



# Washington Cascades

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## Best Places to Eat

- ➔ Sorrento's Ristorante (p169)
- ➔ Arrowleaf Bistro (p163)
- ➔ Graham's (p156)
- ➔ Copper Creek Inn (p173)
- ➔ Cinnamon Twist (p164)

## Best Places to Sleep

- ➔ Sun Mountain Lodge (p163)
- ➔ Ross Lake Resort (p159)
- ➔ Paradise Inn (p172)
- ➔ Freestone Inn (p160)

## Why Go?

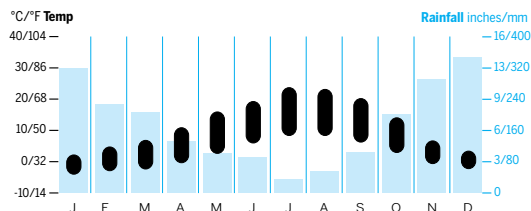
Grafted onto one of the more temperamental segments of the Pacific Ring of Fire, the Washington Cascades are a rugged, spectacular mountain range capped by five potentially lethal volcanoes: Mt Baker, Glacier Peak, Mt Rainier, Mt Adams and – fieriest of all – Mt St Helens.

Renowned for their world record-breaking precipitation and copious crevasse-covered glaciers, the highest Cascade peaks are vast stand-alone mountains that dominate just about every vista in the western state and create scrubby, almost desert-like conditions further east.

Protected within a string of overlapping wilderness areas and national parks, the mountains offer some of the most awe-inspiring backcountry adventures in the US, if you don't mind camping and dousing yourself in bug repellent. For the less outdoor-attuned, rarefied Cascadian beauty can be glimpsed through the windows of cars, buses and trains, or enjoyed in a handful of classic 'parkitecture' lodges.

## When to Go

### Mt Rainier National Park



**Dec & Jan** Cascade ski areas get big dumpings of snow.

**Feb** The 'Mt Baker Legendary Banked Slalom' snowboarding extravaganza.

**Jul–early Oct** Higher elevations are snow-free from early July for a short, intense hiking season.



## Washington Cascades Highlights

- 1 Mt Rainier**  
(p169) Tackling the trails of this majestic peak, that's gorgeous in clear weather or encircled by its signature lenticular clouds.
- 2 Lake Chelan**  
(p167) Taking the ferry from the wine town of Chelan to the hidden village of Stehekin across this magically blue lake.
- 3 Methow Valley**  
(p160) Breaking trail with a pair of cross-country skis in this sunny valley.
- 4 Mt St Helens**  
(p176) Watching new life tentatively re-emerge in these lava landscapes.
- 5 Mt Baker Ski Area**  
(p153) Following in the tracks of snowboarding legends.
- 6 Mt Adams**  
(p179) Looking for UFOs from your campsite next to this soaring white peak.