



THE ART OF MOUNTAIN HIKING - THE ROCKIES

JULY 22 - 28, 2017

TRIP SUMMARY

HIGHLIGHTS

- Gaining a solid foundation in the skills and knowledge needed to hike safely and have fun in the mountains
- Learning to anticipate and prevent the most common hazards
- Learning to read a map and use a compass
- Participating on a variety of mountain hikes
- Enjoying the camaraderie of other women who love to hike

TRIP AT A GLANCE

Dates:	Jul 22 - 28, 2017
Location:	Grand Lake, CO
Cost:	\$1,250.00
Activities:	Hiking
Arrive:	Arrive Denver anytime on 7/22. We'll be spending the first night at a hotel near the airport
Depart:	We'll be back at the Denver airport by 12pm and you can plan flights out after 2PM

TRIP OVERVIEW

Although hiking is essentially putting one foot in front of the other, there are many tips that can make hiking both more enjoyable and safe. There are two ways to acquire the knowledge necessary to hike safely in a variety of terrains: either through experience, or by learning from others with that experience. If you want to jump start your learning and your experience, join us for five days of experiential education in or near Rocky Mountain National Park with two experienced hiking guides. Maximum group size: 13

RATING

This trip is for women in good physical condition who can hike for two to four hours a day in mountainous terrain. While intermediate hikers who want to hone their skills are welcome, the trip is primarily designed for novice hikers with no or limited previous hiking experience. If your interest is more in hiking than in combining hiking with learning, we suggest you look at one of our other hiking trips. A rating of 2 is suitable for any woman who regularly walks at a **brisk** pace 3 to 4 days a week for 35 - 45 minutes. **Rating:** 1 [\[2\]](#) 3 4 5.

WHAT'S INCLUDED

- two of our experienced hiking guides
- six nights lodging in rooms with 2 or 3 people
- all meals from dinner Sunday to breakfast the following Friday
- all transportation once you arrive in Denver, CO

What's not included: Travel to/from the Denver airport, alcoholic beverages, guide gratuities

OUR ITINERARY

Below is the proposed itinerary for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

JULY 22, SATURDAY



Arrive anytime today at the Denver airport. We'll be staying at a nearby hotel with an airport shuttle so you can arrive whenever it's convenient. Our first formal get together will be tomorrow although everyone who's arrived can get together for dinner.

DAY 2

JULY 23, SUNDAY



We'll leave Denver about 9AM for the two and a half hour drive to Shadowcliff Mountain Lodge, our home for the week, located on Grand Lake and right on the edge of Rocky Mountain National Park. After sharing a picnic lunch, we'll talk about pacing, proper use of hiking poles, and the rest step. We'll then practice our new found skills with a walk around the area. We'll settle into our rooms in Cliff Lodge, a lodge that is part of Shadowcliff but separate from the main building. We'll eat dinner there tonight. After dinner and clean up (we ask everyone to pitch in on this trip), we'll discuss what to take in your backpack and how to fit it to yourself, layering, and foot care. This and our other discussions will take place in the third floor lounge, a wonderful place to relax anytime.

DAY 3

JULY 24, MONDAY



This morning we'll have a workshop on how to read a map and use a compass. Map and compass are a topic that can only be learned with practice, so we'll put this morning's lessons to use throughout the rest of the trip. In the afternoon we'll hike on North Inlet Trail, which is part of the Continental Divide National Scenic Trail, to Cascade Falls. It's 3.5 miles to the falls with 430 feet total elevation gain. The Falls are a spectacular, multi-tiered cascade that drop roughly 50 feet through a narrow granite chute. Before and during the hike we practice how to use hiking poles on uphill and downhills and hiking techniques such as the rest step. We'll also pull out maps and compasses. Since first aid is an important topic, we spend time this evening looking at what you should carry in a First Aid Kit. Since painful feet are the most common way to ruin a hike, we will review foot care in depth with hands on practice.

DAY 4

JULY 25, TUESDAY



This morning we'll discuss conditioning, nutrition, how to determine how much water to carry and various methods of treating it. We'll also discuss common safety issues: getting lost, getting injured, bad weather, hypothermia, heat exhaustion, bears, river crossings, and lightning. Of course after that we may be feeling too scared to ever want to hike again! But that will quickly disappear on our next hike. We'll hike to Adams Falls where a rocky outcrop looks down on the rushing falls, which are pretty and surrounded by small rocky cliffs. We then continue on the East Inlet Trail for a 5 miles out and back hike. We'll hike through a beautiful aspen and lodgepole pine forest, classic Rocky Mountain flora.

Using the skills and knowledge we've gained over the previous days, we will put it all together as we spend the evening planning tomorrow's hike.

DAY 5

JULY 26, WEDNESDAY



This morning after breakfast, we'll spend a little time talking about hiking destinations and where to find more information about them. We'll then head into the main part of the Park, stopping at the Alpine Visitor Center where we can learn more about the ecosystem and have a spectacular 360 degree view across the Continental Divide. We'll then hike a section of the Ute Trail from Milner Pass back up to the center. Steadily and gradually uphill, this high-altitude trail climbs 950 feet and is known for having all beautiful vistas, all the time. We can take a break about halfway up at a series of pristine ponds in and around Forest Canyon Pass with views of steep Forest Canyon and the 12,000-foot peaks of the continental divide beyond. To the northwest, the snowy peaks of the Never Summer Range shine in the distance on a sunny afternoon. Our focus on today's hike will be low impact hiking and being prepared for rapidly changing conditions in the mountains.

DAY 6

JULY 27, THURSDAY



Today we'll focus on really solidifying our understanding of how to use map and compass and how to put them together to travel cross-country. We'll hike in an area where the Onahu, Tonahutu, and Green Mountain trails intersect to form a circle route with a few steep sections of short duration. Big Meadows is a sea of grasses and wild flowers rimmed by hills. This is also moose country; with any luck we'll see one and learn about hiking with wildlife in a way that keeps both it and us safe.

Tonight, feeling like the accomplished hikers we now are, we'll go out to celebrate and share a final celebration dinner in Grand Lake.

DAY 7

JULY 28, FRIDAY

Today we'll pack up and clean up, sadly bidding farewell to our home for the week and this gorgeous Park. We'll be back at the Denver airport by 12pm and you can plan flights out anytime after 2PM.

ADDITIONAL TRIP INFORMATION

GETTING THERE

If you are flying, plan to fly into the Denver (DEN) airport anytime on July 22. We will be spending the first night at the Courtyard Marriott which has a hotel shuttle.

If you would like help with any travel plans we recommend our travel agent Sara Schuitemaker at sara@scaneastwest.com or call 800/727-2157

ACCOMMODATIONS

We will spend one night at a hotel near the Denver airport and five nights at the [Shadowcliff Mountain Lodge](#). We will have the entire Cliff Lodge for our group. The Cliff Lodge has a deck, kitchen, dining areas, a large third floor lounge with a fire place, and fantastic views. There are 5 bedrooms, each with one double bed and a set of bunks, and there will be 2 - 3 women in each room. Beds will be assigned randomly. There are also two single rooms. There are a total of four shared bathrooms, none of which are attached to individual rooms.

WEATHER

July is a beautiful time in Colorado. Typically high temperatures in Grand Lake are in the low 80s and lows are in the mid-40s. Temperatures can be 10 - 15 degrees cooler at high elevations. Afternoon thunderstorms are not uncommon and we will always be keeping that in mind as we plan our daily schedules.

TRAVEL INSURANCE

WE STRONGLY RECOMMEND TRIP CANCELLATION/TRIP INTERRUPTION INSURANCE, WHICH COVERS YOUR COST IF YOU NEED TO CANCEL OR INTERRUPT YOUR TRIP for medical reasons, trip delay, lost baggage, and other unforeseen emergencies. Adventures in Good Company will send you information about travel insurance with your registration information, or you may purchase coverage through your own insurance company. In order to avoid disappointment and expense in the event that you must cancel your trip we strongly urge you to purchase some type of insurance coverage. You can also sign up for it online at [Travelex Insurance](#). To get the best rates, use 20-0016 as your location number on the Get A Quote page.

PACKING LIST

FOOTWEAR

- 1 pair of lightweight hiking boots: boots need to be well broken in and comfortable
- 1 pair of comfortable athletic shoes, Teva sandals, crocs for wearing the rest of the time
- 2-3 pairs of hiking socks: wool or synthetic equivalent (some people also like to wear liner socks)

CLOTHING

- 1 – 2 pair of long pants for hiking (supplex or nylon/polyester/spandex blend). Zip-offs work well
- 1 – 2 pair of shorts (optional)
- 1 lightweight, light-colored, long-sleeved shirt to protect you from the sun
- 2 – 3 synthetic T-shirts or short-sleeved shirts
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene)
- 1 medium-weight top layer: wool shirt/pull-over or synthetic equivalent (“expedition weight” long underwear, microfleece). A fleece vest can work for this layer as well.
- 1 fleece jacket, wool sweater, or sweatshirt
- 1 rain parka and rain pants: coated nylon or a **waterproof**/breathable fabric like Gore-tex.
- Underwear/nightwear
- a warm wool or fleece hat
- 1 pair wool, capilene, or fleece gloves
- 1 wide-brimmed hat for protection from the sun
- whatever clothes you like to wear when not hiking

TOILETRIES (small everything)

- Toothbrush, toothpaste, dental floss, shampoo, contact lens paraphernalia, and sanitary supplies
- Sunscreen and lip protection with sunblock of at least SPF 15
- small personal “patch kit”: Band-Aids, Compeed or Second Skin, moleskin, cloth athletic tape, ibuprofen, personal medications, if any. Individuals allergic to insect bites must bring an anaphylactic kit.

ESSENTIALS

- 1 daypack large enough to hold your supplies for the day (water, snacks, sunscreen, lunch, raingear, fleece jacket, wool hat and gloves, personal patch kit, etc.) Line your bag with a trash bag in case of rain.
- Hiking poles
- Sunglasses (100% UV protection)
- Tupperware (or equivalent) sandwich box for carrying your lunch
- Small headlamp or flashlight
- Croakies or other sunglasses retainer
- Capacity to carry 2 quarts of water: 2 one-quart water bottles or a hydration system that fits in your pack
- Your favorite snack

OPTIONAL

- Bandanna (very multi-useful)
- Camera (extra battery or charger) and film/memory card
- Book, notebook, journal, pencil/pen
- Ear plugs (for a good night’s sleep!)
- Wrist watch/travel alarm clock

NOTES ON PACKING

Footwear: Well-fitting, sturdy boots are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes a couple months *before* your trip. For general trekking/hiking there are many choices in both materials and styles of boots. Your choice will depend on the environment you will be hiking as well as your personal preferences and physical condition of your feet and ankles. Boots can be made of leather, nubuck leather, synthetic materials or a combination and come in low, mid or ankle cut styles. For general trekking/hiking we recommend low/mid-height height, lightweight/midweight hiking boots/shoes with Vibram or Vibram type soles. Please note: If you have weaker ankles or are recovering from an ankle injury consider either the mid-height or the ankle height boots. More information regarding choosing a hiking boot is available upon request. **Remember to waterproof your boots before the trip.** (Even boots billed as 'waterproof' still need to be treated with a waterproofing product – it's the interior lining that is actually the 'waterproof' part of the boot, not the exterior.)

Daypacks: You will need a daypack that is large enough to hold the following items: 1 – 2 liters of water, rain gear, lunch/snacks (for the day), warm layer (fleece pullover or vest), lightweight gloves, warm hat and any other desired personal items such as camera, journal, etc. We recommend a daypack with a capacity of between 1800 and 2400 cubic inches and preferably with a hip belt, padded shoulder straps and 'lifters'. **Please note:** A fanny-pack is not large enough to hold all of the items you will need for the day.

Clothing: All clothing for active wear should be made from synthetic/synthetic blends, down/down blends or wool/wool blends. NO COTTON for your active wear. The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. Layering is the most practical and efficient method of insulating the body. Several layers of varied weight materials provide better insulation than one thick Layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

Hydration: It is very important to your safety and enjoyment to have an *independent* ability for accessing your water. As you are hiking you will need water to be accessible in order to drink frequently. One method is to have a water bottle attached to your waist strap. Another option is to use a **HYDRATION SYSTEM** such as CamelBak, Platypus, and Gregory bladder bags which are simply a collapsible water bag with a hose attachment that you drink from. These fit inside your pack with the hose positioned over your shoulder where you can access your water without the use of your hands. Some models are designed to attach to the outside of your pack.

Rain Gear: You will need a parka or jacket made of a coated nylon or a waterproof/breathable fabric like Gore-tex, HellyTech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this important purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Lastly, the wind/rain pants. They should be comfortable, allow enough room for your layers, and permit free movement of your legs (for example, can you crouch comfortably?). Partial or full-length leg zippers are useful for easily putting your pants on over your boots.

Trekking Poles: Trekking poles are essential for this trip. Trekking poles contribute to your safety by improving your balance and stability, and to your health by saving stress on your hips and knees. In addition they help conserve your energy by transferring some of the work to your arms and chest. For a detailed description of considerations when purchasing a pair of trekking poles please see: <http://blog.adventuresingoodcompany.com/blog-women-travel/bid/153280/Choosing-Trekking-Poles-for-your-Next-Hiking-Trip>

If you are purchasing trekking poles for your trip please make sure they meet the following guidelines:

1. Height of the poles can be adjusted
2. They have an upright (as opposed to cane-like) handle
3. Have wrist straps that can be adjusted.