

# revolve

winter 2017

# FIRE

## HIKES IN ASHES

HEALTH

### NEGATIVE IONS

The anti-depressant  
& the cure

ADVENTURE

### HIKING

with soul  
+ drive

BIG HAIR

### BIG AIR

Eradicate fear

### PLUS

30 Hidden trails in the U.S



*features*

MUNRA CLIMB & FALL

BLOW OVER

YOUR JOURNEY

FIRE AT WILL

HIKES IN ASHES

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our **CONTRIBUTORS**



*Osleidy Soria-Pons*

Born in La Havana, Cuba and raised in Portland, Oregon, Pons parents exposed her to a variety of cultures and outdoor experiences. From these, she developed a passion for the outdoors—enjoying the humans who pursue the unknown spaces. Graduating from Clackamas College with a degree in photojournalism, Pons said photography and meditation are the only things that help clear her mind and soul.



*Aravind Kumar*

A photographer that cannot put down his camera is never going to move backward. Born in Cairo, Egypt and raised in Seattle, Washington, Kumar is a photographer who travels the world to capture amazing photographs. When he’s not freezing his ass off in the mountains, he can be found watching old snowboarding movies or devouring tacos with his friends. Photographer, foodie—Kumar.

FROM *the* **EDITOR**



**Let** me introduce myself: I am REVOLVE’S new Editor in Chief. And beginning with the September issue—redesigned and re-imagined—we will learn from one another what a magazine is, and what it can be, in our always changing new world.

To start, let me say that I am a magazine enthusiast, a junkie who from my earliest school days has been obsessed with flipping through the pages of magazines, first absorbed in their images and stories, later assigning and editing my own. Printed on glossy stock or on cheap tabloid paper, appearing on your iPad or your cell-phone screen, it is still and foremost the work of an editorial team for a discerning audience, a beautiful and meaningful—we hope—package of ideas, words and images that a group of experts prepares for its readers.

We, the editors, will strive always to keep you engaged; you, the readers, are free to engage with us without having to compromise what you like.

*Melody Mancilla*



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SEEK

HIKE ON  
**NEGATIVE IONS, THE CURE**  
by RACHEL WILSON

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“Nowhere else do four national trails come through an area: the Lewis and Clark Trail, the Ice Age Floods Trail, the Oregon Trail, and the Pacific Crest Trail,” says Renée Tkach, a project manager for the nonprofit Friends of the Columbia Gorge. Since the loop would pass through towns and cities, Tkach says the seamless system would be modeled after

old European treks: the 82-mile, coast-to-coast path along Hadrian’s Wall in England; Spain’s 1,203-year-old, 500-mile-long Camino de Santiago; or Portugal’s 280-mile network known as the Rota Vicentina.

**TRAIL SEEKERS**

Without hordes of medieval pilgrims to trample down vegetation, the Gorge loop still has some ways to go. Eighty percent of the land required to complete the loop is owned by state parks, Friends of the Columbia Gorge, the US Forest Service, or other public agencies or cities. But only 40 percent of the trails needed to create the loop now exist. Success depends on an ambitious combination of buying. Without hordes of medieval pilgrims to trample down vegetation.

Cannon beach

PHOTO: WU JIANXIONG



“These tiny little chemical creatures are naturally given off by trees, plants, the ocean and nature—drown in them or suffer from depression!”

Service, or other public agencies or cities. But only 40 percent of the trails needed to create the loop now exist. Success depends on an ambitious combination of buying land, bringing private owners on board, and raising funds to build trails. (A mile of new dirt trail can cost about \$1 million.) And of course, not everyone is thrilled about the idea. In 2013, the Skamania County Board of Commissioners strongly opposed the plan unless certain concerns were addressed, including property rights, maintenance, and potential sales of private land. In 2014, a National Park Service survey

found that 41 percent of residents in Washington's Lyle County opposed an expanded trail system.

#### THE ISSUES WE ALL FACE

“The issues are way more complex than just connecting towns via trails,” says Dan Miller, a planner for the National Park Service. “I don't think you're going to change a lot of those folks' minds because they're going to be opposed to a project like this just because it's a Friends of the Columbia Gorge project, who they view to be from Portland and not the Gorge.”

#### HOW TO FIX 'EM?

Even so, the Friends group aims to complete two primary stretches, between Washougal and Stevenson and between Hood River and The Dalles, by 2027. In some cases, small swatches of private land interrupt the intended path, and trail construction in the Gorge must be approved through the region's designated National Scenic Area. Progress is possible, if slow: in the 30 since its founding, the Scenic Area has gained more than 40,000 acres of public land, helping kick-start the whole loop concept in 2011 when it wasn't popular.

“We realize that [this] is a huge vision and will take many, many, many years to complete—potentially decades,” says Tkach. “It's not going to happen in my lifetime.”

# CHILL AT PEYTO LAKE

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A person is running from left to right, surrounded by a dense cloud of dust and debris. The person is wearing a dark shirt and pants. The word "FIRE" is overlaid in large, bold, black letters across the center of the image. The letters are slightly transparent, allowing the dust and debris to be seen through them. The overall scene is dynamic and suggests a sense of urgency or danger.

# FIRE

AT WILL  
by MATT WASTRADOWSKI





**O**ver the summer, a wildfire ravaged nearly 50,000 acres of the Columbia River Gorge. It will be months, if not years, before some of the area's best-loved hikes can be reopen.

## Eagle Creek

Survey the damage done by the Eagle Creek Fire along the Cape Horn Loop. Numerous vantage points along the lower portion of the trail reveal sweeping views of the western edge of the Gorge, where large swaths of charred snags remain amongst the blankets of fir trees for which the region is known. If you're looking to cheer up, the 7-mile Cape Horn Loop offers plenty to love in its own right: Hikers on the upper portion of the trail trek through thick forests of big leaf maple trees and pastoral meadows—Tkach calls it “one of the most amazing fall hikes,” due to the colorful maple trees along the way—while the lower section shows off the cascading view of Cape Horn Falls across Eagle Creek. If the crowded parking lots at Dog Mountain and Cape Horn fill you with dread, head north from the Columbia River and check out the comparatively empty Three Corner Rock hike. You'll earn your post-hike beer—the trail gains 3,200 feet over 8.6 miles—but we think you'll find the hidden scenery worth the effort. Most of the trail hovers under a forest canopy, but other natural features abound. “You go along this beautiful rock creek, and there are all kinds of little waterfalls as you make your way up there,” Tkach says. The trail ends at Three Corner Rock, where you'll enjoy 360-degree views of Mount Hood, Mount St. Helens, Mount Jefferson, and other Cascade peaks. The most popular loop starts Old Highway 8, passes a rickety wooden homestead.

## Munra Point

No bucket list of Gorge hikes is complete without a nod to Dog Mountain. Even with 2,800 feet of elevation gain over roughly 3 miles, Dog Mountain attracts hikers by the hundreds every spring, due largely to its stunning wildflower blossoms. Bright yellow balsamroot covers much of the mountainside every May and June, with violet lupine adding to Mother Nature's electric palette. Tackle the trek in mid- or late-October, though, and you may not encounter another hiker. “It doesn't need to be hiked for only one

month of the year,” Tkach says. “It's a great place to go in the fall.” What it lacks in blossoms, Dog Mountain makes up for with wide-open views. Sweeping vistas of Mount Hood and Mount St. Helens await tenacious hikers at the summit, and the meadow makes an ideal lunch stop—assuming the weather cooperates (pack layers in case it doesn't).

## Multnomah Falls

If another week of rain has you jonesing for sun, head a little further east to the Lyle Cherry Orchard, some 80 miles east of downtown Portland. You'll gain about 1,500 feet of elevation over 2.5 miles, hiking through oak groves and cherry orchards along the way. “It's more of the smaller, more twisted and configured oaks, and it's beautiful starting in the fall, when the leaves are changing,” Tkach says. “And when the leaves fall, it's a magical forest.” When you arrive at the summit, you'll enjoy views of The Dalles, Rowena Crest, and the wider Gorge region. Nestled near the eastern end of the Columbia River Gorge, the Catherine Creek network of trails sits at the confluence of two distinct ecosystems: Once you've ascended to a ridge line overlooking the Gorge, you'll see arid, khaki-colored rock formations to the East—and verdant forests and miles of green hillsides to the West. Most of the trail hovers under a forest canopy, but other natural features abound.

“When it's raining in Portland and you're about ready to lose it because you haven't seen the sun in weeks, it's typically going to be sunny at the Gorge.”





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LET'S "OM"

# HIKING WITH SOUL

by JACK PARISH

Even though millions of Americans and people worldwide know this, hiking isn't healthy—it's what the soul craves.

## More endurance

*According to the president of the American Hiking society, "Being in nature is ingrained in our DNA, and we sometimes forget that." People who hike are better able to deal with moods and are more positive, according to some studies. Hiking combats symptoms of stress and anxiety.*

According to a study done by Austrian researchers, hiking accomplished in different ways has different influences on the fats and sugars in the bloodstream. Additionally, hiking provides you with your daily dose of Vitamin D, lowers your risk of dying from cancer, alleviates your sleep, prevents and controls diabetes, and increases your bone density.

## GROUNDING AURA

According to this study, backpackers scored 50% higher on a creativity test after spending four days in the great outdoors. Nature has a way of relaxing the mind and increasing your attention span by allowing you to rest, leaving much-needed room for reflection. Hiking comes with responsibility. You cannot rely on technology; in fact, you may not even be familiar with the territory. With a heightened sense of responsibility, the hiker is forced to be self-sufficient. One of the foremost benefits of hiking is the physical fitness attached to it. Success requires good health.

PHOTO: RARE PECO



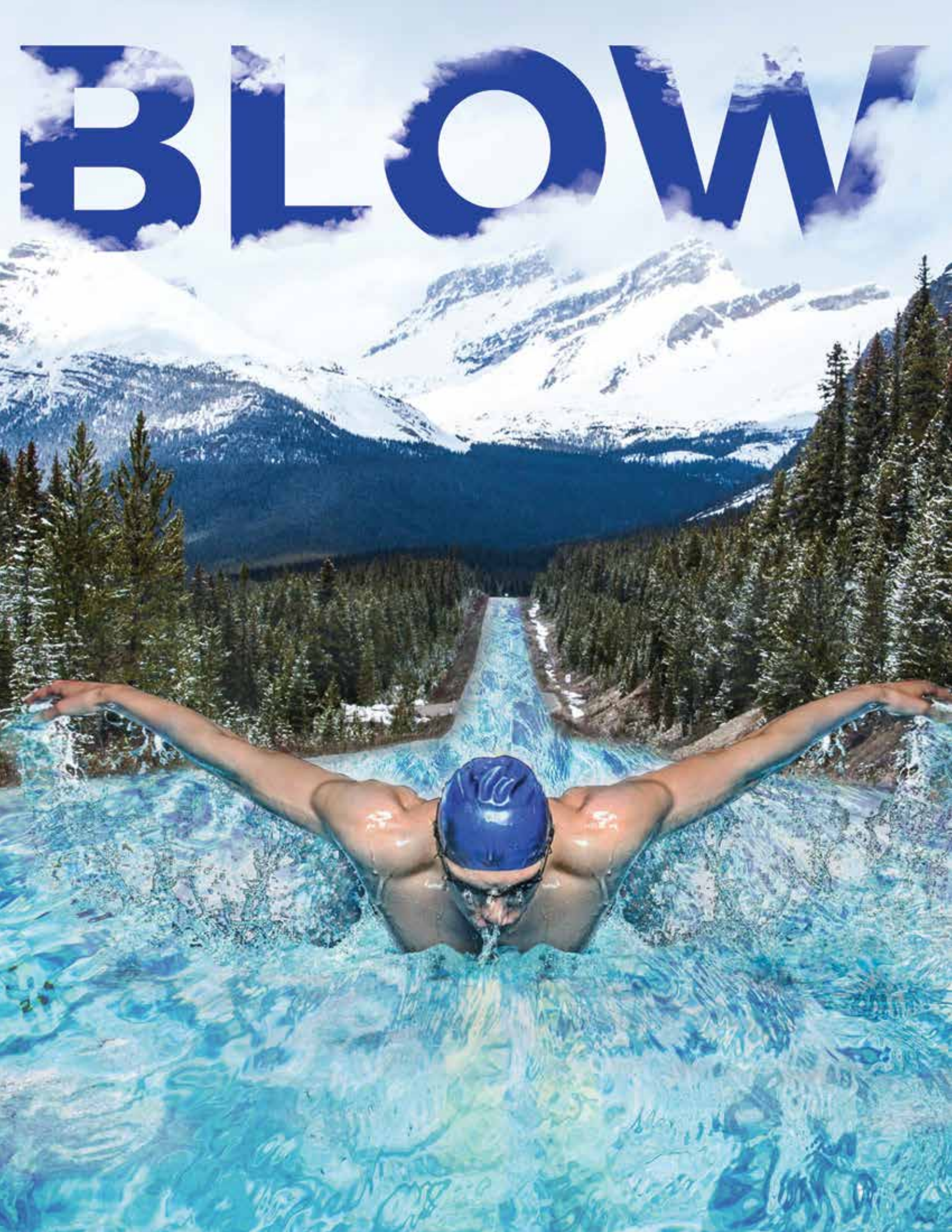


PHOTO BY ELLE MONTE



your  
**competition**  
by CASEY IMAFIDON





Cannon beach

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HIKE ON

# NEGATIVE IONS, THE CURE

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