

LECTURE #2

| Lecture 2 Topics |
|---|
| Rock Techniques |
| Wilderness Ethics |
| Mountain Weather |
| Scramble Ratings |
| Signing up for Scramble Trips |
| This reading and quiz is DUE at Lecture 2 |
| <u>Mountaineering: The Freedom of the Hills (9th Edition)</u> |
| <u>Subject</u> |
| Wilderness Travel Ch 6, all |
| Leave No Trace Ch 7, all |
| Stewardship and Access Ch 8, all |
| Rappelling, Non-technical Ch 11, pp 214 – 215 |
| Rock Climbing Technique “Climbing Efficiently” Ch 12, pp 227 – 236, 248-251 |
| Accident Response and Evacuation Ch 25, pp 522 – 524, pp 532 – 538 |
| Mountain Weather Ch 28, all |
| Read Lecture #2 Material on the Course website under blue tab for Course Materials |
| Note these videos refer to technical scramble rating that don't match the Mountaineers Rating System |
| <ul style="list-style-type: none">• Scrambling route finding• Scrambling hand holds• Scrambling bridging• Scrambling smearing• Descending scree• Grade One Scrambling Advice• Leave No Trace 7 principles, click on principle for in depth explanation• NOAA, National Weather Service• NWAC weather graph MRNP• WA Dept. of Transportation Mountain Pass Report• Mountain Weather Forecast |
| Trail and forest road conditions: |
| <ul style="list-style-type: none">• Washington Trails Association• US Forest Service• http://peakbagger.com |
| Check ski resorts, MRNP cams, etc. |
| Additional Resources |
| <u>Mountain Weather</u> , Renner, The Mountaineers Books |
| <u>NOLS Soft Paths</u> , Hampton and Cole, Stackpole Books |
| <u>How to Shit in the Woods</u> , Meyer, Ten Speed Press (addresses women's concerns) |

PRINCIPLES OF ROCK SCRAMBLING AND OFF-TRAIL TRAVERSING

By Michael G. Kuntz

Rock Scrambling

General Rules: Your team should have a front leader, a rear leader (or sweep), WFA leader. Each person should have his or her Ten Essential Systems. A turnaround time should be established. Equipment should fit the conditions. *Safety. Safety. Safety.*

- **Scramble with Your Eyes:** Visually plan your route in advance. Seek a path that is continuous. Evaluate hazards and difficulties. Think of your return trip. Plan for resting spots that aren't exposed.
- **Balance:** Travel erect with your weight directly over your feet. An upright stance gives you maximum friction between boot and rock. Use your hands to maintain balance. Be fluid and flexible.
- **Three Point Suspension:** Balance is maintained over three points of contact. Imagine being a tripod, two feet and one hand, or two hands and one foot.
- **Controlled Motion:** Economize your movements. Step deliberately. When traveling up, gradually shift your weight to the uphill foot, then pull yourself up with the uphill foot. Do not push with the downhill foot, but lift it up. When traveling down, carefully place the downhill foot, then gradually shift your weight to that foot. In addition to maintaining balance, this will help prevent releasing rocks. Avoid jumping or lunging.
Do not use your hands to pull yourself up; however, use them freely to lower yourself when they are below you. Spread the work of lifting your body among different sets of muscles. Use a rest step, pausing between each step with the leading leg extended and locking your downhill knee to rest the muscles on that leg. Avoid cramped positions. Know and communicate your limits. Accidents usually happen when you are tired and/or scared.
- **Foot/Hand Holds:** Flex your ankle to allow your boot sole to contact the rock. Once your foot contacts a hold, don't move it or rotate it. On small footholds use the inside edge of your boot because it's stiffer than the outside edge. On large footholds use only as much boot as necessary. Reaching too far can place you in awkward positions. Fingertip handholds cling to grasp a rock surface. Handle holds use the entire hand and conform to the rock. Test the hold's stability *before* you are dependent upon it.
- **Knees:** Avoid scrambling on your knees:
 - This puts you into awkward positions,
 - Sharp rocks can easily damage your knees,
- **Traversing:** When traversing sideways over a series of small holds, pointing both feet in the direction of travel offers you good visibility of the route *but* may force your body out of balance. If the rock is steep and the ledge narrow, shuffle your feet and take your time. Avoid crossing your legs.
- **Low Angle Slab Scrambling:** For maximum surface friction, your body weight must be directly over the balls of your feet. The ideal position for friction is 90° to the surface. However, one must compromise this with the most vertical position possible, but still maintain balance. Do not lean in toward the rock. On steeper angled slabs, use your hands to grasp handholds and to increase friction.
- **Down Scrambling:** Going down often seems more difficult than going up because the holds are not as visible. If the descent is easy, then descend facing out. If the descent is moderate, descend facing sideways. If the descent is difficult, descend facing the rock.
- Pay attention to rock texture. *Avoid* rotten rock, wet rock, and moss covered rock. Climatic conditions can alter the rock surface in a matter of minutes.
- **Boulder Fields, Scree, and Talus:** Scramble up using the big rocks, and come down on the small ones. Older slopes with vegetation and soil are safer. Avoid newer slopes that have rocks that are unstable. Screeing refers to riding a small slide of pebbles down hill. This is a fun sport but is permissible *only* where vegetation is totally nonexistent (especially below you) and only if you are a capable skier. Remember, lichen is your friend – it takes 30-100 years to grow this necessary plant.
- **Party Position:** When ascending or descending steep slopes it is best not to travel directly behind someone. Avoid the fall line whenever possible. If you must travel behind, closer is better. The more scramblers above you, the more alert you must be. (Generally, having two directly above you should be the limit.) On long steep slopes periodically plan an escape route. If a rock is dislodged directly above, cover your head. If a rock is dislodged far above, plan and be ready to pursue your protection.
- **Warning Others:** If you dislodge debris or rock, yell "ROCK! ROCK! ROCK!" to those below you. Do not shout "debris," "danger," "OOPS," or "\$#%!. " "ROCK!" said three times with emphasis is the established call to danger.

Off-Trail Traversing (Wilderness Traveling)

- **General Rules:** Your team should have a front leader, a rear leader (or sweep), and a first aid director (or MOFA leader). Each person should have his or her ten essential systems. A turn around time should be established. Equipment should fit the conditions. *Safety, Safety, Safety*. Pre-trip research includes maps, guidebooks, talking with scramblers, and planning the whole trip in advance. Good food means good morale. Be a happy scrambler.
- **Consider the Weather:** Rain and snow alter the rock surface. Descending slick rock is the worst of all worlds. Fog and low clouds change the appearance of the landscape dramatically.
- **Look Back Often:** The return route always looks different. Throughout the day, shifting sunlight and shadows change the appearance of landmarks and trails. Take mental photos or written notes of junctures and critical turns. Keep track of the passing of time. Start early enough to avoid running out of daylight.
- **Trail Selection:** Avoid trampling through brush! Ridge spurs are easier to travel than creek bottoms. Avoid avalanche chutes in the summer as well as in the winter. When climbing a valley wall, stick to the timber cones between avalanche tracks. Always aim for the heaviest timber. If in a creek valley, consider going into the creek and travel over the gravel and boulders rather than through the brush. One route over rock is worth two in the brush.
- **Crossing Streams:** Selecting a crossing from a distant view of the stream (i.e., from a ridge) is many times better than 100 views at the stream bank. In deep forests, logjams are often available for crossing. Avoid logs that sag under your load and touch moving water. Walk forward, *never* sideways. Watch the log, *never* the water. Don't hold onto others (you'll take them with you if you fall). Rope or hand lines can be used, but *never* as tethers. A rope tether will quickly pull you to the bottom.

Before attempting any crossing that would require swimming or where the water is over knee deep, unfasten the waist and chest straps of your pack. Study the crossing sequence carefully, rehearsing it mentally beforehand. If your crossing lacks a rock to pause on or grab if you fall, consider tossing one in. An ice axe or pole for support may be helpful. Look downstream for logjams or other hazards. **DO NOT MAKE RISKY CROSSINGS WHERE THERE ARE LOGJAMS OR HAZARDS DOWNSTREAM.**

The goal is a dry crossing, but wet ones must sometimes be accepted. Whenever water boils above the knees, however, it is dangerous enough to reconsider. Generally, face up-stream for deep crossings. For wet crossings remove your socks or your socks and boots. (Do not do this if you hear boulders clunking in the stream.) Carry your gear across and re-dress on the other side.

THE MOUNTAINEERS CODE OF CONDUCT - CLUB STANDARDS

All members of The Mountaineers, in order to attain the club's purposes—to explore, study, preserve and enjoy the natural beauty of Northwest America—in spirit of good fellowship shall subscribe to the following:

- To exercise personal responsibility and to conduct themselves on club activities and premises in a manner that will not impair the safety of the party, or prevent the collective participation and enjoyment of others.
- Private property must be respected.
- The use of alcohol and other drugs or medications, when incompatible with The Mountaineers activities because of their effects on ability and judgment, is prohibited when such use would affect the safety of the party or impair the collective participation and enjoyment of others.
- To enter the outdoors as visitor, leaving behind no debris, environmental scars, or other indications of their visit, which would reduce the enjoyment of those who follow.
- Pets, firearms, or any other items which will impair the safety or enjoyment of others shall not be brought on The Mountaineers premises or taken on club activities.
- To obey those specific regulations imposed by the Board of Trustees, Branches and Divisions of The Mountaineers, which are necessary to implement the above.
- To minimize the environmental impact on the outdoors by using campfires only in properly designated areas and extinguishing them completely after use; conducting human sanitation and washing away from watercourses; and carrying out all solid waste.

Members of The Mountaineers who deviate from this philosophy and from the specific club regulations may be subject to disciplinary procedures of the club, including expulsion.

MOUNTAINEERING PERSONAL ETHICS

Webster's Dictionary defines ethics as a set of moral principles or values governing the conduct of an individual or group. In the mountaineering sense, this relates to your responsibility to the members of your hiking or climbing party. A definition of an ethical mountaineer is one who is committed to the group, who cooperates and participates as a member of the group, who displays consideration toward his fellow climbers, and is honest with them as well as with himself or herself.

- **Commitment**: While each person may have a different reason for participating, all must have a serious, unshakable commitment to the group as a whole. You are dependent on each other for both the good times you will share and also in times of stress or possible disaster. We never know what our reactions will be in a given situation. Some people will be calm, strong, and take charge. Others may panic and think only of their own selfish needs. This is why it is necessary to make that conscientious commitment to the welfare of the party ahead of time. Your reactions may mean the difference between survival and tragedy.
- **Cooperation**: This means working together for a common goal, sharing the load, and being supportive. It means doing your share of step-kicking, route finding, carrying group gear, and cleaning up. Nothing will wear out your welcome faster than never being around when there are chores to be done. Personal whims are secondary to whatever is best for the group. This is no place for competition.
- **Participation**: Physical participation on an outing is not enough. You also must participate mentally, constantly thinking, evaluating, and planning. The leader can't see everything and be everywhere at once. It's up to you to check the terrain and watch for landmarks, keep an eye out for a party member who may be having difficulty, observe weather changes, and be thinking about what to do if the leader becomes incapacitated. Voice your observations when they have merit to the group. On the other hand, don't be a loudmouth or a nag. No one wants to hear how wonderful you think you are. Phrase your ideas in a way that doesn't undermine the leader's authority.
- **Consideration**: We all have times when tempers become short, emotions fray, and our sense of humor takes flight. Instead of letting someone else's bad humor annoy you, be sympathetic to his or her problems. Lend a hand; be encouraging rather than negative. There are other forms of consideration:
 - Be on time.
 - Have the gear you need.
 - Do your best to keep up.
 - Move carefully over loose terrain.
 - Be patient with those having a bad day.
 - Don't be loud - let others enjoy nature's serenity.
 - Be receptive to help and advice.
 - Respect the privacy of others.

ABOVE ALL, try to be cheerful regardless of blisters, aching shoulders, tired legs, etc.

Remember that everyone else probably has the same problems. Smile! It will do wonders.

- **Honesty**: You must be honest both with yourself and with others. This is no place for self-deception or for working a con on others. Be honest about your physical condition and your experience level. Don't attempt a trip that is beyond your ability. No one will chastise you if you say no under those circumstances. But, they will be very unforgiving if you attempt something of which you aren't capable and jeopardize their safety. If you know that you have limitations (even temporary) that will make you a high burden, liability, or danger to others that **MUST** make the requisite party commitment to you on a climb, then don't do the climb (that day). If your gear breaks, is used up, forgotten, or dropped, inform the group leader about your loss. Be honest about how you feel. If you begin to feel sick, tell the leader immediately. Waiting and trying to tough it out may only make things worse later. Don't refuse help out of false pride. We all become dependent on others at one time or another.

In Summary: Being an ethical mountaineer is not difficult. It's just a matter of applying the golden rule - treat others the way that you wish to be treated. This in turn will help assure you and your group has safer and happier outings.

MINIMUM IMPACT / LEAVE NO TRACE

Touch The Wilderness . . . Gently. As Chief Seattle once indicated, wilderness “doesn’t belong to our generation.” As responsible Mountaineers, we are expected to use it wisely and to pass it along to the next generation intact. Practicing good wilderness ethics requires the development of your awareness, your attitude, and your respect for the land and for others. As wilderness use increases, it is important for each of us to learn and practice “Leave No Trace (Minimum Impact)” techniques. The following guidelines provide techniques for enjoying the wilderness without leaving a trace and without damaging the environment. These techniques ensure that those who follow you will have the same freedom to touch the wilderness as you do.

Leave No Trace Principles of Outdoor Ethics (excerpted from www.lnt.org)

Plan Ahead and Prepare

- Know the regulations and special concerns for the area you’ll visit.
- Prepare for extreme weather, hazards, and emergencies.
- Schedule your trip to avoid times of high use.
- Visit in small groups. Split larger parties into groups of 4-6.
- Repackage food to minimize waste.

Travel and Camp on Durable Surfaces

- Durable surfaces include established trails and campsites, rock, gravel, dry grasses, or snow.
- Protect riparian areas by camping at least 200 feet from lakes and streams.
- Good campsites are found, not made. Altering a site is not necessary.
- In popular areas:
 - Concentrate use on existing trails and campsites.
 - Walk single file in the middle of the trail, even when wet or muddy.
 - Keep campsites small. Focus activity in areas where vegetation is absent.
- In pristine areas:
 - Disperse use to prevent the creation of campsites and trails.
 - Avoid places where impacts are just beginning.

Dispose of Waste Properly

- Pack it in, pack it out. Pack out all trash, leftover food, and litter.
- Deposit solid human waste in cat holes dug 6 to 8 inches deep at least 200 feet from water, camp, and trails. Cover and disguise the cat hole. Use a blue bag system when appropriate.
- Pack out toilet paper and hygiene products.
- To wash yourself or your dishes, carry water 200 feet away from streams or lakes. Scatter strained dishwater.

Leave What You Find

- Preserve the past: examine, but do not touch, cultural or historic structures and artifacts.
- Leave rocks, plants, and other natural objects as you find them.
- Do not build structures, furniture, or dig trenches.

Minimize Campfire Impacts

- Campfires can cause lasting impacts to the backcountry. Use a lightweight stove for cooking and enjoy a candle lantern for light.

Respect Wildlife

- Observe wildlife from a distance. Do not follow or approach them.
- Never feed animals. Feeding wildlife damages their health, alters natural behaviors, and exposes them to predators and other dangers.
- Protect wildlife and your food by storing rations and trash securely.

Be Considerate of Other Visitors

- Respect other visitors and protect the quality of their experience.

- Be courteous. Yield to other users on the trail.
- Take breaks and camp away from trails and other visitors.
- Let nature's sounds prevail. Avoid loud voices and noises.

MOUNTAIN WEATHER

Mountain weather is of primary concern to the mountain traveler. For a scrambler, some knowledge and understanding about mountain weather is more than just a convenience, it is a matter of safety both in summer and winter. Weather is often the critical factor when making go or no go decisions before or during a scramble. In Washington state, the variability of the weather makes knowledge and observation of it an essential part of mountaineering. Every member of a scramble party should be aware of the weather, not just the leader. Before every trip listen to the NOAA weather report on a weather radio or call the National Weather Service. Checking **RELIABLE** weather forecasts, topped-off with a good understanding of mountain weather and avalanches, can help to make for safer and more enjoyable outings. To better understand weather, you should concentrate on increasing your knowledge of:

1. Regional weather patterns
2. Effect of regional patterns on local mountain weather
3. Recognizing how each of the following indicate weather change:
 - a) Sudden major change in wind direction
 - b) Sudden temperature change
 - c) Obvious barometric pressure changes
 - d) Changes in cloud strata directions
 - e) Cloud level rising/falling
4. How these weather influences drive changes in the snow pack causing avalanches.

METEOROLOGICAL FUNDAMENTALS

From: National Avalanche School, 1981, Reno, Nevada

Some Rules of Thumb for Forecasting Mountain Weather without Weather Maps

1. Steadily falling barometric pressure usually indicates an approaching storm.
2. Steadily rising barometric pressure usually indicates clearing.
3. The second night of a storm is usually the coldest.
4. Cirrus clouds can precede a storm by 24 hours or more. (A ring around the moon is caused by thin cirrus.)
5. Thickening and lowering clouds (usually approaching from the west) indicate an approaching storm.
6. Thickening mountain wave clouds indicate increasing moisture and winds aloft and a possible approaching storm.
7. Frontal passage is often indicated by the lowest point of the barograph trace, a wind shift, and the sudden appearance of heavily rimmed snow crystals or graupel.
8. There is little chance of precipitation continuing when barometric pressure is 30.10 inches or higher.
9. Thinning and lifting clouds indicate clearing weather.
10. When the temperature during a storm drops to 5°F or colder, snowfall will rapidly diminish.
11. On clear and calm nights, valley temperatures will be colder than ridge top temperatures. (Inversion)
12. Valley fog clearing before noon indicates fair weather.
13. Snow plumes on ridges and mountain wave clouds indicate strong winds at high elevations.
14. If the wind veers with height (turns clockwise; i.e., southwest at ridge top, northwest aloft), expect a warming trend. If the wind backs with height (turns counterclockwise; i.e., west at ridge top, south aloft), expect a cooling trend.

15. If the wind veers with time (turns clockwise; i.e., south turning to west), expect mostly fair weather: low pressure is passing to the north. If the wind backs with time (turns counterclockwise; i.e., northwest turning to southwest), expect snow: low pressure is passing to the south.

16. Temperatures change 3-5 degrees Fahrenheit every 1,000 feet in elevation change.

Thanks to the Seattle Scrambling Course Program for the following

Scramble Categories

Snow scrambles:

- Traditionally begin on or after April 1 during early Spring and Summer seasons
- Involve significant snow travel
- Require an ice axe and climbing helmet
- Not to be confused with “winter scrambles”; a snow scramble can be on a sunny 70°F day in June or July

Note: students can register for snow scrambles with their student badge; however, the scramble must be after the Snow Field Trip -- register as soon as possible since the snowpack may be unpredictable

Rock scrambles:

- Traditionally begin after the mountain snow melts and end on October 31 before Winter season
- Involve significant off-trail travel over rock (scree, boulders, blocky outcroppings, low angle slabs, etc.)

Note: students can register for rock scrambles with their student badge; however the scramble must be after the Rock Field Trip

Winter scrambles:

- Traditionally begin on or after November 1 and end around March 31; otherwise known as the Winter season
- Eligible for Scrambling Course graduates only
- Involve colder weather and significantly shorter daylight hours which are more challenging to deal with
- Avalanche safety is generally a higher concern
- Backpack weight is significantly higher (snowshoes, crampons, warmer clothes, more emergency overnight clothes, shovel)

Strenuous (S) and Technical (T) Scramble Ratings

Strenuous and technical difficulty ratings on the website range from 1 (easier) to 5 (challenging). This does not correspond to any other popular rating or class. These a separate rating created by The Mountaineers specifically for rating scrambles

(S)trenuous Level:

- An objective rating based solely on trip mileage and elevation gain
- Does not take into account the pace, terrain, temperature, etc.
- Most scrambles list the mileage and elevation gain, so you may be better off referencing those instead
- Examples:
 - An S3 scramble on a 100F degree day may feel like an S5 trip
 - A really fast paced S3 scramble may feel like an S4 trip

(T)echnical Level:

- A subjective rating based on the combination of the technical movement difficulty and the exposure
- Does not consider the route conditions (wet rocks, snow level, wind, visibility, ice, etc.)
- A fall with low exposure would not be serious, but a fall with high exposure would be disastrous
- One T4 scramble may seem easy to you but another T4 scramble may scare you
- Examples:
 - A T3 rock scramble may be rated T4 if the rock happens to be wet
 - A T4 rock scramble could have hard technical moves 5 feet off the ground (high difficulty, low exposure)
 - A T4 rock scramble could be an easy trail along a very narrow ridge (low difficulty, high exposure)

Register for a Scramble

- Search for scrambles on The Mountaineers website:
mountaineers.org > Explore > Find Activities > "Scrambling" checkbox > On the trip listing click "Register"
TIP: on a scramble listing click "full route/place details" then "weather forecast" Each year there are 250–300 scrambles listed on the website
- Only sign up for scrambles within your level of ability
- Only sign up during the sign-up window, each trip listing displays when the window opens and closes
- Read the trip's online Leader Notes since some scrambles are only for specific participants
- You are able to sign up for scrambles with other Mountaineers branches
- Some trips fill up quickly, so if there's a trip you really want to do then put a reminder in your calendar for the sign-up time
- If a scramble is full then you can join the waitlist, very often participants will cancel and you'll get on the scramble, see the "FAQ" section of this handbook on waitlists
- Check the website often since scrambles are added daily and often with only a week's notice, see the "FAQ" section of this handbook on new trip email notifications
- Occasionally a scramble will be "Leader Permission Required" meaning you can't sign up until after you have written approval from the scramble leader, click the "Request Leader's Permission" link to send an email

Canceling from a Scramble

- Cancel off a trip as soon as possible, especially if there is a waitlist
- Canceling at the very last minute is inappropriate, only cancel last minute when absolutely necessary
- Never be a no-show, otherwise everyone will be waiting for you at the trailhead – multiple no-shows may jeopardize your future scramble signups
- Cancel off a trip if you're sick or have an injury which could limit you on the scramble, otherwise you may slow down the group too much or cause a group safety issue
- If the sign-up window is still open then cancel yourself by clicking "Cancel" on the trip listing
- If the sign-up window has closed then contact the scramble leader

Waitlists

- If a scramble is full then you can join the waitlist, very often participants will cancel and you will get on the scramble
- If you are on the waitlist then be prepared to go on the scramble because you may get onto the scramble at the very last minute
- If you're on a waitlist but can no longer go on the scramble, or you want to make other plans instead, then please cancel off the waitlist as soon as possible as a courtesy to the participants after you on the waitlist
- Check where you are on the waitlist in the Activities section of your profile
- If the scramble you want to get on is full then look for other scrambles happening on the same day, a peak you have never heard of may turn out to be a wonderful adventure

New trip email notifications

- Be among the first to know when a scramble leader lists a new scramble on the website by signing up to receive notifications
- One method is to join The Mountaineers google group and get a daily email containing new activities:
<http://mountaineers-events.appspot.com>
- Another method is to install The Mountaineers phone app, which allows you to save custom searches and get notification for new activities

Frame of mind while on scrambles (expedition behavior)

- Scrambling is a team activity, you will need to work together and rely on each other – be committed to the group's goal
- Be humble and approach situations assuming you may learn something and improve
- Arrive at the trailhead prepared – research the route ahead of time, bring all the necessary equipment, be in good physical condition, and be mentally prepared for the day
- You are an active participant since The Mountaineers is not a guide service – that means always speak up if you have a concern, make safety your number one priority, make sure everyone in your group is accounted for, help someone if you see them struggling
- You are responsible for your own safety and wellbeing at all times – if you think something is unsafe then please speak up
- If your pace is a lot faster than the rest of the group then resist going far ahead of everyone, instead stay with the team and offer to help slower scramblers by taking some of the weight out of their backpacks, or stay in front and help with route finding
- When you get to the summit you should still have 50% or more of your energy remaining, otherwise you may not have the energy needed to get back safely which could compromise group safety – monitor your own physical and mental state and its impact to the group
- Do not make summiting your goal, that way you won't be tempted to sacrifice safety just to reach the summit
- A successful scramble does not mean you reached the summit, successful means everyone made it home safely and had a good time – focus on the success of the group

How do I know whether my scramble was rock or snow?

Your scramble leader will decide if there was enough snow to qualify as a snow scramble or enough rock to qualify as a rock scramble – some scrambles may not be a snow scramble or a rock scramble in which case it could still count as your 3rd scramble

Logging trips on Peakbagger.com

- There are many ways to keep track of the scrambles you've done, but one of the neatest methods is to create an account and record your trips on: Peakbagger.com
- This website has all of the [Mountaineers' Pin Awards](#) and summit lists (like the [100 peaks in MRNP](#), the [Snoqualmie 10/20](#), [Teanaway 10/20](#), etc.) and as you log your summits it will display your progress within all the summit lists
- This is also handy as a type of climbing résumé, allowing you to send a link to your peakbagger profile to trip leaders so they can see if you're a good match for their trips – some people even put a link to their peakbagger profile on their Mountaineers profile

POPULAR SCRAMBLES

- This is a small sample of the popular scrambles which may be a good starting point for your adventures
- Each year there are 250–300 scrambles led through The Mountaineers
- Scrambles are offered by other Mountaineers branches, not just Seattle – you can sign up for any of them unless the leader has specified otherwise
- Begin with a moderate scramble and slowly build up to increasing difficulty
- Many summer scrambles can be snow or rock, it depends on the conditions
- Scrambles on the website are rated with S & T ratings for strenuous and technical difficulty, see the "FAQ" section of this handbook on S & T rating
- Read about every Mountaineers scramble destination in more detail (mileage, difficulty, etc.) at: mountaineers.org > Explore > Find Routes & Places > filter on "Scrambling"

Irish Cabin Peaks and Pins - This was the first set of pins created by the Tacoma branch in the early 1930's. Consists of peaks near the Irish Cabin property which is near the Carbon River entrance to Mount

Tacoma Alpine Scrambling Lecture 2

Rainier. Last 5 miles of Carbon River Road is permanently closed, an easy bike ride gives quicker access to trail head. Fast return downhill!!!!

Many of the peaks are also in the Mowich Lake area and a few are north and outside the park boundaries.

- [Tacoma Branch Irish Cabin First Twelve Pin](#)
- [Tacoma Branch Irish Cabin Second Twelve](#)

Moderate

| | |
|---|---------------------|
| Mt Ararat | Snow or Rock |
| Bean Peak | Rock |
| Camp Muir & Anvil Rock | Snow |
| Copper Mtn & Iron Mtn (Mt Rainier) | Rock |
| Cowboy Mtn | Snow |
| Earl Peak | Snow or Rock |
| Mt Ellinor (route 1) | Snow |
| Esmerelda Peak (west peak) | Rock |
| Hawkins Mtn | Snow or Rock |
| Humpback Mtn | Snow or Rock |
| Iron Peak & Teanaway Peak | Snow or Rock |
| Lichtenberg Mtn | Snow or Rock |
| Mt Pilchuck (East ridge) | Snow or Rock |
| Putrid Pete's Peak | Rock |
| Snoqualmie Mtn | Snow or Rock |
| Vesper Peak | Snow or Rock |

Difficult

| | |
|--|---------------------|
| Barrier Peak & Tamasos Mtn | Rock |
| Cashmere Mtn | Snow or Rock |
| Grindstone Mtn | Snow or Rock |
| Gothic Peak | Snow or Rock |
| Hibox Mtn | Rock |
| Kaletan Peak (South ridge) | Rock |
| Mt Ruth (Mt Rainier) | Snow |
| Silver Peak & Tinkham Peak & Abiel Peak | Rock |
| Wedge Mtn | Rock |

Challenging

| | |
|---|---------------------|
| Mt Baring (Northwest ridge) | Snow or Rock |
| Governors Ridge & Barrier Peak | Rock |
| Merchant Peak | Rock |
| Mt Stuart | Snow or Rock |
| Volcanic Neck | Rock |

Thanks to the Seattle Scrambling Course Program for the information above

[ONLINE QUIZ](https://goo.gl/forms/hJv5plBPPUWorThh2) – required and self correcting
<https://goo.gl/forms/hJv5plBPPUWorThh2>