

## Longs Peak climb, August 9<sup>th</sup>, 2009

Longs Peak is a long but rewarding climb. The best place for overall info and photos is here: <http://14ers.com/photos/peakmain.php?peak=Longs+Peak>

### **Quick stats:**

Roundtrip distance: 14 miles

Elevation gain: 5400 feet, starting at 9400 feet and ending at 14,255 feet

Starting time: leave Boulder at 1:30 am to reach summit by 11:30 am

Ending time: around 6 pm if all goes well

### **Weather considerations:**

It will be coldest near dawn, as we'll be at around 13,000 feet by then. Even though it will be summer, it could easily be 40 degrees. It will be warmest on the way back – around 3 pm as we are descending, it could be 75 degrees or more.

### **Technical considerations:**

The first 6 miles of the hike are non-technical Class 2 hiking. That means you are hiking on a natural trail with good footing. It is not “staircase steep”, and some parts are actually flat.

At the end of 6 miles, you have reached the Boulder Field at 12,400 feet – beautiful place with a great view of the summit, acres of flat ground, a campsite, and restrooms. This could be a wonderful hike by itself, and we should arrive there around 7 am.

The last mile is class 3 scrambling with some steep sections of clambering over rock. It is still non-technical (in that you don't need special equipment) but it is slow going and you'll use your hands to assist you. It also has some narrow sections near cliffs that could get your attention if you have a fear of heights.

### **Altitude considerations:**

You will definitely notice the altitude. It is usually not a health risk up to the Boulder Field at 12,400 feet, although you might experience headaches or nausea before then. If you summit, you will almost certainly experience some symptoms. To minimize risk and discomfort, spend as much time as possible at high altitude (but not above 10,000 feet) in the week before the trip. Day of, sleep plenty and eat well before departing, then hydrate and eat well during the trip. Bring sun protection also, as the summit is above almost half (44%) of the Earth's atmosphere.

You must be willing to stop before the summit if your health dictates it. Might be good to bring a book to read if you want to wait for the rest of the party at the Boulder Field.

**Parking considerations:** We should carpool to minimize cars – there is parking at the trailhead, but not enough.