



Newsletter



Vol. 2016, No. 5
September, 2016

Table of Contents

❁ From the Editor.....	4
❁ New Members.....	5
❁ Message from the Chair.....	6
❁ Upcoming Programs.....	10
❁ New Trip Leaders – Pete Tomassi & Brittany Pennington with LIT Trip Reports.....	12

Table of Contents

❁ Did You Know?	
❁ Leader Info.....	20
❁ Food Safety.....	21
❁ US-34 Road Closure.....	24
❁ Trip Reports.....	25
❁ Parting Shots.....	32

From the Editor:



Scott Farquhar

What's in this issue?

A message from Ward, congratulations to Pete Tomassi & Brittany Pennington our new trip leaders, information on upcoming programs, tips for leaders, a food safety brochure, trip reports on Powell Peak, Democrat, Cameron & Lincoln, and a few "Parting Shots". I don't know about the rest of you, but it was a busy summer for me! Thank You Ward, Amparo Maya and Steve Dielman for helping out with this month's newsletter to make it a little less busy.

Next, as I always do, I would like to welcome the 10 new members that have joined the Fort Collins Group since June (see the next page for a listing).

For all of you if you need any help in taking advantage of the resources the club has to offer don't hesitate to contact me or Chris Haugen, our Membership Director. For all of you existing members remember to extend a hearty welcome to any new members you see.

See ya on the trail Scott

Welcome New Members!

July	August
Beverly Upham	Jess Conolly
Dylan Demoss	Chase Jones
Courtney Petros	John Phelan & Family
	Freba Karimzad & Family
	Defne Weaver
	Bailey Bremner
	Milt Brown

Message from the Chair:

By Ward Whicker



A recent special issue of TIME magazine was titled: "The Science of Happiness: New discoveries for a more joyful life". My wife April brought this issue home a week or two ago, perhaps because I was feeling grumpier than normal. She tends to notice more about my moods than I do myself. Is that a surprise? After talking about this for a time over coffee, we decided that my mood was likely affected by world problems that we as individuals can do little about, and by the downright ugly and bizarre politics going on as we approach the November elections.

I decided that it might be a good idea to (a) Take a break from following the news about politics; and (b) Read the special issue of TIME on happiness. I did both, and discovered that suddenly I felt much better emotionally. I also felt better physically, with more energy. And in addition, I began to reflect on what accounts for my state of happiness, which is usually, but not always, very high.

Message from the Chair: (cont.)

For starters, being retired and financially stable, provides time to focus on everyday things without much distraction, and to give more effort to helping others. This includes activities that are “necessary”, “fun” personally, and “giving” to others. The science on happiness indicates “living in the moment”, minimizing multi-tasking, and giving one’s time & help to others all tend to produce a joyful mindset. For me, being active in the CMC provides great opportunities to have fun with generally like-minded people, and to share my time and mountaineering knowledge with others. This certainly comes about through participating in and leading trips, and by helping teach courses on hiking, climbing and backcountry skiing.

The TIME issue makes a very strong case for the mind/body connection, in that a healthy, active body has mental benefits, including the feeling of happiness. And, a stable, alert & joyful mental state helps reduce fatigue, making it easier to feel motivated to get sufficient exercise. So, the body can help the mind, and the mind can help the body. That’s what the science says, and that is what I and most of my family and friends experience. For me, leading CMC trips can be physically-demanding, so I try that much harder to stay reasonably fit so I can feel confident in doing the trips. As a rule, I find being on a hike or climb with others, is both mentally and physically energizing.

Message from the Chair: (cont.)

I have known a few people who, as they age, tend to think they know all they need to know, and thus don't try very hard to learn new things. On the other hand, most of my good friends never seem to tire of learning. Despite six plus decades of experience in the mountains, I am amazed and humbled by the knowledge I've gained since joining CMC. Trip participants, students, co-leaders and other instructors nearly always have something new to teach me about mountaineering. Just being out with a good number of them is often a learning experience. Just watch and learn, or ask and learn. Learning new things, according to the science, also helps in the quest for happiness.

According to the experts, simply being outdoors, especially in pristine, scenic environments, creates joyful thoughts. I've personally felt this as long as I can remember. Hiking along a reasonably busy trail in Rocky Mountain National Park nearly always validates this belief. Pay attention to the first fifty or so people you pass, and notice their facial expressions. I bet you will find at least forty or more will appear in a positive, relaxed mood. Being surrounded by nature helps one to simply absorb the sights and sounds, while forgetting, for a time at least, other pressures and stresses of daily life. Feeling stressed and depressed? Try going out for a hike, even a short one!

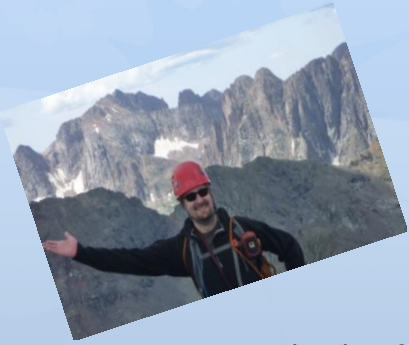
Message from the Chair: (cont.)

One could probably go on and on about the mental and physical benefits of being outdoors in scenic environments. But let me finish with one final thought, namely friendships. Through CMC, I have had the wonderful pleasure of meeting many people and getting to know them fairly quickly. Email communications, a ride to a trailhead, much of a day on trail, short breaks, the ride back home: these all provide an unusual amount of time to at least initiate the process of getting to know individuals with similar interests. Experts for years have documented positive health benefits from having meaningful friendships. In my case and for many others, CMC activities have led to the development of many important friendships. Some of these will certainly be life-lasting.

Ward Whicker



Programs!



Bob Dietz
Program Director

September Program Mountaineering in Colorado Dr. James H. Pickering

What: September Program

Where: Senior Center

When: September 28, 7:00 PM

Who: Fort Collins CMC Members AND Public Welcome

James H. Pickering became Estes Park's Historian Laureate in 2006. He received his undergraduate education at Williams College and his M.A. and Ph.D. degrees from Northwestern University. A professor of English, specializing in American literature and American studies, he has taught at Michigan State University, where he served as Director of The Honors College, and at the University of Houston, where he served as dean, provost, and president.

Jim's long adventure with the Estes Valley and its history began in the late 1940s, when he vacationed with his parents and sister in a 1916 log cottage on the lower slopes of the Twin Sisters, high up in the Tahosa Valley. Jim has been a part-time resident in Estes Park since 1992 and has served on the board of directors of the Estes Park Museum Friends & Foundation for nine years.

Programs!

October Program

Poudre Canyon Areas: What Do Their Names Mean? Why Are They Here?

Carolyn Hammond

What: October Program

Where: Senior Center

When: October 26, 7:00 PM

Who: Fort Collins CMC Members AND Public Welcome

When hiking or skiing in Poudre Canyon and other areas around Fort Collins, have you ever wondered how some of the lakes, rivers, passes and other landmarks got their names? The region has a rich history featuring the exploits and misadventures of fur trappers, miners, soldiers, Indians, desperadoes and others whose names still remain on our maps today. In this presentation, CMC member Carolyn Hammond will recount a few of the stories from the early days of Poudre Canyon and other colorful places in the region.

New Trip Leader – Pete Tomassi and Brittany Pennington !!!

By Scott Farquhar & Ward Whicker

Welcome Pete Tomassi and Brittany Pennington as the latest official CMC leaders in the Fort Collins Group!!

Pete's Leader-in-Training (LIT) trip was completed July 23, 2016 on a trip from Zimmermann Lake TH, to Montgomery Pass, along the Rawah ridge off trail and down to the Sawmill Creek basin to the Blue Lake TH.

Brittany completed her LIT on August 27th on a hike to Mount Ida,

Both of these individuals exhibited exemplary planning, route finding, people skills, and decision making as part of their LIT. Full trip reports on both of their LIT trips follow.

Congratulations new leaders!! Thank for your time commitment to the Fort Collins CMC Group, we all look forward to going on future trips with the both of you.



Pete Tomassi – New Trip Leader

Photo by Ward Whicker



Brittany Pennington– New Trip Leader

Photo by Scott Farquhar

Pete Tomassi LIT – Montgomery Pass/Peak 12,170 Traverse 7/23/16

By Amparo Maya

Hike stats:

Distance: 9 miles

Elevation gain: 3,000'

Leader: Ward Whicker. Leader-in-training trip for Pete Tomassi

Summary:

The hike started at the Zimmerman Lake TH. We hiked on-trail to Montgomery Pass, then climbed north along the main Rawah ridge over Point 11,622' and on to Point 12,170'. We took a short break at point 12,170', then decided to add Point 12,184' to the trip, which we did successfully. We descended via a "pioneering" route to the Sawmill creek and an abandoned logging road to CO 14. The route distance was approximately 9 miles and the elevation gain about 3,000', thus qualifying the outing as a difficult C-class trip. All terrain covered would be classified as Class 2, with one steep short section of 2+ on large talus.

Photo by
Amparo Maya

A beautiful Panorama



Pete Tomassi LIT – Montgomery/12,170 (cont.)



Up the ridge



What goes up must come down

The trip started across the road from the Zimmerman TH and the trail was well marked. A sustained and gentle ascent with undulating terrain culminated with a steep climb to Montgomery pass. Soon after the start, the trail followed the path of Montgomery creek along forested alpine terrain. Pine needles on the ground created a soft terrain and the pine scent permeated the area. At points along the trail, the ground was still covered with numerous and beautiful flowers, as well as wild blueberry plants that provide food for the wild life. The Zimmerman moth has caused much damage to this area of the forest; Ward Whicker made us aware that in the mist of this landscape one needs to be very much alerted to the danger of falling trees.

The off-trail journey across the three peaks was through difficult terrain and ridges covered with rocks requiring caution to navigate. We had awesome views of Comanche Peak, Hagues Peak (highest point in Larimer County) and the entire Mummy Range among others. After going down on the east ridge of point 12,184', we continued to descend via a "pioneering" route into the Sawmill basin where we had lunch and got much needed energy to tackle the final part of the hike.

Nokhu Crags



Photos by Scott Farquhar

Pete Tomassi LIT – Montgomery/12,170 (cont.)

We then bushwhacked along the south branch of Sawmill Creek to the abandoned logging road, which we followed to CO highway 14. The off-trail terrain along the south branch of Sawmill creek is covered with fallen trees, some quite large, and strenuous to cross. We crossed the creek at several places while descending in the direction of the abandoned logging road. Once on the logging road, it was a restful and easy stroll to CO highway 14, and the dropped car.

We had a gorgeous day for our hike; all participants enjoyed the day and enthusiastically finished the trip. The “bookend” segments of the hike provided wonderful warm-up and cool-down opportunities, framing the strenuous and rewarding mid-section of the trip.

Congratulations Pete!!!

On the summit



Photo by Ward Whicker



The lunch bunch

15



The Author pauses to take in the view

Photos by Scott Farquhar

Brittany Pennington LIT – Mount Ida – 8/27/16

By Scott Farquhar

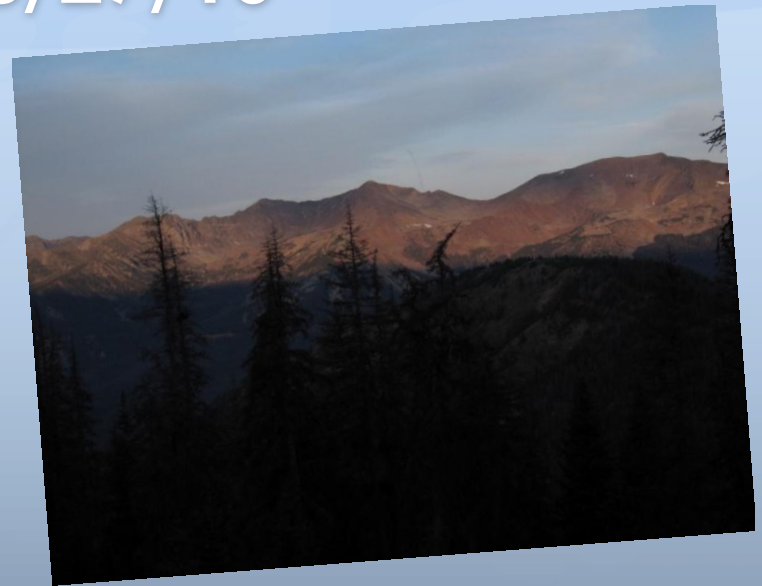
Leader in Training – Brittany Pennington, Mentor –
Scott Farquhar

Mileage – 9.7 miles, Elevation Gain - 2500 ft

Time on Trail – 6.5 hours

Having gone through Leader Training, and having put up with the numerous words of wisdom from her mentor during trip scheduling and planning, Brittany was ready to lead her Leader in Training Hike. She had already scouted the trip earlier in the month so she was well prepared as she assembled the group bright(?) and early at the Milner Pass trailhead. After going through introductions and a discussion of the route by Brittany we were ready to hit the trail.

The first part of the trip was on well-marked trail. It climbed quickly up through the trees going up steps and through switchbacks. Brittany kept a moderate pace, but checked on the group often. Right at tree line we stopped for a short break and she suggested to all that this would be our last “cover” to take care of essential business for quite a while. After the group took advantage of the situation, we pressed on.



Alpine Glow



Above treeline

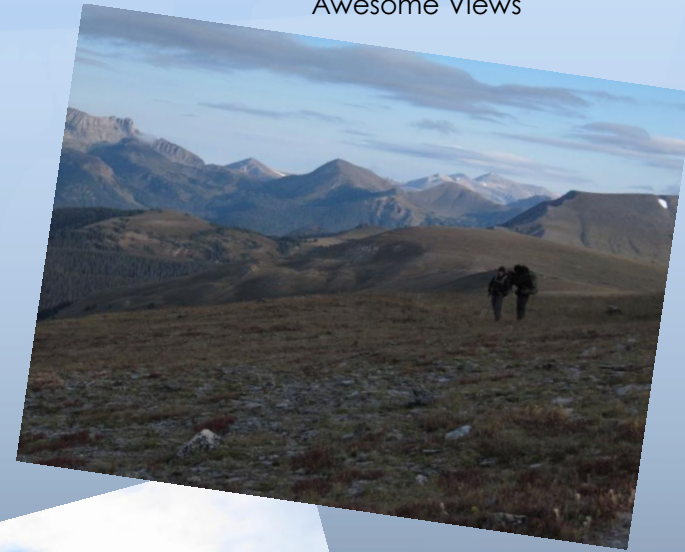
Brittany Pennington LIT – Mt. Ida (cont.)

Above tree line the view opened up and we were rewarded with Alpine Glow on the mountains to the west. The group continued to hike on a distinct trail above tree line as the sun started to rise. After approximately 2 miles, we entered a talus field where the trail became a bit harder to follow, however, the way to the summit was clear and Brittany led group up. Unfortunately, the wind remained strong which kept the wind-chill close to freezing, so the light snow and frost on the talus made hiking precarious.

As we approached the summit we were surrounded by a grand vista. Due to the slippery footing we had to stop every now and then to admire this gift of the mountain. However, the cloud cover started to build a bit so Brittany "herded" the group onward and we quickly reached the summit. After high fives and a few photos it was decision time should we press on to Chief Cheley Peak or not?

Brittany realized it was her decision, however, as a good leader she consulted with the group to take advantage of the experience of others. After a short discussion related to the gathering dark clouds, the extra time required to summit Chief Cheley due to slippery rocks and the lack of a good quick "bail out" route, Brittany decided that we would not summit Chief Cheley. "The mountain will be there tomorrow."

Awesome Views



A bit of snow and frost

Brittany Pennington LIT – Mt. Ida (cont.)



On Top in the clouds



Views going down

With the decision behind us, the group settled down to enjoy the summit view for a few minutes more while having lunch. The clouds continued to build so we did not dawdle long. Even though the temperature had risen a bit, the rocks were still a bit slick due to the cloud cover. However, going downhill was a bit faster and we quickly made our way through the talus. As the group continued down through the tundra “Murphy” showed up the sky cleared and the sun came out.

Oh well, that is the way it goes you make decisions on the data you have at hand. Everyone in the group accepted this and no one grumbled about missing out on the extended trip. As a consolation we were treated to spectacular views all the way down, including a great view of Nokhu Craigs and the Cameron Pass area. We also felt a bit vindicated when a “young stud” passed us by and told us how he had planned to do a large circuit of the area, but stopped at Chief Cheley because of the frosted rocks.

Photos by Scott Farquhar

Brittany Pennington LIT – Mt. Ida (cont.)

So all and all it still turned out to be a great day, we got to summit a peak and we were treated to wonderful views.....who could ask for any more. Thank you Brittany for your leading skills and thanks to all the other participants for making the trip so enjoyable. I believe I can speak for the whole group when I say we look forward to participating on Brittany's trips in the future.

Congratulations Brittany !!!



Starting to clear a bit

View of Richthofen, Static and Nokhu
Craigs

Photos by Scott Farquhar

Did you Know?

Denver Safety and Leadership Newsletter

The Denver Group issued a new Safety and Leadership Newsletter in June, go to the following link to see it.

<http://www.hikingdenver.net/wp-content/uploads/2016/06/June-2016-DSL-Newsletter.pdf>

Note this issue contains an interesting article on dealing with rattlesnakes.

More Leader Info

Did you know that in the State Web Page in “My Membership” there is a link to “Leader Resources”? Try it out, click on My Membership, then click on Leader Resources, there you will find the Leader Manual, Lightning Risk Management/Safety Guidelines, and a variety of forms. I especially enjoyed the link to the NOL MythCrushers #3:Lightning video

Did you Know?

Be Food Safe While Hiking and Camping

The following pages contain a Food Safety Brochure send to our Group by the Colorado State Extension Larimer County Office. Much of the information is common sense, but it is always good to review this type of information. Enjoy!

Did you Know?

Be Food Safe While Hiking and Camping

General Rules for Outdoor Food Safety

- Plan ahead: decide what you are going to eat and how you are going to cook it; then plan what equipment you will need.
- Pack safely: use a cooler if car-camping, or pack foods in the frozen state with a cold source if hiking or backpacking.
- Keep raw meat, poultry, and fish separate from other foods.
- Never bring meat or poultry products without a cold source to keep them safe.
- Bring disposable wipes or biodegradable soap for hand- and dishwashing.
- Plan on carrying bottled water for drinking. Otherwise, boil water or use water purification tablets.
- Do not leave trash in the wild.
- If using a cooler, leftover food is safe only if the cooler still has ice in it. Otherwise, discard leftover food.
- Protect yourself and your family by washing your hands before and after handling food



For more information contact:
CSU Extension Larimer County Office
1-970-498-6000
USDA Meat & Poultry Hotline
1-888-674-6854

Using a Food Thermometer

If you are cooking meat or poultry on a portable stove or over a fire, you'll need a way to determine when it is done and safe to eat. Color is not a reliable indicator of doneness.

- It is critical to use an accurate food thermometer when cooking hamburgers. Ground beef may be contaminated with *E. coli* O157:H7, a particularly dangerous strain of bacteria. Illnesses have occurred even when ground beef patties were cooked until there was no visible pink. The only way to insure that ground beef patties are safely cooked is to use a food thermometer, and cook the patty until it reaches 160 °F.
- Digital thermometers register the temperature in the very tip of the probe, so the safety of thin foods (hamburger patties and boneless chicken breasts) as well as thicker foods can be determined.
- A dial thermometer determines the temperature of a food by averaging the temperature along the stem and, therefore, should be inserted 2—2 1/2 inches into the food. If the food is thin, the probe must be inserted sideways.
- Always cook meat and poultry to safe minimum internal temperatures.



SAFE MINIMUM INTERNAL TEMPERATURES:

- Whole poultry: 165°F
- Poultry pieces: 165°F
- Ground poultry: 165°F
- Ground meats: 160°F
- Beef, pork, lamb, and veal: 145°F, allow meat to rest for at least three minutes before carving
- Fish: 145°F

Be Food Safe While Camping and Hiking



Colorado State University Extension
Larimer County Office
1525 Blue Spruce Drive
Fort Collins, CO 80524
www.larimer.org/ext
970-498-6000



Did you Know?

Be Food Safe While Hiking and Camping

Outdoor activities are popular with Americans nationwide. The fresh air and exercise revives the spirit and the mind. Hiking, camping, and boating are good activities for active people and families, and in some parts of the country you can enjoy the outdoors for 2 or 3 seasons. In many cases, these activities last all day and involve preparing at least one meal. If the food is not handled correctly, foodborne illness can be an unwelcome souvenir.

Keep Hot Foods Hot & Cold Foods Cold

Since it is difficult to keep foods hot without a heat source, it is best to transport chilled foods. To chill foods, refrigerate or freeze over night. Bring a frozen gel pack or freeze box drinks to keep the food cold all day. Most bacteria do not grow rapidly in foods at temperatures below 40 °F or above 140 °F. However, within the "Danger Zone" of 40°F –140°F, bacteria multiply at a dangerous rate.

Keep Everything Clean

Bacteria present on raw meat and poultry products can be easily spread to other foods by juices dripping from packages, hands, or utensils. This is called *cross-contamination*. When transporting raw meat or poultry, double wrap or place the packages in plastic bags to prevent juices in the raw product from dripping on other foods. Always wash your hands before and after handling food and don't use the same platter or utensils for raw and cooked meat and poultry. Soap and water are essential to cleanliness, so if you are going somewhere that will not have running water, bring it with you. Even disposable wipes will do.

Cooking at the Campsite

After you have decided on a menu, you need to plan how you will prepare the food. You'll want to take as few pots as possible (they're heavy!). Camping supply stores sell lightweight cooking gear that nest together, but you can also use aluminum foil wrap and pans for cooking.

You'll need to decide in advance how you will cook. Will you bring along a portable stove, or will you build a campfire? Many camping areas prohibit campfires, so check first or assume you will have to take a stove. Make sure to bring any equipment you will need. If you are bringing a camp stove, practice putting it together and lighting it before you pack. If you build a campfire, carefully extinguish the fire and dispose of the ashes before breaking camp. Likewise, leftover food should be burned, not dumped. Lastly, be sure to pack garbage bags to dispose of any other trash, and carry it out with you.

Cleanup

If you will be washing dishes or cookware, there are some rules to follow. Camping supply stores sell biodegradable camping soap in liquid and solid forms. But use it sparingly, and keep it out of rivers, lakes, streams, and springs, as it will pollute. If you use soap to clean your pots, wash the pots at the campsite, not at the water's edge. Dump dirty water on dry ground, well away from fresh water. Some wilderness campers use baking soda to wash their utensils. Pack disposable wipes for hands and quick cleanups.



Safe Drinking Water

It is not a good idea to depend on fresh water from a lake or stream for drinking, no matter how clean it appears. Some pathogens thrive in remote mountain lakes or streams and there is no way to know what might have died and fallen into the water upstream. Bring bottled or tap water for drinking. Always start with a full water bottle and replenish your supply from tested public systems when possible. On long trips you can find water in streams, lakes, and springs, but be sure to purify any water from the wild, no matter how clean it appears.

The surest way to make water safe is to boil it. Boiling will kill microorganisms. First, bring water to a rolling boil, and then continue boiling for 1 minute. Before heating, muddy water should be allowed to stand for a while to allow the silt to settle to the bottom. Dip the clear water off the top and boil. At altitudes greater than 6,562 feet, boil water for three minutes.

As an alternative to boiling water, you can also use water purification tablets and water filters. The purification tablets — which contain iodine, halazone, or chlorine — kill most waterborne bacteria, viruses, and some (but not all) parasites. Because some parasites — such as *Cryptosporidium parvum*, *Giardia duodenalis*, and larger bacteria — are not killed by purification tablets, you must also use a water filter. These water filtering devices must be one micron absolute or smaller. Over time, purification tablets lose their potency, so keep your supply fresh. Water sanitizing tablets for washing dishes can also be purchased (just don't confuse the two). Water purification tablets, filters, and sanitizing tablets can be purchased at camping supply stores.



Did you Know?

US-34 Closures Planned

When you plan to visit Rocky Mountain National Park, remember that the construction has started on US-34. For the latest information go to the link below

<https://www.codot.gov/projects/floodrelatedprojects/us-34-big-thompson-canyon-1>



COLORADO
Department of Transportation

A full closure of US 34 will begin Monday, Oct. 17, and be in place until the start of the 2017 Memorial Day weekend. The only through access on US 34 from Oct. 17 until next Memorial Day weekend will be for canyon residents through a permit process.

Trip Reports –Decalibron Loop – 7/16/16

By Steve Dielman

Leader – Scott Farquhar, Co-Leader – Chris Haugen
Mileage – 7.4 miles, Elevation Gain - 4200 ft
Time on Trail – 7.7 hours

Scott Farquhar and Chris Haugen led six other Fort Collins CMC Group members on a classic high altitude hiking and summit loop in the questionably named Mosquito Range of Central Colorado. Beginning and ending at the Kite Lake trailhead, the entire day was spent above 12,000 feet on trails of the so-called “Decalibron” route, named after the four 14,000-foot peaks that can be accessed along the way: Democrat, Cameron, Lincoln and Bross.

The group camped at Kite Lake the night before in order to get an early start and was on the trail soon after dawn. After an initial climb to a 13,300-foot saddle, we did not drop below this altitude again for several hours and only after summiting Mounts Democrat, Cameron and Lincoln. These sections of the trail offer fine near and far-field views in all directions encompassing the Tenmile Range to the North, the Sawatch peaks to the West, and the Front Range along the East.

View from Democrat

Campsite on Kite Lake



Trip Reports – Decalibron Loop (cont.)

As is common for this area, the wind picked up during the hike and, although it was a fairly sunny July day, the group showed very little skin along the high ridges and did not dawdle in exposed areas.

Summit of Democrat



After descending from Lincoln, the group hiked another ridge that traverses to Mount Bross, the last of the four fourteeners along the clockwise version of the route. Although the official trail passes within a few hundred feet, the Bross summit itself is on private property and signs are posted informing hikers that public access is prohibited. From here, the trail drops quickly back toward Kite Lake passing through areas of moderately steep non-skiable scree before landing on the low-angle flanks of the valley below. During this section, many varieties of wildflowers had opened up to the afternoon sun providing for pleasant distractions along the return trip.

View of Lincoln from Cameron



Trip Reports – Decalibron Loops (cont.)



On Lincoln

But matters had gotten serious even before hitting the trails when Scott inexplicably hauled brand new Ladderball equipment into the campsite the night before the hike. The competition was fierce, the conditions challenging, and the prizes coveted. Rules were invented, changed, and changed again. The outcome? Lets just say anyone wanting to claim the CMC Fort Collins Ladderball title will have to go through Activities Director Ms. Dielman.

In all, it was an enjoyable and successful outing on one of Colorado's classic loops with great company. As for statistics, our hiking route totaled a bit over 7 miles at between 12,000 and 14,286 feet altitude with a net elevation gain of approximately a little over 4,000 feet, entirely along trails of Class 2 or below. For sticklers, the summits of Democrat, Lincoln, and Bross are on the "Standard List" of 53 Colorado Fourteeners, but Cameron is only on the "Extended List" of 59 due to its proximity to Lincoln.



On Bross

Flowers Gone Wild



Trip Reports –Powell Peak– 7/30/16

By Scott Farquhar

Leader – Scott Farquhar, Co-Leader – Pete Tomassi

Mileage – 15 miles, Elevation Gain - 4000 ft

Time on Trail – 12.3 hours

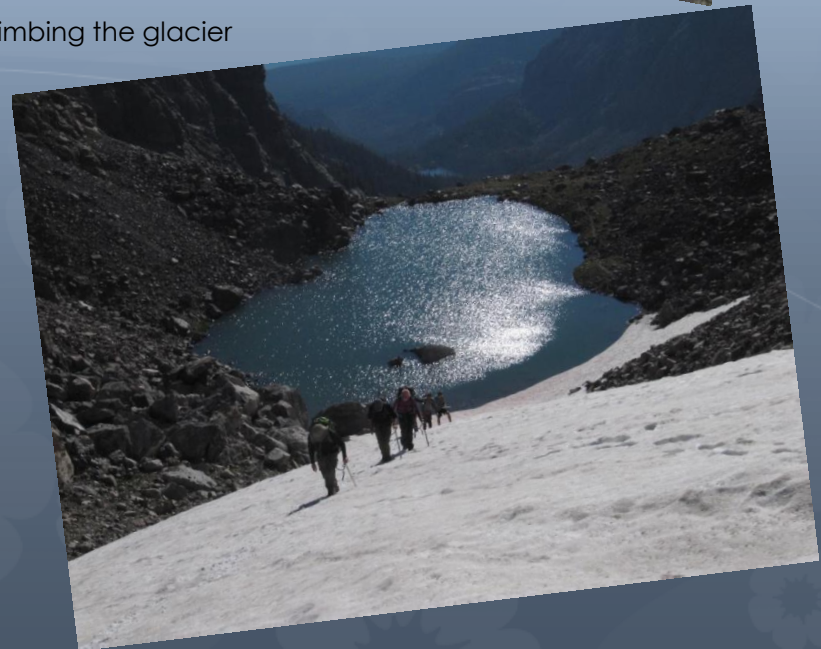
Even with a 4:00 am meeting time in Fort Collins we still found the trailhead at Glacier Gorge was full, so we drove on up to the Bear Lake trailhead to start the hike. As we started on trail there was enough light to see pretty well. So shortly after connecting with the trail from Glacier Gorge, we cut off uphill on the “fire trail”. This trail is an unofficial trail that connects the Glacier Gorge trail to the intersection of the trails to The Loch and Mills Lake. You don't see Alberta Falls and it is a bit rougher, but it is a little shorter and we had a long day ahead of us.

From the Mills/Loch intersection the group quickly made our way on trail past the Loch to the intersection with Andrew's Glacier Trail where we turned to the right following Andrew's Creek. Note to get up to Andrew's Tarn there is a trail, but it is pretty steep, a bit tough to follow and goes through talus in many areas. However, this was a tough group so we continued on up to Andrew's Tarn. At the Tarn



Andrew's Tarn

Climbing the glacier



Trip Reports – Powell Peak (cont.)

we paused for a bit to take photos before making our way around the lake to the base of Andrew's Glacier. Once around the lake we got out ice axes and traction devices to prepare to make our way up the glacier. The glacier was steep but soft so we didn't run into any issues making our way up to the pass (bet you can't guess who the pass is named afterright, Andrew's Pass).

Feeling pretty good ... Five miles hiked, climbed Andrew's Glacier and at almost 12,000 ft, but WAIT. Looking at the map we still had close to 2 ½ miles to go and a bit more than 1,200 ft elevation gain left!!!! We started hiking off trail on high tundra and at first it was not too bad, but then we began to climb and make our way through numerous talus fields. In places we could avoid the talus as we made our way around Taylor Peak, but in most cases the group just "grins and bears it" as we slowly climbed up through the rock. To make matters worse we didn't have a view of our objective for almost 2 miles of the high tundra trip, it is a good thing we had plenty of spectacular views to the west and a distant group of Big Horn Sheep to keep our spirits up. Finally at about 2 miles from the pass we came to a shear cliff with views down to Sky Pond and the Lake of Glass as well as views of Powell Peak (or at least false summits of Powell Peak). Spurred on by these rewards we pushed on and climb the last ½ mile up to the summit.

Sky Pond and Glass Lake



Long's McHenry's and Chief's Head View

Trip Reports – Powell Peak (cont.)



On Top

At last on the summit the group was rewarded with a 360 degree panorama with views of Taylor Peak, Long's Peak, McHenry's Peak, Chief's Head, Thatchtop, Solitude Lake, and Shelf Lake. After photos, high fives, and a bit of a breather the group started the long journey back down through the talus following our route up ... after all we were only half done at this point.

Although the talus was still tough on the feet and legs going down at least gave our lungs a bit of a rest. On the way down we came really close to a herd of Big Horn Sheep (apparently a bit too close given the "stink eye" one of the males gave us) and a Bachelor Group of Elk (resting up for the upcoming rut?). Back at the pass the group all put on rain pants and got out ice axes for the much-anticipated glissade down the glacier. The fun slide down through the snow re-invigorated the group as we prepared for the trip from Andrew's Tarn back to the main trail, but the darkening skies reminded us that we were not back yet.



Locals check us out



Photos by Scott Farquhar

Trip Reports – Powell Peak (cont.)

After all the “off trail” talus hiking above the pass, the “on-trail” talus, which led back down to the intersection with the Sky Pond Trail, felt like a breeze. Once we reached Sky Pond Trail we retraced the route we came up; past the Loch to the Fire Trail, to Glacier Gorge Trail, to the Bear Lake connector trail, and finally, the uphill finish to Bear Lake Trailhead. As we walked past the masses scurrying about at the trailhead, with our ice axes and traction devices attached to our packs, it was hard not to feel at least a little bit proud of our accomplishment. So what if it was not the epic journey of a seasoned mountaineer. We had hiked for a long hard day and the mountain had allowed us to experience it's splendor what a day!

As a final note I would like to thank all of the folks on the trip for the effort they put in to make it a wonderful experience. I would especially like to thank Pete Tomassi for co-leading the trip. While trying to navigate and keep the group moving forward it is great to have someone like Pete to cover my back (as all my co-leads have done in the past). I'm sure Pete could have run up the mountain, but he patiently stayed as the sweep the entire trip keeping me in check and encouraging folks all the way.



Photos by Scott Farquhar

What goes up “gets” to slide down

Parting Shots

Miscellaneous FC Group Photos



Jessica's Yoga in the Park
(not sure who took the photo)

Partners in Life and on the Mountain
(Mt. Ida)



Could there be a better place for a
Wedding Anniversary? Mount Lincoln