Experience the incredible beauty of Mount Rainier National Park in Washington State - a 369 sq. mile reserve promising wildflower-filled meadows, gushing waterfalls, and ancient glaciers.
Marvel at spectacular scenery as you pass below towering hemlocks and hike on the shoulder of the most glaciated peak in the contiguous US - the glacier-capped, 14,410 ft Mount Rainier - the fifth highest mountain in the lower 48 states! We will stay in a small former lumbering town adjacent to the park in double occupancy, hotel-style accommodation, and enjoy five full days of hiking at this iconic destination considered a crown jewel of Washington State! Expect incredible views of Mts. Adams, Hood and Saint Helens, massive glaciers, alpine lakes and fields of wildflowers. There is abundant wildlife, so perhaps you will even spy a marmot, black bear, elk, or mountain goat!
Planned Itinerary
Day 1, Sunday 8/2/20
Arrive at Seattle–Tacoma International Airport
Be at airport no later than 1pm to meet fellow participants and transfer to hotel in Packwood that will be our home-base for the week. We’ll take two rented mini vans south into the park, gathering food & supplies along the way. Later in the afternoon, we’ll settle in, explore the town, and enjoy a group welcome dinner at a local restaurant.

Day 2, Monday, 8/3/20
Burroughs Mountain Trail, MRNP
Hike is 7.4 miles, 1,000 ft elevation gain, max elevation 7,400 ft.
Start from the Sunrise Visitor Center at 6,400-ft. - the highest point in the park reachable by car. Head towards the massive Tahoma, with her imposing Willis Wall and Winthrop Glacier constantly in front of us and Emmons Glacier (Mount Rainier’s largest) at our left. The broad and barren, Burroughs Mountain is “a mountain against a mountain” sitting next to the northeastern face of Mount Rainier. This trail has one of the most dramatic views of Washington’s largest volcano. The ascent to the second Burroughs (highest point accessible by trail in Mount Rainier National Park) takes us into a nearly lifeless environment at 7,402 feet.

Day 3, Tuesday, 8/4/20
Goat Lake Trail, Goat Rocks Wilderness Area
Hike is 10.6 miles, 3,045 ft elevation gain, max elevation 6,665 ft.
Plenty of variety – beautiful forest, rushing creek, waterfalls of all shapes and sizes, large blue-green lake surrounded by snowy peaks. This out & back hike is a favorite of backpackers with an aesthetic high point sandwiched between views of Mount Adams and Mount Rainier.
Day 4, Wednesday, 8/5/20  
Skyscraper Mountain, MRNP  
Hike is 8 miles, 1,775 ft elevation gain, max elevation 7,078 ft. 
Like on Monday, we will start from Sunrise Visitor Center. We’ll follow a section of the 93 mile Wonderland Trail that circumnavigates Mount Rainier and see mountain goats, marmots and views! From the summit, we’ll get a full 360 degree panoramic view to admire Rainier, the Burroughs, and other nearby volcanoes, including Mount Adams.

Day 5, Thursday, 8/6/20  
Summerland  
Hike is 8.5 miles, 2,000 ft elevation gain, max elevation 5,900 ft. 
“One of the most popular hikes in the park and for good reason.” August is the perfect time of year to make our way up Summerland. Wildflowers are in full bloom and the wildlife is vibrant and abundant. This beautiful trail starts in thick conifer forest and climbs steadily, but not steeply on Wonderland Trail along Frying Pan Creek before a final series of switchbacks up to the Summerland shelter. Views of Frying Pan glacier, Little Tahoma, and Mount Rainier.
Day 6, Friday, 8/7/20
Tatoosh Ridge
Hike is 6.2 miles, 2,900 ft elevation gain, max elevation 5,775 ft.
The Tatoosh Ridge is a destination unto itself. The beginning of the trail is steep, but most of the
elevation gain is in the shade. We’ll ascend through moderately open forest, sprinkled with old
growth trees. The undergrowth is sparse among the trees, and the trail is bordered by blueberries
and huckleberries, and even a patch of wild strawberries. The Tatoosh Trail is seldom flat - most of it
is along a steep sidehill covered in wildflowers. Views of Mount Rainier open up behind us.

Day 7, Saturday, 8/8/20
Return to Seattle
After breakfast we will head back to Seattle to return the mini-vans and check into the hotel. The
remainder of the day in Seattle is free time to explore the city. Suggested optional visits include the
Space Needle, Seattle Great (Ferris) Wheel, Chihuly Garden & Glass Exhibit, or Pikes Place Market at
your leisure. Group good-bye dinner in restaurant. Hotel Stay

Day 8, Sunday, 8/9/20
Trip ends.
Breakfast at hotel, and fly back home.
Seattle Tacoma airport.
Hiking Overview

This hiking trip is rated moderate-vigorous. We will hike 7-11 miles per day. Elevation ascents per day vary from ~1000 ft to ~3500 ft. The majority of hikes will range from moderate to vigorous throughout the week for back-to-back days.

At the start of the trip, participants should be in proper condition for the challenges outlined in this prospectus and able to hike up to 8 hours per day over irregular terrain. The average high temperature will be in the mid-70s, and nighttime temperatures can drop to the mid-40s. August is one of the best months to visit the park; it is when wildflowers transform the park's subalpine meadows and the dry, warm weather provides optimal hiking conditions. However, there are never any promises when it comes to weather in the Pacific Northwest, so we should be prepared just in case for rain every day.

Possible Itinerary Changes

Weather conditions, safety factors, delayed planes, or automotive breakdowns can change our daily plans. The leaders reserve the right to make such changes to the itinerary as necessary, both before and during the trip. It may happen that a trip 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. Everyone is expected to “roll with the punches,” be cooperative, abide by leaders’ decisions, assist leaders as requested and add to the total group experience while enjoying themselves. While leaders will try to offer options and solicit participant preferences, the decision of the leaders will always be final as they are ultimately responsible for the safety of the group.
Accommodations, Meals, and Transportation

For the first 6 nights, the group will stay at a hotel in Packwood, WA. On our last night, we will stay at a national chain hotel near the airport in Seattle. All hotel nights are all double occupancy. All single travelers will be matched with a roommate of the same gender.

Breakfasts will be provided by the hotels. Participants will purchase and prepare your own trail lunches, and snacks. For dinner, the group will dine together at local restaurants.

We expect that everyone will make it a priority to help others and contribute to ensuring everyone has a great time.

Airfare is NOT included in the trip price. Individuals will be responsible for arranging their own air travel.

Ground transportation will consist of rental vans driven by leaders and volunteer participant drivers. Because we are renting vehicles, it will be necessary to have drivers and alternates for those vehicles (which are regular passenger sedans or minivans, not large 10-12 passenger vans). We will enlist several participants as possible drivers. Participants who volunteer to drive will have their driving records checked by AMC before you can be approved, after they give permission for this.

All breakfasts, and dinners are included in the trip price. Lunches, trail snacks and all alcoholic beverages are not included.
Tying trip to AMC mission

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.

Arriving and Departing

Plan to arrive in Seattle on the morning of Sunday, August 2, 2020. The trip leaders can assist you with information on flights from the East Coast or other points. At the airport, we will gather for our transport to Packwood. We strongly recommend that participants bring as little luggage as possible; one suitcase and one backpack per person in order to fit comfortably in the minivans.

This trip ends in Seattle on the morning of Sunday, August 9, 2020 after breakfast at the hotel. Due to this ending time, we will leave Packwood on Saturday morning. You should plan your departure from Seattle any time on Sunday morning. Of course, you may arrive early or extend your trip.

Price, Registration and Cancellations

The trip price is $1,980 for AMC members, and $2,080 for non-members. Non-members can join AMC for $50, and pay the same trip price. The price includes lodging, ground transportation, and all breakfasts and dinners. It does not include airfare (~$500-$900), lunches, trail snacks, alcohol, or personal expenses. Our group will comprise up to 10 participants and two leaders.

Each applicant must submit three required forms; the Trip Application Form, the Confidential Medical Form, and the Assumption of Risk and Release (Waiver) Form. The forms should be downloaded from this website: Application Documents.

The Application may be downloaded and completed electronically (preferably), or printed and completed by hand. All forms must be signed and dated. Completed forms must be submitted to Claudine Kos either by email (claudinekamc@gmail.com) or by regular mail (24 Norris St. #4, Cambridge, MA 02140). A deposit check of $900/applicant payable to the Appalachian Mountain Club must also be mailed to Claudine when the forms are submitted.
To be offered a spot on the trip, the leaders must determine that you and the trip are a good match, a process that may require a telephone conversation with you and reference checks. Your deposit check will not be cashed until you are offered an actual spot and you accept. Deposit checks from waitlisted applicants will not be cashed until a spot is available, the applicant is accepted for the trip, and he/she accepts the offer to participate.

For those accepted, a second and final payment of $1,080-member / $1,180-non member will be due April 1, 2020.

The final trip price is based on the actual costs incurred. Any savings or cost increases will be passed back to the participants. The cost estimates in this prospectus are conservative, so a refund is considerably more likely than a price increase.

AMC Adventure Travel trips are run on a non-profit basis. Leaders are volunteers who are not compensated except for costs associated with the trip. The trip price covers the leaders’ costs, as well as the administrative expenses of the AMC Adventure Travel program.

Cancellations received before the trip is confirmed to run will receive a full refund. Cancellations after that date will lose a minimum of $200 of their deposit. Any additional refunds will only be made if it does not raise the cost of the trip to the other participants or leaders. If your spot is filled from a waiting list, then you may be entitled to a full refund, less the cancellation fee. There is a possibility that participants will not receive any refund. Participants are encouraged to purchase trip cancellation insurance. If the trip is cancelled by AMC, you will receive a full refund for all payments.
Insurance
The basic policy that is included with your trip fee is through TripMate™ and includes $200,000 for emergency medical evacuation. It also includes $5000 for accident and sickness medical expense. Participants should have their own medical insurance. We will provide participants with information about purchasing optional travel insurance that would cover your cancellation cost, lost baggage, etc.

Experience, Risks, and Being a Team Player
Participants on this trip must have previous hiking experience at the intermediate level or higher. Although hikes will be moderately paced over moderate terrain, this is not a trip for beginners or for anyone who does not hike on a regular basis. Prior to acceptance on this trip, you will have a phone call with one of the trip leaders to discuss and ensure that you meet the trip criteria.

Adventure travel involves risk. As a participant, you are expected to be aware of the risks involved, assume personal responsibility, and conduct yourself accordingly. By the time you arrive in Seattle, you should be physically conditioned, mentally prepared, and equipped with fully functional travel and hiking gear.

Trip leaders will play many roles during our group adventure: guide, host, caretaker, trouble-shooter, and fellow club member. Our goal is to make you feel comfortable, smooth the way with trip logistics, and help you navigate through unexpected situations. Your role is to be a good team player, stay flexible, and support the overall group experience of your fellow club members.
Safety
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, 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.

Risks of trip activities
Participants should be adequately prepared for cold and hot weather hazards such as wind chill, hypothermia, dehydration, rain, sun exposure and insect bites by ensuring they have sun protection, personal first aid kit, insect repellant and extra layers in their day pack during each day’s activities.

LEADERS

Claudine Kos – During my sophomore year of high school, I participated in a 6-week hiking adventure in the Pacific Northwest and visited Mount Rainier for the first time. I have been to hiking and backpacking ever since. I lead hiking & multi-day hut trips for the AMC Boston and Delaware Valley Chapters. In 2019, I became an Adventure Travel leader after co-leading an AT trip to the Matterhorn region of Switzerland. This will be my fourth visit to MRNP.

I work in Cambridge, MA, and escape the city every weekend to visit the trails, my vegetable garden in central MA, or my nephews on Long Island. I am passionate about growing my own food. This year was a bumper crop year for cucumbers. I look forward to exploring this beautiful park with you next summer!
Annemarie Langhan - I spent years traveling for my career as a retail buyer with TJX cos. As a result, I developed an insanely crazy travel bug! Now I travel for fun and combine my love of the outdoors and hiking with adventure travel. When I am at home in Sturbridge, MA. I enjoy decorating my house and doing small house makeover projects. It’s amazing what you can learn by watching you tube. I also have a passion for dancing and have begun taking square dance lessons. I volunteer with the AMC as a hike and backpack leader for my local chapter as well as for the AMC in NH at both the Highland Center and Pinkham Notch. I am a leader for August camp and recently co-led a trip to Bulgaria and South East New Mexico and Guadalupe Mountains. When I am not hiking or doing home improvement projects, I enjoy reading and cooking new recipes from health magazines. Have you ever tried black bean brownies? Sounds weird, but oh so delicious.

QUESTIONS & CONTACT INFORMATION
If you have any questions, please contact Annemarie or Claudine.
Annemarie: 508-932-1798 before 9PM eastern time zone, or at amlhikeamc@gmail.com
Claudine: 617-999-9759 before 9PM eastern time zone, or at claudinekamc@gmail.com
ADDITIONAL INFORMATION & FUN FACTS
Mount Rainier is an active volcano. The park has over 260 miles of maintained trails and is home to a
diversity of animals, including potentially dangerous large mammals e.g. black bears & mountain lions.
https://www.nps.gov/mora/index.htm
https://www.nps.gov/mora/planyourvisit/safety.htm
https://www.nps.gov/mora/planyourvisit/paradise.htm
http://www.packwoodstation.com/history.html

WHAT TO BRING
Below is a list of the required and recommended items for the trip. If your personal equipment philosophy is different in significant ways, please consult with the leaders. Please pack light and bring one suitcase and one daypack with you.

Required/Essential:
• Small-medium suitcase or duffle big enough for your personal clothing and gear
• Daypack large enough for raingear, extra clothes, meds, camera, first aid kit, food & water
• Broken-in hiking shoes/boots (strongly recommend, ankle high)
• Hiking poles
• Rain gear (jacket and pants) and wind-protection outerwear
• Personal first-aid kit with moleskin, etc. (leaders will have group first aid kits)
• Synthetic pile/fleece jacket, or wool sweater
• Non-cotton shorts (1 or more) and long pants (1 or more) for hiking
• Non-cotton shirts (at least 2-3) for hiking
• At least 2-3 pairs of hiking socks with liners
• Long underwear, top and bottom (for outside in evening)
• Wool or Synthetic extra-layer clothing
• Hat for warmth, and gloves or mittens
• Comfortable clothing for evenings and in town
• At least two quart/liter water bottles or equivalent hydration system
• Waterproof pack cover, or garbage bags for pack liner
• A lightweight flashlight or headlamp with extra batteries
• Toilet paper and Ziplock bags to pack out waste; liquid hand gel
• Personal toiletries and prescription medications (extra pair of prescription glasses)
• Hat, visor, sunglasses, sunscreen, and/or bandana for sun protection

Recommended or Optional Gear:
• OTC medications such as for digestive problems (Imodium) and pain relief
• Whistle
• Gaiters
• Small knife (in checked bag)
• High-energy trail snacks (participants need to provide their own snacks & lunches)
• Sandals and/or sneakers for towns and time off the trail
• Earplugs
• Binoculars, Field guides, reading material• Insect repellent
• Cell phone with charger
• National Parks Pass, if you have one and are willing to use for admission
• Driver’s license, if a volunteer driver