

Wilderness in Winter

This one day course is for dayhikers and backpackers who want to learn more about winter travel, as well as snowshoers and cross country (XC) skiers who want to increase their skill level for winter wilderness adventures. No prior experience is necessary. This course starts at ground zero and conveys information specifically about winter travel for both day trips and multiday trips. Skiing is covered extensively as it's the preferred mode of travel in winter, but hiking and snowshoeing are also covered. Can't find any snow... well, you're not looking in the right places!



Eastern Sierra Nevada, California, by Tom Beltran



10th Mountain Hut System, Colorado



Chicago Ridge, Colorado

Course Content

- Why go? Winter is stark, beautiful, and fun
- Daytrip & multiday activities
- Hypothermia
- Clothing
- Hiking
- Snowshoeing
- XC skiing
- Backcountry skiing
- Telemark skiing
- Alpine touring skiing
- Alpine skiing
- Ski type vs. mountain terrain
- Winter gear
- Hut trips
- Snow camping
- Trip planning
- Glacier travel
- Avalanches
- Using professional guides
- Where to go locally & nationally
- 60+ page notebook

Course Details

Date: Sunday Feb 10, 2008, 8:30 to 4:30
Cost: \$35.00, pay to Sierra Club MWROP
Contact: Ted Fryberger, 410-312-2982
tkfryberger@comcast.net
www.BackpackSkiDive.org

All proceeds benefit Sierra Club MWROP,
Metropolitan Washington Regional
Outings Program, www.mwrop.org