites, 4 pulls throughs and 4 deluxe cabins. No discounts for groups, but sites/cabins/pull thru sites are available, and this KOA is literally across a side street from the Lava Hot Springs Inn, sits along the river and about 100 yards from Indoor Olympic size hot springs pool.

The world-famous Lava Hot Springs is walking distance from the hotels, it has 5-6 big pools from 102-114 degrees and costs \$8.00/soak (less for seniors). Plus, an Olympic-size hot springs swimming pool – indoor and outdoor – is close by.

If you would like to join us, please book your own reservations, and then email me back that you are going with us. I'll develop a separate email list once we get to April 2023.

Dorothy Sammartino

Dorothy.Sammartino@gmail.com



ALASKA CRUISE, Weds August 23, Vancouver BC

"Taking an Alaska cruise has been on my bucket list for awhile. I'm hoping it is of interest to you too. I think traveling as a group would be a blast. Please contact {Cheri Worsley} if you are interested. You may also contact Brian, the trip planner with Princess Cruise Lines.

Princess 7-day cruise plus 5 night land tour, leaving Vancouver August 23, 2023. Late August to Sept. allows for the possibility of seeing the Northern Lights as well as wildlife before they go to hibernate AND the kids are back in school. The cruise is a voyage of the glaciers with several stops along the way. Land travel is done by rail to two different Denali area lodges. The tours are guided with lodging and meals included. Princess has a program that includes Naturalist and Park Rangers for a more educational experience.

Check out full details here: <https://www.princess.com/cruise-search/details/?voyageCode=H326&resType=T&tourCode=T3APA5&fareType=BESTFARE>

There are many different options with prices starting about \$2000 per person, double occupancy. It is also possible to only do the cruise without the land portion that starts about \$650 but will not count towards a group discount. I'm planning on getting a package that includes the tips, some drinks, and wifi. The current promotions allow for only a \$100 refundable deposit so the risk is small. I recommend you reserve a cabin

now if there is any interest at all. We may be able to set up special group excursions depending on the number.

Questions about the cruise can be directed to Brian with Princess Cruise. His number is 800-901-1172 ext 41057. Give my name and Mountain West Outdoor Club. We will get additional onboard credit if we schedule at least 5 cabins. His email is bmeece@princesscruises.com. Please reserve through Brian. There is no additional cost but will increase our discounts.

Also, you can call or email me cheriworsley@gmail.com 208-870-7444. I will maintain a separate email list rather than sending to all MWOC members.

MISCELLANEOUS BUSINESS

MWOC annual dues were payable by January 1st on the MWOC website, mountainwestoutdoorclub.wildapricot.org. Twenty bucks gets you activities with your friends all year long, monthly meetings, a free catered picnic in August, and the inestimable pleasure of reading these newsletters twelve times.

Members are invited to **update their MWOC profiles** to insure accurate information, including phone numbers for emergencies.

Here is the updated 2022 Mountain West Outdoor Club member directory.

[Members Mountain West Outdoor Club Directory \(Nov 2022\).xlsx](#)

A PDF copy of the directory and the interactive member directory are online at www.mwocid.org, under "Members Only" (you must login to view members-only resources).

You can always change your contact information (Profile) in the Member Directory by going to the club website, www.mwocid.org, logging in with your email and password, and clicking on your name in the upper left hand.

Don't know your password? Click here to create/change your password for the MWOC website: <https://mountainwestoutdoorclub.wildapricot.org/Sys/ResetPasswordRequest>.

Thanks,
Claire Veseth
Membership Chair

CLUB EVENTS SINCE LAST NEWSLETTER

Thanks to everyone for sending current photos. There's a LOT that goes on between newsletters. Keep those emails and photos coming! (Email addresses at end of newsletter.)



Hike to Weis Bar, Thursday, Feb 9

Judy Farnsworth conjured up an impromptu day trip to Weis Bar in the Snake River valley. A small group of sturdy hikers joined her for a “moderately challenging” 12-mile out-and-back walk. They found 90 boulders with petroglyphs and the ruins of the old Weis homestead. "It's early enough in the season that any self-respecting rattlesnake should still be in its den." (Emphasis on 'should'.)



ONCE AND FUTURE HIKE LEADER MEETING

Saturday, February 18

(hosted by Rod Haars and Laura Jenki)

Thirty earnest MWOC members gathered over drinks and snacks for a fun and informative leadership meeting. It was delightful to see new faces among the established event leaders. We discussed ideas for hikes, bike rides, and multi-day trips. We voted on several mock-ups of our new MWOC business cards, choosing a very nice two-sided version. Business items included a draft document for trailhead location, procedures for medical emergencies on the trail, and a proposed hike leader checklist. And, of course, Wild Apricot. We appreciate Rod and Laura lending us their beautiful home for the afternoon. Comic relief was provided by a large housecat who strolled leisurely into the middle of the discussion, expressed sudden dismay that a crowd was present, and exited the site at high speed.

Tuesday hikers visited Kingfisher Trail (Nampa), Lydle Gulch, Crescent Rim, and Pamela Baker Park / Greenbelt.



Wednesday hikers visited Bethine Church Trail, Rocky Canyon / Five Mile Gulch, 8th St Extension, and Table Rock.

Thursday hikers visited Bethine Church Trail, Riverside / Greenbelt, Fishing Creek / Greenbelt, and Whitewater Park.





Thursday Afternoon Nordic Ski/Snowshoe group wrapped up another season at Bogus Basin.

Kayakers are on hiatus, I think, having frozen solid at last. They will thaw out again in Spring.





MWOC DIASPORA

Upper left: MWOC "Arizona chapter" having a meeting last month. I feel SO sorry for them, having all that fun.

Upper right: MWOC "Hawaii chapter" visiting some caves. Mickey and Gloria look like they fell through the floor of the room above.

Lower: In case you've forgotten, I include a comparison photo of what the "Boise chapter" has experienced recently.

CLUB ACTIVITIES

MONTHLY MEETINGS are held on the first Monday of the month at Idaho Fish & Game Headquarters, 600 S Walnut St, Boise. Enter by the southeast doorway, not the main entrance. There should be a club member at the door.

TUESDAY HIKES email announcements are sent each week with location and time. Hikes are of moderate difficulty, 4 to 6 miles, lasting approximately 2 to 2.5

hours. Starting time varies with time of year and weather conditions. If you have questions, contact Pat Dailey, 208-272-0639.

WEDNESDAY HIKES email announcements are sent each week with location and time. Hikes are fast-paced, of challenging difficulty, 5 or more miles and lasting 3 or more hours, depending on trail and weather conditions. Challenging difficulty means that you'll need to be in good hiking condition because of significant elevation gain and/or increased mileage. If you have questions, contact Scott Stolhand, 208-891-2214.

THURSDAY CASUAL HIKES email announcements are sent each week with location and time. Hikes are slower-paced, less than two hours, and involve minimal elevation gain/loss. If you have questions contact Liz McWhorter, 208-891-0426.

THURSDAY SKI GROUP has finished until next January.

KAYAK GROUP occurs (mostly) weekly. If you are interested in kayaking, please contact Francesco Satta (capitanosatta@yahoo.com).

General Announcements

EMAILS Local mid-week activities (hikes, paddles, bike-rides, etc.) are announced through Wild Apricot emails. If you have questions about sending or receiving e-mails, please contact Jim Wolf at jawolf05@msn.com.

Planning or thinking of an excursion where you would like to invite like-minded souls? Any officer will help you post an email. For inclusion in this monthly newsletter send details to jawolf05@msn.com.

MWOC WEBSITE You don't have to login to visit most of the MWOC pages, including the calendar of events, news, and resources. The pages that require login are your own

MWOC officers

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profile, membership directory, and Gallery. If you haven't already created a password for the website, click on Login at the top of the page, enter your email address, and click "Forgot password." You will receive an email message with instructions. Please address questions to laura.jenski@gmail.com.

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