



ADVENTURES
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ART OF MOUNTAIN HIKING - SNOWY RANGE

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: weather changes, lightning, animals, getting lost etc.
- Hiking in a gorgeous alpine environment
- 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

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TRIP AT A GLANCE

Location:	Snowy Range, Wyoming
Activities:	Hiking
Arrive:	Arrive at the Denver, Colorado airport by 2PM.
Depart:	We will have you back to the airport in time to fly out after 2PM

Trip Overview

If you long to hike in the mountains but lack the knowledge and skills that only come from years of experience, this trip is for you. We combine mountain hiking in the Snowy Range with instruction in everything you need to know: basic technique, clothing and equipment, conditioning and nutrition, safety considerations, trip planning, weather, and navigation with map and compass. The Snowy Range provides a fantastic setting for this challenging day hiking trip with a focus on acquiring or refining high altitude skills while enjoying alpine beauty. The wild west setting is full of granite spires, crystalline lakes, and cowboy sunsets. We'll hike among fields of brilliant wildflowers and see lots of wildlife. While the daily mileage is low (six miles or less) the terrain and altitude are sure to provide ample challenges and rewards. By day we'll hike in breathtaking places and at night we'll sleep in comfortable modern lodgings. This adventure is also great training for a Level 4 or 5 international trip! Max group size: 10 pax.

Rating

This trip is rated a 3 and is appropriate for women who have been hiking before but want to learn the essentials of high alpine hiking. While this trip is geared toward hikers of varying abilities, you will get the most out of the spectacular scenery if you train with aerobic conditioning and basic balance exercises prior to the trip. You will only carry a daypack each day and while there are some sustained ascents and descents, the mileage is moderate to allow time to acclimatize to the high elevation and practice skills. **Rating:** 1 2 **3** 4 5.

What's Included

- 2 experienced AGC guides
- Two nights double or single occupancy lodging in a hotel in Laramie. Three nights in a charming family-owned hotel in Centennial, Wyoming. One night at the Vee Bar Ranch, a world-famous dude ranch.
- All meals as outlined on the itinerary
- Transportation within Wyoming
- Permits and park entry fee

Not included: Airfare to/from Laramie, Wyoming, alcoholic beverages, guide gratuities, and personal hiking equipment

OUR ITINERARY

Below is the itinerary we have planned 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

Fly into Denver, CO by 2PM today. You will be met in baggage claim by your AGC guides, and shuttled to our hotel in Laramie, WY. Laramie, (or "Laradise" as the locals call it) is a charming western college town, full of cowboy relics and outdoor adventure. At 7,200 feet above sea level, you may find the mountainous views breath-taking in a literal way! At 5:30 PM we'll meet in the hotel lobby for introductions and orientation before hitting the town for our first group dinner together. (D)

Overnight: Hotel in Laramie

DAY 2

This morning we'll follow the rising sun to the east to a local geological legend. The Native Americans named this area Vedauwoo (pronounced Vee-Duh-Voo), which means "Land of the Earthborn Spirits." You'll see why when you behold tons of rock that seem to balance on inches of space. This spectacular area is full of fascinating boulder formations, dating back 1.43 billion years with behemoth Sherman granite rocks made of pink feldspar, white quartz, black specs of hornblende and other minerals such as mica. We'll hone our plant ID skills and learn about local fauna. Particularly lucky hikers may even spy a moose!

Here we'll stretch our legs on our first hike, Turtle Rock Loop, and enjoy a picnic lunch. Along the way, we'll review hiking basics such as Leave No Trace ethics, trekking pole use and altitude illness prevention. Since altitude affects everyone differently, we are purposefully easing in with a shorter hike. (B, L, D)

Hiking Distance: 3 miles Elevation Gain/Loss: 318 feet

Overnight: Hotel in Laramie

DAY 3

After breakfast, we take a beautiful one-hour drive west over the Snowy Mountain Scenic Byway. We'll drive through sagebrush prairie at the lower elevations to lodgepole pine and spruce-fir forests at higher elevations. The Snowy Range, at 9,000 feet to 12,000 feet above sea level, is aptly named for the heavy annual snowfall and striking white granite peaks. Today's hike is on the North Fork of the Little Laramie Trail. We may do this as a loop, or an end to end from the West Trailhead to the East Trailhead, and we will cover topics including wildflowers, beetle kill, and fire ecology. This afternoon we'll check into our lodging for the next few nights, the charming and historic Mountain View Hotel in Centennial, Wyoming.

Hiking Distance: approximately 5 miles Elevation Gain: 669 feet
Overnight: Mountain View Hotel

DAY 4

Now that we've had a few days of acclimatization, we'll hike out and back on the Shelf Lakes Trail. We begin today's hike at the crystalline waters of Libby Lake (elevation 10,750) and trek northeast, skirting the base of Browns Peak. Glaciers gouged Medicine Bow National Forest thousands of years ago, creating lake after pristine lake. Today many snowfields remain all summer, gripping the mountain slopes and hanging over many of the lakes, white snow contrasting with blue water; we'll pass both the South and North Gap Lakes. Hiking around South Gap Lake we'll have our first taste of a talus field of boulders that requires careful footing and sound balance. We'll use that practice on North Gap Lake where there will also be some boulders to scramble across. There will be plenty of time to marvel at trees twisted by the harsh alpine environment, known as "Krummholz" or "bent trees" and a beautiful array of wildflowers - true highlights of the alpine scenery! A variety of birds frequent the high country, such as the Brown headed Rosy Finch, Clark's Nutcracker, chickadee, and Northern Flicker. We will become familiar as well with the squeaks, whistles and scurrying of the small alpine marmots and pikas. We may see elk, deer, and short-tailed weasels along the trail pine. Tonight, we'll put our new hiking knowledge to the test as we put all our learning together to choose the best route for tomorrow's peak attempt. (B, L, D)

Hiking Distance: approximately 6.1 miles
Elevation Gain/Loss: 722 feet
Overnight: Mountain View Historic Hotel

DAY 5

After a few days of thoughtful hiking preparation, we are ready to attempt Medicine Bow Peak! Standing at a majestic 12,013 feet, Medicine Bow Peak is the highest point in the range and provides a great landmark during most of our trip. The climb up multiple switchbacks is challenging, but the view is so worth the effort! The top portion of the trail is another talus field where we will put our trekking poles to good use, navigating from cairn to cairn (rock pile trail marker) and have a short boulder scramble at the very top. From up here we get a bird's eye view of the plentiful lakes that are home to rainbow, cutthroat, and brook trout. (B, L, D)

Hiking Distance: 6.2 miles Elevation Gain/Loss: 1,522 feet
Overnight: Mountain View Historic Hotel

DAY 6

On our last hiking day, we'll start at the Brooklyn Lake Trailhead and hike to Lost Lake and to the Glacier Lakes, where research is conducted to determine the effects of atmospheric deposition and climate change on alpine and subalpine aquatic and terrestrial ecosystems. This is an out and back so if you're feeling sore from yesterday's climb, you can turn around early. Today's itinerary day also gives us the opportunity to switch our summit attempt day based on weather forecasts. As a reward for our hiking, we finish our trip at the wonderful Vee Bar Ranch (where AGC's Living the Cowgirl Life is based!). Here we can soak our sore legs in the hot tub or ice our worn-out feet in the Little Laramie River that runs through the ranch. There's even a saloon on the property! Tonight, we will toast to our accomplishments during the week over a yummy farewell dinner. (B, L, D)

Hiking Distance: 6.6 miles Elevation/Gain: 814 feet
Overnight: Vee Bar Ranch

DAY 7

Farewell high alpine tundra and magnificent sights! After breakfast at the ranch, we'll have you back to the Denver International Airport (DIA) in time for flights out after 2PM. (B)

ADDITIONAL TRIP INFORMATION

Getting There

If you are flying, fly in and out of the Denver Airport (DIA). Arrive by 2PM local time to meet your AGC guides in baggage claim and shuttle to our lodging. If driving, you can meet us at the Laramie hotel by 5:15PM on Day 1. During the trip you can caravan in your own car between lodging or leave your vehicle in Laramie during the entire trip.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Exito charges a one-time, non-refundable processing fees of \$50 per passenger.

Accommodations

Two nights will be spent at a modern hotel in Laramie, Wyoming that has a convenient airport shuttle and indoor pool. The following three nights will be spent at a family owned and operated historic hotel in the small mountain town of Centennial, gateway to our hiking adventure. Finally, our last night will be spent at the charming western Vee Bar Ranch, a picturesque and relaxing reward, complete with hot tub and a river on property! There are three full trip single supplements available on this trip, and three partial single supplements available, otherwise rooms are shared at the first and second location. At Vee Bar Ranch, each participant will have her own room with a shared jack and jill bathroom between another AGC participant's room. The partial single supplements involve private room and private bathroom in Laramie, shared bedroom and shared bathroom in Centennial and private bedroom and shared bathroom at the Vee Bar Ranch.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

[Click here for our Cancellation & Payment Policies and Booking Terms & Conditions.](#)