

KATE AND MADALINE'S
EXCELLENT
ADVENTURE
(IN THE NORTH CASCADES)

I AM
MOUNTAIN



2004

THE DETAILS:

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The Cascades are an extraordinary range of mountains with much to offer. For the climber, the North Cascades present a whole host of choices. There are thousands of routes scattered high and low, on big massifs, volcanoes, in remote ranges, and at roadside crags. We want to explore as much of this beautiful region as possible; however, we only have a few weeks. We've devised a plan well suited to our likes, desires and abilities through extensive research in guidebooks (Fred Beckey's Cascade Alpine #3 guidebook and Nelson's Selected Climbs in the Cascades), online, and with topographic maps (1:24 000 scale maps of Mt. Challenger, Damnation Peak, Mt. Triumph, Diablo Dam, Big Devil Peak, Eldorado Peak, Forbidden Peak, Cascade Pass, Mt. Logan, Mt. Arriva, McGregor Mtn., Washington Pass, McAlester Pass, and Stehekin). We have included selections from some but not all of these sources in our proposal. Also, Kate did some climbing and traveling in the areas three years past, and as a result, has some ideas about which areas to climb at and how to navigate the region. When selecting specific climbs, we weighed factors such as their length, exposure, difficulty, rock quality, protection availability, and remote nature.

We have divided our trip into three sections, traveling into three distinct regions: the Southern Picket Group; the Liberty Bell Group; and Cathedral Provincial Park. We are quite aware of the potential "weightiness" of our packs and have laid out an itinerary with this in mind. In each area, we intend to set up base campground, lob off surrounding peaks from there.

Logistics: Madaleine plans to drive her car (Subaru Outback 2002) out from Colorado to California where her and Kate will meet up and get themselves and their gear in order before driving up to the west coast and into the North Cascades.

A backcountry permit is required for all overnight stays and is free (includes N. Cascades Nat. Park, and Ross Lake and Lake Chelan Nat. Recreation Areas). We will obtain the permit from the Wilderness Information Center in Marblemount (summer 360-873-4500 ext. 39 winter 360-856-5700 ext. 515). Backcountry permits are issued in person only, the first day of the trip or one day before. Reservations for campgrounds are not accepted. In Cathedral Provincial Park, There is some chance we may be able to reserve permits to this park prior to arrival by contacting their main office (604 828 4501). A permit is not required, however, for camping in the National Forest. (Okanogan National Forest Headquarters (509) 826-3275).

Goals:

- Explore and appreciate this beautiful region!!!
- Get longer route experience in remote settings
- Improve upon our climbing efficiency

- Hone our route finding and hauling skills
- Successfully plan and enjoy a trip of this nature
- ~~Poop in the woods~~ *Have Fun!*

ITINERARY:

August 28- Madaleine will arrive at Kate's house in Southern Cal where they will tan on the beach and sort gear.

August 29- On I-5, drive up to Bellingham, WAS and buy the bulk of foods for whole trip. Car camp in nice spot.

August 30- From I-5 near Burlington, Wash, we'll take the Cook Road Exit (232) to the junction with WA 20 (North Cascades Highway). Drive 45 miles to Marblemount, a town which sits along the Skagit River less than 15 miles from the Picket Range. Obtain necessary permits from the Wilderness Information Center. Continue driving northeast WA 20 for 15 miles to Newhalem/ North Cascades Visitor Center area (cross from Skagit CO into Whatcom CO). Camp at the Goodell trailhead, designated group campground.

Section I: Southern Picket group "competes as one of the several grandest scenes in the North Cascades" (Beckey, Cascade 3: Rainy Pass to Fraser River, pp. 96). This is a remote range, and in selecting climbs for this area, we chose less technically demanding routes that promise long days and big exposure over good rock.

August 31-Hike into the Southern Picket Group. On west end of Newhalem turn north onto the unpaved road into Goodell Creek drainage. Take it to group campground, park, and hike the Barrier-Crescent Creek Route. Elevation gain: 5000 ft. Time: a long physical day! This route will place us in the Chopping Block basin, "Stumpy Hollow," between the Barrier ridge (to the east) and Chopping Block. Set up base campground (5,700 ft). (This spot is W of Terror Creek basin and below Crescent Creek basin).

Sept 1- Climb Northeast Ridge of the Chopping Block (Pinnacle Peak)

Description: This summit crowns the rugged ridge between Terror and Crescent Creeks. The NE ridge has excellent crack climbing with good pro. *Difficulty:* Grade II, 5.5 (5 pitches). *Elevation:* 6,819 ft. *Time:* 3-4 hrs. *Rack:* Small selection of stoppers and cams. *Descent:* via NW route. Best way is with two ropes in 3-4 raps.

Sept. 2-Wild Hair Crack of Himmelhorn Spire (7,880 ft)

Description: This spire is the 2nd highest summit W of Mt. Terror. The approach is from Crescent Creek basin to Himmelhorn-Ottohorn notch and then W to *Wild Hair Crack* (3½ pitches of solid crack climbing; 5.7). *Equipment:* ice axe and small protection selection. *Time:* 4 hrs (but long day from Chopping Block campsite). *Descent:*

Sept 3- Rest Day.

Sept 4- South Face of Inspiration Peak (7,880 ft) *Description:* Inspiration is a thin rock wedge with a high granite crown. The peak is located 0.6 miles ESE of Mt. Terror, between The pyramid and Mcmillan Spire. Its rock is Skagit Gneiss that has acquired a granodiorite composition. We will use an approach variation from CC basin and the Barrier. *Difficulty:* Grade III; class 5.8. *Time:* 12 hours round trip. *Descent:* West Ridge Variation

Sept. 5- Hike out. Back on WA. 20 drive southeast and cross into Okanogan Nat. Forest (headquarters 509-826-3275) towards Washington Pass, where the Liberty Bell and Early Winter Spires lie. (Early Winters Information Center (509) 996 2534) According to the Okanogan Headquarter, permits for camping in this area are free and self-issued. This may vary, however, depending upon which trailhead we park our car at.

Section II: The Liberty Bell and Early Winter Spires Group offer long to very long routes rather close to a road head. The two Early Winter Spires are virtually one massif and the Liberty Bell has climbs over 20 pitches in length. We have planned for moderately long, challenging routes. There will be little to no snow in this area by early Sept. and lots of clean granite!

Sept. 6-Set up camp accessible to the spires. Park a Blue Lake Trailhead (5,200 ft), just 1 mile west of Washington Pass, and then proceed along this trail, a little past Blue Lake (6,254 ft.) a establish a basecamp. Get our bearing and explore the area.

Sept. 7- Northwest Corner of North Early Winter Spire. *Difficulty:* (Grade III, 5.9). Or the West Face (Grade III, 5.11) which shares its start with the Northwest corner but has a thin finger crack pitch (well-protected). *Elevation:* 7,760 ft. *Time:* Climbs have been done from the car and back in 4-7 hours. *Rack:* Medium rack to 3 inches. *Descent:* W towards Blue Lake.

Sept. 8- The Direct East Buttress of South Early Winter Spire. *Description:* Nelson's guidebook calls it one of the most attractive/direct climbing lines in the entire Washington Pass. The rock here is cleanest and most solid and exposure unmatched. It's a ten pitch climb mostly in the 5.8-5.9 range. You can either aid the bolt ladder or climb it free at 5.11. On this climb we'll bring a haul bag. *Difficulty:* Grade III+, 5.11- (or IV, 5.8, C 1). *Equipment:* 15 quickdraws, standard rack, haul bag. *Elevation:* 7,807 ft. *Time:* 7-9 hrs. *Descent:* via the South Arete and then go west leading down a gentle descent towards Blue Lake trailhead.

Sept. 9- Resting. Possibly move camp for easier approaches to Lexington Tower and the Liberty Bell. Can drive 0.2 miles east of Washington Pass, park (5,400ft), and hike from there.

Sept. 10- East Face of Lexington Tower *Description:* It is the standard route of the Lexington Tower, which has gained a reputation as an excellent, fun route on solid rock. The 6th pitch is possibly the most exciting, which climbs into a 5.9 off-width crack (5-6 inches wide). *Difficulty:* Grade III-IV; class 5.9+ *Elevation:* The base of this climb starts

at 6,600 ft and tops out at 7,560 ft. *Rack*: bring some big gear; maybe haul bag. *Time*: One long day (6+ hours). *Descent*: W down the scree gully to the Blue Lake Trail.

Section III: Cathedral Provincial Park will be our last stop. On the N fringe of the Okanagan Range, this park is in the transition zone between the plateaus of the B.C Interior and the North Cascades of Washington St. Here one can enjoy a series of high rock bound lakes. While the peaks we wish to climb lie in the Washington St. portion, access to them is best gained through B.C. At 8,601 ft, Cathedral Peak is a distinctive feature within the park. Fred Beckey calls peak the most astonishing summit in the Similkameen subrange (the Okanogan Range), "not only for its esthetic qualities but for its dramatic contrast to the generally green, rolling parkland"(Beckey 227). So with good reason, this peak is, perhaps, the focal point of our venture into this area.

Sept. 11- Driving from WA 20, take 97 N into B.C (Allow time for border crossing). Turn on Trans Canada Hwy 3 to Ashnola River Road. Stop at Parks Office or Cathedral Lakes Lodge to sort out permit. Drive to the end of Ashnola River Rd and car camp.

Sept. 12- Park at 38 km sign on Ashnola River Rd (3,800 ft) to save a mile of hiking. **Hike the Wall-Creek route** (B.C.). Take cross-country path S and avoid Wall-Ewart pass. Set up camp ** at the Lower Cathedral Lake (est. 6,800 ft). *Time*: 8 hours to reach Cathedral Lakes

Sept 13- Possibly **move camp** to Upper Cathedral Lake (7000 ft.+). Climb on Amphitheatre Mtn. (8,358 ft., surrounds the Upper Lake), which has a North, South, and West peak with climbs ranging from Class 5.8-5.10 (4-5 pitches) to Class 4. An option is to **climb the West Ridge** of its West Peak. *Difficulty*: Mostly Class 4.

Sept. 14- Left Side Route of Middle Finger Buttress (Amp. Mtn). *Difficulty*: Grade II-III, 5.10; *Time*: 5 hrs; *Descent*: Hike E to the small col SW of Cathedral Pass, then an easy sand slope. In the evening, get things ready for a big following day.

Sept. 15- South Face of Cathedral Peak (8,601 ft). *Description*: Called the most prominent/elegant face in the area. Excellent crack systems and ledges and solid protection. *Difficulty*: Grade III; class 5.8 & A1 or 5.9 (various free variations); *Descent*: via West Ridge; *Time*: long day

Sept. 16-Pack out leisurely. Have a beer.

** - Bears frequent this area so we will take some extra precautions and bring a bear bag and 50 ft of utility cord for storing our foods and other necessary items.

~~Another~~ *Important note for safety*: On given dates (when we are on the road) we will be checking in with our parents so someone is keeping tabs on our whereabouts.

Safety Concerns

It is important that we acknowledge the many hazards we may encounter while climbing and traveling in the backcountry. Since we will be traveling in some remote areas, we must be prepared to personally respond to any accidents that may occur. Fortunately, we can minimize much of our potential risk with thorough planning and prevention efforts.

We want to begin this trip having already prepared our bodies and minds for climbing, traveling and camping in wilderness areas. We plan to spend time this spring climbing together in the South Platte, hoping to become more efficient as a team. We'd like to focus on honing our routefinding, aiding, and hauling skills. We plan on conditioning our bodies through the summer so that we are in-shape and injury-free before we begin our journey. We have made arrangements to take WFR refresh courses so that our certification is up to date. We will study our topo maps extensively and record important guidebook information (routefinding hints, anchors, descent, etc.) to include with the maps. We also plan to review sections of our WFR manuals and Freedom of the Hills to refresh our minds before departure.

It is essential that we know what to expect before arriving at each area. We have included much of our planning and preparation in this proposal; however, there are some concerns that must be addressed just prior to departure. We plan on contacting the rangers in North Cascades National Park for backcountry permits as well as current weather and snow conditions. Thunderstorms and lightning would certainly be concerns while climbing in high alpine areas. Also, some of the routes we plan to do require a certain amount of snow to facilitate the approach. This means that we may have to adjust our itinerary if there is not enough snow. The same would also be true if there is too much snow (very unlikely in late August).

Being safe in the backcountry also means having the proper tools. We tried to design our gear list so that we could be safe and travel light at the same time. We chose clothing that will keep us warm and dry as well as looking very fashionable. We are traveling and camping in areas where water will be accessible so that we can stay hydrated. We planned our first aid kit carefully so that we are able to effectively treat any injuries. We plan to always wear helmets while climbing and while traveling through areas with rock fall potential. On long routes, we plan to haul a bag with water, energy bars, headlamps, layers, and a small first aid kit including a space blanket. While glacier travel is not the focus of our trip, we will bring ice axes on snowy approaches and be prepared to rope up if necessary.

We plan on making safety our top priority while making decisions in the field. One of our goals for this trip is to do some longer, more remote technical climbs. This type of climbing requires maturity and the willingness to leave gear and turn back when conditions become hazardous. As a team, we are very capable of putting our egos aside and making safe decisions, as evidenced by our experience on Long's Peak. While attempting the Casual Route, Kate began to suffer from altitude sickness (nausea and extremely low body temp.), so we made the decision to rappel and return to camp.

Minimum Impact Approach

We will strive to adhere to accepted backcountry and adventure site practices known as "Leave No Trace" or "Minimum Impact". These techniques require some thought and understanding and are designed to help assure that outdoor resources remain as natural and unaltered as possible. In other words, what we pack into any wilderness area, we will also pack out.

Proper disposal of bodily waste becomes an issue in the backcountry, and we plan to deal with it in three different ways. The most common method is to dispose of waste in a hole 6-8 in. deep, and then level the hole with earth. These holes must be at least 200 ft. away from any water source. Another option is to pack out waste in a "blue bag", which may be necessary while attempting longer routes or traveling through areas where there is no other option for waste disposal. A third option may be a designated facility for disposal of bodily waste, which I have come across in some more frequently traveled glaciated areas in the Cascades.

"Minimum Impact" ideals will dictate the way that we approach all of our activities in the wilderness. We will stick to designated trails and already impacted campsites whenever possible, and when this is not possible, we will choose our paths and campsites with the utmost concern for water, soil, vegetation, and other natural resources. We will not build campfires unless we are in a designated campsite and have permission from the rangers.

Gear List (Items with (*) need to be purchased or borrowed)

Individual

Backpacks
Climbing packs
Hiking Boots
Camp Shoes
Gaiters
Wool socks-2 pair
Long underwear-synthetic
Two insulating layers-fleece or wool
Rain shell
Shorts
Sun protection-sunglasses, sun screen,
bandana, hat
Warm hat
Gloves
Headlamp w/extra batteries
Sleeping bag
Ridge Rest
Compass
Lighters/ Waterproof Matches
Knife
2 Water bottles (1 liter each)
Trowel
Blue Bag

Shared

Tent
MSR Stove
Fuel Bottle
2 cooking pots
Food stuff sacks
P-cord
Plastic bags for packing out waste
Topo maps-weatherproof
Biodegradable soap
Iodine tablets

First Aid

Rubber gloves
Duct Tape
White athletic tape
Gauze (pads and roll)
Ace bandage
Steri-strips

Moleskin
Irrigation syringe
Iodine (ointment and solution)
Alcohol prep-pads
Antibiotic ointment
Razor blade
Ibuprofen
Pepto-Bismol/ Imodium
Antihistamine
Aloe Vera
Emergency Blanket
Tweezers
Safety Pins
Thermometer
Emergency blankets

Climbing (Individual)

Climbing shoes
Harness
ATC w/locking biner
Daisy chain
2 prusik cords
Pulleys
2 cordalettes w/locking biners
Helmet
Axe
Hand warmers
Chalk

Climbing (Shared)

Biners (lots)
Slings (sewn and unsewn)
Cams (micro to 4") *we have doubles to
triples up to 3"*
Set of nuts
Two 60-meter single ropes or 60-meter
double ropes
Haul bag *
Ice Axe*

Food

Below is a list of food items we intend to purchase for our expedition. We tried to keep the list as simple as possible to cut costs and keep our packs light. The Backpacker Meals are by far the most expensive items, but they will be very important to have when we are hiking long distances into more remote areas (the Picket Range and Cathedral Peak). Our climbing gear is quite heavy, and bringing Backpacker Meals in the place of normal food (not dehydrated) is a simple way to lighten our loads without sacrificing good nutrition. Whenever possible, we are planning to buy in bulk.

Oats (10 cups)	Vegetables (what we are willing to carry)
Rice (5 cups)	Olive Oil (16 oz.)
Quinoa (6 cups)	Honey (2 bears)
Pasta (3 lbs)	Seasonings Container
Dehydrated Black Beans (8 cups)	Drink Mix (10 envelopes)
Dehydrated Split Pea Soup (6 cups)	
Dehydrated TVP Chili (6 cups)	
Backpacker Meals (6 pkgs)	
Peanut Butter (2 jars)	
Tuna (8 envelopes)	
Bagels (3 dozen)	
Tomato Sauce (6 cups)	
Tea (25 bags)	
GORP/dried fruit (4 lbs.)	
Clif Bars and Snickers (20 count)	

Budget

Food.....	240
Books and Topo Maps.....	40
Transportation gas.....	150
Permits.....	free
Climbing Equipment:	
Haulbag (Black Diamond 35 Liters).....	90
Pulleys (3-4).....	40
Miscellaneous (Emergency Blankets, Biners, Slings, Blue Bag, Aiders).....	100
Camping miscellaneous (duct tape, iodine, sunscreen, cooking pot).....	25
First Aid Supplies.....	25
Film 4 X print, 5 X slide.....	50
Slide Processing.....	50
Emergency/ Unplanned Costs.....	50
Total.....	\$810

To minimize gear costs, we will wait until the summer to order extra equipment as Madaleine can receive brands such as Black Diamond and Petzl at wholesale prices. An ice axe can also be borrowed.

To all Ritt Kellogg Board Members,

Thanks so much for this opportunity and taking the time to consider our trip proposal!!!!

References

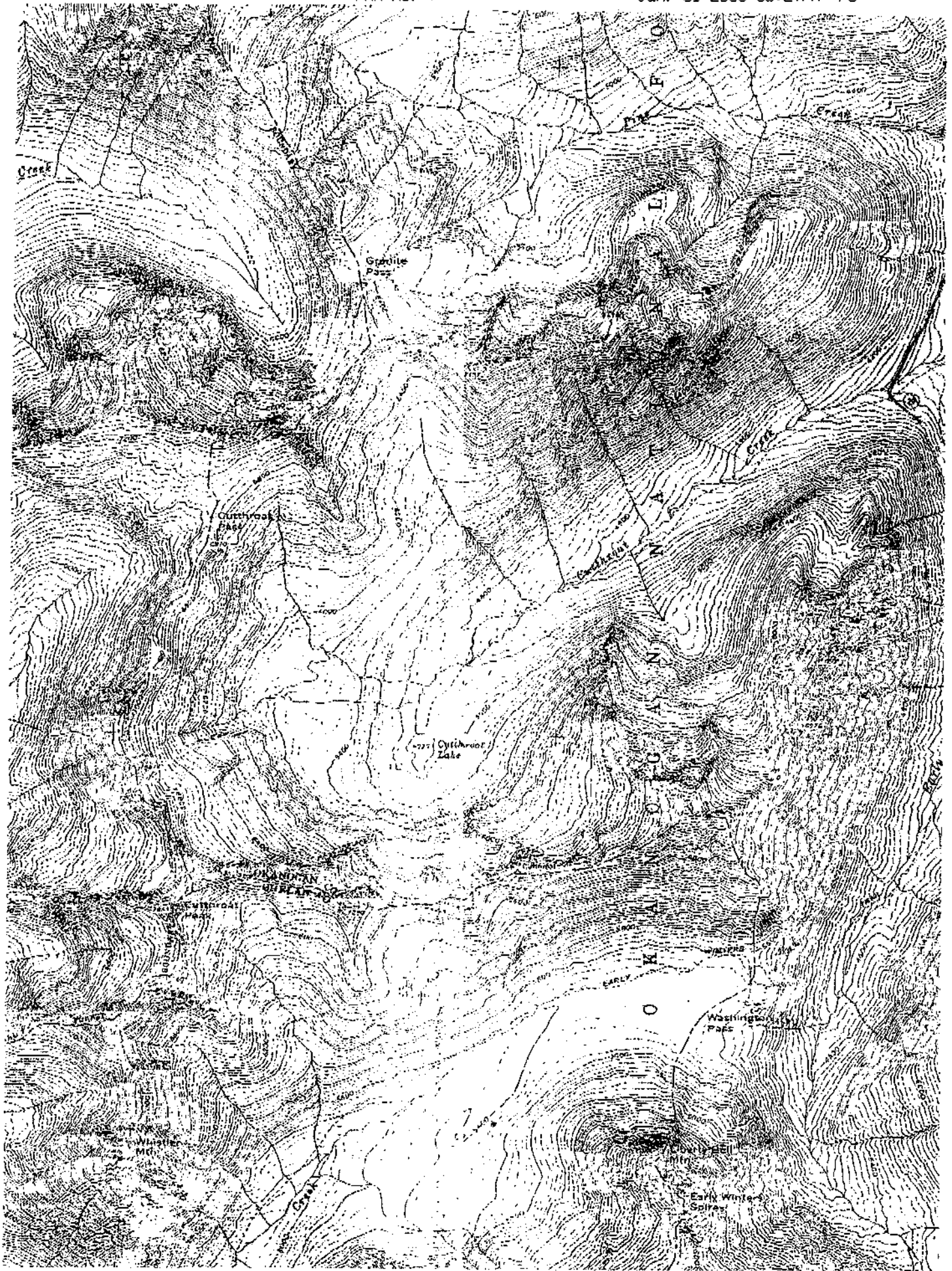
Guidebooks:

Beckey, Fred. Cascade Alpine Guide 3 Rainy Pass to Fraser River, 2nd Edition. The Mountaineers: Seattle, Washington ©1995.

Nelson, Jim; Potterfield, Peter. Selected Climbs in the Cascades. The Mountaineers: Seattle, Washington ©1993.

Maps:

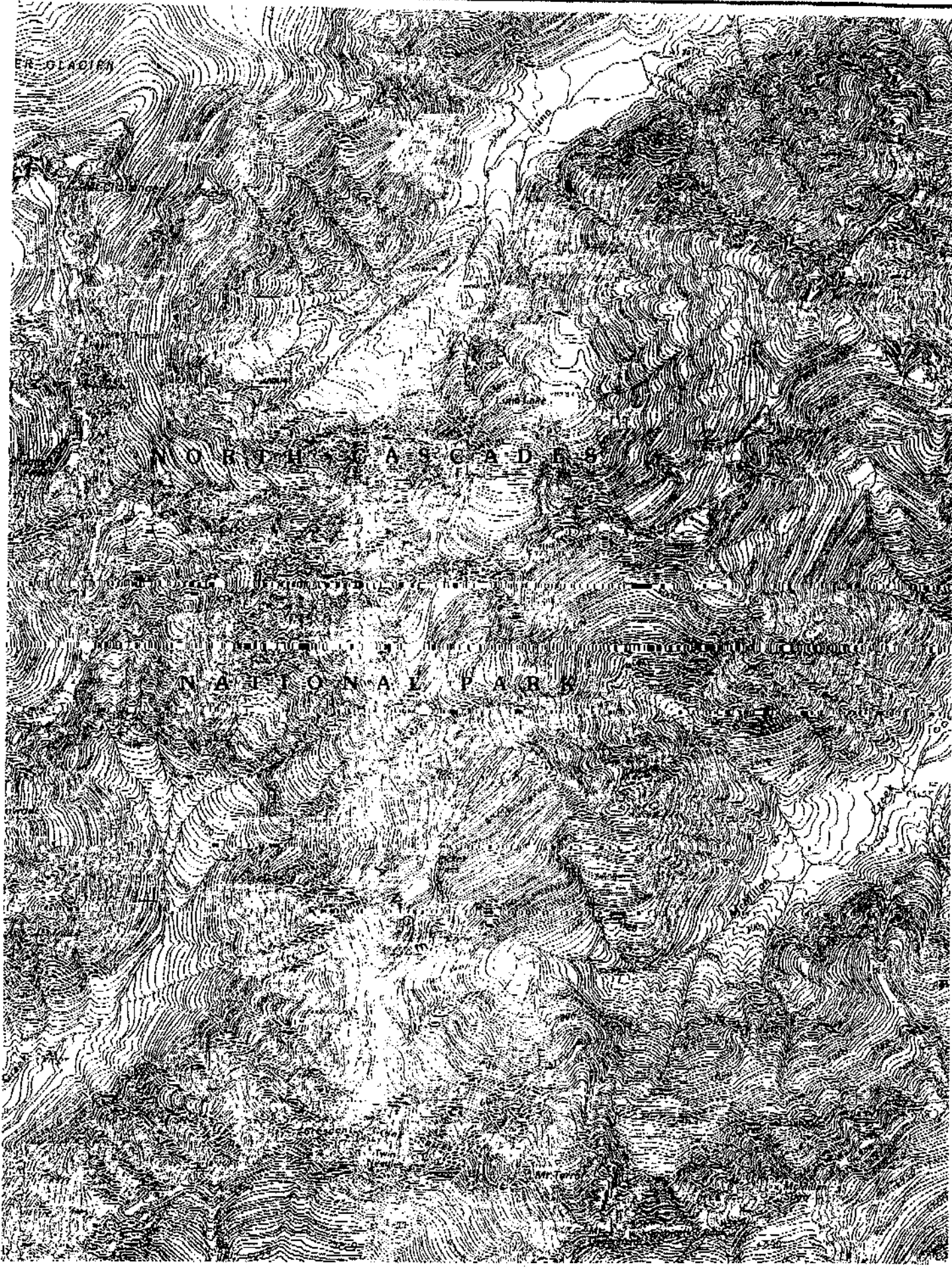
North Cascades National Park, Washington, USA. *Trails Illustrated (topographic)*
USGS Topographic Maps of North Cascades and Northeastern Washington

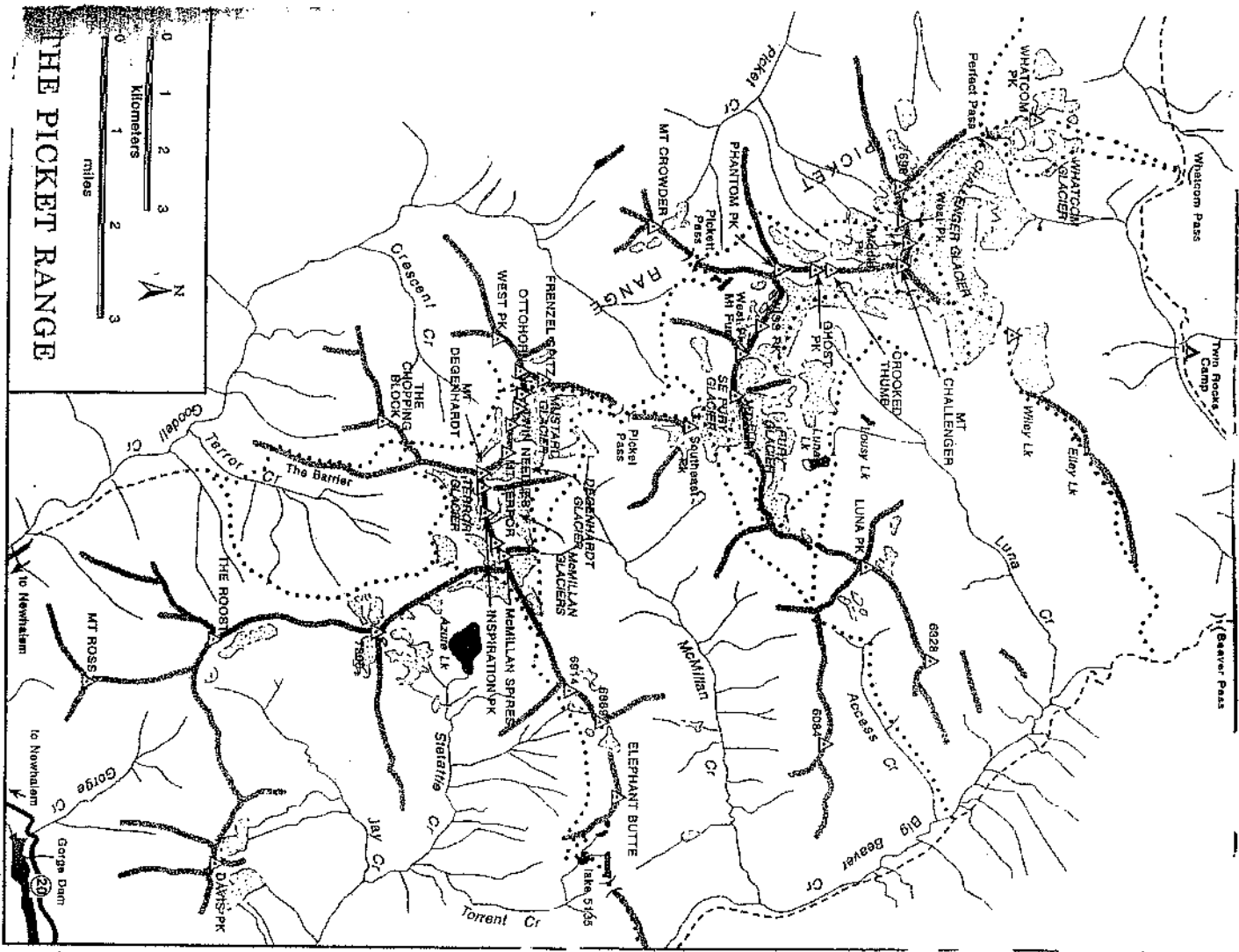


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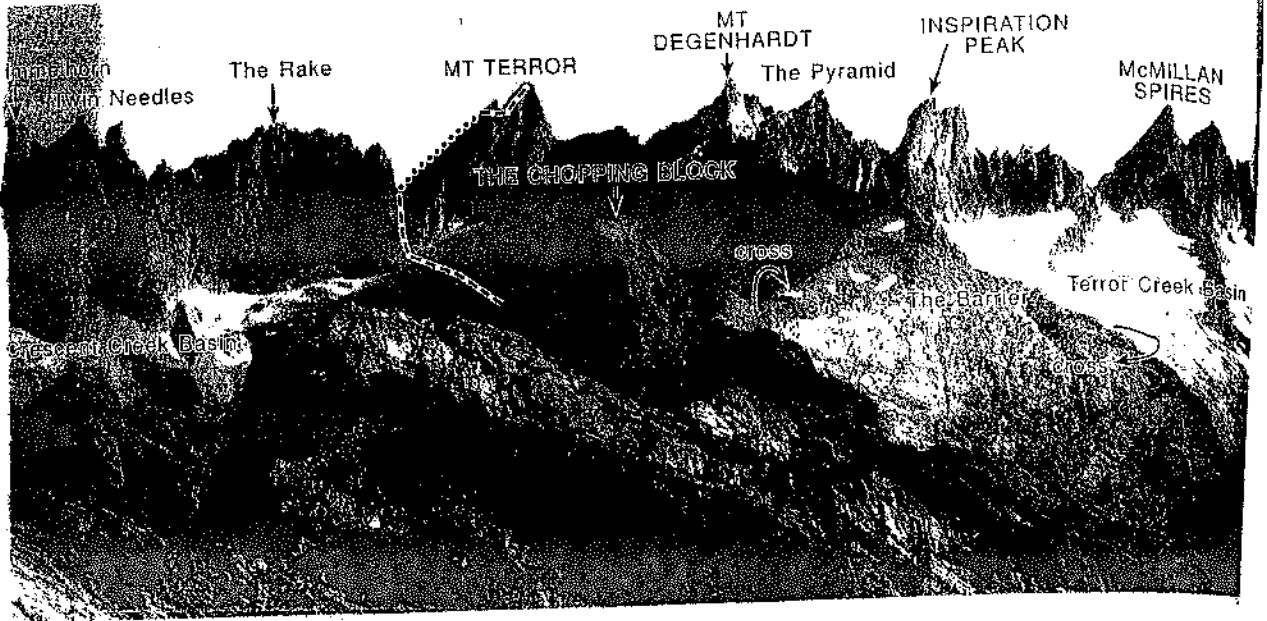
NORTH CASCADES

NATIONAL PARK

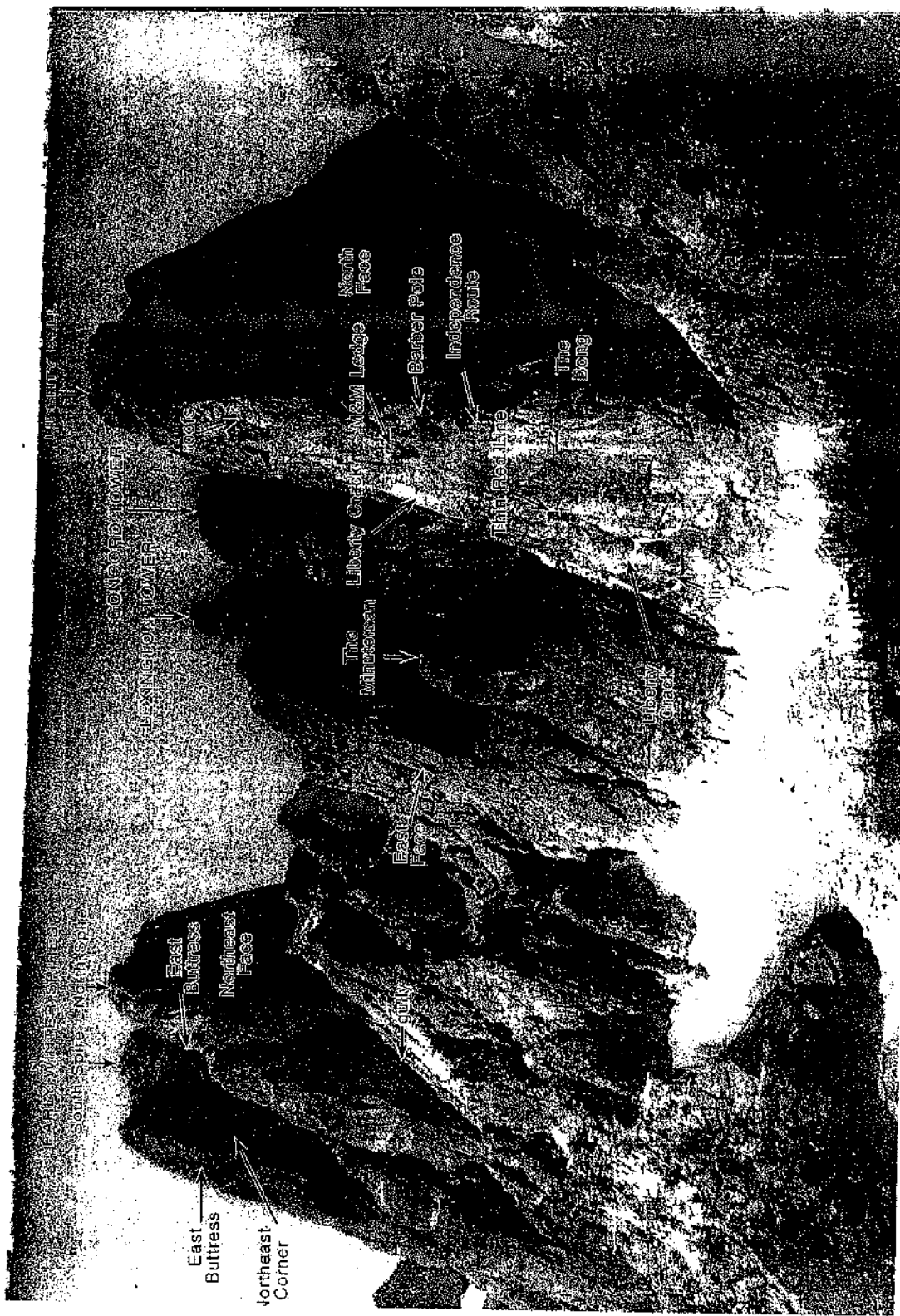




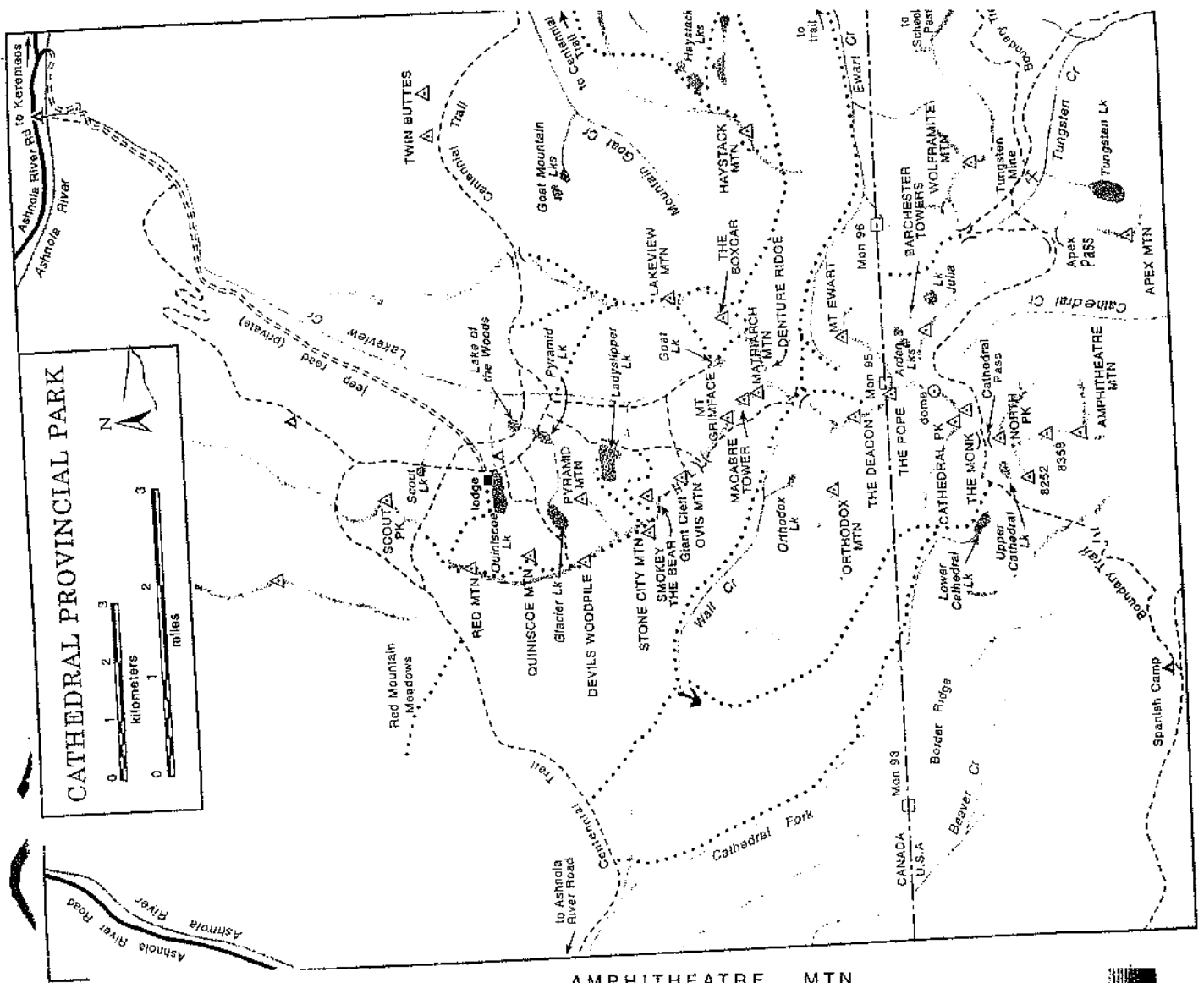
106 Section 1 / Northwestern Cascade Range



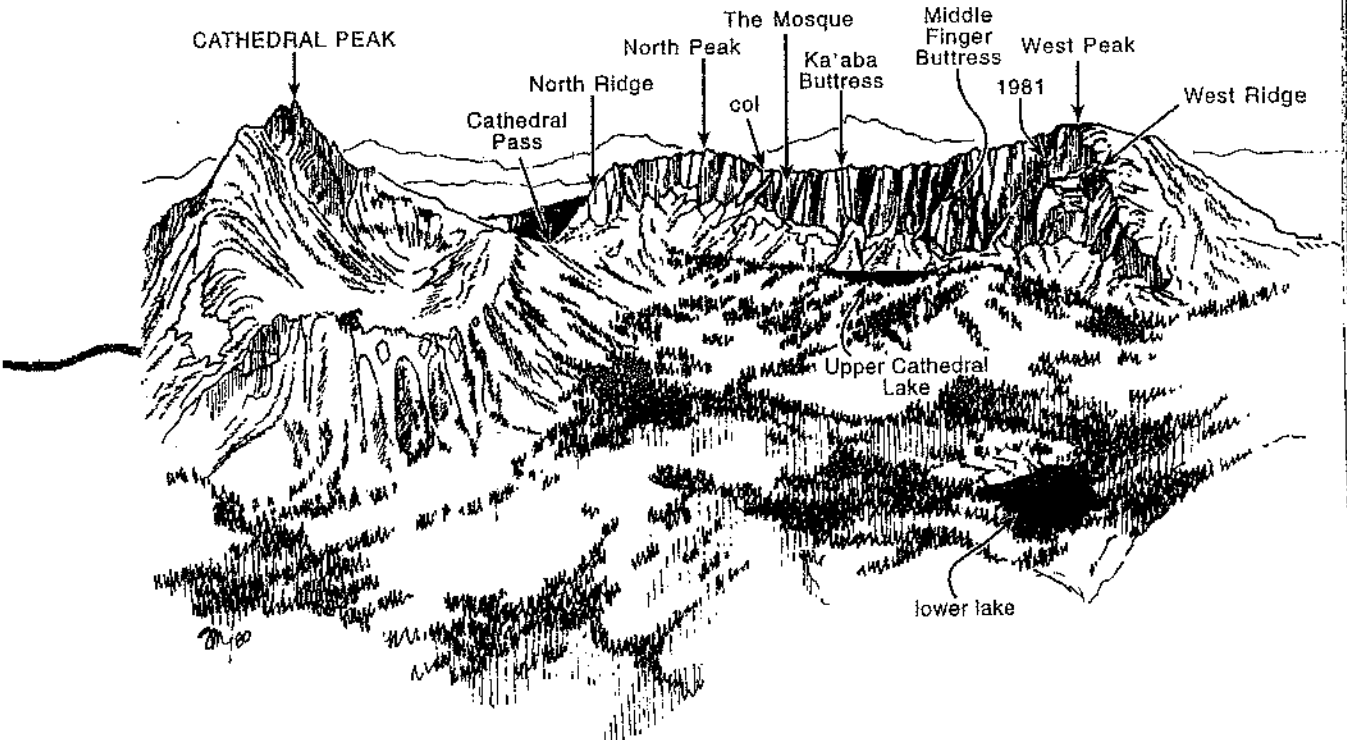
SOUTHERN PICKET RANGE from southwest
DAVID KNUDSON



EARLY WINTER SPIRES and LIBERTY BELL
STEVE MARTS



AMPHITHEATRE MTN



CATHEDRAL PEAK and AMPHITHEATRE MOUNTAIN