



Enjoy the beauty of western Montana and "Hike for Health" from May to September, joining volunteer leaders organized by Mineral Community Hospital, The Great Burn Study Group and the Montana Wilderness Association. The hikes are rated **Easy**, **Moderate** or **Difficult** by the hike leader, based on the length of the hike (miles round trip - RT) and the gain in elevation (EG). Every hike promises to leave you with a sense of 'awe' as you travel some of the most spectacular country of western Montana. The Mineral Community Hospital (MCH) day hikes are marked in **BLUE**. The Great Burn Study Group's (GBSG) Friday through Sunday volunteer outings include pulling weeds, picking up litter, and improving trails. They are marked in **RED**. The Montana Wilderness Association (MWA) day hikes are **GREEN**. All hikes are limited to 10 people, first come, first served. **RSVP required**. For MCH hikes, friendly dogs are welcome but must be under voice command or on a leash. Owners are responsible for doggy poo pick up. **Some hikes offer shuttle service for a fee. MCH hikes meet at 8 am at the main entrance.**



For the **MCH hikes**, contact Monte Turner at 822-5122 or [mturner@mchospital.net](mailto:mturner@mchospital.net) with number of hikers, day-of-hike phone number and if you request shuttle service (if offered for that hike). Shuttle prices are on the Community Calendar at [www.MineralCommunityHospital.org](http://www.MineralCommunityHospital.org) with more information on each of the hikes on the date it takes place. For **GBSG** hikes, contact Nick Littman, 415-847-5402 or [nicklittman@gmail.com](mailto:nicklittman@gmail.com). Register online after May 1 for the **MWA** hikes at <http://wildmontana.org/discover-the-wild/wilderness-walks/>.

- ◆ May 6, Saturday: Sweathouse Falls/Bear Creek (Hamilton Hike) Sweathouse is 5 miles RT with 1,500 EG. Bear Creek is 3 miles RT with 1,000' EG. Do one or both hikes. Racheal Zeiler, guide. Shuttle. **Moderate**.
- ◆ June 4, Sunday: Canyon Falls and Canyon Lake (Hamilton Hike). 10 miles RT with 2,000' EG. Racheal Zeiler, guide. Shuttle. **Moderate**
- ◆ June 24, Saturday: Blodgett Falls (Hamilton Hike) 10 miles RT with 2,000' EG. 2 sets of falls that will be roaring! Racheal Zeiler, guide. Shuttle. **Moderate**
- ◆ June 27, Tuesday: Copper Lake. 3 miles RT with 716' EG. Jim Cyr, guide. Enjoy a history lesson and fishing is available. Shuttle. **Easy**
- ◆ June 30-July 2, Fri-Sun: Heart Lake and Pearl Lake trails. Total mileage 7.2 miles. Chance of seeing mountain goats hiking below the MT/ID Stateline. **Moderate-Difficult**
- ◆ July 7-9, Fri-Sun: Cache Creek. Total mileage is 14 miles. Explore the heart of the proposed Great Burn Wilderness while removing trash and pulling knapweed. **Moderate**
- ◆ July 9, Sunday: Copper Lake. 3 miles RT with 716' EG. Jim Cyr, guide. Enjoy a history lesson and fishing is available. This is a repeat of the June 27 hike for those who work Monday-Friday. Shuttle. **Easy**
- ◆ July 20, Thursday: Hoodoo Pass to Heart Lake. 11 miles 1-way with 2,200' EG but mostly downhill hiking. Mountain goats are possible. Bert Lindler and Jay Gore, guides. **Moderate-Difficult**
- ◆ July 21-23, Fri-Sun: North Fork Fish Creek trail to French Lake. 22 miles total. Volunteers clean waterbars and pull oxeye daisy. Also, campsite inventory at French Lake. **Moderate-Strenuous**
- ◆ July 22, Saturday: Trapper Peak (Hamilton Hike) This is a steep hike that will take 4 to 5.5 hours to reach the top. Not dog friendly. Racheal Zeiler, guide. 7 am start at the trailhead and rated **Difficult**
- ◆ July 23, Sunday: Cliff Lake 3 miles RT with 500' EG. This will be an **Easy** hike with Jim Goss as your guide. Liz Gupton will add color with the history, botany and geological formations. Fishing? Shuttle.
- ◆ July 27, Thursday: West Fork of Fish Creek. 6 miles RT with 300' of EG. Bert Lindler, guide. Mostly **Easy**, but bring hip boots or another pair of hiking boots. Learn how a 2015 fire helped bull trout.
- ◆ August 3, Thursday: Lost Lake that is 7.2 miles RT and 1,200' EG. Along the MT/ID Stateline. 3 hours to get to the lake. Bert Lindler and Jay Gore, guides. Tom Castles with history. **Moderate to Difficult**
- ◆ August 4-6, Fri-Sun: Straight Creek with 10 miles, total. Volunteers will pull knapweed, hiking to a beautiful waterfall with several creek crossings. **Moderate**
- ◆ August 6, Sunday: Illinois Peak which is 9.2 miles RT and 1,225' EG. Awesome views! Not dog friendly. Bert Lindler and Jay Gore, guides. Tom Castles with history. Shuttle. **Difficult**
- ◆ August 11-13, Fri-Sun: Kid Lake which will be total mileage of 8 miles. Camp along MT/ID Stateline and volunteers will clean campsites. **Moderate**
- ◆ August 12, Saturday: Hub & Hazel Lakes which will be 6 miles RT and 1,700' EG. Dipper falls and a cedar grove with incredible views. Jim Goss, guide. Shuttle. **Moderate to Difficult for a short stretch**
- ◆ August 20, Sunday: St. Mary's Peak (Hamilton Hike) is your chance to view the Selway Wilderness and Bitterroot Valley. 7 miles RT. 7 am trailhead start. Racheal Zeiler, guide. Not dog friendly. **Difficult**
- ◆ August 25-27, Fri-Sun: Heart Lake will be 7.2 miles as volunteers clean up campsites and enjoy this sparkling lake and, maybe, mountain goats. **Moderate**
- ◆ August 30, Wednesday: Schley Mountain is 3 miles RT with 550' EG as 2-high clearance vehicles will be needed for car-pooling. Late season huckleberries? Bert Lindler and Jay Gore, guides. **Moderate**.
- ◆ September 9, Saturday: Heart Lake and Pearl Lake (for the more ambitious) which is 5 miles RT to Heart Lake with a 1,200' EG. Mountain goats a good possibility. **Moderate to Difficult**



Mineral Community Hospital  
*Here when you need us*

