



## THE ART OF MOUNTAIN HIKING - THE ROCKIES

JUNE 23 - 29, 2018

### 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
- Experience a variety of Rocky Mountains ecosystems, from alpine tundra to a network of blended forests, mountain meadows and wildflowers
- Enjoying the camaraderie of other women who love to hike

## TRIP AT A GLANCE

<b>Dates:</b>	Jun 23 - 29, 2018
<b>Location:</b>	Grand Lake, CO
<b>Cost:</b>	\$1,450.00
<b>Activities:</b>	Hiking
<b>Arrive:</b>	Arrive Denver anytime on June 23rd. We'll be spending the first night at a hotel near the airport.
<b>Depart:</b>	We'll be back at the Denver airport by 12:00 noon, and you can plan flights out after 2:00 pm.

### 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 five 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. This trip is rated 2 and 3, as there is an option of hiking distances on 2 days. You will have the opportunity to participate in all of the options if you train for a rated 3 trip by engaging in aerobic conditioning, such as walking vigorously up hills, jogging, cross country skiing or stair stepping for 30 - 45 minutes at least 3 - 4 times a week. **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 breakfast Sunday to breakfast the following Friday
- All transportation once you arrive in Denver CO

**What's not included:** Travel to and from the Denver airport, alcoholic beverages, guide gratuities, and travel insurance.

## 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

#### JUNE 23, 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, and begin acclimating to the mile high elevation. Our first formal get together will be tomorrow morning, although everyone who's arrived can get together for dinner.

### DAY 2

#### JUNE 24, SUNDAY



We'll leave Denver about 9:00 am for the two and a half hour drive to Shadowcliff Mountain Lodge, elevation of 8,600 ft and our home for the week. Shadowcliff is located on Grand Lake, right on the edge of Rocky Mountain National Park. After sharing a picnic lunch, we'll talk about pack fitting, the proper use of trekking poles, pacing, and the rest step. We'll then practice our new found skills with a walk up to the Kawunweeche Visitor Center, a slow 1.5 miles uphill as we continue to acclimate to the higher elevations. We'll settle into our rooms in Cliffside Lodge, a lodge that is part of Shadowcliff but separate from the main building. We'll have dinner in the Compassionate Kitchen where we'll have most of our meals together. After dinner and clean up (we ask everyone to pitch in on this trip), we'll discuss what to take in your backpack, the 10 essentials, and have an introduction to maps and topography. This and our other discussions will take place in the third floor lounge, a wonderful place to relax anytime.

### DAY 3

#### JUNE 25, MONDAY



This morning we'll hike on North Inlet Trail, which is part of the Continental Divide National Scenic Trail, to Cascade Falls. It's 7.1 mile round trip 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 trekking poles on uphill and downhill, as well as hiking techniques such as the rest step. We'll also pull out maps and compasses. Since painful feet are the most common way to ruin a hike, we'll spend time reviewing foot care in depth with hands on practice. We'll also discuss Leave No Trace philosophies.

## DAY 4

## JUNE 26, TUESDAY



Today 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, through a beautiful aspen and lodgepole pine forest with classic Rocky Mountain flora. We'll experience a number of slight ups and downs as we pass along a lush meadow, and then experience significant elevation gains as we trace the Inlet River up the mountain valley. We'll have the opportunity to choose faster or slower paces as we continue to follow the trail for a timed out and back, distances and elevation changes to be determined by the groups paces. We'll enjoy our lunches on rock outcroppings overseeing our trek up the valley. As we hike we'll cover issues such as conditioning, sun and heat exhaustion, hypothermia, and lightening safety. After another delicious dinner in the Compassionate Kitchen, we'll discuss layering clothing as we decide what to wear for the next day's adventure.

## DAY 5

## JUNE 27, WEDNESDAY



This morning after breakfast, we'll spend some a time talking about the history of the park as we drive to the Alpine Visitor Center, situated at an elevation of 11,800 feet, 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 the visitors center to Milner Pass. Steadily and gradually downhill, this high-altitude trail drops 950 feet and is known for having beautiful vistas all the time. We can take a break about halfway down 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. This afternoon we'll pull together much of what we've learned as we plan tomorrow's hiking options.

## DAY 6

## JUNE 28, THURSDAY



Today we'll focus on really solidifying our understanding of how to use map and compass and how to put them together to follow the hikes we planned the day before. We'll hike in an area where the Onahu, Tonahutu, and Green Mountain trails intersect where we can hike a circle route, with a few steep sections of short duration, or an out and back with time to explore some great views and historic points of interest in the area. This is 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

## JUNE 29, 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

1. If you are flying, plan to fly into the Denver (DEN) airport anytime on June 23rd. We will be spending the first night at the Courtyard Marriott which has a hotel shuttle
2. If you are driving, the Marriott has granted us permission to park at the hotel for free while on this trip
3. Details will be provided in the Pre-Departure document sent 4 months prior to start of your trip.

**If you would like help with any travel plans we recommend** our travel agent Barbara Nelson, Scan East West Travel, at [bnelson@scaneastwest.com](mailto:bnelson@scaneastwest.com) or call 206-395-7836.

## 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 Cliffside Lodge for our group. The Cliffside 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.

Most of our meals will be taken at the Compassionate Kitchen in Shadowcliff's main lodge. The staff at the Compassionate Kitchen specialize in sourcing seasonal, local, and organic food. Vegetarian (and vegan) options for this trip are available. If you cannot eat gluten or if you have other dietary restrictions, you may need to bring some supplemental food with you. Please contact the office if this is a potential concern for you.

## WEATHER

June is a beautiful time in Colorado. Typically, high temperatures in Grand Lake are in the low to mid 70s and lows are in the mid 30s. 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 to midweight hiking boots with good ankle support
- 1 pair of comfortable shoes for general use
- 2-3 pairs of hiking socks (wool or synthetic equivalent: Smartwool, Thorlo, Darn Tough)

## CLOTHING

- 1-2 pair of comfortable synthetic long (3/4) pants for hiking - zip-offs work well
- 2 - 3 synthetic or lightweight merino wool T-shirts or short-sleeved shirts
- 1 lightweight long-sleeved shirt for sun/bug protection - button up front is the best
- 1 pair lightweight long underwear top and bottoms: silk, wool or synthetic equivalent (Capilene, Smartwool, MTS, or polypropylene)
- 1 mediumweight long-sleeved shirt: wool shirt/pull-over or synthetic equivalent (“expedition weight” long underwear, microfleece).
- 1 mediumweight top layer: fleece/down jacket/vest
- 1 rain jacket and rain pants – **waterproof**/breathable fabric like Gore-tex - not a lightweight plastic poncho
- Underwear/nightwear
- a warm wool or fleece hat
- 1 pair wool, Capilene, or Polartec gloves
- 1 warm/lightweight wool or fleece hat
- 1 wide brimmed or baseball style hat for protection from the sun/rain
- 1 – 2 changes of casual clothes to wear at end of day

## ESSENTIALS

- 1 pair Trekking poles (required - see Notes on Packing List)
- 1 daypack (see Notes on Packing List for recommended capacity)
- Capability to ‘waterproof’ your backpack. Either a rain cover or a heavy-duty plastic bag to line your pack.
- Capacity to carry 2 liters of water (see Notes on Packing List)
- 1 compass with a base plate, preferably with adjustable declination (see Notes on Packing List)
- Sunglasses (100% UV protection) w/retention strap
- Small headlamp
- Ear plugs (for a good night’s sleep!)
- Tupperware-like container for sandwich/lunch
- 1 – 2 bandanas/buff
- insect repellent

## 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.

**Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen.** Please consult your physician and tell your guide.

## OPTIONAL

- Camera (extra battery or charger) and film/memory card
- Book, notebook, journal, pencil/pen
- Compact binoculars
- Wrist watch/travel alarm clock

## NOTES ON PACKING

**Footwear:** Well-fitting, sturdy boots or trail shoes 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 *before* your trip. For general hiking, lightweight or midweight cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle injury, get boots that come above the ankle— you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product

**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>

**Daypacks:** You will need a daypack that is large enough to hold the following items: 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 or hydration pack are not large enough to hold all of the items you will need for the day.**

**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.

**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.

**Compass:** We will be learning to work with a compass on this trip. We will have some compasses to share, but please feel free to bring your own if you have a compass or if you can borrow one. Any compass you bring will need to have a base plate and adjustable declination.



Here is a [link](#) to an inexpensive compass on Amazon with adjustable declination.

Here is a [link](#) to REI compasses with adjustable declination

**Personal First Aid Kit:** Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, or similar, a small roll of duct tape (always useful!), remedies for respiratory ailments, stomach ailments, sore muscles or joints. The guides will have a first aid kit but having what you know works well for you is a good idea.