



2022 CLUB NEWSLETTER

Hello Hikers! Welcome to our 7th season! We have faced some challenges over the last year, not the least of which is the continuation of the coronavirus threat. While the vaccines and other precautions have helped considerably, variants continue to pop up such that this pandemic is not quite over just yet. Luckily, hiking is a relatively safe activity due to personal spacing, fresh air, and continuous movement. As always, each club member is expected to participate based on their own discretion and risk levels, and all members are strongly urged to stay home if they do not feel well.

Over the last year, we have added many new members. While that is not news, I am happy to see many of these new members are now very active within this club (thank you!) Unfortunately, the majority of the people on the email list seldom come out or help. I was disappointed to have to cancel this year's club picnic because less than 10% of the club had signed up. The good news is that we are thriving on our core purpose: Hikes! We are now seeing 15+ participants on many of our hikes, and while those are often the same people each week, I find myself looking forward to their company on the trail.

For 2022, I have provided a very full hike schedule, including some exciting and one-of-a-kind opportunities. The premier event this year is an overnight (or two) at the picturesque town of Ouray, where we will do the entire town perimeter hike right in the heart of fall color season. We are also climbing Pikes Peak this year, from the very bottom at Manitou Springs all the way to the summit. We are bringing back two very popular locations, one perfect for wildlife of the present and the other of the distant past: Waterton Canyon along the Platte River typically offers up-close viewing of bighorn sheep and Picket Wire Canyonlands just south of La Junta provides a unique opportunity to view hundreds of dinosaur tracks (and even walk in them!) Of course, we are also hiking many more places, both new and familiar: Black Forest, Aiken Canyon, Rampart Reservoir, Palmer Park, Clear Springs Ranch, and much more. You can find articles on these marquee trips in this newsletter, along with a complete schedule on the last page.

This is our largest newsletter to date, and I have provided several new articles, including information on nutrition and hydration, our stance on Leave No Trace principles, and the next segment of the Hiking Club Legacies series, this time revisiting a series of fundraising climbs in the Swiss Alps. Also, we have original artwork provided by our very own **Gabi Evans** and my wife, **Sondra** (their contributions are simply incredible!) This is already turning out to be a great year for this club, and I am just as thrilled as ever to coordinate and lead this organization. Thank you to everyone who supports this club; I'll see you on the trail!

Rob Jackson
Club Organizer

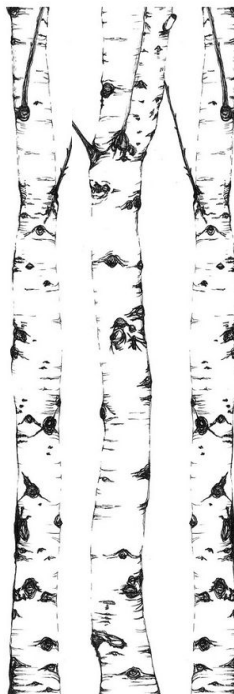
robert@mountaintrailshiking.com



"Pancakes with Golden Aspens"
(Pancake Rocks, September 2021)

Club Website

<https://www.mountaintrailshiking.com>



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Basic Rules of Hiking

While hiking itself is little more than walking in nature, participating in an organized group involves a few considerations. Please note the hiking rules below and do your part whenever you participate with the club:

- Do not leave anything on the trail...if you bring it with you, take it out again. This includes food waste. Also, do not remove anything natural you find on the trail. If you find a rock or leaf fascinating, leave it alone so that others may enjoy it as well. Want to do something extra? Picking up trash you do come across would be going the extra mile to improve the trail for others.
- Keep at least one other hiker within sight at all times. This will avoid halting the entire group while we locate a lost hiker.
- Be courteous to other hikers, especially those in our group. Not everyone enjoys hiking the same way; some want to socialize while others may prefer the peace and quiet of the forest. Partner with like-minded members so that everyone can enjoy the hike. Also, try not to tailgate...spread out and share the trail with others. This is not a race, so enjoy the pace!
- Don't take unnecessary risks. Watch your step and stay away from ledges and overhangs. Injuries are possible, but you can minimize the risks by being smart.
- Be responsible with your dog. Most of our hikes are dog-friendly, but remember that some club members may be allergic or otherwise not fond of barking dogs. When bringing a dog, keep them on a leash and give ample space between you and others in our group.
- Come prepared with comfortable clothes and appropriate supplies. Healthy snacks are encouraged for most hikes, but may not be necessary for shorter outings. However, you should always have water or similar beverage as dehydration occurs quickly on the trail.
- Do not attempt any hike for which you are not prepared to do. While it can be fun test your limits, if you cannot complete a hike, you risk cancelling the trip for others (we do not allow hikers to return alone). Start with easier hikes and gradually work your way up.
- Leave wildlife alone. We will frequently see deer, rabbits, squirrels, and birds. Take photos, but please give them space, we are in their home. Encounters with more dangerous wildlife (snakes, mountain lions, black bears) are rare, but if it happens, do not panic, but rather understand how to handle such encounters.
- Be on time. Whether you meet at the designated carpool location or drive straight to the hike site, please be considerate, plan ahead and be on time for hike starts.



Surveying the Eastern Canyon
(Castlewood Canyon State Park - August 2021)

Weather Conditions

Hikes are scheduled months in advance, so there is no way to predict what the weather will be like when that day comes around. We live in a location which enjoys year-round sunshine, so you can expect Mother Nature to be cooperative most of the time. However, there will be occasions where the weather will affect our club activities. It's important you understand our policies regarding weather.

All of our hikes begin fairly early in the morning, which not only beats the crowds, but also beats the heat and/or afternoon thunderstorms. My goal is that (for most hikes), we are done before noon. There will be some hikes which are longer and may push into afternoon, but most hikes will be done by midday. For those rare days which have rain in the morning, we will generally still hike. You can make a personal choice if you want to stay home because of rain or snow. There are times where I will postpone if we are planning a high-elevation hike which receives unexpected snow. I will be scheduling hikes for all seasons, but our winter hikes will be at lower elevations and will be more susceptible to schedule changes.

Make no mistake...where I do not mess around is thunder and lightning. Overcast and rain is one thing, but once we have thunder and lightning, I will cancel the hike (if it has not yet started) or return to the vehicles by the most direct route (for hikes in progress). This could mean we do not reach the destination of some of our summer hikes. Set aside your pride, the mountain will still be there for next time. I need you to know and accept that I will never compromise the safety of anyone on our hikes, and I expect club members to fully cooperate should the occasion arise in which I cancel or terminate a hike due to potentially dangerous weather.

2022 Snowshoeing Events

Snowshoeing offers low-impact, aerobic exercise that helps you stay in shape during the winter. This year, we are offering two winter hikes designed to be snowshoeing events. One of these walks are outside of the Pikes Peak region, so half the adventure is in the journey. Flyers will be sent prior to each event, advising which type of hike to expect.

Some of our members have snowshoeing experience, but most have not tried it. Here are some basics:

SELECTING SNOWSHOES: Whether renting or buying, select the type of snowshoe based on usage. The length, angle, crampons (metal teeth), and strap placement will vary for flat, rolling, or mountain terrain. The events we have planned for 2020 are mostly flat, meaning entry-level snowshoes will be fine.

FOOTWEAR: Ideally, you should wear insulated, waterproof boots; however, leather hiking boots work well, too, especially if they are waterproof. Wool or synthetic socks with wicking liners are recommended. Also, consider gaiters to keep snow out of your boots.

CLOTHING: Wear breathable layers which can be added and removed as needed. Avoid cotton, as they retain moisture, which can lead to hypothermia in winter conditions. Plan for three layers: a BASE layer (synthetics and wool) that dries quickly, an INSULATING layer (i.e. polyester fleece) that retains heat when wet and breathes as you exercise, and an OUTER layer (waterproof, breathable shell jacket and pants) that keep you dry and fend off wind. Also, don't forget good gloves or mittens and a hat; adjust the materials and layers as needed to match the conditions. Finally, wear sunglasses, sun-screen on exposed areas and lip balm.

HYDRATION: As in summer, you must drink during cold-weather exercise to keep your muscles functioning and help your body fend off hypothermia. Pouches with drinking tubes (i.e. Camelbaks) are not a good idea in winter as the water can freeze in the tube. Keep your water from freezing by using an insulating cover for your water bottle.



Exploring the BB Mine Trail in Breckenridge
(March 2022)

BASICS OF SNOWSHOEING: Walking on flat or rolling ground is fairly intuitive when you first start out. Most snowshoes have simple bindings that fit a wide range of boot styles and sizes. Your stance should be wider than normal when you're on snowshoes, to keep from stepping on the insides of the frames. Use the crampons for traction, especially going up or downhill. Also, hiking poles can be very helpful for balance as well as working out the upper body.

Snowshoeing can be very fun and rewarding. This activity extends the hiking season through the winter months, and provides access over deep snow terrain. You should understand that the pace will be slower than standard hiking, and the exertion will be higher. Rest assured that our routes are neither long nor difficult, which should provide a beginner-friendly experience.

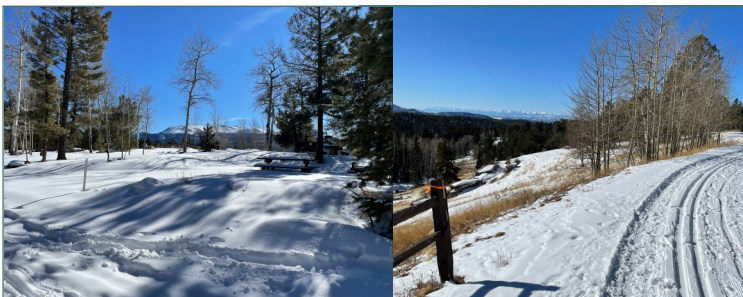
For more information about snowshoeing:

<https://www.rei.com/learn/expert-advice/snowshoeing-first-steps.html>

For FREE classes on snowshoeing basics:

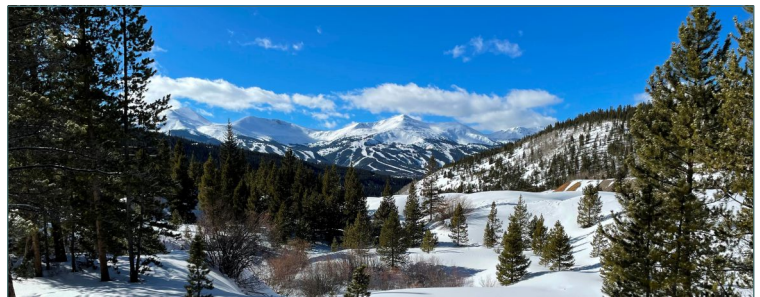
<https://www.rei.com/events/a/snow-sports-snowshoeing>

In addition to useful information and classes, REI also provides snowshoe rentals and sales. Please visit them or any comparable outdoor activities store.



February 19 - Mueller State Park

Mueller State Park is an excellent location near the Pikes Peak region for beginners and seasoned snowshoe pros alike. We'll walk around the 2.6-mile Homestead trail loop and enjoy incredible scenery of winter aspen forests and a view of the Continental Divide!



March 12 - BB Trail at Breckenridge

Breckenridge offers endless opportunities for snowshoe adventures. This year, we take on the B&B trail to an old mine and loop back via the Turk trail through the forest. The whole walk is about 3 miles with slight elevation changes and incredible views the entire way!



Nutrition and Hydration

The Mountain Trails Hiking Club is a day-hike club, but that doesn't mean you don't need to pay attention to what you eat and drink, both before and during the hike. Here are some helpful tips:

Nutrition

Not all calories are created equal. According to the American Heart Association, the main fuel for your muscles comes from carbohydrates. Select easily digestible carbohydrates to eat before exercise so you don't feel sluggish. The act of hiking can suppress your appetite, so plan to feed yourself anyway as calories play an important role in regulating body temperature.

Before You Hike: As stated above, carbs are key. Fuel yourself with a light breakfast like eggs, whole grain non-sugary cereal or oatmeal. Other ideas include whole-wheat toast, low-fat yogurt, whole grain pasta, brown rice, fruits, and vegetables.

During Your Hike: Snacking throughout a hike is equally important, especially if you start to take on longer hikes. Try to snack at least once an hour, in addition to your routine, full meals. Nutrient dense day hike snack ideas include:

- Trail mix
- Nuts and seeds
- Peanut butter
- Crackers
- Cheese
- Beef jerky
- Energy bars
- Granola bars
- Fresh or dried fruit
- Sandwich



If you like fruit, consider picking durable fruits like an apple, instead of a banana that may end up squished in your pack. And for dried fruit, be aware that your stomach re-hydrates the fruit to digest it, so if you don't replenish your body with enough fluids, dried fruit could end up dehydrating you and making you feel light-headed, which reverses any benefits altogether. When selecting dried fruit and granola bars, look for options that don't have any added sugars, as high sugar levels can work against you, sparking a short burst followed by an epic energy crash.



Hydration

Pre-hike, try to drink about 20-32 ounces of water. Avoid hitting the trail if you haven't pre-hydrated. Once your hike has begun, plan to drink another 32 ounces for every two miles hiked, give or take. Take frequent, small sips—even before you feel thirsty. As a simple rule, if you're only drinking water when you're thirsty, you're already behind. As appealing as a summit beer may sound, save any alcohol consumption (or sodas, tea, coffee, etc.) until after you've finished the hike and have replenished food and water levels. To replenish your water levels, drink at least 8 ounces immediately after your hike.

And don't forget about your furry friend! If you hike with man's best friend, make sure to bring along a second supply of water and container for your pup to drink from.

If you find yourself in need of water, be careful on the source. Even if the water from a lake or stream appears clean, it could house microscopic pathogens invisible to the naked eye.

Final Tips

Keep an eye on fellow hikers and don't be afraid to ask how everyone is doing. If you can spare some food or water, share your resources with any hikers who may not have come prepared. And always remember to Leave No Trace. Pack it in and pack it out because nobody likes a trail covered in wrappers.

Membership Form / Waiver

As many of you know, I require all members to complete a membership form with waiver each year. Read below for the purpose and use of this information:

The waiver portion of this form is for you to acknowledge that hiking, as with any outdoor activity, contains some element of risk and that you accept responsibility for incidents arising from participating in these activities. Hiking is low-risk compared to many other outdoor activities, but it is important that you understand your role. I will only lead you on hikes in which I have already completed and know the route, unless otherwise indicated. I have first aid training and a healthy respect for foul weather and other dangers, so you are in good hands. Still, no one knows your limitations and physical condition better than you, so it is vital that you never undertake a hike that you are not fully prepared to accomplish.

Privacy Notice: Although I request your contact information, you can be confident that only the member's name and those listed as additional members within their household may be shared as part of Club business; sample uses may include hike participant lists and member identification in club photographs. No other information will be shared with anyone, either within or outside the Club.

I will ask you to complete this form on your first hike with the club each year. When you receive the form, I encourage you contact me if you have any questions or concerns.

 2022 MEMBERSHIP APPLICATION (one form per household)	
PART 1: MEMBER INFORMATION	
<small>Disclaimer on Information Sharing: Only the member's name and those listed as additional members within their household may be shared as part of Club business; sample uses may include hike participant lists and member identification in club photographs. No other information will be shared with anyone, either within or outside the Club.</small>	
Primary Member Name (Last, First)	List Additional Household Members Below
Mailing Address (Line 1)	
Mailing Address (Line 2)	
City	State Zip
Email (you may list additional email addresses on the reverse side)	
Telephone	
PART 2: WAIVER AND RELEASE	
<small>I acknowledge and agree that hiking activities carry inherent risks associated with my participation therein, of which I am fully aware. I voluntarily assume the risks associated therewith, which may include health risks and/or bodily injuries, including but not limited to death, whether they occur or arise during or after my participation in hiking events.</small>	
<small>In consideration for being allowed to participate in hikes organized by the Mountain Trails Hiking Club, I hereby release, waive, indemnify, covenant not to sue and hold harmless the Mountain Trails Hiking Club and its organizers, members, participants, and volunteers.</small>	
<small>I HEREBY ACKNOWLEDGE THAT BY AGREEING TO THIS RELEASE I HAVE READ AND UNDERSTAND ALL THE TERMS CONTAINED HEREIN AND AM GIVING UP LEGAL RIGHTS THAT I OTHERWISE HAVE FOR INJURIES OR DAMAGES INCURRED DURING AND AFTER MY PARTICIPATION IN MOUNTAIN TRAILS HIKING CLUB EVENTS. I FURTHER UNDERSTAND AND ACKNOWLEDGE THAT THE TERMS OF THIS RELEASE SHALL SURVIVE THE CONCLUSION OF HIKE ACTIVITIES SUCH THAT I AM RELEASING THE RELEASEES FROM ALL CLAIMS THAT MIGHT ARISE AFTER THE EVENTS TAKE PLACE, WHETHER KNOWN OR UNKNOWN AT THE TIME I PARTICIPATED IN HIKE ACTIVITIES.</small>	
<small>I warrant and represent that I am at least 18 years of age, or if I am signing this Release on behalf of someone under 18 years of age I am that person's legal guardian and have legal authority to execute this Release on his/her behalf.</small>	
<small>I agree to the terms and conditions set forth above as it applies to myself and each household member listed on this form.</small>	
PART 3: SIGNATURE	
SIGNATURE	DATE
CLUB USE ONLY:	
RECEIVED BY	DATE

“Desert Scene” by Gabi Evans



Hiking Club Legacies, Part 3

The Swiss Alps Hikes for Fisher House (2004-2006)

I have always enjoyed exploring the outdoors and sharing these experiences with others. Over the years, I have organized various groups and clubs, some in very exotic locations. Hiking Club Legacies is a series of stories about the origins of our hiking club. These articles showcase various adventures leading to where we are today. In Part 3, we learn about special mountain climbs for a good cause in the Swiss Alps...

In 2004, I was stationed at Ramstein Air Base in Germany and our military was heavily engaged in operations both in Iraq and Afghanistan. Our nearby military hospital at Landstuhl was caring for the wounded as they came home. In the center of this surge, one organization, the Fisher House Foundation, was taking care of their families. Fisher House offers dozens of homes near military hospitals around the world, where the families of critically ill or injured soldiers, sailors, airmen, and marines could live and focus on the needs of the service member. I admired their cause and wondered if there was a way I could use hiking to help raise money.

At first, I thought I would just do a hike and ask people to pledge money. However, I soon realized that others would probably want to share in this opportunity, so I selected a date, a modest mountain in Switzerland I had previously visited, and started to advertise the fundraiser. Word spread and I soon had a couple of van-loads of people who wanted to do this. Sondra helped quite a bit on these hikes. Also, on the first hike, fellow club members Roy and Susan Tillett (who were stationed with us at Ramstein at the time) helped drive the vans and support the group. *As most of you know, the three of them still offer their help on our hikes to this day.*

The first event was successful, so I did it again the next two years. Each year, I selected a taller mountain and the number of participant grew. By the final year, the group size was 100 people; the logistics was incredibly difficult to work out. I booked everyone in four different hotels in two different towns. Our bus driver from the previous year actually requested to be given this assignment again, and both he and his wife also hiked to the top. In all, it took the bus plus 18 other vehicles to get everyone there.

Amazingly enough, it all worked. The massive amounts of organization paid off and everyone knew the times and places to meet for dinners, optional excursions, and the climb itself. The mountain we climbed in that final year was the 2,970 meter Schilthorn, which was featured in the James Bond film "For Her Majesty's Secret Service". We used two routes: I led 40 volunteers up the long route before dawn. Sondra led the other 60 hikers up the short route later that morning. Our groups met at the top. At this altitude, deep snow persisted near the summit, but everyone made it. Sondra and I kept in touch via hand radios and got everyone up and down safely.

By the end of the third year, I had taken nearly 200 people to Switzerland and raised over \$38,000 for the Landstuhl Fisher House. I spent a great deal of time, energy, and my own money to do this, as the cause was worthy and I enjoyed working the project each year. I kept hundreds of photos, videos, and other documents to capture these three mountain-climbs from 2004 to 2006, and the whole series was documented in a special DVD set. To this day, those hikes are among my most cherished memories.



PIKES PEAK CHALLENGE

The annual Pikes Peak Challenge is a GREAT way to climb Pikes Peak, especially for first-timers. This is a fund-raiser for the Brain Injury Alliance of Colorado (<https://biacolorado.org/>). We have selected this as our event to climb Pikes Peak this year, for several reasons: first, this event provides a great deal of support, including food, drink, and medical assistance; second, this event provides a ride to the trailhead as well as down from the summit; and most of all, this raises money for a good cause.

Climbing any 14er is difficult, and Pikes Peak has one of the longest ascents and miles to the summit. However, the Barr Trail is well-maintained all the way to the summit (no loose boulder fields). This is completely non-technical trail...just walking, no scrambling or gear required. The Barr Trail offers a great variety in scenery, from the canyons in the foothills zone all the way to the alpine zone above treeline. The weather in September is typically great for climbing, with mild temperatures and less chance of storms.

Please keep in mind this is a fundraiser, meaning hikers must raise at least \$200 to participate. You can either request donations from friends and family, or you can simply make the donation yourself.

Whether you're a Pikes Peak first-time climber or a long-time veteran, consider taking part on the Mountain Trails Hiking Club team in this year's Pikes Peak Challenge!

Pikes Peak Challenge

ARE YOU UP FOR THE CHALLENGE?

SEPTEMBER 10, 2022

Learn more and Register at:
<https://www.pikespeakchallenge.com/>

Saturday, September 10, 2022

Start time: 5:00 a.m.

Location: Fields Park, Manitou Springs 101 El Paso Blvd (Fields Park is at the corner of El Paso Blvd. & Beckers Ln. in Manitou Springs)

Distance: 13-mile ascent to the summit

Transportation is provided from the park, to the trailhead and back down the mountain via the Pikes Peak Highway

Cost: \$30 registration fee until June 20th
\$40 registration fee until August 19th
\$50 registration until the day of the event

Donation minimum \$200 per person

~ Hike Ratings ~ How Are They Determined?

Several of you have asked about the mystery surrounding my hike rating system. As you know, every hike is rated 1-10 based on overall difficulty. But what goes into this number? Well, it's a combination of several factors. The most prominent factors are overall hike length and amount of climbing involved. However, there are other factors as well, such as altitude and terrain difficulty. For example, recently we had two hikes which are both rated a "7". The Mount Rosa climb is rated 7 because of the length of the hike (7+ miles) and high altitude (over 11,000 feet). The Mount Herman climb is also rated a 7, but it is shorter (6 miles) and takes place at lower elevation (7,000-9,000 feet). However, the climb is much steeper and more difficult. Both hikes balance out to an overall "7".

As you come out on hikes, you should get to know which ratings you can accomplish and set your schedule and goals appropriately. If you have issues with specific types of terrain (i.e. bad knees for going downhill), I encourage you to read the hike description in addition to the rating. Hike ratings are not set in stone, so let me know if you feel a hike has been underrated or overrated for difficulty.

RATINGS

Hikes are rated for difficulty based on overall distance, altitude, climbing involved, and terrain difficulty.

1-3: EASY - casual walks, can be attempted by most members

4-6: MODERATE - longer routes or with difficult terrain; for more experienced hikers

7-10: DIFFICULT - long hikes, usually involving lots of climbing; for fit and experienced hikers only

Mountain Climbs



While I try to provide hikes that appeal to casual hikers, I schedule a few each season for those who want more of a challenge. That means more mountaintops! This year, we have five mountain climbs for our more adventurous members. None of these climbs are technical; that is, no special gear is required. However, participants should be in good shape and have experience climbing at high altitudes. Some of these involve difficult stretches over rough terrain, so sturdy hiking boots are a must. These hikes will generally start early to avoid any problems with afternoon thunderstorms. I'll provide all the details as we approach each outing, but here's a quick run-down of this year's selection:

May 14 - Mount Esther (9,325'): Mount Esther is a rocky peak between Highway 24 and Pikes Peak Highway, not far from the Catamount Reservoirs. This 5-mile hike starts in Chipita Park just off Highway 24. The first mile is very tough with a steep climb up to the ridge. After that, it's easier going with some moderate climbing the rest of the way. The final part is a rock scramble to the summit, but that is optional and hikers may also elect to remain on the forest trail as well. The view from the top is spectacular, with a close-up view of Pikes Peak to the south, Colorado Springs to the east, and visibility all the way to the Continental Divide to the west.

June 11 - Mount Rosa (11,500'): Many of you know this is one of my personal favorites in the Pikes Peak region. This peak is not quite tall enough to push above treeline, but the summit is sufficiently cleared to provide a fantastic 360-degree view of the front range with all of Colorado Springs at your feet. We start and end at Penrose Reservoir, meaning we only climb 1,500 feet with the entire round-trip being around 7 miles. This is a good warm up for the harder peaks that follow.

July 2 - Mount Herman (9,063'): This popular mountain along the front range overlooks Monument and is similar to others along the front range (Blodgett, Eagle, etc.) The first 1.5 miles climbs about 1,500 feet and the summit boasts great views in all directions. However, we'll take a different way down, including a walk back to the saddle and a separate loop trail circling (and climbing) Raspberry Mountain. This avoids having to come down extremely steep, loose rocks, but will still be fairly tough. This one is a good test of both strength and cardio endurance.



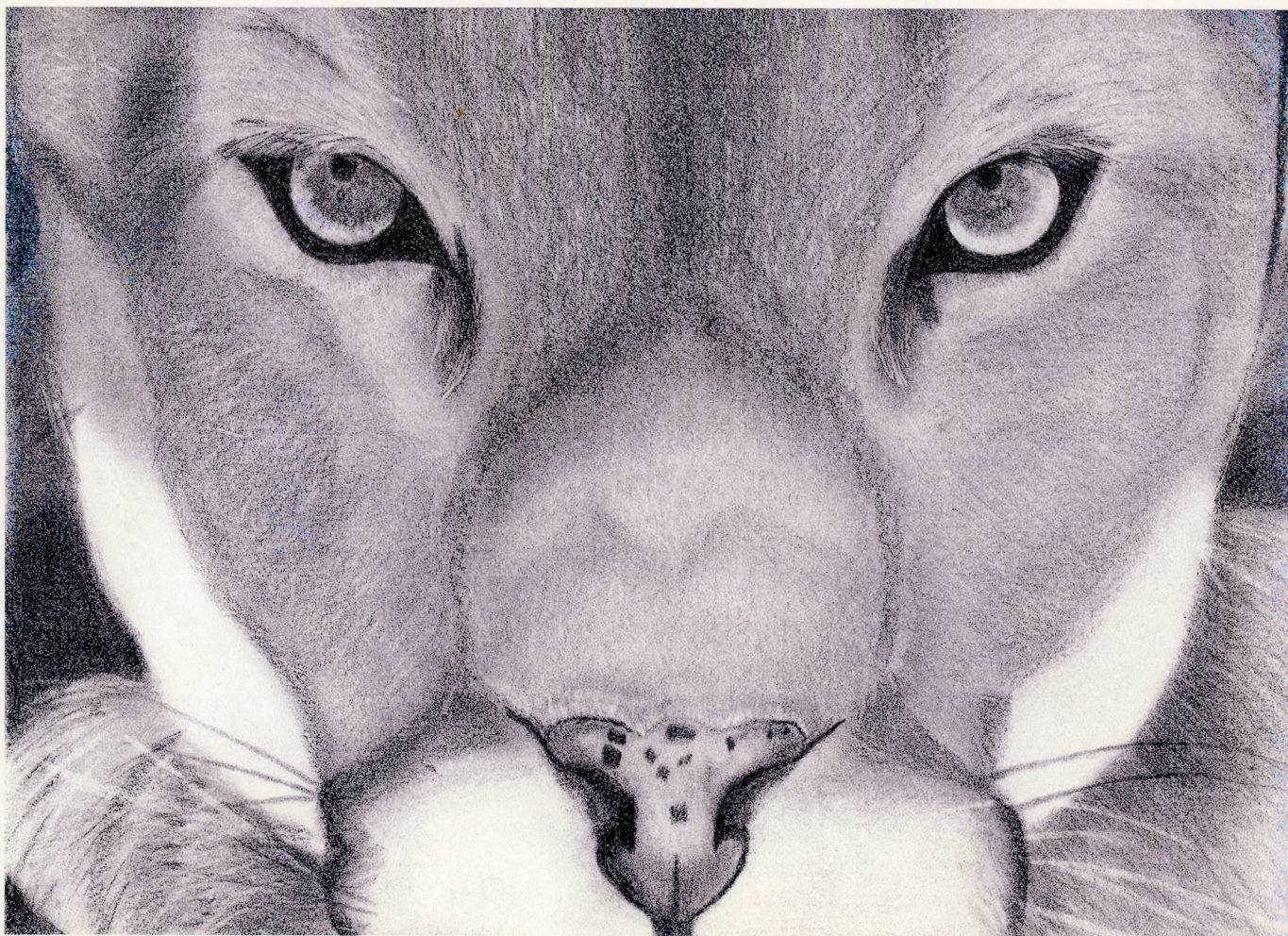
Club Members on Bison Peak
(12,431' - September 2021)

August 6 - Greenhorn Mountain (12,352'): Greenhorn Mountain resides in the Wet Mountain Range. It has the honor of being the range's high point as well as the highest point for Pueblo county. If traveling on I-25, Greenhorn Mountain dominates the view to the west between Pueblo and Walsenburg. The summit nudges above the timberline at 12,352' and provides a wonderful 360-degree view, especially since there are no higher mountains for over forty miles. The endless vista of the Great Plains makes up the views to the east. The spectacular and rugged looking Sangre de Cristo Mountains dominate the view to the west. Looking south the Spanish Peaks with their twin looking summits rule your vision, and Pikes Peak makes its appearance to the north. This will be a challenging climb, providing a great training hike for those taking on Pikes Peak the following month.

September 10 - Pikes Peak (14,115'): This is our premier mountain climb of the year. The long climb from the bottom at Manitou Springs provides a unique challenge in that it gains more elevation than any other Colorado 14er! We'll be doing this climb as part of the annual Pikes Peak Challenge. See previous page for more information.



“Mountain Lion” by Sondra Jackson



Leave No Trace Following the Core Principles

Many of you may already be familiar with the **Leave No Trace** organization. While our hiking club is not formally affiliated with this group, we do promote strict adherence to their well-known "7 Principles", which are designed to minimize human impact to the environment when visiting natural settings. You can learn more here: (<https://lnt.org/why/7-principles/>). Several of these are targeted toward extended stays in the back-country, so I will highlight four principles which are most applicable to our club (listed to the right):

Principle 2 - Travel on Trails: Concentrating travel on trails reduces the likelihood that multiple routes will develop and scar the landscape. It is better to have one well-designed route than many poorly chosen paths. Trail use is recommended whenever possible. Encourage travelers to stay within the width of the trail and not shortcut trail switchbacks.

Principle 4 - Leave What You Find: Allow others a sense of discovery by leaving rocks, plants, archaeological artifacts and other objects of interest as you find them. While this principle is aimed at those setting up campsites, this also applies to our day-hiking group in that we ask our members not to move, pick up, keep or otherwise disturb the natural setting for our hikes.

Principle 6 - Respect Wildlife: Learn about wildlife through quiet observation. Observe wildlife from a distance so they are not scared or forced to flee. Travel quietly and do not pursue, feed or force animals to flee. Do not touch, get close to, feed or pick up wild animals. It is stressful to the animal, and it is possible that the animal may harbor rabies or other diseases.

Principle 7 - Be Considerate of Others: Maintain courtesy toward other visitors, whether with our club or others we meet on the trail. It helps everyone enjoy their outdoor experience. Many people come to the outdoors to listen to nature. Excessive noise, uncontrolled pets and damaged surroundings take away from the natural appeal of the outdoors. Consider how your experience is affecting the way someone else enjoys the outdoors.

Ouray Perimeter Trail

October 1, 2022

The Mountain Trails Hiking Club proudly offers a very special hike this year. Club members who are willing to travel a bit will be rewarded with an incredible hike along the Ouray Perimeter Trail in Ouray, Colorado. This hike will take place on Saturday, October 1st. Ouray is not only one of the most picturesque towns in the state, this hike will also take place in the middle of fall-color season. When Sondra and I previewed this hike a couple of years ago, the aspens in the Ouray-Silverton highway were among the most stunning scenery we've enjoyed.

You can learn more about the hike at this website: <https://ouraytrails.org/city-ouray-trails/perimeter-trail>. It's a 6.5-mile loop around the entire town, providing excellent views and countless waterfalls. This is truly a special hike and we have it rated as a "6" for difficulty. Based on a request by a couple of our members, we will also offer a "half-hike" version of this, where we arrange to have participants' automobiles half-way around the hike, and then we'll provide a ride back to the trailhead so that we all begin together. When we're half-way around the town, those participants will have their vehicle waiting for them. This version of the hike will be rated a "4" instead of a "6". This will allow more people to participate; however, if you are able, we encourage completing the full loop.



Ouray is about a 5-hour drive from Colorado Springs, meaning this will involve an overnight stay (or two if you wish). I sent a note to the club back in February to encourage members to make their overnight reservations early, given the popularity of this location, especially during the fall color season. It may still be possible to book reservations in Ouray for those who have not done so yet. If you find no vacancies, you can also try the nearby town of Montrose, which is about 45 minutes away. You'll want to book for Friday night, September 30th as a minimum, and I would encourage you to consider a second night since the hike won't be finished until mid-afternoon.

This will be our premier hike of 2022 and you'll treasure the scenery for a lifetime. Don't miss this one!

Picket Wire Canyonlands



**** Saturday - October 22, 2022 ****

This year, we make a very special return to Picket Wire Canyonlands, which is located in the Comanche National Grassland. This hike covers some incredible history, from Spanish Missions to the largest collection of dinosaur tracks in North America.

During the Jurassic period, 150 million years ago, Southeastern Colorado's climate was tropical. At that time, the Purgatoire River Valley was part of an enormous shallow lake. On its muddy shoreline, dinosaurs such as Apatosaurus and Allosaurus roamed leaving their footprints behind. Today, the Comanche National Grassland is home to the largest dinosaur tracksite in North America with over 1,900 individual footprints making up over 130 trackways. Yes, you can walk right in their footprints, and it does not get much cooler than that!

This location is about 140 miles southeast of Colorado Springs, meaning we will highly encourage carpooling. Also, we will bring a packed lunch to eat on the hike, and likely have dinner at La Junta before returning home later in the evening.

The hike is long, about 11 miles total and is rated a "7" for difficulty; however, most of the hike is relatively flat, except for the climb back out of the canyon at the very end. Although this hike is scheduled for late October, the temperature in the canyon will still be warm, likely in the 70s.

This hike will involve a full day, since we must drive south of La Junta to this location. We last took on this adventure in 2018, and everyone had an incredible time. If you can do a long hike, you'll never forget this one!

Hike Flyers

Each hike is advertised to club members in a standard flyer. This format has everything you need on one page. Here's how to navigate:

1. **HEADING:** Hike name, date, and difficulty rating
2. **PHOTOS:** Some preview photos of what you can expect to see
3. **NARRATIVE:** Description, weather forecast, and if dogs are permitted
4. **HIKE DETAILS:** Website to learn more about this hike or location
5. **MEETING PLACE & TIME:** Where to meet (with map), usually with opportunity to carpool; depending on the location, some hikes have no designated meet-up point and everyone meets at the hike location. The bottom section includes directions if you decide to drive directly to the hike location.
6. **WHAT TO BRING:** A simple checklist appropriate for this hike



Mountain Trails Hiking Club

1 Red Rocks Canyon

Sunday, March 18, 2018

Rating

4





Let's kick off our main hiking season with a great turnout! Most of you have walked in Red Rocks, but you may not have done this route. Besides, this is about celebrating our club with fresh air and friends...the exercise doesn't hurt, either!

We'll meet at the main entrance and proceed toward the Quarry Pass trail. We'll go over the rocks and on to Mesa Trail and Roundup Trail. We're walking back down the main Red Rocks Canyon Trail about 4 miles in all and not very difficult.

The weather will be great (upper 40s and sunny), so bring a light jacket and plenty of sun protection. This trail is for sun-lovers and offers little shade...perfect for this March morning!

Dog-Friendly? Yes

Hike Details:
<http://redrockcanyonopenspace.org/>

What To Bring

- ☐ Clothing: Light, breathable layers
- ☐ Sturdy hiking shoes or boots
- ☐ Sun-screen and sunglasses
- ☐ Hat
- ☐ Plenty of water or sports drink
- ☐ Healthy snacks
- ☐ Camera or Smartphone

Meeting Place & Time

March 18 – 9:00 a.m.

Red Rock Canyon Open Space
 3550 W High Street
 Colorado Springs, CO 80906

Meet in outer parking lot, shown below:



If you drive directly to the hike:

We are not providing a separate carpool meeting spot; participants should meet at the hike location. The inner parking lot may be full, so park in the larger outer lot if needed. Please arrive and be ready to hike by 9:00 a.m.

Hike Club Store!

Shop now at: <http://www.cafepress.com/mountaintrailshikingclub>



The Mountain Trails Hiking Club store is open for business! Visit the link on the left to see over 20 unique items available.

I've set the prices at "no profit" so no commission is being earned, only the lowest prices. Exception: I did add a minor markup on several men's items as I feel that men's and women's clothing should be priced the same.

Show your Club Pride today!



2022 HIKE SCHEDULE

FEBRUARY

19 (Sat) **Mueller State Park** (Snowshoeing) [4]

MARCH

12 (Sat) **Breckenridge: B&B Trail*** (Snowshoeing) [5]
19 (Sat) **Fountain Creek Nature Center** (Afternoon) [2]

APRIL

10 (Sun) **Monument Rock Trail** (Afternoon) [3]
16 (Sat) **Palmer Park** [5]
23 (Sat) **Black Forest Regional Park** (Afternoon) [4]

MAY

07 (Sat) **Clear Spring Ranch** (Afternoon) [3]
14 (Sat) **Mount Esther** [6]
30 (Mon) **Stratton Open Space** [4]

JUNE

04 (Sat) **Fox Run Regional Park** [3]
11 (Sat) **Mount Rosa** [7]
18 (Sat) **Spruce Mountain** [5] [*U-Lead-It*]
25 (Sat) **Farish Recreation Area** [4]

JULY

02 (Sat) **Mount Herman** [7]
09 (Sat) **Raspberry Mountain** [6] [*U-Lead-It*]
23 (Sat) **Bear Creek Nature Center** [3]

AUGUST

07 (Sun) **Mule Creek Trail** [4]
13 (Sat) **Greenhorn Mountain** [8]
20 (Sat) **Castle Rock Trail** [4]
27 (Sat) [*U-Lead-It*]

SEPTEMBER

05 (Mon) **Rampart Reservoir Trail** [7]
10 (Sat) **Pikes Peak Challenge** [10]
17 (Sat) **High Chaparral Open Space** [2]

OCTOBER

01 (Sat) **Ouray Loop Trail*** [6]
09 (Sun) **Waterton Canyon** [4/7]
22 (Sat) **Picketwire Canyonlands*** [7]

NOVEMBER

05 (Sat) **Stanley Canyon** [7]
19 (Sat) **Aiken Canyon** (Afternoon) [5]

DECEMBER

03 (Sat) **Pulpit Rock** (Afternoon) [4]

KEY

BLACK indicates a standard hike.

BLUE indicates a Snowshoeing event.

RED indicates a Mountain-Climbing event; no special gear is required, but these are the more difficult hikes.

[*U-Lead-It*] hikes are placeholder dates for other club members to volunteer a location and lead a group hike; flyers/advertisement provided by club organizer.

* indicates a hike outside of the Pikes Peak region which may involve an overnight stay (participants arrange their own travel and lodging)

NOTES

Schedule subject to change, especially for weather.

Details of each hike, including meeting times and locations, will be sent approximately one week prior to each hike.

Dogs permitted on most hikes, exceptions noted on hike details--please keep dogs on leash at all times.

Please read Hiking Club Rules found in the club newsletter; know your own limits for hike difficulty.

Respect nature and each other--Have Fun !

RATINGS

Hike ratings are shown in brackets [] on each event. Hikes are rated for difficulty based on overall distance, altitude, climbing involved, and terrain difficulty.

1-3: EASY - casual walks, can be attempted by most members

4-6: MODERATE - longer routes or with difficult terrain; for more experienced hikers

7-10: DIFFICULT - long hikes, usually involving lots of climbing; for fit and experienced hikers only

Current as of: 07/20/2022