

Progressive Hiking Schedule Snoqualmie Region



Mailbox Peak Summit September 2019

Training helps you enjoy the hike, backpacking or summit climb. You are more relaxed and fully present to appreciate your surroundings if you are not under the physical and psychological stress of being overwhelmed with the effort of hiking.

I suggest progressively increasing the difficulty of your hikes. If you are training for a backpacking trip or a mountain summit, it is best to start training in earnest at least 8 weeks before a backpack trip or 6-8 months before a summit. Prior to that, it really helps to start with a good base of cardiovascular exercise such as moderate walking, jogging, biking and thus already have basic conditioning. If you do not have this base, a 12-16 week progressive build-up to pre-trip hiking fitness is more appropriate.

Some of these hikes are not accessible during the winter season. Check WTA.Org for trail reports, weather reports, directions and pass requirements.

Maria Faires' Progressive Hike Schedule Snoqualmie Region

<i>Hike</i>	<i>Mileage RT</i>	<i>elevation gain</i>	<i>Feet/mile elevation gain</i>	<i>High Point</i>	<i>Difficulty Rating</i>
Rattlesnake Ledge	4	1160	580	2,078	16
Margaret's Way	5.5	1500	545	1,730	17
Tiger 3	5	2,100	840	2,525	22
Poo Poo via Chirico	3.8	1,760	926	1,850	23
Talapus/Ollallie Lake Exit 45	6.2	1220	394	3780	12
Annette Lake	7.5	1400	373	3600	15
Ollallie Lake via Pratt Lake Trail Exit 47	6	na	na	na	15
Poo Poo Via High School	8	1700	425	na	15
Kamikaze Falls	6	1420	473	2370	16
Little Si	4.7	1,300	553	1,550	16
Snow Lake	7.2	1700	472	1830	17

Cable Line- West Tiger 3	3.0	2022	1348	2522	31
Twin Lakes & Lillian Lake	9	2000	445	5300	18
Pratt Lake Basin	11	2300	418	4100	19
Melakwa Lake	8.5	2500	589	4600	21
Mason Lake	6.5	2420	744	4320	22
West Tiger Four-Summit Loop	9.6	2830	na	2948	22
Mt. Si	8	3150	787	3900	24
Bandera	8	3400	850	5240	26
Mt. Washington Exit 38 Ollalie	8.5	3250	764	4450	24
McClellan Butte	9	3700	822	5162	26
New Mailbox	9.4	4,000	851	4,822	27
Granite Mountain	7.6	3,658	962	5629	28
Old Mailbox	5.2	4000	1538	4882	37
Camp Muir Mt. Rainier	8	4,600	920	10,080	32
Camp Muir to Summit		4,330			
Paradise to Mt. Rainier Summit (although typically done in 2 parts)	16	9010	1126	14,411	39

Hike Difficulty calculated using <http://www.nwhiker.com/HikeEval.html>