
The best view comes after the
hardest climb.



Mountain West Outdoor Club Newsletter
May, 2023

Editor's note: Happy May! While Jim W. is out seeing the world I am filling in with the latest from Mountain West. Hope your adventures are thrilling.

Carol M.

PHOTO CAPTION(S):

- 1) Above Inspirational Photo from outlau.com
- 2) Below a view of Trail 5 Elevation on a Wednesday Hike in April
- 3) Just because it is difficult doesn't mean it is not worth doing!

ELEVATION



2,921

Min Elev (Ft)

4,014

Max Elev (Ft)

MWOC MAY MEETING, Monday May 1, 6:00 PM

The pavilion in Kristin Armstrong Municipal Park, 500 S Walnut St, Boise

The weather should be great on Monday for the May 1 meeting. Please note the earlier time for the kickoff of summer meetings and potluck dinners -- BYO drinks, place setting, and a dish to share. No alcohol is allowed in Municipal Park.



MWOC APRIL MEETING, April 3

General Business Meeting included a brief Treasurer's report, the upcoming trail maintenance project, and the annual picnic.

"Idaho Centennial Trail"

The trail that has the reputation for being a route relegated to elite thru-hikers or masochists was the key topic during the April MWOC meeting. Our speakers this month were Boise natives, **Jeremy and Lisa Johnson**. They shared stories of their thru-hike on the 982 miles of the ICT in 51 days during the summer of 2020.

Their video can be viewed at <https://youtu.be/mquDUzs9bi4>. Their travel guidebook will be published this Spring.

UPCOMING MWOC EVENTS



WANDERING WHEELS BIKE GROUP

In Jim's absence, I think this work in process is still the same - I am including it here as we await updates with this partnership, with events already past removed.

We've been working on a joint enterprise between MWOC and the Wandering Wheels (WW) bike group. You can find them on Facebook. WW has been around Boise for decades, slowly fading out in recent years after their founder moved away and then...Covid. MWOC member, Rob Fisher, is working to resurrect the group with regular meetings and monthly rides. Interestingly, a contingent of the Old Guard (WW previous management) has been about the same thing, resulting in some competing events. We'll have to see how this plays out.

The planned March ride to Hilltop Cafe and the planned April ride to Mayfield Road were both cancelled for weather.

Upcoming events include:

- **THIS RECENT EVENT** is just past - if anyone participated or wants to share updates for our next newsletter that would be great! WW swap meet for bikes, gear, and travel stuff on Sunday April 30, noon to 5:00 PM, at Lost Grove Brewing, 1026 S LaPointe St. This is also Rob and the WW New Guard.
- When last discussed, weekend camping rides are planned for May 19 and October 6. Details TBA.



Lava Hot Springs Trip, May 15 – 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



KIRKWOOD HISTORICAL RANCH IN HELL'S CANYON, August 1-15

The Kirkwood Historic Ranch is located within the Wild and Scenic Snake River corridor of the Hells Canyon National Recreation Area. The main purpose of the site is preservation and interpretation of Hells Canyon and historic ranching. Visitors are introduced to the historic ranching lifestyle in the canyon and thereby gain an appreciation of man's presence and influence since the turn of the century.

The volunteer program at Kirkwood provides the backbone and support for this interpretive effort. While the Ranch is both remote and isolated, Kirkwood hosts over 15,000 visitors each year. Visitors access the site via jet boat or hiking the 6 mile Snake River Trail from Pittsburg Landing.

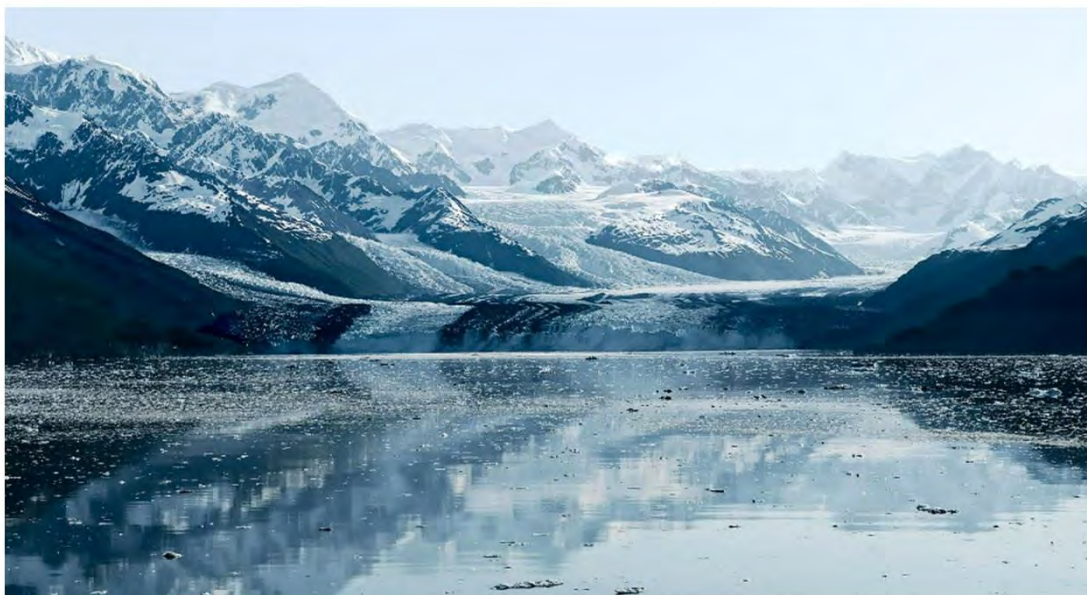
Volunteers live in the historic ranch house, a small two-story frame building. The downstairs has a bath, kitchen and root cellar, while the upstairs has a living room, two bedrooms and a sleeping porch. The water source is the Kirkwood Spring and is currently on a solar filtration-purification system. Kitchen appliances consist of a wood cook stove, a three-burner propane hot plate, a propane refrigerator with a small freezer. The house is completely furnished.

Volunteers are provided with a Forest Service radio for daily check-ins, and a satellite phone (for emergencies). There is no cellphone service and no electricity. Volunteers provide their own food and personal effects. There will be time to hike, fish, and explore the area. Volunteers need to be healthy, outgoing and adventurous, with basic skills necessary to function effectively and safely in a primitive setting. Responsibilities

include welcoming and escorting visitors around the site daily, and maintaining the buildings and grounds.

I have reserved the first two weeks in August 2023.

For additional information contact Lyn Siebold sieboldjl@yahoo.com



ALASKA CRUISE, Wednesday August 23, Vancouver BC

We are at 12 or 13 cabins. Please note the contact person at Princess has changed. Also, if you would like to go and prefer having a roommate, please contact me. I might be able to make suggestions.

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>

Questions about the cruise can be directed to Mike McKeen with Princess Cruise. His number is 1-800-901-1172 ext. 21775. Give my name and Mountain West Outdoor Club. We will get additional onboard credit for scheduling as a group. His email

is mmckeen@princesscruises.com. Please reserve through Mike. 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.

MWOC ANNUAL PICNIC, September 2023

If you attended one of these in the past, you'll know it's lots of fun! There is a delicious catered meal, games, and prizes. **Volunteers are needed now** for the food committee and the prize committee. Please contact the coordinator, Janette Young, if you're interested.

We'll confirm the date for the next newsletter. The first Monday in September is Labor Day.

Janette Young, janettey99@gmail.com

MISCELLANEOUS BUSINESS

CREATING EMAIL GROUPS IN WILD APRICOT

I've created a group in Wild Apricot called 2023 Officers. If you want to create a group, here's a quick step-by-step description:

- Main menu > Members > Groups. Click on button "Add new Group"
- Enter title and description, and click "Save" button.
- The new group appears in the list. Click on the group name.
- On the screen that appears, click on "Manage Participants" button. This will bring up a box and a list of all current members. Highlight a member's name and click on "Add" button. The chosen members will appear in the box.
- Be sure to save your work before exiting

If you want to use this group as a contact list for emailing, add these steps:

- Main menu>Members>List
- Click on Advanced Search tab
- (Remove any existing criteria) Click "Add criteria"
- From the drop-down menu, choose Group Participation
- Click on the desired group name.
- Where it says "Save search as:" enter a title.

- Click Save button

When you compose an email, choose the "Contact List" option for recipients and your group name will appear in the box of saved searches. You only need to go through these processes once, as the group and search will be saved.

Laura Jenski, laura.jenski@gmail.com

WILD APRICOT SMARTPHONE APP

Are you interested in an app that has many features of the MWOC website but runs on your Android or iPhone? Are you a hike or other activity leader needing quick access to a member's contact or emergency contact information?

Wild Apricot (the company MWOC uses for membership, website, emailing, etc.) has a Members App you can download from [Google Play](#) or the [App Store](#). With it you can view a directory of members, send an email to a member, renew your membership, view and register for events, and more. (There are a few things you can't do, mostly related to event registrations.)

Let me know if you have questions or need assistance. Wild Apricot has posted user guides for [iPhone](#) and [Android](#). I'd also be interested in your feedback on this app, which I will share with Wild Apricot.

Laura Jenski, laura.jenski@gmail.com

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).

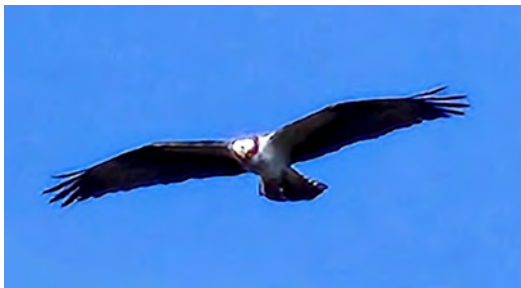
You can always change your contact information (Profile) in the Member Directory by going to the club website, www.mwocid.org, logging in with your email and password, and clicking on your name in the upper left hand.

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.)



MWOC MONTOUR AND ROYSTONE OUTING

Wednesday, April 26

First absolutely lovely day of spring. Planned and led by Ann Schorzman and Kathy Johns, 9 hikers met at the Winco parking lot to carpool to Montour campground for the hike, thinking the group would be SMALL. Once they reached the campground, another 12 were waiting, bringing the total number of adventure seekers to 21. The hike followed the river, where some deer were watching peacefully, and up a ridge for a spectacular view of the Payette which included a bald eagle atop her nest close to the river. After the hike, just a mile away, was Roystone hot springs. The group was joined by yet more people to enjoy great food, some friendly pickleball and a relaxing soak in the hot tub. Word has it that Ward and Kathy Johns were the best and most cordial hosts ever, and that new faces in the group or regulars not usually on Wednesday adventures made for great day out. An adventurous and fun-filled day sure seemed to make everyone happy. What more could you ask for?



MWOC TRAIL MAINTENANCE PROJECT

Monday, April 10, Big Springs Trailhead

Hikers showed their appreciation for our great trail system on cleanup day!

Tuesday hikers hiked along the NY Canal and Bob's Trail.



Wednesday hikers visited Hidden Springs Trails and Military Reserve in addition to the Roystone Hotsprings outing

Thursday hikers visited Cottonwood Creek, Ussery Street (Hillside to Hollow) and Polecat trails



Thursday Afternoon Nordic Ski/Snowshoe group stopped meeting after February. Bogus Basin will stay open until May 6th this year! There's still time to do some skiing!

Kayakers are on hiatus, I think, having frozen solid at last. They will thaw out again in Spring. It won't be long now!





MISCELLANEOUS PHOTOS

Upper left: Roystone Hotspring, April 2023

Upper right: Roystone, April 2023

Lower: Thursday Hikers at Polecat, April 2023

CLUB ACTIVITIES

MONTHLY MEETINGS are held on the first Monday of each month. Winter meetings (October thru April) take place 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. Summer meetings (May thru September) take place nearby at the pavilion in Kristin Armstrong Municipal Park, 500 S Walnut St, Boise. Summer meetings are a potluck

dinner -- BYO drinks, place setting, and a dish to share. No alcohol is allowed in Municipal Park.

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 officers

Greg Farmer,
President remraf@rocketmail.com 208-908-8124

Judy Farnsworth, Vice
President jfarnsw@me.com 208-344-7973

Laura
Jenski, Treasurer laura.jenski@gmail.com 208-860-9477

Jim
Wolf, Communications jawolf05@msn.com 208-860-2193

Claire
Veseth, Membership cbveseth@gmail.com 208-301-3841

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 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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