

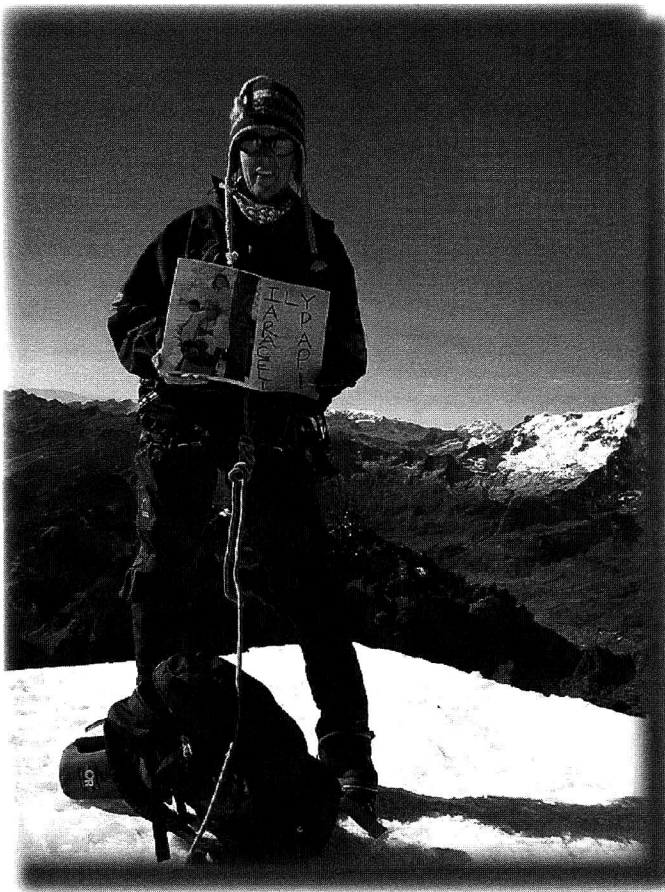
Up Rope

FOUNDED BY
HERB AND JAN CONN

La Paz, Bolivia - June '08

Jennifer Penoso

2008 Volume 63, Issue 3



Jennifer Penoso on the summit of Pequeno Alkamayo, 17,618 feet in La Paz, Bolivia

The air is very thin and dry in the arid early winter in La Paz, Bolivia (airport elevation is 13,313 feet). I had a head cold and sleep wouldn't come as my sinuses would fill up when I laid down and breathing through my mouth made it drier and drier, no matter how much water I drank. I had a dry hacking cough and my voice was unrecognizable. I could hear my heart beating faster and louder as my body tried to acclimatize to the rarefied air.

After my overnight flight - 9 hours due south of DC but in the same time zone - I rested in my hotel then rallied for a city tour on a double-decker bus, sitting up top with power lines only inches above my head. The streets are bumpy and narrow and the driving is a free-for-all at best; rarely does a driver stop for a red light or yield to pedestrians. Old-style Japanese-made mini vans rush by packed with Bolivians. The tiny streets are lined with vendors - women in traditional Aymada clothing selling food or wares with a baby on their back wrapped in a colorful shawl. Unfortunately, sewage has poisoned the river running through La Paz and it has been encased in cement to keep the smell at bay.

The scenery takes your breath away as much as the lack of oxygen does. Illimani - the massive peak flanking the northeast of La Paz with its three summits - was everywhere I looked. I didn't get to climb her, but what a beauty at 21,125 ft. Across on the northwest of La Paz, also in the southeast section of the Cordillera Real (Royal Range), is Huayna Potosi at 19,996 ft. Had I not

become ill from the camp food, I believe she would have let me stand on her summit. As it was, the mountain I climbed was Pequeno Alkamayo (17,618 ft) in the Condoriri group - and she had it all. She was hidden in the back of this beautiful group with 13 peaks all over 16,400 ft.

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Odds & Ends

UpRope Newsletter Submission Guidelines

Please send all trip reports to Netty88@msn.com - either as a separate email or as a CC to the listserv. Please put in the subject line TRIP REPORT: Name i.e. TRIP REPORT: Seneca.

Please include FULL first and last name of the story writer, and full names of as many club attendees' as possible. If you have it, logistics information such as guiding services, campgrounds, restaurants, etc would be useful at the end of the story. I will edit trip reports for grammar, conciseness and length when necessary.

Any word processing program is acceptable (i.e. Word, Works, Wordperfect) and preferable to emailed stories - although these can be used if necessary.

Pictures:

Hi-res digital images only, please, .jpg or .tiff formats work best. Please provide original whenever possible - I can crop or color-correct also if necessary. Original compressed 72 dpi or uncompressed 300 dpi images are best.

If images are too large for email, use a 3rd party site such as YouSendIt.com. If you have a downloadable photo site, please let me know the web address where the images are stored, which ones you would like used (if you have a preference) or which albums I can choose from.

Please also list WHO is in each photo, and who took it if you would like a photo credit. Please do not insert/imbed images, but send as separate attachment.

Additional submission categories:

Please feel free to submit more than trip reports; would like to start including reviews on things from new gear to gyms or campsites visited as well as books or magazines. Books can be fiction, nonfiction or even guidebooks.

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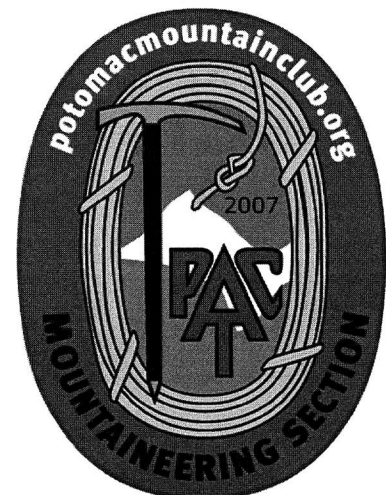
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UpRope NEWSLETTER

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of the crampons. This proved slow and difficult, and I didn't realize there was a second similar wall of ice ahead. After the second ice wall we reached the summit ridge and the summit itself! After 5.5 hours of climbing we were greeted by a cloudless sunny sky and beautiful views looking down at endless horizons. We spent about 20 minutes on top taking pictures, absorbing the scene and savoring the accomplishment while trying not to think about the long descent. I held up my summit signs - pictures of my husband Vincent and daughter Araceli along with a picture of Araceli and my nieces, Lauren and Ashley and nephew, Tyler.

I felt fairly weak and tired, already beginning to become sick, but we made up time rappelling down the two ice faces that took so long to ascend. We crossed a few crevasses that looked deep, but were not wide, so we could simply step across. I drank a couple of quarts of water during the 11 hour day, while Rocky drank nothing; I renamed him Rocky the Camel! The mountain had begun to thaw to a deep slippery snowfield which we tried to boot ski down.

Finally, I was back at base camp to feel proud that Pequeno Alpmayo let me sneak to her summit and return safely back down and home to my family.

Facts, Tips

1. They don't like travelers checks. It's best to go to an ATM and withdrawal either Bolivianos or US dollars. All ATMs are guarded by armed guards to prevent fraud and crime against tourists.
2. The purchase of a \$100 (cash) US Visa is required upon entry into the country at airport immigration.
3. Chocaltaya - the 17,500 ft abandoned ski hill - is a good training climb for acclimatization. It's just 200 meters up after driving to the lodge, where they serve coca tea after.
4. Tiawanaku is worth the crazy van ride. The Tiawanaku were pre-Columbian people who pre-date the Incas and flourished for 3,000 years, the longest after the Egyptian Empire. They worshiped the sun, mountains, condors, llama and puma.
5. Bolivia is the poorest country in South America. The people are very friendly, but speak little or no English, so it's best to know some Spanish.
6. Don't even brush your teeth using the water from the tap, or let any get in your mouth during a shower; even the Bolivians boil and filter the water. It's best not to eat anything that needs to be washed, but anything that can be peeled is fine (bananas, oranges, etc.)
7. The guiding companies have difficulty obtaining gear, so they want to purchase any that you are willing to sell.

Terror Basin

*North Cascades National Park
Wayne Stone*

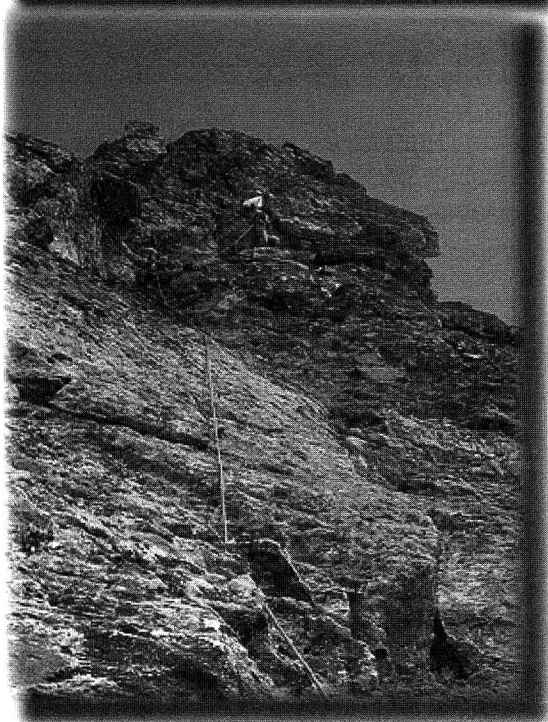
July 16 - Day 1 - Hiked in from Gooddell Group Campsite on climber's trail; overall the trail was good. First 4.5 miles - 500 ft of elevation gain, next 2 miles 4200 ft of gain and last 2 miles 1000 ft of gain. Was glad to get into camp! 2 other parties were there - one group had completed the East Face of Inspiration 5.9 and said rock was ok but loose. Other party of 4 had been out exploring the Barrier.

Day 2 - Geared up for the West Face of Inspiration, full on climbing. 2-hour approach (up and down) across snowfields and up the Terror Glacier. The route find was not hard - really didnt have to navigate any crevasses, and did not put on crampons until the final headwall slope.

1st Pitch (Matt) - 5.3 traverse out off the snow - followed in boots and crampons for next pitch. **2nd (W)** - 40 degree snow and 5.3 - rubble. **3rd (M)** - 5.6ish with good protection to a set belay station. **4th (W)** - Way runout 5.7 slab - up 35 to 40 feet before first cam - easy cruise after that to fixed rap station. **4a** - Lowered back into snow gully. **5th (W)** - blocky traverse with subsequent 5.4 moves up to easier terrain. **6th (M)** - more easy terrain with 5.4 moves towards the base of the West Face. **7th (W)** - 5.7 moves and easier stuff - great feet - but sketchy pro. **8th (M)** - 5.6 stuff for 100 ft. **9th (M)** - 5.7 move to the summit - about 40 ft of climbing.

The descent was a combination of 10 raps, down climbing, getting the rope stuck after setting down on the 65 degree slope and 2 hours of slogging in super corn snow back to camp. Day 3 was a rest day. On day 4, we had weather issues and were running out of food; it was a grueling hike downhill if you can believe that, my legs ached for uphill!

Day 5, climbing at index - awesome rock - like Old Rag, but finer grain granite, I highly recommend if you go to WA.



Matt on the final pitch to the summit.

Goddesses on the Rocks

North Conway, NH

Lora P

Despite Hurricane Hannah approaching, six lovely ladies from PMC (Amy, Ana, Annette O., Kankan, Lavina and myself) headed to North Conway, NH, for Sterling Rope's annual Women's Climbing Clinic on Sept 5th. We were all quite excited for the weekend and clinics. With no concern about braving the weather, we all got to a mosquito infested "organic" cabin located just over the border in Maine right before midnight.

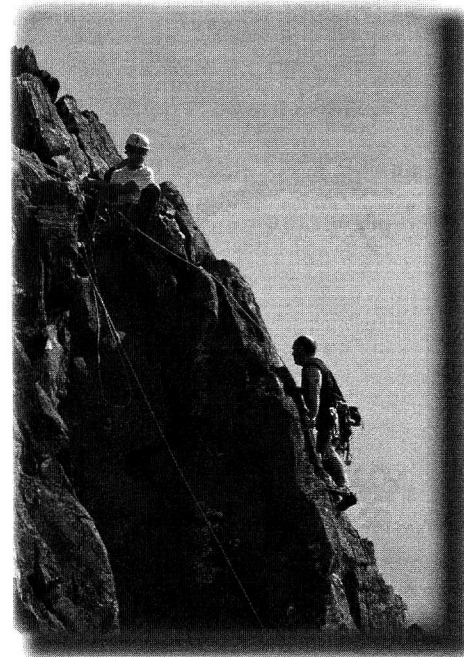
With little sleep (due to a mosquito slapping night), we hit I.M.E. where the clinics for Saturday morning began. I headed to the Warrior's Way clinic hosted by Arno Ilgner. Amy, Lavina and Kankan headed to anchors and gear placement. Ana went multi-pitch climbing with a guide named Eric McCallister. As we were heading to the crag, rain started and lasted about an hour. Luckily, it only put a damper on the first hour or so and then turned it a lovely day. Annette O. started out in the local climbing gym at the Cranmore Resort due to the weather to polish up on her Rock Skills.

As the day progressed, I participated in simulated lead falls and learned how to "not" think while climbing. I ran into Carol, ironically a former PMC member now living in the Gunks area. She said, do you know Jeanette? Yup, yup...Amy, Lavina and Kankan were placing pro and building anchors to be the next rising stars of PMC. Ana climbed Cathedral ledge with talented climber Eric (who put routes up at Old Rag, New River, and who is close friends with Eric Horst) to include routes such as Saigon, Thin Air, and Upper Refuse. Annette was thankfully able to move outside to Cathedral ledge later that morning to do some TR climbing where finally the skill of smearing took hold for her when there were no holds on the slabs.

As the climbing of the day came to close, the remnants of Hurricane Hannah moved in. We headed to Cranmore for the clinic's annual dinner, raffle and choice beverages. With fun, giggles and good times, we tried to convince Ana to scale the wood beams inside the bar. Whoops, that's not appropriate- we almost got kicked out! Oh, yeah, we also came home with swag from the raffle - Lavina may just have a new pair of approach shoes for next year's redux. Next year, we hope to sport the Sterling hot pink rope at Carderock.

We were quite excited to be in a cabin instead of a tent this night. The winds howled and torrential rain downpoured all night. Thank goodness there were very few mosquitos hunting for food so we all managed to get some good shut eye. The next morning, we awoke to cloudy skies and another fun-filled day of climbing. Today, Lavina, Kankan and I headed to a Self-Rescue and Moving Faster in Trad class on top of Cathedral Ledge. Nothing like learning techniques from the man who invented the climbing guides courses, Alan Jolley. Ana headed to Warrior's Way, and Amy took on Rock Climbing Skillz II. Amy nailed a 5.11 that day - She showed that roof who was boss! (Whoa!) Annette took the gear and anchor placement class that the other girls had taken the day before and can finally understand some of what people talk about when the pro e-mails go flying around the listserve. What a fun-filled weekend as the Goddesses of Rock. Yup, we're all game for next year's event!

LSM Summer Days

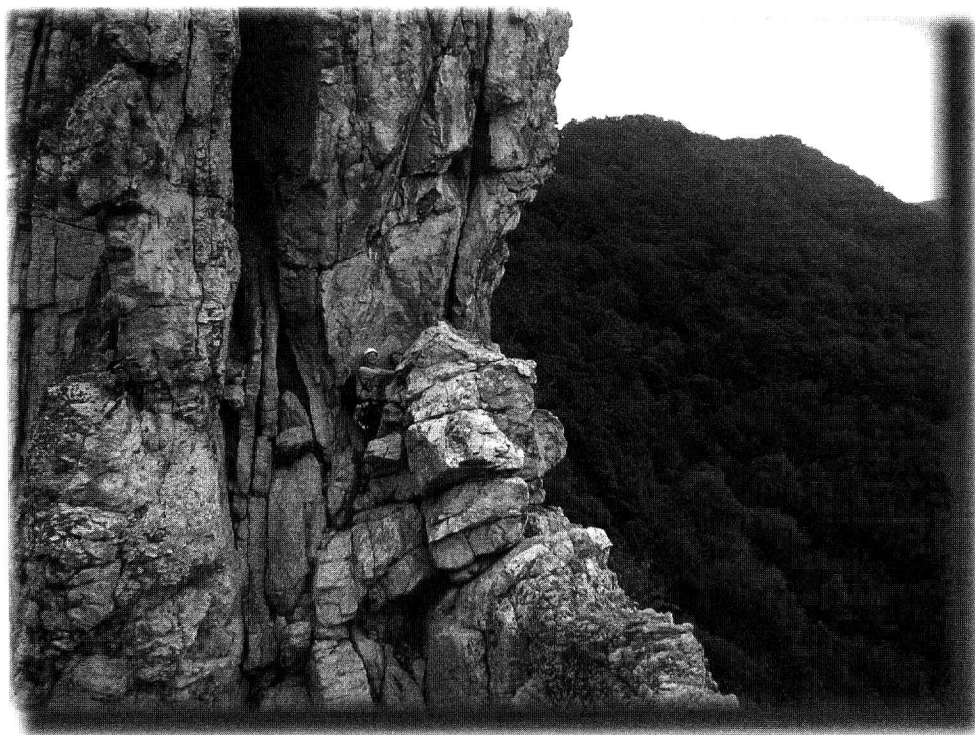


Tent pads continued to fill in...we proved amazing skilled at cramming tents onto sites. Did anyone get a photo of Dave's 'block'? I think there were six tents on that one pad. That nights' rain tested the tents but Saturday dawned with broad patches of blue sky - time to rack up and run for the rock!

Galen and I set out for Green Wall but finding the rock wet we opted to warm up on Gunsight to South Peak via Banana and Debbie. Both Banana and Debbie were more exciting than I expected but we were soon sitting in the gun sight with a brilliant blue sky. We hadn't brought a guide book and I ended up going up the arête then moving onto the East face instead of the West, and so did the spicier Gunsight Direct route. It's an awesome climb; easy moves with pretty good protection coupled with wild exposure, ending on the top of South Peak. I belayed Galen up sitting in full sun but watching as the weather again started closing in.

On the rap down West Pole we crossed paths with Doug, Ana and Colleen on their descent and hopped on their rope to the ground. We heard what sounded like a body falling! Turned out to be Jim M - thankfully not Jim himself, but Jim tumbling his climbing pack from the base of Thais. He ended up scattering gear and US twenties all the way to the cliff base path! Danny proved superb at locating left gear and especially the twenties. Galen and I returned to Green Wall and did the first pitch, but then the gray sky and thunder made us rethink and abandon the effort. We rappled back down even as John O worked up Tomato right above us.

Back at camp the evening brought mixtures of thundershowers and blue skies. More burgers preceded a round of gamesmanship with booty for prices. Bob organized a watermelon seed spitting contest for the children, heated games of bocce ball and horseshoes. I think participants got to the semifinals in the horseshoes before night closed in and the final winner had to be decided via rock-paper-scissors. Sitting around the blazing fire we raffled off the last of the booty from the haul bag; stickers, water bottles, caps and Carderock Guide books fresh off the presses. In the end I believe we had more raffle winners than not. About half the camp departed on a hike to the crossroads and live music, while the rest of us relaxed and then retired to our tents. Sunday morning dawned not so nice as Saturday with low clouds and more rain. A few brave parties, notably Michael D, Rose and Ana, headed for the climbs. The rest of us slowly packed up and moved out.



Thanks Vo for getting the word out and taking the trip lead. Thanks for everyone that helped buy and haul club gear and food. Thank you Bob for the enthusiasm you brought by organizing all the family games, activities and raffles. Most of all, thanks to everyone that came out in spite of the 50% thundershower forecasts and made this a successful social and climbing event!

onto simply came out of the ground. Luckily he's young and flexible and came through it fine with only cuts deep enough to have battle scars but not need any medical care.

On Friday, Reed took off, leaving Bob, John, Matt and me to finish the week. Another dreary forecast had us sticking to single pitch action, so we headed to the Deadwater crag, which was only a couple miles from the campground. John led a 5.9 variation of Geronimo and the best climb of the cliff Bozeman Bullet 5.6; I led Sundance 5.9. From these anchors we were able to get around and TR Timebomb 10d (first part), Drifter 10a, and Crazy Horse 12a (ok - we flailed on this one!) Once again, despite the grey skies we had a great day with only one very brief drizzle.

Matt and Bob took off on Saturday to do the Wiessner Route 5.6 and Tilman's Arete 5.7, where Matt got his first trad leads in. They finished by giving Ectoplasmic Remains 5.9+ a try. They found it to be "interesting", did an end around and eventually got it on TR. John and I took off for Poke-O-Moonshine where we did Gamesmanship 5P 5.8 (the route includes 3 great pitches, 2 of hand crack happiness). John was especially happy to finish the route after getting rained off of it two years ago. We had met Christian and Keith (from Hagerstown and Harrisburg) the day before at Deadwater and we saw them again as they were finishing up in the area of The Fastest Gun 5.10a. They had done the first two pitches and convinced us to try the first pitch which goes at 9+. It took 6 rounds of paper scissors rock to determine a "winner". I got the honors and managed to lead it with one short fall.

On Sunday, we packed up and hit the road. All in all a great trip. The weather seemed to always threaten which made us not want to commit to the backcountry routes we wanted but after Tuesday the weather really didn't affect our climbing. This is an awesome area to climb in with everything you could want. It was also a nice break to be wearing fleece in August!

My Local "Must" List

John Christian

1. Climb (inside) National Cathedral. Take a "Behind the Scenes Tour", see back side of vaulting, close up views of bosses, gargoyles and stained glass windows, and view city from on high. NOTE: "...have sensible shoes (lots of stairs), and be comfortable in close quarters and with heights."

2. Climb in between the 2 domes of the US Capital. Contact your Congressional Representative to request permission ahead of time. Staff person leads.

3. Overnite on beach at Cupids Bower Island to see a spectacular sunrise reflecting a on long strength of the Potomac River. This might be a seasonal event. In whatever order you please: party on beach night before, breakfast on the beach, and climb to earn three college degrees. Access: canoe, wade especially in drought, or left off Billy Goat Trail at Potomac River and hop rocks across side channel to island.

4. Hike up river on the Berma Road (pun on the WWII Burma Road) to its end. Quiet, far less crowded than the tow path at Wide Water and better views of Wide Water. Continue on up an obscure trail following the Canal to the Visitors Center. Return on your mix of trails in the Gold Mine area or more fun, go cross-country through largely open woods exploring old diggings.

5. Bushwack up the SOUTH ridge of Old Rag. Good route-finding exercise of how to stay on the ridge avoiding mountain laurel to end at Byrd's Nest Shelter. Start where narrow piece of NPS land touches east side of road going to White Oak Canyon.

6. Find the Giant Laurel on Old Rag. It is listed in Virginia Big Trees book. Respect it and don't damage it. Very good practice in route finding in the mountains, e.g., the most obvious (gungho) approach is wrong. See Internet entry for all details and map. It is difficult to find even with GPS. The Giant Laurel will appear to be only a few feet high and its real height (~28 feet) is not obvious until you are within 10 feet because it's growing at the bottom of a recess between very large boulders. The group of boulders themselves is interesting.

7. Get in condition for next summer's mountains. Hike the trail ridge east of Seneca Rocks starting at Cabins to Judy Gap one day. At lunch time look to the west for a view of Seneca Rocks. Arrange for a "Thank God" pick up at Judys Gap.

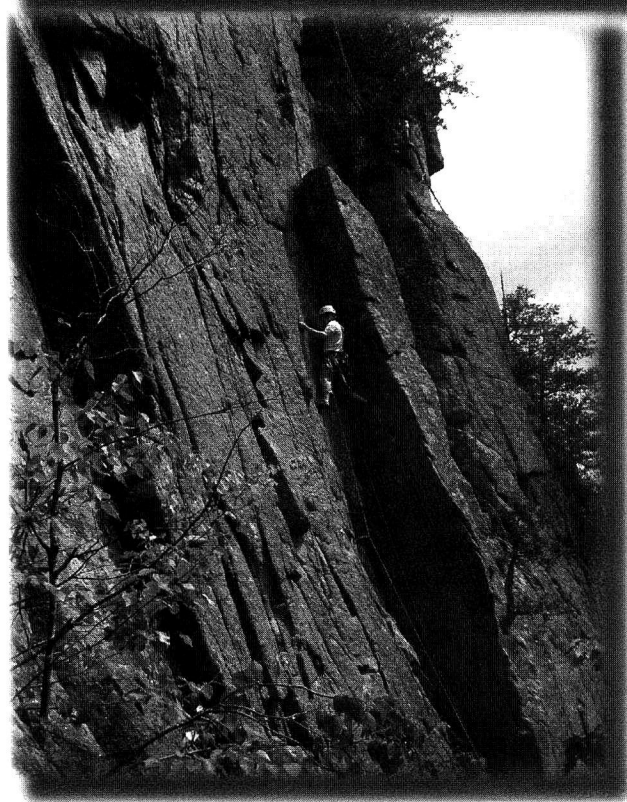
8. Climb in the dark in School House Cave. Access: revolving free rappel thru sink hole. Best rock climb: up thru windows in adjacent pits with belayer straddling the window sill, traversing on an overhanging mud ledge (any size piton easily driven for protection) followed by fingertip traverse to Judgement Seat. For extra thrill use carbide lamp and try to keep flame away from rope, especially during free rappel.

Submit YOUR local "Must List" to Netty88@msn.com for the next issue of *UpRope!*

Adirondacks

News from the "Backcountry Crew"

Bill Dudley



John Oster on Excaliber, 5.8, Adirondacks

Motivated by all the climbing possibilities ahead of us, John, Bob, and I left Rockville at 10 PM Friday night and arrived at our trailhead into Wallface at about 8 AM Saturday. After a quick nap we started the hike in and quickly discovered that the area had seen quite a bit of rain lately; the trail was a swamp in many areas and a river in others. Worried about finding any dry ground at the base of Diagonal, our intended route, we stopped at a lean-to, took another nap and decided to spend the night there. We did hike up with our climbing gear to scope out the approach; after finally finding it we left our climbing gear under Bob's poncho and returned to the lean-to for the night. Reed and Paul showed up later that evening.

We got up early Sunday and moved camp to the base of Diagonal, then finished the long, steep, hard-to-find (but coolishly Tolkeinesque said Bob) approach. Reed and Paul left us to try "Out with the Boys Again", a 4-pitch 5.7. John, Bob and I started in on Diagonal (7P 5.8) and swapped leads on fairly easy 5th class pitches for 4 pitches – then the skies darkened. Luckily we were at a belay ledge in a corner sheltered by a roof and were able to stay dry for the brunt of the deluge; we finally gave up and rappelled during a lull in the rain. We met up with Reed and Paul, thoroughly soaked, back at camp who also had been unable to finish their climb due to the rain and a lead fall that left Reed with a bruised heel. The day ended with more occasional showers and us wondering what we'd be able to do the next day. However, Wallface is such an overwhelmingly impressive and massive presence, that we definitely wanted to try and climb.

We woke Monday to more damp weather and decided to start the day with a hike up to Indian Pass to see if we could see our other objective, "Mental Blocks" 6P 5.7 A2. After a 30-min hike we spotted the route. It looked awesome, but by midday, with more showers and a seemingly endless train of clouds rolling through, we decided to give up and head out. The 5 of us ended up that night at The Arc in Upper Jay. Jim the owner did our laundry for free! (Us: "Hey, it's REALLY dirty" and Him: "Hey, I've been there"). We stayed 3 nights catching up on the Olympics after our climbing.

We started Tuesday at the Lower Washbowl area. Reed and Paul did The Spire Route 5.4, having a cool finish on the tip of an upwardly pointing finger, and Short Order 5.5, a nasty wet and slippery crack, while we tackled New Year's Day 5.8. John tested out a #00 C3 (purple) with his first trad leader fall. I finished off the lead and then John and Bob came up. John and I liked the route but Bob says you will never ever see him on it again. Despite a few showers John decided to launch on Excalibur 5.8 next and did great on this fun climb. By the time Bob and I got up we were dealing with more rain and another wet rappel. We finished the day at the Lake Placid Brewpub.

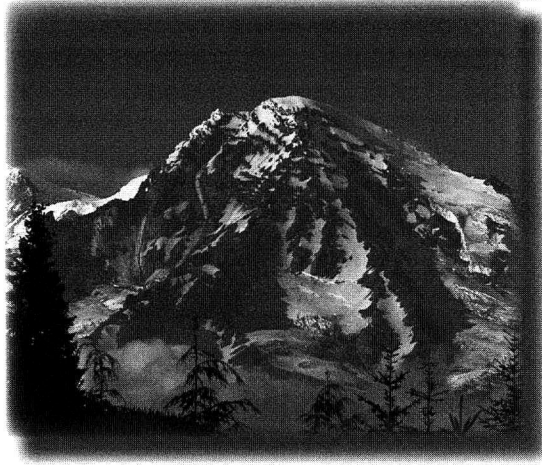
After several days of afternoon rain we were motivated to get going early Wednesday and headed for the Upper Washbowl area. Paul and Reed roped up for The Wiessner Route 4P 5.6 and Bob led up the crux pitch of Hesitation 4P 5.8. I got the "hesitation" traverse pitch 5.7, and John linked up the last two pitches 5.5 and 5.6(?) up a wet corner. After rappelling down we faced more threatening skies and decided to stay at the Creature Wall and do single pitch stuff. I led Jump Bat Crack and John led Arachnid Traction, both 5.8. and quality handcracks that everyone enjoyed. Despite the threatening skies the rain held off until we were eating at Mike's in Lake Placid that night.

Another early start Thursday saw us on Pitchoff Chimney cliff. Paul and Reed did Pete's Farewell 5.7 (Paul's favorite) and we did The El 5.8. Both were superb climbs with outstanding positions in a gorgeous setting. These 3P climbs had a little of everything: long exposed traverse, stemming and layback corners and solid handcracks. If only we could have the easy approach and get rid of the highway noise... Before heading down we got some chimney practice in a huge cool chimney behind these climbs. Then we headed for the Chapel Pond Slabs hoping they'd be drier after a few days without much rain. Reed and Paul got in the first two pitches of Empress before they had to rap so Paul could drop Reed off at the Sharp Bridge campground and head for Massachusetts. We did a route called "just go up whichever way you want" named by Bob. He says we sort of did Greensleevesish? Lots of runout - good for the head game. After dinner we went to the campground to find a very lonely Matt Ziegler on his first PMC trip very glad to see us. Everyone else had apparently left just as the weather was getting better. Matt caught us up on happenings, including his 100' tumbling 4th class fall through the trees - the tree he was holding

Mt Rainier

Kautz Glacier Route - Grade III, WI 2

Mike & Kristin Baur



Wednesday: 6:30pm flight from BWI to Portland, Oregon with a midnight landing. We then drove 1 of the 3 hour drive toward Paradise, Mt Rainier, staying in Kelso, WA.

Thursday: Hike In. Finished the remaining 2 hour drive to Paradise and purchased fuel on the way at Whittaker's Guide Store. Purchased Climbing permit at Paradise Visitor Center, and started hiking at 11:00am. Hiked up Dead Horse trail almost to Glacier Vista, then descended left into the Nisqually Glacier Valley and ascended the Fan gully to the Wilson Glacier. We continued traversing and slowly climbing to a bivy camp just short of camp 9200 ft. (Note: Should have kept going the remaining distance do to a good water source at bivy camp 9200 ft, wasted fuel do to this, but we were both pretty exhausted, so did not want to over do it.)

Friday: Hike to high camp. Finished climb to camp 9200 ft, had breakfast and restocked on water. We continued up turtle snowfield to camp 10600 ft. We stopped at the first bivy site (great site right next to water - we saw a mountain goat). I then investigated the route to the fixed rappel, inspected the fixed rope, and created a plan for the route up the ice head-wall. Decided to climb first pitch by longer less direct route to stay away from crevasses; this was a mistake, take the direct route right over cre-

vasses, it turns out this was very solid ice, faster and easier climbing. Note: We could have continued to a camp right below the rappel, not as good of water. This would have shortened summit day by 200 vertical ft (no big deal).

Saturday: Summit Day. Awoke 1:15am packed up camp, started hiking at 2:30am. Straight forward climbers trail to rappel station. Slight issue at rappel because bottom of fixed line was tied off up hill, so my wife could not reach the ground until I downclimbed the section and untied the end of the rope. We put on crampons then traversed across glacier gully onto the Kautz glacier and set-up an anchor. I lead up the left side of pitch 1 until I realized this was a much harder and longer route then necessary, and then continued up the right side over the heavily crevassed section. Ice and crevasses were all very solid at this hour. We continued up shallower snow to pitch 2. I lead up the right side of pitch 2, more features for easier climbing for my wife. The ice was between 40 to 60 degrees, and by far the most brittle and hard ice I have ever encountered. I decided to do half-pitches so I could keep a better eye on my wife. I re-climbed the first half to allow her to climb it with no pack, and also to allow me to lead with my hybrid axes (BD venoms) and then let her also climb with them; after I followed using the straight axes. Half pitches also allowed me to sling a penitente, place one screw, then use my remaining three screws to set up the anchor. I did this on both half pitches except used the snow for anchor on the last half pitch. This was a more technical pitch then I was expecting, given my wife's abilities on ice - she did awesome! We were through this section and on top of the glacier right as the sun hit the ice gully (7 or 8 am) although slower then I would have liked. There were also 3 other parties on the route, who all simul-climbed past us on the first pitch!

We weaved up a heavily crevassed glacier to above the rock point at 13500ft. We found tracks at this point which helped us proceed though the higher seraced section to the next glacier. My wife found a hole during the traverse through the seracs; she easily rolled out off it. We slogged up to the creator rim about 100 vertical feet short of the summit. The time was approximately 3:00 pm, we were both extremely tired, having carried full packs to this point. Out of water, I decided it was best to dig into the crater, make camp, make water and finish the climb in the morning, and the descent after the DC route refreezes.

Notes: We had planned to camp at Camp Muir, or just get out and see some of Portland. We were slow getting through the crux pitches, but did a good job of maintaining a steady pace through the rest of the climb. 5 liters of water was not enough, should have tried to drink and eat more during the day, 6 to 8 liters would have helped us stay stronger. The gatorade-type powder worked best, great energy, lighter then gels. Bars were hard to eat. The entire day had magnificent views - the ice cliff, penitente and serac sections were out of this world. Take some pictures; we did not take one picture this entire day.

Sunday: Summit and Out. 3:30am wake-up started making water, slowly packed up camp, saw an awesome sunrise and made dinner for breakfast. Finished off the fuel with over 3 liters of water for the descent. Note: I should have conserved fuel earlier on trip to ensure more margin - one more bottle would have also provided a good safety margin. At 7 am we walked up to the snow and rock summits and descended the glacier on a well broken snow trail and well marked Disappointment Cleaver route. Saw what seemed to be hundreds of people on that route. We checked out at the ranger station at 5 pm, drove down to Longmire for a beer then drove back to the Portland airport to the Clarion Hotel.

Other Notes: Pack weights: Mike 55lb, Kristin 45lb - both without water, including boots, clothes, food and all gear. Ask me to forward or see more on gear/food list, I kept a very extensive list for this trip!



Hearty PMC members enjoying the company, if not the weather, at Seneca Shadows.

Seneca, WV 4th of July

Mike Dannhardt

This year's annual 4th of July PMC trip was as much about socializing as climbing due to the weather. A few very dedicated teams braved wildly variable weather to put in multiple long days of climbing while others simply enjoyed the companionship of fellow climbers and friends around camp.

I arrived with the family Thursday evening to find Bob G. and Dave R. already onsite with the circus tent fully deployed along

with two big rain tarps that Bob and Greg C. had brought. We'd need them more than once before the festivities were over! Bob and Jim got an evening climb in on Simple J to get the weekend underway. It was to prove a popular route. Several more teams were to climb Simple J because of reports that it remained relatively dry due to it being a bit overhanging.

Friday morning arrived with clouds and lousy looking prospects for climbing. Nonetheless, most of the camp racked up and headed for the cliffs. I took my wife Mimi up Old Man's for her first climb at Seneca. We left the ropes at the top of windy Notch and hiked to the top of South Peak...well, almost. Like many before and many to come, she could not make the last 15 feet to the top without a rope! Rapping down Traffic Jam on lines fixed by the local guides for the busy weekend we hit the ground just as the sky opened up.

Back at Campsite 'D'og, Bob had had the children out and about taking them to the visitor center and swimming hole. Later in the afternoon, Ana arrived with her 'ducklings', as she warmly refers to them, joining Bob's Alex and my children to officially make a 'passel' of kids! Throw in one well behaved dog Max, supplied by Shaw, and we were assured of constant activity around camp. It was wonderful for climbing parents since we were able to swap off climbing with supervising duties, and the children had a blast together.

Bob and I ventured down to The Gendarme to purchase a rucksack full of raffle booty. After sitting on their famous patio reliving climbing stories from days past, (most notably Dave R.'s near death experience from getting HIT with a rock in the FACE), we got down to picking up the booty. The Gendarme graciously added to our booty pile donating items such as a water bottle and one of their awesome caps. When you venture into their establishment, please thank them for supporting our club.

On to the grilling! But first we needed to rearrange the circus tent and rainflies, and not for the last time. There was no way to grill in the monsoon that had settled upon us at that point. With the circus tent moved and nicely positioned over the grill, the food was on. Tales of the day's climbing followed the chow and then we had a twilight raffle. The kids took turns pulling names and we had many happy campers clutching water bottles, pint glasses and Gendarme climbing caps!

White Rocks, PA

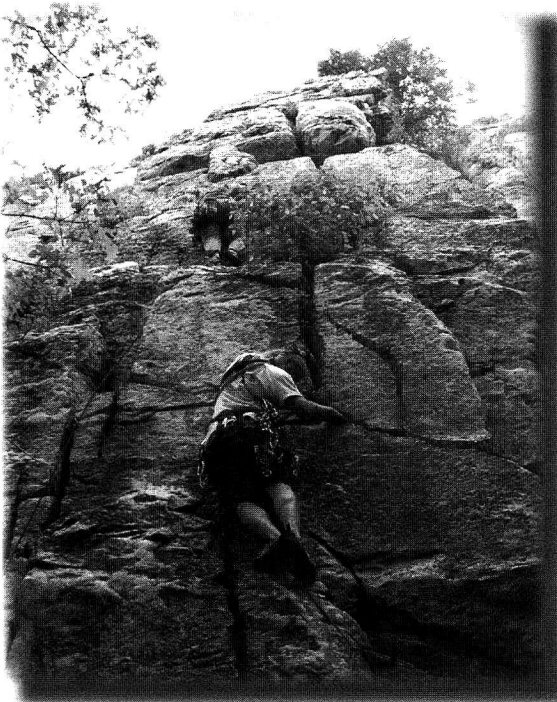
Annette Rebellato

A friend in Maryland directed us to White Rocks, PA as a good place for me to get in some nice beginner lead climbs, so we headed up this summer. Joe, myself new PMC member Helen headed out for the ~2 hour drive on a Sunday morning to meet Vince and Scott at the trailhead. Upon arriving, we found out that Scott & Vinnie had already made friends with a couple local climbers at the trailhead, David & Linda - and they had offered to walk us up the trail and give us the tour of the rock...what a great couple and how lucky we were!



David knew my first objective was the classic for the area, Jim's Throne, a beautiful 80' 5.4 for me to lead. They pointed out other key areas along the way, as well as some places that had great climbing but weren't necessarily on the 'map' we had. We all geared up and Linda and David hung out, climbed and belayed with us for a bit, which was a treat as they gave us some great stories about some of the climbs, and gave me some much needed beta for the start of my lead!

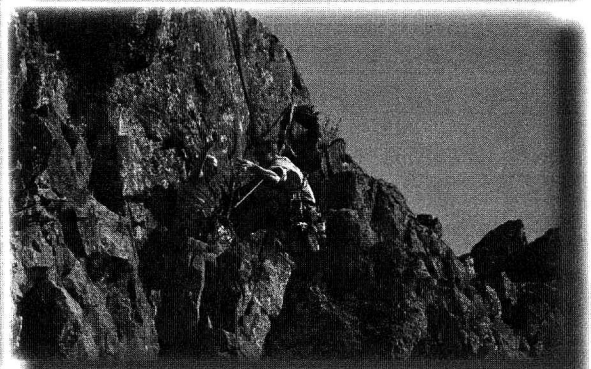
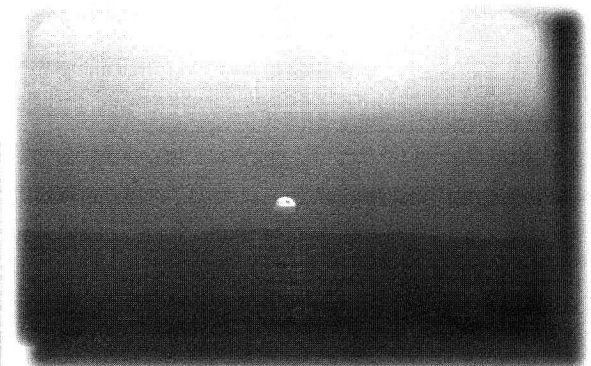
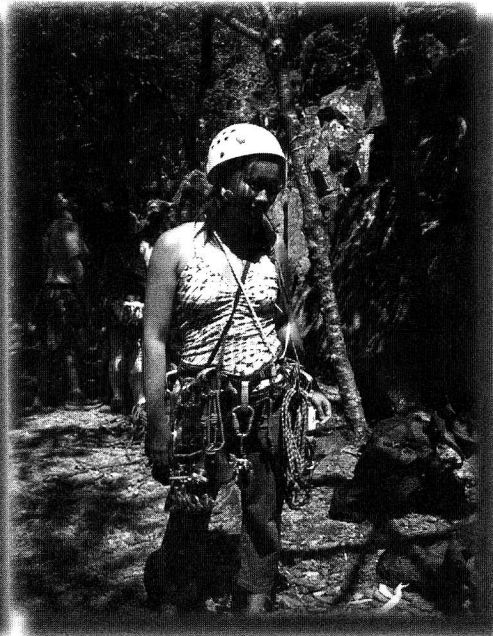
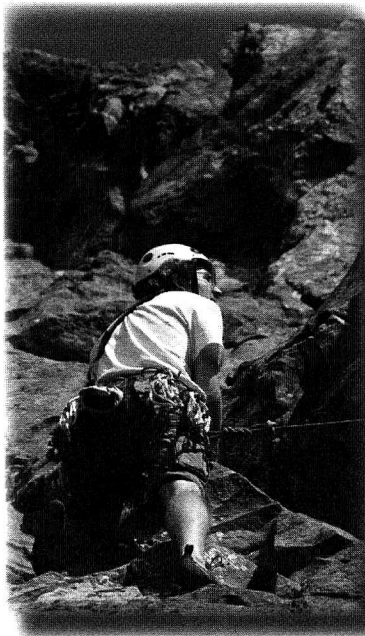
We had a great day here. We climbed some named routes (Jim's Throne 5.4, Sign of Zorro 5.5, Bolt Left 5.6, Bolt Right 5.9, Chris Corner 5.3, The Wanderer 5.6) and then a handful of unnamed routes between that main area and the trailhead. As the 'guide' online says, all the stuff under 5.6 is pretty nice and good pro, much of the stuff 5.7 and over is pretty runout. The parking is limited, and we ended up about 25 yards down the road from where we thought we were supposed to park, but the 'hike' (walk) up the trailhead was only about 5 minutes.

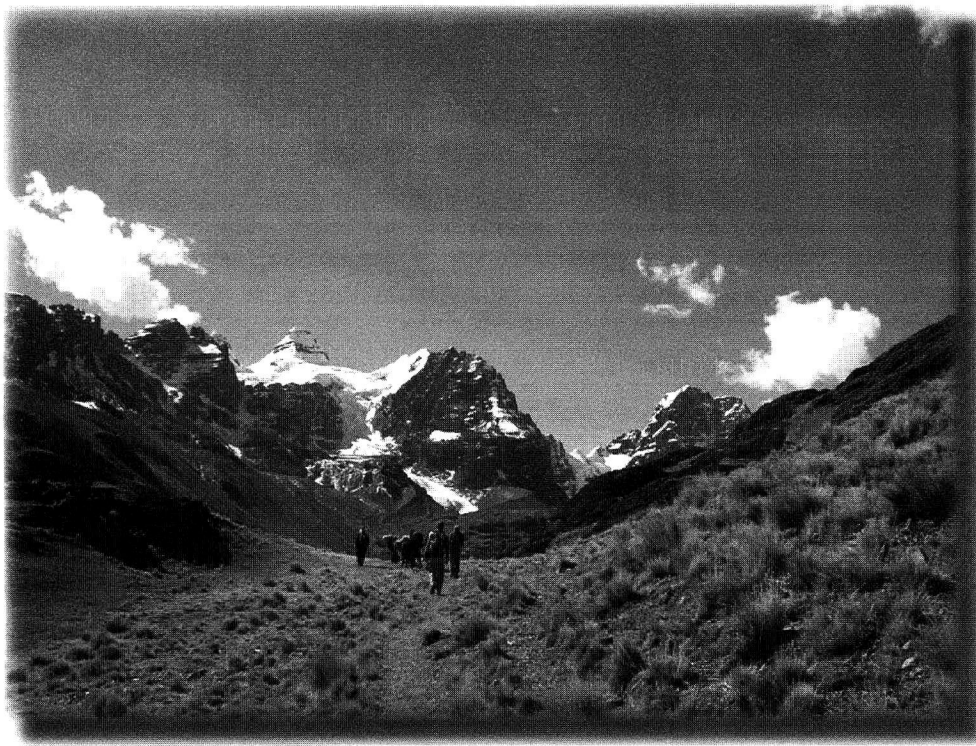


Above: Annette R (Jim's Throne, left) & Scott H. (Sign of Zorro, right) lead in White Rocks.
Right, Vinnie cleans Sign of Zorro.

All info on this area can be found online at www.michauxrecreation.com and Ted P has noted that the Central PA climbers group offers a guide for sale online as well. Overall, a great day - fun to go climb at other local areas and a HUGE thanks to David and Linda, it was great to meet them and many thanks to them both!

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I traveled alone and hired a Bolivian guiding company, Bolivian Journeys. My guide was Rocky - a nickname from the movie - even though he was tall and lanky. He is an accomplished high altitude mountaineer with 6 years of guiding experience. He has climbed the mountains in the Cordillera Real hundreds of times. However, he spoke only a few words of English and I can only speak in generalities in Spanish, so my experience could have been more fun had we been able to communicate better. I did meet two young guys from England in base camp who were climbing with another Bolivian guide. When we climbed Pequeño Alpamayo, only the five of us were on the mountain.

First was the two hour car ride from La Paz to Tuni, a small village made of brown mud, brick walls and houses in a backdrop almost entirely grey and brown. The traditional Chola women -

with their bright skirts and colorful shawls - break up the landscape. Our car broke down just after the turn-off for Tuni, but after several Bolivians stopped to help another car came by to take us on. We tossed our mule bags on top of the tiniest, roped and wired-together Toyota I had ever seen. I had no window on the passenger side, just a hard plastic cover. We sat inches from the windshield, chins over the non-existent dashboard. I had no window, and my guide, Rocky, and our driver kept theirs rolled up for the dust; I felt like I was going to suffocate in the blazing sun. The driver had rigged the horn to sound like a siren, and he loved using it. Despite the heat in the car, he drove us safely over the "road" to Tuni.

In Tuni (elevation 14,590 ft), we had lunch on the rock that is Bolivian Journey's spot. We loaded up our burros, the animals we loved because they carried the bulk of the gear. The Chola women were the donkey drivers whispering to the grey animals to keep them moving. The walk-in is flat, but takes about 3 hours. An Aymada family lives about halfway between Tuni and base camp, and the little girls, grimy and shoeless, chased us begging for chocolate.

Once in camp, we set up tents and began boiling water, evaluating gear and cooking dinner. Base camp is organized with bathrooms, a hose with running glacier water (must be treated or boiled), and a guard who charges 10 Bolivianos (about \$1). It sits on the shores of the "Black Lake" with fabulous views in the shadow of several 6000 meter peaks; Cabeza de Condor and her right shoulder (Ala Derecha) and left shoulder (Ala Izquierdo) and Aguja Negra ("Black Needle").

When the sun was out, it was extremely hot and dry. But the second the sun set behind the mountains, it was instantly freezing cold. After dinner we packed our gear and went to sleep at about 7:30pm. We planned to rise at 2:30am and set off for the mountain at 3:30am. At about 9pm, I left my tent with my little headlamp and looked up and almost exclaimed out loud at the amazing starlit night! I could see the Milky Way and what seemed to be every star in the southern hemisphere - including a shooting star. It is one of my most amazing memories of the entire trip.

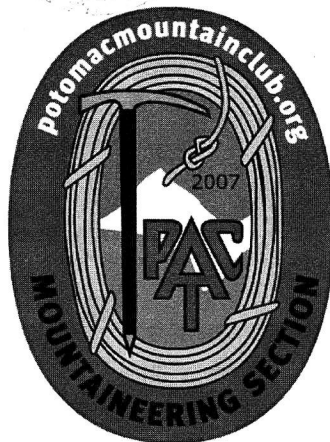
I woke to my watch alarm as planned and tried to eat in the middle of the night to gain energy for the long day ahead of us. We left on schedule and about 30 minutes behind my English friends and their guide.

The approach is initially along a talus-covered trail, followed by frozen grassland, and then back to the talus trail lined with cairns to lead the way. After about 1.5 hours we reached the base of the glacier and stopped to put on crampons, rope up and ready our Pioletes. As we created our own switchback route up the glacier the sun started to rise and we could turn off our headlamps and see that we were finally gaining the ridge and the summit of Tarija (16,601 ft), the mountain that sits to the south of Pequeño Alpamayo and which you must summit first, only to then descend a rock outcropping down to a corniced ridgeline to traverse to the first headwall of ice on the face of Pequeño Alpamayo herself. We stopped to take off our crampons and down climb the rock, which is still difficult in mountaineering boots. The ridge that follows is very narrow, and I felt like I was walking across a balance beam with my big, wide boots and crampons. Then the reward is a 60-degree ice climb with the mountaineering axe and front-points

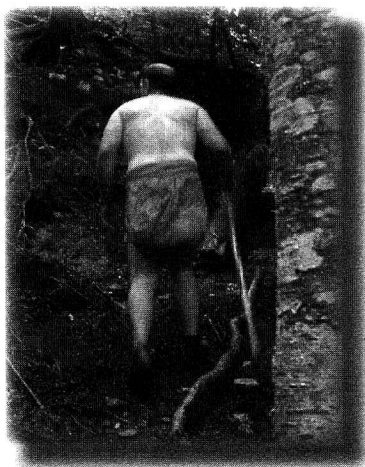
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Bolivia, Seneca and...who is that? - Check inside for the complete story...



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