



PEAK CHALLENGE Conditioning Hike #3 Flattop Mountain July 11, 2009



- Date:** Saturday, July 11
Time: 6:30 am please arrive early to the meeting spot with gear ready. We will carpool to the trailhead, parking fills up fast so we would like to be to the trailhead by 7am.
Location: Flattop Mountain is reached from the Bear Lake Trailhead in Rocky Mountain National Park. Bear Lake Trailhead is located at the end of Bear Lake Road. From Estes Park take the Beaver Meadows Visitor Station on U.S. Highway 36. **We will meet at this visitor station to carpool into the park to avoid the park fees. PLEASE DON'T BE LATE!!**
Length: Approximately 8.8 miles round trip
Elevation: Starting 9,400' Ending 12,324' *Elevation Gain:* Approx. 2,924'
Leaders: Joe Wasung
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Please let us know if you need to cancel. Remember that your practice climb leaders have volunteered their time to do this. **RSVP** to Jamie at 303.237.6865 x10 by July 6th **BEFORE 4PM**. If an emergency arises after these hours please call Jamie at 303.582.4147 (c), prior to the hike so she can let the leader know you will not be there.

Dear Peak Challenge Participant,

Our third conditioning hike, up Flattop Mountain, is scheduled for Saturday, July 11, 2009. Your leader for the day will be Joe Wasung. Flattop Mountain's summit is more aptly described as an expansive alpine tundra bench along the Continental Divide. From its lofty perch you will enjoy 360 views of the Park's most formidable and distinguishable peaks and mountain ranges. Despite a strenuous climb through high elevations, a well marked and maintained trail makes Flattop Mountain a popular and accessible destination for hikers.

Please notify all members and potential members of your climbing team so that they may sign-up to attend at least one practice climb. Remember that all climbers must attend at least one conditioning hike unless the requirement is waived by your leader. We encourage you to sign up as an alternate for as many hikes as possible so that you will be prepared when Peak Challenge weekend arrives (August 1 & 2).

Please come prepared for a moderate to strenuous day hike. The "10 essentials" listed in the Peak Challenge handbook is a great reference for what you will need. (contact your leader if you haven't reviewed/received the handbook). In addition, each climber should bring 2 or 3 quarts of water and a lunch. Fruits and other snacks will be provided after the climb. It is important to get your climbing pack together well before Peak Challenge weekend so that you can get used to hiking with the weight. Be sure to dress appropriately, with waterproof hiking boots and layered clothing.

REMINDER: If you have not yet contacted your leader, please do so as soon as possible. They will play a vital role in assisting your group with the logistics of Peak Challenge, as well as events prior to the weekend climb. **Do not forget to fax** (303-237-6873) **or mail your signed waiver** indicating your training climb peak(s) and sponsored peak, prior to your first climb.

If you have any questions or need more information, please contact Jamie Sachtjen at 303-237-6865 x 10 or Jamie.sachtjen@griffithcenters.org.

NO CHILDREN UNDER 18 ARE ALLOWED ON CLIMBS!!!!!!
NO DOGS ALLOWED IN THE ROCKY MOUNTAIN NATIONAL PARK!!!