

Local authors publish Applegate trail guide

*Favorite Hikes of the Applegate:
A Trail Guide with Stories and Histories*
by **Diana Coogle and Janeen Sathre**

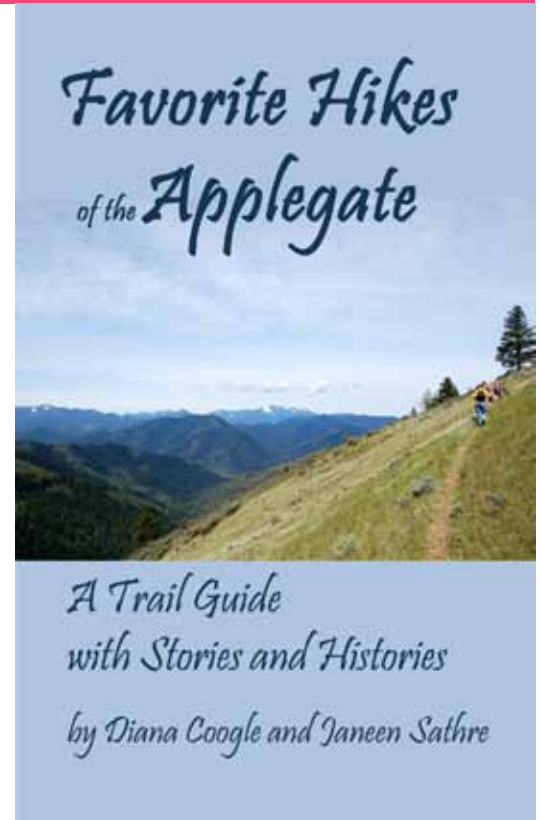
Go take a hike! The Applegate may be a small region of the Siskiyou, but it provides an amazing diversity of hiking possibilities, from the intimacy of enchanted woods to grand mountain views, from flowers to lakes, from open meadows to high-canopy forests, from deciduous trees to evergreens, from natural history to cultural history. Writer and hiking enthusiast Diana Coogle, along with Red Buttes Trekking hike leader and hiking enthusiast Janeen Sathre, have written *Favorite Hikes of the Applegate*, a guide to 28 trails that includes histories of the trails and stories about personal experiences on the trails. Check it out on Facebook under “Favorite Hikes of the Applegate.”

For Diana Coogle, the mountains of the Applegate were love at first sight, in 1972, when she built a house on the side of one of those mountains. She brought her love of this area to other people through three decades of commentaries on Jefferson Public Radio. She brings to the book not only a love of the mountains but a descriptive way with words and a quiet humor that forms an undercurrent to the essays in the book.

Janeen Sathre first grew to love these trails as she hiked them with her grandfather, who worked for the forest service in the Applegate. Now she runs Red Buttes Trekking, taking hikers onto the trails of the Applegate. She brings to the book not only a love of these mountains but a historical perspective and a capability for handling the statistical details necessary for a trail guide.

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Mt. McLoughlin from Tin Cup Trail



Hiking the Frog Pond Trail