

Hiking the Sawtooth Mountains of Idaho - 1

July 18, 2020 - July 29, 2020 (trip# 2040)



Alice Lake, Sawtooth Wilderness

We are glad that you are interested in this exciting trip! Please read the information carefully, and contact us if you have specific questions about this trip:

Bill Wheeler 860-324-7374; bwheelsjr@cox.net or George Schott 203-223-1677; geosteven@aol.com. For general questions about AMC Adventure Travel, please email AMCexcursions@outdoors.org.

SUMMARY

The Sawtooth Range is a mountain range of the Rocky Mountains, located in Central Idaho. It is named for its jagged peaks. Much of the range is located within the Sawtooth Wilderness. Bordered to the east lies 30-mile long Sawtooth Valley and the town of Stanley, our home for the majority of this trip. To the east of the valley are the White Cloud Mountains. These peaks offer a unique perspective, looking across the valley at the jagged Sawtooth. On this 12-day adventure, we'll explore the alpine lakes, high divides and summits of the Sawtooth and White Cloud.

After arriving in Boise, Idaho, we'll meet the group at our welcome dinner and gather some supplies for the trip. After one night in Boise, we'll leave it behind for a three hour scenic drive to the town of Stanley, our home for eight nights. We'll enjoy moderate to challenging hikes ranging from 7 to 17 miles per day. We'll see wildflowers and wildlife, pristine lakes, jagged peaks and one panorama after another. We'll experience the unique terrain and mountain air as we climb to several divides and summits between 9,000' and 10,000'. Our group will hike to the scenic Alice, Alpine, 4th of July, Born and Sawtooth Lakes. We'll cross over Baron and Ant's Basin divides. We'll summit Lookout Mountain (9,954') and Observation (9,151') and Horton Peaks (9,896'). Late afternoons can be spent relaxing at our inn or poking around town.

We will spend our last two nights back in Boise, having a full day to explore the city before enjoying a farewell dinner and departing for home.

TYPICAL PARTICIPANTS

You should enjoy traveling and be comfortable in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. You should make it a priority to help others on the trip and contribute to their having a great time. If you do that, we are confident that you will have a great time.

This trip is being rated a difficulty of <u>5: Vigorous / 6: Strenuous</u> on the AMC Activity Rating System. The hiking will be vigorous with some strenuous days. The trip is designed for experienced hikers. You must be able to hike 7 to 17 miles per day at a moderate pace easily, with moderate elevation gains between 1,600 and 3,000 feet over the course of 5 to 10 hours, while carrying enough equipment to keep you safe in the event of bad weather or injury. We'll hike on 8 of 9 days, at altitudes between 6,500 and 10,000 feet.

Summer in the Sawtooth should have daytime highs in the 60s and overnight lows in the 40s. Like most mountain ranges, the high peaks may at times feel warm and comfortable, yet at other times, cold and windy. We'll dress accordingly and stay hydrated with 2 liters of water per day, focused on pacing up the peaks to avoid altitude sickness. They may be covered in snow, requiring the use of micro-spikes to achieve these summits. We'll spend ample time on the summits, resting from the climb, eating lunch, acclimatizing for the next hike and taking in the views. With careful planning, preparation and teamwork, we'll adapt to the conditions and have fun exploring the vast beauty this region has to offer!

ITINERARY

Day 1, SAT 7/18:

Fly to Boise, Idaho (2,730') where we will rent cars, gather supplies, have dinner and spend the night.

Day 2, SUN 7/19:

Our adventure begins with a three-hour drive northeast to the Sawtooth Valley. A short intro hike to Fishhook Creek will end in a glorious meadow at 6,800', revealing unforgettable scenery. Today totals 4.2 miles and 300 feet elevation gain. After the hike, we check in to Stanley, ID (6,253') our home for the next eight nights.

Drive times to most hikes starting within Sawtooth Valley will be 15 to 30 minutes one-way, except one drive, which will take up to 1 hour.



Fishhook Creek

Day 3, MON 7/20:

This 11.6-mile hike with 1,600' elevation gain to 8,600' Alice Lake will showcase beautiful mountain scenery. A narrow canyon flanked by 10,000' peaks opens up to postcard worthy vistas. Along the way, and throughout the trip, we'll encounter several stream crossings which we cross with caution, if high. The hike concludes with a visit to nearby Redfish Lake Visitor Center.



View from the flanks of Horton Peak

Day 4, TUE 7/21:

Today we climb 9.896' Horton Peak. The 6.8-hike with 2,750' elevation gain is across the valley in the White Cloud Wilderness, providing a spectacular view of the east face of the serrated Sawtooth Range. The steep climb is eased by the use of many switchbacks and an abandoned fire tower provides shade on the open summit.

Day 5, WED 7/22:

An early start allows us to spend a long day on this 16.6-mile hike with 3,000' elevation gain. The trail passes a pair of waterfalls and through an area scared by fire, yet accompanied by the contrasting beauty of wildflowers. Our destination is 9,151' Observation Peak, the highest trailed summit in the Sawtooth Mountains. The flat summit boasts long reaching vistas to scores of peaks.

Day 6, THU 7/23:

Today is a well-deserved rest day. Options include a whitewater raft on the Salmon River or a gentle paddle. We may also drive one hour south to the resort town of Sun Valley. Others may opt to lounge around the hotel, explore town and the local museum.



Salmon River



Approach trail to Baron Divide

Day 7, FRI 7/24:

Our return to the Sawtooth Wilderness starts with a boat ride across Redfish Lake to an interior trailhead. We'll first hike to Alpine Lake at 8,250'. Time permitting, we'll continue to 9,100' Baron Divide. Today's 14.4-mile hike gains 2,500' elevation. After the hike, we'll change into dry clothes and have dinner at the Redfish Lodge.

Day 8, SAT 7/25:

This 8-mile hike with 2,000' elevation gain starts with a pleasant walk along a creek until reaching scenic 4th of July Lake at 9,383'. Then, the climbing begins until reaching stunning views as we crest 9,900' Ant's Basin Divide. A descent into the secluded neighboring valley reaches our destination at 9,432', the lime-colored Born Lakes, surrounded by towering peaks. If our first climb over Ant's Basin Divide wasn't long enough for you, we get to climb over it again on the hike out!

Day 9, SUN 7/26:

The 10-mile hike of Lookout Mountain gains 2,650' elevation and boasts commanding views of the White Cloud Mountains. An old fire tower sits on the 9,954' summit, our high point for the trip, providing a spectacular perch to take in the surroundings.

Day 10, MON 7/27:

Our last hike is to 8,435' Sawtooth Lake. This iconic hike of the region boasts soaring peaks, wildflower meadows, crystal clear creeks and cobalt blue lakes. The 9.6-mile hike with 1,800' elevation gain is to a refreshing oasis among granite peaks and lingering summer snow. We then drive 3 hours to Boise, ID, for our last two nights. Along the way, we'll take a break to explore the old mining town of Idaho City.

Day 11, TUE 7/28:

Today we explore the city of Boise. Options include a raptor center, botanical garden and several museums. The day concludes with our Farewell Dinner.

Day 12, WED 7/29:

Fly Home.

ACCOMMODATIONS

Three nights at a hotel in Boise, ID

Eight nights at Valley Creek Lodge, in Stanley, ID

Accommodations are two to a room in the hotels. Rooms will be simple, yet comfortable and budget friendly with two beds and private bath, along with a minifridge and microwave, if possible.



Town of Stanley

MEALS

All dinners are included. Each evening at dinner, we will review the events from the day and discuss plans for the next day. Breakfasts and lunches are the participant's responsibility. The hotels may offer a free continental breakfast. Lunches will be purchased at grocers in Boise and Stanley.

TRIP LEADERS

Trip Leader Bill Wheeler joined the AMC in 1995 with a goal of summiting the 48 New Hampshire 4,000 footers, which he achieved in 2009. He has also climbed all of New England's 100 highest peaks. Bill became a hike leader for the Connecticut Chapter in 2005 and has led over 120 day hikes, as well as lead or co-lead on 14 weekend trips to New Hampshire's White



Mountains. He has completed the SOLO basic First Aid Course and Heart Saver CPR Course. Bill has traveled to 6 Canadian provinces, 7 European countries, India, New Zealand and Peru. He has climbed several high peaks in the Western U.S., including 14,497 ft. Mt. Whitney, the highest point in the contiguous 48 states. Bill has led and co-led 11 Adventure Travel trips since 2010 to Bulgaria, Texas/New Mexico, Oregon, Wyoming, Canadian Rockies, Austrian Alps, Colorado, Utah, Washington and Nevada/California. Bill can be reached at 860-324-7374 or bwheelsir@cox.net.

Trip Co-Leader **George Schott** is a Connecticut Chapter Hike Leader certified in SOLO Wilderness First Aid, AED and CPR. He also completed AMC Mountain Leadership School in 2008. He has led or co-led six AMC Adventure Travel trips to Big Bend NP (2012); Saguaro NP / Tucson Mountains (2014); National Parks of Southeast Utah (2016); Olympic NP (2017); Death Valley NP & Red Rocks of Nevada (2018); Southeast New Mexico / Guadalupe Mountains NP (2019). Over the past 10 years, he has led or co-led hut many hikes in the White Mountains and Adirondacks, and led day hikes on all sections of the AT in Connecticut and Massachusetts. He has climbed 44 4000'+ peaks in the White Mountains and 33 4000'+ peaks in the Adirondacks. George can be reached at 203.223.1677, or geosteven@aol.com.



TRIP COST

The cost for the trip is \$2,500. This will cover the following items:

- All lodging as specified above
- All dinners excluding alcoholic beverages
- Continental breakfasts included at the hotel in Boise
- · Car rentals and gas
- Redfish Lake hiker shuttle boat ride
- Emergency medical and evacuation insurance coverage
- AMC Adventure Travel Fee (20% of land costs)

Not included:

- Airfare from Boston or New York to Boise International Airport (BOI), approximately \$400 - \$600
- All lunches, and breakfasts in Stanley
- Individual travel insurance coverage

The cost of an optional rafting excursion on our free day in Stanley is: \$100.00 (includes 20% AMC fee)

- The rafting will take place with an outfitter, on the Salmon River
- You may choose to participate in a Class I calm water paddle or Class II-III whitewater rafting
- Additional details will be provided once accepted onto the trip

The approximate cost for the excursion is based on quotes at the time the trip was submitted to the Adventure Travel Committee (May 2019). The final cost of the trip will be adjusted in accordance with any savings we might enjoy or increases we may incur.

While Adventure Travel trips are not-for-profit, please be aware that in accordance with AMC policy, you are subsidizing some of the leaders' costs, but not all of them. Any unspent funds will be refunded to all participants. The trip fee also includes an AMC overhead charge to cover administrative expenses of offering Adventure Travel trips.

HOW TO PROCEED

If you would like to go on this trip, complete the Application Form and enclose a check for the \$700 registration fee made out to the Appalachian Mountain Club and mail to:

Bill Wheeler, 2506 Mill Pond Drive, South Windsor, CT 06074

If you are accepted onto the trip you will also be asked to fill out and mail back an Acknowledgment and Assumption of Risks & Release & Indemnity Agreement, and a Confidential Medical Form both of which will be emailed to you.

The balance of \$1,800 is due by April 18, 2020.

When registration is complete, the trip leader will send all participants the names, addresses and telephone numbers of those going on the trip. Trip leaders prefer to use email as a primary source of communication. We will inform you when it is time to purchase airfare and offer suggestions for various flights to Boise, ID.

SOME FINE PRINT AND CANCELLATION POLICY

It may happen on any trip that a member is or becomes unable to participate in one or more of the planned activities. 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.

The AMC cancellation policy is based on the simple precept that your cancellation shall not raise the cost of the trip to any of the participants or the leaders. Therefore, if you cancel, your refund will be all that you have paid, less expenses already incurred and future expenses which cannot be avoided. You may forfeit the amount budgeted for your lodging, car rental and trip overhead, which is most of the trip fee. If you cancel and the trip still fully books, then your fees will be refunded in full with the exception that, after airline tickets have been purchased, you own the tickets and that part of the fee cannot be refunded.

AMC Adventure Travel trips are run in a manner supportive of and consistent with the conservation, recreational and educational principles and mission of the Club. Trip leaders encourage participant conduct consistent with Leave No Trace environmental and conservation principles and local regulations.

EXPERIENCE AND RISKS

On the day hikes, you must be able to hike an average of 11 miles and 2,300' elevation gain per day at a moderate pace easily, while carrying enough equipment to keep you safe in the event of bad weather or injury. We will be hiking at elevations in excess of 8,000 feet, high enough for contracting acute mountain sickness (AMS). The combination of physical exertion and slightly lower oxygen levels require that we pace ourselves and pay attention to proper nutrition and hydration. People wishing to participate in this trip must have previous hiking experience, at the intermediate level or higher. Although the hiking will be at a moderate pace, this is not a trip for beginners or people who have not hiked during the past year. Two of the days are very long (14 to 17 miles) and strenuous. You should be in excellent physical condition at the time you arrive in Boise.

You must participate as part of a group and abide by the leaders' decisions and right to change the itinerary. You must work towards the group having a good time, be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum. Some participants will be asked to share in the driving, which requires a check of your driving record.

Large mammals found in the Sawtooth include the mule deer, elk, moose, mountain goat, mountain lion and black bear. We will never feed or approach wildlife for any reason and always obey the rules and regulations of any park we will be hiking in.

When you participate in this activity, 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. We are not responsible for your safety; you are. As participant safety is a high priority for all AMC-sponsored events, procedures and policies have been developed to attempt to limit participant risk. Participants are expected to work with volunteer leaders to reduce risks and make the experience successful for all. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips and camps, and transportation in vehicles, on foot, by boat, or on a bike. When you apply for acceptance onto a trip, please carefully read and sign the Adventure Travel Acknowledgement and Assumption of Risks and Release and Indemnity Agreement and call if you have any questions. Prior to your being accepted as a participant in this trip, you will be asked to discuss your capabilities and experience with us. Please do not be offended by our questions. Our group will be a minimum of 10 people and a maximum of 12, including leaders. A waiting list will be established if more than 10 people apply for the trip.

REQUIRED GEAR

Here is a list of suggestions for what to bring to have a good time on the trip. Most of the items are things you would bring for a day hike in the White Mountains of New Hampshire.

- Day pack
- Pack rain cover or plastic trash bags
- Personal first aid
- Rain gear (both jacket and pants)
- o 2 one liter water bottles
- Wool or pile hat or balaclava
- Wool or pile gloves or mitts
- Extra pile or wool layer for warmth
- Comfortable hiking boots and socks
- Micro-spikes (possibly need them for summiting the peaks)
- Long pants wool or synthetic
- Tevas, for any high stream crossings

- Hiking shorts (zip off pants highly recommended)
- Cotton or synthetic T-shirts
- Long sleeve synthetic shirt
- Sunglasses
- Sun hat
- Sun protection lotion
- Lip protection balm
- Leisure clothes for travel and restaurants (moderate amount)
- Personal toiletries
- Toilet paper
- Head lamp with extra batteries

Optional recommendations:

- Bathing Suit
- Camera
- Ear plugs
- Short gaiters to keep mud/stones out of boots
- Small knife (be sure to pack in check in luggage, not carry on)
- o Compass
- Extra shoelaces
- Zip lock bags
- Reading material for breaks in the action

 We strongly recommend hiking with a pole or poles, but if you don't like them, that's fine.

Trip Application can be found below.

Application for Adventure Travel Trip to Hiking the Sawtooth Mountains of Idaho - 1

Please print everything legibly

Name:	AMC Member ?	
Address:		
City, State, Zip:		
Phones: Daytime:	Evening:	
Date of Birth (mm/dd/yy):	Gender:	Smoker?
Email Address:		
	note any medical or physical re	
	ber of person to contact in case	
Have you done mountain hikir	ng previously? When and how	often?
Please print a brief summary o application.	of your recent hiking /backpacki	ng experience on the back of this
How would you describe your J	physical condition and stamina?	?
Please print a description of ho application. For example, I run	ow you maintain your physical on 5 miles four times a week.	condition on the back of this
Have you gone on other AMC Adventure Travel trips? If so, who were the eaders?		
If this trip is filled, do you wish Are you willing to be a car driv	n to be placed on a waiting list? ver on the trip?	