

IMPORTANT: Join the Wait List when “the roster is full”

Many hikes on the calendar fill quickly, but some members inevitably cancel as trip time approaches, so **sign up anyway** because wait lists *almost* always clear.

Worried about not knowing how trips work? Which trips to sign up for? About being too slow or fast? Review [“Trip and Trail Etiquette and Related Suggestions.”](#)



Sign up for a [New & Prospective Member Hike](#). They are offered two to three times a month and answer questions about trips, schools, gear, hiking speed/pace, carpooling, and CMC member resources.



Read the [Ascending Hikes Section Member Guide](#), a basic guide to hiking fitness, understanding speed/pace, elevation gain, mileage and high point elevation. The Section is free and open to all members.

GET NOTICE WHEN A TRIP POSTS

Sign up for Trip and Activities **Alerts & Notifications** in the **My Preferences** section of your online CMC Profile. Learn by reading trip details – pace, distance, gain. Find trip leaders who suit your hiking style.

JOIN SPECIAL INTEREST SECTIONS

To help yourself, ask the CMC office to add you as a member of all activity sections you are interested in. Most are free and the others cost only a few dollars a year. Some sections send emails at a regular time each month to their members. Sections may be organized by age (ex. 21-40, 50+) or by activity (ex. backpacking, biking, climbing, hiking, skiing, family). Denver Group also has a Conservation Committee that works on open space agency issues.

BECOME A TRIP LEADER OR SCHOOL INSTRUCTOR



Note that many CMC classes are free or heavily discounted for trip leaders, so decide if that interests you. If it does, sign up for the [Trip Leader Track](#). Usually, people who attend a class are invited to apply as an assistant instructor in future class sessions.

VOLUNTEER WITH YOUTH

CMC serves thousands of children annually with activity camps, after-school programs, and classroom visits. We welcome qualified adult volunteers. Help kids ages 5 to 18 develop a love for nature and outdoor skills.

STILL HAVE QUESTIONS?

Search activities/questions at cmc.org or write the Membership Services Team at office@cmc.org or call them at 303-279-3080.



FIND YOUR ADVENTURE!

Find your place in the outdoors with Colorado's premier backcountry and mountain community. Your membership unlocks access to outdoor trips, courses, guidebook discounts, gear discounts and more.

- Recreation
- Education
- Conservation

710 10th Street, Suite 200
Golden Colorado 80401
cmc.org (303) 279-3080



CMC Schools

You can “just hike” with the CMC and enjoy our beautiful outdoors without taking any classes, but as you hike with others, you may be interested in learning more and developing your backcountry skills.

THE FOUNDATION CLASS



Required to move on to many other CMC classes is **Either [Wilderness Trekking School](#) (WTS, in-person classes and field days), offered Spring and Fall, or [Day Hiker School](#) (DHS, Hybrid - online classwork and in-person field days), which is open for registration all year on a rolling basis. Have a lot of experience already? You may be able to waive all or part of the class requirements.**

NEXT LEVEL HIKER FOUNDATION CLASSES

WTS or DHS (above) is a prerequisite.



[Alpine Scrambling Class](#). This class teaches non-roped bouldering, a skill that’s required on most peaks, even low ones, and on many trails. You will be amazed at how much confidence you build and how many places you can go!



[Backpacking School](#). Backpacking is the best way to experience the Colorado backcountry. Even if you are not sure about your interest, this class will build your confidence and let you see new places with CMC veterans.



[Climbing and Mountaineering](#). Beginners can start with Introduction or Basic Level classes without any prerequisites. There is a waiver process that can permit a climber to jump into the Intermediate or Advanced classes.

Classes and trips are designed to teach the technical elements of rock, snow, and ice climbing and specialized skills to safely negotiate challenging terrain.

“NO-PREREQUISITE” CLASSES OPEN TO ALL MEMBERS

Up your game quickly -- Check them out at the CMC [Schools and Classes](#) page.



[Wilderness First Aid](#). This two-day class usually is offered once a month. Preparation, pre-reading, instruction, and role-play. Prerequisite to becoming a trip leader or instructor.



[Avalanche Terrain Avoidance](#). One day class offered several sessions each winter with an afternoon field component. Learn about Colorado’s unique snow challenges. Prerequisite to becoming a winter trip leader or instructor.



[Wilderness Survival School](#). No eating bugs, roots, or tree bark! Prepare for unforeseen emergency sheltering, signaling for help, plus staying safe and warm, because help may not come until the next day. Increase your odds of survival.



[Beginner Snowshoe School](#). Learn about snowshoe selection and fit, clothing, staying warm, breaking trail, snow travel techniques, fall recovery.



[Backcountry Nordic Ski School](#). Experience Colorado’s finest snow, away from the crowds and lift tickets! No experience necessary.



[Navigation 1](#). Virtual classroom, in-person field days, rolling enrollment. Intro to map and compass, reading topo maps, plotting a course, following a bearing, off-trail travel techniques.



[Fly Fishing](#). Equipment, casting, knots, flies, fish behavior, wading safety This school (or similar experience) is required for Section trips.

WANT HELP WITH YOUR HIKING SPEED AND STAMINA?



Join the free [Ascending Hikes Section](#). Every new CMC member should read the [Member Guide](#), which discusses how to assess your own hiking readiness, how to select hikes right for you, and how to improve hiking fitness. Look for Ascending Hikes, now offered year-round.

WHAT ELSE DO YOU WANT TO TRY?

CMC has next-level courses on Camping, Climbing, Mountaineering, Navigation, Snow Travel, Survival, Biking, Photography, Knot-Tying, Skiing, and Snowshoeing. Find about all of them at the [Schools and Classes](#) page.