



PLAY LEARN EXPLORE PROTECT YOUTH RENEW



# BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

July 2024

## CHAIR'S CORNER - Uwe Sartori

Summer rolls on and great BPX trips with it. We're half-way through our spring/summer/fall season and on pace to at least match last year's completed trip count. Lisa Shroyer, BPX Trip Leader Coordinator, has reached another milestone: 39 BPX Trip Leaders have posted a BPX trip this season, the most ever. Trip cancellations have dropped, likely due to a combination of better weather, and better planning in the beginning of the season to account for snow. Yay!

**Sign-Up!** I'd love to see our BPX Member trip participation reach 350+. Haven't jumped on a trip yet? No worries. Plenty of time over the next 3 months; but don't dally. Trips fill up.

**Conservation** - Please do your part. Trash on the trail or camp sites? Pick it up. Fire ring in a wilderness area? Deconstruct and restore. (Bring work gloves, a sack for charcoal removal, and restoring the area with dirt/pine needles, etc). [Load the CMC RIMS](#) app and use it. It's a great way to communicate with land use managers about trail and site conditions that could require their assistance. Volunteer for a trail work crew. Consider it your small token of appreciation for all that you have received from the forests and mountains.

## UPCOMING BPX TRIPS

Trips will typically open up 30 days prior to their start date (trips requiring camping or permit fees may open up sooner), and there is no limit on the number of BPX trips you can go on! However, you must be a member of the BPX Section.

E=Easy M=Moderate C=Challenging D=Difficult

### Upcoming Trips with Openings\*

Jul 22-24 Mon-Wed E [Colorado Trail Segment 11 South from Mt Elbert TH](#)

Jul 23-28 Tue-Sun D [Colorado Trail - Segments 18-21 from CO Highway 114 TH](#)

- Jul 24-27 Wed-Sat C [Ragged Wilderness Dark Canyon Figure 8 Loop](#)
- Jul 27-29 Sat-Mon C [Twin Lakes, Blue Lake and Peggy Lake](#)
- Jul 29-31 Mon-Wed M [Elliot Ridge and Gore Range from Elliot Ridge TH](#)
- Jul 29- Mon-Thu C [West Elk Wilderness: Mill Castle Trail to Lowline Trail Loop](#)
- Aug 1
- Aug 1-3 Thu-Sat E [Brady Lake from Sopris Lake TH](#)
- Aug 5-7 Mon-Wed C [McCurdy Park from Lost Park TH](#)
- Aug 5-7 Mon-Wed C [Lawn Lake in RMNP from Lawn Lake TH](#)
- Aug 9-11 Fri-Sun D [Abyss Lake Trail from Burning Bear TH](#)
- Aug 13-14 Tue-Wed M [Lake Constantine from Halfmoon TH](#)
- Aug 21-25 Wed-Sun M [Wheeler Geologic Area Via Halfmoon Pass from South Fork Saguache TH](#)
- Aug 23-26 Fri-Mon D [Camp - Sugarite Canyon State Park Campground NM](#)
- Aug 30- Fri-Mon M [Parvin, Island, and Wall Lake from Trappers Outlet TH](#) Opens Jul 30, 6pm
- Sep 2
- Sep 3-7 Tue-Sat C [Washakie Pass, Lizard Head and Cirque of the Towers Loop](#) Opens Aug 3, 7am
- Sep 3-6 Tue-Fri D [5 Pass Loop Tour of the Horns from Matterhorn Creek TH](#) Opens Aug 5, 10:10am
- Sep 6-8 Fri-Sun C [Wheeler Geologic Area Via Halfmoon Pass](#) Opens Aug 7, 6:30pm

### Upcoming Trips with 0-1 on Waitlist\*

- Jul 24-26 Wed-Fri M [Never Summer in RMNP from Colorado River TH](#)
- Jul 27-29 Sat-Mon M [Fancy, Treasure Vault and Missouri Lakes from Missouri Lake/Fancy Pass TH](#)
- Aug 9-11 Fri-Sun C [Camp Lake from West Branch TH](#)
- Aug 9-11 Fri-Sun D [Colorado Trail Segment 6 from Kenosha Pass West TH](#)
- Aug 10-11 Sat-Sun D [Macey Lakes from Horn Creek TH](#)
- Aug 14-18 Wed-Sun M [Camp - Grand Mesa](#)
- Aug 16-18 Fri-Sun D [Deep Lake, Heart Lake from Sheep Lake TH Returning Over Medicine Bow Peak](#)

\*As Of July 19. Continue to check the CMC Website since Leaders add trips throughout the season.

You can check your trip status by hovering over your name at the top of the main CMC Home Page and selecting the *My Activities* option from the dropdown. This displays a page with the activities you are registered for along with your status--Registered or Waitlist with your waitlist position. If you are on the waitlist, keep checking since there are often cancellations.

Whether you are on a waitlist or a roster, if you decide to NOT go on a trip, please CANCEL AS SOON AS POSSIBLE. It may not seem necessary if you are on a waitlist, but many trips have a relatively high turnover shortly before the trip, so please cancel to open up a spot for the next person.

[Mountain Side Gear Rental](#) in Golden rents backpacking gear with a 10% discount for CMC Members.

## SCHOOLS/EVENTS

### DENVER

DAY HIKER SCHOOL Virtual Alternative to WTS. More info [here](#)

WILDERNESS TREKKING SCHOOL (WTS) Starts [Sep 3](#)

TRIP LEADER SCHOOL More info [here](#)

INTO TO HIKING SAFETY [Jul 24](#)

BACKCOUNTRY INCIDENT MANAGEMENT [Sep 14](#)

### PIKES PEAK

WTS INTRO TO BACKPACKING Starts [Jul 29](#)

WTS WILDERNESS FUNDAMENTALS Starts [Sep 16](#)

WTS LAND NAVIGATION Starts [Oct 9](#)

## STATE

WILDERNESS FIRST AID/FIRST RESPONDER Multiple Offerings - Check CMC Website [here](#)

Continue to check the CMC Website for additional courses.

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## BPX TRIP REPORTS

### Wigwam Park - Lost Creek Wilderness

#### Trip Leader Steve Norman- Denver Group

An ideal early season trip with 7 participants to get in some moderate miles and elevation gain with plenty of time for relaxing on this 4 mile in and out trip. Good group dynamics and no problems other than an air mattress that didn't want to stay inflated. Good practice on water crossings – 8 each way, some of which were well worn; hiking poles recommended and spare socks.



### Cathedral Lake Backpack

#### Trip Leader Garrett Pettingell - Denver Group

Short but very steep hike up to this lovely lake surrounded by towering mountains. Garrett cooked hamburgers and bacon and eggs - best camping food ever!





## North Rim Grand Canyon Campground

### Trip Leader Tim Musil - Denver Group

There were 6 of us on the Grand Canyon camping trip, and everyone had a great time. We made the 12-hour drive to the north rim campground and spent the next 3 days day hiking along the rim as well as into the canyon; had a special meal at the Grand Canyon Lodge; and attended 2 ranger lectures.



## BPX TIPS OF THE MONTH

### Stakes Alive

You've got your tent set up and are ready to stake it out so it doesn't blow away. What happens next depends on your choice of stakes.

The stakes that came with your tent are probably similar to the aluminum stakes in "A." These weigh in at .3 oz with a length of 5.5". These stakes will probably work in solid dirt or firm grassy areas, but you may need longer stake "B" depending on winds and ground composition. Both "A" and "B" stakes carry the MSR label and are known as Groundhogs. They are a solid standard for tent anchoring. The longer Groundhog stake weighs .5 oz and is 7 3/8".



Next up is Stake "C" – a blue curved, aluminum stake labeled "Liberty Mountain" which weighs the same as the longer MSR Groundhog, but is 6.5" long. The curved head allows for rope or cordage to be added.

Stake "D" has no label and no pointed end. It is 7 3/4" and weighs 2.3 oz. The end of the stake is beveled on one side to sink it more easily into the ground.

Stake "E" resembles a ten-inch nail with an anchor under the nail head. The Wilcor stake measures 9.5". Hammering this stake into the ground could crack the orange plastic anchor, so you will need to carefully pound it into the ground.

Stake "F" is known as a "Twist Anchor" with length of 12.5" and a weight of 2 oz. This stake is made of a super-strong acetal plastic. It screws into the ground, and because of its circumference is unlikely to fit a regular tent grommet--more appropriate for anchoring a canopy or large tent in sand or tying out your 140-pound Bernese Mountain Dog.

No matter which stakes you use, pound it in as deeply as possible at a slight angle leaning away from the tent. It will be easier to extract if you leave an inch or so of the stake's head above ground. Count the number of stakes used during set up so when you break down the tent, you don't leave any stakes for the next camper.

As a precaution of stepping on the stakes when you enter or exit your tent, place a rock on top or near the

stake head protruding above ground.

To pull the stake out, use an extra stake or a piece of wood through the cordage loop on the Groundhog stake. Wiggling it in the ground should loosen it, allowing it to be more easily pulled out.

--Courtesy Linda Lawson--

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## DENVER WILDERNESS TREKKING SCHOOL - Starts Sep 3

Hiking in Colorado's mountains is fabulous recreation! Wilderness Trekking School (WTS) is for all – whether you want to bag a few 14ers OR just want to enjoy the scenery. WTS is a great introduction to the CMC and a place to meet new friends. It is a comprehensive course on mountain day hiking, with no prerequisites. Students are all ages, from 18 to 80. If you're new to hiking, WTS provides the opportunity to learn how to travel safely and confidently in the backcountry. If you're an experienced hiker, WTS gives you a chance to review and enhance your skills, and possibly to fill in some gaps. WTS also fulfills one of the requirements to take Backpacking School and Alpine Climbing School.

The course consists of streaming videos on your own, 5 Tuesday night small group meetings, 5 field days, and weekly homework. Students are divided into groups of 9-11 people, based on preferred field day, with consideration as possible for fitness level.

The curriculum includes safe backcountry travel techniques and opportunity to practice them in a supportive environment. Students plan and complete a CMC trip with their field group. WTS is a great place to learn and practice new skills, make new friends, and become a safer, more confident backcountry traveler.

Registration opens July 2. More information, including a complete schedule of lectures and field trips and enrollment instructions, available [here](#).

*"This course is way beyond what I thought it was going to be - it has challenged me physically and emotionally (I have overcome many fears)."* –WTS Student

*"I thought I came into the class with a lot of knowledge, but I learned far more than I expected!"* –WTS Student

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## BPX MEMBER INFO

**BPX FACEBOOK:** [BPX FB](#) Send Photos and Trips Reports to post on BPX Facebook Page to: [maggie.burns1@gmail.com](mailto:maggie.burns1@gmail.com)

**BPX INSTAGRAM:** [@co\\_backpacking\\_bpx](#)

**BPX LINKS:** Click [here](#) for BPX web page, [here](#) for BPX Member Benefits, and [here](#) for CMC Member Benefits.

**BPX MEMBERSHIP RENEWAL:** When renewing your CMC Membership, remember to choose the Backpacking Section for an additional \$20 on the SELECT YOUR SECTIONS page. You can also join/renew your BPX membership any time by clicking [here](#) or calling the CMC Office at (303) 279-3080.

**DENVER GROUP MILEAGE REIMBURSEMENT GUIDELINES:** [here](#)

**AMC PARKING INFO:** [here](#)

**COLORADO ROAD INFORMATION:** [here](#)

**FIRE INFO:** [National Interagency Fire Center News](#) [Colorado Fire Restrictions](#) [Wildfire Risk Management Checklist](#)

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*CMC Backpacking Section Supports Leave No Trace*

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**CMC connects Coloradans with more than 3,000 trips, hikes and activities annually. Members also receive huge deals on outdoor gear, lodging, events and more.**

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