

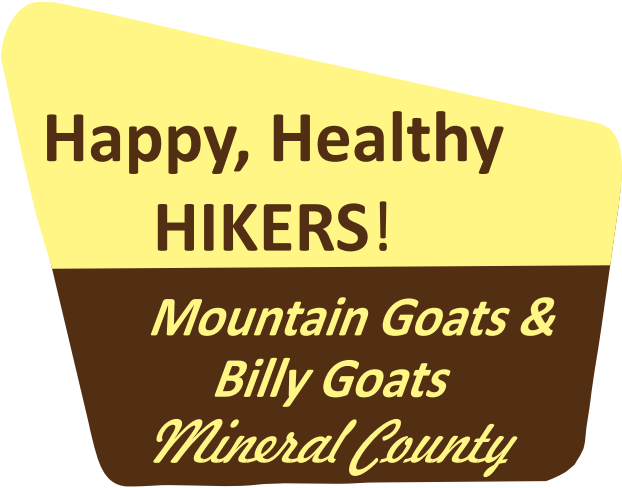
Enjoy the beauty of Western Montana with the **Happy, Healthy Hikers!** Every hike will leave you with a sense of awe as you travel some of the most spectacular country of The Big Sky Country. Each hike is limited to first come, first served so **RSVP is required**. Friendly dogs are welcome but must be under voice command or on a leash. Owners are responsible for doggy poo pick up. Most hikes offer round-trip shuttle service for \$10 per hiker. **Happy, Healthy Hikers! meet at 8 am at the Mineral County Health Department at 1203 5th Avenue East, Superior, MT 59872 unless noted otherwise.** Every hike is free of charge (unless you request the shuttle) and open to everyone. Contact Monte Turner at (406) 370-4335 or mturner@co.mineral.mt.us with the number of hikers, day-of-hike-phone number and if you request shuttle service.

The Mineral County Health Department, Zero to Five, United States Forest Service, Great Burn Study Group and the Montana Wilderness Association want families to experience the health benefits of hiking along with the camaraderie of others while experiencing the 'wilderness effect'. **The Happy, Healthy Hikers!** program consists of 2 groups: The Mountain Goats which are longer and more strenuous hikes. Usually for more experienced hikers, but open to anyone. The Billy Goat hikes are family-friendly for younger hikers and elderly as they are shorter and less demanding. These are great hikes to begin your new hobby, and wonderful hikes for those who still want to enjoy the outdoors with less intensity. These are in **green**. All hikes have a designated guide and everyone hikes at their own comfort level.

The Montana Wilderness Association and the Great Burn Study Group have many exciting hikes of their own with some being overnight and some are stewardship-hikes. Both organizations are committed to our beautiful natural resources with having people visit them to develop the kindred spirit that envelops us in Montana. Check out their websites where you can register to participate at www.wildmontana.org and www.greatburnstudygroup.org.

2019 Mountain & Billy Goats; a division of the 'Healthy, Happy Hikers'

- **Tuesday, April 30:** Point of Rocks, Bert Lindler. 5PM Shuttle **EASY**. 2.4 mile round trip with 272' of elevation gain. Great views and history.
- Sunday, May 5: River Trail. Tom Castles. 8AM Shuttle **MODERATE**. 9 miles one way. Shuttle drops you off and meets you at end. 500' elevation gain. Old homesteads and an eagle nest.
- **Wednesday, May 15:** Thompson Peak. Tom Castles. 5PM Shuttle **EASY**. Good road a bit steep in places. Scenic views of the state line and 9-Mile Divide.
- **Tuesday, May 21:** Dry Creek Cordilleran. Tom Castles. 8AM Shuttle **EASY**. 4 miles round trip. Another hike possible if group wants it. Mule deer range and mining history.
- Friday, June 7: Donlan. Tom Castles. 8AM Shuttle **MODERATE**. 8 miles round trip with 1,500' elevation gain. Nice opens stands of timber and a big patch of yellow pine which is semi-rare.
- Saturday, June 15: 14-Mile. Tom Castles. 8AM Shuttle **MODERATE**. Possible 2,000' elevation gain in 8+ miles. The views are outstanding the more you climb. Old decorative rock quarry.
- Tuesday, July 9: Ch-paa-qn, formerly known as Squaw Peak. Jim Goss. 8AM Shuttle. **MODERATE**. The Salish name means, “Gray, treeless mountain top” and is one of very few peaks in Montana that stands 4,000' above its surroundings. Hike 3.6 miles each way with about 2,000' vertical gain. Hikers should be comfortable walking on blocky rock on the final approach to the summit.
- **Friday, July 19:** Savenac hikes at Savenac Nursery in Haugan, MT.Liz Gupton. 10AM and 2PM. NO SHUTTLE. **EASY**. Short mostly level jaunts with history and tree identification.
- Saturday, July 20: Trapper Peak south of Hamilton. Racheal Zeiler. NO SHUTTLE. **STRENUOUS**. 8 miles round trip with 3,500-4,000' elevation gain. Meet at Racheal's house at 5:30AM 1423 US HWY 93N, Victor. Just past the Mill Creek Bridge on the west side of the highway. (406) 370-7588.
- Tuesday, July 23: Illinois Peak. Tom Castles. 8AM Shuttle. **STRENUOUS**. The views are unparalleled along the Stateline Trail in the 9 miles. Pack extra H2O for your dog
- Tuesday, July 30: Shale Mountain. Jim Goss. **STRENUOUS** (7,612 ft.) NO SHUTTLE. 6.5 miles each way, with 2,600' ascent and 1,500' descent for 4,100' total vertical gain round trip. Trail is faint to nonexistent in spots, with some Class 3 scrambling/climbing near the summit. We will need an early start, please discuss specifics with trip leader Jim Goss via email jgossorcreich@blackfoot.net or call 822-5000.
- Saturday, August 10: Sheafman to the Lakes in the Bitterroot. Racheal Zeiler. **MODERATE TO STRENOUS** as it is steady uphill. 12 to 16 miles roundtrip with 2,500' elevation gain. Meet at Racheal's house at 6AM (406) 370-7588
- **Sunday, August 11:** Copper Lake. Tom Castles. 8AM Shuttle. **EASY**. An enjoyable hike to a beautiful alpine mountain lake only 3.2 miles round trip. 600' elevation gain.
- Saturday, August 17: Hoodoo Pass to Heart Lake Loop. Bryan Deschamps. 8AM Shuttle. **MODERATE**. Approximately 10 miles in length, with 2,054' in elevation gain, 3,376' in elevation loss. 3 beautiful Alpine alpine lakes, a few mountain goats and 1 old grizzly (your guide!)
- **Saturday, August 24:** Gold Rush Tour. Tom Castles. 8AM Shuttle. **EASY**. Celebrate 150 years of Cedar Creek history with a pot-luck at the Gildersleeve Mine. Short hikes to see Chinese ovens, Louisville, Forest City and Fort Mary-Ann Gulch. Great stories will be shared!
- Sunday, August 25: Lost Lake. Liz Gupton. 8AM Shuttle. **MODERATE** round trip 7.6 miles elevation gain 1,250'. Mining history and old roads for part of the trails. High alpine vegetation; beautiful lake.
- Saturday, August 31: Sweeny Creek in the Bitterroot. Racheal Zeiler. NO SHUTTLE. **MODERATE TO STRENOUS**. 12-16 miles roundtrip with 2,500' elevation gain. Meet at gas station in Florence, MT at 6AM to carpool to the trailhead.
- Wednesday, September 4: St. Regis Lakes. Debra Regan. 8AM Shuttle. **MODERATE**. 2 beautiful mountain lakes after an elevation gain of 882' and 2.9 mile hike with 3 creek crossings. Most of trail is through high elevation alpine scenery, especially colorful in fall. Huckleberries!
- **Sunday, September 8:** Cliff Lake. Liz Gupton. 8AM Shuttle. **EASY**. Round trip 2.2 miles; elevation gain 520'. Beautiful, pristine alpine lake with stunning vegetation!
- Saturday, September 14: Canyon Creek in the Bitterroot. Racheal Zeiler. NO SHUTTLE. **MODERATE TO STRENOUS**. 10-12 miles roundtrip with 3,200' elevation gain. Meet at Racheal's house at 6AM.



Frontier Photography

