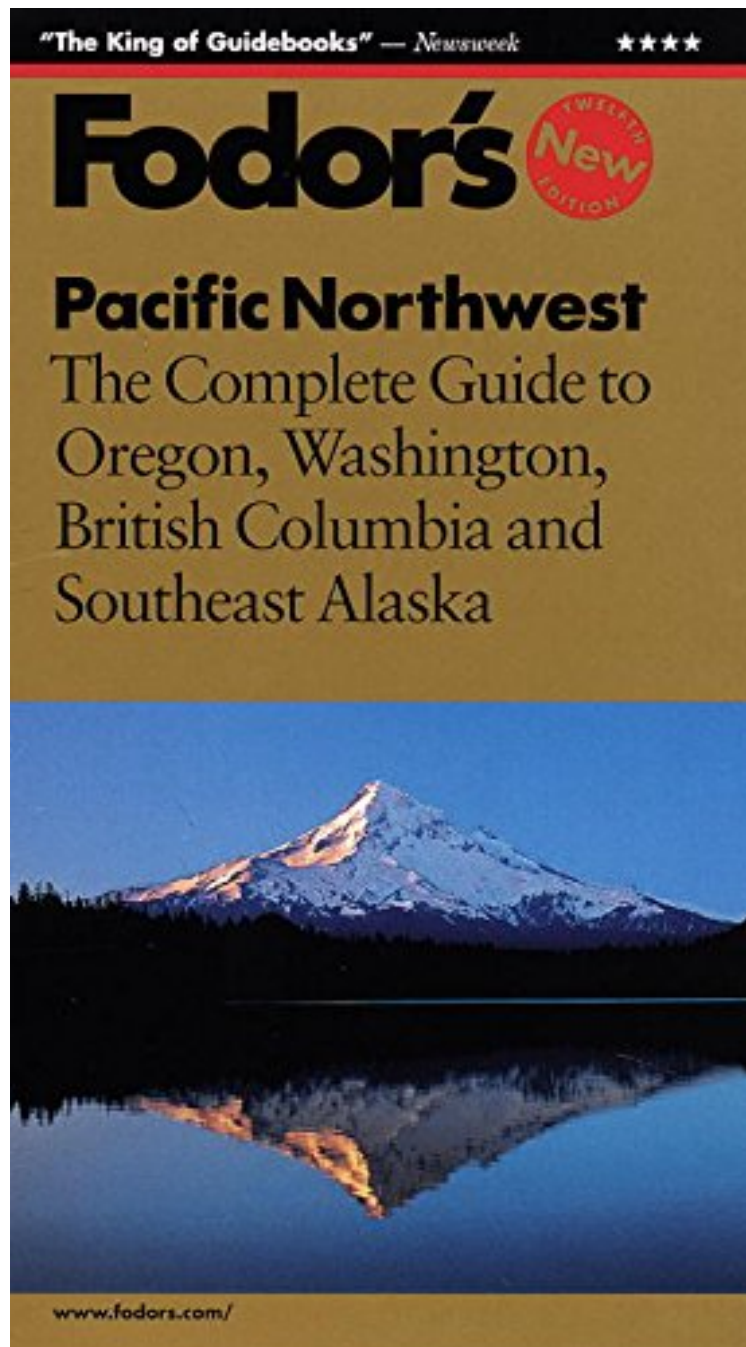


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## **Pacific Northwest: The Complete Guide to Oregon, Washington, British Columbia and Southeast Alaska (Gold Guides)**

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Columbia's Vancouver Island, Neah Bay and Port Angeles on Washington's Olympic Peninsula, Westport on the Long Beach Peninsula in southern Washington, and Depoe Bay in Oregon are leading ports. Climbing and Mountaineering The mountains of the Pacific Northwest have given many an adventurer quite a challenge. It is no coincidence that many members of the U.S. expedition teams to Mount Everest come from this region. Dining Many restaurants in the Northwest serve local specialties -- salmon, crab, oysters, and other seafood delicacies -- in dishes that, reflecting the region's ties to Asia and the Pacific Islands, often incorporate the ingredients and techniques of Japanese, Korean and Thai, and other cuisines. Unless otherwise noted, casual but neat dress is appropriate at all of the restaurants reviewed. Fishing The coastal regions and inland lakes and rivers of the Pacific Northwest are known for excellent fishing. Lodges, many of which are accessible only by seaplane, cater to anglers in search of the ultimate fishing experience. Visiting sportsmen must possess a nonresident license for the state or province in which they plan to fish. Licenses are easily obtainable at sporting-goods stores, bait shops, and other outlets in fishing areas. Golf The Northwest has many excellent golf courses, but not all of them are open to the public. Consequently, visitors may find it difficult to arrange a tee time at a popular course. If you are a member of a golf club at home, check to see if your club has a reciprocal playing arrangement with private clubs in the areas that you will be visiting. Sailboarding The Columbia River, particularly at Hood River, Oregon, is one of the world's premier locations for windsurfing. Puget Sound and some of the inland lakes in Washington are other venues for the sport. Sailboard rentals and lessons are available from local specialty shops. In British Columbia, the town of Squamish is quickly becoming another major windsurfing destination. Skiing Moist air off the Pacific Ocean dumps snow on the coastal mountains, providing excellent skiing from November through the end of March and sometimes into April. Resort and lift-ticket prices tend to be less expensive here than at the internationally known ski destinations, but the slopes, especially on weekends, can be crowded. Winter driving in these high elevations usually requires a four-wheel-drive vehicle or tire chains. Wildlife Viewing Sea lions, seals, dolphins, and whales are a few of the marine mammals that can be observed in bays, near headlands, and along the coast. In the spring and summer, thousands of gray whales pass by the British Columbia, Washington, and Oregon coasts on their seasonal migration from Alaska to Baja. One of the easiest and most exciting ways to see them is by taking a whale-watching boat excursion. In the forests and along coastal rivers and estuaries deer, bald eagles, herons, and egrets are commonly seen. The dedicated birders who annually trek to the Northwest find that their efforts are amply rewarded.