

NWBIO 2022

Field Trips

Field trips are grouped by topic:

“Stick Around,” “Go Winetasting,” “Get in Nature,” “Get Culture.”

Stick Around

Tour the Wetlands:

The UW Bothell/Cascadia Campus is home to one of the largest wetland restoration projects on the West Coast, covering 58 acres (23 ha). Prior to the restoration of the wetlands, the land had been used for cattle grazing. Before this North Creek was straightened and confined to transport timber from upper areas of the watershed to sawmills located around Lake Washington. The complex ecological restoration project for the wetlands began in 1997 along with the construction of University of Washington Bothell and Cascadia College campus. The goal of this project was to restore the area within the surrounding urban watershed into a sustainable and fully functional floodplain ecosystem. To manage and ensure forthcoming sustainability, great detail was given to essential theories of ecosystem science and ecological restoration in the design and implementation of the site. Trails lead you into the wetlands restoration area where you can see a variety of local flora and fauna.

Take the self-guided Campus Sustainability Tour and learn about Cascadia’s Cascadia Permaculture Cornucopia Food Forest, which won the 2021 AASHE Campus Sustainability Achievement Award.

After 2pm walk to Beardsley Crossing and take a tour and tasting in the Wildwood Brewery (www.wildwoodspiritsco.com) or go upstairs for snacks in one of the eateries.

Go Winetasting in Woodinville

ALL groups should have a designated driver, or a plan for safe transportation to and from the winery area

Woodinville’s wineries are arrayed across 4 distinct districts, each with their own personalities. The Hollywood district is alive with restaurants and tasting rooms, the Warehouse District gives you a behind-the-scenes look at wine production, the West Valley District offers a relaxed pace, and Downtown boasts new additions to food, drink, and shopping.

<https://woodinvillewinecountry.com/taste>

Amongst the wineries of Woodinville is Chateau Ste Michelle, Washington State's oldest winery is surrounded by 105 wooded acres and unique craftsman-style architecture, acting as an oasis for everyone who visits. With all there is to experience, an hour can quickly become three.

<https://www.ste-michelle.com/>

Get out in Nature

- 90min Forest Bathing Walk. This is for 5-10 people and will take place in the North Creek Forest in Bothell. The cost is \$30 per person, which includes a small take-home kit that for each participant. SIGN UPS ARE REQUIRED FOR THIS FIELD TRIP. Please sign up on the google form above. For more information <https://www.forestbathingnw.com/>
- Rent a Kyack or Paddle Board from WhatsSup Stand Up Paddle and Surf -They offer single and double (two person) kayak rentals. Kayaks are great for two adults and one small child. They supply the paddles, PFD's for all rentals, and, of course, instruction. Reservations recommended. <https://www.whatssup.net/kayaks>
- Go for a Hike in Saint Edwards State Park. Saint Edward State Park is the largest remaining undeveloped area on Lake Washington. Those who take the time to hike the trails may enjoy 3,000 feet of shoreline and many species of birds, animals, plants and trees, including Douglas fir, Western hemlock, red alder, bigleaf maple, Western red cedar and Pacific madrone. DISCOVER PASSES required for Parking. <https://www.parks.wa.gov/DocumentCenter/View/871/Saint-Edward-State-Park-PDF?bidId=>
- Hike the Paradise Valley Conservation Area. Come hike the headwaters of the Bear Creek watershed in this close in Snohomish County Park near Woodinville. Here you will find a mature second growth forest, a wetland that plays a vital role in the health of this salmon stream plus a network of trails for any fitness level. <https://www.wta.org/go-hiking/hikes/paradise-valley-conservation-area>

Get some Culture

- Take a trip to the Burke Museum - With working labs you can see into, one-of-a-kind objects all around you, and galleries filled with curiosity and conversation, at the Burke, you see—and feel—a world alive. The Burke Museum is located on the University of Washington campus in Seattle with a focus on dinosaurs, fossils, Northwest Native art, plant and animal collections, and cultural pieces from across the globe. Admission prices may apply - We are working on a behind the scenes tour, so keep checking back.
<https://www.burkemuseum.org/>