



COLORADO MOUNTAIN CLUB

DENVER GROUP

Mile High Mountaineer

March 2024



© Sandy Heise



Photo courtesy of Cyndi Lehr

Alpine Scrambling Course (ASC)

Alpine scrambling is defined as unroped climbing over mountainous terrain. The Denver Group's Alpine Scrambling Course (ASC) consists of self-guided online learning, 3 online weekday evening lectures, one in-person meetup (weekday evening), a Student Skills Field Day (Snow Travel and Scrambling Skills), and 2 progressive Scramble Field Days.

There is strong emphasis on route-finding and teamwork throughout the course. ASC will require a significant time commitment over May and June. It's well worth it! This is a popular course that always fills up.

Find more details [HERE](#). **There are a few spots left! Apply today.**

The application process has two steps:

- Complete the Online Course Application
- Wait for confirmation of your acceptance into the course, then register for the course via the website (enroll/pay tuition.)



Photo courtesy of WTS

Wilderness Trekking School (WTS) Starts April 2

Wilderness Trekking School (WTS) is for all – whether you want to bag a few 14ers or just want to enjoy the scenery. Students are adults of all ages, and it's the CMC's most popular school. It's a comprehensive course on mountain day-hiking, with no prerequisites.

If you're new to hiking, WTS provides an opportunity to learn how to travel safely and confidently in the backcountry. If you're already an experienced hiker, it gives you a chance to review and enhance your skills and maybe fill in some gaps.

WTS is a requirement for the Backpacking School and Alpine Climbing School so, if you're interested in either or both of those, [sign up for WTS today](#).

Learn and practice new skills, make new friends, and become a safer, more confident backcountry traveler!

Tuition is \$170 until March 25 for current CMC Members, and \$190 thereafter.

[Registration](#) is open now on the course website.



WSS bivy shelter discussion. *Photo by John Lindner*

Wilderness Survival School (WSS)

This school is designed to provide the skills and self-confidence to increase your odds of survival in an unexpected stay in the wilderness. Topics covered include, but are not limited to, preventing a survival emergency, psychology/attitude, shelters, signaling, fire craft, and hypothermia. Survival-related medical emergencies and other priorities will also be covered. WSS includes three weeknight lectures and one overnight field lesson that provides practical training and experience in a simulated survival situation. This school is particularly informative to the novice/intermediate hiker, but even very experienced CMC members have found it valuable.

Enrollment is open to all CMC members (only) with ANY level of backcountry experience or hiking classification.

The overnight training is not a “sink-or-swim” field trip, and we will not be surviving off of roots, berries, wild mushrooms or killing and eating bugs/wildlife. The goal is to learn from a simulated survival situation and to practice skills with the equipment we should normally carry in our daypacks. There are no physical stamina requirements to attend the field session.

Dates for the 2024 course:

Lecture sessions: Mondays, May 6th, 13th, & 20th from 7 pm to no later than 9:30 pm at the American Mountaineering Center in a main floor conference room.

The overnight field session near Bailey, CO, is scheduled for June 1st & 2nd (all day Saturday, returning to town Sunday morning).

Tuition is \$84.00. A textbook and some supplies will be provided. **Enrollment will open in mid-March.** For more details and enrollment, please go [HERE](#). When registration opens, a link to sign up will be provided there.

Conservation Corner by Steve Bonowski, DG Trails & Conservation Committee

Greetings fellow members!! As this is written in early March, 2024, there are several things happening in the world of CMC Conservation.

Most members aren't aware that Nicole Budine, our Conservation Policy Director, left the Club last month for maternity leave and won't return. We appreciate her solid service with us. Kendall Chastain has been promoted to Senior Conservation Manager and is now head of the Conservation Department. Please join with me in welcoming Kendall to her new position.

Last month, Denver Group members received a special email edition of the Mile High Mountaineer regarding Senate Bill 24-058 for reforming the Colorado Recreation Use Statute. Hopefully many members took advantage of the opportunity to ask their State Representatives to support the bill. **The bill passed both houses at the Legislature and has gone to the Governor's desk. Continued...**



Photos courtesy of Linda Lawson

Octo Hike Series - A great success and more leaders are needed!

By Linda Lawson

Fifteen hikes were completed from June through December 2023, of which four trips had a mileage range of 4 to 6 miles and 300' to 800' elevation gain compared to the current EASY classification of up to 8 miles and/or 1200' elevation gain. Seven hikes were 4 miles; five hikes were 5 miles, with the remaining hikes being 6 miles. Of the fifteen hikes, nine were in Douglas County or Jefferson County Open Space parks.

The Series increased safety precautions by having two leaders on each of 12 trips and three leaders on one trip; on only two trips was there a single leader.

120 participants enjoyed the Octogenarian Hike series, whether they were in their 70s, 80s, or younger ages. Repeat hikers were not tallied due to the absence of accessible data.

Octo Hikes limit the group size, including leaders and assistants, to 10. On only one occasion was this practice not followed; however, there were two leaders on that trip and participants were separated into two groups.

A total of seven leaders participated in the season with two leaders leading or co-leading the majority of the trips and five leaders leading one or two trips. **Many thanks to Hike Series Leaders: Cheryl Harmel, Brad Cotten, Dave Riter, Carol Bennett, Barbara Deh, Doris Wright, Earl Beam, and Linda Lawson!** Read more about the Octo Hike Series [HERE](#).

Announcements

- CMC is proud to announce a new partnership between CMC members and local business owners Bill & Joyce Geis. Their coffee business, **Coffee for the Cause**, aims to promote ethically-sourced and delicious coffee while supporting your favorite non-profit! [Find out more.](#)
- Join CMC member/instructor and environmental scientist **Karl Ford** in a presentation about his hikes on the spectacular Colorado Trail. He first hiked the Trail in 2008. He re-hiked the Trail in 2021 and was dismayed to see 100 miles of dead and dying forest. That trip prompted Karl to write a book not only about the journey, but about recent scientific research done in Colorado on climate change and its effects on our forests, wildlife, and watersheds. [Find out more.](#) No cost to attend.
- The **Denver Group Council** is looking for a few good members! Give back to the club and volunteer to help manage and influence policies, events/activities, and new directions for our group. If interested, email the Co-chairs at cmcdgcc@gmail.com.



Image courtesy of cmc.org

Upcoming Trips, Courses, and Events

Check out the [CMC Calendar](#) to find your next outdoor fun!

[Schools and Course offerings](#)

Become a Trip Leader!

Stay active, explore more places, and make new friends.

Denver Group Contacts

COUNCIL

Denver Group Council
Meets Monthly, 2nd Tuesday

COMMITTEES

Leadership Committee

Schools Committee

Conservation & Trails Committee

Member Initiatives Committee

SECTIONS

Ascending Hikes

Backpacking

Bobcats

Fly Fishing

Over the Hill Gang (RMOTHG)

Photography

Call for Submissions

Have an item you'd like included in a future Mile High Mountaineer newsletter?

The next deadline is Sunday, March 3. Guidelines:

- Articles should be 200 words or less, **OR** submitted as a PDF
- MHM editor reserves the right to determine what's included in the newsletter and edit submissions for clarity and length
- Photo submissions are welcome, but please include a photo credit and caption
- Submissions must be relevant to the Denver Group of the CMC and/or its members; paid advertisements are not accepted.

Please send submissions to: cmcdgnewsletter@gmail.com.

Questions, comments, or submissions? E-mail cmcdgnewsletter@gmail.com.

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