

Mountaineer

E X P L O R E • L E A R N • C O N S E R V E

in this issue:

Empowering a Generation
of Climbers

An Interview with Lynn Hill

My First Ascent

Becoming Backwoods Barbie

An Epic Climb of Mt. Rainier
Via the Willis Wall



Mt. Rainier

14,411 ft

Backwoods
Barbie

Spring 2018 » Volume 112 » Number 2

The Mountaineers enriches lives and communities by helping people explore, conserve, learn about, and enjoy the lands and waters of the Pacific Northwest and beyond.



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Empowerment

Discover The Mountaineers

If you are thinking of joining, or have joined and aren't sure where to start, why not set a date to Meet The Mountaineers? Check the Branching Out section of the magazine for times and locations of informational meetings at each of our seven branches.

on the cover: Bam Mendiola, AKA "Backwoods Barbie" stands on the top of Mount Rainier. *story on page 24*

photographer: photo courtesy of Bam Mendiola

Mountaineer uses:



An Empowering Way to Explore



Adventure. In 1906 it's what brought together the 151 women and men who founded The Mountaineers. From those early days, we have pushed the boundaries of what's possible – not only here, in the wilds of the Pacific Northwest, but around the world – with a culture of explorers undaunted by the challenges of the unknown. That same spirit lives on today and adventure is one of our five core values.

We are bold explorers – driven by imagination, outdoor challenge, and the spirit of discovery.

As Mountaineers, we stand for much more than simply being adventurers in search of our own experiences in wild places. We are leaders – explorers, educators, and conservationists – committed not only to our individual pursuits,

but to the collective power and strength of our community and its love for wild places. We share our knowledge with others, so they can experience the natural world safely and responsibly. We recognize the importance of “paying it forward” so we engage future Mountaineers, cultivating their love of wild places. And we fiercely protect these places with a strong and unified voice, defending the places we explore.

The transformative power of our experiences and the lifelong passion they inspire, coupled with a determination to share our discoveries with others, set The Mountaineers, and our mission, apart: *Adventure with Purpose*. This is the theme of Vision 2022, our new strategic plan. With Vision 2022 we embark on a bold, strategic plan developed through rigorous community engagement.

At the core of Vision 2022 are three strategic priorities, things that we do best: LEAD Innovation in Outdoor Education, ENGAGE Future Mountaineers, and ADVOCATE for Wild Places. Grounded in our founding members' visionary legacy of adventure, education, and conservation, we are prepared to take on this challenge and put The Mountaineers on a path to thrive for generations to come.

In the weeks and months ahead you'll hear much more about the exciting steps we intend to take with Vision 2022. Like many of our adventures here in the mountains and on the water of the Pacific Northwest, it'll be both rewarding and challenging, yet the views along the way will be worth the effort.

Tom Vogl
Mountaineers CEO



The Mountaineers is a non-profit organization, founded in 1906 and dedicated to the responsible enjoyment and protection of natural areas.

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When it's Springtime in the Northwest

It's time to get outside. I know some of you marathoners have been getting out in the cold, wet, dark nights of the winter to keep your exercise routine going through the year. But the rest of us take a bit of a break when 4pm could be confused with midnight. Now that the mysterious glowing orb in the sky is showing up earlier every morning and hanging out later every night, we can all spend a little more time in the mountains.

And if spring is still a little too wet for you, it's the perfect time for planning. Check out our *Peak Fitness* column to build a custom fitness routine for your adventure goals this summer.

The theme for this issue is empowerment, a common side effect of getting outside and climbing, hiking, sea kayaking, skiing, or whatever your gateway to adventure happens to be. The mountains are a powerful place to first humble and then remind us of how strong we really are. Empowerment might just be the secret ingredient in type-two fun that keeps us coming back for more.

The *Mountaineer* magazine has a unique ability to empower our members with a space to connect through personal stories. In this issue, we have one of the most personal stories we've had the honor of sharing. Bam Mendiola writes about his experience in the outdoors and learning to climb with The Mountaineers as a gay person of color in the featured article, *My First Ascent: Becoming Backwoods Barbie*. Bam shares his vulnerabilities and fears, and even recognizes where he has privileges in the outdoors and society in being a cisgender man.

To talk about what it's like to be a woman in the outdoors, we have an interview with none other than Lynn Hill, a living legend in her own right for the skills and spotlight she brought to women in the climbing community. As a treat

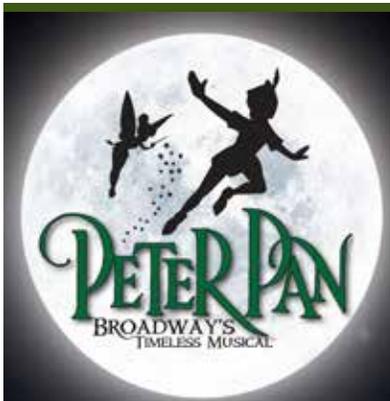
for those of you diligent enough to read my editor's note, here is a little "extra" – a piece of the interview that had to be cut due to space where Lynn expresses her excitement when she recognizes a famous movie star has been inspired by her skills: "In *Mission Impossible* Tom Cruise does this spin-around on a rock that I had done in a climbing film in 1981. When I saw it I was like, 'Wait a minute! Tom Cruise copied my move!'"

The final feature in this issue involves a mountain close to our hearts here in the Pacific Northwest: Mount Rainier. It's a story that has been brewing for nearly 50 years and reminds us just how empowering (and dangerous) this type-two fun can be. Ed Boulton shares his story of climbing the Willis Wall – a challenging route to the top that's not usually chosen, with good reason. His climbing partner, Jim Wickwire, is known for being the first American to summit K2, the second highest mountain in the world. But before that, he had to live through this adventure with Ed. The people, story, and photos that survived to be told in *An Epic Climb of Mount Rainier Via the Willis Wall* lay the foundation for organizations such as ours.

I know I say this every time, but in this issue we literally have a special treat for you. OK, so you have to make it yourself, but there's a recipe for a tasty granola brittle in our *Bookmarks* column. It's from *Dirty Gourmet*, an outdoor-focused recipe book that will be available in April from Skipstone, an imprint of Mountaineers Books.

Thank you for reading the magazine and happy adventuring,

Suzanne Gerber, Publications Manager



This Spring, The Mountaineers Players present Peter Pan

May 27, 28, June 2, 3, 9, 10, 16, 17

Come enjoy this classic Broadway musical under the conifer canopy of the Kitsap Forest Theater. One of the oldest nonprofit theater groups in the country, the Players troupe performs in the midst of the 460-acre Rhododendron Preserve near Bremerton. Peter Pan is the perfect show for the child in all of us. Join the adventure as we once again bring this enduring story to life on our unique outdoor stage.

www.foresttheater.com

Can you identify the location in the foreground?

Send your answer to Suzanne: suzanneg@mountaineers.org. If you guess correctly, you'll receive a \$15 gift certificate* good for Mountaineers purchases, and we'll publish your name in next issue's column with the answer. In case of a tie, one winner will be chosen at random.

Laurel Geisbush correctly guessed last issue's *Summit Savvy* - Huntoon Point. Congratulations Laurel!

*Not redeemable for cash. Mountaineers employees or persons shown in the photograph are not eligible.



Last issue's summit savvy: Huntoon Point

A moderate snowshoe trip at Mount Baker, 6.5 miles round trip with 1400 feet of gain. A classic trip, with outstanding views and typically quite deep snow.

Activity Type: Snowshoeing

Season: Winter

Length: 7.5 miles RT

Difficulty: Moderate

Elevation Gain: 1,400 feet

High Point: 5,250 feet

Trip Report by David Bradley, from February 15, 2015

The entirety of the Baker Highway and all of the Ski Area parking lots were snow-free, bare and dry. Snow in the Heather Meadows area was less than two feet deep with many patches of dirt showing through. The path from the road to Baker Lodge was all dirt except for about about 20 feet which was under six inches of snow. The lodge is using the summer door. We started at the Bagley Lakes Trailhead (which has a new permanent double wide heated outhouse). Lower Bagley Lake was about 50% melted out and its drainage was flowing. The first 10 feet of trail were bare dirt, after which we were on continuous but very hard snow all the way up to Artist Point and beyond to Huntoon Point.



Photo by David Bradley

The snow depth at Artist Point was 190cm (6' 3") as measured with an avy probe we carried with us for that purpose. We were treated to comfortable temperatures, bright sun and lots of blue sky with enough clouds mixed in to keep to keep the views above us as interesting as the view around us. Shuksan and Mt. Baker were lovely as always.

Read recent trip reports at www.mountaineers.org/explore/trip-reports/huntoon-point.

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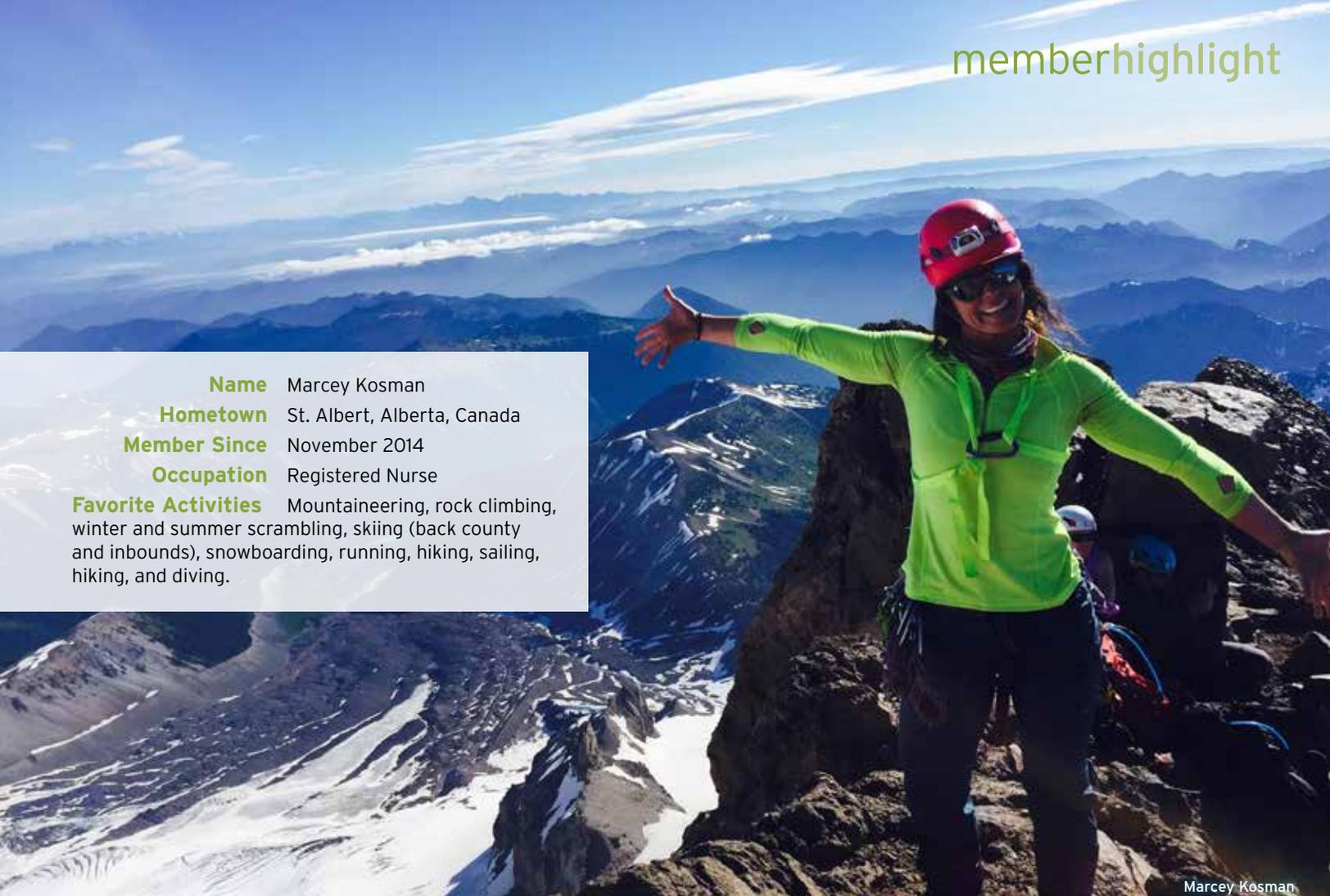
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Marcey Kosman

Name Marcey Kosman
Hometown St. Albert, Alberta, Canada
Member Since November 2014
Occupation Registered Nurse
Favorite Activities Mountaineering, rock climbing, winter and summer scrambling, skiing (back county and inbounds), snowboarding, running, hiking, sailing, hiking, and diving.

How did you get involved with The Mountaineers?

I moved here four years ago knowing no one. I liked to hike and snowboard, but felt limited to trails and inbound/resort riding. I remember looking at Mt. Baker and Shuksan while skiing groomers and thinking "I need more". One day not long after that, on a hike up Heliotrope trail during my first couple of months here, I saw people coming down with their huge and loaded overnight packs, looking exhausted. I immediately needed to know who to get involved with to start doing peak and summit trips. I was more than ready to expand from hiking and chairlifts. Subsequently and randomly I met people who were in The Mountaineers, and started sport rock climbing on a friend's birthday trip that October at Smith Rock, the day after getting belay certified. I absolutely loved it and started taking courses at The Mountaineers, eventually getting into Basic last year. I have been pretty addicted ever since!

What motivates you to get outside?

For me, it's easy to be motivated to get outside, as I want nothing more than to be on a summit/rock wall/snowy peak/glacier in boots/crampons/snowshoes/skis chilling in my tent with friends on an alpine climb or sleeping at a trailhead in my Subaru. I am definitely a dabbler in many things, and expert of none. But I love getting out there and trying new things and seeing where it takes me. With each thing I do I find there is so much more to learn and add. In The Mountaineers, I have met my Mountain Family whom I have come to love, and who mean the world to me, as my support and fellow passion seekers.

What's your favorite Mountaineers memory?

Tough question, there are so many... I think in general I feel the support and camaraderie of the people always stays with me. I have been so accepted and embraced by this club and it's members.

Who/What inspires you?

I am inspired every day by looking around at what is available right outside the window. I am inspired by our literal outdoor playground. Also, my friends ARE this club. I get to climb and ski and scramble and summit (or sometimes not) with some really amazingly skilled people who teach and challenge me, and set such good examples of what I hope to be one day.

What does adventure mean to you?

To me, adventure is being alive and able to do the things I am able to do, and strive for the things I haven't experienced yet.

Lightning round

Sunrise or sunset? Sunrise.

Smile or game face? Smile.

Post-adventure meal of choice? Lettuce wrapped burgers or a juicy steak!

Happy place? Those last few steps before reaching a summit, coming on to the 360 degree view of a beautiful sunrise.

If you could be a rock star at any activity, what would it be? The art of falling asleep on an alpine or glacier climb at 5pm.





Mount Rainier with a lenticular cloud. Photo by Glenn Nelson.

1,000 Words

The Worth of a Picture

by Glenn Nelson, founder of The Trail Posse

My first time as a photographer “in the field” is stored in a place in my memory banks reserved for other indelible firsts – kiss, published story, time I set my eyes upon my daughters. I remember slogging along in a flooded farm field with a small group led by Paul Bannick, the renowned owl expert and photographer and Mountaineers Books author. Well, I was slogging at least; I’m sure Bannick was prepared, as usual, wearing some sort of waders. I was stepping daintily in my duck boots, fearful of sinking to my thighs in water and mud that smelled faintly of rotten eggs.

During much of the ride to a place in the Samish Flats birders call “West 90,” a classmate from Bannick’s weekend seminar crowed about all the owls we were about to see and photograph. That day was the start of a lesson I’ve learned about wildlife that, like my Bichon poodle, Santana Banana, wants no part of high winds and horizontal rain. We saw no owls that day, even though Bannick led an intrepid few of us deeper into the soggy site. On our way back to the cars, Bannick and I spied a Northern Harrier, a medium-sized raptor that hunts the same territory as the short-eared owls for which we were searching. The harrier sat on the lone branch of a short snag, but spooked when we got too close. That hawk would eventually return, Bannick said, because birds of prey have their favorite perches. A few days later, I was the one who returned. I set my little, 70-200 zoom lens on a tripod near the snag and waited. The harrier came back, as Bannick had promised, and I clicked off a few shots—the first bird-in-flight images of my life. It also was my first real understanding of the phrase, “creatures of habit.”

Soaked, under-equipped, and hapless, I nevertheless was hooked: I was outside, with a camera and purpose. In the years since, Bannick has become a friend, I’ve outfitted myself properly, and founded *The Trail Posse* to cover race and equity in the outdoors. I use my photography to illustrate the stories I write, as well as to post on social media to inspire people to visit public lands, search for wildlife, and develop a passion for stewarding both. This is a logical extension of a path I’d started inside with my previous venture, HoopGurlz. There, I used images and the written word to inspire and hopefully empower girls and young women around the nation through the coverage of basketball. My website blew up, and I eventually sold it to ESPN.

My photographic journey began shortly after I left The Seattle Times, where I worked 17 years as a sportswriter and columnist. I co-founded a digital sports network, Scout.com, and as its editor-in-chief needed images that weren’t being produced by wire services. Lacking resources, I became my own provider. The photographic work escalated at HoopGurlz and ESPN and I did some decent stuff—I had images published in newspapers and magazines across the country, including the likes of Parade, as well as an exhibition at the Smithsonian. But I’d assumed any success I enjoyed was the product of my extensive background in sports, as a player, coach, and journalist. I knew how to an-

[story continues >>](#)

ticipate action and therefore knew where to point the camera. When I left ESPN, I was determined to become a “real” photographer; instead of reacting to what I saw, I wanted to conceive an image, then be able to execute it.

The outdoors is a natural subject to pursue. It’s available. It’s rejuvenating and inspirational. And from a photography standpoint, it’s the opposite of the reactionary, rat-tat-tatness of sportshooting. It requires tons of patience. There is a lot of waiting—for the right light, for the right alignment of elements, and if you are doing wildlife, for something to appear or happen. That all spoke to the old sportswriter in me. I used to refer to us as professional waiters because we spent plenty of time waiting for either a game to begin or for access to our subjects.

The time investment is a pain to some – this era of mobile-phone photography is so much about instant gratification. But it’s what makes outdoor photography more gratifying to me. It’s the preparation, the getting to, and the waiting that all adds 1,000 more words to the story behind each picture. I recently had two images chosen to be posted in the future at Metro bus stops. They may be pretty pictures to others, but both have a lot of personal meaning for what went into getting them. One, of a long-eared owl guarding its prey, was captured on an outing with Bannick. We’d been to the site twice before, observing the patterns of the owls, who usually are not found west of the Cascades. The third time, we knew the owl’s patterns so well, we could race to its next perch and set up, while other envious and clueless photographers muttered about Bannick “chasing” his subject (they didn’t care about me; I was just his “sherpa”). The other image, a fiery lenticular cloud around the summit of Mount Rainier, meant getting up early enough to beat sunrise, overcoming my fear of driving in altitude and, even, of the foxes that raced past my feet in the darkness.

Oh, I’ve filled plenty of the time with some spectacular derelictions. Like the time when an unexpected wave swallowed up

and destroyed some \$8,000 worth of camera gear. Or the time I lost a trail in the Queets Rainforest and relied on some skills I learned from David Moskowitz, another friend, photographic mentor and now-future Mountaineers Books author, to follow elk tracks and game trails back to my car. Or the time I took my friend, Denis Law, the mayor of Renton, to photograph owls and forgot my 500mm lens (tip: no amount of waiting will overcome that). You just cannot be cowed by failure; you learn from it.

I’m not sure when I started considering myself a “real” photographer. I had a photo from Rocky Mountain National Park published in *Outdoor Photographer*, but dismissed it as beginner’s luck. I may have started believing in earnest when my friend Rod Mar, who after the Beijing Olympics was named the second-best sports photographer in the world, called me a photographer to my face. Checking my settings still isn’t quite second nature, the way the writer in me always remembers to have a pen and paper, but I generally go out with my camera expecting to come back with something that might be considered art.

On the last day of 2017, I went up to Skagit Valley to capture the myriad swans, geese and raptors overwintering in the same kind of flooded fields where I got my start with outdoor photography. I thought I might find my best pictures of the year, and may have. My daughter Sassia was with me. In dawn’s early light, we hiked the frost-hardened ground to the edge of Skagit Bay. I knew there would be channels not entirely frozen and tried to step carefully – but not that carefully. When my foot broke through the flattened cattails, into the freezing water, I didn’t panic, not one bit. I was wearing insulated waders. Paul Bannick may not have realized it, but I was watching his every move that rainy, blustery day in the stinky mud. ▲▲

Glenn Nelson founded TrailPosse.com to cover race and equity in the outdoors. He won a national award from the Society of Environmental Journalists for that coverage.



A long-eared owl guarding its prey. Photo by Glenn Nelson.



Developing a Personal Program

By Courtenay Schurman, MS, CSCS, PN2

Courtenay and daughter at Sheep Lake, Mount Rainier national Park. Photo by Doug Schurman.

To get the most out of your pre-season training program, think about the outdoor activity you would like to prepare for the most and the fitness components that are important for that activity. Below is a handy chart to help. Aerobic exercise works large groups of muscles over longer periods of time. Anaerobic exercise involves short bursts of 10-60 seconds hard work with longer recovery time of up to 3 minutes.

The baseline for this chart is a healthy active adult who typically incorporates two full-body strength workouts a week (roughly thirty minutes each) and three aerobic workouts a week (twenty minutes each). If you do not include aerobic or strength training on a regular basis, then you would need to start with those components before adding sport-specific training.

You can see which fitness components are most important for your particular sport. "High" indicates that the training component is very important to successful (pain free, high joy) participation in the sport. For example, a high degree of aerobic conditioning will be of highest priority for people planning to participate in multi-day mountaineering and backpacking trips, while a high degree of strength will be most important for people who participate in rock or ice climbing and multi-day mountaineering.

"Average" need does not mean that you should ignore a particular component, it simply means that the component does not need training focus above and beyond the healthy average adult. As an example, a day hiker might include two full body strength workouts of 30 minutes per week that focuses on multiple-muscle group movements (average need), whereas the rock climber might include three 45-60 minute strength workouts, one focused

on core, one on legs, and one session on upper body, depending on his or her perceived weaknesses and level of difficulty of technical terrain the climber anticipates covering in the summer.

These terms are relative – a person wanting to train for a flat five mile hike carrying fifteen pounds will need much less preparation time (medium aerobic conditioning) compared to a hiker wanting to train for a thirty-mile day crossing several high-altitude passes.

Assess what you currently do for your favorite in-city training and make sure you prioritize workouts that focus on developing each of the "high need" components for your sport. If you plan to go on multi-day mountaineering trips and your pre-season workout plan includes two or more hours a week meditating or doing yoga, you may want to shift priorities in your in-season program to be sure that you include sufficient strength and aerobic training as you near your goal. On the other hand, if you are training for rock climbing by including interval training and strength training, but you have encountered some joint or tendon issues, you may actually benefit from adding yoga, Tai Chi or other methods of flexibility training that can help provide you with long term joint health benefits.

By knowing what components are most crucial to succeeding in your sport of choice, you can make smart decisions about how to invest your workout time for maximal results.

Courtenay Schurman is an NSCA-CSCS certified personal trainer, Precision Nutrition Level 2 Certified Nutrition Supercoach, and co-owner of Body Results. She specializes in training outdoor athletes. For more how-to exercises and tips, visit her website at www.bodyresults.com or send a question to court@bodyresults.com.

	AEROBIC	ANAEROBIC	STRENGTH	FLEXIBILITY
DAY HIKING	High	Average	Average	Average
BACKPACKING	High	Average	Average	Average
SCRAMBLING	High	Average	Average	Average
MOUNTAINEERING	High	Average	Average	Average
ROCK/ICE CLIMBING	Average	Average	High	Average

FITNESS LEVEL NEEDED

- High
- Above Average
- Average



Fuel Up on Real Food for All Your Outdoor Adventures with *Dirty Gourmet*

By Julie Briselden, Senior Publicist, Mountaineers Books

Dirty Gourmet authors (left to right): Aimee Trudeau, Mai-Yan Kwan, and Emily Nielson.

Most people will agree that great food is a memorable part of any outdoor experience. Active adventurers and food lovers Aimee Trudeau, Emily Nielson and Mai-Yan Kwan created the popular *Dirty Gourmet* blog to show wilderness wanderers just how easy it is to create and enjoy delicious, healthy camp meals prepared at home, on a camp stove, or over a campfire. With *Dirty Gourmet: Food for Your Outdoor Adventures* they offer more than 120 mouthwatering, step-by-step recipes for hearty breakfasts, portable lunches,

easy appetizers, creative dinners, and refreshing drinks. Whether on the trail, in the backcountry or car camping, any adrenaline addicted foodie will find the right recipe for their next adventure.



Dirty Gourmet: Food for Your Outdoor Adventures is available in April from Skipstone, an imprint of Mountaineers Books. Members of The Mountaineers receive a 20% discount on books bought at The Mountaineers' bookstore in Magnuson Park or directly from our website: www.mountaineers.org/books



SWEET SNACKS

Black Sesame Cashew Granola Brittle

a recipe page from [Dirty Gourmet: Food For Your Outdoor Adventure](#)

Yield: About 5 cups

Prep Time: 10 minutes

Cook Time: 30 minutes

½ cup dark brown sugar
½ cup canola oil
¼ cup honey
½ teaspoon kosher salt
3 cups rolled oats
1 cup cashews
1 cup unsweetened coconut flakes
½ cup black sesame seeds

The first event we did as Dirty Gourmet was an art fair. Not so outdoorsy, but people were “hiking” around looking at and purchasing all sorts of art — and they got hungry doing it. We made several products to sell there, but the main thing people wanted to buy was our granola. We offered two flavors, and both sold out (and there was a wait list!).

This recipe is one of those two flavors. We’ve sold it a handful of times since then and it continues to be a favorite. The texture is much like brittle, starting off as big, irregular slabs. It is easy to eat like a bar, but it’s not a big deal if it crumbles in your pack. —*Aimee*

Preheat the oven to 325° F.

Line a large rimmed baking sheet with a silicone mat or parchment paper. Set aside.

In a small saucepan, combine the brown sugar, oil, honey, and salt. Cook over low heat, stirring frequently, until the mixture is hot and just starts to bubble. Remove from heat.

In a large bowl, combine the oats, cashews, coconut flakes, and sesame seeds. Add the sugar mixture, stirring to coat.

Spread the mixture onto the prepared baking sheet and bake, stirring every 10 minutes, until the granola is golden (about 30 minutes). Remove from the oven and let cool completely.

Break brittle into large chunks and store in an airtight container.



A Life of Adventure Education

An interview with Ken Wylie

by Steve Smith, Mountaineers
Education Manager

A massive avalanche buried thirteen climbers below La Traviata peak near Revelstoke, British Columbia in 2003, killing seven in its wake. It made international headlines. Ken Wylie was among those buried; he escaped with guilt weighing heavily on his conscience, as he was one of the mountain guides responsible for decision-making on that trip. Ken wrote a popular book titled, *Buried*, about his experience surviving that avalanche, and the soul-searching life lessons which ensued.

I have been learning from Ken for almost twenty years – starting at Outward Bound, then at the Wilderness Risk Management Conference, and most recently as a speaker at our Mountaineers Leadership Conference in 2017, where he gave a profoundly moving presentation about leadership, loss, and the healing that comes from courageous vulnerability. I sat down with him to learn more from his experience.

What sparked your interest in adventure education?

I found my way to mountain adventure quite young. I was seven-years-old when my older brother took me cross-country skiing in Banff National Park. The real game changer for me was seeing a National Geographic film in the early 1980s about the Colorado Outward Bound School. I knew I needed to become an instructor. The educational process resonated deeply. I climbed my heart out so I could build my experience to a level that would be of use. I knew inherently that my own experience needed to far exceed what I would do with my students. Eventually, I applied to work at what was then known as PCOBS (Pacific Crest Outward Bound School), now known as the Northwest Outward Bound School. I became an instructor and loved my work. However, in the early days, I did not understand the importance of parallel process. I was keen to lead others through a process but failed deeply in living it myself.

You've had some close calls and incidents over the years. What advice do you have for an outdoor program about creating an environment in which people can extract the right lessons from their incidents and near misses? How do we create safe spaces for people to learn from mistakes?

The most important thing is to create a culture that supports vulnerability and humility. We adventurers put physical courage on a pedestal when it should be intra and interpersonal courage. Chiefly, if I use myself as an example, I created tragic consequences in my life and career because I was running from the things I needed to learn. Like the person skipping stones across a calm pond, I chose to skim across the surface in an effort to avoid sinking deep into myself and learning who I really was. That was terrifying to me.

We all have personality aspects that we need to learn to master. If we don't we become a slave to them. Things like arrogance, greed, impatience, and self-deprecation profoundly affect our decision making in high-risk environments and our lives.

Most of us comfortably stop all learning at the technical level. But when tragedy strikes we are left wondering why it happened when the technical challenges were so obviously easy to solve. The answer is to look at ourselves. I call this adventure literacy. Knowing how to read who we are through our adventures. Either we run or we face our dragons. Great cultures of safety support self-knowledge, and authenticity.

Outdoor adventure-based programs are safest when we create

courageous cultures of learning. My programs at Mountains for Growth infuse reflection as part of the adventure experience so my participants learn Adventure Literacy from the start.

When major incidents happen in Canada, there is a formal response, such as creating terrain classification systems or required levels of training and certification to lead groups. What are the pros and cons of these national approaches, and what can the US system learn from the Canadian model?

In Canada, we use the professional peer review (certification) system and it is supported by our land managers. Land managers in the USA have not bought into certification as a baseline for professional mountain activities and so the debate continues on their efficacy. But there is no question that certified guides have higher standards of professionalism technically chiefly because there is a link to technical information that is shared internationally. Many of us gravitate to adventure to find freedom, but it does not serve us to mix personal freedom with professionalism. Once we start to get paid for our efforts the game changes and we lose the freedom we sought as individual adventurers. But when we fully become professional and become certified, we can charge more and we link to a larger body of knowledge so we can do our job's better. In Canada, it seems that we understand that systems serve the greater good. Guiding business owners in the USA typically do not support certification and if you want to know why follow the dollars.

Anecdotally I can tell you this: dealing with professional tragedy was hard. However, I can't imagine how hard it would have been if I knew there were training and certification out there and I chose not to take it. Knowing I was doing my best to become competent helped me survive. Many don't think this way but certification and peer review are easy ways to help us do our best work.

I do have a word of caution though. Culture. My experience of adopting certification went hand in hand with adopting a healthy safety culture.

Your writing presents an unusually humble tone for such an accomplished alpinist and outdoor professional. What are the biggest lessons you've learned as an outdoor leader, and what advice would you have for aspiring outdoor leaders? What mistakes have you made which you find to be most educational for others to learn about?

The most important skills to have in high-risk environments are courage and humility. The courage to go to wild places and the humility to listen. Listen to self, others, and the environment. By listening we know that we have an invitation to be where we are. The mountains are sacred and we need to be invited. They are not places we can demand to be in. I failed to listen to myself which resulted in three of my guests being killed in an avalanche (of seven fatalities in the La Traviata tragedy). So I have been profoundly humbled by the consequences of not listening and this is perhaps the reason for my tone.

What would be your word of advice or recommendation to others who want to lead something similar in scope?

My advice is to think carefully about what your goals are. I made enjoying the trip and enjoying the other people a high priority, so I kept working to remember that. Identify clearly what your own personal goals are, and then have clear discussions with

the participants to bring yourselves into alignment.

If you could go back in time and give some advice to the young version of yourself (about life, climbing, being an outdoor leader, etc) what would you say to that young person?

Take the easy lessons seriously. Take time to reflect and internalize invitations to grow and change. Adventure can be an intoxicating escape, but with a little introspection, adventure has the power to turn boys and girls into men and women. Reflection turns events into experiences and we grow, learn and develop. But it requires us to be responsible for our actions. The inner journey is the most important adventure to take.

The Mountaineers mission is to "explore, learn, and conserve." How does this resonate with your own experience and values?

Exploration is not only outside of ourselves it is also inside. Learning is most powerful when we find something out about ourselves. Adventure is not about consumption of experiences. It is about conserving them and the environment. Experience conservation is what adventure education is all about. Getting the most out of what we do out there so that we need less. ▲▲

Ken is a Canadian mountain guide and experiential educator for organizations including Yamnuska Mountain School, Outward Bound Canada, and Outward Bound USA. He has also instructed at the University of Calgary and as a faculty member at Mount Royal College (University) and Thompson Rivers University in Outdoor Education and Adventure Tourism.

Ken founded Mountains for Growth in 2013 to help individuals and groups gain personal insight and wisdom through outdoor adventures. To learn more: www.mountainsforgrowth.com.



Ken Wylie. Photo by Jeffery Bosdet.



We've Got Gear for You

The Mountaineers New Gear Library

by Andy Bassett, Mountaineers Youth Education manager

Two youth enjoying Mountaineers snowshoes on a trip to Gold Creek, January 21, 2017. Photo courtesy of Mountaineers Youth Education.

On the descent into Sea-Tac last year, our plane came so close to Mount Rainier, I swear you could have seen climbers heading up on the peak. Brief visions of snow-capped peaks like these fueled my desire to move from Northern Arizona to Seattle – the playground of the Pacific Northwest – flanked on either side by National Parks hosting volcano skiing, hot springs, intricate trail systems, alpine rock, and lots of water.

Today I work with phenomenal volunteer educators at The Mountaineers Seattle Program Center as their youth education manager. Our goal is to provide high quality, well managed outdoor experiences for the youth around the Seattle area. Over the past six years, we've seen youth education at The Mountaineers grow to outstanding numbers: just over 7,300 youth experiences were provided in 2017 alone. We're extremely proud of the programs we offer and the quality of education we provide students of all ages. This year, we're building a Gear Library to help remove even more of the barriers to getting youth into the wild spaces we find so important in our lives.

By partnering with youth-serving organizations such as the YMCA, local schools, and foster care, we're able to offer expertise in technical outdoor skills in support of the values and mission of these agencies. Many students who participate in our Mountain Workshop programs have limited access to the outdoors, so this introduces them to adventures outside and the opportunities to explore and appreciate nature.

This year, we continue to build strong partnerships as we collaborate with the Washington Trails Association (WTA) and Seattle's first gear lending library. We hope to continue growing the number of youth we are able to educate in the field by housing our own gear library in Magnuson Park. Eventually, we're hoping to expand this service to the six other Mountaineers branches located in Bellingham, Everett, Foothills, Kitsap, Tacoma, and Olympia.

So, What Exactly is a Gear Library?

Just like your local library where you can borrow books for a set period of time, we will provide essential outdoor equipment and gear to help people explore the Pacific Northwest without breaking the bank.

To start the process, we've had a flurry of activity over the past several months taking inventory of generous gear donations from the outdoor community, building upon existing partnerships, and creating our dream wish list of needed outdoor equipment. We're acquiring boots, rain layers, insulated jackets, headlamps, nordic skis, backpacks, and most anything you would find at your local gear store. Through various grants and generous support from outdoor equipment companies, we're getting the needed equipment to get more youth outside.

This spring, The Mountaineers Seattle Program Center will continue to be a hive of activity with standard skills sessions and field trips, and we will also begin construction of library space.

Additionally, we will be hiring a coordinator for the gear library to help organize, repair, and educate the public on equipment available to borrow. Turns out, the acquisition of gear is just a small piece of the overall puzzle for getting this library up and running.

We are also launching the Mountaineers Leader Training (MLT) for those looking to borrow equipment from the gear lending library as youth leaders. It is a simple process for those who are already hike leaders, and for those who aren't, this is another incentive to join the ranks.

To borrow from The Mountaineers Gear Library:

- Be assessed as a Trip Leader for The Mountaineers, (hike, cross country ski, snowshoe depending on gear you are looking to borrow)
- Attend a Mountaineers Leadership Training Workshop (MLT)
- Become a Qualified Youth Leader (via an online quiz and background check)

In the MLT we'll go over the types of equipment we have for rent, along with proper use, set up, cleaning, and basic field repair. Additionally, we will cover group and risk management for younger students, minimal impact camping, travel techniques, and activities and games for youth. Our youth education staff can also assist in trip planning and appropriate equipment, whether it be exploration, natural history, leadership or promoting stewardship in the outdoors.

For those who already have a relationship with WTA and their Gear Lending Library, we will work with those qualified leaders to provide an easy transition to borrowing from The Mountaineers Library. WTA has also agreed to allow access to their equipment for Mountaineers trained leaders.

Once people have gone through the necessary trainings, they can begin to borrow equipment following these easy steps:

- **Fill out a gear request form two weeks prior to activity**
- **Meet with Gear Coordinator to go over gear and review proper use**
- **Sign a Gear Borrowing Agreement**
- **Get outside and have fun!**
- **Return gear clean and dry**
- **Fill out Gear Return Form and list any damage or repairs needed**
- **Fill out a Trip Report**

For many of us, the mountains, trails and lakes feel as close as they did for me aboard that plane, but for others, they feel a world away. We still have to drive to trailheads, acquire outdoor skills, and gather the appropriate technical gear to safely and responsibly explore these natural areas. Unfortunately these barriers can keep people indoors and missing out on the incredible benefits being outside can provide to youth of all ages.

Here in the youth department, we are beyond excited to get this space up and running to provide the gear, training, and expertise to help plan your next adventure with youth into the Pacific Northwest. For more information on the library, trainings, or getting more involved with our youth programs, please visit us on The Mountaineers website or contact us directly at the program center. ▲▲

Huge thanks to our funding partners REI Foundation, King County Parks, and Moccasin Lake Foundation for their generous cash donation to support the build out of the Gear Library and the MLT training program. Additional thanks to our partners, Adidas Outdoor, Bogs, Helly Hansen, MSR, Oru Kayaks, Petzl, Salomon, Thermarest, and Vasque, who have all generously donated gear or have provided significant discounts on gear to support the gear lending library.



Mount Rainier as seen from a plane window outside of Sea-Tac. Photo by Mark Skwarski

Goat Island Mountain

by Mickey Eisenberg, Gene Yore, and Steve McClure

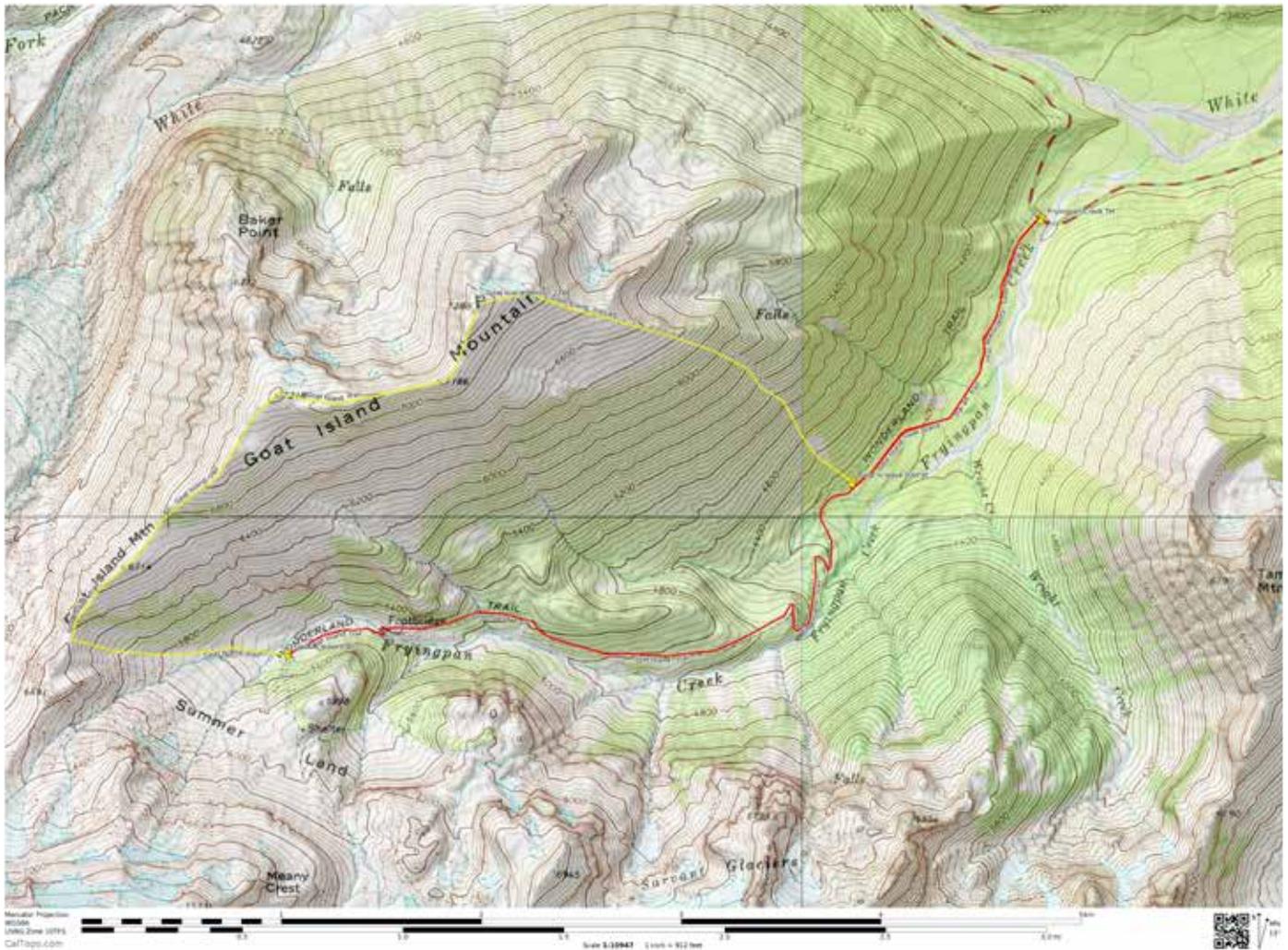
The broad top of Goat Island Mountain viewed from the Summerland Trail. Photo by Mickey Eisenberg

Many of the 100 peaks in Mount Rainier National Park are seldom visited and we believe under appreciated. In this sense they are “secrets” and worthy of being featured in this series. In this chapter of *Secret Rainier* we describe Goat Island Mountain, one of our favorite scrambles. Notable are the views of Little Tahoma looming above Rainier. It’s a super summer scramble and a great destination to plan for in the midst of winter.

Directions: Travel to Enumclaw and take SR 410 east. Approximately 33 miles from Enumclaw you will reach the park boundary. Continue into the park and in 4.5 miles turn right on the Sunrise Road for another 4.5 miles until you cross the

Fryingpan River Bridge. Park just beyond the bridge (elevation 3800’). The Summerland trailhead is on the west side of the road. An entrance fee is required at the park kiosk located on the Sunrise Road.

Route: The route is straightforward, with few route-finding challenges. From the Summerland trailhead, hike the trail until it crosses Fryingpan Creek and continue on the trail for approximately 1/2 mile. Where the trail begins to switchback (5440’) leave the trail and head easterly. You may find a boot path in late spring or summer. Cross the creek when convenient, and stay on the north side of the creek. Head for a saddle (6380’), and then continue on the ridge to the summit. The summit is



View of Little Tahoma (on the left) and Rainier as seen on the route to Goat Island Mountain. Photo by Mickey Eisenberg

long and broad. You can make a loop trip by leaving the summit at a bearing of 110 degrees and following the best contour on the hillside until you come to the Summerland Trail. The slope can be steep in places, so proceed cautiously. The return route is shown on the topological map. Stay on the south side of the ridge.

Comments: Save this one for a sunny day mid-July through September.

Goat Island Mountain

Skill	Easy scramble - loop route is a bit more challenging
Beauty	10 (out of 10)
Effort	7 (out of 10)
Distance RT	11.6 miles RT, 9.5 miles (loop)
Elevation	3500' total gain
Time RT	8 hours
Season	May to September (when road is open to White River Campground)
Equipment	Scramble gear

Want to learn more?

Mount Rainier National Park has over 100 climbable peaks (not counting Mount Rainier itself) either within or immediately adjacent to the Park boundary. 76 of the peaks are scrambles, 15 are hikes and 9 are climbs.

Guide to 100 Peaks at Mount Rainier National Park is available as an enhanced iBook for the iPad on iTunes and in tablet eBook and smartphone eBook by Mountaineers Books. All royalties donated to The Mountaineers.

The Trail Less Traveled

by Craig Romano, Mountaineers guidebook author



Craig Romano enjoys a trail to himself by the Crater Mountain Lookout site. Photo Courtesy of Craig Romano.

The first time I hiked up to Rattlesnake Ledge was in the early 1990's. The trail was pretty rudimentary following alongside a procession of signs warning you not to venture off the trail into the adjacent public watershed. I brushed through knee-high salal and kept my eyes on the ground lest a loose rock made a play for my ankle. Eventually, I reached the ledge. The view east across Rattlesnake Lake and into the U-shaped glacier-carved Cedar River Valley and South Fork Snoqualmie River Valley was breathtaking – and I had it all to myself! While nearby Mount Si and Tiger Mountain were seeing some play, I was out on the Trail Less Traveled – and it paid off – solitude and a wonderful backcountry experience.

Fast forward to 2018 and the first thing you may be thinking is, are we talking about the same Rattlesnake Ledge? The one that seems like it's now constantly under siege by a procession of every walk of life – the good and the bad displaying every imaginable behavior both admirable and despicable? The same Rattlesnake Ledge whose parking lot often fills to capacity forcing cars to illegally park and help a few towing companies give their workers a fat Christmas bonus? The same Rattlesnake Ledge that can resemble I-405 during rush hour – except without the cars? Yep, the same Rattlesnake Ledge.

In the quarter-century since I stepped foot on that iconic ledge, the trail has been upgraded (a good thing); the land encompassing it has been protected (a good thing); a trailhead with facilities and an environmental center has been developed (a good thing); and thanks to the viral nature of Social Media posts, the trail has become downright crowded (a bad thing)

– and I would add at times, simply intolerable (a sad thing) if one is seeking to commune with nature. This former Trail Less Traveled has morphed into the Trail Heavily Trampled.

If you've been hiking around these parts for a considerable amount of time, you don't need to be told that many of our trails have become downright crowded. Yes, we are currently experiencing a hiking boom fueled in part by new folks moving to the region and Millennials heading to the outdoors. In general this a good thing. It's great to see so many folks getting outside, bonding with nature, and living healthy lives. However, it's not so great to see so many new hikers unversed in proper trail and outdoor etiquette or Leave No Trace Principles – to have to be subject to their wake of blasting Bluetooth speakers, and heaps of trash left behind, while enduring shoulder-rubbing conditions.

While I'm a friendly and social person and don't mind a little company on the trail, there's a limit to how many people I want to be out there with me. When a trail gets crowded, it negates the positive experiences I sought by taking to it. That is, it's hard to commune with nature, move freely in the hills, and have a reflective moment if my surroundings are taking on the atmosphere of a city park or street festival.

Some folks don't seem to mind the crowds and its inherent noise and distractions. But if you prefer your nature in quiet, you have several options. You can help educate this new wave of hikers on proper etiquette and Leave No Trace Principles so at least if the trail is crowded, it is agreeable. I don't mind being out with 100 enlightened souls. It's the one or two inconsiderate outliers I don't want to be near.

Another choice is to simply seek trails less traveled. It may come to your surprise that despite the fact that so many trails are crowded today – many, many more aren't! I've spent the better part of a decade writing about these trails in my guidebooks and articles, but to my chagrin, many folks return over and over to the same over-hiked trails. If you're willing to try some new adventures – seek some new territory – perhaps go a little out of your comfort and geographic range, I can promise you wonderful backcountry experiences that may indeed include the Holy Grail of hiking experiences – solitude! It's all about seeking the Trail Less Traveled.

Here are ten of my tried-and-true tips on how to find those less-traveled trails:

1. Skip the Instagram famous hikes. Rest assured that they are currently under siege. If you continuously see 20 posts a day on Franklin Falls, Rattlesnake Ridge, or Colchuck Lake in your Social Media feeds, you can bet your sweaty hiking socks that thousands of others are seeing those same pics, too – *and they're heading to those trails at this very moment!*
2. If you absolutely want to hike an Instagram famous hike (after all, it's famous because it looks so darn enticing to do) – then schedule your hike for early morning on a weekday in lousy weather. Whatever you do – don't head there on a sunny weekend day – unless of course you enjoy sitting in Seattle traffic or standing in a TSA line. There are plenty of other great places to hike on Bluebird days.
3. Actively seek the Trail Less Taken. There are hundreds of them out there. These trails are sometimes viewed as second-rate because perhaps the view isn't stellar. Or maybe the trail is a little harder to hike, or maybe the drive there is a little too far. Those are all good assurances that crowds won't be there either. But usually these trails are off the radars of the masses because they are simply unknown to the Social Media sheep. My books (as well as other Mountaineers Books authors' titles) are filled with these trails – start researching them and hiking and enjoying them for yourself.
4. Divert off the Main Way. Want to have some silent moments on Mount Si? It's not that hard to do. Just get off of the beaten path. I have hiked on the Talus Loop Trail and the Teneriffe Connector and have been all alone, whilst back on the main way and summit there's enough people to fill a concert hall.
5. Drive at least two hours from a major city. The farther you get away from Seattle, Portland, and Vancouver BC, in general the trail populations thin out. It might not make sense to drive 150 miles for a 5-mile hike, so make a night or two out of it. Find a little quiet car campground on the east side of the Cascades, in BC's Kootenay, or Oregon's High Desert and enjoy a couple of days of peaceful roaming.
6. Hike trails that are near popular trails. Instead of hiking Park Butte, opt for the adjacent and generally overlooked Scott Paul Trail. The crowd difference between these connecting trails is considerable. In the Suitttle River Valley, head to Huckleberry Mountain instead of Green Mountain. South Fork of the Skokomish instead of the North Fork. Skip Winchester Mountain and head to High Pass instead. Better yet, check out Silesia Creek. It's all yours!

7. Hike when the Seahawks are playing. I can't tell you how many peaceful Sunday hikes I have had including urban ones, when the Seahawks are playing.
8. Road washouts have benefits. If the road to one of your favorite trails is currently washed out, take advantage of it. Get yourself a mountain bike and head off to the trail. I have had the Ashland lakes, Peek-a-Boo Lake, and Lake Edna all to myself thanks to a blown culvert or river run wild.
9. River fords keep the crowds at bay, too. If you're not afraid to ford a river (and you can safely do it) a world of quiet trails exists. I have had the North Fork Sol Duc, Queets, and Waptus Lake all to my lonesome.
10. Take the long way there. If there are multiple routes to a popular destination, rest assured that almost everyone will be taking the most direct route there. You take the longer, less-chosen trail and you can at least have a quiet journey before you get to a happening destination. Head up Mount Townsend via Dirty Face Ridge, Park Butte via Ridley Creek, or Lake Ann via Swift Creek if you want to see what I am talking about.



Craig and his son Giovanni on Ruby Creek Trail. Photo courtesy of Craig Romano.

Okay, I hope I gave you some practical advice to help you have a crowd-free hiking experience. This year, resolve to hike the trail less chosen. Leave the crowded trails for the crowds, discover some new and wonderful places, and get a little reflection and peace of mind along the way. And most importantly, by choosing to hike the trail less taken you will help assure that it will remain open lest the crowded trails grow even more crowded as we lose more trails. ▲▲



Craig is an award-winning Mountaineers Books author who has written and co-written 20 books. His latest release, *Urban Trails Olympia* highlights the best trails for walking, running, and hiking in Olympia, Shelton, Harstine Island, and Capitol State Forest. Some of his other titles include *Urban Trails Bellingham*, *100 Classic Hikes Washington*, and *Backpacking Washington*.



Climbers Wanted: Liberty Bell's Eroding Slopes Need Our Help

by Peter Dunau, Mountaineers
Communications Specialist

Steve Smith enjoys a day of climbing in the South Early Winter Spires. Photo courtesy of Steve Smith.

Steve Smith has seen countless photos of the same scene: a silhouetted climber grasps the rock at the notch between the Concord and Liberty Bell spires and starts up the iconic Beckey Route. Behind the shadowed figure, a glowing panorama unfolds with the snowy North Cascades rising and falling into the distant horizon.

The images capture the magic of the Early Winters Spires, a cluster of five granite towers jutting into the skyline off Highway 20 at Washington Pass. It's an area Steve, who now serves as The Mountaineers Climbing Education Manager, has been exploring for two decades.

"Those photos always make me think of Fred Beckey," says Steve, "He climbed that peak for the very first time, not from the highway a few miles away, but from the Twisp River Road. He drove up in an old milk truck, then hiked 30 miles cross country to get to the climb. As fortunate as we've all been to follow in his footsteps, our experience of climbing that peak is not the same as the one he had. He was looking out on a wild and untamed North Cascades landscape."

The Liberty Bell Conservation Initiative aims to restore some of that wild, untamed legacy. Since legendary mountaineer Fred Beckey's first ascent in 1946, the increasingly trafficked area has fallen victim to overuse. A maze of boot paths meanders up Liberty Bell Mountain and around the spires. All that pounding has caused severe erosion which scars the landscape, hurts ecosystems, and creates difficult, unsafe terrain for climbers to navigate.

The conservation initiative lays out plans for an improved trail system with stabilized paths, way-finding signage, and a wag bag dispenser. The Mountaineers is partnering with the Access Fund as well as Washington Climbers Coalition and American Alpine Club on the project.

"The Liberty Bell Group is such an important climbing area for The Mountaineers and all Pacific Northwest climbers," says Katherine Hollis, Director of Conservation and Advocacy at The Mountaineers, "Last year, 218 Mountaineers members climbed the spires through club trips. This is our opportunity to give back to this amazing place."

Join the Cause

The Liberty Bell Conservation Initiative is now shovel-ready, but the project needs \$100,000 to cover two seasons of professional trail crews and supplies. To kick-start the project, The Mountaineers donated \$10,000, the Petzl Foundation, \$6,000, and the Washington Climbers Coalition, \$4,000 (awarded from the American Alpine Club's Cornerstone Grant Program).

To move this project forward, we need to raise an additional \$80,000 by June 2018. You can make a donation at: www.accessfund.org/libertybell.

Mountaineers members can also flex their stewardship muscles in support of the project. Once fundraising is complete, volunteers will be called on to help the Access Fund-Jeep Conservation Team restore the eroding slopes.

"This is a critical project," says Mountaineers CEO Tom Vogl.

"We look forward to calling upon our community of members to donate and volunteer to make this happen."

The Big Picture

Climbing has changed a lot in the past few decades. Gyms are drawing a new wave of people into the alpine, peaks and crags are seeing more visitors than ever before, and technology is revolutionizing how climbers share information.

In 2017 The Mountaineers launched the first phase of a project called Progressive Climbing Education (PCE) to address some of these growing demands and changing needs. The goal is for The Mountaineers to continue to be known for world class, volunteer-led climbing education.

"An important part of PCE is addressing the stresses high-use climbing spots put on the environment" says Steve Smith, who's helping lead the project. "We created a volunteer-led Stewardship and Access Committee, and we're excited to expand our work in this area."

That's where the Liberty Bell Conservation Initiative comes in. Steve explains that the initiative lies right in the sweet spot where conservation and climbing overlap.

"It's about repairing the damage climbers have made in the past, reducing our impact in these popular places, and developing the next generation of stewards," says Steve.

Loved to Death

The Liberty Bell trail system, or lack thereof, is just one example of the challenges facing popular climbing and recreation areas across the country. Braided user trails, dispersed impact, and erosion are taking their toll.

"Take a simple act like shortcutting a switchback on a trail," explains Steve. "First, it kills the vegetation; then when the rains come there are no roots to hold the soil together, so the slope begins to destabilize and get washed away. It can wipe out the trail, which in turn leads people to create a new path and de-vegetate yet another area. The domino effect can destabilize an entire hill."

The erosion also poses a safety threat to climbers. Loose soil is a recipe for rockfall, which can come crashing down on parties below.

Land managers with strapped budgets and huge maintenance backlogs exacerbate the problem. "Over the years, Congress has allocated fewer and fewer funds for these agencies," says Katherine Hollis. "It's important to understand the challenges our land managers are facing and step up as good partners. In the case of the Liberty Bell Conservation Initiative, we're thrilled to partner with the Methow Valley District of the US Forest Service."

With support from the Access Fund, the US Forest Service completed the necessary environmental review process and approved the plan. The Liberty Bell Conservation Initiative will continue to work closely with the agency as the project progresses.

A Community Effort

"It's such a special place," says Steve, "I don't think there's any place I've spent more time climbing than Washington Pass. I've got so many memories there, climbing with my wife and so many other climbing buddies."

Steve isn't alone. Countless Northwest climbers share a special connection to Washington Pass, and it's this community of climbers – from newbies to veterans, from locals to visitors – who will be called upon to turn the Liberty Bell Conservation Initiative into a reality.

"Liberty Bell is a shared resource," says Steve. "One of PCE's goals is for The Mountaineers to be leaders, build partnerships, and get people pulling in the same direction. That spans from guides and clubs to the local climbing community to the US Forest Service. This project is a really cool opportunity to bring everyone together."

As we move forward with the project, we do so with legendary local Fred Beckey in mind. His pitons and old bolts can still be spotted in the rock, and his routes still guide the way. He passed away last October at 94.

"Fred returned here again and again over a period of seven decades," says his close companion, Megan Bond. "He recognized the need to take care of this place, and he'd be proud to support this project." ▲▲

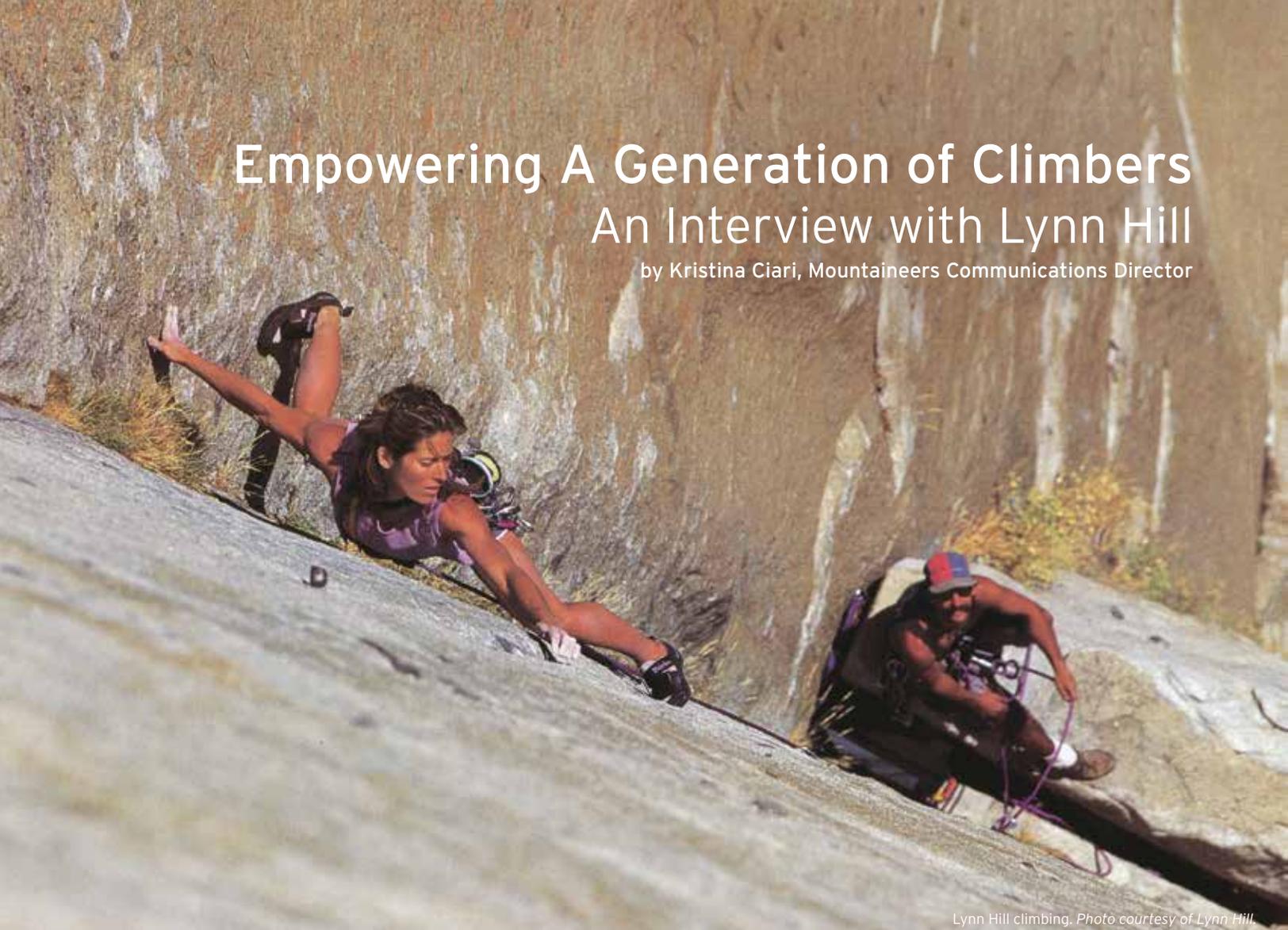


Fred Beckey on South Early Winter Spire in 2006 at the age of 83. Photo by Matt Perkins.

Empowering A Generation of Climbers

An Interview with Lynn Hill

by Kristina Ciari, Mountaineers Communications Director



Lynn Hill climbing. Photo courtesy of Lynn Hill.

I don't watch much television these days, but I had a TV in my bedroom growing up. It was a 13" set with a built-in VHS tape player. Weighing in at a svelte 27lbs, it fit perfectly between the two front seats of our minivan, plugged into the to the cigarette lighter to provide entertainment for my sisters and me on road trips. When you live in Montana, everything is a long car ride away.

Like teenagers do, I used to stay up late watching TV, and I loved Letterman. In 1989 Lynn Hill appeared on the show after a successful climbing competition. In it, she stands in front of a fake rock wall next to David Letterman, who is wearing a climbing harness over his suit pants. Dave introduces her as, "The best rock climber in the world." Clad in purple Lycra tights, Lynn explains the basics of climbing, then the two take turns scaling the wall. It's probably the first late night talk show segment dedicated to the sport of rock climbing.

Watching this a few years later when it was on a summer rerun, I felt transfixed by Lynn's calm presence and the idea that you could climb sheer, vertical cliffs. I started following Lynn after that, as much as you could before the internet. I was so excited when I learned The Mountaineers would be hosting Lynn as our special guest for the 2018 Mountaineers Gala: *Adventure with Purpose*, on April 14.

Lynn empowered a generation of women to tackle an unconventional sport – one historically dominated by men – and inspired

a community of strong, capable women to get out, get after it, and take things to the next level. I spoke with Lynn (a dream come true for this fan-girl) about where she's been, where she's going, and what she sees as her legacy with climbers. I was taken by her unending passion for the sport of climbing, and for her dedication as a mother, an adventure she entered as a "second phase mom" at the age of 42. Today, Lynn is 57 and still climbing hard, and she remains committed to making this world a better place for her son. She is inspired by good people doing good things, and believes the story that you tell yourself is the most important one of all.

"I was always surprised when people who weren't climbers knew my name. Because we have the internet and social media now, you can follow people to the most remote parts of the world. When Tommy Caldwell posted about the Dawn Wall, it became a global phenomenon and inspired the international community. Back in the day I met people through climbing competitions, and it was fascinating for me to learn about climbing around the world from my fellow competitors. Being part of this community of sharing has always been an important part of climbing, and it's evolved today at an exponential pace."

"My intention on The Nose [famous El Capitan climbing route] was to show that women could do amazing things. We had underestimated ourselves for a long time. The only way to make change is to be an example and say, 'Look, this is possible.'"

"2018 marks the 25th anniversary of the first free ascent of The Nose. I'm going to go back to Yosemite with one or two other women and we're trying to organize a documentary film of the trip. It'll be challenging to lead for that amount of time. Obviously, since I'm 57 now and heading up to El Cap, I want people to be able to say, 'Wow, you can still do that?' Well yeah! I never stopped climbing!"

"Girls are really good at climbing. It's the perfect sport for girls. It's very empowering. It teaches us that we can push ourselves and not give up. Those internal dialogues of doubt go away and we learn that if you want to climb hard you have to try hard. Climbing taps into what women and girls have naturally, which is a graceful approach – going with the flow so to speak. It teaches you a lot of life lessons that can pay over to other parts of your life in any challenge."

"Every day I'm pretty much full on mom. I run an Airbnb out of part of my house, and I chose that business rather than being a sponsored climber so I could be around for Owen. It's very stressful to be away from home when you're a single mom. He's 14 now and a good athlete. He likes to go to the skate park, though he's not a climber. If anything I've erred on the side of 'if you don't want to climb that's okay' and I haven't pushed it. I think we need to accept each other and embrace our qualities and not try to make people what we want them to be."

"Being involved with reputable organizations can help us drive real change with public lands policy. Local groups like The Mountaineers and national organizations like the Access Fund work with politicians. We have to stand up for what's right, and we must work together to accomplish those goals."

"Climbing is a metaphor for the rest of life. It helps us realize our strength and it empowers us to continue along the high road, almost literally. It pushes us forward to do the right thing."

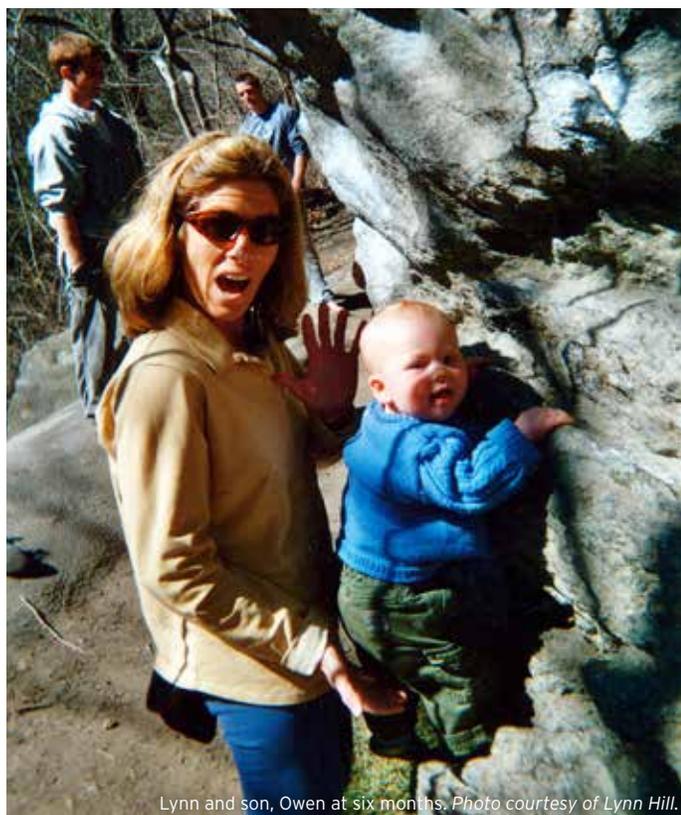


Lynn spotting Owen as he climbs. Photo courtesy of Lynn Hill.

"Adventure's a great place to learn how to keep your cool under pressure. It's exciting to be fully engaged in life and that's one of the things I like about climbing in general. It involves complete engagement in all levels of being, and there's no thoughts about what you have to do later on that day. You're just really present. That's why I call climbing a 'moving meditation'. It allows me that peace and that connection to my inner self. It reinforces a lot of the good, strong qualities and reminds me of what's real as opposed to the stresses in the external world."

"Climbing is still a big part of my life. In my 50's I wanted to do some hard routes. I had a period of time where I could go out to Rifle for five days at a time, which is about three and a half hours from my house in Boulder. It's probably the best place for hard sport climbing. I tried this route for a season, and it was really hard at first. It's called Living in Fear (5.13d), and at the very end of the season in October before it got cold I had a single day free, so I got up early, drove out, warmed up, and did the route. That was a great moment because it was really hard, and it was really nice to be able to put together routes that I wasn't sure about that required being on and feeling strong. Then I got back in the car and drove back to Boulder. **My happiest memories come from being successful on climbs that have taken a lot of effort and investment.**" ▲▲

Meet Lynn Hill in person and hear her talk about her life as a climber – she is our special guest at The Mountaineers annual gala on April 14. www.mountaineers.org/gala



Lynn and son, Owen at six months. Photo courtesy of Lynn Hill.

My First Ascent: Becoming Backwoods Barbie

by Bam Mendiola, Mountaineers climber



Bam stands with his "Backwoods Barbie" flag at South Early Winter Spire. Photo courtesy of Bam Mendiola

A cold silver padlock is pressed against my hand as my fingers stumble to regain dexterity. Clumsily, I align a set of small white numbers with a red and unforgiving arrow; the lock clicks open. I feel my face grow warm and my palms clammy. The cool touch of steel presses against my wet skin feels as I lean against a row of metal lockers. Nervously, I begin to undress.

Inside my bag I reach for a shirt that my mother gave me. An immigrant, she always prided herself in how well she dressed and groomed her children. As kids, we couldn't afford the cereal brands the children on TV were eating ("Corn Flakes," my mother called all cereal in her Spanish accent) but my siblings and I always had clean clothes and a good pair of shoes.

I grab the shirt and begin to dress my body in clothing that's become both my weapon and my shield. Expeditiously, I slide

into a blue shirt and cover the most vulnerable and resilient part of me: my heart. Suddenly, the cacophony of a screaming bell fills the air and I rush towards the green exit. I loved school but P.E. always made me nervous.

What if one of the guys thought I was checking them out?

Would they hate me if they knew I was gay?

From Classmates to Climbers

It has been over ten years since I stood in that high school locker room, but the memories are an old scar that reopen before every climb. I've since come out of the closet but the same questions continue to haunt me.

What if my tent-mate is homophobic?

What if he doesn't want to sleep next to a gay guy?

It was the night of July 21, 2017. Darkness spilled into every corner of my room and filled the empty space inside me. I lay in bed looking up at the ceiling, feeling equal parts usurped and impostor. I wondered if I was good enough – if I belonged here (or anywhere really). The insecurity grew like the brick taking shape in my throat until my fear became a wrecking ball, destroying any chance of sleep. In the final hours of the night I became that nervous boy in the locker room again. This time, my old classmates became climbers and the row of lockers a field of crevasses. The bell that once saved me became a ticking time bomb disguised as a clock. *Alexa, set my alarm for 2am*, I whispered to a glowing ring in the corner. *Alarm set*, the warm voice confirmed. In the morning I'd be attempting my first summit of Tahoma, better known by settlers as "Mt. Rainier."

Hours later, I was driving my red Mini Cooper (Britney, I call her), filled with climbing gear and loud music. Mariah, Christina, and Rihanna each took turns lending their voice to my vulnerability and power as I drove to meet the mountain and my fellow climbers. Gathered in the parking lot and sorting gear, I was an unlikely and lonely climber in a sea of white – and I hadn't even stepped onto the snow. Fists clenched with a chest full of cold air, I resolved to meet my fear on the mountain.

Before I climb, I count the ounces that I carry on my back judiciously. Prudent and discerning, I take only what I need and leave the rest behind. The heaviest load, however, is invisible. Homophobia, fatphobia, and racism take up space in my life – on my back – and weigh me down.

An Unfair Responsibility

Climbing all five stratovolcanoes in what is now known as "Washington" has not been easy. Pushing my queer, brown, more-than-10%-body-fat body to the summit of mountains has been an exhausting (and expensive) enterprise. Between course fees and \$400 mountaineering boots – I purchased the cheapest ones I could find – my REI credit card reads like a who's-who of a Patagucci party.

As I stretch my brown hands towards the sky to find a rock feature, I feel weighted. I carry the weight of realizing, more often than not, I'm probably the only brown or queer person for miles. When I traverse carefully on glaciers under the cover of darkness I'm keenly aware of the stereotypes society has perpetuated about me. I worry that my weaknesses will be attributed to my race, body size, or sexual orientation. When a heterosexual or white climber makes an error, nobody ever thinks it's because they are heterosexual or white. When I make a mistake, I wonder if people will subconsciously believe its because Latinxs "aren't educated," round bodies are "lazy," or queer people simply "aren't outdoorsy." I am a coalescence of intersecting identities, some of which also afford me unearned privilege. As a cisgender male in the backcountry, my gender is never questioned or associated with any personal shortcomings as a climber.

Being an unrepresented person in the outdoors also means you carry the unfair responsibility to represent every member of your community. Our voices are so rarely centered in the outdoor narrative that we feel responsible to speak on everyone's behalf. White, heterosexual, cisgender men for example can afford to speak for themselves as individuals since their narratives are already widely and diversely represented. The only story I

can share is my own but when I sign up for a climb I implicitly volunteer to represent all gay and Latinx climbers in the subconscious mind of a homogeneous group.

As a queer and Latinx climber, I also experience microaggressions. After a long and arduous hike, a fellow climber once exclaimed, "Bam, you're a beast! I totally underestimated you." At face value, this appears to be a compliment but I understand that the underlying assumption is that I wouldn't be a strong member of the team. Of course, I wonder if it's because I'm gay, not exclusively masculine presenting, and/or Latinx? Perhaps it's because we've been taught to believe that only thin and muscular bodies can achieve tremendous feats. When I received this microaggression dressed as a compliment, all I could muster to say was, "Thank you."

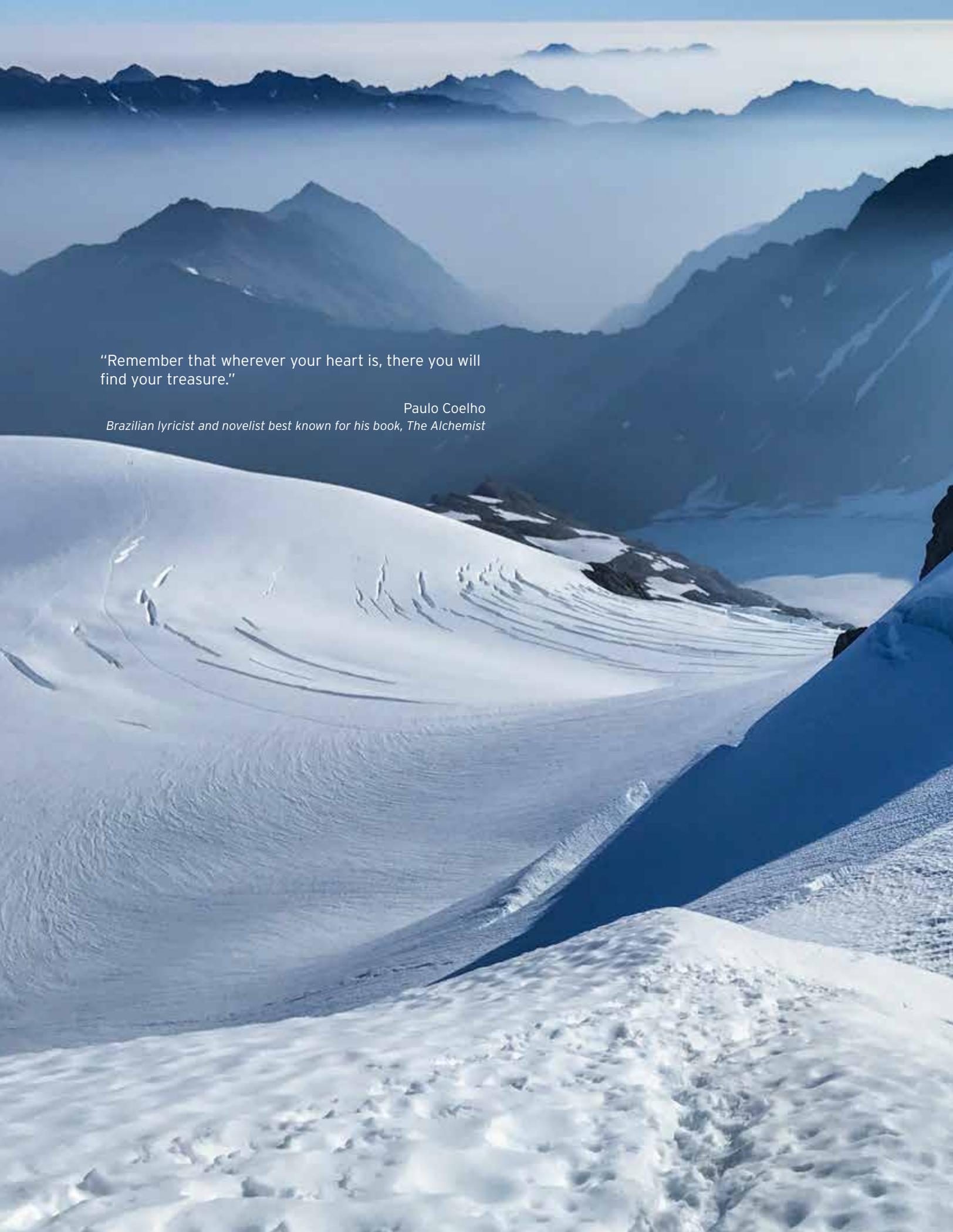
I began to share these experiences with members of the outdoor community and some people would ask, "If the mountains don't care what you look like or who you are, why do you always bring it up?" It's simple. It's not the mountains I've been hurt by.

I've been hurt by people and our hegemonic systems of power. My skin is not a layer I can shed. When I move over snow and ice I cannot simply drop homophobia into a crevasse. As long as inequitable systems of power exist, I will continue to speak up. The microaggressions and tone-deaf responses have been deafening but I refuse to be complicit in the silencing of oppression. This is why diversity, equity, and inclusion matter to me. I'm not exotic. I'm exhausted.

[story continues >>](#)



Bam at Lake Wenatchee. Photo by Skye Stoury.



"Remember that wherever your heart is, there you will find your treasure."

Paulo Coelho

*Brazilian lyricist and novelist best known for his book, *The Alchemist**



Bam climbs with a group to Sunh-a-do (Mt. Olympus). Photo courtesy of Bam Mendiola

Coming Out and Staying Out(side)

My parents, like their parents before them, were farm workers – caretakers of the land and bearers of fruit. My mother learned to hold the apple in her hand the way my grandfather held the guava. In my hand, I hold the fruit of their sacrifice and the privilege of choice.

Growing up as the child of Mexican immigrants, nature wasn't a recreational playground. The great outdoors was a sunburn on my mother's face, her skin the color of the Red Delicious. Nature was the callus on my father's palms – his hands as rough as the frigid seas that threatened to swallow him alive as an Alaskan fisherman. Like my parents, I gave my youth to the land the summer I picked green beans from the earth. I spent my days filling crates with vegetables that middle-class children happily ate in commercials. I was paid by the pound. The great outdoors for my immigrant family has been the weight of the "American Dream." For us, like many other working class families, spending time outdoors meant long days, backbreaking nights, and unlivable wages. Growing up, the outdoors was not an idyllic wonderland. It was a means for survival. "Take a hike," they said. They didn't know the mountains we've already climbed.

The same summer I picked green beans in rural Idaho I also spent wishing I was someone else. I spent the majority of my teenage years faithfully trying to pray-away-the-gay. Eventually,

I found the courage to live and speak my truth.

"Soy gay," I said to my mother and father one summer night. My parents stood over me as my heart exploded into millions of nervous pieces that flew across the room like a shooting star in a dark sky. A scream escaped my mother's lips and the horror that spilled from her mouth covered every part of me; it still does. If sounds were colors her wailing was crimson and my sobbing was blue. My father stood in the corner of the room in heavy silence; his face a shade of pale I'd never seen him wear before. I lay in a pool of sweat and tears and cried until sleep delivered me from the worst night of my life. My world as a I knew it fell out from underneath me and I wondered if I'd sooner drown from crying or die of a broken heart.

Building a Community

When I first began climbing, I searched social media for people I could relate to, climbers that looked and identified the way I do. I quickly found out that, as a queer person of color in the backcountry, I was largely alone. I decided to create visibility for my community so the next generation of climbers know that they belong.

In 2015, after hiking countless miles, a friend affectionately nicknamed me "Backwoods Barbie." It represents two of my identities – femininity and my love of the outdoors – that are



Bam climbs at Vantage. Photo courtesy of Bam Mendiola

often seen as antithetical when juxtaposed. As a climber, I fly my purple Backwoods Barbie flag from the summit of mountains and share my experiences on Instagram (@mynameisbam).

When members of your community occupy space, they leave a part of themselves for you to find. Today, those pieces are often digital. When you walk past them on the trail, or online, you see pieces of yourself reflected in their image. Everywhere we go we leave a lasting impression on the landscape. As ancestors, we can leave future generations a map of the places we've been and a legacy to help them get there. It is my turn now to be a good ancestor.

I continued to climb and search for brown faces and queer hikers that shared my story. I wanted to exchange a glance with someone on the trail whose smile said, "I see you." Days can come and go in the mountains before I see another face that looks like mine. In *The Unapologetically Brown Series*, activist Johanna Toruño writes, "I woke up brown the way my mother and her mother made me/ the way the goddesses laid the earth on my skin as a shield/ my melanin a love letter from my ancestors / reminding me I am the heiress to the greatest gift I could receive/ the crown of the sun reigning on my skin." As a boy who once dunked his face in milk to lighten the color of his brown skin, I was looking for someone to share my gift and pain.

The Summit Push

It was 11pm on July 23, 2017. My headlamp pierced the darkness as we began to climb under a new moon. Light from distant stars traveled thousands of years to meet my tired eyes at Camp Muir. Two climbers and I, connected by an umbilical cord made of rope, moved through the darkness and the universe. The silence of the night became our song; our inhale the crescendo – our exhale, decrescendo. Sounds of crashing rock and ice pierced the air and interrupted our aria with a sharp staccato. I took my final steps toward the summit of Tahoma that night and reflected on the trail I blazed to get here.

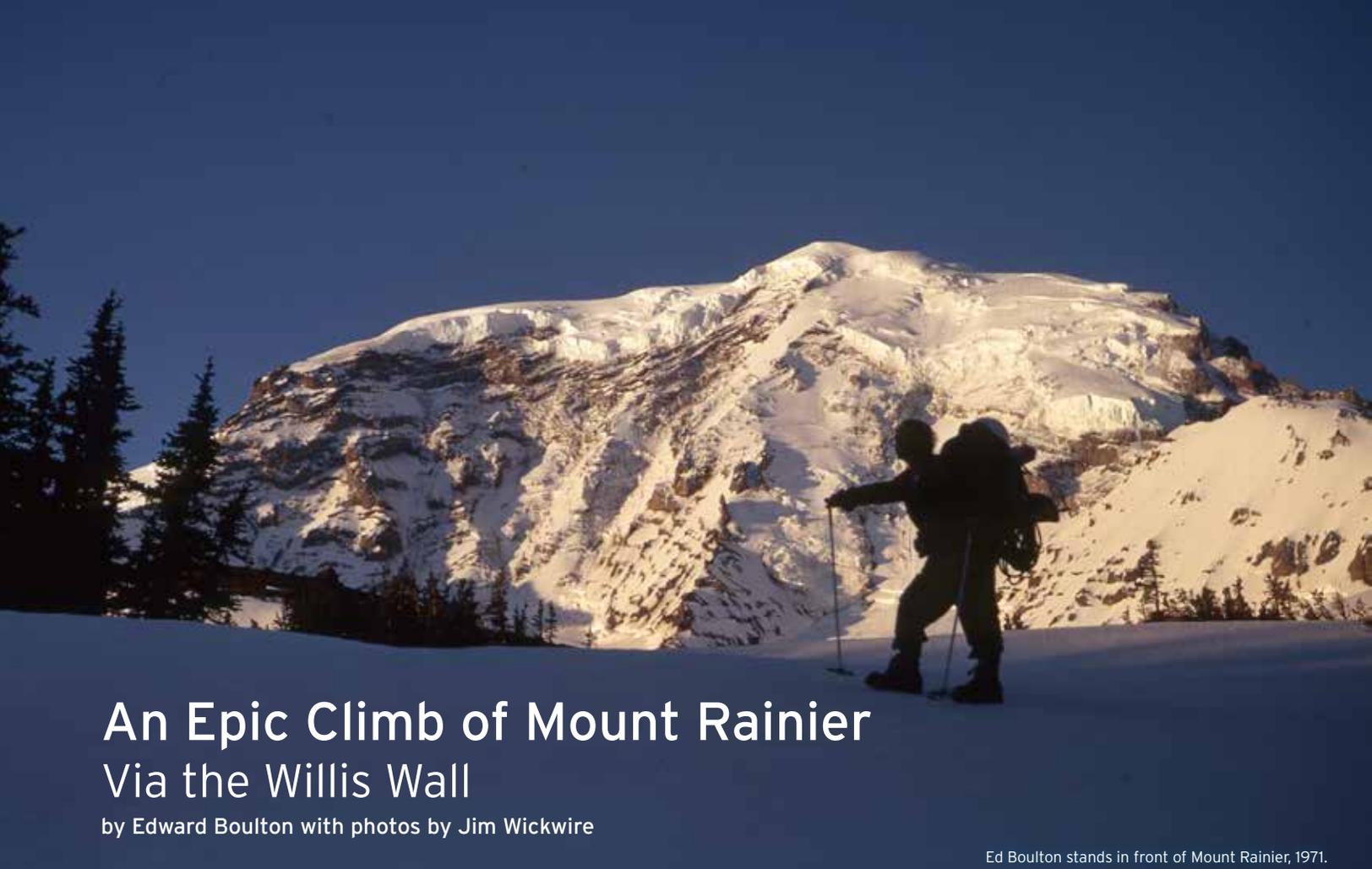
By sunrise, I stood 14,411 feet in the air on a monolith of earth and ice. The sun appeared in the distant horizon dressed in a blood orange glow. The summits of the metaphorical mountains I have climbed to get here took physical form against the surrounding horizon. If this catharsis were a color, it would be brilliant shades of orange and gold. For a moment in time, I felt connected to everything. I saw my face in the sun and my ancestors in the stars. I felt my body in the earth and my heart in the embrace of my team. It was then that I realized I wasn't in nature; I am nature. When time started to move around me again I came undone and began to cry. I felt the howling winds carry away my tears before they had a chance to fall down my face. They were delivered back to the mountain in the shape of snow, leaving a piece of myself behind. That morning Tahoma lifted me and I released my insecurity like a red balloon on the highest peak of my beloved home.

Onward I go, with my backpack, my baggage, and my dreams. The highest mountains I have climbed are not made of rock or snow, but oppression and fear. Some climbs haven't taken me to summits. This journey has led me back to me. The path I have blazed a reminder that *I am enough*.

I hope that when you see my face in the outdoors you discover a part of yourself – of nature – looking back. ▲▲



Bam on the summit of Summit of Koma Kulshan (Mt. Baker). Photo courtesy of Bam Mendiola.



An Epic Climb of Mount Rainier Via the Willis Wall

by Edward Boulton with photos by Jim Wickwire

Ed Boulton stands in front of Mount Rainier, 1971.

The wind is howling; it's pitch dark, and heavy snow is blowing sideways. I stagger, trying to stay on my feet while Jim shouts at me from the bivouac to get in. Struggling in the gale, I lift one leg, try to step into the sack, and am blown flat on my side. I get up and try again. "If you don't get into the sack, you're going to die," I think.

Jim and I lay still as the snow rapidly piles onto our bodies, turning into a suffocating weight. I'm exhausted from the exertion, and we're both shivering violently, slipping into the first stages of hypothermia. If our temperatures continue to drop (below 93 degrees Fahrenheit), we will face complete mental and physical breakdown, and ultimately death. Gasping for breath, I feel as if I'm being chased by devils who won't let me rest.

Our bodies will probably be found later I think, in August perhaps, as the snow melts away. No one knows where we are on this huge 14,410-foot mountain. Strangely, I feel little fear or regret.

A Dubious Invitation

It was May 15, 1971. Jim invited me to climb with him back in January, and what I didn't know at the time was that Jim had considered other climbers, who were not available, before calling me. At 44, with little history of difficult climbing, I was a second-rate partner. But Jim and I had become friends through The Mountaineers and he trusted me. I was flattered by his invitation and said yes to the chance to do something remarkable.

I should mention my friend Jim is none other than Jim Wickwire, well-known mountaineer and author. He made the first ascent of the Willis Wall by its East Rib in 1963, and he and Alex Bertulis

made the first ascent of what Alex called "the Brummel Buttress" a few years later – both challenging routes on Mt. Rainier. Later, Jim was a member of the first American team to climb K2, known as the most dangerous mountain in the world. It is a mountain that has claimed many lives and only a few hundred have reached the top. Jim came close to death when he was benighted, alone, near the summit with only a bivouac sack.

For our climb, Jim wanted the classic route: the Willis Wall. It runs straight up the north side via the Central Rib and is considered one of the most dangerous routes on the mountain. While the Willis Wall is not technically difficult by today's climbing standards, it poses significant risk. A great overhanging ice cliff about 300 feet high, originating from the summit ice cap, looms ominously above the 4,000-foot wall. The wall is so steep that the falling ice, breaking from the cliff above, falls straight down to form the head of the Carbon Glacier nearly a mile below. The danger is unavoidable. Chunks of ice bigger than Volkswagens break off frequently without warning night or day, all year round.

During summer and dry periods in winter, the Wall is too steep for the snow to accumulate, and the black face can easily be seen from Seattle 60 miles away. Liberty Ridge, to the right of the Wall, is the route of ambitious climbers due to its relatively safe position along a prominent ridge. It was first climbed in 1935 by Ome Daiber, Arnie Campbell, and Jack Borrow and was known as "Suicide Ridge." No one at the time even thought about climbing the Willis Wall. I heard of Willis Wall in 1938 when I was 11 years old from my brother Bill, who attended The Mountaineers climbing course with Fred Beckey. Fred, may he rest in



Ed poses at the trailhead, with big snowshoes on his pack.

peace, was a cautious climber with over 1,000 first ascents and never considered climbing such an objectively dangerous route.

Twice that spring I made summit climbs of Mt. Rainier to get into better physical shape. Jim, being confident of his strength, ability, and experience, did little to prepare, as he was busy with his work on the Alaska Native Land Claims Act.

An Audacious Start

Leaving Seattle at 4:30am on our fateful morning in May, we head toward Ipsut Creek Campground at the foot of the Carbon Glacier. We stop by Charlie Crenshaw's house to pick up stove cartridges and advise him of our plan. Charlie is active in Seattle Mountain Rescue and was the first African American to summit Denali. Later that weekend, he will help coordinate our rescue attempt.

Halfway across the 520 Bridge we realize Jim doesn't have his double boots. A quick U-turn in the middle of the bridge takes us back home; then once again, we're on our way.

The weather prediction is ideal. Driving toward Enumclaw at dawn, I snap photos of the north face in all its glory under blue skies. We're excited to begin hiking up the moraine toward the snout of the Carbon Glacier in windless conditions. We carry snowshoes, but never need them. In the afternoon we move to the moraine and build camp in the sunshine.

The next morning we wake early and walk the rest of the way up the Glacier over the frozen snow with no difficulty. We make camp at the northeast side of Curtis Ridge, which separates the Carbon and the Winthrop Glaciers, and rest for the afternoon. Our first two days on the mountain have been glorious.

The Willis Wall

We leave our snow camp before midnight, heading for the smaller of two avalanche cones at the foot of the wall. Cones form when falling ice and snow accumulate at the bottom of the gullies of the central rib. We have to climb one of the cones and get over a bergschrund to continue up the Willis Wall. With no way across the gaping 'schrund, we traverse to the larger cone a hundred feet away. Hoping it will 'go,' we climb the cone and jump the gap, clinging to the vertical ice wall on the other side. On the morning of our third day, we are finally on the Willis Wall.

I hear a whistle in the dark, high overhead. When pieces of rock or ice fall from great heights, they ricochet, spin, and emit fearful shrieks, whistles, or buzzing sounds as they fly. Jim thinks they sound like a 105mm howitzer shell. You wonder if the next one might find you. I try not to worry. You won't hear it before it hits you, so the ones that whistle are passing safely.

Jim leads the steep snow gully through the dangerous icefall. We move fast. About 300 feet up, I spot a ledge covered with snow to our left and call out, "Jim, I think this is our escape ledge!" I studied the route carefully the day before. He agrees to get out of the gully and onto the rib despite our quick upward progress. We attain the highest part of the rib and hear a faint noise. We look up to see a puff of smoke in the starlight. Within seconds, an ice avalanche is roaring down the gully where we had been climbing only moments ago. Chunks of ice ricochet hundreds of feet high and whistle over our heads as we flatten ourselves on the snow. Even ribs don't offer good protection from ice avalanches.

Then, just like that, the shower is over.

We climb on at a steady pace, taking notice of the stars disappearing as clouds form overhead. We don't know it, but an ominous front is rapidly approaching.

[story continues >>](#)



Ed stands on the Carbon Glacier, in front of the Willis Wall.

We focus on our task at hand. The snow is icy and hard. The 1971 spring thaw had come early, melting and refreezing the upper mountain and making it impossible for us now to jam the shafts of our ice axes in to make belay anchors. We chop small holes instead, placing our ax picks in them as anchors to form a belay. As Jim climbs, I pull up the rope and pass it over the ax; then, as he passes me and continues up, I pay out the rope as he climbs. We have no additional anchors. The rope is 150 feet long, so if Jim falls near the top of his lead, he will tumble about 300 feet before the rope stretches taught. It's doubtful that our ice axes will stop a fall like that, so our efforts amount to little more than a psychological belay.

As we leapfrog up the wall, the clouds roll in and it begins to snow. We reach a vertical rock cliff sheathed in verglas ice. I wait while Jim reconnoiters around to the left, making best of a very poor belay stance. After a long wait, I get a cramp and straighten up, letting go of the ax and rope for only a second. At that very moment, Jim slips on the ice and falls. With a desperate one-handed lunge he spears the ice with his Penberthy Thunderbird ice ax. The extreme-angled pick catches... and holds. Our old traditional Austrian axes would NEVER make a stop like that. The Thunderbird, a prototype given to us for testing by Larry Penberthy, an old friend and climber, saves us both.

We're both unnerved by the near disaster, but persevere because we have no other choice. We can't go down from here. Jim leads more vertical verglas rock 30 or 40 feet and calls me up to a ledge. Jim was here eight years prior with Ellensburg climber Dave Mahre, and they named this ledge the "Traverse of the Angels." It leads to a small tunnel in the volcanic rock leading to a gap between the upper and lower ice cliffs. It's the only way through to the summit. And it's completely blocked with ice.

A coal miner in my youth, I am undeterred. I swing my ax furiously, throwing great chunks of snow and ice over the cliff and down the mountain. I drop my pack and crawl into the newly



Ed burrows a hole through the tunnel with his ice ax.

exposed tunnel. Easier ground lays on the other side. With two packs to carry, Jim has a much harder time negotiating the tunnel. I hold him fast on belay as he crawls through the tunnel, pushing my pack and pulling his own.

Finally, we're safe and done with the difficult and dangerous climbing. And we're exhausted. About 50 feet below, I spot a small hole in the snow. Guessing it might lead to a moat, we descend and dig, finding a fine place to bivouac. During the night, ice thunders over our heads. We get very little sleep, but at least we're safe in our little hole.

The Storm

On the morning of day four we emerge to find low wind and quickly accumulating snow. Jim leads a steep and tenuous section for about 300 feet. When the slope eases I get in front, where I face an uphill struggle to kick steps, alternatively sinking up to my knees, waist, and armpits. It's the definition of wallowing, and we are not moving fast enough. Jim takes over with his longer legs and fights for five and a half hours until we reach the crest of Liberty Ridge.

It takes us nine hours to climb 1,000 feet. Jim is utterly



Ed climbing the Willis Wall with old boots and old Grivel crampons (he couldn't climb on front-point - his crampons flexed). Everything was iced over.

exhausted from his efforts. We spend two hours taking turns building a snow cave, alternatively working to delicately balance overheating and shivering. We crawl in and the roof collapses. With strong winds and heavy snow, we start another cave in the dwindling light.

The second cave is very small, much smaller than the first. I sit next to the opening and focus on keeping it clear as the blowing snow fights to pack our entrance shut. Claustrophobia slowly possesses me. I nearly died in an avalanche burial six years prior on Mt. Robson in the Canadian Rockies. Suddenly I have to get out! With no thought, I begin thrashing and burrowing through the packed snow toward the entrance. Jim tries to stop me but I am obsessed with escape. When I emerge I am blown off my feet by the high winds, which are gusting at 70-80mph. Jim is nearly buried in my animalistic escape but manages to crawl out behind me with the bivouac sack. That's when he shouts at me to get back in.

The bivy sack offers little protection. We shiver violently. Time is standing still. As hypothermia takes over, our shivering slows and eventually stops. I have no recollection of how we came to be sitting in the snow with the remnants of the bivy sack wrapped around our shoulders.

The Descent

Mercifully, dawn comes. The sun pokes out at us through the dying storm on the morning of day five to reveal a ground blizzard blowing across the summit saddle. I'm fascinated watching the whole surface moving like a thick, white river.

We sit motionless. Jim is having auditory and visual hallucinations, and I begin imagining helicopter noises. Realizing we need to move or die, I dig a frozen orange out of my parka pocket and break it into sections. I push orange into Jim's mouth, and then into mine, until it is gone. I find stale peanuts in a pocket and feed them to Jim one at a time. Still famished, I eat the orange peels too.

I retrieve our crampons and put them on Jim's boots, then my own. I try to pull the climbing rope out of the snow, but it has frozen solid. I simply don't have the strength to pull it loose or dig it out, so I untie it from my waist and drop it. Jim tries to rescue my pack from the bivy hole, but it too is frozen into the mountain. I pick up Jim's pack, stuff the bivy sack into it, sling it over my shoulder, and help Jim up. "Come on, let's go."

Punching steps in the snow, I slowly guide us toward the Emmons Glacier. I make it only a few steps when I hear Jim cry out. He's collapsed. He gives me a desperate look as I help him up and put his arm over my shoulder. We wind our way across the top of the Winthrop Glacier icefall in the direction of the Emmons Glacier: the easiest way down the mountain.

The ground blizzard is still blowing snow down the mountain, and having no climbing rope, I worry about the snow-concealed crevasses. I observe that chunks of frozen snow are blowing down the mountain, visible unless they drop into a crevasse, so I carefully proceed down following the chunks.

It takes us six hours to get to Schurman Hut.

We find its outwards opening door buried in snow and frozen shut. The only window has a broken pane, so by working through the hole I manage to get the window open and crawl in. The



Ed at the Schurman Hut. The emergency food locker outside provided Jim and Ed with their first real food in two full days/three nights.

bunk next to the window is covered with a large mound of snow that had blown through the broken pane. I jam the door open by shoving from the inside. It's done. We're safe.

It's Not Over Until It's Over

Schurman Hut, named after an early Mt. Rainier guide and Boy Scout leader, was built by dozens of volunteers, including Ome Daiber who helped create Mountain Rescue, in the early 1960's. It's built of steel tunnel liner covered with cemented rocks and serves as a climbers' refuge for emergencies. During the climbing season, it's used by climbing rangers. In it, I find a two-burner Coleman stove, five gallons of stove fuel, a candle, a half-book of paper matches, a can of Spam, some dry milk, and coffee. We also find a radio with batteries too cold and weak to transmit, but we can hear the rangers ticketing cars without chains.

The storm, which had died considerably during our descent, comes back in full fury. Jim is very tired and doesn't get up much for two days. I busy myself making toasted Spam and coffee and searching for more supplies. At the rear of the hut I find a steel locker with a brass National Park Service padlock made by the Best Lock Company. I beat on the lock with my ice hammer until it gives. Inside I find treasure: big, 5-gallon tin cans of emergency food! I keep what remains of the lock.

Using the big mound of snow by the window as a water source, I cook for two days, mostly soup and dried potatoes, and the hut warms to 25 degrees Fahrenheit. At night, we snuggle together on a bunk under an old, rotten tent.

On the second day in the hut, we decide to make a run for it. We make it as far as the door where the wind literally blows us over, gusting at 90-100mph. Back inside we go.

At 4:30pm on the third day in the hut, we hear the wind die

down at long last. We grab what little gear we have and start for Glacier Basin. By midnight we reach White River Campground, completely exhausted. Unable to wake the ranger, we sleep on the dry Ranger Station floor for a few fitful hours.

Too cold to sleep any longer, we resume our march toward home. All night I punch steps in the snow. By dawn we arrive at the Park's White River entrance, some 20 miles from Schurman Hut. We flag down a snowplow on Highway 410, and the driver takes us half a mile down the road to a working phone.

Jim calls the Mount Rainier Park Superintendent, who's relieved to learn of our return. An Army helicopter had been waiting for days for a break in weather to come searching for us, and was just about to depart. We are taken to Jim's car at Ipsut Creek where we're greeted by six of Jim's friends who marched all the way up the Carbon Glacier to look for us. It's our eighth day on Rainier, and we are finally safe.

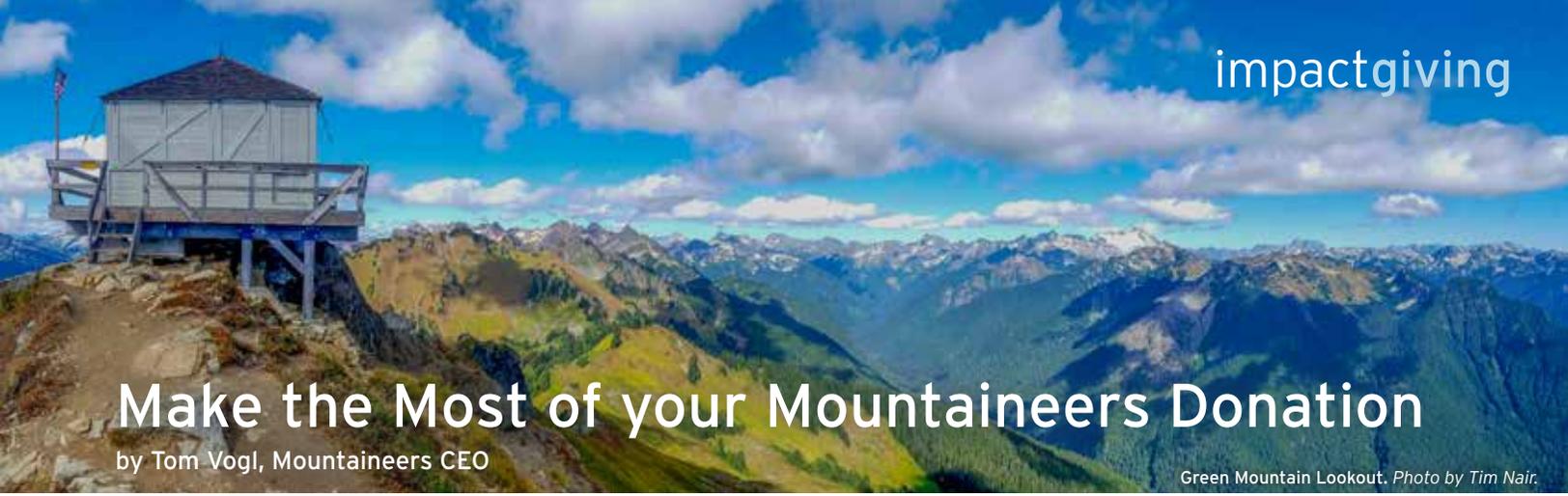
Epilogue

All this happened 47 years ago, but the memory is as vivid as if it were yesterday. I've been lucky to survive 7 or 8 near-death experiences, but none as profound. If not for the Penberthy ice axes, or the break in the weather at the summit, our bodies would have been found later – just as Bill Loki discovered my pack in August 1971. I found Jim's climbing rope, too, in July when I led a Mountaineers climb of Ptarmigan Ridge.

Jim and I never climbed together again. He went on to do important Himalayan climbs, and in 1972 I married Hille Harms, a climber, skier, kayaker, and artist, and I never did risky climbs again. But I cherish my memories and remember my old friends, including Jim and Mary Lou Wickwire, and will always hold a special place in my heart for the Willis Wall. ▲▲



Left to Right: Howard Anderson, Bill Loki, Fred Dunham, Ed Boulton, Jim Wickwire, Fred Stanley, Barry Prather (on '63 Everest expedition). They all came to find Jim and Ed because there were no park service mountain rescue services. They came up the Carbon side. Photo by Gene Prater.



Make the Most of your Mountaineers Donation

by Tom Vogl, Mountaineers CEO

Green Mountain Lookout. Photo by Tim Nair.

The Mountaineers rely on the generosity of its donors to fulfill our mission. While revenues such as book sales, course fees, and membership dues contribute greatly to our success, philanthropic donations support about 15% of our annual budget. Individuals, foundations, and companies give to The Mountaineers because they're inspired by our deep commitment to connecting people to the transformative power of wild places. You can make the most of your donations by understanding the ins and outs of tax rules for donations to nonprofits. Here are ways to maximize your financial impact:

Donor Advised Funds

More and more people are using a Donor Advised Fund (DAF) to maximize their gifts to nonprofit organizations. A DAF is a philanthropic fund which allows individuals to make charitable contributions, receive an immediate tax deduction, invest and grow the money over time, and allocate grants to specific nonprofits. Most individual financial brokerages can help set up a DAF.

One of the benefits of using a DAF for philanthropic contributions is the ability to easily contribute appreciated securities like stocks or mutual funds without paying a capital gains tax. Incoming Board Vice President, Vik Sahney, is a fan of DAFs for this reason. "With stocks up so much in the past year, you can donate your most appreciated assets. This means you reduce your taxes AND the charity you give to can get a larger donation." It's a win-win.

For many people, DAFs are easier than donating directly, and using them to donate reduces costs for nonprofits. Vik agrees. "Traditionally I would donate online or at an event via a credit card and the cards then took a 1-3% fee off the donation. While I knew I could donate appreciated securities, the process for doing so was time consuming and different for each nonprofit. I was looking for the 'easy button.' DAF's are it!"

Recent changes to the U.S. tax code have made Donor Advised Funds even more attractive for many people. "My wife Ann and I have been using a DAF for all our charitable contributions for almost a decade and it provides significant benefits for tax planning," said Board Member Steve Swenson. "Those benefits for how we do charitable giving have become even more significant given the new tax law provisions."

Under the new tax law, the standard IRS deduction has increased to \$12,000 for individuals and double that for couples, making itemized deductions obsolete for some taxpayers. Using a DAF can resolve the dilemma faced by those donors whose itemized deductions are less than the new standard deduction.

"Bundling contributions in one year can make a lot of sense," says Steve. "For example, you could make a bigger contribution to a DAF in 2018 that exceeds the standard deduction so you would benefit from itemizing. In 2019, taking the new, larger standard deduction might make more sense. That year you could still make donations to your favorite charities from your DAF." By "bundling" charitable contributions with a DAF, taxpayers may be able to reduce their tax obligation while making more funds available for their favorite nonprofits.

Qualified Charitable Distributions of IRAs

Retirees may also be able to stretch their donations further by using a "Qualified Charitable Distribution" from their Individual Retirement Account (IRA). The Internal Revenue Service has a rule that requires people who have reached the age of 70-1/2 to take a minimum distribution from their IRA each year – this is called a Required Minimum Distribution (RMD). Some people don't have the need to withdraw the full RMD amount in a given year so using a Qualified Charitable Distribution allows them to make a donation to a nonprofit from their IRA without incurring the tax liability.

According to the IRS website, "...your qualified charitable distributions can satisfy all or part of the amount of your required minimum distribution from your IRA." In simple terms, this means that people older than 70-1/2 may make a charitable contribution from an IRA and satisfy their Required Minimum Distribution amount without reporting additional income. Using the Qualified Charitable Distribution may allow you to donate to worthy causes you believe in while minimizing your tax bill.

Most financial advisors can set up Donor Advised Funds and Qualified Charitable Distributions or can point you in the right direction. These strategies benefit many donors yet may not make sense for everyone, so it's important to discuss your specific situation with a qualified tax and/or financial advisor.

Thinking of donating to The Mountaineers?

Your support will help enable and inspire people to get outside, connect with the natural world, and engage in its stewardship and protection. To learn more, go online to www.mountaineers.org/donate or call Amber Carrigan, The Mountaineers Development Director at 206-521-6004.

The Mountaineers is a 501(c)(3) nonprofit organization.

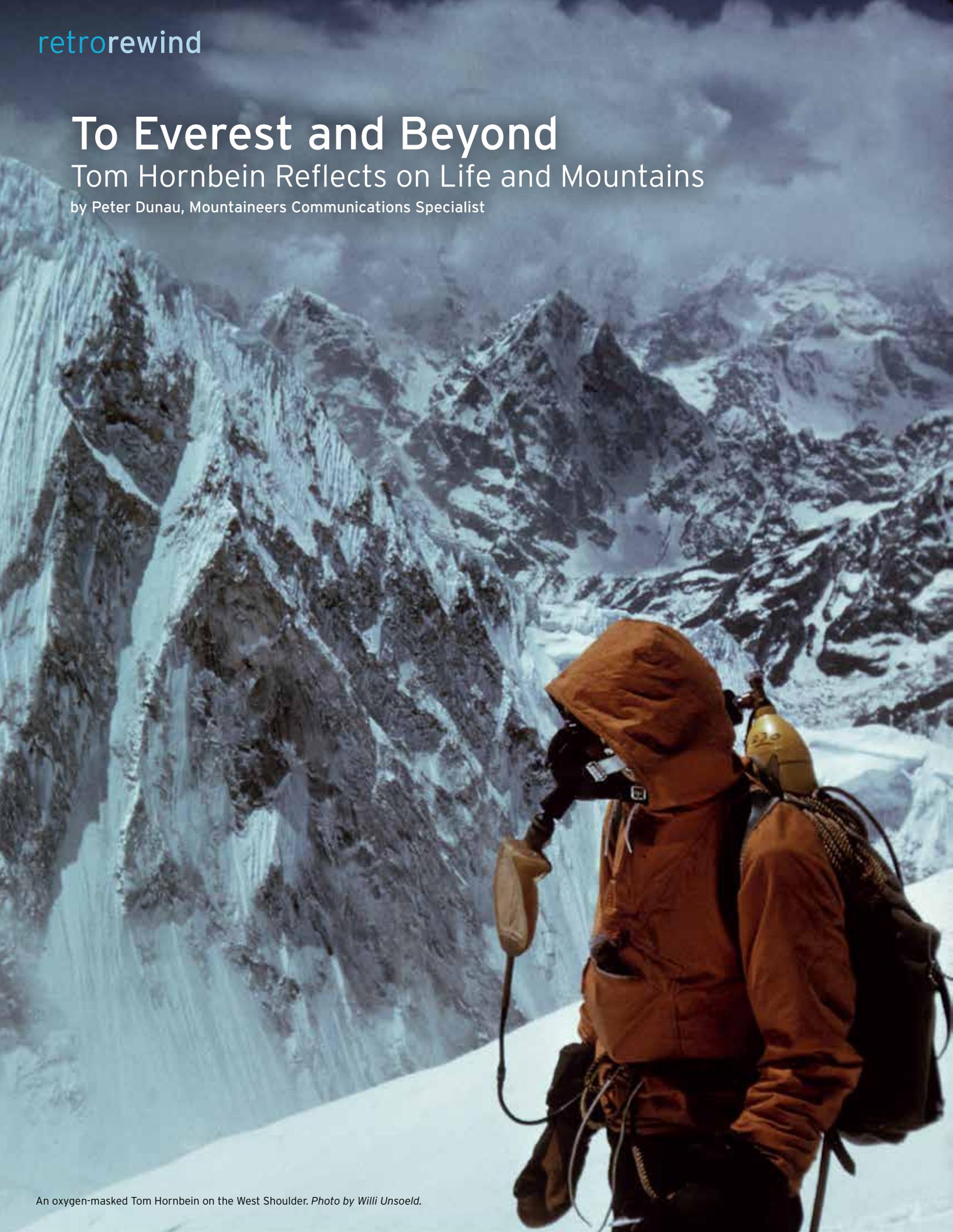
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retrorewind

To Everest and Beyond

Tom Hornbein Reflects on Life and Mountains

by Peter Dunau, Mountaineers Communications Specialist



An oxygen-masked Tom Hornbein on the West Shoulder. Photo by Willi Unsoeld.

As Tom Hornbein stood in the shadow of Everest, he knew getting to the top wasn't enough. He wanted more.

In 1963, Tom was a member of a National Geographic-sponsored expedition designed to send the first Americans to the summit of the highest peak in the world. The strategy was clear: climb the South Col route first established by Edmund Hillary and Tenzing Norgay in 1953. While summiting via the South Col was far from a guarantee, the proven route was their best chance.

Tom understood the important symbolism and immense challenge of getting an American to the top. Prior to their expedition, only six people had summited Everest, while 16 had lost their lives on the mountain. Still, Tom and a few others made the case for an additional objective - an audacious new route up the West Ridge. The decision wasn't made lightly. But after a reconnaissance trip, days of deliberation, and countless hours of strategizing, a subset of the expedition dubbed the "West Ridgers" got the blessing of the party. Tom and his climbing partner, Willi Unsoeld, would go for the summit via the West Ridge with a small team of expedition members and Sherpas helping until the final push.

Ultimately both routes were a success. Jim Whittaker summited via the South Col with Nawang Gombu to become the first American to climb Everest. Three weeks later, Tom and Willi summited via the West Ridge, becoming the first people to pioneer the daring, new route. But the trailblazing climbs came at a high price. Early into the expedition, Jake Breitenbach perished when an ice wall collapsed. A ferocious windstorm nearly wiped out the West Ridgers. And an emergency bivouac at 28,000 feet cost Willi nine of his toes.

Tom and Willi's summit remains one of mountaineering's greatest achievements. In 1965, Tom released a personal account of the journey called *Everest: The West Ridge*. The most recent edition, published by Mountaineers Books in 2013, celebrates the 50th anniversary of the climb and includes a foreword by Jon Krakauer. At the time of its publication, only fourteen people had succeeded on the West Ridge.

After Everest, Tom turned his focus to medicine, going on to chair the University of Washington's Department of Anesthesiology. As a researcher, he published over a hundred journal articles and book chapters. His career carried him away from the limelight of climbing, but ever the mountain man, he continued to explore the Cascades near his home in Seattle, while enjoying the occasional trip abroad.

Tom took some time to talk with me and reflect on life and mountains. Looking back on his 87 years, he credits ridges, peaks, and couloirs as the backdrop of his enduring friendships. It's these bonds, he says, that have given "a lot of richness to the whole damn journey."

On the democratic nature of the American expedition:

"Right now, I'm writing an obituary for Norman Dyhrenfurth, who led the expedition. I've been reflecting a lot on his style of leadership. Norman said to us, "I'm not a dictator." Indeed, he was not. In contrast to Colonel John Hunt, who led a more military-style British expedition a decade prior, our decisions were consensual. It was a lot group discussion and evening talks on the way in. We behaved as two teams - one for the South Col

and one for the West Ridge - but each of us was also committed to the expedition as a whole. When you read all the mountain literature, the difference between success and failure often comes down to people getting along with each other. I think Norman did an astounding job of picking a team."

On his climbing partner Willi Unsoeld:

"Willi and I complimented each other handsomely. As we made the case for the West Ridge to the other men on the expedition, I took on the role of being very outspoken, even a bit extreme at times. He felt exactly the same way as me, but he was able to come across as the guiding force that helped everyone reach common ground. Willi was really an outgoing, dynamic, entertaining guy. He went on to be a pioneer in experimental education, beginning with Outward Bound and later as one the founding faculty members at Evergreen State College. I remember one his favorite lines: he was talking to a mother who was nervous about signing her child up for Outward Bound, and he said, 'Well, mam, I can tell you that if you're trying to protect your son from risks that's very understandable, and you may save his life, but you'll lose his soul.' Now that Willi's passed away, I still call his widow Jolene every year on the anniversary of our climb."

On fellow expedition member Barry Corbet:

"He was probably the most inspiring of all. A few years after Everest, he became a paraplegic in a helicopter accident. We got to be very good friends, much more so than on the expedition. After his injury, he became the editor of *New Mobility* and did so much for the spinal injury community. In writing his obituary, I reflected that if he hadn't been paralyzed, there's no way he could've touched so many lives. He was a real hero to me. He didn't cherish me calling him that. But I eventually figured out, you can't decide who other people's heroes are, and they can't decide who your heroes are. Heroes are in the eye of the beholder. Barry was numero uno hero for me."

On the motivation behind attempting the West Ridge:

"For me, and for the little group that gravitated to the West Ridge - Willi, Dick Emerson, Barry Corbet, and Jake Breitenbach, before he died in the ice fall - it was the opportunity to go on an adventure where the outcome was unknown, where nobody had ever been before. You didn't know what lay ahead of you and if you could really pull it off."

On what made his West Ridge climb a success:

"Frankly, as I look back on our climb from my current vantage there was a phenomenal amount of luck. That's reflected in all the attempts on the West Ridge since we did it. There's been about 60 attempts and out of that only about five have been successful. Even though we had a windstorm that creamed us, so many breaks were on our side. The confluence of events that aligned for us hasn't happened in the fifty years since."

On whether the West Ridge was too risky in hindsight:

"No, I don't look at it that way. I remember after we got back to Seattle, Willi gave a talk about the trip. The audience mostly greeted us with adulation, but there were a few smart people who - even though we were back alive and well - thought we were really stupid and had no business trying to do the West Ridge. That's not uncommon in any endeavor where you venture into the unknown. You're taking risks and you don't know

[story continues >>](#)

how it's going to turn out - that's a great metaphor for everything in life."

On the personal drive that led him up the West Ridge and onto an accomplished career in medicine:

"For better or worse, that's who I am! My mom and my sister used to call me, 'Tom Mule.' I can look back on my life and career and see times where my stubborn persistence paid off, and I can see times where if I'd been a little less stubborn I would've bailed a sooner, realizing I wasn't going to get where I wanted to go. Like most attributes, it's a two-sided coin."

On life after Everest:

"Jim Whittaker had the pleasure - thank goodness - of being the first American to summit Everest, which he carried magnificently. For me, all I wanted to do was forget about Everest and start my career in medicine. That being said, I continued to climb in the Cascades and Cashmere crags with Dick Emerson, who was on the Everest expedition and moved to Seattle shortly after. Those were wonderful years. I also did several climbs abroad, including one in Karakoram and another in Tibetan China. To this day, I continue struggle up things albeit very slowly. I don't have the body I did even two years ago. But I continue to wander off trail and try to avoid killing myself. I still just love the glory of the outdoors."

On writing and publishing Everest: The West Ridge:

"It was one the more formative experiences of my life. I didn't want to write a heroic account. I wanted to write about how people coexist and function and work together and compromise with Everest as the stage. I wanted it to be fairly unassuming

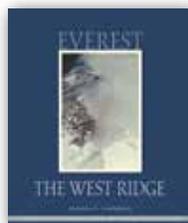
and real. Dave Brower of the Sierra Club was the editor of the first edition. Dave was a legendary force in the conservation movement. Working with him was an incredible experience with a great man. "

On donating the proceeds of Everest: The West Ridge to Mountaineers Books:

"To me, what Helen Cherullo (the publisher at Mountaineers Books) and her gang are doing is phenomenal. Their Braided River series on environmental issues is fantastic. With the blessing of the photographers who contributed to the book, I was happy to give the proceeds to a worthy cause."

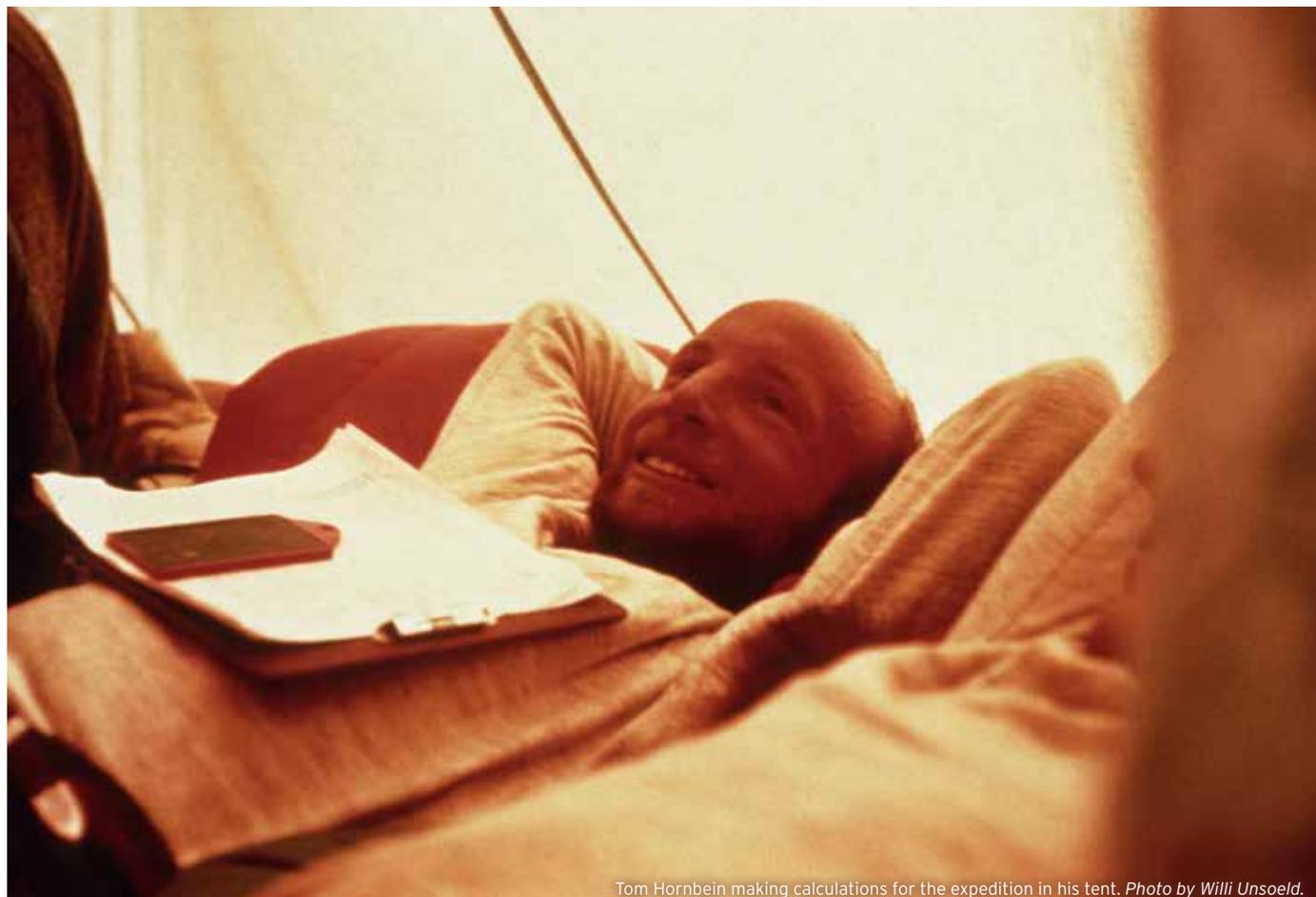
On what advice he'd climbers today:

"I don't have any advice. All I can extrapolate from my own experiences is that you fall in love with something and you follow your dreams. What you discover in the mountains is life changing. When my parents sent me to summer camp, I fell in love with the natural environment. But the enduring foundation is not the mountains; it's the people I've shared them with. Over the long haul it's enduring friendships. With Everest, for me, the best part was these relationships as they unfolded in the years after the expedition." ▲▲



The Mountaineers are honored to present Tom with our Lifetime Achievement Award at our annual gala on April 14. To learn more or purchase tickets, go to www.mountaineers.org/gala

You can buy a copy of Tom's book, *Everest: The West Ridge* online or at our Seattle bookstore. www.mountaineers.org/books



Tom Hornbein making calculations for the expedition in his tent. Photo by Willi Unsoeld.

The Extreme Fishermen of Portugal's Rota Vicentina

by Cheryl Talbert, Mountaineers Global Adventures leader

Rota Vicentina shoreline. Photo by Cheryl Talbert

Extrême Fishing: though it's not likely to be a new Mountaineers activity program anytime soon, it was part of the spring 2017 Rota Vicentina Global Adventure on Portugal's wild southwest coast. The hardy Mountaineers trekkers on the trip were treated to multiple displays of Extreme Fishing prowess - not to mention feasting on the fruits of the fishermen's labors!

The province of Alentejo (Ah-lahn-TAY-joo) on the southwest coast of Portugal has for centuries been the home of fishing families plying their trade in its fertile waters, and is considered by many to be the country's gastronomic heart. We're talking an amazing variety: turbot, ray, sea bass, sea bream, mackerel, octopus, prawns, eels, and the treasured percebes, or gooseneck barnacles (yes, barnacles!). Fishing is a small-scale enterprise here, with families working their own treasured section of surf-pummeled rock and churning water to make their living over generations. And while there certainly were your typical fisherman going out in small boats with nets and traps to harvest their daily catch, we also saw solo fishermen dropping their lines from perches on knobs jutting from cliffs hundreds of feet above the sea, or descending near-vertical cliffs to roadless coves to paddle boogie boards out through the fierce surf to catch fish with spear-guns.

Most intrepid of all are the percebeiros, or barnacle fishermen. One must have a license to harvest gooseneck barnacles along the Alentejo coast, and only 90 licenses are granted, only to locals. It's a good living if you can survive it. In Portugal, these prized bitesize mollusks (you peel the rubbery skin from the short neck to uncover the salty morsel of meat) can sell for as much as 125 euros/kilo (\$70/pound) but people are said to perish each year in their pursuit. That's because gooseneck barnacles grow on jagged boulders and shards of rock that jut out into the ocean, continually pummeled by waves. To harvest them, percebeiros often must climb down the cliffs to the shore

with the help of a rope, and chisel the creatures off the rocks between the crashing waves. Some percebeiros even dive down through the churning water to find their valuable prey. We met one percebeiro returning to his weather-beaten truck at the clifftop with his precious early morning harvest, and he proudly showed us his small sack of treasure, the product of several hours of battle with the surf. THIS batch was going home to be enjoyed by his family.

Night after night along the Rota Vicentina our group sampled the bounty of the sea: barnacles, mussels, razor clams; Dorado, Sea Bream, Sea Bass; steamed, baked, pan-fried or grilled in rustic outdoor brick ovens; in stews, on kabobs, or plain with butter and lemon and the hint of woodsmoke. The tastes of a region can be the most lasting memory of a place, and the hard-won cuisine of the extreme fishermen of Portugal's Alentejo coast certainly left its unique, indelible impression on us all.

Check out the upcoming trips below and find more trips online at www.mountaineers.org. Click on the Explore tab, then search "Global Adventures" under Activities.▲▲

Hike the Swiss Alps of St. Moritz and the Engadine Valley July 29, 2018 – August 11, 2018

The many trails of the St. Moritz region offer wonderful hiking and spectacular views, from high mountain meadows to boulder-strewn plateaus, from the forests of the Swiss National Park to the 4000-meter Piz Bernina.

Hike and Photograph in Costa Rica

March 23, 2019 – April 1, 2019

The primary goal of this ecologically-sensitive adventure is to view and photograph the wildlife, flowers, butterflies and the unique and extraordinary birds in their mating plumage, of this stunning and diverse Central American country. Lodging will be in hotels and lodges near trail heads.

membershipmatters



Don't miss out! Members save 20% on the Mountaineers merchandise, plus a ton of other great benefits with companies like Oru Kayaks, Outdoor Research, and Full Circle Farms. Have you checked out your member benefits lately?

mountaineers.org/membership/benefits

THE MOUNTAINEERS GALA

Saturday, April 14, 2018

Fremont Studios | Seattle, WA | 6pm

*Dinner, reception, and auction
benefitting The Mountaineers*

for more information, call or visit:

206-521-6003

www.mountaineers.org/gala

Special Guest
Lynn Hill

Lifetime
Achievement
Award
Tom Hornbein



Ready for Adventure?

The Go Guide offers a **sampling** of the thousands of Mountaineers trips, outings and events each year. Please go online to www.mountaineers.org to gain a fully-detailed view of all up-to-the-minute listings. Many of our activities - especially day hikes and urban adventures - are open to the general public who sign up as guests, as an introduction to Mountaineers activities.

If you are looking for camaraderie with a particular branch of The Mountaineers, branches are named at the end of each listing. **SIGN UP** for the trip or event of your choice online, and remember that you may register for an event or course in any branch, regardless of the one you belong to.

note: Events and trips require registration unless otherwise noted. You will also need a current waiver on file with The Mountaineers to participate. Following are guides and keys to interpreting the trip listings.

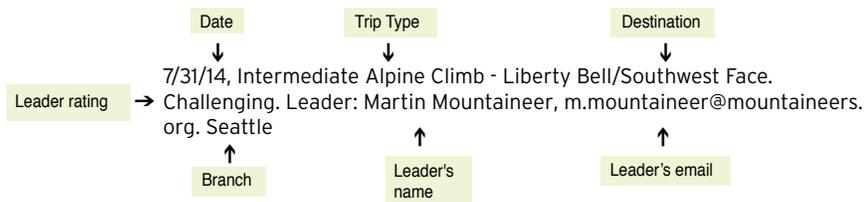
Mountaineers Ten Essential System required on all Mountaineers trips:

1. Navigation
2. Sun protection
3. Insulation
4. Illumination
5. First aid supplies
6. Fire starter
7. Repair kit and tools
8. Nutrition (extra food)
9. Hydration (extra water)
10. Emergency shelter

List of potential abbreviations:

- | | |
|---------------------------|-----------------------|
| CG—Campground | E, W, N, S—East . . . |
| USGS—US Geological Survey | GT—Green Trails |
| Hwy—Highway | I—Interstate |
| ITC—Issaquah Trail Cntr | Jct—Junction |
| MRNP—Mt. Rainier | NP—National Park |
| NWFP—NW Forest Pass (fee) | mi—miles |
| FS—Forest Service | P&R—Park and Ride |
| Rd—Road | RS—Ranger Station |
| RT—Round Trip | SP—State Park |
| SR—State Route | TH—Trailhead |

ACTIVITY LISTING KEY



COURSE LISTING KEY



How to use the Go Guide:

We use the same category names online, so if you find an activity or course you would like to sign up for, just go to our website and click on the *Explore* (for activities) or *Learn* (for courses) tab. You can then filter your search by category (for example, *Day Hiking*).

If you don't see what you're looking for, don't hesitate to call Member Services! We're here to help: 206-521-6001 or email: info@mountaineers.org.

Quarterly Update

Thank you for reading the Go Guide! We pulled the information for this issue on February 1, 2018. Any activities or courses listed after that date will not be published here. The information for the next issue will be pulled on April 1, 2018. Please have your activities and courses listed by then if you would like them to be published in the magazine.

If you have any suggestions, questions or feedback, please send an email to Suzanne Gerber, publications manager, at suzanneg@mountaineers.org.



Mountaineers activities

Below is a sampling of The Mountaineers activities. To see the full listing, go to www.mountaineers.org.

BACKPACKING

5/12/18-5/13/18, Backpack - Ancient Lake (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

5/19/18-5/21/18, Backpack - Ozette Triangle (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/13/18-6/15/18, Backpack - Second Beach (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/16/18-6/18/18, Backpack - Third Beach (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/19/18-6/21/18, Backpack - Rialto Beach to Chilean Memorial (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/23/18-6/24/18, Backpack - Oregon Butte (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

6/23/18-6/24/18, Backpack - Olympic Hot Springs (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/7/18-7/8/18, Backpack - Lake George (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/13/18-7/14/18, Backpack - Kelly Butte (For Beginners (Getting Started Series)) Leader: Gabrielle Orsi, gep2002@caa.columbia.edu. Foothills

7/13/18-7/15/18, Backpack - Shi Shi Beach (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/21/18-7/22/18, Backpack - Benchmark Mountain via West Cady Ridge (Challenging) Leader: Gabrielle Orsi, gep2002@caa.columbia.edu. Foothills

7/21/18-7/22/18, Backpack - Rachel Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

7/28/18-7/29/18, Backpack - Packwood Lake (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

Stephen Bobick, sbobick2@gmail.com. Everett

3/10/18, Intermediate Alpine Climb - Lane Peak: Zipper & Lovers Lane (For Beginners (Getting Started Series)) Leader: Ralph Wessels, ralphwessels@comcast.net. Kitsap

3/15/18-3/20/18, Crag Rock Climb - Joshua Tree (Moderate) Leader: Stefanie Schiller, stef67@gmail.com. Seattle

3/17/18-3/18/18, Intermediate Alpine Climb - Mount Rainier/Gibraltar Ledges (For Beginners (Getting Started Series)) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

3/17/18-3/18/18, Intermediate Alpine Climb - Mount Hood/Leuthold Couloir (For Beginners) Leader: Petro Ksondzyk, petro.ksondzyk@gmail.com. Seattle

3/17/18, Basic Alpine Climb - North Eagle Peak (winter) (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

3/23/18-3/25/18, Crag Rock Climb - Red Rock Canyon, Nevada (Moderate) Leader: Stefanie Schiller, stef67@gmail.com. Seattle

3/24/18-3/25/18, Intermediate Alpine Climb - Mount Hood/Leuthold Couloir (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

3/31/18-4/1/18, Intermediate Alpine Climb - Mount Hood/Sandy Glacier Headwall (For Beginners (Getting Started Series)) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

3/31/18, Crag Rock Climb - Vantage (Frenchman Coulee) (Challenging) Leader: Ian Dickson, ipd@yellowleaf.org. Seattle

4/8/18, Basic Alpine Climb - Devil's Peak/South Ridge (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

4/20/18-4/21/18, Basic Alpine Climb - Whitehorse Mountain/Northwest Shoulder (Challenging) Leader: Tom Girard, tom_girard@hotmail.com. Seattle

4/22/18, Basic Alpine Climb - Whitehorse Mountain/Northwest Shoulder (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

4/28/18, Basic Alpine Climb - Big Snagtooth/West Ridge (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

4/28/18-4/29/18, Glacier Climb - Mount Hood/South Side (For Beginners (Getting Started Series)) Leader: Sean Mathias, seanm@prosolve.com. Seattle

5/2/18-5/4/18, Basic Alpine Climb - Whitehorse Mountain/Northwest Shoulder (Challenging) Leader: Susan Shih, sueshih@live.com. Seattle

5/5/18, Basic Alpine Climb - Yellowjacket Tower/East Flank (Moderate) Leader: Martin Babare, mbabare@nventure.com. Tacoma

5/6/18, Basic Alpine Climb - Yellowjacket Tower/East Flank (Moderate) Leader: Martin Babare, mbabare@nventure.com. Tacoma

5/7/18, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

5/8/18, Basic Alpine Climb - Pinnacle Peak & The Castle (winter) (Easy) Leader: Susan Shih, sueshih@live.com. Seattle

5/12/18-5/13/18, Intermediate Alpine Climb - Colchuck Peak/North Buttress Couloir (Challenging) Leader: Steve Biem, earlyascent@gmail.com. Seattle

5/13/18, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Marko Pavela, mlpavela@hotmail.com. Olympia

5/19/18, Glacier Climb - Colfax Peak (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

5/19/18, Basic Alpine Climb - Dragontail Peak/Colchuck Col (Challenging) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

5/20/18, Basic Alpine Climb - The Fin/Northwest Ridge (Moderate) Leader: Nick Mayo, nicholas.e.mayo@gmail.com. Everett

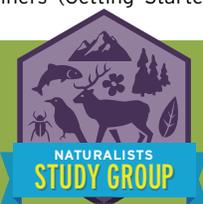
5/23/18, Basic Alpine Climb - The Tooth/South Face (Moderate) Leader: Tom Girard, tom_girard@hotmail.com. Seattle

5/26/18-5/28/18, Intermediate Alpine Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

5/27/18-5/28/18, Basic Alpine Climb - Mount Baker Recreation Area (Easton Glacier) (For Beginners (Getting Started Series)) Leader: Linda Anderson-Carnahan, lacdwc@aol.com. Kitsap

CLIMBING

3/3/18, Intermediate Alpine Climb - Chair Peak/Northeast Buttress (winter) (For Beginners (Getting Started Series)) Leader:



2017-18 Naturalists Lecture Series Seattle Program Center, 7 pm

Free to Mountaineers Naturalist Study Group Members, \$5 for all others

March 14, 2018 (Wed): Clay Antieau on What's the Matter with Worms: our favorite soil engineers have a dark side. Clay is a horticulturist, botanist, environmental scientist, and past president of the Washington Native Plant Society.

5/28/18, Basic Alpine Climb - South Early Winter Spire/South Ar_te (For Beginners (Getting Started Series)) Leader: Jim Nelson, jim@promountainsports.com. Seattle

5/31/18, Basic Alpine Climb - The Tooth/South Face (Easy) Leader: Rena Chinn, seattlerena@gmail.com. Seattle

6/1/18, Basic Alpine Climb - South Early Winter Spire/South Ar_te (For Beginners (Getting Started Series)) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

6/3/18, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (Challenging) Leader: Scott Braswell, scottpotpie@gmail.com. Everett

6/1/18, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Emma Agosta, emagosta@gmail.com. Seattle

6/2/18, Basic Alpine Climb - The Fin/Northwest Ridge (For Beginners (Getting Started Series)) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

6/2/18, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting Started Series)) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

6/4/18, Basic Alpine Climb - Appa Peak (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

6/2/18, Basic Alpine Climb - The Tooth/South Face (For Beginners (Getting Started Series)) Leader: Suzy Diesen, sdiesen@wavecable.com. Kitsap

6/3/18, Basic Alpine Climb - Silver Star Mountain/Silver Star Creek (Challenging) Leader: Brett Dyson, hhiking@hotmail.com. Seattle

Climbing 6/4/18-6/4/18, Glacier Climb - Mount Baker/Easton Glacier (Challenging) Leader: Doug Sanders, dougsappley@gmail.com. Everett

6/8/18, Intermediate Alpine Climb - Deception, Mystery, Fricaba & Hal Foss (Challenging) Leader: Jerry Logan, cjtjlogan@gmail.com. Kitsap

6/8/18-6/9/18, Basic Alpine Climb - Mount Baker/Boulder Glacier (For Beginners (Getting Started Series)) Leader: Peter Clitherow, peter.clitherow@gmail.com. Seattle

6/8/18-6/10/18, Basic Alpine Climb - Dome Peak/Dome Glacier (Challenging) Leader: James Adkins, jamesaa73@comcast.net. Seattle

6/9/18-6/10/18, Glacier Climb - Snowfield Peak/Neve Glacier (For Beginners (Getting Started Series)) Leader: Jared Pearce, jared.pearce@gmail.com. Seattle

6/9/18, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners (Getting Started Series)) Leader: Emma Agosta, emagosta@gmail.com. Seattle

6/9/18-6/10/18, Glacier Climb - Mount Baker/Coleman Glacier (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

6/15/18-6/17/18, Basic Alpine Climb - Clark Mountain & Luahna Peak (Challenging)

Leader: Damien scott, damien.r.scott@gmail.com. Everett

6/16/18-6/17/18, Glacier Climb - Mount Baker/Coleman Glacier (For Beginners (Getting Started Series)) Leader: Marko Pavela, mlpavela@hotmail.com. Olympia

6/16/18, Basic Alpine Climb - Unicorn Peak/South Side (For Beginners (Getting Started Series)) Leader: Ralph Wessels, ralphwessels@comcast.net. Kitsap

6/16/18-6/17/18, Intermediate Alpine Climb - Forbidden Peak/West Ridge (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

6/18/18, Basic Alpine Climb - South Early Winter Spire/South Ar_te (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

6/22/18-6/23/18, Basic Alpine Climb - Mount Baker/Boulder Glacier (For Beginners (Getting Started Series)) Leader: Peter Clitherow, peter.clitherow@gmail.com. Seattle

6/22/18-6/24/18, Glacier Climb - Clark Mountain & Luahna Peak (For Beginners (Getting Started Series)) Leader: Jared Pearce, jared.pearce@gmail.com. Seattle

6/22/18-6/23/18, Glacier Climb - Mount Baker/Coleman Glacier (Moderate) Leader: Jim Pitts, jim@pitts.org. Seattle

6/23/18-6/24/18, Intermediate Alpine Climb - Sherpa Peak/West Ridge (Moderate) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

6/23/18-6/24/18, Intermediate Alpine Climb - Mount Rainier/Kautz Glacier (Challenging) Leader: Ian Lauder, ian@cyber-sea.com. Everett

6/23/18, Basic Alpine Climb - Colchuck & Dragontail Peaks (Challenging) Leader: Steve Biem, earlyascent@gmail.com. Seattle

6/23/18-6/24/18, Glacier Climb - Snowfield Peak/Neve Glacier (Challenging) Leader: Brian Starlin, brian.starlin@comcast.net. Seattle

6/24/18-6/25/18, Glacier Climb - Mount Baker/Coleman Glacier (For Beginners (Getting Started Series)) Leader: Susan Shih, sueshih@live.com. Seattle

6/26/18, Basic Alpine Climb - Unicorn-Castle Traverse (For Beginners (Getting Started Series)) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

6/30/18-7/1/18, Glacier Climb - Mount Baker/Coleman Glacier (For Beginners (Getting Started Series)) Leader: Minda Paul, mindapaul@hotmail.com. Bellingham

6/30/18-7/1/18, Glacier Climb - Mount Shuksan/Sulphide Glacier (For Beginners (Getting Started Series)) Leader: Andrew Hollon, andrewhollon@hotmail.com. Bellingham

6/30/18-7/3/18, Intermediate Alpine Climb - Inspiration-McAllister-Klawatti Ice Cap Traverse (Challenging) Leader: James Adkins, jamesaa73@comcast.net. Seattle

6/30/18-7/1/18, Basic Alpine Climb - Warrior/Southeast Summit (Challenging) Leader: Jeff

Williams, jswill@comcast.net. Olympia

7/1/18-7/2/18, Glacier Climb - Sherman Peak/Squak Glacier (Mount Baker) (Challenging) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

7/1/18-7/3/18, Glacier Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: Susan Shih, sueshih@live.com. Seattle

7/6/18-7/9/18, Intermediate Alpine Climb - Mount Buckner/North Face (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

7/6/18-7/8/18, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (Challenging) Leader: Emma Agosta, emagosta@gmail.com. Seattle

7/8/18, Basic Alpine Climb - Guye Peak/South Rib (Moderate) Leader: Mark Scheffer, mark_scheffer@yahoo.com. Seattle

7/8/18, Basic Alpine Climb - Mount Washington/Standard Route (Moderate) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

7/13/18-7/14/18, Intermediate Alpine Climb - Forbidden Peak/West Ridge (Challenging) Leader: James Adkins, jamesaa73@comcast.net. Seattle

7/14/18-7/15/18, Intermediate Alpine Climb - Cuthroat Peak/Southeast Buttress (Challenging) Leader: Jeff Williams, jswill@comcast.net. Olympia

7/14/18-7/15/18, Intermediate Alpine Climb - Mount Baker/North Ridge (Moderate) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

7/15/18, Basic Alpine Climb - Boston Peak/Southeast Face via Quien Sabe Glacier (Challenging) Leader: James Adkins, jamesaa73@comcast.net. Seattle

7/17/18, Basic Alpine Climb - Chair Peak/Northeast Buttress (Easy) Leader: Janette Zumbo, janettezumbo@gmail.com. Olympia

7/19/18-7/24/18, Intermediate Alpine Climb - Goode Mountain/Northeast Buttress (Challenging) Leader: Stephen Bobick, sbobick2@gmail.com. Everett

7/20/18-7/23/18, Glacier Climb - Mount Spickard/South Ridge & Mount Redoubt/South Face (Moderate) Leader: Paul Gehlsen, paul.r.gehlsen@boeing.com. Everett

7/20/18-7/22/18, Glacier Climb - Glacier Peak/Disappointment Peak Cleaver (Moderate) Leader: Marko Pavela, mlpavela@hotmail.com. Olympia

7/20/18-7/21/18, Basic Alpine Climb - Eldorado Peak/Inspiration Glacier (Moderate) Leader: Julie Moore, julie@mountainjules.com. Olympia

7/20/18-7/22/18, Basic Alpine Climb - McMillan Spire/West Ridge (Challenging) Leader: Emma Agosta, emagosta@gmail.com. Seattle

7/21/18-7/22/18, Intermediate Alpine Climb - Mount Formidable/South Route (Challenging) Leader: James Adkins, jamesaa73@comcast.net. Seattle

7/21/18, Basic Alpine Climb - Kangaroo Temple/North Face (For Beginners (Getting

Started Series)) Leader: Jared Pearce, jared.pearce@gmail.com. Seattle

7/22/18, Intermediate Alpine Climb - Liberty Bell/Southwest Face (For Beginners (Getting Started Series)) Leader: Jared Pearce, jared.pearce@gmail.com. Seattle

7/24/18-7/27/18, Basic Alpine Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: Atsuko Yamaguchi, ayamaguchi9@gmail.com. Everett

7/24/18, Basic Alpine Climb - Ingalls Peak/South Ridge (Challenging) Leader: Douglas Hansen, douglasehansen@gmail.com. Olympia

7/28/18-7/29/18, Glacier Climb - Mount Shuksan/Sulphide Glacier (Challenging) Leader: Marko Pavela, mlpavela@hotmail.com. Olympia

7/28/18-7/29/18, Intermediate Alpine Climb - Mount Rainier/Kautz Glacier (Challenging) Leader: Steve Biem, earlyascent@gmail.com. Seattle

7/31/18-8/3/18, Basic Alpine Climb - Mount Rainier/Emmons Glacier (Challenging) Leader: Atsuko Yamaguchi, ayamaguchi9@gmail.com. Everett

3/3/18, Day Hike - Mount Si Old Trail (Moderate) Leader: Jessie Worley, jessicalworley@

DAY HIKING

hotmail.com. Tacoma

3/3/18, Day Hike - Mailbox Peak (For Beginners (Getting Started Series)) Leader: Benjamin Brown, hopzuki@gmail.com. Tacoma

3/3/18, Day Hike - Mount Rose (Challenging) Leader: Douglas Hansen, douglasehansen@gmail.com. Olympia

3/4/18, Day Hike - Dungeness Spit (For Beginners (Getting Started Series)) Leader: Bob Pankl, pankl@earthlink.net. Seattle

3/4/18, Day Hike - Rattlesnake Mountain Grand Traverse (Challenging) Leader: Alexander Cowen, arc56@cornell.edu. Seattle

3/10/18, Day Hike - Mount Si Old Trail (For Beginners (Getting Started Series)) Leader: Owen Gabrielson, mog@farrlawgroup.com. Tacoma

3/11/18, Day Hike - Mailbox Peak (Challenging) Leader: Tristan Steed, twisty428@gmail.com. Olympia

3/24/18, Day Hike - Mount Si Old Trail (Moderate) Leader: Natalia Martinez-Paz, nataliamp@gmail.com. Tacoma

3/24/18, Day Hike - Mailbox Peak (Challenging) Leader: Jeffrey Wirtz, jrwirtz73@gmail.com. Tacoma

4/6/18, Day Hike - Camp Muir & Anvil Rock (Challenging) Leader: Christopher Charron, charrca@gmail.com. Tacoma

4/7/18, Day Hike - Mount Si Old Trail (For Beginners (Getting Started Series)) Leader: Owen Gabrielson, mog@farrlawgroup.com. Tacoma

4/14/18, Day Hike - Mount Si Old Trail (For Beginners (Getting Started Series)) Leader:

Jessie Worley, jessicalworley@hotmail.com. Tacoma

4/28/18, Day Hike - Lower Lena Lake (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

4/29/18, Day Hike - Fragrance & Lost Lakes (For Beginners (Getting Started Series)) Leader: Bob Pankl, pankl@earthlink.net. Seattle

5/4/18, Day Hike - Dungeness Spit (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

5/18/18, Day Hike - Dungeness Spit (Moderate) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

6/17/18, Day Hike - Goat Lake (Monte Cristo) (For Beginners (Getting Started Series)) Leader: Bob Pankl, pankl@earthlink.net. Seattle

7/4/18, Day Hike - Ozette Triangle (Easy) Leader: Dick Hayek, richardahayek@gmail.com. Tacoma

Day Hiking; Global Adventures; Skiing/Snowboarding; Snowshoeing 3/2/18-3/18/18, Global Adventure - Ski and Winter-Walk in Courmayeur and Cervinia Italy (Moderate) Leader: Patti Polinsky, meanysports@me.com. The Mountaineers

5/12/18, Day Hike - Grays Harbor National Wildlife Refuge (For Beginners (Getting

EXPLORING NATURE

Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

5/26/18-5/28/18, Backpack - Stein River Canyon/Stein Valley (British Columbia) (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

6/9/18-6/10/18, Day Hike - Cape Lookout State Park (Moderate) Leader: Linda Moore, abenteuerbc@yahoo.com. Seattle

4/19/18-4/23/18, Crag Rock Climb - Red Rock Canyon, Nevada (Challenging) Leader:

GLOBAL ADVENTURE

Rena Chinn, seattlerena@gmail.com. The Mountaineers

7/22/18-8/5/18, Global Adventure - Trek the Swiss Alps in the Jungfrau Region (Challenging) Leader: Cheryl Talbert, cascadehiker@earthlink.net. The Mountaineers

6/9/18, Day Hike - Sun Mountain Trails (Easy) Leader: Anita Elder, anita@anitaelder.com.

PHOTOGRAPHY

Seattle

6/23/18, Day Hike - Cape Disappointment State Park (For Beginners (Getting Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

6/24/18-6/25/18, Day Hike - Umpqua Lighthouse State Park (For Beginners (Getting Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

6/26/18-6/27/18, Day Hike - Crater Lake (For Beginners (Getting Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

6/28/18-6/29/18, Day Hike - John Day Fossil Beds National Monument (For Beginners (Getting Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

6/30/18, Day Hike - Nisqually Vista Loop (For Beginners (Getting Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/1/18, Day Hike - Dead Horse Creek (For Beginners (Getting Started Series)) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/15/18, Day Hike - Norway Pass (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

7/28/18, Day Hike - Naches Peak Loop (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

4/6/18-4/8/18, Beginner Snowshoe - Baker Lodge (Easy) Leader: Richard Lawrence, richlawrence77@yahoo.com. Seattle

3/3/18, Winter Scramble - Silver Peak, Abiel Peak & Humpback Mountain Traverse (winter) (Challenging) Leader: Mark Scheffer, mark_

SCRAMBLING

scheffer@yahoo.com. Seattle

3/3/18, Winter Scramble - Arrowhead Mountain (Moderate) Leader: John Bell, jbellclimber@yahoo.com. Seattle

3/10/18-3/11/18, Winter Scramble - Wright Mountain (winter) (Moderate) Leader: Craig Schwartz, craig.mountaineers@gmail.com.

3/24/18, Winter Scramble - Spark Plug Mountain (winter) (Challenging) Leader: Andy Cahn, andycahn@gmail.com. Seattle

3/24/18, Alpine Scramble - Satulick Mountain (Moderate) Leader: Marko Pavela, mlpavela@hotmail.com. Olympia

4/7/18, Alpine Scramble - SPIRE Rock (Moderate) Leader: Allan Maas, amaas@parametrix.com. Tacoma

4/14/18, Winter Scramble - Spark Plug Mountain (winter) (Challenging) Leader: Andy Cahn, andycahn@gmail.com. Seattle

4/28/18, Winter Scramble - Spark Plug Mountain (winter) (Challenging) Leader: Andy Cahn, andycahn@gmail.com. Seattle

5/5/18-5/6/18, Winter Scramble - Mount St. Helens/Worm Flows (Moderate) Leader: Jim Powell, jpowell118@hotmail.com. Seattle

5/12/18-5/13/18, Winter Scramble - Mount St. Helens/Worm Flows (Challenging) Leader: Susan Shih, sueshih@live.com. Seattle

5/26/18-5/28/18, Alpine Scramble - Big Craggy & West Craggy Peaks (For Beginners (Getting Started Series)) Leader: Jared Pearce, jared.pearce@gmail.com. Seattle

5/26/18-5/27/18, Alpine Scramble - Reynolds Peak (For Beginners (Getting Started Series)) Leader: James Adkins, jamesaa73@comcast.net. Seattle

5/26/18, Alpine Scramble - Camp Muir (Challenging) Leader: Julie Moore, julie@

mountainjules.com. Olympia

5/26/18-5/28/18, Alpine Scramble - Mount Bigelow, Switchback Peak & Martin Peak (Challenging) Leader: Peter Clitherow, peter.clitherow@gmail.com. Seattle

5/28/18, Alpine Scramble - Abernathy Peak (For Beginners (Getting Started Series)) Leader: James Adkins, jamesaa73@comcast.net. Seattle

6/8/18-6/10/18, Alpine Scramble - The Brothers/South Couloir (Challenging) Leader: Joe Osowski, joe.osowski@gmail.com. Seattle

6/30/18, Alpine Scramble - Seymour Peak (Moderate) Leader: David Butler, alpinist@eskimo.com. Seattle

3/4/18, Sea Kayak - Peninsula High School Pool (Easy) Leader: Sally Anderson,

SEA KAYAKING

garywsallya@yahoo.com. Tacoma

3/11/18, Sea Kayak - Eastside Pool (Tacoma) (Easy) Leader: Sally Anderson, garywsallya@yahoo.com. Tacoma

3/18/18, Sea Kayak - Peninsula High School Pool (Easy) Leader: Sally Anderson, garywsallya@yahoo.com. Tacoma

3/24/18, Sea Kayak - Blake Island (Moderate) Leader: Beth Owen, bluekayak123@yahoo.com. Tacoma

3/25/18, Sea Kayak - Eastside Pool (Tacoma) (Easy) Leader: Sally Anderson, garywsallya@yahoo.com. Tacoma

6/24/18-7/19/18, Sea Kayak - Quatsino to Tofino, Vancouver Island (Challenging) Leader: Thomas Unger, tk16@tuntum.com. Seattle

7/14/18-7/15/18, Sea Kayak - Doe Island (Challenging) Leader: Lisa Johnson, lajbkayak@yahoo.com. Olympia

3/2/18-3/4/18, Cross-country Ski - Grizzly Hut (Moderate) Leader: Cindy Hoover, cyn@

SKI/SNOWBOARDING

zipcon.com. Seattle

3/3/18, Cross-country Ski - Cabin Creek (For Beginners (Getting Started Series)) Leader:

Wesley Witt, wesw@wittfamily.com. Everett

3/11/18, Cross-country Ski - Lake Wenatchee

SNOWSHOEING

North Park Area (Easy) Leader: John Bell, jblclimber@yahoo.com. Seattle

4/7/18, Backcountry Ski/Snowboard - Ptarmigan Ridge (winter) (Moderate) Leader:

STEWARDSHIP

Dick Lambe, dicklambe@hotmail.com. Foothills

5/9/18, Backcountry Ski/Snowboard - Alpentel Ski Area (Moderate) Leader: Chuck Cerveny, cgcerveny1968@gmail.com. Foothills

6/16/18-6/17/18, Glacier Ski/Snowboard - Mount Baker/Squak Glacier (Moderate) Leader: Chuck Cerveny, cgcerveny1968@gmail.com. Foothills

3/3/18, Basic Snowshoe - Lanham Lake (For Beginners (Getting Started Series)) Leader: Tracy Buchanan, tracybuchanan2@gmail.com. Everett

3/3/18, Stewardship - Shadow Lake Nature Preserve (For Beginners (Getting Started Series)) Leader: Ali Yeates, ali@shadowhabitat.org. The Mountaineers

3/3/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

3/10/18, Stewardship - Shadow Lake Nature Preserve (For Beginners (Getting Started Series)) Leader: Ali Yeates, ali@shadowhabitat.org. The Mountaineers

3/17/18, Stewardship - Shadow Lake Nature Preserve (For Beginners (Getting Started Series)) Leader: Ali Yeates, ali@shadowhabitat.org. The Mountaineers

3/17/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

3/24/18, Stewardship - Shadow Lake Nature Preserve (For Beginners (Getting Started Series)) Leader: Ali Yeates, ali@shadowhabitat.org. The Mountaineers

3/31/18, Stewardship - Shadow Lake

Nature Preserve (For Beginners (Getting Started Series)) Leader: Ali Yeates, ali@shadowhabitat.org. The Mountaineers

4/7/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

4/21/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

5/5/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

5/19/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

6/2/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

6/16/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

7/7/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

7/21/18, Stewardship - Cheasty Greenspace (Easy) Leader: Mary DeJong, mary@waymarkers.net. The Mountaineers

Urban Adventure 3/25/18-3/25/18, Urban Adventure - Bremerton Waterfront (Easy) Leader: Anita Elder, anita@anitaelder.com.

URBAN ADVENTURE

Seattle

Urban Adventure 4/7/18-4/8/18, Urban Adventure - Three Volcanoes Cabin (For Beginners (Getting Started Series)) Leader: Dixie Havlak, havlakrd@comcast.net. Olympia

Urban Adventure 4/22/18-4/22/18, Urban Adventure - Northern State Ghost Town (Easy) Leader: Anita Elder, anita@anitaelder.com. Seattle

Mountaineers Courses

Below is a sampling of courses offered. See www.mountaineers.org for complete and up-to-date listings.

AVALANCHE SAFETY

3/20/18-3/25/18, AIARE Level 1 at Meany Lodge - Tacoma Branch - AIARE Level 1 Avalanche Course at Meany Lodge Members: \$440, Non-members: \$480. Contact: Annie Graeter, annie.graeter@gmail.com. Tacoma

BACKPACKING

3/22/18-10/31/18, Backpacking Building Blocks (B3) Course - Foothills - 2018 -

Backpacking Building Blocks (B3) is a season-long comprehensive course aimed at providing new and returning backpackers with the latest knowledge, gear info, practical experience, compatible trail companions, and experienced helpful mentors to help you become skilled, safe and successful on overnight or longer trips. Members: \$120, Non-members: \$150. Contact: Cheryl Talbert, cascadehiker@earthlink.net. Foothills

5/18/18-9/1/18, Backpacking with Kids - Foothills - 2018 - Backpack with your kids! This course is for parents with some backpacking

experience who want to take their children (little ones to teenagers) backpacking. Learn more about planning, on the trail, gear, tips and tricks, etc. Parents must be Mountaineers members and must participate with their kids in the field trips. Members: \$30, Non-members: \$50. Contact: Amanda Albright, manda.albright@gmail.com. Foothills

CLIMBING

3/6/18-4/14/18, Introduction to Alpine Rock - Seattle - 2018 - Be a safe follower on a

basic alpine rock climb. Members: \$200, Non-members: \$250. Contact: Zaher Hulays, zhulays@gmail.com. Seattle

3/8/18-4/18/18, Self Rescue 1- Seattle - 2018 - Climbing Self Rescue 1 Members: \$150, Non-members: \$200. Contact: Stefanie Schiller, stefs67@gmail.com. Seattle

3/27/18-4/29/18, Introduction to Single Pitch Trad A - Seattle - 2018 - Introduction to placing traditional gear in a single pitch crack climbing environment. Members: \$200, Non-members: \$300. Contact: Andrea Bedlington, anrose09@gmail.com. Seattle

3/31/18-6/11/18, Intermediate Leading On Rock - Everett - 2018 - The leading on rock portion of the the Everett Intermediate Climbing class. An application must be submitted and approved before a person is accepted into this class. Members: \$400, Non-members: \$500. Contact: Lawrence Stewart, lrstew@stanfordalumni.org. Everett

3/31/18-7/7/18, Beyond Basic Rock - Olympia - 2018 - Olympia Beyond Basic Rock 2018 Members: \$90, Non-members: \$0. Contact: Andy Weber, olyclimber@gmail.com. Olympia

4/3/18-5/13/18, Introduction to Single Pitch Trad B - Seattle - 2018 - Introduction to placing traditional gear in a single pitch crack climbing environment. Members: \$200, Non-members: \$300. Contact: Mija Lee, mijalee.acct@gmail.com. Seattle

4/5/18-5/5/18, Introduction to Rock Climbing Course - Seattle - 2018 - Introduction to Rock Climbing Course - Seattle Members: \$150, Non-members: \$200. Contact: Sam Wilson, sam.wilson@gmail.com. Seattle

4/13/18-4/13/18, Rock Instructor Clinic - Everett - 2018 - Covers topics to effectively and safely teach rock climbing to groups of beginners in a single pitch environment. Members: \$0, Non-members: \$0. Contact: Trystan Williams, trystan@trystan.org. Everett

5/1/18-10/9/18, Crag Climbing - Bellingham - 2018 - Crag climbing course for the Bellingham Branch Members: \$190, Non-members: \$265. Contact: Nathan Reed, nrshoponline55@comcast.net. Bellingham

5/5/18-9/30/19, Alpine Rock Course - Seattle - 2018 - Alpine Rock Course Members: \$160, Non-members: \$0. Contact: Jeffrey Hunt, jeffhunt57@gmail.com. Seattle

5/10/18-6/10/18, Introduction to Multi-Pitch Trad A - Seattle - 2018 - Introduction to climbing in a multi pitch environment. Members: \$300, Non-members: \$400. Contact: Jacob Wolniewicz, jacob@wolniewicz.com. Seattle

5/11/18-6/2/18, Introduction to Rock Climbing Course - Seattle - 2018 - Introduction to Rock Climbing Course - Seattle Members: \$150, Non-members: \$200. Contact: Sam Wilson, sam.wilson@gmail.com. Seattle

5/15/18-6/17/18, Introduction to Single Pitch Trad C - Seattle - 2018 - Introduction to placing traditional gear in a single pitch crack climbing environment. Members: \$200, Non-members: \$300. Contact: Gabe Aeschilman, g.aeschilman@gmail.com. Seattle

5/15/18-6/17/18, Introduction to Single Pitch Trad C - Seattle - 2018 - Introduction to placing traditional gear in a single pitch crack climbing environment. Members: \$200, Non-members: \$300. Contact: Michael Telstad, michael.telstad@gmail.com. Seattle

6/4/18-7/8/18, Introduction to Multi-Pitch Trad B - Seattle - 2018 - Introduction to climbing in a multi pitch environment. Members: \$300, Non-members: \$400. Contact: Loni Uchyttil, loniuchyttil@msn.com. Seattle

6/5/18-10/1/18, Intermediate Glacier Climbing - Everett - 2018 - Intermediate Glacier Climbing - Everett 2018 Members: \$300, Non-members: \$400. Contact: Rob Holman, robert.e.holman@hotmail.com. Everett

6/16/18-6/24/18, Intense Basic Alpine Climbing Course - Seattle - 2018 - A comprehensive 9 day course designed to give you all the same skills as the standard Basic Climbing Course. Members: \$1350, Non-members: \$1450. Contact: Nick Block, ntblock@gmail.com. Seattle

7/2/18-7/28/18, Introduction to Rock Climbing Course - Seattle - 2018 - Introduction to Rock Climbing Course - Seattle Members: \$150, Non-members: \$200. Contact: Sam Wilson, sam.wilson@gmail.com. Seattle

7/24/18-8/5/18, Intermediate Alpine Ice - Everett - 2018 - Intermediate Alpine Ice Course - Everett 2018 Members: \$100, Non-members: \$300. Contact: Scot Geoghegan, hector98034@yahoo.com. Everett

DAY HIKING

3/24/18-10/13/18, Conditioning Hiking Series - Seattle - 2018 - Conditioning Hiking Series - Seattle - 2018 Members: \$125, Non-members: \$125. Contact: Kari Durr, karidurr@hotmail.com. Seattle

4/1/18-12/31/18, Conditioning Hiking Series - Olympia - 2018 - This course offers participants the chance to develop their fitness capabilities and hike with many of the same people throughout the duration of the course and reach new distance and elevation goals. Beginning in the spring, the course provides a structure of increasing challenges through hikes that are scheduled to bring you to new heights and discover new places as you gain fitness. Members: \$55, Non-members: \$0. Contact: Donna Kreuger, djkreuger@comcast.net. Olympia

EXPLORING NATURE

4/17/18-9/10/18, Introduction to the Natural World Course - Seattle - 2018 - An introductory course for the outdoors person interested in learning more about the natural world they are exploring and which we all came from. Members: \$105, Non-members: \$160. Contact: Danielle Graham, pedergraham@gmail.com. Seattle

FIRST AID

3/2/18-3/4/18, Wilderness First Responder Recertification - Seattle - 2018 - Wilderness First Responder Recertification Members:

\$300, Non-members: \$350. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

3/2/18-3/4/18, Wilderness First Responder Recertification - Seattle - 2018 - Wilderness First Responder Recertification Members: \$300, Non-members: \$350. Contact: Brian Carpenter, fleasgach@gmail.com. Seattle

3/21/18-4/8/18, MOFA - Olympia - Spring 2018 - Spring 2018 Mountaineering Oriented First Aid - Olympia. Classes: 6:00 to 9:00pm on 3/21/2018, 3/26/2018, 3/28/2018, 4/2/2018, 4/4/2018; 8:00am to 4:30 pm on Saturday and Sunday 4/7/2018 and 4/8/2018. Griffin Fire Station 3707 Steamboat Loop NW Olympia. Do not order a book when you register. Course book is ASHI Wilderness First Aid. The book and class materials are made available approximately 1 month prior to the class. Members: \$150, Non-members: \$250. Contact: Bob Keranen, bobkeranen@gmail.com. Olympia

5/25/18-6/3/18, Wilderness First Responder - Seattle - 2018 - Wilderness First Responder - Seattle Members: \$600, Non-members: \$650. Contact: Mary Panza, makinanoise@hotmail.com. Seattle

5/25/18-6/3/18, Wilderness First Responder - Seattle - 2018 - Wilderness First Responder - Seattle Members: \$600, Non-members: \$650. Contact: Brian Carpenter, fleasgach@gmail.com. Seattle

NAVIGATION

3/12/18-8/11/18, Wilderness Navigation - Tacoma 2018 - Wilderness Navigation - Tacoma 2018 Members: \$67, Non-members: \$67. Contact: Rick Finkle, rickfinkle01@gmail.com. Tacoma

Navigation; 4/17/18-4/22/18, Basic Navigation Course - Olympia - 2018 - Basic Navigation Course - Olympia - 2018 Members: \$60, Non-members: \$60. Contact: Mike Kretzler, mkretzler@comcast.net. Olympia

Navigation; 4/17/18-4/22/18, Basic Navigation Course - Olympia - 2018 - Basic Navigation Course - Olympia - 2018 Members: \$60, Non-members: \$60. Contact: Tom Eckhout, teckhout@msn.com. Olympia

OUTDOOR LEADER

4/29/18-5/20/18, Advanced Instructor Training 2 Climbing Group Management in the Field- 2018 - Please only enroll in this field trip if already enrolled in the classroom portions and with leader permission to enroll. Members: \$0, Non-members: \$0. Contact: Tony Tsuboi, tony.tsuboi@gmail.com. Seattle

PHOTOGRAPHY

3/10/18-3/26/18, Landscape Photography - Seattle - 2018 - Whether you are an experienced photographer or just getting started, the amazing landscape photographs you see have all got a few things in common. The reality of landscape photography is that not only are you reliant on your own ability and skill of seeing and composing an image, but also on Mother Nature. But regardless

of whatever weather you encounter, there are countless opportunities to be able to capture spectacular landscape photographs. Members: \$30, Non-members: \$40. Contact: Anita Elder, anita@anitaelder.com. Seattle

5/5/18, Street Photography - Seattle - 2018 - Street Photography - 2018 Members: \$30, Non-members: \$40. Contact: Anita Elder, anita@anitaelder.com. Seattle

SCRAMBLING

3/14/18-11/1/18, Alpine Scrambling Course - Tacoma - 2018 - Alpine Scrambling Course - Tacoma Members: \$220, Non-members: \$320. Contact: Allan Maas, amaas@parametrix.com. Tacoma

3/14/18-11/1/18, Alpine Scrambling Course - Tacoma - 2018 - Alpine Scrambling Course - Tacoma Members: \$220, Non-members: \$320. Contact: Mike Murphy, mike.tacoma.mountaineers@gmail.com. Tacoma

5/18/18-5/20/18, Compressed Alpine Scrambling Course - Seattle - 2018 - This course covers the same curriculum of skills as the regular Scramble Course but over the span of one weekend. Members: \$480, Non-members: \$580. Contact: Jeff Patterson, jeffreypatterson@comcast.net. Seattle

SEA KAYAKING

4/5/18-9/30/18, Basic Sea Kayaking Course - Everett - 2018 - 2018 Basic Sea Kayaking Course - Everett Members: \$225, Non-members: \$0. Contact: Bill Coady, billcoady@outlook.com. Everett

4/7/18-12/30/18, Basic Sea Kayaking Course - Tacoma - 2018 - Basic Sea Kayaking Course - Tacoma Members: \$225, Non-members: \$300. Contact: Alison Reinbold, areinbold@comcast.net. Tacoma

4/21/18-11/30/18, Sea Kayaking Basic Course - Seattle - 2018 - Sea Kayaking Basic Course - Seattle Members: \$225, Non-members: \$300. Contact: Dennis Egan, dennisvegan@comcast.net. Seattle

4/26/18-12/31/18, Basic Sea Kayaking Course - Olympia - 2018 - 2018 Basic Sea Kayaking

Course - Olympia Members: \$200, Non-members: \$0. Contact: Will Greenough, kayakwill@yahoo.com. Olympia

SKI/SNOWBOARD

4/16/18-5/20/18, Glacier Skiing/Snowboarding and Crevasse Rescue - Foothills - 2018 - Teaches rope skills necessary to effect a crevasse rescue. Members: \$225, Non-members: \$325. Contact: Kit Eiber, kit_eiber@yahoo.com. Foothills

STEWARDSHIP

3/31/18-4/1/18, Leave No Trace Trainer Course - The Mountaineers - 2018 - Leave No Trace Trainer Course-2018 Members: \$50, Non-members: \$70. Contact: Brian Carpenter, fleasgach@gmail.com. The Mountaineers

YOUTH

4/9/18-4/13/18, April Break Camp - Seattle - 2018 - Kids will learn all about Mountain activities during this week of camp! Members: \$350, Non-members: \$400. Contact: Danielle Leitao, daniellel@mountaineers.org. Seattle

6/25/18-6/29/18, Summer Camp - Water Week - Seattle - 2018 - Kids will learn all about outdoor water activities during this week of camp! Members: \$450, Non-members: \$520. Contact: Danielle Leitao, daniellel@mountaineers.org. The Mountaineers

7/4/18-7/6/18, Mountaineers on Mount Rainier - Seattle - 2018 - Join the Mountaineers for a 3 day camp out at Mt. Rainier Members: \$390, Non-members: \$420. Contact: Danielle Leitao, daniellel@mountaineers.org. Seattle

7/9/18-7/13/18, Summer Camp - Survivor Week - Seattle - 2018 - Kids will learn wilderness survival skills during this week of camp! Members: \$390, Non-members: \$450. Contact: Danielle Leitao, daniellel@mountaineers.org. Seattle

7/9/18-7/13/18, Kitsap Forest Adventure Camp Week 1 - 2018 - Kitsap Forest Adventure Camp Week 1 - 2018 Members: \$250, Non-members: \$300. Contact: Carol Stanley, csta1985@

gmail.com. The Mountaineers

7/9/18-7/13/18, Kitsap Forest Adventure Camp Week 1 - 2018 - Kitsap Forest Adventure Camp Week 1 - 2018 Members: \$250, Non-members: \$300. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

7/9/18-7/13/18, Seattle Transportation - Kitsap Forest Adventure Camp Week 1 - 2018 - Seattle transportation (Week 1) from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Requires registration in Kitsap Forest Adventure Camp, Week 1 Members: \$150, Non-members: \$150. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

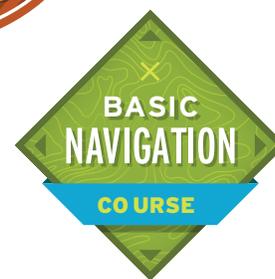
7/16/18-7/20/18, Summer Camp - Wind and Waves Week - Seattle - 2018 - Kids will learn all about water and wind activities during this week of camp! Members: \$390, Non-members: \$460. Contact: Danielle Leitao, daniellel@mountaineers.org. The Mountaineers

7/16/18-7/20/18, Kitsap Forest Adventure Camp - Week 2 - 2018 - Kitsap Forest Adventure Camp - Week 2 - 2018 Members: \$250, Non-members: \$300. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

7/16/18-7/20/18, Seattle Transportation - Kitsap Forest Adventure Camp - Week 2 - 2018 - Seattle transportation (Week 2) from the Seattle ferry dock to Kitsap Forest Adventure Camp and back again. Requires registration in Kitsap Forest Adventure Camp, Week 2 Members: \$0, Non-members: \$0. Contact: Gala Lindvall, galalindvall@gmail.com. The Mountaineers

7/23/18-7/27/18, Summer Camp - Ropes and Rock Week - Seattle - 2018 - Kids will learn all about climbing activities during this week of camp! Members: \$390, Non-members: \$460. Contact: Danielle Leitao, daniellel@mountaineers.org. The Mountaineers

7/30/18-8/3/18, Summer Camp - Wilderness Discovery Week - Seattle - 2018 - Kids will learn all about Wilderness Discovery activities during this week of camp! Members: \$390, Non-members: \$460. Contact: Danielle Leitao, daniellel@mountaineers.org. Seattle





Baker Lodge, Photo by Richard Lawrence



Meany Lodge

Baker Lodge

www.mountaineers.org/bakerlodge

Rustic Mount Baker Lodge is nestled in the spectacular North Cascades and is a beautiful, fun getaway three hours from Seattle. Located within walking distance of the Mt. Baker Ski Area and numerous summer and fall hiking trails, enjoy the mountains and valleys in the Mount Baker-Snoqualmie National Forest and surrounding wilderness.

SCHEDULE

Baker Lodge is open a few weekends in December and all weekends Jan - Mar provided there is adequate snow and sign-up. See the Baker Lodge website for rates and click on "Upcoming Events" for our current schedule of openings. At times we have Mountaineers class groups, schools, or Scout groups that rent the entire lodge exclusively. On these weekends registration isn't open to the public

RESERVATIONS

Individuals and groups are welcome! The Mt. Baker Committee encourages groups – such as Scouts, school and youth groups, families and friends – to use the lodge whether or not they are members. Register online through Baker Lodge website, or call The Mountaineers Program Center at 206-521-6001.

VOLUNTEER

Enjoy cooking, painting, electrical, plumbing, or carpentry work? If so, contact the Baker Lodge Committee Co-chair Dale Kisker (206-365-9508, dkisker@comcast.net), or Co-chair Becky Morgan (360-793-4974, campma@peoplepc.com). We'll show you how to enjoy the fun and beauty of Mt. Baker while helping to make a great lodge run smoothly.

During winter and early spring, all cars must carry chains and a snow shovel! A Sno-Park permit is not needed to ski at the Baker Recreation Company's ski facility.

Meany Lodge

www.mountaineers.org/meanylodge

The Mountaineers oldest winter sports resort, located approximately 60 miles east from Seattle off of I-90 near Stampede Pass and Surrounded by the Wenatchee National Forest, Meany Lodge provides a warm family environment for all - perfect for winter and summer adventures alike.

SPRING CARNIVAL, 3/9/2018

The last winter weekend of the year, a weekend of racing and entertainment for all ages.

WHAT TO EXPECT

We are an all volunteer community, not a 4 star hotel. Meany Lodge provides a warm family environment for all. With room, board and hot showers, it's perfect for winter and summer adventures. You provide your own sleeping bag and toys (from skis to board games), and the lodge provides most everything else, including food. If you have allergies or dietary restrictions, please contact us and we'll work with you.

When visiting Meany, always register for your event, even when attending our free work parties. This ensures we have enough volunteers and food to for everyone joining us.

VOLUNTEER

If you have been wondering what it takes to keep Meany going, come to one of the Work parties held in the Summer and Fall and see what it takes. Work parties are free and offer a great opportunity to enjoy the lodge in a different light. You can learn new skills or brush up on old ones that your 'real' job doesn't let you do anymore. There is also time to get to know folks over work and conversation. Contact: chair@meanylodge.org

A state-issued sno-park permit is required if parking in the Crystal Spring SnoPark.



Stevens Lodge. Photo by Jeremy Lange

Stevens Lodge

www.mountaineers.org/stevenslodge

Nestled near the Stevens Pass Ski Area, this rustic ski-in/ski-out lodge is your quiet dream get-a-way from the hustle and bustle of the big city. You can enjoy skiing, snowboarding, backcountry skiing, cross-country skiing and snowshoeing. We are located adjacent to the ski area at the summit of Stevens Pass, putting you within hiking distance to all of the trails at the summit, the Pacific Crest Trail and the excellent Stevens Pass Bike Park.

RESERVATIONS

From April to mid November, the lodge is available for group bookings of 30 or more people. Meals can be provided or your group can provide their own cooking and food. Depending on snow accumulation and the Stevens Pass Resort, from mid November to late March the lodge is open to all, every weekend, during the ski/snowboard season from 6pm Friday to roughly 2pm Sunday. To book a stay at the lodge for the weekend, reservations can be found on the Lodge's home page. Each weekend breakfast is provided on Saturday and Sunday, and dinner on Saturday. The lodge has two dorms with 20 bunks in each dorm. There are two shared bathrooms, each with a shower. The main living area has a large dining room and a lounge area with a fireplace. The dining area can also double as a classroom for those wanting a learning environment.

VOLUNTEER

Our lodge at Stevens Pass is run and maintained almost entirely by volunteers. We schedule work parties every fall to get together and prepare the lodge for the upcoming season. If you would like to join the family and volunteer, or simply get more information about helping out, please contact StevensLodge@outlook.com.

Follow us on Instagram @stevenslodge_mountaineers, Facebook and Twitter @StevensLodge for the most updated details about lodging, events, and how to purchase swag.



Kitsap Forest Theater

Kitsap Forest Theater & Cabin

www.ForestTheater.com

Theater Inspired by a Magical Place - Escape to the Kitsap Forest Theater! Join us for a grand adventure as you stroll down the forested trail to our unique and breathtaking theater. Our 2018 season brings "Peter Pan" (spring) and "Tuck Everlasting" (summer) to life on our unique stage. These uplifting and family-friendly musicals will appeal to young and old alike - treat yourself to a "day away" in the forest.

TICKETS AVAILABLE ONLINE

Give the gift of outdoor adventure for the whole family! **Save on our two-show package.** "Peter Pan" (May 27, 28, June 2, 3, 9, 10, 16, 17) and "Tuck Everlasting" (July 28, 29, Aug 4, 5, 11, 12, 18, 19). Tickets also available at The Mountaineers.

AUDITIONS FOR 2018 SEASON

Callback auditions for both shows are in early March. Weeknight rehearsals are at Seattle Center, weekend rehearsals and performances are held at our outdoor Forest Theater in Bremerton. Contact auditions at foresttheater.com for more information.

HELP WANTED

Do you like to cook? **The Mountaineers Players are looking for cooks to prepare meals for cast and crew** during Kitsap weekend rehearsals and performances. We also need help with set building, costume sewing, prop collecting, ushering and parking for shows, and property upkeep. Please contact us to offer help.

KITSAP FOREST ADVENTURE CAMP

Sign-ups for two weeks of Adventure Day Camps in July for grades K-4 are open. Camps fill up fast, so don't delay in signing up. We offer ferry transportation from Seattle. Do you like mentoring kids in the out of doors? **We are looking for staff** (paid and volunteer) to work with kids grades K-4 for two weeks of outdoor day camp in July. Includes riding the ferry from Seattle.

Welcome to the seven branches of The Mountaineers



Propelled by dedicated and skilled volunteers, all branches offer a number of courses and seminars. Many courses, such as climbing, scrambling, kayaking, backcountry skiing and others, require a set of learned skills to enjoy safely and follow a common curriculum from branch to branch.

Although our program curricula are coordinated to meet Mountaineers-wide standards and policies, each branch offers a slightly different flavor or character to its offerings. Though you may want to join the branch nearest to your home, you can join any branch of your choosing. For current activities and links to branch websites, visit www.mountaineers.org.

BELLINGHAM

Vice Chair: Minda Paul,
mindapaul@hotmail.com

Website: mountaineers.org/bellingham

The Bellingham Branch was founded in 1983 with 50 members. You will find it tucked alongside the craggy expanse of the North Cascades. It features a vital, close-knit community, courses in first aid, basic and intermediate mountaineering.

It is also home to one of the most popular Mountaineers getaway destinations, Mt. Baker Lodge. From the lodge, Mountaineers and guests can also recreate to their heart's content year-round. In addition to the courses noted above, Bellingham also offers hiking trips and snowshoe tours.

BRANCH MEETINGS: Public meetings are held on the 2nd Tuesday of each month and Branch Committee Meetings are on the 4th Tuesday of each month. See the website for time and locations.

VOLUNTEER OPPORTUNITIES: We would love to have additional hike and snowshoe leaders along with backcountry ski and youth program coordinators. We are also currently looking for a branch treasurer and a branch chair-elect. Email Minda for details.

EVERETT

Chair: Elaina Jorgensen,
elaina.jorgensen@gmail.com

Website: mountaineers.org/everett

The Everett Branch was officially founded in 1911 when the Mountaineer charter was amended to provide for branches. It has recorded many "firsts" during its storied history including the first ascent of Whitehorse Mountain in 1913, the first climbing course in 1954, and the award of the first Intermediate Climbing Course certificate in 1979. Since Everett is a smaller branch, the companionship of fellow Mountaineers is valued as much as outdoor experiences.

Everett's programs include alpine scrambling, basic and intermediate climbing, back-country and Nordic (cross-country) skiing, hiking, sea kayaking, singles and snow-shoeing. The

Branch's avalanche, navigation and wilderness first aid courses provide instruction in critical outdoor skills.

The Lookout and Trail Maintenance Committee restored and now maintains the Mount Pilchuck Lookout. Each year, thousands of people climb to the lookout to enjoy a spectacular 360 degree view of the Cascades, the Puget Sound and the Olympics.

BRANCH-WIDE EVENTS: Everett members gather together from time-to-time for some fellowship, food, and fun. Those events include a Salmon Bake in October, a Gear Grab & Pot Luck in March, a Family Picnic in August, and an Annual Awards banquet in November.

OPEN HOUSES: The general public as well as Branch members and their guests are invited to attend our monthly open houses on the first Wednesday of most months (no open houses in July, August or December). Some open houses

are devoted to introducing our courses. They include Winter Course Night (November), Spring Course Night (February) and Introduction to Hiking (April). Others feature guest speakers. Beginning in January 2017, the open houses will be held at a NEW LOCATION, the Snohomish County Public Utility District (PUD) Building, 2320 California Street, Everett 98206-1107. You can also explore our website, to learn more about our activities, courses and events.

VOLUNTEER OPPORTUNITIES: The Everett Branch has unlimited volunteer opportunities for those who want to lead climbs, hikes, scrambles, ski tours, kayak paddles and trail maintenance activities. Our course graduates are often invited to return to serve as assistant instructors. Volunteers are also needed to serve on activity and branch committees. Please join us.

KITSAP

Chair: Jerry Logan
cjtjlogan@gmail.com

Website: mountaineers.org/kitsap

Founded on March 6, 2003 the Kitsap branch counts in its backyard the trails, waters, and mountains of both the Kitsap and Olympic peninsulas. Over slightly more than a decade, this branch has developed very strong climbing and hiking programs and in the past few years its conservation/education program has also grown significantly. Other Kitsap Branch courses

and activities include snowshoe/winter travel, navigation, first aid, and sea kayaking and the branch is currently exploring the possibility of starting a naturalist committee. Our activity committees sponsor several stewardship efforts each year and recurring events include our fall Salmon Safaris and our mushroom walk. The branch hosts an Annual General Membership meeting every October. A major goal of the branch is to add more family activities in 2017.

BRANCH MEETINGS: Most branch meetings and courses are held at the historic Kitsap Cabin at 3153 Seabeck Highway, which is located on the Kitsap Forest Theater/Rhododendron

Reserve property between Silverdale and Bremerton. However, some meetings may be held at other locations throughout Kitsap, Jefferson, or Clallam Counties, depending upon the activity or the audience to be reached. Branch council meetings are held quarterly on the third Thursday of the designated month at 5:45pm. To find the day and location of the council meetings please check the Kitsap Branch event calendar of The Mountaineers website or go to our Meetup page - Kitsap branch of the Mountaineers.

SEATTLE

Chair: Peter Hendrickson,
p.hendrickson43@gmail.com

Website: mountaineers.org/seattle

Seattle Branch was The Mountaineers in 1906 when the club was founded. Seattle Branch courses and activities include hiking and backpacking, scrambling, climbing, Nordic skiing, snowshoeing, avalanche, on and off trail navigation (including GPS), first aid, safety, youth/family oriented activities, folk dancing, leadership training, naturalist study, conservation/stewardship, photography, 20's -30's events, Retired Rovers activities, sea kayaking, and sailing.

Volunteers instruct, lead, develop, govern and enjoy our courses, activities and events. We welcome more hands to help with an activity,

add quality, or something unique. Make inquiries directly to committee chairs or to the Branch Chair.

Seattle Branch Council meetings are held at the Seattle Program Center 6:30 to 8:30 pm the second Thursday of the January, March, May, July, September and November. Guests are welcome. Meeting minutes are found in the branch committee web folder. Branch Council elections are held in the fall of odd numbered years.

A recognition and award banquet is held each year to celebrate the great work of the hundreds of volunteers.

An ongoing invitation is extended to new or simply curious folks for the activities below.

MEET THE MOUNTAINEERS: The Seattle Branch holds a Meet The Mountaineers open

house at The Mountaineers Program Center periodically. These allow new members and prospective members to learn about The Mountaineers offerings. Keep an eye on the website for information about the next one.

FOLK DANCING: Tuesdays 7:30 to 9:30pm (unless a parks or national holiday). Location: Peter Kirk Community Center (AKA Kirkland Community Senior Center) 352 Kirkland Avenue, Kirkland. See online Seattle Branch events calendar (not to be confused with the Seattle Program Center).

INTRO TO MAP, COMPASS AND ALTIMETER: Learn how to keep from getting lost outdoors. See website to register. Fee.

PHOTOGRAPHY: Each 3rd Wednesday, the Seattle Photography Committee holds a potluck and photo presentation.

FOOTHILLS

Chair: Cheryl Talbert
cascadehiker@earthlink.net

Websites: mountaineers.org/foothills

The newest Mountaineer's branch, founded 12 years ago, the Foothills branch encompasses the eastside communities along the I-90 and I-405 corridors. The branch sponsors trips, classes and courses that focus on hiking, backpacking, avalanche awareness, backcountry skiing, first aid, navigation, snowshoeing and winter camping.

Signature programs include a season-long Backpacking Building Blocks (B3) backpacking course and a Ski & Snowboard Mountaineering course. In 2016 the branch sponsored 203 hikes and backpack trips and 27 ski activities.

The branch sponsored 40 courses, classes and clinics in 2016 on a variety of outdoor recreation topics. Foothills also frequently offers "Introduction to Hiking in the Pacific Northwest" seminars.

VISIT THE FOOTHILLS WEB PAGE for information on upcoming activities, meetings, film and speaker events, trips, and courses. A "Foothills News & Notes" email is sent monthly to branch members. If you live on the eastside and are not a Foothills member, you can modify your affiliation by accessing "Your Account" on the club website.

MEMBERSHIP MEETINGS: Branch Membership meetings and Leadership Council meetings are open to all members and held from time to time at Issaquah, Mercer Island or Bellevue locations. See the branch website and calendar for specific

events and meeting dates.

VOLUNTEERING: Are you looking to develop or utilize your knowledge and skills while making new friends and working with like-minded outdoor enthusiasts? The Foothills branch welcomes members interested in becoming new activity or trip leaders, instructors, and event planners. The branch regularly offers training classes to qualify individuals to lead hikes and backpack trips. Backcountry Ski and Snowshoe leader training is also available. Contact information for course and activity committees can be found on the branch website page. And the branch is always looking for individuals interested in assuming leadership positions and assisting with administration and strategic planning.

TACOMA

Chair: Jim Paxinos,
jim.paxinos@tacomamountaineers.org

Website: mountaineers.org/tacoma

The second largest of all seven branches, Tacoma maintains not only its own program center in the Old Town neighborhood of Tacoma, but a property close to Mt. Rainier,

the Irish Cabin on the Carbon River. Tacoma Branch offers an extensive list of activities and courses, including backpacking, hiking, conservation, scrambling, climbing, first aid, snowshoeing, skiing, sea kayaking, sailing, wilderness navigation, avalanche awareness, photography and youth programs.

Learn more about us by visiting our branch website to view our activities, our events calendar and other offerings.

MEET THE TACOMA MOUNTAINEERS: Tacoma Branch holds a free meeting on the third Thursday of every month (except June-August and December) to introduce prospective and new members to the branch. The meeting starts at 7pm with a presentation about The Mountaineers, followed by an interlude to talk with various activity reps (hiking, climbing, sea kayaking to name a few of the 22 activities).

OLYMPIA

Chair: Siana Wong, sianawong2@gmail.com

Website: mountaineers.org/olympia

The Olympia Mountaineers hold a potluck and speaker series on first Wednesdays in September through May, excluding November, at the Friends Meeting Hall at 3201 Boston Harbor Rd. NE. The potluck meal begins at 6 p.m. Bring a dish to share and your own plate and flatware. The adventure presentation begins at 7 p.m. Contact Carolyn Burreson at cbburreson@q.com. The branch library will visit, too, giving you a chance to browse, return books, or check out materials.

APRIL 4 ADVENTURE PRESENTATION: Bill Thorness will trace the contours of the Pacific

Coast from Vancouver, BC to Mexico, as outlined in his book "Cycling the Pacific Coast." Preview the trip - sandy beaches, craggy sea stacks, and towering redwoods - with Bill's lively photo and map slideshow. Bill will have books for sale, including his "Biking Puget Sound: 60 Rides from Olympia to the San Juans."

MAY 2 ADVENTURE PRESENTATION: Steve Swenson will share stories and images from his book "Karakoram: Climbing through the Kashmir Conflict," detailing his nearly four decades of climbing in Pakistan, India and China. Steve's presentation explores the nature of high altitude, alpine climbing, the complexities of mounting remote expeditions, the geo-political workings of the region, and his passion for the area's cultural communities.

CROSSCUT SAWYER CERTIFICATION available through the Conservation Committee. Contact Jim French at jimfrenchwa@comcast.net for details.

NEW: MID-WEEK HIKES! Want to get out mid-week, close to home? If so, then these 3 to 8-mile hikes are for you. Most will be taken from Craig Romano's "Urban Trails Olympia" and will be easy to moderate and at a casual pace. Contact Carla Jonientz at carlajonientz@yahoo.com.

THE BRANCH OFFICERS meet on second Wednesdays at 6 p.m. at the Olympia Center, 222 Columbia St NW. Members are encouraged to attend the meetings on March 14, April 11, and May 9.

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Photo: Andy Porter
'Camped Under the Milky Way 3'
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Empowerment

by Steve Scher, University of Washington teacher

Mountaineers snowshoe group on Mount Rainier. Photo by Ida Vincent.

While my wife was buying our snowshoe permits for the Crystal Mountain Nordic Area, I leaned against the back of our car, put my snowshoes on, and admired the couple resting at a nearby picnic table. They'd finished their jaunt through the powder around Leach Lake. They had at least a score on our three score years and I saw them as my role models. I too would be taking to the slopes for the next two decades, no matter the whining from my knees. They were doing it. I could do it. They had seized the day. Their stooping shoulders were not to be yoked by the presumptions of society or nature. They were empowered.

We live in an era of empowerment, when many people stand in front of the mirror and see the individual staring back. We live in a time when we tell our selves that we alone get to determine our identity. Especially today, led by women who are determined that now is the time, #MeToo is the cry, empowerment is the key.

Funny then that the original definition of empower is to give official or legal power to someone or some official entity.

Its arrival as the modern concept for self-actualization took a few hundred years of debate.

When John Milton wrote "thou us empower'd," in 1667's *Paradise Lost*, it was God who granted power.

Immersed as he was in the enlightenment ideal of free and independent citizens, Thomas Jefferson knew the word as a legal charge from duly authorized governments to empower delegates to act in their interests or to empower legislatures to pay for supplies.

It is only much later, during the rights explosions of the 1970's that empower came to have its current cachet. Civil rights activists, feminists, Latinos, Native Americans, and freedom fighters across the globe redefined empowerment as the act of the individual, alone or in concert with other like-minded citizens. That definition took hold and spread. The "we" is not some other entity, not God, nor government that grants authority. It is something we earn by asserting it, though there can be dangers from an empowered citizenry. Unyoked from empathy, it can lead to the tyranny of the mob.

Where do we learn to take the steps that lead us toward an enlightened empowerment?

In the wild.

On roiling seas, along narrow ledges, on wind swept pinnacles many moderns, women and men, transgender and cisgender, old and young, confront their challenges, test their individual mettle. The movement that takes us into the mountains is a movement of empowerment. Strength and struggle take to the trail together.

So, back to the snowshoeing excursion. As we ended our almost 5-mile trek, exhausted but proud that we'd sallied forth, an SUV carrying a family of four pulled into the parking lot. Mother, father, son, and daughter leapt out. The kids were corralled, bundled up, strapped in and set forth onto the cold bright day, no doubts in their minds that the steps they took were their own, the challenges they faced would be met.

It felt like a vision of what could be. Empowered individuals facing a future engaged in the promise of the wild. ▲▲

The Mountaineers presents

BEWILD

Stories of Passion & Adventure

Joe Riis | March 20

Joe Riis is a wildlife biologist turned photojournalist and filmmaker known for his pioneering documentation of animal migrations in the West. He's a Photography Fellow at National Geographic. His new book, *Yellowstone Migrations*, from Braided River, the conservation imprint of Mountaineers Books, is the first book to feature his images exclusively and you'll be among the first to see them on the big screen.

Hiking the PCT | May 22 with Tami Asars, Eli Boschetto, Philip Kramer, and Shawnté Salabert

These authors are avid hikers and backpackers with a taste for wild places. Each documented sections of the PCT from the Canadian border to the southern tip of California in Mountaineers Books' Hiking The Pacific Crest Trail section guides. Join us to discover your new favorite section of the PCT.

Show starts at 7pm | Doors at 6pm



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