

ROCKY MOUNTAIN FIELD SEMINARS

LEARN ♦ EXPLORE ♦ ADVENTURE

LONGS PEAK HIKE: A JOURNEY TO JIM'S GROVE

JULY 19, 2008 **COURSE #: 08-032**

COURSE LEVEL: IV

FEE: \$85

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INSTRUCTOR: DOUGALD MACDONALD

LOCATION: **Rocky Mountain Field Seminar & Conference Center**
1895 Fall River Road, Estes Park, Colorado

TIME: **7:30 AM – 2:00 PM**

COURSE DESCRIPTION: Discover the history and natural wonders of Longs Peak during a hike.

COURSE LEVEL: IV

The seminar will include a strenuous hike that may consist of distances of more than five miles per day and/or elevation gain of more than 1,000 feet.

BRIEF INSTRUCTOR BIOGRAPHY (additional information available at www.rmna.org):

Dougald is an outdoor journalist, photographer, and enthusiast. He has been climbing on Longs Peak since 1982. Dougald's book, *Longs Peak: The Story of Colorado's Favorite Fourteener*, was published in 2004 and was named best book in its category at the 2005 Banff Mountain Book Festival.

INSTRUCTOR'S WEBSITE: www.dougaldmacdonald.com

EXPECTATIONS: Professional conduct will be expected from participants at all times. Individual ideas will be respected. Except during course breaks, cellular phones, pagers, and personal entertainment devices are strictly prohibited in the classroom and during field sessions.

CAR-POOLING: Rocky Mountain Field seminars utilize car-pooling to limit vehicles traveling into the Park. Car-pooling makes it easier to keep the group together, reduces transit time, and allows courses greater access because fewer parking spaces are required at destinations. In addition, it provides an opportunity for participants to discuss course material in small groups during transit. Typically, a few participants from each course volunteer the use of their vehicles for car-pooling to course locations.

WHAT TO BRING:

- Sack lunch, snacks, energy bars, & **WATER**
- Binoculars
- Notebook
- Pencil/pen
- Camera (optional)

REMEMBER TO BRING THE 10 ESSENTIALS:

Rocky Mountain National Park recommends that hikers always carry the 10 essentials in their daypacks.

- Raingear
- Map & compass
- Flashlight or headlamp
- Sunglasses & sunscreen
- Candles
- Matches or other fire starter
- Pocketknife
- First-aid kit
- Extra layers of clothing
- Sack lunch, snacks, & water

Note: Rocky Mountain Field Seminars recommends that participants for all courses dress in layers and wear comfortable, sturdy hiking boots/shoes. Participants should be prepared for sudden changes in temperature and weather conditions.

RECOMMENDED READING:

MacDonald, Dougald. *Longs Peak: The Story of Colorado's Favorite Fourteener*
Buchholtz, Curt. *Rocky Mountain National Park: A History*

TEACHER RECERTIFICATION CREDIT

Most seminars are eligible for teacher recertification credit through the Centennial Board of Cooperative Education Services (BOCES). The new fee is \$25.00 per seminar (.5 units) or \$25.00 per series of threaded seminars (1.0 - 3.0 units). A list of threaded seminars can be found in the Field Seminar catalog or online at www.rmna.org. Participants must enroll in all seminars of a threaded series in order to qualify for the \$25.00 multi-unit fee. Please be prepared to pay for this credit with a check, made payable to BOCES, on the first day of a seminar or on the final day of a threaded series of seminars.

THIS COURSE IS NOT ELIGIBLE FOR CSU CREDIT.