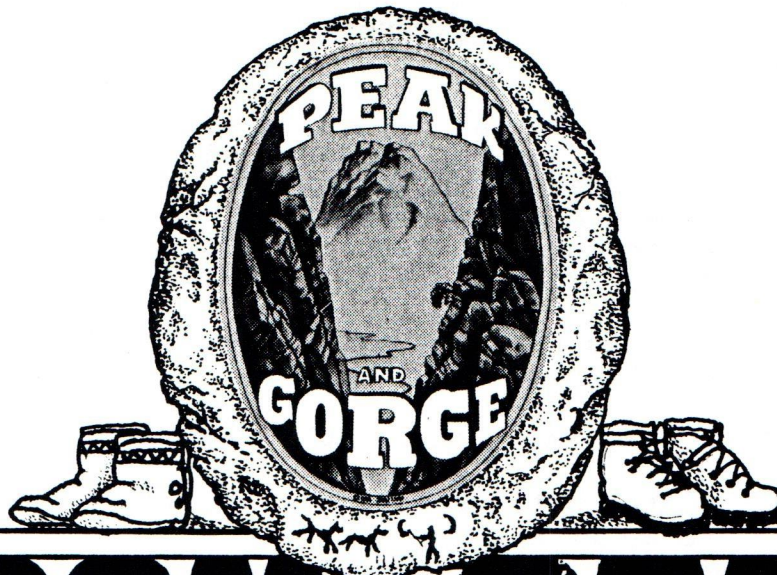


THE



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# BOULDER

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motherlode chapter-sierra club

Issue No. 45, Nov. & Dec. 1991

Chairmans Column

This fall the Mother Lode Chapter is offering a series of four lectures dealing with mountains and mountaineering. We are pleased that some of our activity areas are being promoted and I welcome interested parties to attend this lecture series. See enclosed announcement. Peak & Gorge has also been invited by the Sierra Club Store to sell our section tee shirts so visit the store soon while inventories last. Special thanks to Peggy Lehman and Bob Buckles for their efforts in ordering the tee shirts.

As a result of the efforts of the Boulder Editorial Committee and others our list of subscribers is growing and I want this trend to continue so if there are any suggestions on how to improve this publication please pass them along to John Besbwkos or me. Also, there is an opening on the editorial staff. I have been endeavoring for sometime to bring gorge scramble write-ups to the Boulder and anyone willing to contribute these will be greatly appreciated.

The winter outings schedule is due for Peak & Gorge leaders to me no later than Sunday, November 10 if they are to be reviewed and passed along to the Chapter in time for publication. Some suggestions for leaders who might be undecided about winter trips include coastal peaks that are not regularly climbed by other leaders. Contact me for information on the coastal peaks list. Ski mountaineering, as opposed to simple cross-country outing have been requested by several callers and of course special trips are welcome at this time.

We welcome our new treasurer Gary Walker and look forward to working with him in the future. Thanks to Boris Nahlovsky for his past service as treasure over the last two administrations.

See you on the trail.

John Watters  
chairman

## CALENDAR

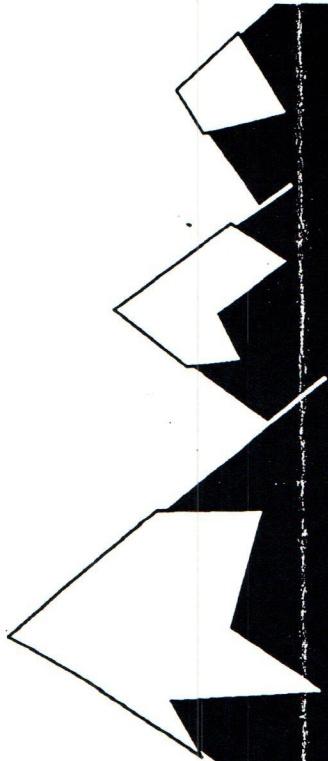
- October 22nd. Leaders Social. This is an opportunity for Peak & Gorge outings leaders and prospective leader to get together on an informal basis. Bring a snack to share and you input on how the section can generate more interest in Class 3 mountaineering. Host: John Watters, 488-8467.
- October 26th. Wrights Lake To Doris Lake. Leader: Bob Buckles 488-8467.
- November 9th-11th. Pyramid Lake. John Sarna, 429-8024.
- November 10th Winter Outings Schedule Deadline. Trips must be in to me by Sunday morning.
- November 23rd. Donner Summit cross country ski trip. Al Gutowsky leader. 457-3338.
- November 24th. Somewhere. Cross country ski trip. Leader: Fred Fischietto. 983-5607.
- November 26th. Business Meeting. Host John Besbekos, 729-2725.
- November 30th. Echo Summit. Cross country ski trip. Leader, 457-3338.
- December 7th. Monitor Pass Area. Cross country ski trip. Leader Al Gutowsky, 457-5557.
- December 14th. Somewhere. Cross country ski trip. Leader, Fred Fischietto 983-5607.
- December 17th. Annual Christmas Party. Hostess: Robin Reed, 923-1553.

### Special Announcement

Congratulation to ten year old Sierra Richins on receiving her N.A.S. emblem as of 10/14/91. Sierra obtained her emblem according to the requirements of the youth plan.

### Private Trips

Anyone interested in informal cross country ski trips should contact Bob Buckles, 624-3620.



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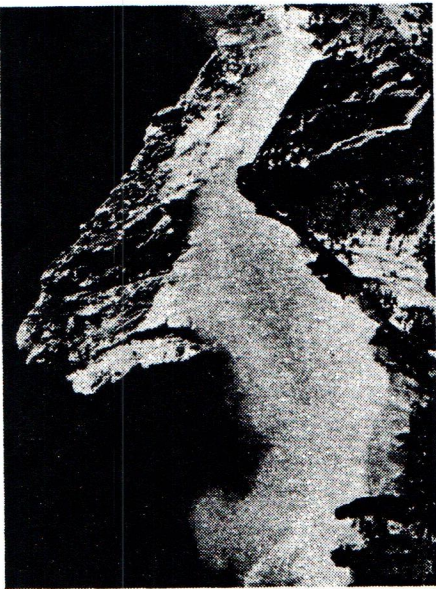
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OUTDOORS

# Sierra Club Presents

Events 1991-92 Slide Lecture Series



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- I. *Sacred Mountains of the World* Thursday, Sept. 26  
Ed Bernbaum
- II. *Mountain of the Mists* Tuesday, Oct. 22  
Brazilian Rainforest Adventure  
Will Cottrell
- III. *Climbing Hummingbird Ridge* Monday, Nov. 25  
Yukon Adventure, Dave Nettle
- IV. *Between Extremes* Monday, Jan. 27  
On Foot From Death Valley  
to Mt. Whitney, Steve Kasper

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**MY MOUNT WHITNEY CLIMB**  
by Sierra Richins (age 10)

My dad (Paul Richins), Gene Leach and I climbed four beautiful mountains in the Mount Whitney area--Cirque Peak, Mount Langley, Discovery Pinnacle and Mount Whitney. Two of the four peaks were over 14,000'. Mount Langley is 14,042' and Mount Whitney is 14,494'. Mount Whitney is the highest peak in the United States outside of Alaska.

I had a fun, but tiring trip. Most of the time we were hiking cross-country and were not on any trails. We were gone for four days--September 19-22, 1991. I was able to miss school on Thursday and Friday so I could go.

The first day we hiked about eight miles. We started from Horseshoe Meadow (10,000') went up and over New Army Pass (12,400') and down to a small meadow and spring where we set up camp.

In the morning of the first day I did not feel very good but by lunch time I began to feel a little better. Dad said that I had a mild case of altitude or mountain sickness. I had a stomach ache, head ache and felt tired all over.

That night, after dinner, Dad wanted to climb Cirque Peak by moonlight. I wanted to go as I was feeling 100% better, but Dad did not want to take me. He thought it would be too long of a climb for me. I convinced him to take me.

It was almost dark and the moon was just rising when we started. After we had been climbing for an hour Dad kept saying to me, "Just five more minutes to the top, Sierra, just five more minutes". I was getting scared in the dark because I couldn't see very well and we had to climb over some very large rocks. I was also afraid that we might get too close to the edge of the ridge which dropped straight off for about 1,000'.

It was hard to see the top in the moon light. The ridge we were climbing just kept going and going. Finally after an hour and a half we reached the top of Cirque Peak. Dad's, "five more minutes," had turned into thirty minutes.

On the way back I was worried that Dad would not be able to find our tent in the dark. I was so happy when we reached camp. It was 10:20 PM. I was very tired.

The highlight of my trip was climbing to the top of Mount Langley. Near the top I felt like I was going to throw-up and I was gasping for breath. It was the hardest mountain I have ever climbed. From the top of Langley we had a spectacular view of Mount Whitney and Discovery Pinnacle about ten miles to the North.

It took us a very short time to climb down the mountain to where we had left our packs. I didn't feel so bad coming down. The lower we got the more oxygen we had to breathe. We then hiked cross-country for six more miles to Sky Blue Lake (11,600') where we camped. The hike along Rock Creek was very beautiful.

The start of the third day had begun. I knew this day was going to be very rough. For about two hours we hiked and climbed up Rock Creek to Crabtree Pass (12,560'). On the other side of the pass we had to pick our way down through steep rocks to an unnamed lake at about 12,100'.

From this low point we climbed for three hours on loose rock and sand to the top of Discovery Pinnacle (13,760'). The climb was so steep and loose that often I took a step up just to slip back down to where I started. This was the hardest part of the day.

We climbed down the other side of Discovery Pinnacle where we caught the Whitney Trail at Trail Crest. I was glad to finally reach the trail. We had only two miles to hike to the top of Mount Whitney. We reached the summit in one and a half hours. It was 5:00 PM. Climbing Mount Whitney was easy in comparison to Mount Langley.

From the top of Whitney it only took us two hours to hike down five miles and 97 switchbacks to Trail Camp at 12,000'. It was just getting dark as we arrived at camp. We had hiked for eleven hours that day. I was happy to camp for the night.

The next morning was our last day in the mountains. It was an easy and fun day. We had to hike out seven miles. I stayed in front of my Dad and Gene the whole way down the trail. We made it down to Whitney Portal in just three hours and five minutes.

I was so happy to get to the top of the four mountains we had climbed. This trip was the most outstanding and roughest mountain climbing trip I have been on. I have now climbed thirteen peaks in the Sierra Nevada mountain range.

At the Whitney Portal Store I bought a Tee-Shirt saying, "I Climbed Mount Whitney". On the way home we stopped at Walker Burger.

I would like to someday climb all thirteen of 14,000 foot peaks in California. I've climbed two. I have eleven to go. I wanted to climb Mount Muir (14,015') as we passed it on the trail to Whitney but it was too late in the day.

COUNTY HIGHPOINT CARNIVAL

9/9/91

Mr. Popeye Desai said he wanted to do Mt. Baldy and I got all excited--Mt. Baldy brings back happy memories for me. My ex-wife Louise and I did Mt. Baldy just before our wedding in 9/73. However, it was not all wine and roses. Her dad said, "If you marry Bill Hauser I'll take you out of my will!!" Then my rich "Uncle Ed" told me, "If you don't marry that girl, then I'll take you out of my will." Such it was on Mt. Baldy (Mount San Antonio).

Anyway I decided to join Dinesh and Joy Desai on Mt. Baldy. On the way down to Los Angeles, I climbed "Table Mtn." (3473') the highest point in King County. This is a sneak peak. Ignoring no Tres. signs I hiked through acres of vinegar-weed to a gully then up to the private road. Using a good sketch map I got to the summit plateau in 3 hrs. 1800' gain and 100 Ft heat. 10 miles round trip. It is very hard to find the benchmark but Mr. Popeye built a cairn across from the BM to flag its location. I made it down to Parkfield, CA at 105 F and used 3 quarts water plus 1/2 gallon of fruit juice. Parkfield is the earthquake capitol of the world. Had a great oak barbequed cooked steak and saw 20 Japanese earthquake specialists. Also bought a T-shirt that says Parkfield Cafe--When you start shakin and quakin just head under your table and keep on eatin (or something like that).

Mt. Baldy

hi point of Los Angeles County.

Dinesh, Joy, and I went up the new trail (3500' total) past the Sierra Club ski hut (built in the 30's)--great photos on the wall and good water. There is a big plaque on top that says "Mt. San Antonio.. 10,064". On the descent we all could smell the smog at 9,500!! We descended the "Devil's Backbone" then had a snow cone at the restaurant on the saddle. Great Day. The highpoint was seeing all the California Fuchsia's blooming.

Modjeska Pk.

I needed this one towards completion of my Orange County Park List. However, it was so hot I drove up to within one mile of the top. I still have "Sitton" and "Pleasants" left to do.

Hot Springs Mtn.-San Diego County hi-point

I got a special permit from "Banning" on the Los Coyotes Indian Reservation for \$2.00 and he then opened the gate. I drove to the look-out 8 miles then walked 10-15 minutes to the peak. I climbed class 3 to get on the summit block. Beautiful incense cedar and sugar pine forests here. There are 75 Los Coyote Indians and they live on 25,000 acres! One downside is that Los Coyotes may take toxic garbage from Ohio to get the cash payments.

Warner Hot Springs

Now closed to the public unless you pay a \$25,000.00 share. Closed to Los Coyotes as well--and according to "Banning" his grandfather used to soak there and it was a spiritual retreat.

About 5 years ago I went in over a wall near the sales office. However, there is a giant prison-like fence around the whole compound (condo and pool) now. After talking to "Banning" I found a good way to get in. The prison-like fence only goes 9/10 the way around! So it was easy to hike through the brush and up a little creek and then into the open "rear-end" of the compound. Great swim in a giant pool--no chlorine and perfect mineral water. The lifeguard was very friendly--"How are you" etc. Anyway on the way out I almost got caught... a woman said, "Say, do you work here..?" I said "No." She said, "Where are you going??" I just speeded up and left by way of the open "rear" and dashed off into the chapparal. My whole point, of course, is to state...the gringos took the Indians Hot Spring and now they can't ever get in...I was pretending to be a rebellious Indian brave.

Blue Angel Peak (Imperial County hi-point)

At my camp in Pine Valley it was very hot and humid. Leaving late I thought I would just check out the roadhead. When I got to Jacumba

the sky became very black and it cooled off. I even had sporadic rain sprinkles up on the hi-desert at 4,000'. I drove 2.1 miles up a steep road past "Smugglers Cove" and parked. The Black Clouds opened up and I made a dash for the summit. It was hot at 1 p.m. but not 100°. Probably 90 or 95°F. I spent 45 minutes crashing through yucca, cholla, etc. to the top. Lo and Behold there it was--3 benchmarks and the United States Mexican Border obelisk just to the south. Soon lightning appeared out of nowhere and I was within 100' of a Boulder. Then on the way home I swam in the ocean and visited Mercey Hot Springs. All in all a good trip. Oh, yes, Dinesh gave me an official "California County hi-point club T-shirt--all pink in color!! Varooooom.

Bill Hauser 10/9/91

Mt. PRICE - Sept. 21, 1991

Having failed on previous attempts to summit this peak due to hail and lightning storms while crossing the ridge above Smith Lake, I decided that route had a curse on it.

I called Allen Cook to see if he wanted to accompany me on the Lyons Lake approach. He agreed and we headed up Wrights Lake road off Hwy 50 to the Lyons Lk. trailhead. We soon discovered to our dismay that it was hunting season! We strapped on bright red packs and hoped we didn't look or sound like deer. The further down the trail we got, the fewer gunshots we heard and eventually 5 miles in we felt safe. from Lyons Lake we zig-zagged up obvious class 2 routes toward the ridgeline. With beautiful weather we were sure of success. An easy scramble along the ridgeline and a few short hand grabs on the summit block brought us to the top. We crawled to the lip of an overhang and looked down about 2000 vertical feet to Lake Aloha. We were quite proud of ourselves until we looked at the map and back over our right shoulders and realized we had bagged the WRONG PEAK!!!

We were on Mt. Agassiz or Peak 9967 depending on your map. No problem! We'll just make this a double peak bag day. 15 - 20 minutes later we had hiked along the ridge spine to the top of Mt. Price. The register was located inside a small cave in a coffee can. (This can could use a new lid). From our vantage point on Price, Mt Agassiz looked to be a more prominent point on the ridge with its claw-like shape. It is definitely worth doing both while you are there. They are so close. After looking down at the steep walls above Twin Lakes and over at the extra ridge one must climb from Smith Lake, I believe The Lyons Lake approach to be the most reasonable.

We were soon making our way back down and not looking forward to running the gauntlet of gunfire again. Hurrying back to our vehicle we made the last 3 miles in 45 minutes. Stopping for Chinese food in Pollock Pines, we celebrated our success and lack of bullet holes.

-- JOHN BESBEKOS

## TRINITY ALPS WILDERNESS BACKPACK

I found the Trinity Alps Wilderness of the Klamath Ranges, Salmon Mtns, to be one of the prettiest areas in California. Getting to its heart, where grand expanses of exfoliated granite lie on north sides of steep canyons, takes some effort, but its grandeur surpasses much of the high Sierra. There were wild strawberries to eat on the Canyon Creek Trail in (and remembered on the way out) during a 6-mile sojourn beneath a canopy of pines, some of which looked like weeping willows being endemic to the area. A suitable base-camp was found where a trail split off to Boulder Creek Lake. Half of us took the shaded creek-side campsites, while the rest made their beds amid the rocks above the trees where they could look far up and down the valley. The scenery and deep creek-fed pools were enjoyed for an afternoon, and later that evening, we were entertained by mule deer who came up to grab snacks right out of our hands.

Early the second day, seven of us trekked further up the long Canyon Creek Canyon, six doing the long scree climb and Class 3 summit block to set atop Thompson Peak (9002'). Before returning to camp, four of us found a Class 3 way up Wedding Cake, all in all, doing about 12 hours of steady, moderately-paced hiking. On the next day, our six summiteers climbed Hilton Peak (8964'), so seldom done no one at all climbed it one year. The day's hike took a couple hours less than did Thompson, even though feet were already tenderized from the prior day's rock pounding. Our approach was difficult, along a Class 3 ridge from the north, but the return easy, down the west side of the Class 2 south ridge, which didn't even look passable until viewed from the top.

On the fourth day, we backpacked out taking lunch at the "Mustard Seed" restaurant in Weaverville. Although it had some undecipherable biblical saying on the wall sourcing its name, it did have excellent food, and to Alan and Anna's delight, a menu accommodating vegetarians.

The 8 participants on this trip were Anna Chaput; Alan Mendoza; Frank Palmer; Mike Reid; Roy Swanson; Tom Venus; Carl Wolf, and myself.

John Sarna

## ECHO PEAK - Sept. 14, 1991

Having been on Echo Lakes and driven over Echo summit, it seemed only right that I should climb Echo Peak. I can't recall seeing any trips for Echo Pk. in the past hiking schedules. This is probably due to its omission from the OGUL list and omission of a printed trail on the new Desolation Wilderness map available from the U.S. Forest Service.

A group of 23 people showed up for the hike, thus putting us over the legal limit for one group. Pat Purcell agreed to get a second permit to take care of the overflow.

Hiking along Echo lakes on the Pacific Crest Trail we came to the 'ENTERING DESOLATION WILDERNESS' sign and took the spur trail that immediately branched up on the right. We followed the signs toward Triangle Lake until we came to one which pointed to a faint trail and proclaimed 'TO ECHO PK.' The forest service had posted a trail sign but left it off their map!

The trail climbed gently up to the ridge saddle but faded near the top. This was no problem however since there is no underbrush and you can see fairly clearly through the light forest. Once we reached the ridge line we just travelled to our right to the obvious high point that is Echo Pk. We were able to look straight down on Angorra Lake and enjoy as Pat said "The best view of the Lake Tahoe area since Mt. Tallac".

On the way down one woman slipped and bloodied her knee, but new Peak and Gorge member Bill Pennington and a couple of his fellow Kaiser Hospital employees were quick on the scene and we were all soon safely back at the trailhead by 4:30 P.M. — John Sarna

September 20-23, 1991

## MARBLE MOUNTAINS WILDERNESS BACKPACK

The geology of this remote area in the far north environs of California lured me into leading this trip. Too bad so few people expressed any real interest in seeing it, 6 to be exact, of which Alan Mendoza of Chico had to cancel after his car's engine gave up the ghost. That left Anna Chaput and I driving up Friday afternoon to meet a Davis contingent of John Burmeister and his sister Tracy accompanied by Danny, the latter couple being more interested in camping the backwoods than bagging the peaks. In fact, no one wanted to climb Boulder Peak, highest in the area, which I had scheduled as a Friday 4000' gain "warmup".

Friday evening found Anna and I lined up with at least 50 horse-trailers and assorted vehicles parked at the Lover's Camp trailhead. The reason for all this activity was drawn out by a wrangler hanging out at one: that it was *opening day* of deer season! Noting our looks of alarm, he told us we shouldn't be concerned "unless it could offend our sensibilities." I responded that I was more worried about one of us being shot by accident than the deer done in for meat, believing that anyone who eats meat should put in some time killing animals to fully know what their decision entails. Anna did say she felt similarly, being a vegetarian, although she's unable to fathom how any rational person could actually kill an animal after seeing one. Well, let's not get too controversial.

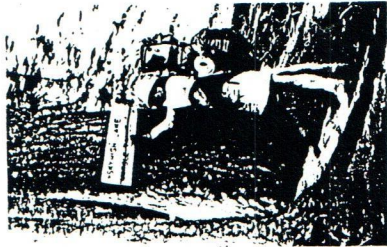
John, Tracy, and Danny somehow found our camp and settled in at 5 am. Moreover, with some prompting, they actually woke up before our 8 am departure time, so we all hit the trail soon after. The primeval forest trails were cool and mood-stabilizing on the way up, although overlain with an inch of dust due to the earlier horse traffic. Rather than join the expected old-boy crowd at the Old Guard Station, we opted for a base-camp at Lower Skyhigh Lake to give Danny and Tracy a place to enjoy while we tramped up to the peaks. Upper and Lower Skyhigh Lakes are in a basin surrounded by open country, providing a relatively safe haven from the few gunshots heard during the trip. Not an hour after our arrival came a Forest Service Ranger accompanied by a family on horseback. He told us the area would be virtually deserted any other weekend of the year, adding that it usually had snow by this time of year. Soon after, Anna and I left to do the length of Marble Mtn ridge from Point 6880' to its north end atop Black Marble Mtn. Right below the ridge, we found some thimbleberries to wet the appetite. What followed, the experience of walking, jumping, and climbing one enormous slab of eroding marble with two miles of panoramic views of forested mountains was, for me, the high point of many a trip. It ended too soon, and after coming down a scree-slope below Black Marble, dusk found us on the Pacific Crest Trail singing loudly enough to ward off hunters.

The trail-turnoff to Skyhigh Lakes was at the old Guard Station, where we again met the ranger, this time talking with a Stefanie Dancing Eagle, a herbalist conducting a ritualistic cleansing of the earth with a group of women alternative-life-stylers. They expected to consummate their efforts with a ceremony at Marble Gap on the annual equinox, two days hence. In any case, after trekking back to our camp, we had our own ritualistic post-climb dinner in the moonlight, followed by a thoroughly enjoyable sing-along led by John playing Tequila Sunrise, The Boxer, Sweet Baby Jane, House of the Rising Sun, and many more on his camp-worn but phonetic guitar.

Anna, John, and I set off early the next morning for King's Castle, allowing for the unanticipated miles between our camp and the old Guard Station to make it a long Grade 4C hike. We again took the PCT below Black Marble Mtn, finding a few tight, deep caves eroded in the marble. Then, it was up on a ridge to the north and finally down to Paradise Lake, with lots of over-ripe gooseberries and a "tree" of boysenberries to enjoy enroute. The last 1300' up to the summit from the lake took us through a castle-like landscape with steep grassy slopes, the cliffs just below the summit avoided by walking around to the other side. Unlike on Black Marble Mtn, we found a register on top, with practically all entries from locals, most mentioning the grace of God and some a man who apparently was buried nearby.

Anna and I skipped out early the next morning, the others dawdling in camp intending to pack out later. We dined at a place called the White House Restaurant, which recently opened in Mount Shasta City. The food was good, and it offered an assortment of breakfast, lunch, and supper dishes, some suitable for Anna's vegetarian tastes.

John Sarna



LION ROCK (12,360'), TRIPLE DIVIDE (12,634') AUG. 30-SEPT. 2, 1991  
This SPS trip left the Wolverton parking lot at 7:45 a.m. to pack the 15 miles, 4,000' gain to base camp at Tamarack Lake by 7 p.m. We left camp Saturday 7:30 a.m. for Lion Rock. Due to some questionable route-finding my "signed-off" group of 3 didn't arrive at the summit till about noon. I took many photos and we passed remnants of the main party on our way down.

The next day we climbed Triple Divide Peak via the ridge from Lion Lake Pass which proved to be mostly 2 with lots of loose stuff. Climbing time took about 5 1/2 hrs. Great scouting by Greg Roach on both peaks! The return to camp was marked by thunder and rain plus a rainbow which framed the view of the peak from camp.

The last day we packed out separately, which took me 7 hours with few breaks. A boon was the availability of fresh, purified water enroute at Bearpaw Meadows High Sierra Camp. This was the end of a 5 day trip, including seeing Crystal Caves, hiking Sunset and Moro Rocks, and a tour of the Big Trees via the Congress Trail loop. 7 rolls of film shot. Expensive (as well as meals and campground fees)! Pete Yamagata

"PICAYUNE PEAK" (8509'), PEAK 8458', SEPTEMBER 7, 1991  
MT. MILDRED (8398')

Anna Chaput and I began hiking at 10:25 a.m. from a spur logging road (3rd right along Road 68, after turning at Gates Group Camp Road) and proceeded to the summit of "Picayune Peak (thought up the name quickly)" with its benchmark elevation of 8519', highpoint of Mildred Ridge. We placed a register, and climbed Pk. 8458' (leaving a film can) enroute to Mildred. We dropped down the east side of the knife-edged wall with the big notch that is labelled "Heavens Gate" on the maps, then climbed back up to the summit of Mildred. Time to here was about 3 1/4 hours.

We spent some time looking for a part that had fallen out of my camera case (lost my hat on my first climb of Mildred!), then backtracked our route to the ridge heading ESE from "Picayune Peak," dropped down to some logging roads and followed our tracks back to the car. We were back in Auburn by 8 p.m. for some Taco Bell fare to end a fairly easy, enjoyable three peak day.  
Pete Yamagata

PHIPPS PEAK (9234')

Anna Chaput and I began hiking from Eagle Falls Trailhead by 10:35 a.m. and passed through the Velma Lakes Basin to reach the top of Phipps by 2:15 p.m. I looked thoroughly for any sign of my old register, but found no trace. I left a new one and we enjoyed the beautiful late summer weather, then started back at 3:05 p.m. After chatting with a number of cheerful backpackers headed up in the late afternoon, we hit the car at 6:30 p.m. We noted many of the peaks that we had done, in quest of my 2X OGUL list finish, in the previous month. Pete Yamagata

ENGLISH MOUNTAIN (8373')

Resilient Rex Smith, popping back from a potentially serious ailment, came along on this easy climb of this prominent North Sierra peak. We took the Bowman Lake Road (N.F. 18) from Hwy. 20 from which a variety of routes is possible. We took the Catfish Lake Road south to the vicinity of French Creek (allow about 3 1/2 hrs. from Sac), driving slowly on this terribly rough, narrow, road. Initially fighting some brush, we ascended the east side to unique Echo Lake, a large catchment basin in a volcanic rock setting. From here the summit was a short, easy scramble to the west side talus hop up the final 100'. Time up was 2 hrs. We descended along French Creek, past a lake not on the map, back to the main road, and thence back to the car. Pete Yamagata

## 2X OGUL LIST COMPLETION

OCTOBER 1-6, 1991

With great thanks to Rex Smith and Anna Chaput, I was able to conduct a whirlwind peak blitz with my final requisite ascents to achieve the heretofore unaccomplished feat of climbing all of the OGUL peaks twice.

October 1, Rex and I repeated our climb of Lookout Peak (9584') and also bagged Lookout #2 (9727') and placed a register. Two days later, we climbed Fillmore (7715') as well as Etna. We placed a register on Fillmore, there being no trace of the old one, and checked the Etna register that I had placed six years ago. There had been a number of sign-ins probably mostly of people who had also done Fillmore.

Over the weekend of Oct. 5-6, Rex and I joined the Chaput girls for a climb straight up the west side of Desert Creek Peak (8969'), trail-less, 2500' gain) which took us 2 hrs., 40 min. We descended rapidly thanks in part to a scree slope that allowed a quick loss of about 700'. We camped at Topaz Lake, with Rex and I enjoying the bargain eats there. Sunday, we celebrated my final 63rd double ascent on Middle Sister (10,859') with glasses of sparkling water provided by Anna. We then traversed over to East Sister (10,402') and signed in the registers there.

Both NAS PVC pipes had been leaking, and the original books were moldy and damp beyond the point of usefulness. We dried out what pages that we could, and we placed the Middle registers into a heavy-duty baggie and then inside a coffee can (we removed the salt shaker), and the East registers into a glass jar provided by the DPS and then into a coffee can. They should both last 5-10 years.

This adventure was enjoyable for every moment, although I had some worries about trailhead access, and, of course, the unforeseen, but everything went fine. Now, as I have begun on 3X list completion, I will need one more ascent on about 36 peaks.

Anyone wishing to work on their OGUL list peaks may contact me as I have maps, routes, and photo documentation of all of the OGUL peaks. If you need a companion/guide, I am available. Get the peaks the first time and don't waste gas!  
Pete Yamagata  
(916) 444-6319

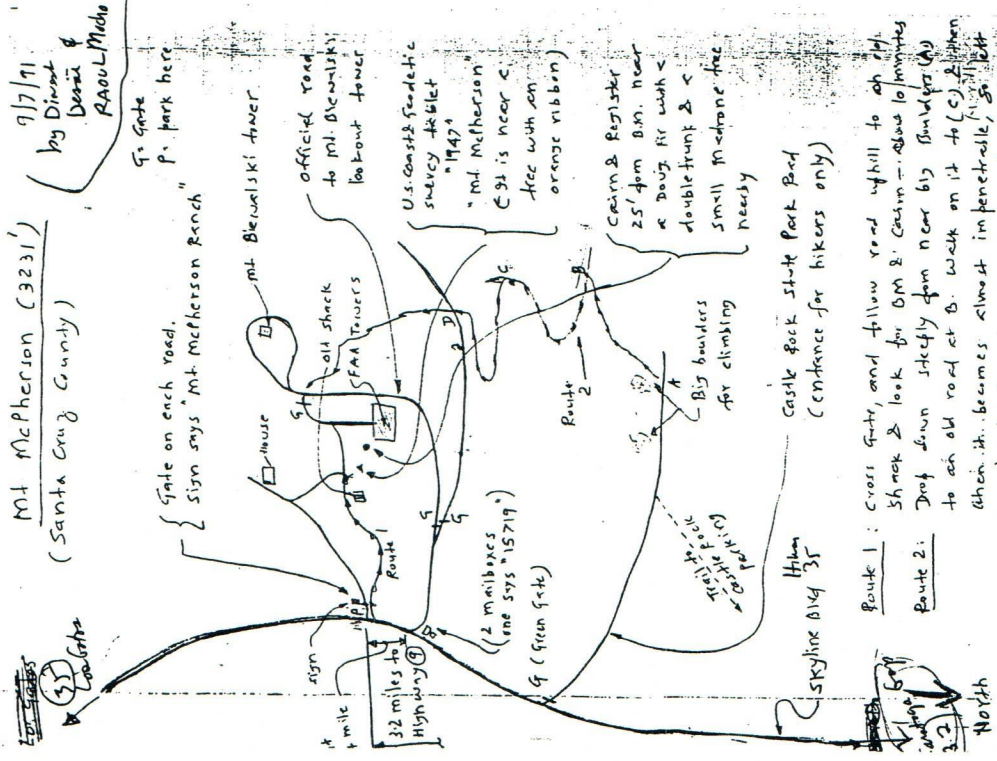
KENNEDY MOUNTAIN (11,433')

OCTOBER 12-13, 1991

Starting up the Lewis Creek trail in Sequoia National Park, this strong SPS group packed the 3,300' gain to camp at Frypan Meadows (elev. 7,800 ft.) by 12:45 p.m., set up camp, and proceeded up to an overlook (elev. 9,800 ft.) of Grizzly Lake where we decided to abort our planned climb of Mt. Harrington (11,009') due to lack of time. We had only 2 1/2 hours of daylight when we began the return to camp. One individual, not officially part of the trip, but well known to some of the group, came up behind us and climbed to the summit, watching the sun set, and made a return to camp without a flashlight (only a low crescent moon) by 11 p.m. The rest of us enjoyed a nice campfire and summer-like night.

Sunday morning, we began moving by 7:30 a.m. for a nice trail to Kennedy Pass, then a easy ridge hop to the summit. We stayed for one hour, then went back to camp through colorful stands of aspen and all returned to the cars by dusk. Seven persons were signed up for this trip, and we all stayed together (good leadership) except for the final descent to the parking lot. Two completed their "checkoffs" for WTC on this outing, which was somehow rated an "Intro" trip. Total stats were about 25 miles with 9,300' gain round trip. Pete Yamagata

Addendum: After spending a sleepless Monday morning after pulling in at 1:45 a.m., probably due to the 5 cups of Cappuccino and 3 diet Cokes that I drank Sunday, I had breakfast with Rex who told me of the great success with Boris in climbing Merriam (13,103'), Royce (13,280'), and Mt. Julius Caesar (13,200'+) over their Fri.-Sun. weekend!!



MT. WHITNEY (14,495)

9 Sept 91

It had been a cool night, sleeping in my bivvy sack. But a tent would have probably been just as cold if Alan's complaints were correct. Getting up before dawn never was appealing and the stiff breeze made it less so. But after a few minutes of stumbling around I was ready to start the climb from Trail Camp. At first I wondered if I were carrying too many clothes. I remembered how hot it had been in spite of three feet of snow in September the last time I had tried this peak. Alan Cooke led off, followed by Tom Lehnert and Anna. We stopped one after another to take off a layer or two of clothing as the heat of climbing the switchbacks warmed us. Later I would think back to this as the warmest part of the climb, even though the sun had not yet cleared the Inyo Mountains to the east.

Though the trail was well maintained, footing was tricky in places where frozen snow melt crossed our path. Mixed with sand, the ice was almost invisible in the half-light. As the sun began to catch Mount Whitney we pulled out our cameras to get our first pictures. Tom was having trouble with his camera due to the cold. I kept mine in a pocket close to my body and thus kept the batteries in operation. But it was getting colder. A large cloud descended on us from the southwest and provided our first snow flurries.

As we continued up to Trail Crest pass, our group began to string out. Any concern I might have had about Tom and Anna was quickly dispelled as they pulled away, leaving me at the rear of our group. About 7:30 we reached the pass and had a short snack. The scenery was breathtaking: looking east down to Trail Camp and Consolation Lake, beyond to the Alabama Hills and Owens Valley. To our left the rugged spires of Pinnacle Ridge and Wotan's Throne delighted our eyes. The cold urged us to continue on. As we came out to the west side of the pass, we looked on Mt. Hitchcock and the two Hitchcock Lakes. I quickly took a few more pictures while there was a view. From the west, an ugly bunch of clouds were speeding towards us. As I continued up the trail, my companions far ahead, the cold closed in with blasting wind and occasional bits of snow. At one point I deviated from the trail they had taken, following an alternate trail which took longer to climb the ridge leading to the summit. For a bit, I walked in a snow field devoid of footprints with no one in sight. Eventually I rejoined the more traveled path and came to the stone hut at the summit. It was 9:30 and not too early given the cloud shrouded sky.

Inside the hut, the rest of the group hid from the wind. We attempted to take some more photos. The batteries in my camera died as they tried to rewind my film. We chatted for a few minutes with a group that had hiked over 200 miles from Yosemite and were catching this peak as their final stop before hiking out Whitney Portal. I thought of Ethan Gallogly who had planned to climb Whitney after crossing over from a western entrance to Kings Canyon. I would learn later that we had only missed him by a few hours on the main trail.

As we descended to the pass, the weather quickly deteriorated. The snow flurries increased and began to ice up the trail. We saw several climbers not adequately dressed for the weather but still struggling to continue up. It would be a day of failure for most of those who started later in the morning. We could only shrug in response to questions and say it had been cold and was looking worse as we returned thru the pass.

Bob Buckles



## ALTITUDE SICKNESS--Have You Got the Feeling?

Pounding headache? That nauseous feeling? Is every move an effort and every thought a bit fuzzy? It could be tax time, or a job interview, maybe its your lawyer again. But any time you start feeling this way and you are at 9,000' plus, it could be altitude sickness. It's nothing to hide or be ashamed of, even in Peak and Gorge circles. A couple years back, Sir Edmund Hillary got it so bad in a Himalayan Village at 13,000' that he finally had to be flown out to a lower elevation. Of course this was a few years after he climbed Everest. But it still counts. As for being in shape, would you think that an explorer who traveled by foot and horseback all over the West might be immune? Read the account of Charles Fremont:

...Fremont began to feel the effects of a higher altitude as they moved to the ten-thousand-foot level. His head ached; his stomach was queasy; he became angry at [Kit] Carson for moving so fast, and the two men exchanged unpleasant words....Quite simply, he was unable to stand the physiological stress of high elevation. [Fremont: Explorer for a Restless Nation by Ferol Egan]

Fremont could never avoid his problems with altitude. Neither can my wife. Though a competitive ski racer in excellent shape as a teenager, she never made it to the top of Mount Shasta (Not for lack of trying by an insistent father.) For the rest of us, it may not prevent climbing at higher altitudes altogether, but it can make a trip miserable now and then.

My own experience with altitude sickness is varied and may provide some clues on how to avoid or minimize the problem. The first time I remember having any problem was on a trip up to Round Top Lake by way of Caples Lake. Though less than 10,000', the climb up to this lake is moderately strenuous. I was not in particularly good shape. I started getting a headache as I reached the high point of the trail and feeling a bit nauseous that afternoon. The winding ride in the back seat of John Besebekos car was the worst part of the experience.

As I got in to better shape and became more acclimatized to altitudes over 8000', my "ceiling" before experiencing problems has improved. This year, while climbing Whitney, I can say with pride that I reached the top with no serious symptoms and only got a little sick to my stomach when I had to climb 200' or so back up to clear the pass (elevation still 13,700') on the way back. Contrast this to my first attempt on Whitney when I failed to make the peak after 5 hours of climbing, throwing up, resting, climbing more while sick, throwing up again, and finally turning back less than a mile from my goal. Of course I had attempted that on an empty stomach, after a bad night sleeping at 12,000', without sufficient water, etc., etc.

Being in better shape is no guarantee. Even though I climbed Whitney and Shasta this year with only minor altitude problems, I also had my worst failure in this game with the altimeter. In May I went on a cross-country ski trip to Hidden Valley on the West side of Shasta, elevation 9200'. I'm not a great cross-country skier, especially with a full pack. I didn't have climbing skins, which made the ascent to Hidden Valley even more work. I suddenly found myself several hundred feet below where I should have been, stranded on exposed rock, and not up to carrying my pack, skis, etc. I ended up carrying my pack to the campsite, then returning for my skis. That may not have been very smart. At the time I wasn't thinking clearly. By the time I finished my second trip over that final half mile, I was pretty far gone physically. After resting for an hour, I tried to eat. Not very successful and it soon came back up. I did make a half-hearted attempt on Shastina the next day but got sick again after climbing less than 1000'. Thinking back to that trip, I suspect the causes of my discomfort included not only the heavy

physical exertion during the trip but residual work related stress, insufficient sleep prior to the trip, and having to drive up early in the morning of the day our trip started.

How often are we trying to finish up at work, staying up late packing, and then putting in long drives just to start our mountaineering trips? This may be one of the most important factors in altitude sickness. If you are worn out before starting the climb, being in good shape isn't enough. But good shape helps. So does good eating! When camping at higher elevations, be sure to bring food that fills you up, is easy on your stomach, and that you like. I mention the last because lack of appetite is a common problem. Nothing is worse than trying to force yourself to eat something you don't like normally. Continue eating when climbing. It keeps your blood sugar levels up and often helps keep down nausea. Drink plenty of fluids. I like gatorade. Drinking water alone doesn't seem to do the job on a tough climb. And for headaches, use your pain reliever of choice. Aspirin works for me. If you get headaches regularly at altitude, use it preventively.

I haven't discussed the serious, life threatening symptoms of climbing such as pulmonary edema because they are seldom found unless you are exposed to high altitudes (12,000+) for more than 12 hours. There is one symptom potentially as deadly which occurs whenever altitude is a problem. I call it fuzzy thinking. The combination of physical stress and altitude often impairs judgement and emotions of the climber. This may manifest itself in irritability, confusion, bad decision making, or unwarranted euphoria. The only protection against it is paying attention to your own mental state and compensating for your own unclear thinking by reducing demands on yourself. If you know that the altitude is affecting you, you should be very wary of "easy class 3" rock climbing, "simple" technical climbing, etc. A quick review of the climbing literature suggests that as many world class climbers have been killed by poor judgement under stress and altitude as all the objective hazards. If the altitude is getting to you, don't hesitate to turn back while you still know which direction that is.

Bob Buckles

## Planning for Private Trips--Bob Buckles

I am interested in several private trips this winter/spring which will require ice axes and crampons. Ideas include winter climb of Lassen, spring climb of Shastina, and trips further north to Mt. Hood, etc. I am also interested in putting together a trip to Death Valley. This would be for about one week and combine general sight-seeing with some climbing of local peaks. I want to know when to schedule these trips (assuming others want to go.) If any of these interest you, speak to me at the next Peak and Gorge meeting or call me at 624-3620 weeknights except Thursday before 9:00PM.

## Corrections to List of California's County High Points

In Boulder issue 42, I had published a list of the highest points in each county in California. Dinesh Desai and Bill Hauser have since pointed out a few corrections (unverified by me as of yet) to the list, which are shown below. I hope to come up with an amended list later, after input from the County High-Pointers first Convention scheduled for October 19, 1991, to climb, and perhaps, name the high point of Alameda County. If you have any corrections to these or the previous list, please let me know. --- John Sarna, 429-8024.

COUNTY	HIGH POINT (Elevation in feet)	USGS TOPO MAP	MTN. RANGE (& location in DeLorme Atlas)
Del Norte	Bear Mtn (6,411)-not Bear Peak		Siakiyo Mtns, Klamath Range (N2586)
Fresno	Salmon Mtn. (9,957)-not No. Trinity		Salmon Mtns, Klamath Range (N2401)
Humboldt	Mt. Tamalpais, East Peak (5,686)		Coast Ranges (N104A1)
Marin	West Tam could now be lower than East Tam since they shaved off its top to build an FAA facility.		
Plumas	Mt. Ingalls (8,377)-not Dixie Mtn.		Sierra Nevada
Plumas	Mt. McPherson (5,231)-not Bielawski		Sierra Nevada
Sanita Crus	1 mi. no. of Mt. Lola (8,842)-not Babbitt	Castle Rock Ridge (75)	Santa Cruz Mtns, Coast Ranges (N118C5)
Sierra	Brokeoff Mtn (9,235)-not Mt. Linn	Donner Pass (16)	Cascades (N68A2)
Tehama	Mt. Lyell (14,114)-not Mt. Dana		Sierra Nevada (N111C6)
Toolumne	0.8 mi east of Bear Spring on		Sierra Nevada (N111C6)
Yolo	Little Blue Ridge (8,120+)-not Berryessa Peak		Wilson Valley (7.5) Coast Ranges (N64A3)
	Little Blue Peak (5,081)		

or possibly

(N/S is which book, North/South, followed by the page number, then where on the page by section)

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**SUBMITTALS:** *We encourage you to submit copy for publication. Articles, letters, fiction, poetry, and artwork that would be of interest to the Peak and Gorge Section are welcome. Copy should be typed single-spaced on 8.5 x 11" paper with half- to one-inch margins, and sent to: Boulder Editorial Committee; C/O John Besbekos; 4428 Old Dairy Drive, Sacramento, CA 95842; phone 729-2725. Submittals will not be returned unless accompanied by a self-addressed stamped envelope.*

**DEADLINE:** *About a week before social meetings on even-numbered months. The next deadline is: December 10th, 1991*

Boulder Editorial Committee  
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Mt Shasta Climb July 4th, 1991  
(Left to right, Bob B., John B., Robin R., Alan C., John W.)

