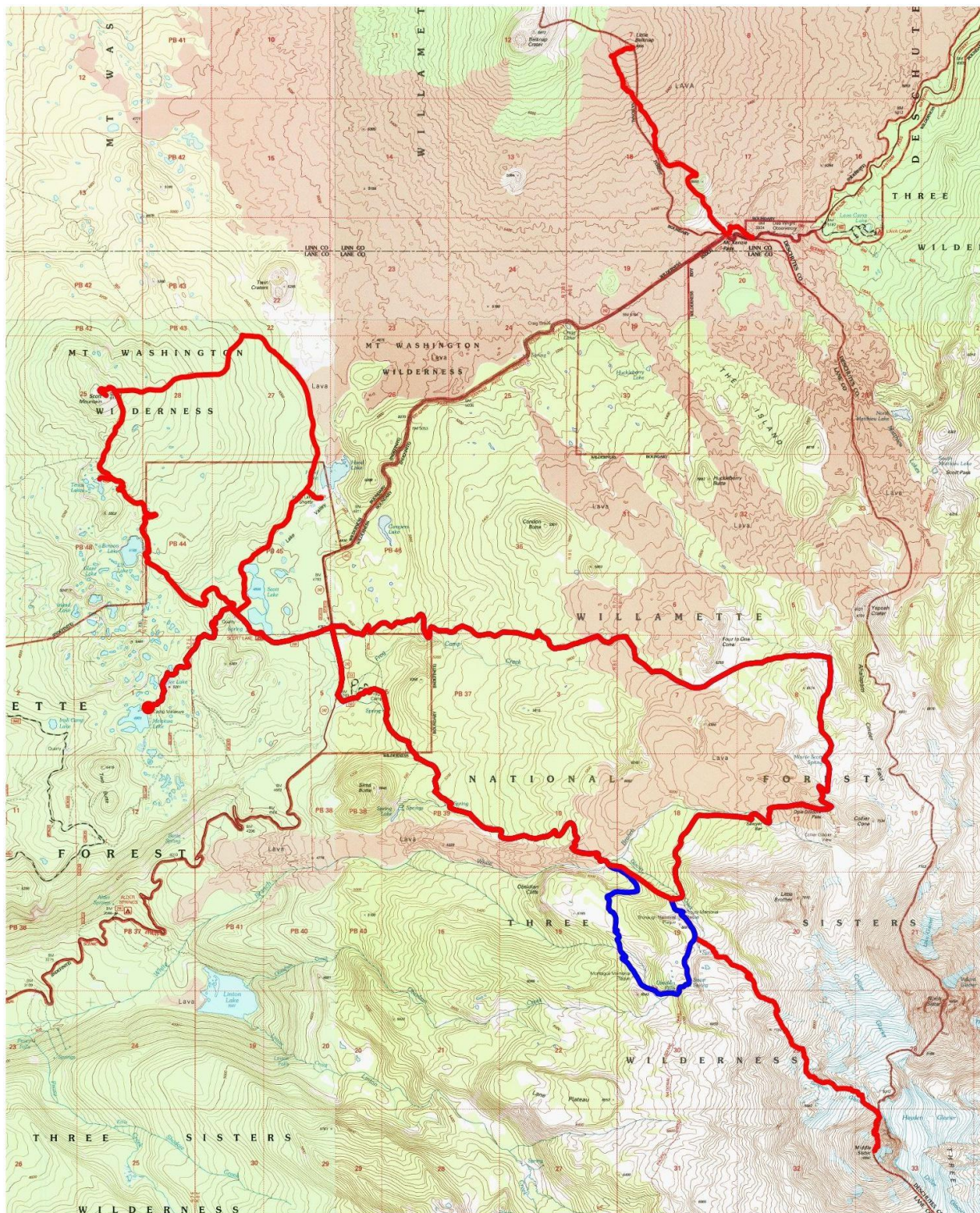




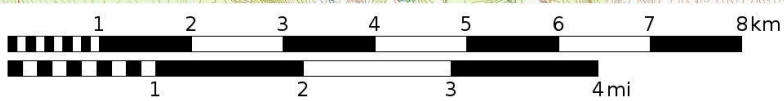
+

Outbounds and Hikes Guide

**CAMP MELAKWA
OREGON TRAIL COUNCIL | BOY SCOUTS OF AMERICA**



Melakwa Outbound
WGS84
UTM Zone 10T



Scale 1:70000



CONTENTS

Introduction

Leave No Trace in the Melakwa Backcountry

Tips for Successful Hiking

Destinations

- Teacup Lake

- Scott Lake

- Benson Lake

- Tenas Lakes

- Hand Lake

- Scott Mountain

- Scott Mountain Loop

- Obsidian Falls Loop

- Middle Sister Loop

- Middle Sister Summit

Packing for Day Hikes

Packing for Overnight Hikes

Summitting the Middle Sister

INTRODUCTION

At Camp Melakwa, our Outbound Staff has a simple philosophy: *Get out of camp!* It may seem a little harsh if you've just arrived, but anyone who has taken a hike with our staff knows what we mean.

Camp Melakwa sits within the boundaries of the Willamette National Forest at about 5000 feet above sea level. It is nestled in a corner between the Mt. Washington and Three Sisters Wilderness areas, and is well-connected to these areas by a system of maintained trails and forest roads. The hills and valleys surrounding the camp are dense with the history of Native Americans, wagon trains, conservation workers, and more than 70 years of Scouts who have hiked the trails before you.

Our philosophy is not a command, but an invitation:

Get out of camp *with us*. Experience the wonders of nature, and explore Oregon's history by looking right at it. Challenge yourself to reach new heights, and go places you never thought you could. Let us teach you something new in the best classroom we have, the trail.

Don't go just because it's fun; not just to fulfill that Second Class requirement; and not just because we said you should. Get out of camp because there is a tremendous adventure waiting right in our backyard, and you don't want to miss it.

Until our paths cross again,

A handwritten signature in black ink, appearing to read 'Zach Colbert', with a stylized, cursive script.

Zach Colbert

2020 Camp Director

LEAVE NO TRACE

in the Melakwa Backcountry

What is Leave No Trace?

Leave No Trace is a code of ethics for people who enjoy the outdoors and are committed to conservation and preservation of public lands. The Boy Scouts of America and Leave No Trace Center for Outdoor Ethics are long-standing partners in educating all Scouts on the seven principles of Leave No Trace and how to practice them while hiking and camping.

Read more about Leave No Trace and the Center for Outdoor Ethics at lnt.org

What are the seven principles?

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

You can learn more about the seven principles and what they mean in your Scout handbook.

Leave No Trace at Camp Melakwa

Camp Melakwa is a backcountry camp, and we take Leave No Trace seriously. As good stewards of public lands and role models for other forest visitors, it is every Scout's responsibility to know and practice the principles of Leave No Trace while in camp or on an outing.

If you have questions about the seven principles or how to practice them, ask an Outbound Ranger or your unit's Outdoor Ethics Guide.

TIPS FOR SUCCESSFUL HIKING

Take care of your feet, and they'll take care of you.

This means wearing comfortable, *closed-toed* shoes in camp and on hikes. Boots are not always the right answer, especially if they are not well-worn! (There are some exceptions to this, especially on the Middle Sister).

Blisters happen, but not as frequently when you wear comfortable shoes and good socks. Be prepared to deal with blisters by carrying moleskin (duct tape works in a pinch!) in your first aid kit.

Drink water! Eat food!

For all hikes out of camp, you need to be able to carry at least 2 liters of water. Whether it's in two Nalgenes, a hydration pack, or a bunch of disposable water bottles from the trading post is up to you. For some overnight hikes (especially those in the Three Sisters Wilderness), you need to carry 3 to 4 liters of water because of the distance between water sources.

There are no water fountains in the backcountry, so be prepared to carry enough water for your whole trip or spend time filtering water from a lake or stream. You should be drinking multiple liters of water each day to maintain good hydration!

Nutrition while hiking and backpacking is also very important. At high elevation, your body is using a lot of energy to move you around, and you need to replace that energy frequently. Try to plan meals that are low-weight, high-calorie, and that will make you happy after a long walk. Bring snacks, too!

The 10 essentials are *essential*.

Regardless of where you're going or how long your trip is, you should have the 10 essentials with you. Especially important ones at Melakwa are:

- Sun Protection
- First Aid
- Hydration
- Nutrition
- Navigation

KYBO is not just a funny name for an outhouse.

Hiking with the extra weight of yesterday's meals can be very unpleasant. Keep your bowels open before you leave camp, or bring your own trowel and toilet paper and be prepared to dig a cathole in the backcountry.

For more information on bowels and catholes, ask your Scoutmaster.

Plan ahead!

By looking at this guide, you're off to a good start.

Know where you want to go, and have an idea of how to get there. Outbound Rangers can help you pick a destination, you can flip through this guide, or just look at a map of the area around camp. Odds are we've been there already, and can help you get there too.

Know who is going with you. Know which Scouts *and* which adults are hiking with you. Every outing *must* have at least 2 adults, but can't have more than 12 total (due to wilderness regulations).

Know when you are going. Will it be an overnight trip, or a day hike? When will you leave, and when will you return? How many meals will you need on the trail? Does your merit badge counselor know you'll be missing class?

Bring the right gear for the trip. This is especially important for the Middle Sister trip, which has some specific requirements. Do you have a way to filter water while you're out? If staying overnight, do you have a shelter? If you're going on an overnight, do you have everything you need to be sheltered while you sleep?

When in doubt, ask for help! The Outbound Staff are available to answer your questions and help you plan your trip.

Hike your own hike.

Don't forget to have fun! Set a pace that's comfortable for you, and take some time to enjoy your hike.

Overnight Hikes

Many of our hikes have the option for overnight adventure. Please talk with our rangers if this is something you are interested in.

TEACUP LAKE

Distance: 0.76 miles

Walking Time: 15-30 minutes

Elevation Gain/Loss: +126ft / -2ft

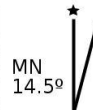
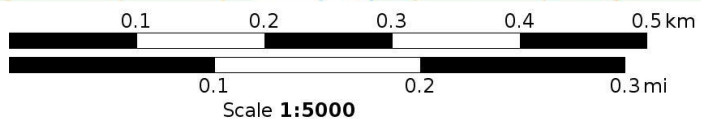
Difficulty: Easy

Points of Interest: Scott Lake Trail, Beltone, Coffee Lake

Description: Teacup Lake is just a few minutes north of Melakwa Lake on the Scott Lake Trail. There's not much fishing out of Teacup, but if you're looking to stretch your legs for a few minutes and get away from your merit badge counselors, you've got a place to go. Along the way, get a nice view of the rock pile at Beltone.



Teacup Lake
WGS84
UTM Zone 10T
 CALTOPO



SCOTT LAKE

Distance: 2.9 mi

Walking Time: 60-90 minutes

Elevation Gain/Loss: +168ft / -246ft

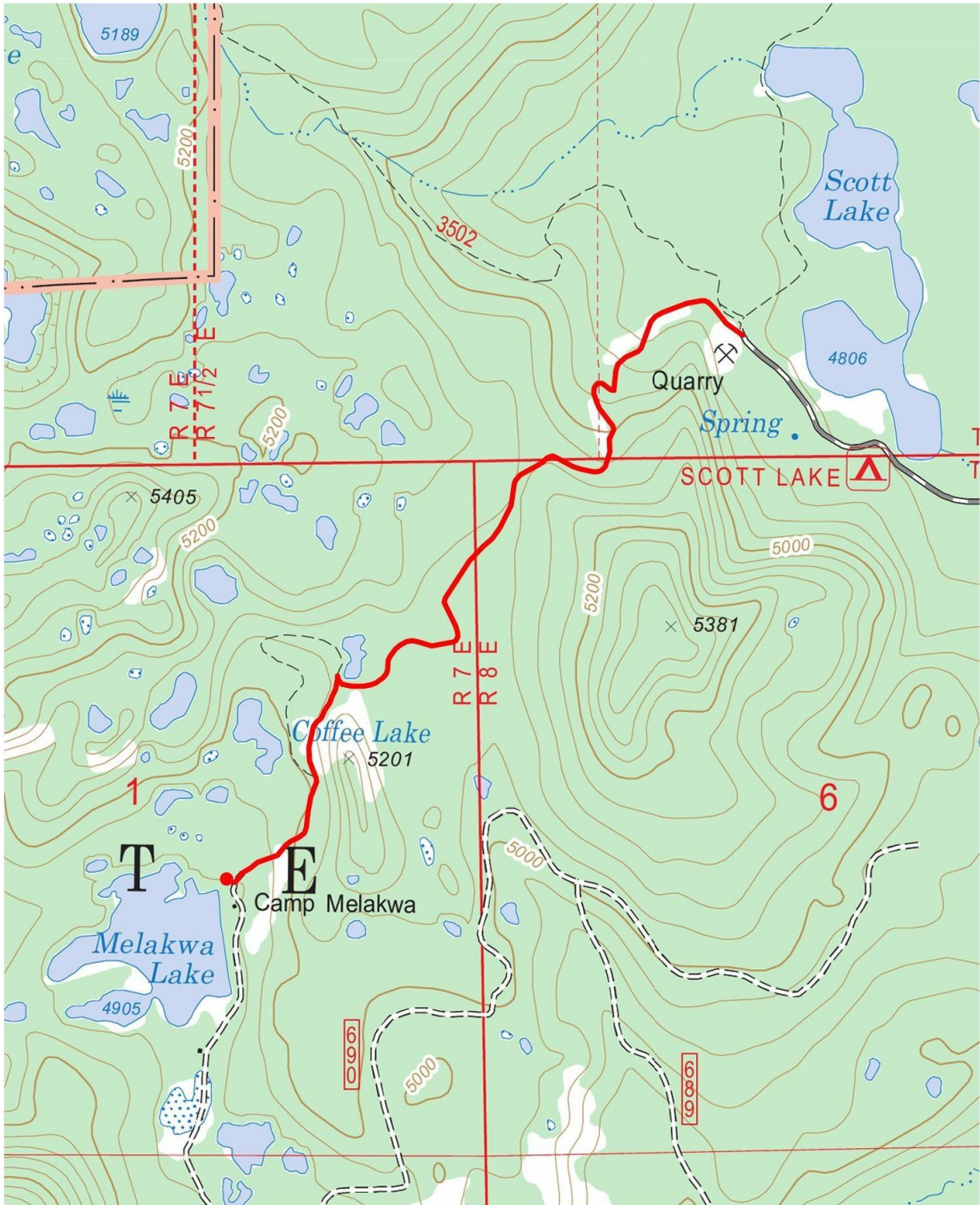
Difficulty: Easy

Points of Interest: Scott Lake Trail, Coffee Lake, Beltone, Teacup Lake

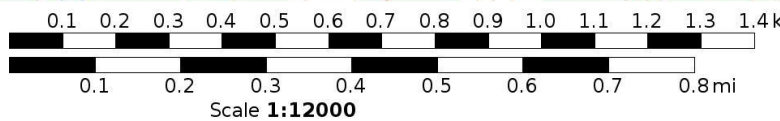
Description: Scott Lake is home to a National Forest campground just north of Camp Melakwa, on the Scott Lake Trail. Fishing is permitted here, but can be difficult in shallow waters around the lake. The Benson Lake Trail heads north from here, leading to a number of alpine lakes and Scott Mountain. Along the way, check out Teacup Lake, the Scott Lake Trail, and the rock pile at Beltone.



View of the North and Middle Sisters from Scott Lake. The South Sister isn't visible from this angle.



Scott Lake
WGS84
UTM Zone 10T
 CALTOPO



MN
14.5°


BENSON LAKE

Distance: 5.36 mi

Walking Time: 2 - 3 hrs

Elevation Gain/Loss: +535ft / -257ft

Difficulty: Easy

Points of Interest: Scott Lake, Scott Lake Trail, Coffee Lake, Beltone, Benson Lake Trail

Description: Benson Lake is north of Camp Melakwa, in the Mt. Washington Wilderness Area. Spend some time swimming, fishing, or exploring the surrounding area here. A nearby rock pile offers a nice view of the mountains above the lake. This hike is great for Scouts who need a five-mile hike or practice with a map and compass for their Trail to First Class.



A view of the ridge separating Benson and the Tenas Lakes, taken from the trail.

TENAS LAKES

Distance: 7.7 mi

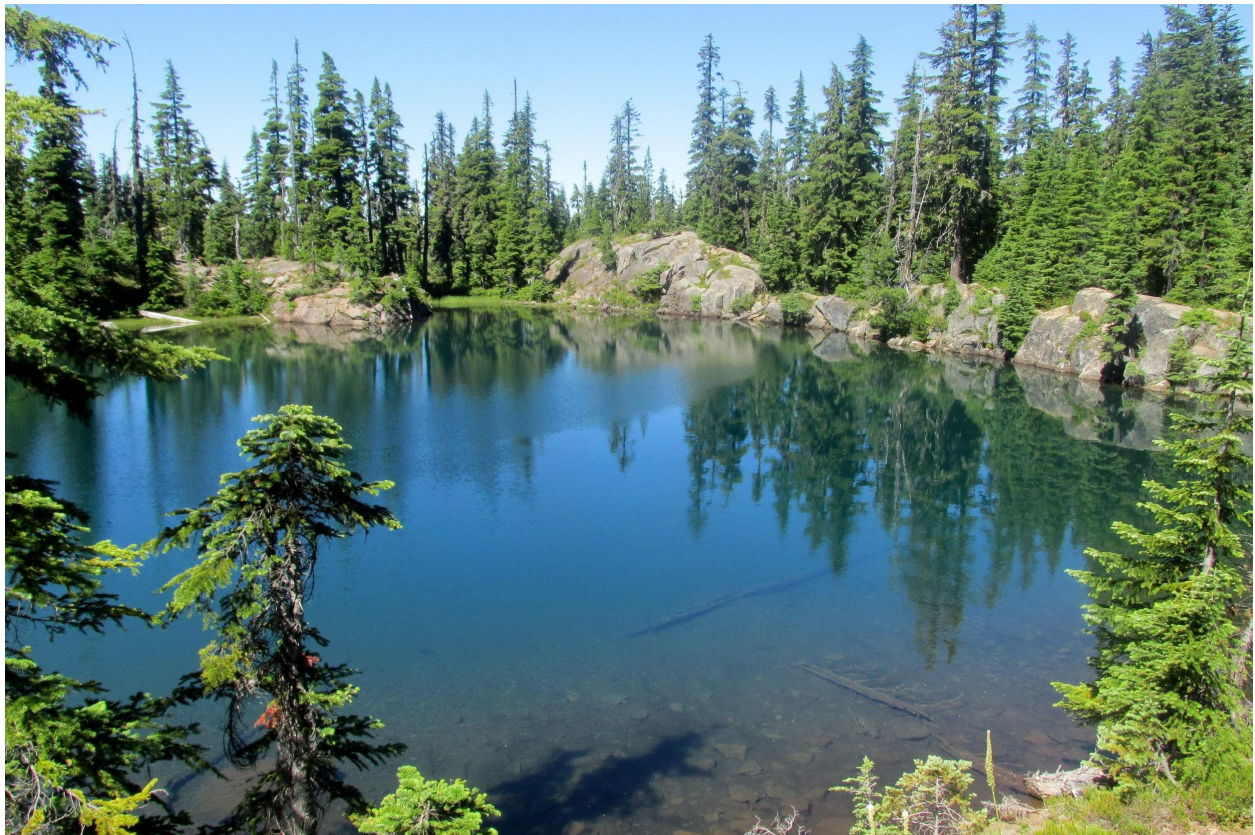
Walking Time: 4 - 5 hrs

Elevation Gain/Loss: +824ft / -269ft

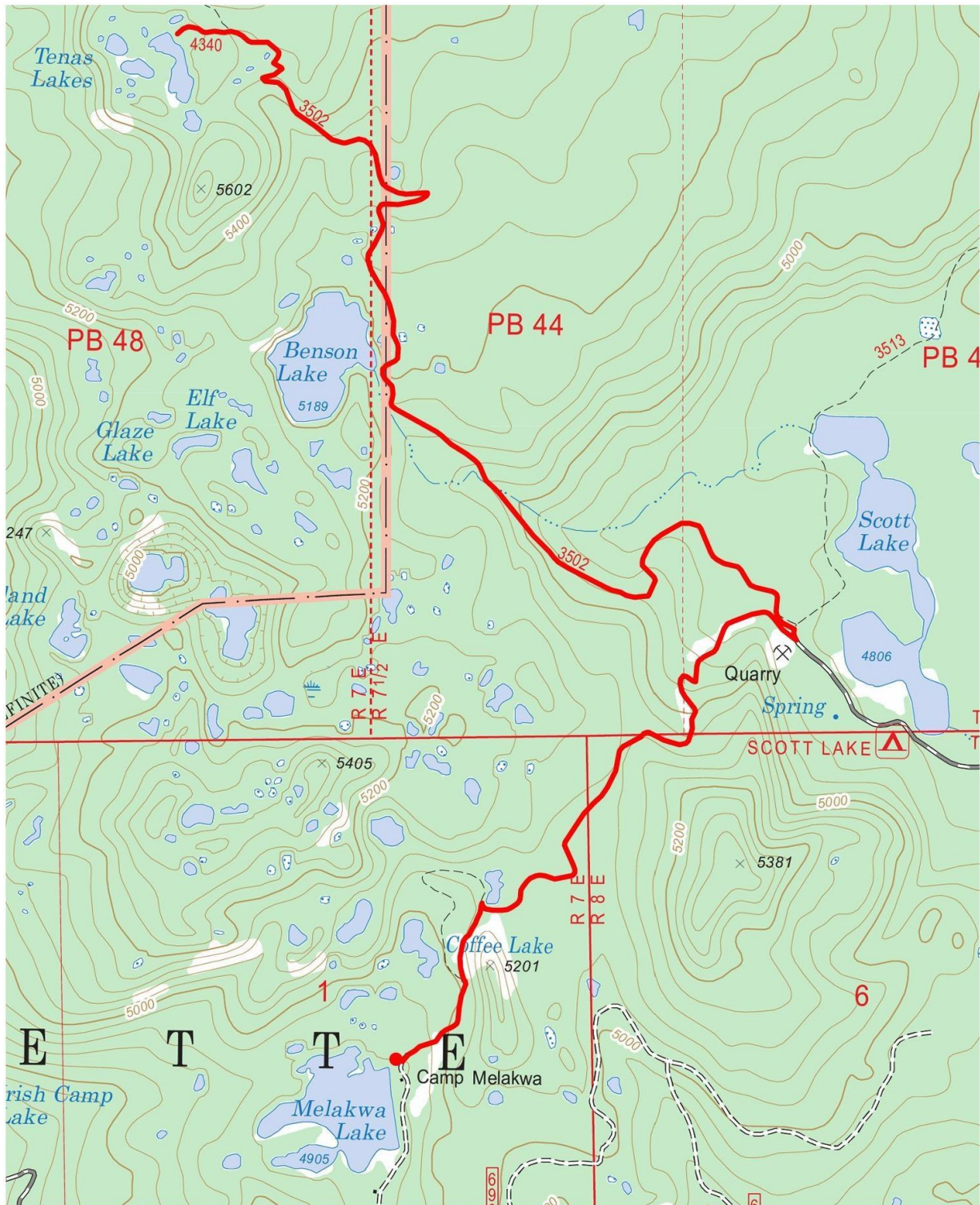
Difficulty: Easy

Points of Interest: Scott Lake, Scott Lake Trail, Coffee Lake, Beltone, Benson Lake Trail

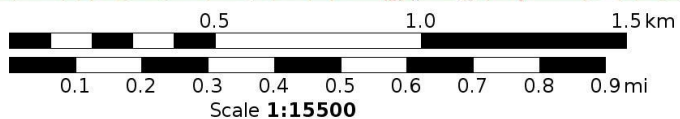
Description: This hike extends another 1.2 miles past Benson late to the Tenas Lakes. The Tenas Lakes provide a great place to stop and relax while hiking. The shallow nature of these lakes provide a great spot to do a bit of swimming or fishing.



The first of the Tenas Lakes, a nice shallow, warm swimming hole.



Tensas Lakes
WGS84
UTM Zone 10T

MN
14.5°

HAND LAKE

Distance: 5.9 mi

Walking Time: 2.5 - 3 hrs

Elevation Gain/Loss: +319ft / -489ft

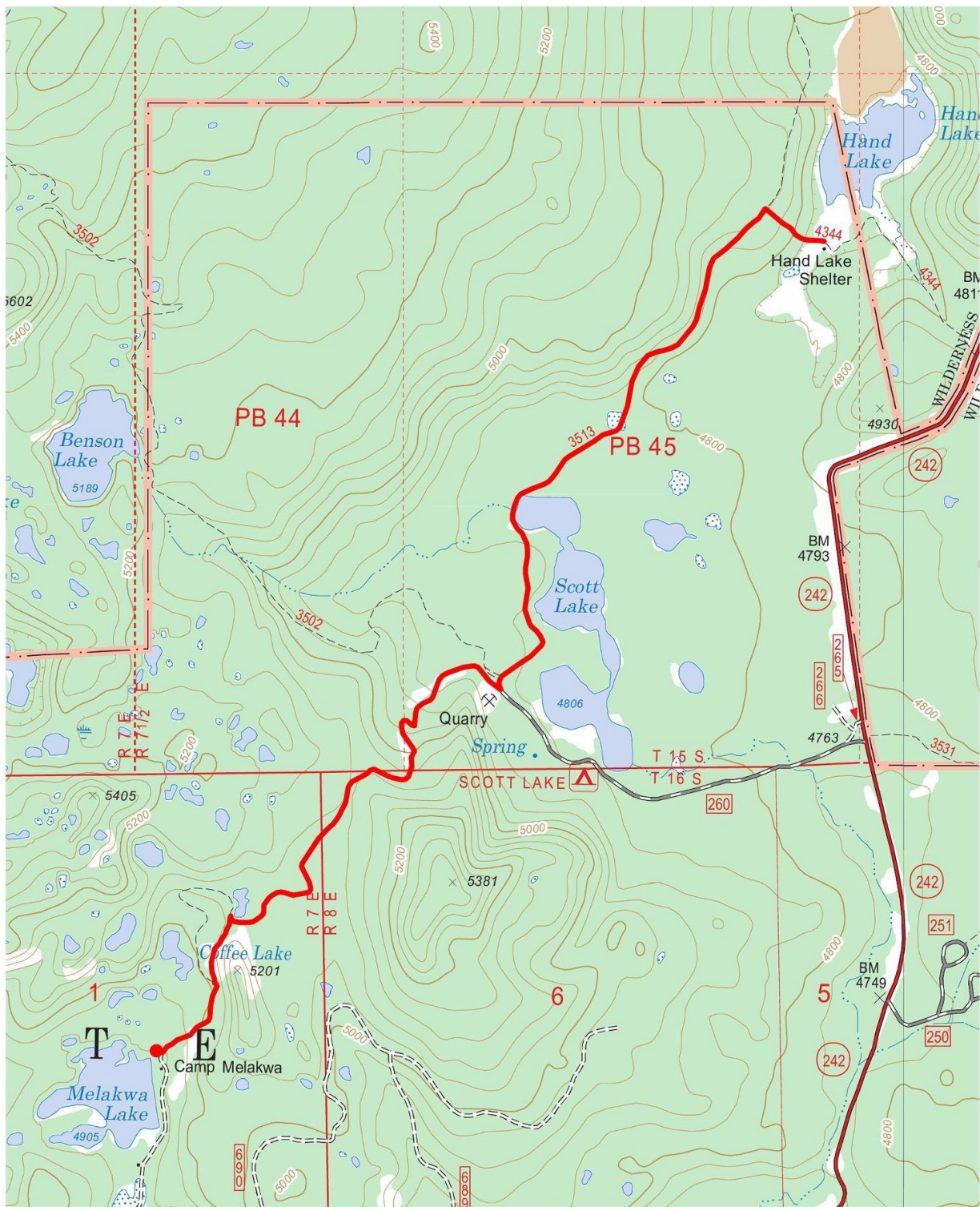
Difficulty: Easy

Points of Interest: Scott Lake, Scott Lake Trail, Coffee Lake, Beltone,

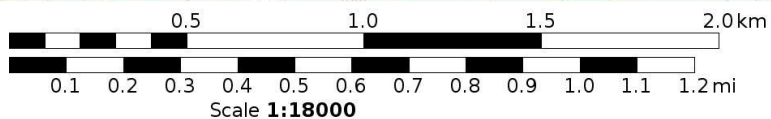
Description: Just past Scott Lake is the much smaller Hand Lake. The lake features a small shelter and a great view of the Sisters. The lake itself changes drastically from year to year, and it's always fun to see how much it has grown or shrunk. Too cold for swimming, it is a great place to set up, eat lunch, and enjoy the view.



Two of the Three Sisters, as seen over Hand Lake.



Hand Lake
WGS84
UTM Zone 10T

MN
14.5°

SCOTT MOUNTAIN

Distance: 9.66 mi

Walking Time: 3 - 5 h rs

Elevation Gain/Loss: +1492ft / -314ft

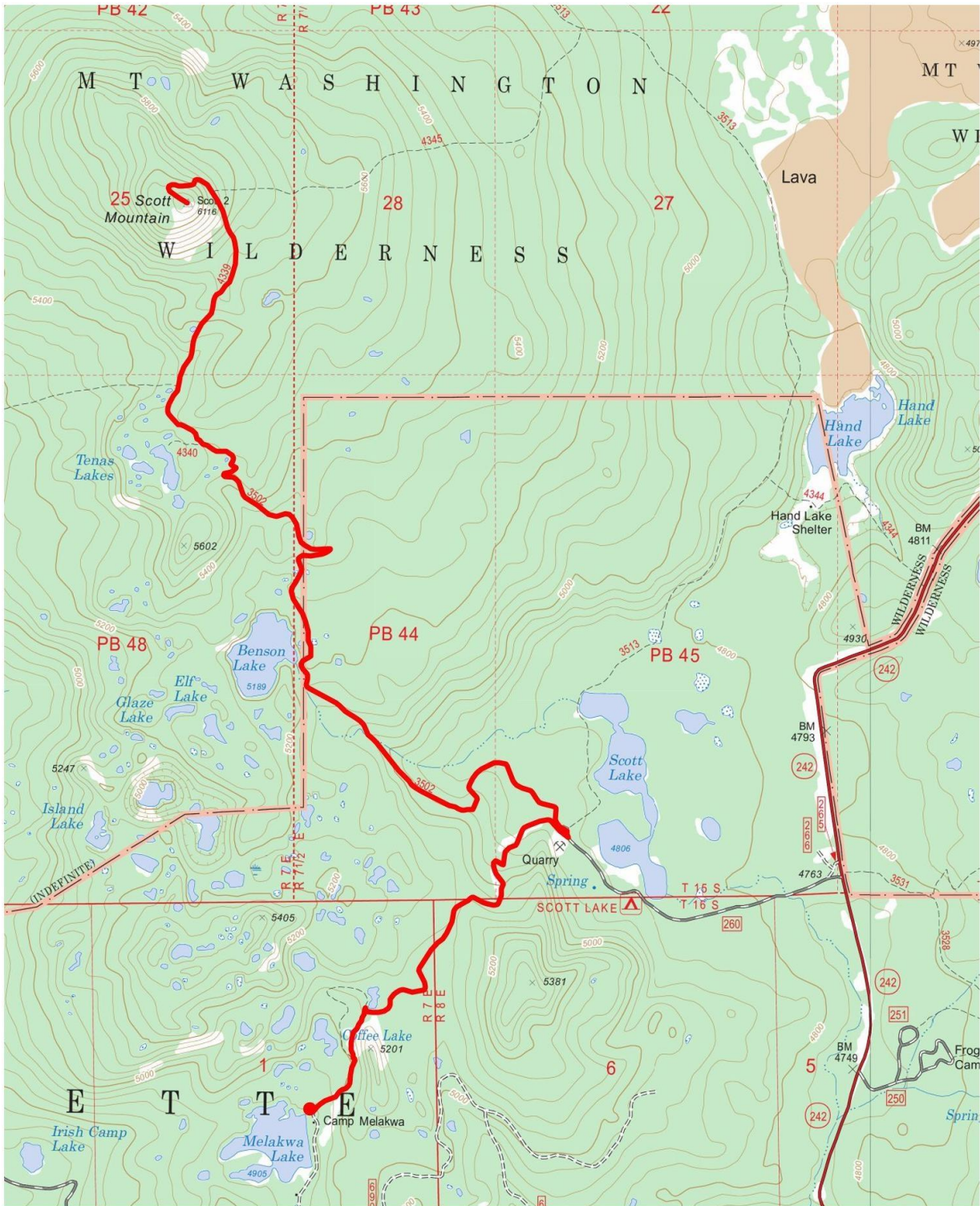
Difficulty: Easy/Moderate

Points of Interest: Scott Lake, Benson Lake, Tenas Lakes

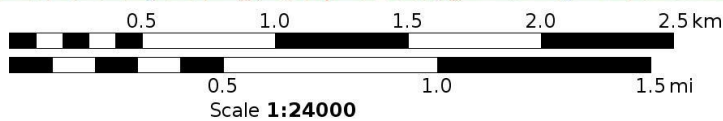
Description: This is a great hike offering beautiful views of the Three Sisters, ending in the ruins of an old fire lookout tower. This is a great 10 mile (round trip) hike for anyone who needs it, and can offer fishing opportunities for anyone who wants it.



The Three Sisters, as seen from the near summit of Scott Mountain



Scott Mountain
WGS84
UTM Zone 10T

SCOTT MOUNTAIN LOOP

Distance: 11.16 miles

Walking Time: 6 Hours

Elevation Gain/Loss: +2113ft / -2113ft

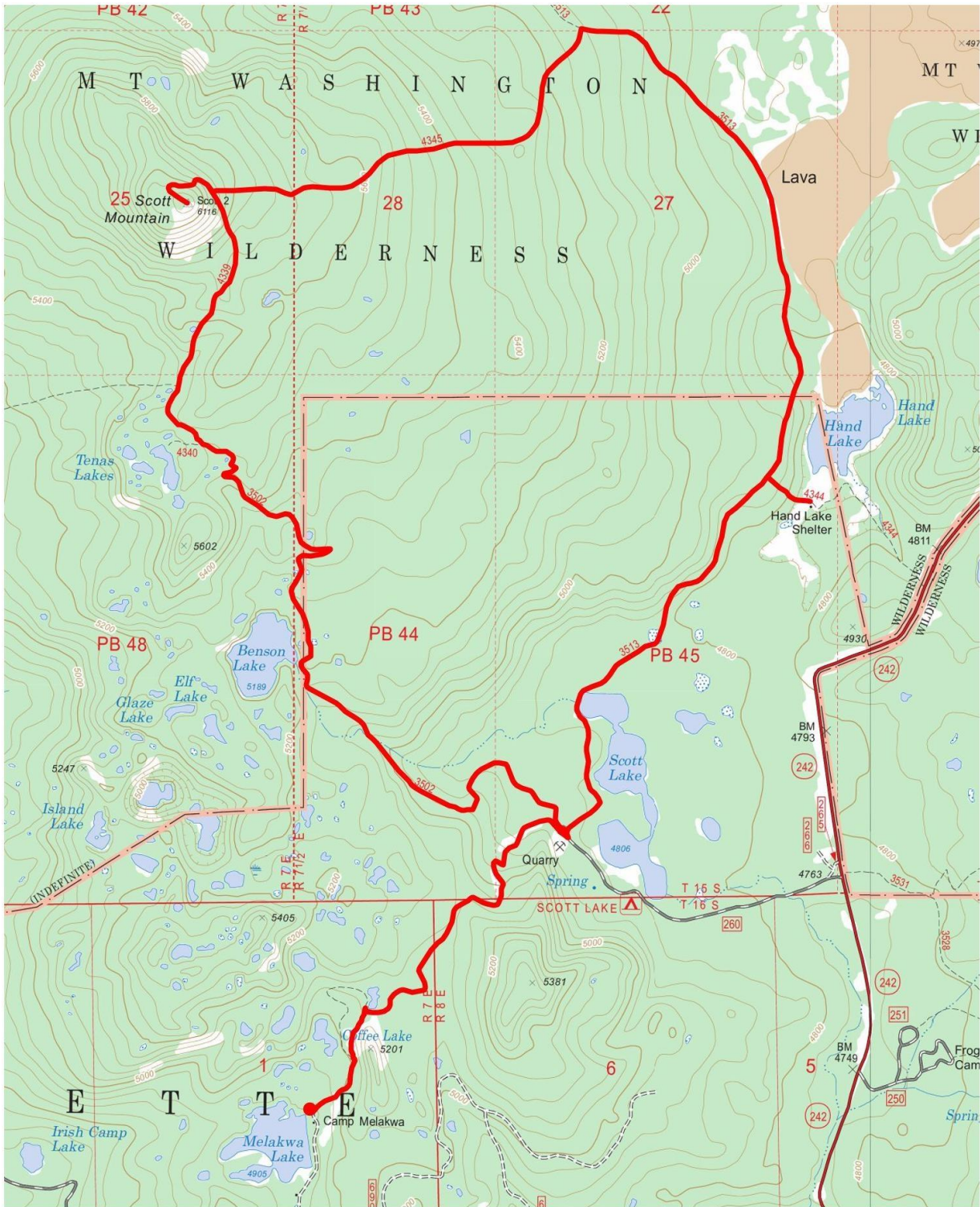
Difficulty: Easy

Points of Interest: Scott Lake, Hand Lake, Scott Mountain, Tenas Lakes, Benson Lake

Description: This beautiful day hike offers a view of the Melakwa Area Lake Hikes, covering all of the ground for our other short day hikes. While longer, this trail will take you to the Scott, Hand, Benson, and Tenas Lakes, as well as up to the top of Scott Mountain for a breathtaking view of our playground here at Camp Melakwa.



The Three Sisters, visible from the Hand Lake Trail

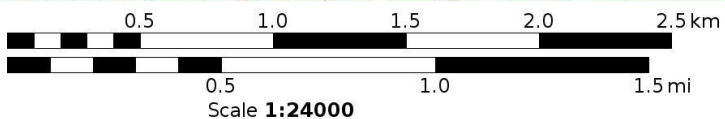


Scott Mountain Loop

WGS84

UTM Zone 10T

 CALTOPO



OBSIDIAN TRAIL LOOP

Distance: 16.69

Walking Time: 8-10 Hours

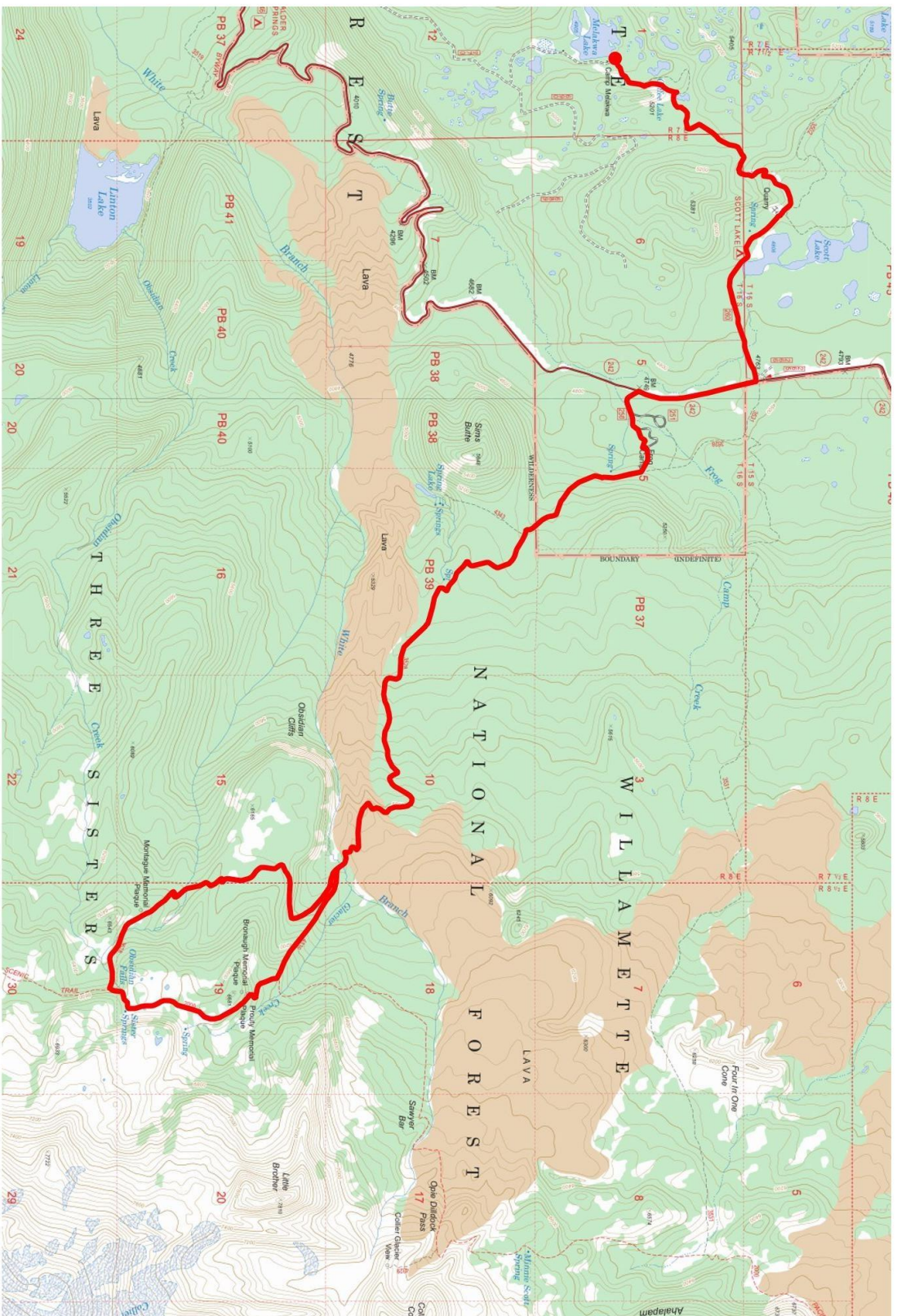
Elevation Gain/Loss: +2703ft / -2703ft

Difficulty: Moderate

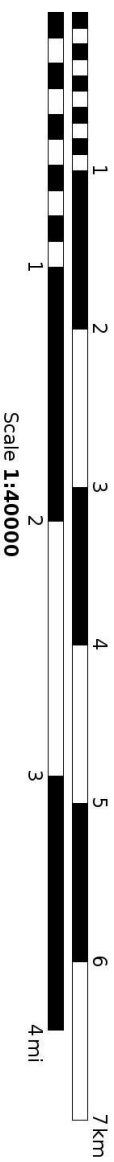
Points of Interest: Obsidian Cliffs, Prouty and Bronaugh Memorial Plaques. Obsidian Falls, Arrowhead Lake.

Description: While decidedly longer than most of our day hikes, the Obsidian Trail Loop is a beautiful hike up to the base of the Middle Sister. Scouts can accomplish a 10 mile requirement through lava fields, alpine meadows, and drink (filtered) water fresh off of the glaciers, and if they are brave enough, douse themselves under Obsidian Falls.





Obsidian Falls Loop
WGS84
UTM Zone 10T
CALTOPO



Middle Sister Loop

Distance: 18.48/20.72 Miles

Walking Time: 10-12 hours

Elevation Gain/Loss: +3157ft / -3157ft (+3488ft / -3488ft)

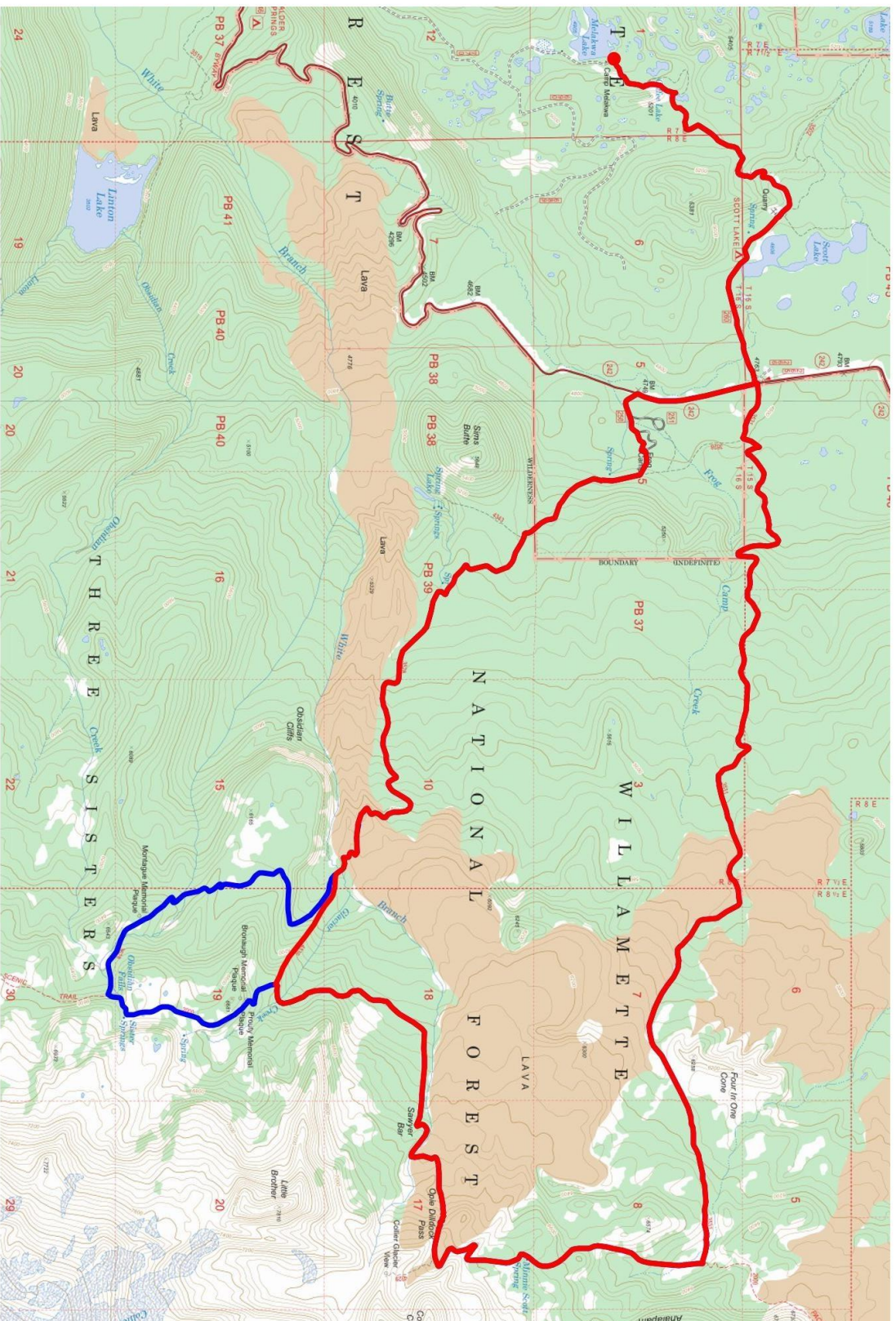
Difficulty: Moderate/Hard

Points of Interest: Four In One Cone, Opie Dildock Pass, Collier Cone, Arrowhead Lake, Obsidian Falls.

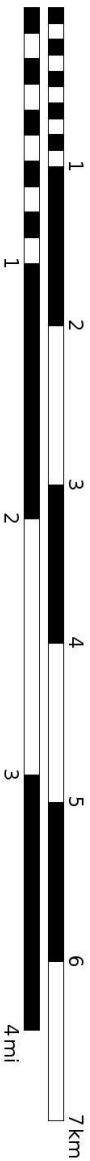
Description: Scouts can knock out a 20 miler, while spending some of the mileage on one of the longest trails in the US. Exploring lava fields, beautiful meadows, and even a rocky pass dubbed “Mordor” by some, this trail is for the more experienced and hearty hiker. Time depending, the hikers can even pass the Obsidian Waterfall.



The North Sister and Collier Cone, seen from the PCT/ Scott Trail intersection.



Middle Sister Loop
WGS84
UTM Zone 10T
CALTOPO



MIDDLE SISTER SUMMIT

Distance: 25.31 miles

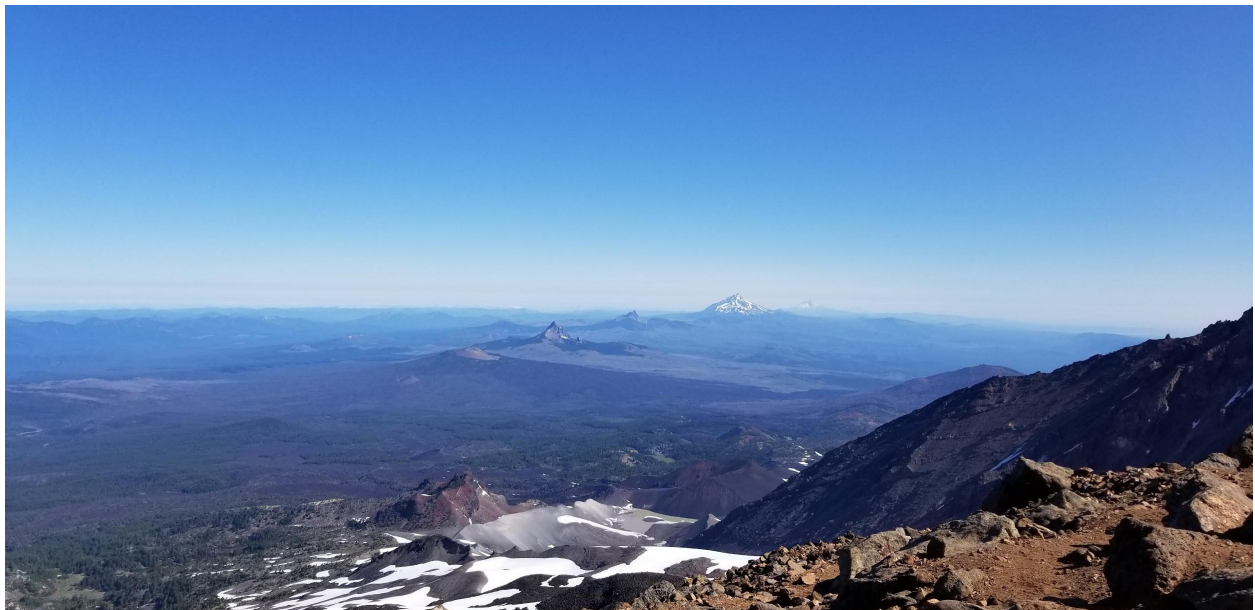
Walking Time: 2 Days

Elevation Gain/Loss: +6904ft / -6904ft

Difficulty: Hard

Points of Interest: Four In One Cone, Opie Dildock Pass, Collier Cone, Arrowhead Lake, Obsidian Falls, and The Middle Sister.

Description: This is the longest hike available at Camp Melakwa, and the most limited one available. This hike takes you over 20 miles of our local trails, including a stint on the PCT, passing through meadows, valleys, lava fields, and climaxes in a predawn summit push to the 10,046ft summit of Hope, the Middle Sister.



The Cascade Mountain Range, stretching north from the summit of the Middle Sister.

PACKING FOR DAY HIKES

Day hikes are the core of the Melakwa hiking program. We often go on multiple hikes a day, and it pays to be ready for them. Our hikes can also be educational, should you need any 'Trail to First Class' signed off just talk to your outbound ranger and we will see what we can do to meet your needs. Below is a list of things you need and may want whenever you leave camp.

- The 10 essentials should be brought on every day hike we offer. Be prepared.
 - Pocket knife/ Multitool
 - Small first aid kit
 - Clothing to match the weather
 - Rain gear
 - Flashlight
 - Trail food
 - Water - At least 1.5 liters
 - Fire starter
 - Sun protection
 - Map/ Compass
- Shoes adequate for hiking in rough uneven terrain.
- Backpack
- Many of our hikes happen over lunch, so bring one packed from your campsite.

SUMMITTING THE MIDDLE SISTER

The Middle Sister summit is our premiere adventure at Camp Melakwa, but we have some strict guidelines for a successful summit. There will be an informational meeting for anyone who signs up for this hike prior to departure, where we can help trim some weight if a scout is packing a bit heavy, but the following list will help set you up for success.

Note: This is an extremely intense hike and as such, Scouts must have a sign off from the Scoutmaster before they can sign up for this hike. Scoutmasters need to be honest with themselves about a Scout's abilities. At camp we know everyone wants to do the Summit, but a scout that is not truly prepared/ able becomes a danger to themselves, and the rest of their party.

List for Middle Sister Climb

Hiking Layers

- Hiking boots or shoes for the hike. Sturdy backpacking footwear with good ankle support and lug soles.
- For the ascent, hard soled boots are required for proper use with crampons.
- Heavy Socks. 2 Heavy wool or heavy wool/polypropylene blend. Bring an extra pair in case they get wet coming down the glaciers.
- Liner Socks. 2 light weight "wick dry" socks. Polypropylene, Capilene work great. You will need at least 2 pairs if you wear them in combination with heavy socks for hiking.
- Underwear. Polypropylene or Capilene preferred over cotton
- Hiking Shorts or Convertible Pants
- Camp Shoes. Running, tennis, or athletic shoes
- T-shirt. 2 cotton or lightweight polyester
- Hat or Cap. Flexible or wide brimmed hat is recommended for protection from the sun.

Insulating Layers – Cold, Wet, and Windy

- Rain Gear. Ponchos are NOT recommended. A sturdy, waterproof jacket with a hood is recommended.
- Both coated nylon as well as breathable fabrics (Gortex®) is acceptable. Rain pants will be used to protect you when glissading down glaciers.
- Mid Weight Polypro long sleeved top. Mid weight top preferred. Second top can be used for sleeping top if the weather is colder.
- Mid Weight Polypro bottoms. Can be worn under hiking shorts on cold days or in conjunction with convertible pants.
- Long sleeved shirt or sweater. Wool or fleece recommended.
- Insulating Vest or Top. Polartec® 200 weight preferred, but down will also work if kept dry.

- Recommend bringing either a vest or jacket, but not both unless you are a cold-blooded person.
- Wool or Fleece hat. A warm hat to be worn on cold mornings or to sleep in at night.
- Gloves/Mittens. Lightweight liners (polypro) and/or wool gloves or mittens

Packs and Packing

- Backpack with padded hip belt.
- Waterproof Pack Cover. Waterproof, sized to fit your pack when loaded. Large garbage sacks work great!
- Lash Straps. Recommend straps at least 24" long for lashing additional gear to packs
- Small Stuff Sacks or Zip Lock Bags. Stuff sacks can be used to organize clothing and other equipment in your backpack.
- Ziplocs (1 gallon size) can also be used.
- Plastic Trash Bags. Heavy-duty lawn and garden bags (33 gallon size) for additional waterproofing as well as extra protection inside bear bags.
- Day Pack. Either a small daypack for summit day. Sufficient to carry spare clothing, food, water, and camera.

Sleeping Equipment

- Sleeping bag. Sleeping bag with stuff sack rated to a temperature to 15oF recommended. Down bags OK but will need to be kept dry.
- Sleeping pad. Full length or three quarter length closed cell pad recommended for insulation.
- Ground Cloth. A waterproof sheet/layer to go between your sleeping pad and the tent floor. Sportsman blankets work well.
- Whistle. Emergency signal device
- Tent. Light-weight backpacking tent or trail tarp. Mountains make their own weather. Don't assume it will stay sunny.

Cooking, Eating

Not every scout needs to have everything on this list, and we encourage scouts to pool their resources and help carry the load together.

- Spoon.
- Water Bottles. 3 liters carrying capacity **MANDATORY FOR EACH SCOUT**
- Camp Stoves. At least one stove for every 4-5 participants.
- Fuel. Whatever fuel your stove uses
- Water Purification. Required – either a filter or purification tablets.
- Food. Plan food for 2 lunches, one dinner, one cold breakfast, and plenty of trail snacks per person.
- Cooking Pots & Gear. At least one pot sufficient to boil water.

Personal, Miscellaneous

- Small Pocket knife.

- Headlamp. Durable and lightweight. Bring your own batteries as this will be used for predawn hiking. **EACH SCOUT MUST HAVE THEIR OWN LIGHT SOURCE**
- Individual 1st Aid Kit. Camp Melakwa will provide a crew 1st Aid Kit, so bring whatever individual items you need – meds, moleskin, band aids, aspirin, etc.
- Rope/cord. Approximately 50' of 1/8" nylon/parachute cord.
- Disposable lighters & matches. Carry in a waterproof container.
- Toiletries. Toothbrush, toothpaste, comb, small towel, toilet paper, trowel, biodegradable soap.
- Sunglasses, glasses, contacts & case. Sunglasses should block out UV. Bring a spare pair of glasses or contacts if needed.
- Sun block. One per two or three climbers. A sunburn is no fun and there's a lot of light coming off the snow.

Optional Items

- Bandanas
- Gaiters, optional but very useful. Knee high and durable. Work especially well in the snow for keeping your feet dry when glissading down the glaciers & keeping gravel out of your socks.
- Lip Balm/Chapstick.
- Mosquito Repellent.
- Watch. Not necessary although at least one person in the crew should have one that has an alarm feature.
- Notebook and pencil (not pens). A small, lightweight pad is OK. "Rite in the Rain" TM paper is great.
- Camera
- Repair Kit. One per crew that includes a sewing kit, duct tape, zip ties, etc.