



# Up Hesse

FOUNDED BY  
HERB AND JAN CONN

December 1994

Vol. 47 no. 4

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

### "POWER AND GRACE"

Bobbi Bensman is winding up the cross-country tour of her slide show, "Of Power and Grace," which features more than 260 slides (many of them awe-inspiring) of women climbers and mountaineers. More than 50 MS members and others saw Bobbi's Nov. 10 show at the National Cathedral School. The tour is slated to wrap up Dec. 10. Bobbi's full tour encompassed (whew!) 16 slide shows and 10 seminars. (Roadie!)

—Peter Hsi

### MEXICO'S GRAND VOLCANOES

#### An Upcoming Mountaineering Trip

The P.A.T.C. Mountaineering Section is sponsoring a Mexico climbing trip to summit El Pico de Orizaba (5,611 meters; 18,410 feet) and Popocatepetl or "Popo" (5,456 meters; 17,930 feet) between Dec. 25, 1994 and Jan. 3, 1995. Orizaba and Popo are the highest of the five major volcanoes in Mexico. Both are located within 130 miles of Mexico City.

This is a good trip for members who wish to gain mountaineering experience. Although not technically difficult, snow, ice and glacier skills will be required to complete the climbs.



A view of Popocatepetl from Iztacchuatl

Interested climbers should contact Jim Southward at (703) 684-6206 as soon as possible for details. If you can't make the climbing trip, be sure to catch the slide show, scheduled for the Feb. 8, 1995 Mountaineering Section meeting. Que se divierta!

—Jim Southward

### IN MEMORIAM: BARRY BISHOP

We're sorry to report the news of the passing of honorary member, Barry Bishop. Mr. Bishop was a summitteer on the first successful American Mt. Everest expedition in 1963 and was the Chairman of the Committee for Research and Exploration at the National Geographic Society until his retirement to Montana this summer.

He was killed in an automobile accident in September. The Mountaineering Section sends our sympathies to Lila Bishop, son Brent, who summited Everest this spring, and to the rest of the Bishop family.

Memorial contributions can be

sent to any of the following organizations:

Committee for Research and Exploration, in support of scientific research and exploration. Sagarmatha Environmental Expedition, to support continued removal of trash from Mt. Everest, under supervision of Brent Bishop. Yosemite National Institutes, in support of ongoing environmental education and scientific programs.


Contributions should be sent to: Barry Bishop Memorial Funds, National Geographic Society, P.O. Box 37285, Wash., DC 20013-7285.

### A BEGINNER'S PILGRIMAGE TO HERMITAGE

Having climbed sporadically over the last two years, but eager to do more, I was happy to learn about the Mountaineering Section when I moved to Vienna in early June. My second MS outing this year was with Scott Pearson, Alex Tait and Bill Fike for a day of climbing near Hermitage, Pa.

A prehistoric beach or bottom of a bay, the rock near Hermitage is sandstone with bands of quartzite in much of the exposed

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rock. Long ago, the sand was heated and placed under great pressure, turning it into sandstone. Some areas underwent a more-intense change and became strips of quartzite. Eventually, the rock was exposed to the open air, presenting the faces people climb today. Divots and concave surfaces were left by gasses once strips of quartzite. Eventually, the rock was exposed to the open air, presenting the faces people climb today. Divots and concave surfaces were left by gasses once trapped in the stone. Escaping later, they left behind some good friction holds and tweekers.

I was excited to climb with people whose experience ranged far past my own. We sling-shot belayed all of the climbs we set up, the highest about sixty feet. While Scott was looking for challenging new climbs (on previous trips he had ascended most of the routes I wanted to try) I was content to stick with just a few and work on getting back into climbing shape. "Leap of Faith," rated 5.9 with a 5.7 variation, was our first climb. It's named for the crux, a lunge from a ledge to a solid right handhold. I tested my faith several times and found it wanting. On my fourth attempt I achieved enlightenment.

"Yellow Pages" had some interesting problems that Alex

wanted to work on. He easily scuttled up the direct route, while the harder beginning took him a few minutes before he got his fingers to do the walking. Meanwhile, Scott and Bill set up on "Spiderman." I had a feeling it might present them with a challenge. I was right. The start, a bulge negotiated by a series of sustained small holds, turned out to be a real wrist burner.

To finish the day off, Scott climbed a 5.7 crack wearing his Tevas, just for the heck of it. Bill, after working on the route, took a few minutes to show me how to set up a belay using a Munter hitch. Chico, Alex's dog, left the climbing to the humans, choosing instead to sit back and

—Bill Buick

## Grand Teton's North Ridge and Mt. Moran's CMC Route

Alex Tait and I headed to the Tetons this past August with an ambitious agenda to climb five different routes on three different mountains in the range, all in the space of one week. Over-enthusiastic expectations, lack of conditioning and ice experience kept us to only two routes. But our successful ascents of the North Ridge of the Grand Teton and the CMC route on Mount Moran made the trip worthwhile.

### The North Ridge

The North Ridge of the Grand was our primary objective, because Alex had a score to settle; he had been forced to retreat on two previous attempts. According to Richard Rossiter's Teton guide book, the route is a Grade IV, so we expected the round-trip from basecamp in the Valhalla Canyon (10,000 feet) to the summit (13,770 feet) would take one long day. Because we were in sorry shape and spent little time acclimatizing, we turned the North Ridge into a Grade VI

The approach from basecamp to the Grandstand, the shoulder of the mountain where the North Ridge begins, slowed us considerably. We spent about 7 hours slogging up talus, snow and ice and during the approach were reminded of climbing's risky nature.

Alex slipped while climbing, unprotected, up a 35-40 degree hard ice slope with leather boots, flexible crampons, and a dull ice axe. The ice was hard enough to prevent the axe from digging in to stop his slide. Gripping his ice axe in the self-arrest position, Alex scraped his knuckles to the bone. Hoping to stop his fall, I grabbed his pack and was immediately ripped off my feet. We slid down the ice together onto a rocky ledge where we came to a stop. After the incident, we decided to avoid hard ice without plastic boots and proper tools.

The climbing on the North Ridge itself was great, and the further up we got, the stronger I felt. I was finally starting to acclimatize. The

most notable section of the climb, and also the crux, was the Chockstone Chimney, named for an enormous block wedged at the top of a 20 foot chimney. Rossiter's book calls it a 5.7 pitch but Alex thought it went at 5.8. The approach to the Chimney was nearly as interesting as the Chimney itself: a thick slab of sloping ice which we crossed in our rock shoes, chopping foot holds as we went.

By 9pm, we had climbed for 16 hours, had gained only 3,600 feet of elevation, and still weren't on the summit. The wind was picking-up, the temperature was dropping, and low clouds were rolling in from the west. Retreating was briefly considered but realizing that we would not make it far before either bedding down or being hit by weather, we decided to bivouac on a large ledge on the west side of the mountain.

We brought no tent or sleeping bags. We did find a small rock wall another slow climber had built-up, and made do with our packs as



*Grand Teton: The North Ridge route follows the right hand skyline from the top of Grandstand (step in the ridge), the approach is from the back side.*

sleeping pads. Though the skies looked threatening, they soon cleared up. The wind and temperature were our main problems. It turned out to be the coldest night of the summer thus far, dropping to near freezing. Neither of us slept much.

At first light, we headed for the summit which, it turned out, was only 100 feet or so above our bivy spot. Dehydrated, hungry, and

cold, I felt little excitement standing on the summit. The skies were hazy and more than anything, I was anxious to get down the mountain and get a drink. We stumbled down the Owen-Spalding route, and collapsed at the Lower Saddle where we drank, ate, and rested. We then hiked back to our camp in the Valhalla Canyon via the Valhalla Traverse which, by a series of ledges, took us across the

west face of the Grand. The traverse included some very hairy, exposed sections which we crossed unprotected. Though not technically difficult, some sections allowed little room for error; a mistake meant a 500-foot fall.

Once past the talus slopes of the Canyon, Alex was much faster descending: he was already starting dinner by the time I made it into camp.

### **Mount Moran**

The climb up the CMC route on Mount Moran, while less of an accomplishment, was nearly as satisfying. The weather was brilliant and Alex and I were both acclimatized and feeling strong. The only approach by land to the east face of Moran is via a nasty bushwhack so we opted to approach by "sea." We canoed across Leigh Lake with our gear to the base of the east face, stashed our canoe amongst pine trees, and made a quick approach up more than 3000 vertical feet to the CMC camp at 10,000 feet.

The next morning we left camp and climbed to the summit in about three hours; a guide we encountered on the approach had suggested it would take between four and six. We climbed the whole route solo though only the last 1,200 vertical feet or so was class five rock. It was mostly 4th class, with some sections of 5.4; continuous, predictable, and a great pleasure to climb unhindered by the protecting-and-belaying routine. Conditions on the summit were so good that I fell asleep. We descended the entire route that day, paddled back across the lake and spent our remaining day-and-a-half doing the tourist bit in Jackson, tired but satisfied.

*—Demian Larry*

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*Editor's note: Alex and Demian will present a slide show of their trip at the Dec. 14 meeting.*



## Shawangunks N.Y.

For those just beginning to learn how to place gear on a lead climb, the Gunks offers a multitude of incredible trad climbs in the 5.3 to 5.6 range, and an equal number of harder routes. Some top-roping can be found too, but usually requires leading the first pitch or waiting in line behind all the other people who want to set up a TR.

Scott Pearson, Mountaineering Section Secretary, and yours truly drove up Friday night, October 8. Despite a shaky start (I left my wallet at home and had to go back for it while Scott fueled up for the weekend with a sandwich from Mario's) we managed to get to the AMC campground before 1:00 a.m.

### Day one: The Trapps

The cold morning found us walking to the Trapps, by far the most-climbed cliff at the Gunks. The "trail" in the Trapps is actually a wide carriage road that brings you past several climbs that start from the trail and then to the Uberfall, where natural spring water can usually be obtained, and then on to more climbing. These niceties do come with a couple inconveniences, however.

The first is the \$5 daily fee that goes to maintaining the Gunks Preserve. The second is the horde of people that congregate around all the popular climbs near the Uberfall, such as Horseman (5.5), Rhododendron (5.6-), Ken's Crack (5.7), Nosedive (5.10), Retribution (5.10) and others.

We moved on in search of Directissima (5.9) hoping to lose the crowds. Our hopes were dashed when we found several parties waiting on High Exposure

(the Gunks classic 5.6) and other nearby climbs. With a three-person party starting Directissima, and the knowledge that there would be a long wait on the coveted last pitch, which shares the last pitch of High E, we pushed on to Bonnie's Roof (5.8+).



*Peter Hsi, on the second pitch of SIMPLE CEILINGS 5.5*

We rapped off and, finding Directissima/High E still busy, Scott decided to give Ant Line (5.9) a go. After flashing the first pitch, his first 5.9 trad flash, Scott hooked in to a "permanent" anchor, which he dutifully backed up, to get lowered back down. The sport climber in me made him clean his gear as I lowered him, so I could proceed with my own lead.

With the sun starting to set, we headed back to the Uberfall to try to get in one last pitch before

dinner. The area was even more packed than usual. We found Apoplexy (5.9) open, a climb I've been eyeing ever since John Yanson gave me the beta on it, and decided to run up it.

### Day two: Near Trapps

The next day we moved over to the

Near Trapps in hopes of losing the crowds. Again, no such luck. Fortunately, we found our first choice, Broken Sling (5.8+), open.

Our next climb was Birdland, which required some 5.8+ face technique and a fair amount of small nuts and camming devices for protection. Again, back up those pitons. I saw at least one that was broken.

Scott next tackled Baskerville Terrace (5.7) and found it very profitable, retrieving two nuts and a sling for booty. Another successful day, though we didn't quite make it back to the truck before the rain hit.

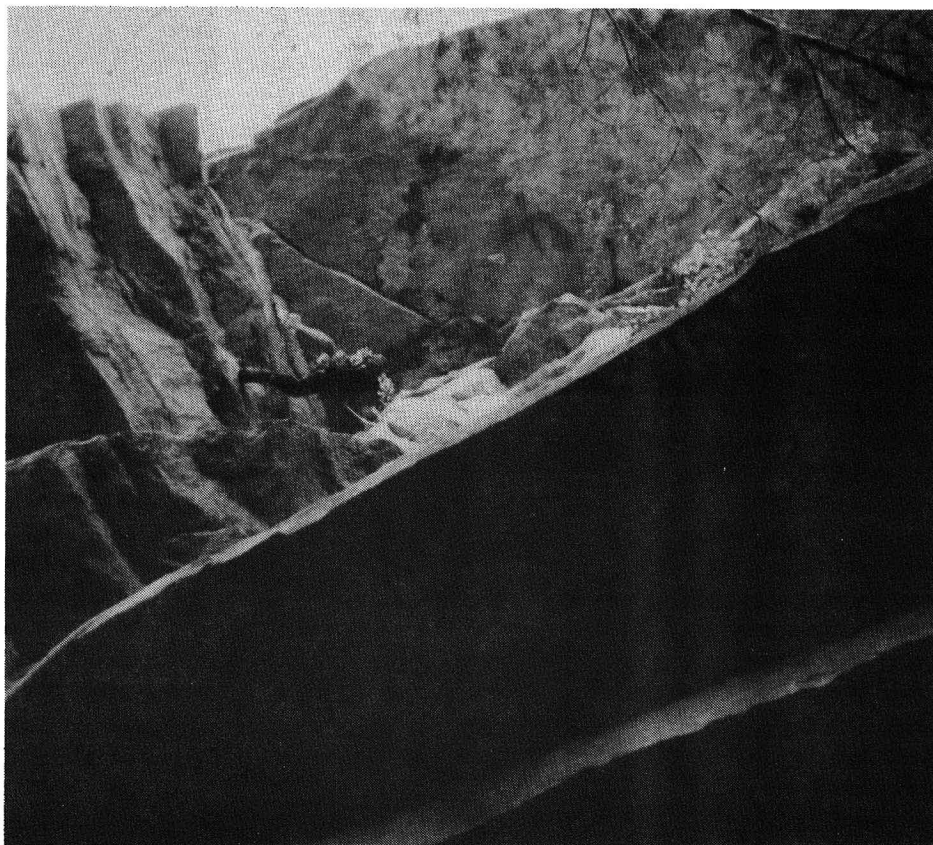
### A few more climbs

Looking for more three-star routes and some sun to keep us warm, we went over to Arrow (a 5.8 pictured on the cover of Todd Swain's "The Gunks Guide").

Scott warmed up on the first pitch and then proceeded with the beautiful second pitch, which opens up with a reasonable roof problem and ends with a bolt-protected thin face move. We moved down a couple climbs and did Three Doves (5.9-).

Peter Hsi and Ozana Halik did Wrist (5.6) and Bloody Mary (5.6+) on Saturday. Sunday we spotted Peter leading the fabulous third pitch of Gelsa, a 5.4 climb not to be missed. They had tried Hawk





*Ozana Halik, under the roof, on the last pitch of WRIST 5.6*

### **Up Rope Beta Box: New York's Shawangunks**

Six hours, 300+ miles, and \$9.15 in tolls from Washington D.C. lies the Shawangunk Mountains, known to most climbers simply as the Gunks. The distance makes it difficult (but not impossible) to go for a two-day weekend, but if you can, try to take an extra day off for a long weekend of climbing.

Climbing trip highlights: Bonnie's Roof (5.8+)—The first pitch is a fantastically long, well-protected line that moves over a couple overhangs. The second pitch traverses out left to an arete and up to the top. Apoplexy (5.9)—Starts off with some dusty but still fun 5.8 face moves with two rusty old pitons for protection. Back up those pitons! A couple sketchy 5.9 overhangs brings you up to a chimney. I used and highly recommend techniques other than chimmneying to reach the top. Broken Sling (5.8+)—The opening moves are pretty intimidating, with no bolts to stick-clip, but it's worth trying as long as you get your belayer to spot you. The second pitch involves some thin traversing and then a roof which puts you on top of the cliff. Three Doves (5.9)—The first pitch requires some middle-range moves off of a piton (I looked, but I couldn't find anything to back it up with). Despite some minor route-finding problems, some thin face moves off of another piton (my #1 Lowe Ball was worthless as a backup), and some rope drag, I managed to pull the second pitch to reach the top.

(5.5) that morning, only to find a copperhead snake in a crack on the first pitch, three feet away from a hornet nest.

Jim Southward and others also reported doing some classic climbs, including Jackie (5.5), Something Interesting (5.7+), Son of Easy O (5.8; as in "O! my god, I hope there are big jugs on those Overhangs") and, after the usual wait, High Exposure (5.6).

—Dave Godwin

## **Fortran and Climbing**

Over Labor day weekend, I was leading a climb that years earlier was my first real rock climbing experience. I recalled the lessons I learned that day... when I was a college freshman, I was in Mr. Stegman's programming class. To earn our marks in his class, our programs had to pass his strict grading standards. His rationale was that good programs not only run correctly but are easy to read, modify, and debug. This is done by writing programs in a disciplined manner. I got a D in that class. Now when I work on programs written by untrained "hacks", I curse at the code and understand the lesson Mr. Stegman was teaching.

What do tough college instructors have to do with climbing? Well on that first climb, the leader had a lot of procedures and insisted on following them closely... it was all I can do when faced with (at that time) the steepness of the route. When I climb now, I still follow most of those procedures - you know, basic stuff like checking you and your partner's knots and tying in when belaying. I guess the lesson here is to pick up sound habits and practice them so they become automatic.

Let's be careful, okay?

—Peter Hsi

## THINK ICE!

### Adirondacks, N.Y.



The 4th Annual ice climbing trip will take place from Saturday, Jan. 14th to Monday, Jan. 16th. Come and join the MS at the Rock and River lodge. Beginner ice climbing courses will be available (space limited). The price for the 2-day course is \$135.00, and includes all ice tools and gear except boots, which you can rent for a modest sum. The price for the stay is \$25.00 a day and includes a wonderful breakfast. There will be a dinner on Saturday (\$20.00) filled with lots of goodies. Bring your own favorite wine or suds. The trip is filling quickly so sign up now! For more information call:

Ann Baron  
(703)680-1229.

—Ozana Halik

## Worried about access? Write a letter

### Federal agencies still drafting regs governing climbing/ recreation

Climbers can lend their support to getting sensible access regulations adopted by four key federal agencies but only if they take the time to write a personal letter voicing an opinion about the issue.

So far, only the National Parks Service has actually put together a set of regulations governing access. The Parks Services' proposed regulations were prepared with substantial public input and are probably the best example of regulations that balance resource preservation with recreational opportunity.

Three other federal agencies—Interior, Forest Service, and Bureau of Land Management—can

each propose their own set of regulations if they want. And those regulations could be different from what the Parks Service has already put together—unless the agency chiefs receive letters from individuals urging support of the NPS rules.

Climbers who want to voice an opinion can send a letter to the following three people, urging them to adopt the set of regulations proposed by the National Parks Services.

George Frampton  
Assistant Secretary of the Interior  
Department of the Interior  
1849 C St., N.W.  
Wash., D.C. 20240

Gray Reynolds  
Deputy Chief  
U.S. Forest Service  
P.O. Box 96090  
Wash., D.C. 20250-6090

Keith Corrigan  
Chief of Wilderness Resources  
Bureau of Land Management  
1849 C St., N.W.  
204LS  
Wash., D.C. 20240-9998

**Up Rope**, a publication of the P.A.T.C. Mountaineering Section, is published bi-monthly. In case you haven't noticed, Up Rope is written by Mountaineering Section members who possess ordinary writing abilities. We're always looking for newsworthy items to print, regardless of subject so long as it's climbing or mountain related. Articles can be on trip reports, book reviews, gear reviews, good beta to climbs, red points -- heck, we don't care. To submit articles and photographs for Up Rope, please write with your favorite word processing program, and either send via Internet, or copy to a DOS diskette in plain ASCII text format, and mail to the literary editor, marked ATTN: UP ROPE. The deadline for the next issue is January 11.

Design Editor: Julie Halik  
(703) 242-0177

Literary Editor: Tony Sanders  
3505 Runnemed PL., N.W.  
Wash., D.C. 20015

Internet email:  
radiobiz @ aol.com

## Why not join the Mountaineering Section?

### Check out these benefits:

Membership in the Mountaineering Section of the Potomac Appalachian Trail Club costs only \$15 per year. Among the benefits:

- The opportunity to participate in organized climbing trips, ranging from occasional top-roping sessions at nearby crags to lead-climbing trips at areas such as West Virginia's New River Gorge or New York's Shawangunks.
- Access to Nelson House near Seneca Rocks, W.Va.
- Reduced annual membership fee to Clipper City Rock Gym and the City of Rockville's gym.
- Reduced ticket prices to various climber lectures and slide shows.
- Subscription to Up Rope, the fine climbing publication you're reading right now, chock-full of well written articles by MS members.

# DAVID BREASHEARS

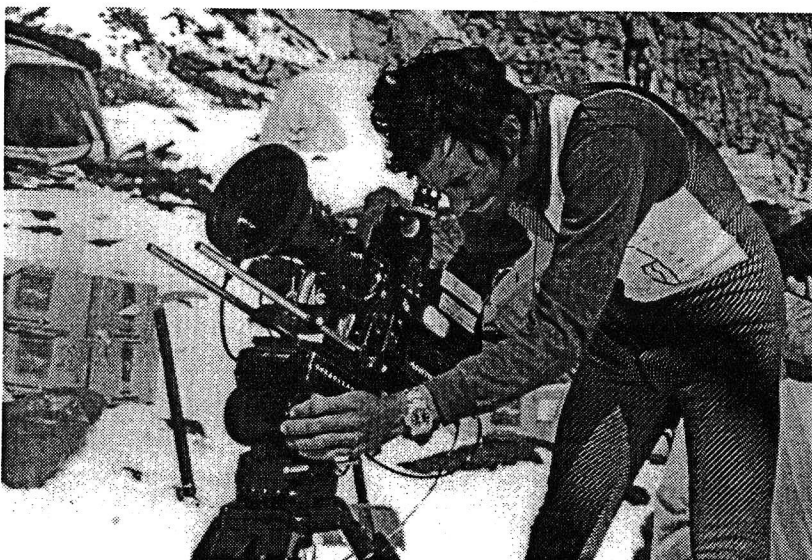
## CLIMBER, FILMMAKER

### A FILMMAKER'S ODYSSEY IN TIBET

David Breashears, one of America's premier mountaineers and adventure filmmakers discusses the making of *Red Flag Over Tibet*, a prize-winning documentary produced by FRONTLINE. After more than 10 climbing expeditions to the Himalayas, Breashears turned his camera to the people living below the mountains. The result was the best-ever documentary to be produced about the issues facing Tibetans. Breashears travelled to Tibet three times to gather breathtaking footage and interviews under extremely dangerous circumstances. There will be opportunity for discussion following the film.

Breashears is on a national tour which begins in Seattle and includes San Francisco, CA, Boulder, CO, Jackson, WY, Washington, D.C. and New York.

Breashears has led and/or participated in *16 Himalayan expeditions*; Recipient of American Alpine Club's *Underhill Award for Outstanding Mountaineering Achievement*; Deputy leader of the *1986 Everest North Ridge Expedition*; Produced and filmed *Everest: The Mystery of Mallory and Irvine*; Cinematographer on the feature film *Cliffhanger*; Filmed the National Geographic Explorer story *Ice Climb* and his latest film which he produced and filmed for the PBS Documentary Series FRONTLINE is *Red Flag Over Tibet*.



**Place:** The Charles Sumner School, 1201 17th Street, N.W., Washington, D.C. 20036

**Time:** Friday, January 26 at 7:00 p.m.

**Tickets:** \$6

**Info:** (202) 785-1515

\* \$1 OF EACH TICKET WILL BE  
DONATED TOWARDS A CLINIC  
AT THE BASE OF MT. EVEREST

**Sponsored by:** International Campaign for Tibet  
The Mountaineering Section, P.A.T.C.

The International Campaign For Tibet presents:

David Breashears - Climber, Filmmaker

To thank the Mountaineering Section of the Potomac Appalachian Trail Club for its participation, David Breashears has offered to also show a 20 minute movie on the making of "Cliffhanger", following Red Flag Over Tibet.

Tickets will be available at the door.



## Climbers' Calendar

Mountaineering Section of the Potomac Appalachian Trail Club  
118 Park Street, SE; Vienna, Virginia 22180; Climbers' Hotline: (703) 242-3501

**MS board-member elections are scheduled for the Jan. 11 meeting.  
All nominations for board-member seats should be sent to Peter Hsi.**

Date	Destination/Event	Point of Contact	Place & Time	Remarks
12/14 Wed See Note	Membership Meeting: Alex Tait and Demian Larry take whippers in the Tetons	Climbers' Hotline (703) 242-3501	VC 8:00 pm	food, drinks, slide show; all welcome
12/17 Sat	PATC-MS Holiday Party	Climbers' Hotline (703) 242-3501	HQ 6:00 pm	pot luck dinner
12/25-1/2	Mexican Volcanoes semi-technical Class 4 ascents	Jim Southward (703) 684-6206	TBA	call Jim for more information
1/11 Wed	Membership Meeting: Election of M.S. officers	Climbers' Hotline (703) 242-3501	HQ 8:00	food, drinks, slide show; all welcome
1/14-1/16 Sat-Mon	4th Annual Ice Climbing Trip to NY Sign up now!	Anne Baron (703) 680-1229	Keene, NY	\$25 deposit required
1/26 Thur	Dave Breashears lecture and slide show Tickets \$8 for PATC/MS members	Climbers' Hotline (703) 242-3501	TBA	sponsored by the Campaign for Tibet
2/8 Wed	Membership Meeting: Mexican adventure, Pico de Orizaba and Popocatepetl	Climbers' Hotline (703) 242-3501	HQ 8:00 pm	food, drinks, slide show; all welcome
Mid-week	Climbing after work and other ad hoc adventures	Peter Hsi (703) 591-2540	TBA	call early week for arrangements

- \* **General:** Please call the trip leader by mid-week to make arrangements and contingency plans. Call the Climbers' Hotline (703/242-3501) for the latest additions and too-late-to-be-published events.
- \* **Membership Meetings:** Held second Wednesday of every month except August. All are invited to attend.
- \* **Executive Committee Meetings:** Held first Wednesday of every odd-numbered month or by special arrangement. All are invited.
- \*\* **Note:** Membership meeting of December 14 is at the Vienna Center, NOT at PATC HQ!

### Rendezvous locations

HQ	PATC Headquarters, 118 Park St, Vienna, VA—From I-495 in VA, exit #11 to Rte 123 south (Vienna). About 11 lights, left at Park St -OR- From I-66, exit at Nutley St. north. Right at Rte. 123. Right at Park St. Building is on the left.
VC	Vienna Center, Vienna, VA—Same directions as to HQ. From HQ, turn left out of parking lot onto Park St. Turn right into parking lot where bike path crosses road. Go to red brick building.
TBA	To Be Arranged. —Please call the Point of Contact for directions or the Climbers' Hotline for updates.
AO	Appalachian Outfitters, 2930 Chain Bridge Rd, Oakton, Va.—From I-66, exit at Rte 123 to Vienna. Left just past 4th light into NationsBank. Park in bank's lot.



118 Park Street, S.E.  
Vienna, VA 22180

**Address Correction Requested**

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Adelphi MD 20783-1023