

Logistics: Mt. Margaret Backcountry

- **When to go: July-October**
- **Trail Head: Norway Pass Trail Head)**
- **Maps: <https://caltopo.com/m/KC38>, Green Trails 332: Spirit Lake**
- **Permits: <https://www.recreation.gov/permits/250003> (8 sites, 4 groups)**
- **Road conditions: pavement**

Challenges:

- **permits**
- **Lack of Water**
- **exposure**

Rewards:

overcoming fear of heights, scenery, solitude (maybe).

[Video](#)

Logistics: Mt Adams Circumnavigation

- **When to go: July to September**
- **Trail Head: Cold Springs (South Climb Trail Head)**
- **Route: <https://caltopo.com/m/GMH4>, Green Trails 367 Mount Adams**
- **Permits: Wilderness and/or Tract D**
- **Road condition: Rough last 8 miles**

Challenges:

- **route finding tract D**
- **Big Muddy crossing**

Rewards:

- **Varied conditions-glacier, desert, forest, solitude, scenery.**
- **[Video](#)**

Other adventures by David Skurnick Burdick

<https://www.youtube.com/user/AdventureMuffin/videos>

https://www.youtube.com/channel/UC2HwOUByeoM_x7_YyuqGW6w

(Just the bad ass trips)

- Hayduke Trek, 300 miles 27 days: (March 7- April 3 2020), 21,000 ft. ascent
<https://youtu.be/opgt0rk7YH4>
- Rwenzori Mountains, “Mud, Peak and Fears” tour, Uganda Africa January, 2020
<https://youtu.be/kBYnu6h2X-c>
- Pacific Northwest trail half. 390 miles hike, 100 bike, 110 hitch, 31 days August 2019
<https://youtu.be/ZUjUw5KgeiQ>
- Yosemite Backcountry loop: 77 miles, 6 days, May 2019. <https://youtu.be/zNkxMhVgR7g>
- Winter Solstice Grand Canyon Rafting tour, 225 miles, Dec. 17-Jan. 7th, 2019,
<https://youtu.be/NPiYEOWKM7g>
- Haute Randonnée Pyrénéenne, 340 miles, 83,000 ft. gain, Aug.-Sept., 2018, 33 days
<https://youtu.be/Wl-ugichSO4>
- Western Nepal, 325 miles, 64K ft. el. gain. March 20-April 17, 2018
<https://youtu.be/GzX1DNq8SeQ>
- Idaho’s Frank Church and Sawtooth wilderness 270 miles, August 5-24, 2017
<https://youtu.be/jlUY2F01r4M>
- Eastern Nepal, 330 miles hike, March-April 2017 <https://youtu.be/OIVVKwRUgoQ>,
- Kings Canyon off Trail, 150 miles hike, August, 2016: <https://youtu.be/-p2oPyK7jSE>
- Annapurna Circuit, Nepal, 250 miles hike, April 2016 <https://youtu.be/PFyUSbgUvZE>
- Wind River Rendezvous, 180 miles hike, August, 2015 https://youtu.be/WX_Ev7VXXQo
- Bob Marshall Wilderness, 121 miles hike, August 2013 https://youtu.be/Asz_8jddpNE
- Pasayten Wilderness solo, 86 miles hike, August, 2012: https://youtu.be/WxcspCH_4i8
- Circumnavigation of Mt. Rainier, 36 miles ski, July, 2012 <https://youtu.be/VZ6KIWvjaag>
- John Muir Trail, 220 miles hike, August 2010, <https://youtu.be/yliiKgBgPxA>
- Glacier National Park, 140 miles, July 16-24, 2010 <https://youtu.be/QktqOrmehJO>

David Burdick

Portland Oregon

dwburdick@sustainablesteps.com

503 654 2070