



FOUNDED BY  
JAN AND HERB CONN

## NEWS OF THE P.A.T.C. MOUNTAINEERING SECTION

1718 N St N W Washington, D. C. 20036

Vol. 27

No. 6

Jun. 1972

Page 1

### CLIMBING IN THE CANADIAN ROCKIES

by Scott S. Udall

The Canadian Rockies and Eastern Interior Ranges of British Columbia offer a much wider variety of climbing than exists in the American Rockies. Everything from the most technical ice climbing to difficult rock routes on limestone, granite and quartzite, to alpine-type climbs with mixed rock, snow and ice can be found here.

Although the peaks are not as lofty as the American Rockies, the difference in elevation between the valley floors and summits is just as great. For instance, the valley floor at the base of the South face of Mt. Robson (highest peak in the Canadian Rockies) is at 2,800 ft. and the summit at 12,972 ft., giving the mountain an incredible 10,000 ft. South Face.

The Canadian Rockies are composed of almost entirely sedimentary rock -- limestone and the like. Because limestone tends to be rotten and loose, making rockfall a distinct danger, a protective helmet should be worn on most routes. Chrome molybdenum alloy pitons are recommended on limestone as the advantages of this type of piton are the same on limestone as on granite.

Farther west, in Rogers Pass (Selkirk Mountains) and the Bugaboos (Purcell Range) the rock is of a better quality -- good, solid quartzite and granite.

For climbers more accustomed to climbing on granite, the Yamnuska (a major rock climbing cliff for local climbers) can serve as an introduction to the different techniques on limestone. Refer to A Climber's Guide to Yamnuska, listed below.

Some serious drawbacks to mountaineering in the Canadian Rocky Mountains are the shortness of the climbing season (June-Aug.) and the weather, which is unpredictable.

There is a wealth of mountain huts in the Rockies, most of which are owned by the Alpine Club of Canada and the National Parks Service. However, membership in the Alpine Club is necessary to stay in their cabins, and climbers will find the more accessible huts overflowing with visitors during the summer months. For membership in the Alpine Club of Canada contact Pat Boswell, Manager, POB 1026, Banff, Alberta, TOL OCO. Refer to The Canadian Rockies Trail Guide, listed below, for up-to-date information on mountain huts.

Also, there are quite a few campgrounds in Banff and Jasper National Parks, some of these being located very close to popular climbing areas.

Four books are helpful to the Western Canadian climber:  
1 - A Climber's Guide to the Rocky Mountains of Canada, by J. M. Thorington, \$6.50.

- 2 - Guide to the Interior Ranges of British Columbia, by J. M. Thorington, \$7.00
- 3 - A Climber's Guide to Yamnuska, by Greenwood and Kallen, \$2.50.
- 4 - The Canadian Rockies Trail Guide, by Patton and Robinson, \$3.95. A very useful book in figuring approaches to climbs as it contains accurate information on the mileage and grade of almost every trail in Canada's seven mountain National Parks.

The above guidebooks can be obtained by mail from Premier Sports, Ltd., 319 7th Ave. SW, Calgary 2, Alberta.

All areas in the mountain parks have been mapped on a scale of 1:50,000 (1 1/4 inch equals one mile), and these are available at park information bureaus.

Two good mountaineering equipment shops are located in the city of Calgary (80 miles southeast of Banff) -- Premier Sports and the Calgary Youth Hostels Store; and two fairly good stores are in Banff -- Monod Sports and Ski World. However, the equipment offered by these shops is mostly European made, and American gear is about 30 percent more expensive in Canada.

Many enjoyable "classic routes" exist on the major peaks of the Canadian Rocky Mountains and Interior Ranges of B.C. Some of the more popular climbs that I strongly recommend are: The South face of Mt. Louis; the S.E. tower of Mt. Eisenhower; Mt. Lefroy and Mt. Victoria from Abbott's Pass; Mt. Temple/ West Ridge; Mt. Hungabee/W. Ridge; Mt. Assiniboine/ N. and W. Ridges; Mt. Edith Cavell/E. Ridge; Mt. Robson/Kain Face; Mt. Sir Donald/N.W. arrete; Bugaboo Spire via S. Ridge; and Snowpatch Spire by the normal route.

For snow and ice climbing, the Lake Louise Group (located 40 miles north of Banff) is the most accessible area. Several interesting snow and ice routes here are: East Face of Mt. Victoria -- 55 degree snow slopes; the 3-4 couloir at Moraine Lake in the Valley of the Ten Peaks -- an ice climb (rockfall can be expected); and the 6-7 couloir at Moraine Lake -- ice, quite steep.

Ambitious climbers will find that there are many challenging faces on which no routes exist and that the first ascent possibilities are almost endless.

Finally, I should add that anyone planning a climbing trip to the Canadian Rockies this summer should be prepared to wait until late June for the bigger climbs to be in condition. This winter we experienced record snowfalls, and as a result, the climbing season will probably be short.

-- no general meeting in August --

## P.A.T.C. MOUNTAINEERING SECTION

OFFICERSCHAIRMAN

John Christian  
(229-2792)

VICE CHAIRMAN

Sallie Greenwood  
(683-5091)

SECRETARY

Maren Stewart  
(202) H02-2698

TREASURER

Chuck Sproull  
(894-4463)

UP ROPE STAFFEDITOR

Joe Wagner  
(966-6379)

BUSINESS MANAGER

Chuck Sproull  
(894-4463)

BASE CAMP ACTIVITIES

Besides climbing, the Mountaineering Section is becoming increasingly involved in matters which concern future opportunities -- and problems -- for the mountaineer. To keep everyone informed we are reporting here pertinent items discussed and handled at regular MS meetings. At the MS meeting, May 10 1972 these important items were brought up:

Seneca Rock plans -- A representative of the U.S. Forest Service at Seneca briefed John Christian, MS Chairman, on these developments: The Visitor Center will follow the standard design. There was a delay, however, bids have now been accepted and construction will begin sometime this summer.

Plans for a new suspension bridge are in Engineering, however, there is no financial commitment for FY 1972 to build the bridge. The large lodge that was rumored to be built north-east of Seneca will not be built. However, a scenic highway is being planned but USFS does not want it to be routed too closely to Seneca. Rescue equipment, recommended by MS, will be procured by the USFS.

Shawangunks and jetport -- The New York MTA reportedly is planning to build an airport for jetliners at the Stewart AFB site. The membership discussed the apparent disadvantages of such a project: to the natural setting of the Gunks and for climbing and Bill Pepper was appointed to draft letters opposing the project. Janet Gladfelter will handle congressional liaison.

Training -- Dave Templeton renewed his request for help to train novices and lead practice climbs once a month or every second month for one day.

Summer climbing -- John Christian announced that he will be available to lead climbs during the first week of the general mountaineering camp of the Alpine Club of Canada (Jul. 22-28; \$115, \$195 two weeks) at Fryatt Creek, Jasper National Park.

Joe Jensen announced that he will be climbing in Colorado, Jul. 29 - Aug. 27, and is inviting interested members.

Four members are accompanying the Iowa Mountaineers this year on an expedition of the Cordillera Blanca of Peru (Quebradas, i.e. canyons, Paron, Tayapampa and Ulta).

Seneca signs -- The U.S. Forest Service will erect cautionary signs for hikers and climbers at Seneca Rocks. Main purpose is to warn people that there are dangers on the cliffs. Climbers should be trained and equipped before entering the cliff area and hikers are warned of objective dangers, such as rockfall and should stay off the slopes. John Christian urged that climbers should not vandalize these signs and thus endanger other people although they may disagree with the principle of sign posting or other concepts.

Until further notice there will be no change in the deadline. Trip reports should be mailed the week following the climb. For late news and contributions, please contact the editor directly at 4528 Windom Pl., NW, Washington DC 20016, tel.: (202) 966-6379.

Mountaineering Medicine Course

On May 8, the mountaineering medicine course opened with its first session. MS member Phil Cardon, who is chief of the Unit of Psychosomatics of NIMH's Laboratory of Clinical Science lectured primarily about the physiological survival systems -- respiration and blood circulation. The relative danger and likelihood of trauma and disease in the various organs and systems were discussed together with some basic anatomy and physiology. At a later class, Dr. Cardon spoke about artificial resuscitation and its relationship to severe bleeding and shock, then discussed soft tissue injuries, burns and infection prevention. Some 20 MS members are participating in this unique course which covers also high altitude health problems and fractures. John Patterson

PUBLICATIONS, GUIDEBOOKS AND MAPS

Potomac Appalachian is the new periodical of the PATC replacing both the monthly Forecast and the quarterly Potomac Appalachian Trail Club Bulletin. Bruce Colvin is the new editor of the monthly Potomac Appalachian and is producing an interesting and useful publication, judging by the first two issues.

The American Alpine Journal 1972 is now available for \$5.00 a copy from the American Alpine Club, 113 East 90th St., New York NY 10028. The 267-page annual contains a plea to preserve the cracks and the high-quality fare of expedition reports, technical articles and section news.

Guide Vallot sur la Chaîne du Mont-Blanc, the three-volume standard guide to the Mont Blanc system, is still out of print. Publishers B. Arthaud of Paris-Grenoble are planning now to republish Vol. I in 1973.

The Eastern Trade is available for \$1.00 a year from POB 312, Tillson NY 12486 or from John Stannard, 7503 Spring Lake Dr., Bethesda MD 20034.

High-Altitude Edema

More data on this alpine hazard can be found in a highly informative article by Charles S. Houston, MD, published in Summit mountaineering magazine, May 1972, and in the new American Alpine Journal 1972.

Off Belay magazine publishers are located at 12416 169th SE, Renton WA 98055.

FROM DISTANT PEAKS

Kibo (19,340 ft.), the highest of the three main peaks of the Kilimanjaro system, was climbed for the first time over the direct route on the heavily glaciated West face by Fritz Loertscher of Switzerland in April 1972. It was his 22nd successful ascent of the Tanzanian peak.

Two Italian parties reached the top of the Matterhorn (14,689 ft.) for the first time over the direct route on the South wall in winter (Dec. 1971).

This month, a West German party led by Gerhard Lenser will attempt to climb Lhotse (27,923 ft.), the world's fourth highest mountain, via the up to now unsuccessful southeast ridge route.

*Up Rope*

UP ROPE is the Newsletter of the PATC Mountaineering Section, founded by Jan and Herb Conn in 1944. Publication is on the last Wednesday of each month at PATC Headquarters. Deadline for submitted material is the next to last Wednesday of the month preceding an issue. Editorial contributions, trip reports, letters and comments should be directed to Editor, UP ROPE, c/o PATC, 1718 N St. NW, Washington DC 20036. Subscription rates are \$1.50 a year for PATC Mountaineering Section members and \$2.50 for non-members. The additional dollar may be credited toward membership dues. Send new subscriptions and address changes to Business Manager, UP ROPE.

# Hanging Around

Caudy's Castle Rocks, W. Va.  
April 2 (Training trip)

Dave Templeton - Trip Leader  
Rich Parrish  
John Patterson  
Bill Bookhout  
Ursula Poetzschke  
Mike, May and Micheal Stallard  
Bob Connor  
Frank Vitagliano  
Lois Shipway

Lee Foster  
Dick Ryan  
Hal Meyer  
Scott Twentyman  
Jon Larson  
Bernie & Faith Makowka  
Don Schaefer  
Dianne Robbie  
Phil Eddy

Ursula and I arrived at the campsite Friday night to find Rich, John and Bill bedded down for the night. We woke them up in time to let them know they should get plenty of rest for the next days' activities.

A dynamic belay station was set up first thing Saturday morning. After it was going, Rich was left in charge and Bill, Ursula and I set up the two chimneys and the corner. The Stallards, Bob, Frank, Lois, Lee and Dick arrived while we were doing this. As soon as dynamic belay was finished, a demonstration of prusik technique was given and then piton emplacement was shown. The latter included a death-defying demonstration by the Trip Leader on what happens when a piton is poorly placed. Lee made the catch when the good piton was reached. A continuous climb was started by Lee, Ursula, Rich and myself. Everyone took turns seconding. Rich led the third pitch on some 5.5, 5.6 moves. The last pitch was done on a fixed rope placed by Hal and Bill since it had begun to rain. Hal had arrived with Jon and Scott.

Rich, John and I entertained in the evening on our individually tuned guitars and with our rich, melodic voices. Hal, proprietor of the low den in which we plied our trade, curfewed at midnight. Because of his head cold... Lois had gone on to Cumberland, so the only one to carry out the work of the WCTU was Ursula.

Sunday brought the rest of the group and a light snowfall on the ground. Rich was awakened in time to have breakfast and then we awayed to the rocks. Dynamic belay some more. While I took care of this, Bill checked people out on rappel technique, Don led up the harder chimney and the others practiced climbing. I added a rappel station to Bill's and then with everyone through that phase went on to prusiking. Some boulder problems were done. A lot of talking and chatting went on. A freak snow storm occurred. Freaks all over the place.

We cleaned up the area and dropped the debris at Bloomy Furnace. Would you believe we had gone through 20 cases of beer, 50 gallons of whiskey, 30 buckets of beans and a Folbot carton? Never was so much trash collected by so few.

The Morals Committee met at the Lee-Jackson Restaurant in Winchester and discussed the "Gohonzon," that mystic spirit that accompanies a climbing outing. After watching Bill put away three plates of food from the buffet table, we bowed toward Texas and wended our way to home and hearthside.

Annapolis Rocks, Md.  
April 9

Beth Waldow - Trip Leader  
Hal Meyer  
Don Schaefer

Bill Bookhout  
Shirley Young  
John & Adam Anderson

The earlybirds found the morning chilly and the rocks cold so we just waited till most people had arrived. About 12:30 we set up an overhang climb which nobody really finished. But we got halfway up. Later we bouldered and worked out some rock problems. Except for the cold morning it was really a nice trip.

Kline Gap, W. Va.  
April 15-16

Sallie Greenwood - Trip Leader

(We know that a handful of indefatigable MSers made it to the destination braving rain and other obstacles but the trip report didn't. So, no names of participants, no lore and no lessons learnt.)

Dolly Sods, W. Va.  
April 22-23

On this weekend, Sallie Greenwood and I (Mike Hill) did a backpack on the Roaring Plains of Dolly Sods. We arrived Friday night in thick fog, wind, rain and cold. The sun came out Saturday afternoon though to make a great weekend weatherwise after all. The hiking (some of it crosscountry and bushwhacking) was characterized by open/semi-open plains, saphnum bogs (some even with cranberries), and very wet trails. We camped in the windy western end of the Roaring Plains under a bright moon. Sunday was highlighted by a Mike Hill "let's bushwhack out to that microwave tower" which turned into a 3 hour thrash in a rhododendron "hell" (distance less than a mile). We had some problems with hard-to-find trail heads but the microwave tower service road always provided an alternate. We highly recommend the area because the abundance of open terrain means good crosscountry routes, high visibility and plenty of soft, grassy campsites (although water may sometimes be a problem in the drier seasons). A good guide to the area (complete with topographic maps) is available at the PATC clubhouse.

## BELAY LEDGE

### NEW MEMBERS

The following applicants were elected to membership on May 10 and welcomed to the Mountaineering Section:

Bob Connors  
John Hartman  
Helen Markwell

John Markwell  
John Birch  
Rich Parrish

### MEMBERSHIP APPLICATION

The nominee should be present at the next meeting:

Nominee  
Ray Fletcher

Sponsors  
Sallie Greenwood  
June Lehman

### CHANGE OF ADDRESS

Maren Stewart, now residing at

2908 18th St. NW  
Washington DC 20009  
(202) H02-2698

Sallie Greenwood, moving to

3094 Huntington Rd  
Shaker Heights OH 44120  
(215) 295-1940

### NEW SUBSCRIBER

Wes Johnson  
11204 Landy Ct.  
Kensington MD 20795

### BOOT LOAN BOX

High Adventure, a new program for Inner City children this summer, to be held at the lower end of Carderock, with camping, hiking and climbing on weekdays, could be a better experience if there were boots to borrow for the 2-day exposure to the outdoors. John Ashby, program coordinator, says the boys' "shoes are usually in shreds." I can attest to that, and have traded shoes with the boys so they could climb more successfully. They are so eager and so delighted with the woods and rocks that anything we can do to help them will be worthwhile. Bring boots you wish to contribute to me at Appalachian Outfitters where I work now or call me at 522-0105 at home.

June Lehman

# CLIMBER'S CALENDAR

Date	Place	Leader
June 18	Crescent Rocks	Al Goldberg (593-8124)
June 25	Buzzard Rocks	Rich Parrish (683-6310)
July 1-4	Linville Gorge	Chuck Sproull (894-4463)
July 9	Great Falls, Va. (Training)	Dave Templeton (933-2174)
July 16	Sugarloaf Mountain	Joe Jensen (301) 761-5627 *(301) 539-0872)
July 22-23	Wolf Rock	Dave Templeton (933-2174)
July 29-30	Seneca Rocks	Bill Thomas (536-7948)
August 5-6	Wolf Gap (Training)	Dave Templeton (933-2174)

(no general meeting this month)

August 19-20	Seneca Rocks	John Christian (229-2792)
September 10	Wolf Rock (Training)	Dave Templeton (933-2174)
September 13	Meeting PATC Hq, 8 pm	

\* office phone

For more information on Section trips, call the Trip Leader. People interested in going on Training trips should contact Dave Templeton no later than three days before scheduled event.

DIRECTIONS

Crescent Rocks, Va. -- see UP ROPE, May 1972 edition

Buzzard Rocks, Va.

From the Washington Beltway (U.S. 495) take I-66 west to Gainesville. Bear right to go west on Va. 55 through Front Royal. Six miles past Front Royal, turn left at the town of

Waterlick (note sign for Elizabeth Furnace). Go 3 miles to fish hatchery and park. Trail is on right 0.25 miles from hatchery. About 1 mile uphill to top of rocks.

Linville Gorge, N.C.

From the Washington Beltway (U.S. 495) take I-95 south to Petersburg, Va. (140 mi.); continue south on I-85 to Greensboro, N.C. (180 mi.), on I-40 west to NC-18 N; north to Morgantown (1.5 mi.) and pick up NC-181. Continue north about 25 miles and turn left on dirt road marked "Table Rock Road" to Gingercake Acres (about 4.4 mi. past Table Rock Overlook, 0.4 miles past the settlement of Cold Springs). Reference all following mileages to 0 miles at NC-181 and Table Rock Road. At 0.4 and 5.2 miles bear left, at 6.2 miles turn right and follow sign to Table Rock, at 6.9 miles bear left, at 7.9 miles turn right and continue up steep switchbacks to top of ridge (9.3 mi.). You may camp here at the Table Rock campground and climb the rocks to the north and 1-1.5 miles to the south.

Great Falls, Va.

From the Washington Beltway (U.S. 495), take exit #13 (upon entering Virginia this is the second exit; travelling in Virginia this is the second-last before crossing the Potomac bridge) and follow Va. 193 north. Go approx. 6 miles and turn right at the light (note sign). Go 1 mile to the Park entrance (\$0.50 fee) and park inside. Walk right (downriver) on the Nature Trail past the place where the old canal emptied into the river. The climbs start 100 ft. from there and extend to the end of the gorge.

Wolf Rock, Md.

From the Washington Beltway (U.S. 495) take I-70S to Frederick and pick up U.S. 15. Continue north to Thurmont, get on Md. 77 west and go 3 miles to the Visitor's Center of Catoctin Mountain Park. Turn right, go 0.5 mile and park in a small lot on the right. Hike 1 mile following the trail signs to Wolf Rock.

Sugarloaf Mountain, Md. -- see UP ROPE, May 1972 edition

Seneca Rocks, W. Va. -- see UP ROPE, May 1972 edition

Wolf Gap, W. Va. -- see UP ROPE, May 1972 edition

ATTENTION TRIP LEADERS: Your main responsibility is to see that participating climbers use safe techniques and equipment to avoid serious accidents. If a leader is unable to accompany the assigned trip he must appoint a substitute leader. You can help making the trip enjoyable and rewarding by introducing newcomers around; checking out the rigging of top-roped climbs and reporting back to UP ROPE about the highlights of the trip. The report should include names of all participants. If directions to climbing areas need revision, please note the necessary changes in your trip report to Editor, UP ROPE, 1718 N St. NW, Washington DC 20036.

*Up Rope*

1718 N St N W  
Washington, D. C. 20036

NONPROFIT ORG.  
U. S. POSTAGE  
PAID  
WASHINGTON, D. C.  
PERMIT NO. 9615

DATED MATTER

JOE WAGNER  
4528 WINDOM PLACE ,N.W.  
WASH., DC 20016