



By Tracy Beard  
**PROVISIONS**  
ALONG THE TRAIL



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**Tracy's Niçoise Salad**

**Vinaigrette**

¼ cup extra virgin olive oil  
Juice of 1 lemon  
2 teaspoons Dijon mustard  
2 teaspoons capers  
2 oil-packed anchovy fillets  
1 clove garlic  
1 teaspoon fresh oregano  
Black pepper to taste  
Throw all ingredients into a blender or food processor and blend.

**Salad**

4 large eggs  
8 small red-skinned potatoes  
4 ounces green beans - stemmed  
4 ounces arugula  
1 cup cherry tomatoes - halved  
2 (5-ounce) cans tuna -drained  
1 (12-ounce) jar of marinated and quartered artichoke hearts - drained  
½ cup Kalamata olives - pitted  
8 leaves fresh basil  
Freshly ground black pepper  
Kosher salt to taste

**Two Mock Mules**

1 ½ ounce choice of Simple Syrup  
½ ounce lemon juice  
Ginger Beer  
Place ice in a cocktail shaker. Add lemon juice and flavored simple syrup. Stir vigorously. Strain into a copper cup filled with ice. Top with ginger beer and serve.

**Mango/Cardamom Simple Syrup**

1 cup sugar  
1 cup water  
6 cardamom pods  
1 teaspoon vanilla  
1 ripe mango chopped

Place all ingredients in a saucepot and bring to a boil. Cook for 3 minutes and let steep for an hour. Strain and refrigerate simple syrup for cocktails.

**Blueberry-Vanilla Simple Syrup**

1 cup sugar  
1 cup water  
½ cup blueberries  
1 teaspoon vanilla  
Place all ingredients in a saucepot and bring to a boil. Cook for 3 minutes and let steep for an hour. Strain and refrigerate simple syrup for cocktails.

Boil the eggs for 11-15 minutes, depending on your preference. Put the eggs in an ice bath and then peel. Place the potatoes whole in cold water, bring to a boil, and cook 10-15 minutes until fork tender. Place green beans in boiling water for 2 minutes and add to an ice bath. Divide all ingredients onto four plates and dress with the vinaigrette.

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# Plentiful birds, peaceful scenery

## The Chehalis Western Trail & beyond

Story and photos by Tracy Beard

Rolling along with last month's theme of e-biking, I went for another bike ride this summer. However, this time the journey was completed using my own power, on my own bike. My favorite adventure friend, Connie, accompanied me on this 10-mile trek. We headed for The Chehalis Western Trail, a rail trail in Washington that occupies an abandoned railroad corridor once used by the historic Weyerhaeuser-owned Chehalis Western Railroad.

### Our Trailhead

Connie and I met up and parked our cars at the Monarch Sculpture Park and Art Center. The Sculpture Park is an outdoor art gallery opened in 1998 by sculptor Myrna Orsini and Retired Federal Judge Doris A. Coonrod. This 80-acre park, filled with unique sculptures produced by several artists locally and internationally, was a gift to the community and is in Thurston County, approximately 10 minutes from Tenino.



The park is free of charge, open from dawn until dusk, and offers no motorized vehicle access. Guests can enter on foot or via bike, but plenty of parking is on the road along The Chehalis Western Trail. The park features over 150 contemporary sculptures, a fantasy garden, a bird and butterfly garden, a Japanese garden, and a sound garden. Connie and I enjoyed meandering through the various gardens while discussing the artist's thoughts when they created each piece.

### The Chehalis Western Trail

Driving to the starting point, Connie and I realized that the day we chose to ride was also the same



weekend as the STP (the Seattle to Portland ride). We passed numerous riders on the way to our parking spot. Luckily their route did not cover the section of the trail we chose to ride.

The Chehalis Western Trail follows the route of a Weyerhaeuser Timber Co. railroad. For years trains carried millions of logs harvested from Washington state forests all the way to the coast. This means of transportation lasted 60 years, from the 1920s to the 1980s. Today, this 21.2-mile trail is the epicenter of the Thurston County trail system, which reaches out to every major town in the county.

The Sculpture park where we began is approximately 3 miles north of the Yelm-Tenino Trail. We started riding south to the Yelm-Tenino Trail, rode back past the park another 2 miles, and then returned to the



park to complete our 10-mile trek. Along the way, we discovered some abandoned train cars. Most of our ride was shaded by large trees, which was a plus since the temperature that day reached the 90s.

If we had continued riding north past our turnaround spot, we would have enjoyed the views overlooking the Deschutes River Valley and headed into Lacey. Continuing onward would have taken us through farms and forests until we reached the Woodard Bay Natural Resources Conservation Area on Puget Sound. Visitors can hike the Upper Overlook Trail from September through March at Woodard Bay, but it is closed from April to August for nesting herons.

Lacey boasts pedestrian bridges over Martin Way SE, Interstate 5, and Pacific Avenue SE, and shortly south of the third bridge, the trail crosses the Woodland Trail. This 2.5-mile trail connects to Olympia.

Trailheads with parking can be found at Woodard Bay, Chambers Lake at 14th Avenue SE, 67th Avenue SE, and Fir Tree Road between Summerwood and

Country Vista Drive SE. Parking for just a few cars is available at several other street crossings along the route.

### Nearby Attractions

Connie and I love gardens. Larry Lael labored for over 40 years creating Lael's Moon Garden Nursery, where guests can wander the different sections of this magnificent garden and purchase various plants.

Don Juan's Mexican Kitchen offers excellent Cadillac margaritas and a sampling of dips with their chips. I like their shrimp tacos. Don's mom cooks in the kitchen and supervises the restaurant. I have returned here many times because the food is equal to the cuisine you would find in a restaurant in Mexico.

Billy Fran Jr. Nisqually Wildlife Refuge is an incredible place to spend a few hours or even the entire day. If time is limited, the one-mile boardwalk through the grassy marsh area is a fabulous preview of what the Refuge contains. If time allows, venture out to the old barns and take the long boardwalk over the wetlands to the viewing point near the Sound. The birds are plentiful, and the scenery is peaceful.

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Tracy Beard writes about luxury and adventure travel, traditional and trendy fine dining and libations for regional, national and international magazines. She is in her eighth year as CRR's "Out & About" columnist. She lives in Longview, Wash.