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General Meeting

Date **Tuesday, April 8, 2014**

Time **7:30 pm – 9:30 pm**

Where **PCC
3921 E. Bayshore Road
Palo Alto, CA**

Program **The Slovak Direct on Denali**

Presenter: **Terry Cline**

In the spring of 2012 Andy Houseman and Nick Bullock made the sixth ascent of the massive and infamous Slovak Direct route on the south face of Denali. First climbed in 1986 using fixed lines over the course of 11 days, the route is over 9000 feet high, making it one of the biggest, most committing lines in the Alaska Range. The pair climbed the route in 84 hours, battling epic spindrift, difficult ice and mixed climbing and challenging weather. We'll show a 20 minute video they made while persevering in this landmark "new alpinism" achievement.



Directions from 101

Exit at San Antonio Road, go east to the first traffic light, turn left and follow Bayshore Rd to the PCC on the corner of Corporation Way. A sign marking the PCC is out front. Park and enter in the back of the building.

Google <http://tinyurl.com/28ng>

Editor's Notes

Happy Spring! I'm pleased to tell you that there are lots of trips listed in this month's Scree, so it's time to get out into the mountains and have fun. Enjoy!

Judy

Chair Column

From the very beginning of the PCS the focus has been on trips, into the Sierra Nevada, primarily, to reach its summits, led by competent, experienced, and knowledgeable trip leaders. Succeeding generations of new members learned from these leaders and eventually became trip leaders themselves. Because of this evolution, the section has thrived and sustained itself for nearly fifty years.

In recent years this infusion of younger members and their growth into trip leaders has decreased, which is bad news for the future of the section. Becoming a once-a-month gathering for slideshows that enable us to experience vicariously the mountains without actually visiting them "for their good tidings", as John Muir famously said, will not sustain the organization and certainly is not the purpose for which it came to life.

A quick look at the provisional schedule of trips for this season will reveal that again nearly all the trips are being led by the same small number of individuals as for most of the last five years or longer. To these folks all who go on our trips owe a huge thanks. But all good things end eventually and there is no free lunch. We need to recruit new members and grow the best into leaders. What to do about this?

In our April meeting I would like to initiate a general conversation about drawing new members into the section, how to prepare them to be competent participants in our mountaineering trips, and how to encourage those with leadership qualities to take on the effort and responsibilities of leading future trips. There are some models out there in similar organizations in other regions that we can use for inspiration and I'll start the conversation by describing what these groups do successfully. Please come and join in the discussion.
Terry

Advanced Trip Schedule

These trips are planned to occur in the Spring and Summer. They are subject to change until they appear on the Chapter schedule, but are listed here for planning purposes. [Advanced Trip Schedule](#).

PCS Trip Calendar

These are required statements.

Note: CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California.

Note: All Sierra Club trips require you to sign a Liability Waiver.
<http://www.sierraclub.org/outings/chapter/forms/signinwaiver.pdf>

May 24 - 26: Diamond Peak
Leader: Aaron Schuman

May 24 - 25: Izaak Walton
Leader: Lisa Barboza

June 6 - 10: Lion, Stewart, Triple Divide
Leader: Lisa Barboza

June 14 - 15: Recess Peak
Leader: Aaron Schuman

June 21 - 22: Crown Point
Leader: Terry Cline

June 28: North Peak and LISA'S LIST FINISH
Leader : Lisa Barboza

June 29: Cloudripper
Leader: Aaron Schuman

August 16 - 18: Mount Clarence King
Leader: Terry Cline

PCS Trip Details

Dance Beneath The Diamond Sky

Goal: Diamond Peak, 13,127"

Location: Above Independence

Dates: May 24 - 26

Leader: Aaron Schuman a.j.Schuman AT gmail DOT com

Difficulty: Snow climb using ice axe and crampons

We'll start low at the end of the Oak Creek Road (6000') and hike the Baxter Pass trail from desert up into spring slush. The snow might be firmed up by the time we reach our camp at Summit Meadow (10800'). We'll ascend the southeast face of Diamond Peak (13127'), which RJ Secor calls "a splendid snow climb in the spring". Maybe not this spring. Participants are skilled with ice axe for self-arrest and use of crampons on a mid-angle slope. Some members of the party will choose skis; others snowshoes.

Izaak Walton

Goal: Izaak Walton Peak, 12077'

Location: Vermillion Valley Resort

Dates: May 24 - 25

Leader: Lisa Barboza

Difficulty: Class 3, ice axe and crampons

This is a beginner trip and the hike in from Vermillion Valley Resort (VVR) is mostly on trail. We'll hike in to Mott Lake or Bighorn Lake Saturday, enjoy a happy hour. We'll climb the peak on Sunday, hike out, and drive home.

You must be in good physical condition and be able to climb relatively steep snow using ice axe, crampons, with several thousand feet of gain.

Day 1: Hike 10.5 miles, 4200' gain to Mott Lake, climb the peak (2 miles, 1100' gain) if we have time; enjoy happy hour at the lake.

Day 2: Climb peak (if not climbed on Saturday), hike out. Drive home.

Meet at VVR on Friday night. Sierra Club policy is not to arrange carpools; but I will send out a list of participants as the time get closer.

This is not a shared commissary and all are responsible for their own food. At the trailhead, we will determine if it makes sense to share some gear. Please send climbing resume and recent experience to Lisa.barbozaATgmail.com

Kaweah Gap

Goals: Lion 12,360', Stewart 12,000', Triple Divide 12,634'

Location: Mineral King

Dates: June 6 - 10

Leader: Lisa Barboza

Co-Leader: Stephane Mouradian

Difficulty: Class 3

Join us for this Intermediate to advanced trip to the Kaweah Gap and the fabulous Nine Lakes Basin, seldom visited. We'll hike in from Mineral King, camp in the Basin, make a base camp, and climb from there. You must be in excellent physical condition for this trip: each day will bring a lot of gain and many miles. Much of the trip will be off-trail, and experience in backcountry travel is required. It is a five-day trip, but we may be able to finish in 4 days.

Day 1: Hike 12 miles from Mineral King, over Glacier Pass, down to Spring Lake, over Hands and Knees Pass, to Big Five Lakes. From there, hike down to the Big Arroyo and up to Kaweah Gap.

Day 2: Climb Lion and Stewart. These peaks are listed as CL2, but be prepared for CL3

Day 3: Climb Triple Divide, from our Nine Lakes Basin Camp. This will be a full day, 7 miles RT, 3500' of gain.

Day 4: Hike out over Hands and Knees, Glacier Pass, back to the Mineral King TH.

Day 5: A spare day if we don't manage to climb the peaks.

A word about the Mineral King TH and parking area: marmots! They can be quite interesting and have been known (seen by me) to munch on automobiles. They like rubber, radiator fluid, and wiring, and can have a taste for under-hood insulation as well. The best defenses are either a) placing chicken wire all around the car,

staked, b) driving the car onto a 20x30 foot tarp, then tying the car up inside the tarp like a birthday present, or c) a combination of the two.

You must be in good physical condition and be able to hike 12 miles with several thousand feet of gain with a backpack, and have good backcountry and climbing skills. I have secured permits for six. This is not a shared commissary and all are responsible for their own food. Be prepared to be self sufficient in lodging, mess, stoves and other gear. We will decide at the TH on sharing gear. Sierra Club policy is not to arrange carpools; but I will send out a list of participants as the time get closer.

Please send recent hiking experience to Lisa.barbozaATgmail.com

Recess - School's Out For Summer

Goal: Recess Peak, 12813'

Location: Kaiser Wilderness

Dates: June 14 - 15

Leader: Aaron Schuman a.j.Schuman AT gmail DOT com

Difficulty: Class 3

We are not taking the easiest route up Recess Peak. We'll hike from the Bear Diversion Dam (6200'), follow the Bear Creek trail four miles to a junction (7800'), use the JMT for one half mile to take advantage of switchbacks, leave the trail (9400'), hike two miles cross country, and make camp in the west bowl (11000'), or maybe lower. We climb the long class 3 ridge instead of the class 2 face. Wow! What a great early summer trek in the deeply forested western Sierra Nevada.

Crown Point

Goal: Crown Point, 11,346'

Location: Bridgeport, Hoover Wilderness, northern edge of Yosemite NP

Dates: June 21-22

Leader: Terry Cline

Co-Leader: wanted

Crown Point sits just off the boundary of Yosemite National Park, west of the alpine Sawtooth Ridge playground. Saturday we will hike in from Mono Village at 7100' at Twin Lakes to the beautiful Crown Lake or the higher Snow Lake, depending on time and energy of the group. After 3.9 miles we reach Barney Lake and our first view of the impressive northern scarp of Crown Point dominating the lake below. From there we head up switchbacks to the junction of the Peeler Lake trail and the Rock Island Pass trail and take the latter to reach a campsite 8-9 miles from the trailhead at around 9600' before the pass, which drops one into Yosemite. Sunday we will climb the class 2 southwest side of Crown Point from Snow Lake, break camp, and return to the cars for the drive home. Experience in backcountry travel and camping required. Physically fit beginning climbers welcome.

North Peak

Goal: North Peak 12,242'

LISA'S LIST FINISH!

Location: Saddlebag Lake, Yosemite

Dates: June 28

Leader: Lisa Barboza

Co-Leader: Kathy Rich, Daryn Dodge

I revere the Mountain Gods for the peaks are truly my temple of worship. (Must be the pagan in me.)

So it is with significant trepidation that I list this CL1 and CL2 dayhike of 9 miles RT with 2500 feet of gain as I don't want to jinx my planned list finish for the Sierra Peak Section List of 248 peaks. I started in 2005, learned from many other climbers. I wish to thank Daryn Dodge,

Steve Eckert, Bob Suzuki, Stephane Mouradian, Aaron Schuman, Jeff Fisher, Arun Mahajan, Ron Hudson, Tina Bowman, and many, many others for their kind mentoring during this process. I have learned a lot and hope to be able to pass on what I have learned.

When I started, I had climbed Whitney (1987), Half Dome (1987), Vogelsang, and Florence (both 2004). The bug bit me and I have never stopped. So here it is, 9 years later and I think I might be able to finish. A list finish is really a party. Many of the SPS list finishers will be there, and this climb is open to all. Just let me know if you are coming. Bring lunch, raingear, and the typical ten essentials. Champagne will be served at the summit.

We will meet at Saddlebag Lake on Friday, June 27 and start at 8:00 AM on Saturday. Camp at Saddlebag Lake, just on the east side of Yosemite. I have secured the group camp for 2 nights: Friday and Saturday, June 27 and 28. It holds 25 people. Also, just 100 yards away, is another camp at Saddlebag Lake, which does not take reservations, so get there early. After the climb, we will party at Saddlebag Lake Group Camp. This will be a potluck, but we will be providing chili and veggies. Here's what to bring: firewood, food and beverages to share, tall tales, and friendship, for we are all captivated by this enduring, magical Range of Light.

Sierra Club policy is not to arrange carpools; but I will send out a list of participants as the time get closer. Please send climbing resume and recent experience to Lisa.barbozaATgmail.com

Cloudripper

Goal: Cloudripper, 13,525'

Location: Kings Canyon NP, Sixty Lakes Basin, Kearsarge Pass, Independence

Dates: June 29

Leader: Aaron Schuman: a.j.Schuman at gmail DOT com

Difficulty: Class 2

Goin' up to South Lake. Gonna have ourself a climb. Sheared off granite everywhere. Rippin' cloud without hesitation. Goin' up to South Lake. Gonna bring some friends of mine.

We follow the pipeline from South Lake (9800') to the trail. We'll follow the trail to Green Lake (11,000'). A long class 2 slope takes us up to the Cloudripper summit (13,525').

This long Sunday dayhike to Cloudripper happens immediately after Lisa's Saturday list finish. Tentatively we are going on 6/29. But if Lisa changes her date, this date moves too.

Mt. Clarence King

Goal: Mt Clarence King, 12,905'

Location: Kings Canyon NP, Sixty Lakes Basin, Kearsarge Pass, Independence

Dates: August 16-18

Leader: Terry Cline

Co-Leader: wanted

Difficulty: Class 3, technical rock climbing

We'll climb the classic South Face route; its first ascent by Bolton Brown was the hardest American rock climb in the 19th century. Saturday we will hike 7.3 miles over Kearsarge Pass from Onion Valley above Independence to the vicinity of Charlotte Lake and from there 8 miles over Glenn Pass along the Pacific Crest trail to the upper Rae Lakes basin before heading up to the Sixty Lakes Basin. Because of permit camping restrictions, we will camp somewhere between Glenn Pass and the Rae Lakes Basin.

Sunday we will move camp into Sixty Lakes Basin before climbing the exposed class 3 South Face of Clarence King. A light rope will be carried to protect the famously exposed 5.4 summit block move to reach the top. After descending the peak, we will spend the night in the beautiful Sixty Lakes Basin.

Monday we will hike out the way we came. This climb involves more than 30 miles of hiking and much elevation gain and loss over three passes. Only very fit climbers experienced in exposed class 3, moderate rock climbing, belaying, and rappelling. Permit for six.

Private Trip Calendar

Important: Private trips are not insured, sponsored, or supervised by the Sierra Club. They are listed here because they may be of interest to PCS members. Private trips may be submitted directly to the Scree editor.

May 3 - 4: Snow Skills Practice Weekend

Leaders: Kelly Maas (kellymbase-pcs@yahoo.com), Arun Mahajan (arun.mahajan@att.net)

June 2 - 4: Silver Peak

Leader: Rod McCalley

Mid-Late July: Gannett Peak

Leader: Timothy Hult

August 6 - 9: North Palisade

Leader: Jeff Fisher

Private Trip Details

Snow Skills Practice Weekend

Location: Mt Lassen Volcanic National Park

Peaks: Mt Lassen 10457' and Brokeoff Mountain 9235'.

Dates: May 3 - 4, 2014

Leaders: Kelly Maas (kellymbase-pcs@yahoo.com), Arun Mahajan (arun.mahajan@att.net)

This is a two-day trip to brush up on our snow skills and the use of axe and crampons and traveling on snowy mountain terrain. The participants have the option of returning back after the first day or camping overnight after the first day and doing another day trip on the second day.

On Saturday, 3rd May:

Climb Lassen and practice our ice axe and crampon skills in a safe area along the way. We don't know how far the road will be open, so we don't know how long the approach will be. In the worst case we'll have to walk two miles or more, partially on snow, to get to the trailhead.

Snowshoes may be useful. Participants supply their own gear. It is possible to bring only ice axe and skip the crampon practice. Helmets are strongly advised for the skills practice. For ice axe self arrest, we'll spend a lot of time lying and sliding in the snow, so bring rain parka and pants and waterproof boots.

On Sunday, 4th May:

If we are unable to summit Lassen after the class on Saturday, we will use the snow skills that we practiced on Saturday and attempt to summit Mt Lassen, the highest southernmost Cascades peak. If we have indeed climbed to the top of Lassen on Saturday itself, then we will attempt the nearby Brokeoff Mountain from the trailhead just outside the national park. We will climb most of the mountain on our snowshoes/skis and would need to use axe/crampons near the summit area.

Silver Peak

Goal: Silver Peak: 11878'

Location: TH above Lake Edison's Vermilion Resort, which is north over Kaiser Pass from Huntington & Shaver Lakes.

Dates: June 2-4, 2014

Leader: Rod McCalley -- (650) 493-2378, rodmccalley@sbcglobal.net

Monday morning backpack -- from a June 1 car-camp at TH parking area (7800'), up well past the Devil's Bathtub (9200') to camp in a high basin about 10,150' (about 6-7 miles from TH). On Tuesday, June 3, we first go north over the 11,250' pass and down 500', and then climb Silver Peak (Class 2 in Secor), with return by same route. We may then move camp down to Devil's Bathtub. Back in camp, we'll celebrate Rod's "list-finish" of the 31 Sierra 30'x30' high-points. Hike out Wednesday morning.

Be prepared to be self-sufficient in food, stoves and camping gear. We can decide at the TH about sharing gear. Sierra Club policy is for leaders not to arrange carpools; but I will send out a list of participants as the time gets close.

Gannett Peak

Goal: Gannett Peak: 13809'

Location: Wyoming

Dates: Mid - Late July

Leader: Timothy Hult

Difficulty: Ice axe and crampons, altitude

The approach is 19 miles into the head of Titcomb basin, a spectacular valley surrounded by 12,000' peaks, where after a two day back pack in we camp and wait for ideal weather.

Then up the scree hill to "glacier pass," down to the Dinwitty Glacier, up the Goose-neck couloir to a knife ridge that leads to the summit. This is one of the most challenging stats. Weather is a HUGE factor in the success of this climb.

Participants must be up for several continuous days of long miles, high altitude and comfortable with ice ax and crampon work on steep slopes.

Trip will be timed to match the conditions of the couloir, but given the potential for low snow conditions this year, it is thought mid to late July may work. Interested persons should contact Tim Hult at timdhult@sbcglobal.net

North Palisade

Goal: North Palisade, 14,242'

Location: From the east side of the Sierras going over Bishop Pass

Dates: August 6 - 9

Difficulty: Class 4 or Low Class 5

Leader: Jeff Fisher. Email:

jeff_fisher_5252@sbcglobal.net

I have a permit for 8 over Bishop Pass to do North Palisade. Permit is for entering on a Wednesday.

Trip Report

The Full Monte

Mt. Humphreys (13,986')

September 7 - 9, 2013

By Lisa Barboza

Goals: To climb the Peter Croft route on the East Arête and summit Mt. Humphreys

Leaders – Bruce Bousfield, Linda Sun, Rick Booth, Lisa Barboza,

This was planned after I missed out on Daryn Dodge's great trip up the shorter east Arête route of Humphreys using the southeast gully approach in September 2012 – Since I travel so frequently, I often miss good climbs. So I asked Linda if she wanted to come, and Rick too, and we ended up with a fantastic group of climbers to tackle this exposed ridge, which is about a thousand meters or so of exposed, 4th and 5th class razor sharp knife edge ridge climbing and is a classic route, first climbed by Norman Clyde, but later described by the famous Peter Croft, in his book about the best Sierra rock climbs – "The Good, the Great, and the Awesome". We wanted to be on the sidewalk with the big drop-offs as seen in the book.

The East Arête on Humphreys was first climbed by Norman Clyde in June 1935. From a careful reading of my personal copy of the Sierra Club Bulletin, Volume XXI from February 1936, where Norman Clyde describes his route, I believe that he took the gully route which is just before the crux of the route and not the full East Arête that we did. Scholars may disagree. Still, it is a totally awesome climb. This route has it all, fun 5th class, great granite rock with good holds, a classic exposed knife edge ridge with lots of exposure, and a fine view from the summit.

We met on Saturday, September 7th at Jack's in Bishop. In addition to our troupe, we had Bruce

Bousfield and Chris Mayer to make a group of five. After a satisfying breakfast, off to get our permit at the White Mountain Ranger Station, as we planned not to dayhike the peak, but to camp at a small tarn at 10960 feet just below the start of our route in the gully that dropped between peaklet 13181 East Ridge and peaklet 12241, due north of our intended camp.

Good directions to the McGee Creek trailhead can be found on [climber.org](http://www.climber.org). <http://www.climber.org/driving/bishop.html#butter> - although a better route may be to head north from Hwy 168 at the road junction named LAKJCT on the climber.org database. Whichever route you take, a four-wheel drive is necessary, at least it was on our trip. Once you get to the Horton Lakes TH, go to the left, and it is about 3.1 miles to the end of the road, which ends in a small circular parking area. My little Corolla made it about ½ mile past the Horton Lakes sign, and I parked it in the sagebrush. From there, a high clearance vehicle (and I thought really a 4WD) is required because the rocky road can be quite steep in places, particularly after you cross McGee Creek.

Once at the parking lot, there is a short use trail that parallels the creek for a few hundred yards; then it's off cross-country through the sagebrush. To the northwest, there is a bit of a cliff, so you are advised to head to the *obvious low point* in the ridge to the southwest when you leave the "trail". At that low point, you will pick up a faint use trail that will take you up a small, unnamed creek bed which will lead to a small tarn at 11,000 feet. Even in this dry year, the tarn was full and the water clean. We found excellent sand camping on the south side of the tarn, where we made our camp in a small grove of Whitebark pines. We got to camp at around noon, and lazed around in the clear September sunshine, and took a hike up to the notch where we would start our climb. Afterwards, we enjoyed a fine happy hour and regaled each other with (guess what) climbing tales.

At 5:00 AM Sunday, our crew arose and we were moving by 6:00 AM. We hiked up to the gully between peaklets 13181 and peaklet 12441, on a sandy slope that had just a few prior footprints, to a saddle at 11,700 feet.

From there, we started on the ridge of the climb. Follow the ridge towards Peak 13,151; it is best to stay directly on the ridge if you can, but it is hairy and exposed on both sides. At the start, there are a few sandy ledges to negotiate, and then, it's on to sustained CL3-4-5 climbing along the ridge. You have a choice of climbing below the ridge or directly on it; we chose to stay directly on the knife edge ridge for most of our climb. About 30 minutes into the climb, there is the first narrow sidewalk, with exposure on both sides and a very narrow catwalk to climb on. 15 minutes past that sidewalk, is another, up a low 5th class crack.



Catwalk

This is the famous one foot wide catwalk, about 60 feet long, of photographic fame, with a lot of exposure on both sides. This is all prior to the

13,181' gendarme. After the sidewalk, we took a break, and continued. Before the large gendarme is a small hump, we traversed just below it on the south side before we got to the gendarme. We climbed directly on the ridgeline of the gendarme, and there were a few 5th class moves. From there, we stayed on the airy ridge all the way to the southeast gully.



Motor Block Rock

Motor Block Rock: At this point, we came to a strange triangular shaped rock that was perched precariously on the ridge. I found we could either climb on top of it (and it did rock slightly) or climb just below it on the north side, which had some significant exposure. It is most amazing that this block ended up exactly on the ridge, no doubt left by a Pleistocene glacier about 20,000 years ago. So this rock has been sitting there, undisturbed, for 20k years! I recommend you leave it where it is!

After that, there is a short rappel of about 10 feet, of 5.7 down climbing, and shortly after, another rap of 10 feet or 5.6 downclimbing. Finally, you will get to the sands of the southeast gully, where many begin the climb.

There is some 4th class climbing to get to the 5th class headwall, which many consider to be the crux of the route since the Married Men's point climbing is low 5th. From a sandy ledge that curves around the headwall to the southwest, go around an airy, exposed corner, to begin a 5.4 climb of about 100 feet. We set up a belay here, for the short climb.

From there, it continues at 4th class until you finally get to a 'flat' inclined sandy spot before the final headwall. You will head north on the sandy slopes, and get to a small notch where you will descend to the west face into a small gully, down about 100 feet, and then traverse north on sand or blocks. Then you get to Married Men's point – so called, because men who had marital obligations stopped there. We set up a belay and climbed the 100 foot headwall, which had plentiful holds and fine, granite rock. I think it went about 5.3, and then, the small summit platform was in sight. A short scramble led to the summit block at 1:00 PM; we found the summit to be just big enough for the five of us – we signed the register, and lazed around, enjoying the views.



Descent Looking At The Ridge We Climbed

Leaving the summit, we had two additional easy raps to get back to the saddle and the southeast gully. Once on the saddle, we descended down sandy scree, eventually making it down to the alpine, rocky moraine valley dominated by the peak named Checkered Demon. Going down the gully, we were quite glad that we didn't use it as our approach route as it was steep, sandy, with lots of loose scree. We made it back to our camp, the back way, by about 5:30 PM, enjoyed another, but scant happy hour, and hiked out to the cars the next morning. It took us 1 hour to get back to the cars. Summary – This route should be climbed more often: it has it all and the views are fantastic!

Elected Officials

Chair

Terry Cline: terry_cline@yahoo.com

Vice Chair and Trip Scheduler

Rakesh Ranjan: rakesh.lists@gmail.com

Treasurer and Membership Roster (address changes)

Yoni Novat: ynovat@gmail.com

Publicity Committee Positions

Scree Editor

Judy Molland / screeditor@gmail.com

PCS World Wide Web Publisher

Joe Baker/ pcs@joebaker.us

Joining the PCS is easy. Go to
<http://www.peakclimbing.org/join>

PCS Announcement Listserv

If you join the PCS Announcement Listserv you will receive announcements and updates of trips and meetings. Use the <http://lists.sierraclub.org/SCRIPTS/WA.EXE?A0=LOMAP-PCS-ANNOUNCE&X=&Y=> web page.

Climbing Classifications

The following trip classifications are to assist you in choosing trips for which you are qualified. No simple rating system can anticipate all possible conditions.

Class 1: Walking on a trail.

Class 2: Climbing using hands for balance.

Class 3: Climbing requires the use of hands, maybe a rope.

Class 4: Requires rope belays.

Class 5: Technical rock climbing.

Trips may also be rated by level of exertion: easy, moderate, strenuous, or extreme.

Deadline for submissions to the next Scree is Monday, April 28. Meetings are held on the second Tuesday of each month.