



**ADVENTURE TRAVEL**  
VOLUNTEER-LED EXCURSIONS WORLDWIDE

# *Expedition Mongolia*

*August 15-31, 2019*



This is a trip that might be one of the best experiences of your entire lifetime.... former participants and leaders rave about the scenery, remoteness, and cultural connection they experienced in this very special corner of the world. In fact, some have said it is the most stunning place they have ever been.

We will explore one of the more remote areas of Mongolia: Lake Khovsgol, the Saridag Mountains, and the Darhat Valley following two of the three ancient migration routes still used to this day by the Darhat Mongols nomad herders. We will immerse ourselves in their unique and timeless culture riding native horses approximately 20 miles a day across lush valleys, mountain passes, and through the northern taiga.

We start our expedition in the Mongolian capital, Ulaanbaatar, a modern city with ancient roots. Before we head out to the backcountry, we spend a day and a half there getting oriented to the culture and history of the region with a visit the national museum, the Gandantegchinlen Monastery, and several other historic places in the city. We will also enjoy a performance of Tuvan throat singing and traditional dances in the evening.



*Southern coast of Lake Khovsgol, looking at the Saridag Mountains. Photo by Tilpunov Mikhail*

We then head into the backcountry to Lake Khovsgol, the second largest lake in Asia, its sapphire waters hold almost 70% of Mongolia's fresh water and 1% of all the fresh water in the world. We will cross the lake by boat before meeting our horses for our journey over the mountains and into the lush Darhat valley.

The trip includes many days of remote camping. While in Ulaanbaatar we will stay in a comfortable hotel, but once our journey into the backcountry begins, we sleep in either spacious tents (4-person assigned to just two people) or native gers (yurts) with comfortable beds. Most of the time we will be far away from civilization, days from the nearest road, and will be spending many hours in the saddle. You should have at least intermediate camping and horseback riding experience. More importantly, you need to love horses and love spending time exploring a new culture and the wildlands of a far away land. The trip is a perfect opportunity to disconnect and unwind and follow the ancient rhythms of nature far from the pace of modern life.



*2009 AMC participants ride up a pass. Sue Lach Photo*

## *Itinerary Overview*

Our trip begins with an overnight flight to the capital of Ulaanbaatar. After a night of rest, we take a day to explore the sights of the city, getting oriented to the culture and history of the region. Led by local guides, we will visit the national museum, the Gandantegchinlen Monastery, and several other historic places in the city and enjoy a performance of Tuvan throat

singing and traditional dances in the evening. Day 3 will take us on an domestic flight to Murun, a town in the northwest region. The heart of the trip begins from Murun with overland vehicles to Khatgal at the southern tip of Lake Khovsgol. We ger camp overnight overlooking the lake in a comfortable yurt with beds, showers, and a beautiful dining room and lounge with excellent views of the lake and mountains. The next day we board a boat that takes us north along the western edge of Lake Khovsgol, we take the boat half-way the first day landing at the Har Uss spring and hiking along the shores to camp overnight and the next day continue on the boat to the northern shore.



*Gandantegchinlen Monastery, Ulaabataar*

We meet our horses and wranglers and begin our horseback/trek over the mountains. We will cover 15-20 miles a day horseback riding (with the opportunity to walk at times, and time and weather allowing, hike after settling in at camp) with your horse carrying your gear. While in the mountains, we will be camping in tents and eating local meals prepared by our wranglers.

After three days in the mountains, we will enter the Darhat Valley, the summer and early fall home to the Darhat nomads. They will migrate and winter on Lake Khovsgol commencing in October. We will travel south along the valley seeing Mongolian life up close and personal. While in the valley, we will have a one day service project in Renchinlumbe. This is done in conjunction with the local government and is a great way to immerse ourselves in the Mongolian culture and to give back to the community.



*Ger at sunrise in the Valley.*

As we approach the southern part of the valley we again cross the mountains through Russian Pass back to Khatgal.

On our last day we will hike on of the larger peaks in the area or you can rest at camp. We end our journey with a flight from Murun back to the capital, a farewell dinner, and then fly back to the U.S. the following day.

## Detailed Itinerary

### Thursday August 15, 2019 : Depart USA

Fly from the USA to Ulaanbaatar (UB—population 1.4 million), capital of Mongolia. Sandwiched between Russia and China and 4 times the size of Montana, Mongolia peacefully transformed from a socialist government to a parliamentary democracy in 1990. Most flights leave the US in the evening and arrive in the evening. It is a long flight, with most connecting through Beijing or Seoul.

**Friday August 16: Arrive Ulaanbaatar.** Meet our local guides from Boojum Expeditions at the airport and transfer to Bayangol hotel. Time allowing, take a short walking tour of Sukhbaatar Square. Get a well-deserved long sleep. (Dinner only)



*Golden Buddha, Ulaanbaatar*

**Saturday, August 17: Ulaanbaatar.** Following breakfast explore the Gandan Monastery and the National Museum of Mongolia and the other sights of the city with our guides to learn about the rich culture and traditions of Mongolia. In the evening enjoy khoomii (traditional throat singing) and dance performance. We will also do an equipment check to ensure that everyone is prepared. We will be able to leave a bag of our clothing at the hotel. (Breakfast, Lunch, and Dinner from now until departure day)

**Sunday, August 18: Murun-Khatgal.** After breakfast we return to the airport to fly to Murun, Capital of Khovsgol Province, enjoying the views along the way if it is a clear day. After landing we then drive to the town of Khatgal at the southern end of beautiful Lake Khovsgol in Khovsgol National Park. We stay at the beautiful lakeside Ger camp Naranzangilaa.



*Enjoying the views at Lake Khovsgol*

**Monday August 19: Lake Khovsgol** After breakfast we board our boat and travel 50 miles north on the sparkling Lake Khovsgol, the second largest lake in Asia. We land at Black Water [Har Uss] spring and hike to Jigleg Camp staying overnight in tents. Hike in the afternoon weather allowing.

**Tuesday, August 20: Lake Khovsgol** Today we travel 40 miles further north by boat to the nomad winter grounds at the northwest end of the lake meeting our wranglers and pack horses for the first time. Camp in tents.

**Wednesday through Friday, August 21, 22, 23: Saridag Mountains.** Over the next three days we will ride over the rugged Saridag Mountains along one of the three migration routes used to access the winter grounds on the lake to the Darhat Valley. We'll enjoy amazing views of the valley and back over the lake camping along the way.



*A pass in the Saridag Mountains*

**Friday, August 24: Darhat Valley.** Today we continue down the stunning Darhat valley, ringed by peaks and ride horseback to RENCHINHUMBE, country seat in the Darhat Valley. Ger camp.

**Saturday, August 25: Darhat Valley Service Project Day RENCHINHUMBE.** Today we will work with the local community to give back to our hosts. The project is still in development. A community event to welcome and thank the volunteers will follow. Ger Camp.



*Gers and mountains from the Darhat Valley, Sue Lach photograph*

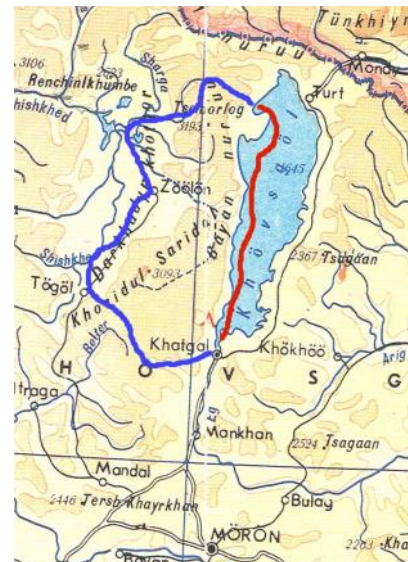
the same place that we stayed in at the beginning of our journey. Ger camp

**Wednesday Aug 29: Khatgal.** Hike to one of the taller peaks in the Saridag Range up to 9700 ft, or rest at camp. Group may split depending on interest. Ger camp.

**Thursday August 30: Ulaanbaatar.** Drive to Murun and fly to Ulaanbaatar. Murun flight usually departs around 12:00pm. Free afternoon in the city with a farewell dinner in the evening. Bayangol Hotel.

**Sunday and Monday, August 26-27: Saridag Mountains.** Over the next two days we again ride and hike over the rugged Saridag Mountains enjoying amazing views of the valley and to the lake via Russian Pass. Camp out

**Tuesday Aug 28: Khatgal.** Continue our trek over the mountains arriving in time for dinner at the comfortable Ger camp in Khatgal on the shores of Lake Khovsgol,



**Friday August 31:** Depart Mongolia and arrive in the U.S. the same day.

*Please note that there are many factors that may require changes to this itinerary, especially weather. If it is raining hard, we will stop early for the day, and travel longer than next day. Other reasons for changes include group safety, transportation issues, lodging issues, and unforeseeable circumstances (such as weather considera-*



*Herders drive horses in the early evening*

*tions, natural disasters in areas to be visited, or recommendations of governmental agencies). The leaders reserve the right to make changes as necessary, both before and during the trip.*

## **Accommodations**

**Ulaanbaatar** — We will be staying at the four-star Bayangol Hotel right in the middle of the city. It has all of the modern conveniences including wifi, a business and fitness center, several restaurants and is clean and comfortable. Double occupancy.

**Tents** — On the trail, our accommodations are rustic. We will be backcountry camping for many days in 4-person tents assigned to just 2 people. There are no bathrooms or showers on the nights we stay in tents although our crew will prepare delicious but simple meals three times a day and provide us with a bowl of warm wash water to clean up with.

**Ger Camps** - We will stay in several ger camps while on trail. Gers (yurts) are the traditional Mongolian lodging and are collapsible wood-framed, felt and canvas-covered circular semi-permanent tents with real beds inside. They are lightweight and quick to assemble, warm in the winter, and easy to open to refreshing breezes in the summer.



*Bayangol Hotel in Ulaanbaatar*



*Images from our Ger camps, left to right: outside, inside, dining hall*

Some offer complimentary slippers and bathrobes and excellent food, views, and hot showers and have large dining rooms. Others are more modest. While they vary (often year to year) in the quality of and service, all gers have 2-4 beds, a table or two, and a wood stove. There is a bathhouse which always has sinks and showers and sometimes a sauna. Toilets may be incorporated into the bathhouse and flush with varying efficiency or located in a separate building or be of the outhouse variety. There is a large kitchen/dining hall, sometimes a constructed permanent building, other times a giant ger-like structure. Security is generally so-so at some ger camps. Keep your important papers and camera with you

**Clothes Washing** – There is laundry service at the hotel before and after the trek, but you should assume it will not be cheap. Laundry service is also available at some of the gers.

**Electricity** - Note that electrical supply for domestic use is generally 220V AC/50. All installations are European type E and C (round pin) and all appliances should be adapted with plugs of this specification. There is no electricity on trail but it is available at our Ger camps.

**Trip Food** – Is all included in the trip price. We will be fed three hearty, hot meals on the trek, mostly mutton or yak and rice, potatoes, or noodles. But you



*A family ger with Yaks near dusk in Khovsgol. Photo by Kertu*

should also bring trail snacks of your own and possibly some other foods to augment dinner. Our trek crew will provide coffee and tea. Bottled water, beverages and alcohol are extra and only available in Ulaanbaatar and in ger camps. The water provided to you on the trek is either filtered or boiled.

## Climate

We will be in Mongolia towards the end of the warm season. Northern Mongolia, where the Darhat Valley and Lake Khovgol lie, neighbors Siberia over the Russian border nearby, so summer is short, and weather unpredictable. Summer days are usually mild and sunny, but cold storms can blow in quickly and the nights can even get below freezing. It rains only an average of 2-3 inches for the whole the month of August and half of that in September but may rain briefly on many days. At Lake Khovsgol (elevation 5300 ft), the average high is 58 and the average low is in the low 40s but sometimes it can be hot. Temperatures can vary widely throughout the day, especially if there is rain, and having adequate layers and raingear to deal with any temperature swings will be essential. In Ulaanbaatar (elevation 4,300 ft), the average high in August is in the 70s and the average low is in the 40s and it almost never rains. Essentially, we will need to be prepared for everything from nearly-freezing to warm temperatures. Hence dressing in layers is essential!

## Why on horseback?

Sharing common interests is the best way to learn about different people and cultures. Love of horses and wilderness is the common thread we share with nomads. It is the intrinsic freedom in their lifestyle, vibrancy in their character, and stunning beauty of their environment that prompts us to organize horseback travel among the nomads.



*Mongolian woman in the late afternoon sun.*



*Mongolian boy on native horse in traditional dress.*



*Horse with traditional saddle grazes while participants rest*

We ride on local, small (13 -14 hands), tough, working horses well suited to the terrain. Saddles are comfortable traditional Tibetan, Chinese, and Russian cavalry saddles. Please note that in Mongolia, horses are working stock and are not treated like pets.

## How much riding experience do I need?

Riding skill is not as important as a great attitude and a love of horses. However, we need to know that you will be safe and comfortable and will like riding all day. That means having riding experience. This is not a nose to tail trail ride; you need to get to camp at days end often 15-25 miles away and that means being able to comfortably walk, trot, and canter for 4-6 hours a day, occasionally 8-9 if we need to make up mileage.

For those who have ridden some but not a lot, we require that you take lessons so that you can actually enjoy the activity. We will want to hear from your instructor that you have good safety sense, are not intimidated or afraid of horses, and will be up for the demands of the trip. Until we receive that assurance you will only be provisionally approved for the trip. For those who have ridden a good deal but not recently, we strongly recommend that you get in some saddle time to prevent saddle soreness and to develop the required muscle strength.

When riding in preparation for a trip:

- Ride the smallest horses available.
- Ride English. English saddles are similar in size to Mongolian saddles and will prepare you for the balance needed to stay securely on your horse. If you prepare for your ride in a Western saddle, a much deeper and more secure seat, you will feel less secure on the Mongolian saddles.
- Get comfortable at a trot. We often ride



*Mongolian horses peacefully crop grass in the evening*

for long stretches at a steady trot. Asian horses are small and it's nearly impossible to post the trot, so learn to stand in the stirrups or simply sit the trot or both.

- Enjoy the canter. We canter whenever we're comfortable that conditions are suitable.

## Experience

Hiking and horseback riding over rugged terrain and steep mountain passes are very physically demanding. We will be averaging 15-20 miles per day and hiking or riding for as much as 10 hours, although usually more like 6 or 7. People wishing to participate in this trip must have previous hiking and camping experience at the intermediate or higher level and horseback riding experience as described above. You should enjoy camping in the backcountry and being in a remote location and have experience to demonstrate that.



*Yaks are so cute! Sue Lach photo*

You need to be in excellent physical condition at the time of departure from the USA. You should be prepared both physically and mentally, and equipped with the appropriate gear. You should always be aware of the risks involved and conduct yourself accordingly. In this regard, you are responsible for your own safety.

Prior to your being accepted as a participant in this trip, you will be asked to discuss your capabilities and experience. Please do not be offended by the questions they are a normal part of the screening process. You will also be asked for hiking and/or riding references as part of the application process and we will call them to determine whether the trip is a good fit for you. If you have chronic medical problems or a history of something complicated that could flare up on a trip, you may be asked to produce a letter from your health care provider stating that he or she feels you will be able to fully participate in the trip.



*The village of Renchinlumbe. Sue Lach Photo*

## Social Expectations

We are not just a collection of individuals; we are a team exploring one of the most remote corners of Asia. This is both physically and mentally demanding due to the amount of riding, hiking, travel, and altitude involved. Despite these challenges, participants are expected to contribute to the group experience, be ap-



*Climbing up the mountains looking back to Lake Khovsgol*

proachable by others, take genuine interest in teammates, and be supportive and understanding. Determining these attributes is also part of the screening process. On the trip, any interpersonal matter that cannot be resolved should be brought to the attention of the leader for resolution. Participants are expected to respect and follow the leader's decisions although thoughts, concerns, and group consensus are always appreciated and taken into consideration. To minimize risks we will hike and ride in groups and not alone. This trip is designed so that everyone may experience our adventure in Mongolia through shared participation in activities and tasks in an organized and cooperative group environment.

Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible. Similarly, weather and terrain and group fitness may necessitate changes in the itinerary.

AMC Adventure Travel trips are run in a manner consistent with the conservation, recreational and educational principles and mission of the Club. We expect participant conduct to be consistent with Leave No Trace environmental principles and with local regulations.

## **Risks**

Exploring the remote corners of Mongolia is an adventure of a lifetime. However, the very term "adventure" suggests some inherent uncertainty, isolation and risk. While we have many protocols in place and we and our local guides are trained to respond in emergencies, we cannot guarantee your safety. Horses are never totally predictable and can shy or



*Participants ride through the brush*

kick and falls can lead to injuries. Bad weather and rough terrain can compound safety concerns. Some of the riding is over very rough, steep ground and conditions can change drastically with the weather. At times we are several days from roads and even farther from hospitals. All wilderness travel is dangerous to some degree and each individual must decide if the rewards of experiencing new lands and cultures are worth the risk. Your trip leaders and local guides take a conservative approach, and your comfort, safety, and the quality of your experience are of paramount importance to us.



*Big sky country, Mongolia, not Montana*

In addition to the basic risks of horseback riding and weather, car accidents and illness are also risks. Mongolia's dry, cold climate and sparse human habitation means there are few of the infectious diseases that plague tropical countries in Asia but traveler's diarrhea is still possible. Participants could pass a bug amongst the group and having plenty of hand sanitizer gel easily accessible will help reduce this risk. Packing an appropriate antibiotic to treat traveler's diarrhea is strongly advised. The antibiotics azithromycin or Cipro are recommended most often by travel clinics.

In fact, we suggest consulting a travel medicine clinic well before our departure date. Multiple visits to a doctor may be necessary for some vaccine series, which usually start 2-3 months prior to the trip. Recommended vaccinations from the Centers for Disease Control and Pre-



*Mountains loom over the Darhat Valley and town of Renchinlumbe*

vention (<http://wwwnc.cdc.gov/travel>) for Mongolia include Hepatitis A and Typhoid, and booster doses for Hepatitis B, tetanus-diphtheria, measles, and polio. Consider using a "Travel Clinic" such as those listed at <http://www.travelhealthresource.com/clinics/>. You should bring a well-stocked med kit. There will be no opportunity once we reach the backcountry to stock up on any medicines.

If you do become seriously ill in Mongolia, there are Western doctors to see. However, serious emergencies may require evacuation to Seoul or Běijīng.

Fortunately, our outfitter has an excellent safety record and training program for their employees, which helps to minimize these

risks. We will carry emergency equipment including a satellite phone. Your risk of becoming ill or endangered can also be significantly reduced by proper conditioning, obtaining the recommended immunizations and medication before the trip, following the advice of the leader and guides, and speaking up immediately if you start to exhibit symptoms of any kind. Much more information on this subject will follow after registration!



*Large flock of sheep in the beautiful Darhat valley*

## Cost

The cost of our Mongolian Expedition is \$4,490 per person without airfare, with a minimum of 11 participants and a maximum of 14 (we may run the trip with fewer participants and only one leader if necessary). Round-trip international airfare is additional at approximately \$1200 - \$2,100 (for some reason, it is much cheaper to separately book a flight to a connecting city such as Beijing, Seoul, or Hong Kong and then another separate flight to Ulaanbaatar rather than one ticket for the whole trip.) Internal domestic airfare of approximately \$400 is also an additional cost. You are responsible for making your own international flight arrangements and our outfitter will make the domestic one. While participant airfare is not included in the trip price, leaders may assist participants in making suitable reservations. Once your air tickets are purchased they are your responsibility – please do not make any non-refundable travel plans until told to do so by the leaders.

The trip price is based on double occupancy and includes all ground costs including transfers (other than domestic air), park fees, lodging, and meals. The trip price does not include tips, bottled water, drinks, and expenses involved with travel outside the scope of this trip, such as additional lodging before or after the trip, and airport shuttles at times other than specified in the itinerary. All Adventure Travel trips are run on a non-profit basis and any savings we

achieve, as well as any unforeseeable cost increases we incur, will be shared by trip participants. The price for this trip is based on quotes obtained at the time the trip was submitted to the Adventure Travel Committee for approval. Because the trip is fully outfitted, the price is very unlikely to change, although a contingency has been included to cover unexpected costs. The leaders may make partial refunds of this contingency fee during the



*The Milkyway is astounding in Darhat Valley.*

trip, in the form of payments toward free time activities which would otherwise not be included, or refund it after the trip's final financial accounting is complete should any be left.

Please be aware that, in accordance with AMC policy, you are also subsidizing the leaders' costs up to a maximum of 15% per person. Beyond this, the leaders are not allowed to realize any profit from this excursion and any unspent funds will be refunded to you. The trip price also includes an AMC overhead fee to cover the administrative expenses of offering Adventure Travel, including the trip's publication in AMC Outdoors for several months, liability insurance, and staff assistance. The overhead fee is 20% of participant land costs; air travel is not included. The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does not include insurance for travel delay, interruption, or cancellation, or for baggage loss. **Individual travel cancellation insurance is strongly recommended.** More information about included emergency medical and evacuation insurance, as well as about optional and recommended travel insurance, will be provided to participants in their formal acceptance letters, which will be sent out when the trip has the required number of accepted applicants.

## **Tipping**

As in many parts of the world, tipping in Mongolia is a symbol of appreciation for a job well done, and is part of the expected compensation of our local guides and wranglers. Tips for field staff (drivers, cooks, wranglers) and guides are optional and should reflect your satisfaction with the effort, enthusiasm and effectiveness of the staff. The leaders or a designated participant will collect tips in two envelopes near the end



*Yaks cooling off at lake Khovsgol*



of the trip, one for field staff and another for guides. Per our outfitter's policy, field staff will share tips equally with the exception of the cook who gets two shares. Guides give 15% of their tip to the office staff and split the remainder equally. If you want to say a special thank you to a specific person, please make a non-monetary gift. Amounts are \$3-5 per guide per day (16 days) and \$1-3 for the rest of the crew, which will be about 8 (9 days).

## Application and Cancellation

If you are interested, you should apply as soon as possible as this trip is likely to fill quickly.

**To apply**, you must submit the completed Application, Confidential Medical Form, and Acknowledgement and Assumption of Risk and Release Form, and enclose a deposit check for \$1,000. You will not actually be accepted, and your check will not be deposited, until the leader has determined by telephone conversation with you that you and the trip seem to be a good match. Additional payments of \$1,000.00 are due December 15, 2018, or afterwards as soon as the trip fills, and again on February 15, 2019, with the balance due April 1, 2019. Leaders may adjust this schedule if the trip fills later than expected. Deposit checks from waitlisted applicants will not be cashed until they have been accepted to the trip AND they confirm continued interest. Please make payments by check payable to the Appalachian Mountain Club. When the group is complete, participants will receive the names, addresses and phone numbers of all those going on the trip. Email will be used as the primary source of communication.



*Traditional Mongolian dance— we will see a performance*

If you have any questions or to request an application, please call or e-mail Pam Wilmot, [phwilmot@gmail.com](mailto:phwilmot@gmail.com) or 617-962-0034 or Jessica Halvorsen, [jhalvorsen@gmail.com](mailto:jhalvorsen@gmail.com) or 203-710-6637 .

**Cancellation policy** is based on several considerations. Cancellation will not be allowed to raise the cost to the other participants or to the leaders. Minimum penalty schedule: zero before 1 January 1, 2019, \$300 until April 1, 2019, and \$500 thereafter. If actual costs are higher, they will be assessed instead. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of

your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant (minimums may be waived as well). No refunds are likely with late cancellations. Cancellation refunds will not be returned until after the trip has been completed unless made very early. Cancellations are considered effective when a leader receives written notification. **Cancellation insurance is highly recommended.**

## Trip Leadership

**Pam Wilmot** is a four-season leader and a member of the board of the Hiking/Backpacking Committee of the AMC Boston Chapter. She is one of the most active leaders in the chapter, leading both day hikes and backpacks primarily in the White Mountains of New Hampshire, including the 20 mile, 9,000 ft of elevation gain single-day Presidential Range traverse. An avid hiker, Pam has climbed the Hundred Highest Mountains in New England and the New Hampshire 48 four thousand footers in calendar winter. Pam led the AMC Adventure travel trips: *To the Roof of Africa: Kilimanjaro Climb (and Safari)* in 2017 and again in 2018, *High Road in Paradise: Hut-to-hut in the Italian Alps* in 2015 and *Under the Alpine Giants: Hut-to-Hut in the Italian Alps* in 2013, the latter two were both 15 day 100 mile treks of different sections of the Alta Via Valle D'Aosta. Pam has also led non-AMC backpacks to Olympic National Park, Kings Canyon National Park, and the Sierra Nevada. She has traveled extensively in the US, Europe, and Asia, including a 7-month trip around the world, and completed a 12-day trek to the Annapurna basecamp in Nepal. She is trained as a Wilderness First Responder and certified in CPR. As far as horses go, Pam has shown and trained hunter jumpers and taught horseback riding.

**Jessica Halvorsen**, is a four-season leader with AMC Boston's Hiking and Backpacking chapter, and has led or co-led more than 50 trips with the group. She is the coordinator of the 2017-18 and 2018-19 Boston Chapter Winter Hiking Program, and has completed all-season ascents of the New England 67 4,000-footers. She has also spent a season with Olympic National Park's Wilderness Resources crew, including several week-plus backpacking trips. She holds a master's degree in Environmental Management, is Wilderness First Aid certified, and in her daily life, she works in an office and enjoys running to stay in shape for her hiking adventures.



*Pam on solo ascent of Clouds Rest in Yosemite*



*Jess on a winter ascent of Old Speck*

## Pre-trip preparation & gear list

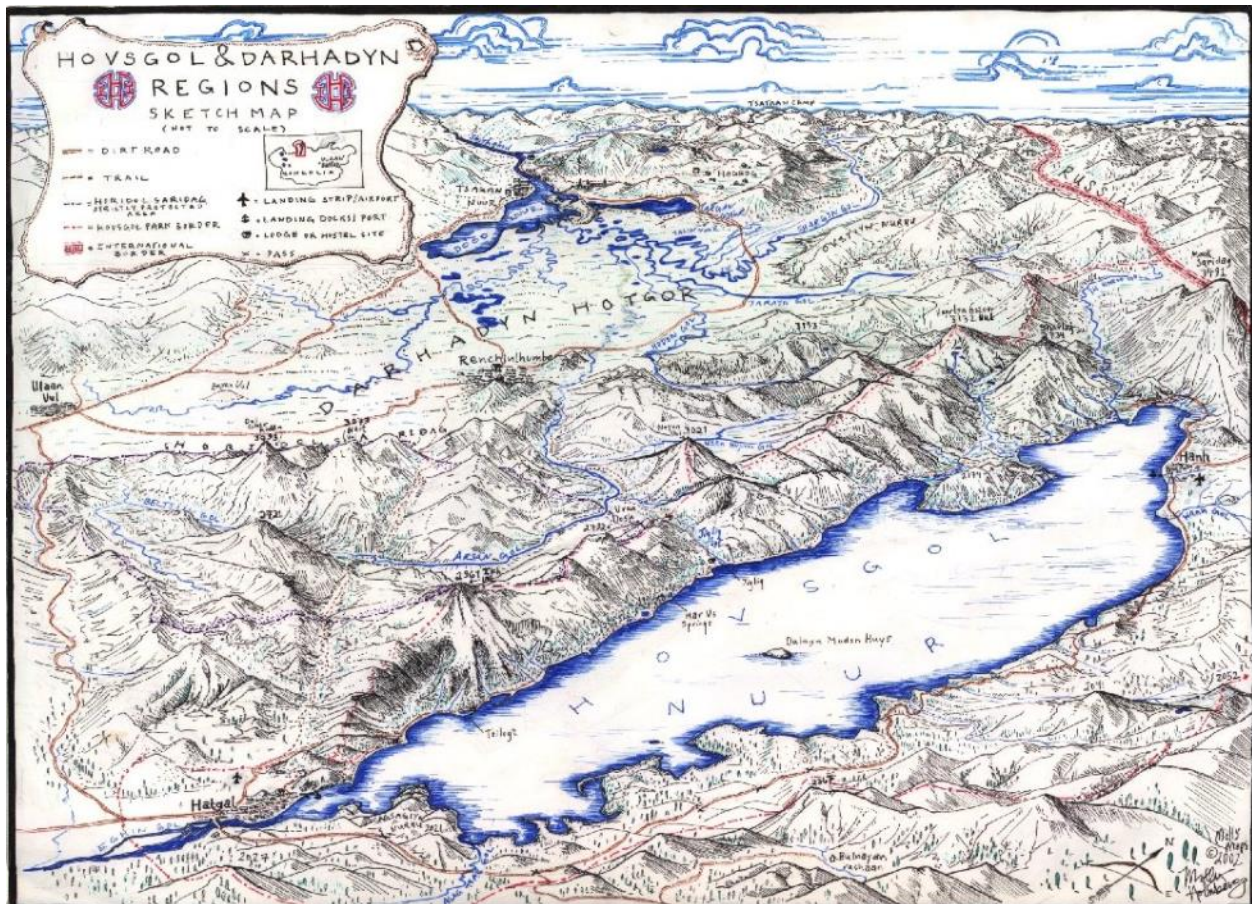
We will organize a pre-trip excursion, which will hopefully include both a hiking and a riding component and a conference call or two so that participants can get to know each other, learn more about the trip, and discuss appropriate gear and preparation.

A detailed packing list will be provided once you are accepted on the trip or upon request prior to that. The most expensive piece of required gear is a 20-degree F or lower rated sleeping bag which is available to rent from our outfitter if arrangements are made well in advance.

There will also be riding specific gear, such as boots with a heel and half chaps. You may be more comfortable riding tights or breeches than in hiking pants. The riding specific gear does not have to be expensive and can be used in other contexts. No cotton, however.

**Questions? Email Pam Wilmot, [phwilmot@gmail.com](mailto:phwilmot@gmail.com) or**

**Jessica Halvorsen, [jlhalvorsen@gmail.com](mailto:jlhalvorsen@gmail.com)**



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