



September 2015 | No. 216

Pikes Pique

The Newsletter of the CMC Pikes Peak Group

Pikes Peak Group Monthly Program – September 15th

David Harris and Cate Kelly Present: *Hiking the Inca Trail to Machu Picchu*

The Inca Trail is by far the most famous trek in South America and is rated by many to be in the top five treks in the world. In just 26 miles (43 km) it manages to combine beautiful mountain scenery, lush cloud forest, subtropical jungle and—of course—a stunning mix of Inca paving stones, ruins and tunnels. The final destination of the trail just cannot be beaten: Machu Picchu, the mysterious "Lost City of the Incas". Most people complete the trek in four days.



One of the main attractions along the route is the web of ancient settlements, like Wiñay Wayna and Phuyupatamarca, built by the Incas in granite rock immersed in an overpowering natural scenery. Hundreds of species of orchids, multicolored birds, and dreamlike landscapes provide the ideal backstage for a hiking route.

The trail hugs the frothing Urubamba River before climbing through cloud forest to Warmiwanusqa (Dead Woman Pass) at

13,780 feet. It then plunges past the ruins of Runkuracay, up another pass at just over 12,000 feet, and continues over Inca-era paving stones that wind through the ancient fortresses of Sayamarca and Wiñay Wayna. A final pass of 13,000 feet and a downhill trek of 3,600 steps eventually leads to the Sun Gate and into the ruins of Machu Picchu.



David Harris and Cate Kelly hiked the Inca Trail to Machu Picchu in June 2012. They are ten-year residents of Colorado and have been CMC members for about six years. David teaches the Basic Mountaineering School Land Navigation class for the Pikes Peak Group.

Please join us at 6:30 on September 15th at the Mountain Chalet, 226 N Tejon, for David and Cate's presentation about hiking the Inca Trail.

Mile High Youth Corps – Now Hiring for Fall Forestry

- ♦ Fall Forestry Trail Crew
- ♦ Be 18–24 years of age
- ♦ Have GED or HS diploma
- ♦ Available Aug 25 thru Nov 13
- ♦ Earn \$640 bi-weekly stipend (before taxes)
- ♦ Earn \$1,200 to \$1,500 AmeriCorps Education Award to pay for school

Visit milehighyouthcorps.org
or call 719-630-7421 for more
information

Your PPG Council

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Interested in serving on the Pikes Peak Group Council? Please contact the Chair.

Welcome New PPG Members!

Douglas Taylor
Rebecca MacNamee
Bill Sward

Elaine Cunningham
Hannah Cobb
Mark Schaible



Cathy, Allyson, Sam, John, Jim, and Gene at St Mary's Falls

Instructor and Trip Leader Info

Leaderfest – October 28th

Calling all PPG Instructors and Trip Leaders for our semi-annual information and appreciation meeting on October 28th at 6:30 p.m., this time at Old Chicago, 4110 N Academy Blvd. On top of the usual good food, drink, and camaraderie, we're honored to have Jes Meiris as our guest speaker. Besides holding the women's speed record for climbing the Nose of El Capitan, she professionally guides and instructs on a regular basis. This year she held an outstanding instructor clinic for PPG Instructors. She'll be talking to us for a short time on how to overcome the problems trip leaders and instructors may face in dealing with participants and students. Please sign up for this event on the [CMC website](#) by clicking on the Calendar button and selecting October 2015, so we will know how much food and drink to have on hand. If you're unable to sign up come anyway, but let us know. If you're not into good food and drink or camaraderie, you must come just to hear Jes speak. We guarantee you will learn something. For additional information, contact [Chris Mattingly](#).

Trip Leaders – Have You Led a Trip Recently?

We are approaching the end of the two-year period during which all PPG trip leaders should have led a trip. If you're one of the few that hasn't led a trip yet, you still have until December 31, 2015 to do so. For complete PPG Trip Leader Information, please click [here](#).

CMC Council Member Profile

GREG LONG



Greg on the West Rib of Denali in 2004

What is your role in the CMC?

I direct the PPG High Altitude Mountaineering School (HAMS) and sit on the Council. I am also chair of the state High Altitude Mountaineering Committee.

What CMC activities do you teach?

HAMS currently. I have also taught BMS, backpacking, and Safety and Leadership in the past.

How long have you been a member?

Since 1992.

What is your career?

High School Teacher.

Favorite outdoor activities?

It really depends on my mood on a given day; if I'm in the mountains, it's all good.

What is your favorite local hike or local crag?

I live in Palmer Lake and love all the trails in my "backyard".

What is your favorite place in Colorado?

The southern half of the Colorado Trail through the San Juans is the prettiest 200 miles of backpacking I've ever done.

What's your #1 best camp food?

M&Ms.

What is your worst experience camping or climbing, where everything that could go wrong did?

I had some bad food or water and got a vicious case of diarrhea while hiking the Appalachian Trail in Virginia. I had to hike 18 miles through 90 degree heat to get to a town while not being able to eat or drink and having to make frequent sprints to the side of the trail. I usually barely had time to get my pack off much less dig a cat hole.

What is your dream hike or dream climb?

I love getting out to someplace remote where there aren't other people and there isn't a cattle path to the top; it's up to my team and me to figure out the route. I've researched some places along the Peru-Bolivia border, but anyplace I could make that happen would be great.

What piece of gear have you been drooling over but can't justify buying?

Well, Mountain Chalet was for sale recently...

Where are places you want to hike, or climbs you want to do this summer?

I've had three 14ers left for six years now. I guess it's about time I finished them.

What outdoor activity are you just plain bad at, no matter how many times you try?

Slacklining – I have no balance.

You have a free month to go anywhere in the world and hike or climb. Where would you go?

Either Alaska or South America.

Best CMC trip you've been on?

Kilimanjaro.

CMC Member Discounts

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[American Mountaineering Museum](#), Golden

[Bent Gate](#), Golden

[Breckenridge Nordic Center](#), Breckenridge

[Frisco Nordic Center](#), Frisco

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[Mountainsmith](#)

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[Summit Terragraphics](#)

[The Custom Foot](#), Englewood

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[The Trailhead](#), Buena Vista

[TrailRunner Magazine](#)

[Vagabond Ranch Huts](#)

[Wilderness Exchange Unlimited](#), Denver

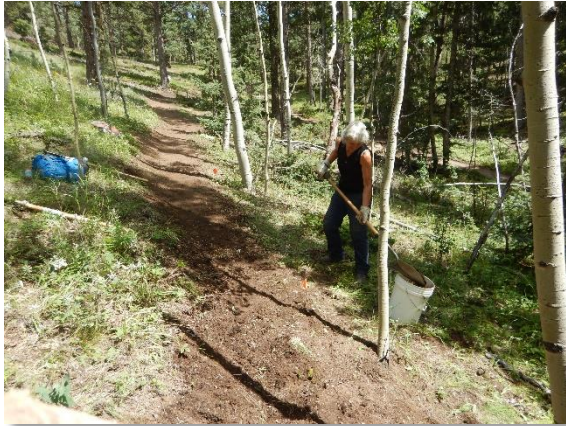


For details visit the [Member Benefits](#) section of the CMC web site.

Conservation Corner

Lovell Gulch – Trail Improvement

Our hard-working volunteers built a good chunk of realigned trail in Lovell Gulch near Woodland Park, and there is a lot left to do! Please sign up for the remaining workdays on [September 19](#), and [October 17](#). No experience is needed—we will provide all the tools and training you will need. Non-CMC members are welcome. Contact [Tom Mowle](#), 719-216-3932.



Lovell Gulch Trail Improvement

Badger Flats – Damage Mitigation

State CMC is also continuing its project to mitigate damage to habitat and other natural resources from the growing network of user-created routes in Badger Flats, near Lake George. We will be inventorying and closing non-system roads and trails. Work is suitable for all abilities and will include GPSing, photographing resource damage, installing signs, constructing natural barriers and fences, and re-seeding and transplanting vegetation. Work will be over full weekends, with camping

available and CMC-provided food; you can also work only one day. The final project weekend is [September 12/13](#).

Palmer Lake – Noxious Weed Removal

Palmer Lake is continuing to work on removing escaped ornamentals and other invasive plants from town, and the area around the Palmer Reservoir Trailhead and the lower reservoir. Their workdays are the 2nd and 4th Saturdays through October, meeting at 8 a.m. at the Palmer Lake town hall, 28 Valley Crescent. Contact [Phyllis Head](#) for more information.

Garden Park Fossil Area – Trail Construction

Volunteers for Outdoor Colorado, a statewide volunteer outdoor stewardship nonprofit, has an awesome upcoming volunteer opportunity near Cañon City. Volunteers will do an overnight project working on trail construction at the beautiful and historic Garden Park Fossil Area near Cañon City. Volunteers will construct a new trail in Garden Park to help expand access for hikers, mountain bikers, and equestrian users in the area. Learn more and register at [Garden Park Trail Construction](#). Free to participate; no experience necessary; minimum age: 16. Meals and camping provided.

Continental Divide Trail – Trail Rerouting

VOC is also rerouting a section of the iconic Continental Divide Trail, near St. Elmo. Volunteers will work to reroute the current Alpine Tunnel to Hancock Lake Trail away from the road to a more scenic and remote route to improve user experience. Workdays are August 29-30 and Sept 5-6. Learn more and register at [Continental Divide Trail Alpine Tunnel to Hancock Lake Trail Reroute](#). No experience necessary; free to participate; meals and camping provided; minimum age 18.

Conundrum Hot Springs Trip – July 25-27



Denise Trent, Donna Brockman, Linda Ernst and Donna Gail Schneider, Leader, enjoyed an overnight backpack trip to Conundrum Hot Springs at 11,200 ft. The wildflower display and scenery along the 9 mile, 2500-ft hike to the hot springs was spectacular! We were lucky enough Sunday afternoon to have the hot springs to ourselves for almost an hour before other bathers arrived.

PPG Classes

Pikes Peak Intro to Mountain Biking Basics

September 9, 10, 12, 19, 26, 2015

Learn the gear, maintenance, safety, and entry level techniques for basic mountain biking. Mountain biking is a great way to enjoy the wilderness with a little more skill and finesse, for getting out for a short outing after work, and for building cardio before a big climb. There will be two classroom sessions in Colorado Springs and three field sessions for the mountain biking class. The cost is \$60. There are also rental costs if you don't own the gear. The mountain biking classroom dates are 9 and 10 Sep from 6:00p to 9:30p, and the field dates are 12, 19, and 26 Sep all day. A strong fitness level to go on a full day technical bike ride is required for the field sessions as this will not be casual riding. The field sessions will be progressive in nature to build on skills. For details, please contact [Eric Hunter](#).

Pikes Peak Trip Leader Training

September 10, 17, 20, 2015

This course provides the necessary training and satisfies part of the requirement of becoming a CMC trip leader for the Pikes Peak Group. (Completion of a Wilderness First Aid course is the other requirement to becoming a trip leader.) The classroom sessions are on 10 Sep and 17 Sep from 6:30p to 9:00p. The field session on the morning of 20 Sep will be scheduled as a CMC trip. For details, please contact [Paul Schoell](#).

Pikes Peak Intro to Desert Trekking and Canyoneering

September 23, 27, 30–October 4, 2015

If you have only been hiking in the high altitude for your spring, summer, and fall there is another world out there. When you have climbed enough peaks to wonder what other environments might be out there, the next step for you may be desert terrain. Come learn the proper gear, safety, and entry level techniques for basic desert trekking and canyoneering. There are many nuances to this environment that should warrant a safe approach such as provided by this class. The course cost is \$80. The classroom session will be in Colorado Springs and is on 23 Sep from 6:00p to 9:30p. There is a one day field session in Colorado Springs to cover some basics and evaluate fitness levels scheduled for 27 Sep. Then we go on a five day trip to the desert scheduled for 30 Sep through 1-4 Oct. This year's desert trip is planned for the San Rafael Swell in Utah. A strong fitness level to go on full day hikes with scrambling on moderate exposure in hot terrain, squeezing through narrows, and hiking in loose sand is required for the field sessions. The field sessions will be progressive in nature to build on skills. Attendance at the classroom session and local field session will be required to attend the Utah trip. For details, please contact [Eric Hunter](#).

Pikes Peak WFA (Wilderness First Aid)

October 8, 15, 17, 2015

This sixteen hour ECSI accredited course consists of instruction devoted to medical evaluation and treatment in the wilderness setting where definitive medical care is not readily available. Two evening presentations on the variety of situations you might encounter in the backcountry and wilderness areas followed by a full day of practical, hands-on training in the field make up this course. This course satisfies the requirement for trip leaders. The classroom sessions are on 8 and 15 October from 6:30p to 9:30p. The field session is on 17 October from 8:00a to 3:00p. A comprehensive textbook is included and you will receive your WFA card. For details, please contact [Paul Schoell](#).

Pikes Peak CPR Training

October 17, 2015

Knowing CPR can be life-saving. If you never had CPR training or it's been a while, this two-hour American Heart Association accredited training is for you. It includes the latest classroom instruction and hands-on training in CPR/AED for the Adult/Child/Infant (choking conscious and unconscious). This course satisfies the requirement for trip leaders. A CPR card good for two years will be issued upon completion. For details, please contact [Paul Schoell](#).

Pikes Peak Group HAMS

October 28, November 4, 11, December 2, 9, 2015

The Pikes Peak Group High Altitude Mountaineering School will start in October. This is a course designed for those climbers who want to go beyond the 14ers to take on high altitude (15,000' plus) and glaciated mountains. Classroom sessions will take place on 10/28, 11/4, 11/11, 12/2, and 12/9, and include such topics as equipment, medical concerns, nutrition and menu planning, fitness and training, organizing an expedition, and group dynamics. Field sessions will be CMC trips conducted in January and February. Completion of Basic Mountaineering School (all modules) or equivalent, plus experience putting those skills into practice in the field are prerequisites for the course. Contact [Greg Long](#) to verify pre-requisites and receive a passcode.

Pikes Peak Hut to Hut Clinic

December 3, 2015

Colorado has many huts which offer a warm, cozy environment for those cold winter nights. Knowing how to reserve a hut space and how to get there are key to a successful hut trip. In one evening session, which is free and open to everyone, you will learn about the principles, processes, planning, and particulars of a hut trip. There will also be an optional day trip to a hut on 5 December for those that want to get that first-hand experience of winter navigation and seeing what the inside of a typical hut looks like. Although we will not spend the night at the hut, your experience on this trip will prepare you for that future hut adventure. For details, please contact [Paul Schoell](#).

September PPG Trips

Mountain Bike Arkansas River/Bighorn Sheep Canyon

Saturday, 9/12/2015

Moderate

Leader: Eric Hunter, 719-273-1018, ehunter67@yahoo.com

Trail Mileage 22, Elevation Gain 300, Driving Distance 250. Details: This is the first of three field trips only for those completing the two Pikes Peak Group classroom sessions. This is a great moderate ride along the historic trail from Wellsville to Coaldale on the north shore of the Arkansas River. There are interpretive signs along the ride to further immerse yourself in this historic route. The route starts on a graded road, which turns into a jeep road, which turns into a 4WD road, then finally back to a graded/paved road. The focus will be on using gears, selecting the path of least resistance, knowing when to hike-a-bike, and negotiating hills and varied terrain. Further details will be provided in the class.

Jones Park in Fall Colors

Saturday, 9/12/2015

Moderate B

Leader: Y Mason, youdew@aol.com

Trail Mileage 7, Elevation Gain 1800. Location: Jones Park is located within North Cheyenne Canyon. Details: For carpooling purposes, we will meet at the Starsmore Discovery Visitors Center at 7:30 a.m. and depart for the "hub" parking lot. From the hub parking lot we will head towards the Seven Bridges Trail. This will be an up and back hike. After the seventh bridge the trail becomes narrower and climbs steeply on scree until we reach Jones Park where hopefully the aspens will be in full fall colors! The descent could be challenging, especially for hikers with knee difficulties, therefore bringing and using hiking poles for extra support are highly encouraged. As always please bring the Ten Essentials, rain gear (just in case), lunch, and a camera.

Lovell Gulch Trail Project #2

Saturday, 9/19/2015

Moderate

Leader: Thomas Mowle, 719-216-3932, tommowle@yahoo.com

Trail Mileage 1.5, Elevation Gain 200. Location: North of Woodland Park. Details: Trail Work. Open to the public. Ages 16+; under 18 must be accompanied by parent/guardian. Day hike. Bring your lunch. This year and next, the Pikes Peak Group will be helping the National Forest with maintenance on Lovell Gulch Trail #706 near Woodland Park. We will be slightly rerouting sections of the trail into a more sustainable alignment, rehabilitating eroded areas on the current trail, and providing better signage. Volunteers will have a short hike to the work area. Volunteers must bring work clothes and gloves, water, snacks, sunscreen, and hat. If you are a CMC member, please log on to register. Once the project is full, we will not be able to accommodate any additional volunteers unless additional leaders/tools are recruited. This is for safety's sake—to retain a safe crew leader to volunteer ratio—and due to the number of tools available. Please cancel if needed to make room for others, and join the wait list if the trip is full. Notes: Later work day will be Oct 17.

Mountain Bike Buena Vista/Midland Railroad Grade

Saturday, 9/19/2015

Moderate

Leader: Eric Hunter, 719-273-1018, ehunter67@yahoo.com

Trail Mileage 12, Elevation Gain 730, Driving Distance 250. Details: This is the second of three field trips only for those completing the two Pikes Peak Group classroom sessions. We will bike the historic Midland Railroad Grade on this Rails to Trails program route from Highway 24 to a Buena Vista overlook and back. The trail is a single track along an old railroad bed, but with some technical sections where the trestles have been removed. Excellent views of the Sawatch Range and many historic artifacts await you on this trail. Further details will be provided in the class.

Mountaineering Program

Mountaineering Off to a Great Start!

July was an exciting month for climbing high mountains for our group! There were 17 14ers, one 13er, and one peak over 12k offered to guests and members of our group, which included 71 climbers. Some folks may have gone more than once, with the largest group (11) summiting Harvard in a preparatory climb of Kilimanjaro. This was really a major achievement for our dedicated Trip Leaders and member to get out there and do it. Despite challenging weather, we were able to offer members a taste of the high country. Five more peaks were offered in August.

We began the climbing season with a seminar for those members who wanted a little more info about 14ers and what it takes get to the summit safely. Periodically, that seminar will be offered so if you missed the last one, keep an eye out for it later this fall.



To register for classes or trips,
go to www.cmc.org



September PPG Trips(continued)

Lizard Rock

Saturday, 9/19/2015

Moderate A

Leader: Y Mason, youdew@aol.com

Trail Mileage 5, Elevation Gain 1000, Driving Distance 100. Location: Lizard Rock Trail lies within the Tarryalls and the Lost Creek Wilderness: a pristine area! Details: 8:00 a.m. departure time from Safeway (just west of 31st and Colorado Avenue) with the intention of beginning the hike by 9:15-ish! This area is especially spectacular in the fall and seldom travelled by folks from "the city"! With luck there just might be some aspens showing off their fall foliage colors, so remember to bring your camera. The trail is pretty gentle for a mile or so with most of the "climbing" becoming moderate to steep with scree as we draw closer to the lizard. Including the Ten Essentials, rain gear, water, and lunch in your pack is highly encouraged. Be prepared for anything!

Corral Bluffs Open Space

Saturday, 9/19/2015

Difficult B

Leader: Debbie Sheinman, 719-635-7720, sheindk@yahoo.com

Trail Mileage 7, Elevation Gain 600, Driving Distance 30. Location: Corral Bluffs is located on Hwy 94 east of Colorado Springs. We'll meet at 9:00 a.m. sharp at the Loaf 'n' Jug at 6857 Space Village Avenue past Marksheffel Road (paralleling Hwy 24). This will be a car shuttle and high clearance vehicles are preferred. Details: This is a rare opportunity to visit Corral Bluffs Open Space, as this is normally closed to the public. This all-day hike will be off-trail with some scrambling up cliffs or on rock. (There are no trails in this open space.) Jackie Hilaire of TOSC (Trails and Open Space Coalition) and CoBA (Corral Bluffs Alliance) will be our guide. She will not only show us the open space, but she will also provide detailed information about the flora, fauna, history, and geology of the area. In addition to bringing your "ten essentials" please wear the following: hiking boots (no sneakers or open-toed shoes), gaiters (the thicker the better), and long pants (blue jeans, overalls, or thick canvas are preferred). Rattlesnakes are part of the ecosystem here, as are prolific numbers of yucca and other bushes with thorns. Participants will need to fill out two separate release of liability forms for the trip. I will send them to all participants as the date of the hike draws near. Please print them on two separate pieces of paper.

Storm Peak

Thursday, 9/24/2015

Moderate C

Leader: Christie Lee, 719-635-2336, Christie80905@gmail.com

Details: Meet at Longs Peak Trailhead at 5:00 a.m. Call Christie for signup and details.

Mountain Bike Picketwire Canyon

Saturday, 9/26/2015

Moderate

Leader: Eric Hunter, 719-273-1018, ehunter67@yahoo.com

Trail Mileage 18, Elevation Gain 350, Driving Distance 250. Details: This is the third of three field trips only for those completing the two Pikes Peak Group classroom sessions. We will bike from the Withers Canyon Trailhead into Picketwire Canyon. We will pass a Spanish Mission and Cemetery, a very large set of dinosaur tracks, and stop at the historic Rourke Ranch. There are also Paleo Indian rock art sites along the way. The trail begins as a very technical road which becomes single track through more goat heads than you can imagine. It becomes a 4WD road quickly with some technical sections. This is an incredible canyon to explore that needs a bike to get to all of it in one day. Further details will be provided in the class.

Columbine - Mays Peak Loop

Saturday, 9/26/2015

Moderate B

Leader: Y Mason, youdew@aol.com

Trail Mileage 8, Elevation Gain 2100. Location: The hike begins at the Starsmore Discovery Visitors Center in Cheyenne Canyon Park. Details: Our cars will be parked in the Starsmore Discovery Visitors Center Parking Lot. The hike begins at the Starsmore Discovery Visitors Center/Lower Columbine Trail to the Mid Columbine Trail. We will depart the Mid Columbine Trail after two miles and the begin bushwhacking up to the road and then bushwhack up again another steep 1,000 feet to where the Mount Buckhorn Trail meets the Mays Peak Trail. We will make our way up to Mays and return to the Mid Columbine Trail via a heavily scree multi-use trail. Expect a long day! Notes: Moderate pace overall, however the pace might become more "one foot in front of the other" especially while bushwhacking up! As is typical for all CMC hikes, please bring loads of water, especially since the inner canyons can be quite warm even in September. It is also essential to bring your Ten Essentials and rain gear. For those who have knees that sometimes do not cooperate during hiking adventures, hiking poles are encouraged just in case in case your knees might require some extra support. This is fall in Colorado, therefore be prepared for anything, including cooler weather!



To register for classes or trips,
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September PPG Trips (continued)

Hike Ute Park and RRCOS

Sunday, 9/27/2015

Moderate C

Leader: Eric Hunter, 719-273-1018, ehunter67@yahoo.com

Trail Mileage 8, Elevation Gain 750. Location: Colorado Springs, CO. Details: This is the local field trip only for those completing the Pikes Peak Group Intro to Desert Trekking and Canyoneering classroom session. We will hike a wet canyon in Ute Park and two dry to wet canyons in RRCOS. We will spend time looking at things like terrain/route selection, scrambling and stemming skills, endurance, and emergency situation choices (camping, exiting mid-canyon, water procurement, etc.). Further details will be provided in the class.

Desert Hiking and Canyoneering Trip - San Rafael Swell, UT

Wednesday, 9/30/2015

Moderate C

Leader: Eric Hunter, 719-273-1018, ehunter67@yahoo.com

Trail Mileage 30, Elevation Gain 1500, Driving Distance 1000. Location: San Rafael Swell, UT. Details: This is the five day field trip only for those completing the Pikes Peak Group Intro to Desert Trekking and Canyoneering classroom session. We will drive to Goblin Valley SP, UT and set up a car camp base camp. We will then hike in Goblin Valley and visit the Goblin's Lair and practice working as a team to get through some obstacles in Goblin Valley. If there is time we may also hike Curtis Bench. On Thursday we will hike Wildhorse Canyon down and back and up to the Grotto: Class 2, B, III. On Friday we will hike Crack Canyon down and back: Class 2, B, III. On Saturday we will hike up Bell Canyon and down Little Wild Horse for a change in pace: Class 2, B, III. Further details will be provided in the class.



Sunrise over the Serengeti plain – Kilimanjaro & Safari 2015

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Pikes Pique is the monthly newsletter of the Pikes Peak Group of the Colorado Mountain Club. It is a forum for enhancing skills for backcountry travel in the Colorado mountains and communicating information, news, and upcoming events to members and interested parties.

The purpose of the CMC is to unite the energy, interest, and knowledge of the students and lovers of the mountains of Colorado; to collect and disseminate information regarding the Rocky Mountains on behalf of science, literature, art, recreation; to stimulate public interest in our mountain areas; to encourage the preservation of flora, fauna, and natural scenery; and to render readily accessible the alpine attractions of this region.

PIKES PEAK GROUP CONTACT INFORMATION:

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WE WANT TO HEAR FROM YOU!

Have a fun story or trip you want to share? Please submit your articles, along with pictures, to be considered for publication in the next Pikes Pique newsletter.

Please send to:

David Anderson, editor
danderso@uccs.edu

The deadline for submissions is the 14th of each month.

Use the above contact information for corrections and comments as well.