



Hiking Glorious Glacier National Park

July 11-19, 2009

Join us for a week of hiking in spectacular Glacier National Park, Montana. We'll stay just inside the park and explore it from two different base camps in this national gem. This trip is designed for experienced hikers who appreciate moderate to strenuous hikes (up to 12 miles and/or 2000 feet elevation gain/loss) with spectacular scenery and the opportunity to learn about the area and the natural history from local naturalists and experts from the Glacier Institute.

Glacier National Park, part of the Waterton-Glacier International Peace Park, is a hiker's paradise. With over 1 million acres, 730 miles of trails, soaring peaks, awe-inspiring glaciers, and frequent wildlife encounters, Glacier is the perfect place to get out of the car and explore the backcountry on foot. Glacier Park backcountry rules prevent AMC leaders from taking groups into Glacier unless working with an approved outfitter or educational partner. For this trip we partner with the Glacier Institute - a non-profit organization dedicated to connecting people with the natural and cultural wonders of the Crown of the Continent Ecosystem, the heart of which is Montana's Glacier National Park. While we will be making stops to listen and learn, you will not feel that the learning takes away from the hiking – this is an active hiking trip with a chance to learn many interesting things along the way!



This is what participants from past trips have said:

"Thank you again for putting together such a great trip; not only for making it happen but for the idea of using the Glacier Institute to add a dimension to the trip that made it truly unique. Many, many thanks!"

"More than just a nice hike, this trip was a creative and unique blend of vigorous hiking and an educational experience."

"I loved the way the educational element was woven into what we were seeing and doing - this made it very meaningful"



Tentative Daily Itinerary

Saturday, July 11

Arrive Kalispell MT airport and drive to the Glacier Park Field Camp in our rental vans.

Program: Orientation by Glacier Institute staff to the Park, the Field Camp, and safety issues (especially regarding bears, mountain lions, and other wild residents of the Park).

Meal: Welcome dinner by Glacier Institute.

Lodging: rustic Field Camp cabins.

Sunday, July 12

Program: Wildflowers on Piegan Pass with Glacier Institute Expert.

Hike: Piegan Pass Trail (9 miles, 1670 ft elevation gain, maximum elevation 7570 ft): we drive up the spectacular Going-to-the-Sun Road to Siyeh Bend, just past Logan Pass. From the trailhead we ascend to Piegan Pass, with incredible views all around us, learning as we go with our wildflower expert.

Meals: all by the Glacier Institute, including a packed trail lunch.

Lodging: Field Camp cabins.

Monday, July 13

Program: General Ecology with Glacier Institute Staff Naturalist.

Hike: Firebrand Pass Trail (9.6 miles, 2210 ft elevation gain, max elevation 6951 ft): gorgeous open views and few visitors; or Scenic Point Trail (7 miles, 2000 ft elevation gain, max elevation 7522 ft): outstanding views on the way and on the trail.

Meals: all by the Glacier Institute, including a packed trail lunch.

Lodging: Field Camp cabins.

Tuesday, July 14

Program: Fire Ecology with Glacier Institute Expert.

Hike: Apgar Lookout Trail (7 miles, 1835 ft elevation gain, max elevation 5236 ft): our expert will teach us about fire ecology in an area of Glacier that burned in 2003. Fire lookout towers are positioned in areas with wide visibility to look for smoke - so that means we will have great views!

Meals: all by the Glacier Institute, including a packed trail lunch.

Lodging: Field Camp cabins.

Wednesday, July 15

Travel day: from Glacier Park Field Camp, around the southern end of the Park to Many Glacier. Along the way, we may visit a local Native American gallery on the Blackfeet Reservation and stop at the Museum of the Plains Indian in Browning MT.

Meals: breakfast at Glacier Institute, packed lunch, dinner at a restaurant in the Many Glacier area.

Lodging: Swiftcurrent Motor Inn.

Thursday, July 16

Program: Geology with Glacier Institute Expert

Hike: Grinnell Glacier Trail (11 miles, 1500ft elevation gain, max elevation 6600, trailhead is within walking distance of Inn): our expert will tell us about the geology of the Park as we climb to a close up view of one of the largest remaining glaciers in the Park.

Meals: breakfast at the Inn, packed lunch, dinner at a local restaurant.

Lodging: Swiftcurrent Motor Inn.

Friday, July 17

Program: Climate Change with Glacier Institute Expert.

Hike: Iceberg Lake Trail (9 miles, 1200ft elevation gain, max elevation 6100 ft, trailhead is within walking distance of Inn): we hike to a beautiful glacial lake while our expert explains how climate change is affecting the Park.

Meals: breakfast at the Inn, packed lunch, dinner at a local restaurant.

Lodging: Swiftcurrent Motor Inn.

Saturday, July 18

Program: General Ecology with Glacier Institute Naturalist.

Hike: Highline/Garden Wall Trail (12 miles, 830 ft elevation gain, 3026 ft elevation loss, maximum elevation 7,280 ft): this classic Glacier hike has fantastic views, mountain goats and wildflowers. We start at Logan Pass to hike across and down to the "Loop" (short car shuttle), so there's a lot more down than up on this day. A wonderful farewell to Glacier National Park!

Meals: breakfast at the Inn, packed lunch, farewell dinner at the Glacier Institute.

Lodging: Field Camp cabins.

Sunday, July 19

Breakfast at Glacier Institute.

Drive to Kalispell airport, return vans, and fly home (or to next adventure!).

Note: all topics and trails are subject to change due to possible Glacier Institute conflicts, trail conditions, bear closures, or other unforeseen circumstances. Due to the Park's geography and road conditions, some days have significant driving time to the trailhead – but that gives you time to see great views from the window and perhaps some wild animals.

Accommodations and Meals



Glacier Park Field Camp: sleeping cabin on left, bathhouse and mess hall on right

We will stay at Glacier Park Field Camp for 5 nights, a National Park Service facility operated by the Glacier Institute, with simple accommodations in a beautiful location. The Field Camp is located just inside Glacier National Park, ½ mile from West Glacier on a bluff overlooking the Middle Fork of the Flathead River. Each rustic plywood cabin has 5 twin beds with nightstands and lamps. The beds have a bottom sheet. Pillows and blankets are available. Some people may wish to bring a sleeping bag, or a sleep sack, or just bring a top sheet and pillowcase. The cabins are not heated. Depending on the makeup of our group, we may mix genders within cabins. There is a separate bathhouse with 4 individual showers (bring your own towel) and 5 individual toilets. Other buildings house the kitchen/dining area, the classroom, and the library. There is a tipi (teepee/teepee) for “hanging out” but not for sleeping. Do not expect phones or television. Cell phone reception is spotty or non-existent in the Park. Glacier Institute will provide simple but hearty meals through a caterer, including packed lunches for our hikes. After dinner you may just choose to relax, or check out the campus library, with lots of books and pelts, skulls, bird wings, etc. There are also great flat mellow trails around camp for strolling through the woods by the river.

If you prefer vegetarian meals, please note that on your trip application form so that we can make advance arrangements with Glacier Institute.



Swiftcurrent Motor Inn near Many Glacier

Our 3 nights in the spectacular Many Glacier area on the Eastern side of the Park will be at the Swiftcurrent Motor Inn, where we will be in comfortable double-bed motel-style rooms with bathrooms (2 persons per room). There are no televisions or telephones in the rooms, nor is there likely to be cell receptions. But the setting is incredible! The Inn is located on a hillside next to Swift Current Lake. This area is prime wildlife viewing territory, with grizzlies and bighorn sheep often sighted. Our trailhead for the Iceberg Lake hike is right from the Inn. The Inn has a camp/gift store and restaurant on the premises. We will have our breakfasts and one of our dinners at the Inn. Trail lunches may be prepared for us by the Inn, or we may choose items from the camp store. Another dinner will be at the historic Many Glacier Hotel with classic mountain views from the dining room. Our third dinner will be at a popular local restaurant. All meal costs are included in the trip price (except alcoholic drinks, which you may purchase on your own).

Glacier Park Information



These are some useful web sites if you would like more information on the area.

<http://nps.gov/glac>
<http://nps.gov/archive/glac/maps/glaciermap.pdf>
<http://glacierinstitute.org>
<http://glacier.national-park.com/visit.htm>
<http://browningmontana.com/museum.html>
http://www.doi.gov/iacb/museums/museum_plains.html
<http://glacierparkinc.com/Lodging/PropertyDetails.asp?id=5>
<http://iflyglacier.com>

National Park Service
 Glacier National Park map
 Glacier Institute
 Visitor Guide
 Museum of the Plains Indian
 Museum of the Plains Indian
 Swiftcurrent Motor Inn
 Kalispell MT airport

Approximate Trip Cost

The approximate all-inclusive ground cost for this trip is \$1750, plus estimated airfare of \$630 to \$800.

That is based on quotes obtained just before the trip was submitted to the Major Excursions Committee (October 2008) and on filling the trip (12 participants plus 2 leaders). It will cover the following:

Accommodations at the Glacier Park Field Camp near West Glacier
 Accommodations at the Swiftcurrent Motor Inn near Many Glacier
 All meals (excluding alcohol, which you may purchase on your own)
 All rental vehicles, gas, vehicle insurance (participants will need to help with driving)

Park entrance fees
Fees for Glacier Institute instructors and staff

Please be aware that, in accordance with AMC policy, you will subsidize the leaders' costs. However, the leaders may not realize a profit from this Excursion. Any unspent trip funds must and will be refunded to the participants. The trip fee also includes an AMC overhead cost to offset the administrative expenses of offering Major Excursions. That charge amounts to 20% of land costs (i.e., air travel costs are not included in calculating the overhead charge). Unavoidable cost increases may also be added to the price of the trip.

Airfare into Kalispell MT / Glacier Park International can be quite expensive and options quite limited during the peak summer season. Frequent flier seats are almost impossible to obtain. We will help you with flight schedules and bookings, but we expect you to pay for your own airplane tickets. Depending on when you purchase your ticket, you may pay more or less for your flights than other participants. Tickets are generally non-refundable and non-transferable, although policies vary by airline.

Application Process

If you decide that you would like to sign up for this excursion, let us know by email or give us a call. We will email you an application form, along with some other forms that we will need from you. A reservation deposit of \$500 per person is due with your application. Please make your check payable to the Appalachian Mountain Club and mail with completed Application form, Confidential Medical form, and Acknowledgement of Risk and Release form, to Éva at the address shown on the Application.

After we receive your application, we may talk to you about your hiking experience to ascertain your ability to participate successfully in this trip. Providing information to us about a medical issue or injury will not necessarily disqualify you from participation, but we may need to ask you some follow up questions. We want to be sure that we can adequately provide for your needs in our backcountry locations.

We prefer to use e-mail as our primary method of communication. If you prefer surface mail and/or phone calls, please let us know or note that on your Application.

Deposit and Payment

Upon acceptance on the trip, we will notify by email or surface mail. At that point we will deposit your check into the trip account and use the money to cover trip expenses incurred on your behalf. The balance of \$1250 per person is due April 11, 2009 (three months before the start of the trip).

Participants will purchase airline tickets with their own funds directly from the airline with help of the leaders. Therefore, you will own the tickets and any airline ticket refund will be determined by airline policy and worked out between you and the airline.

Cancellation

Once you are accepted on the trip and we have deposited your check into the trip account, a \$100 cancellation fee will apply. A refund of amounts paid in excess of \$100 will be given to the extent that it does not raise the cost to the other participants. If your spot is filled from the waiting list, then you may be entitled to a full refund, less the \$100 cancellation fee. If your spot cannot be filled, then you will receive a refund for any part of the trip that can be cancelled by the leaders, less the \$100 cancellation fee.

Questions

If you have any questions or concerns, please contact either of us to discuss them.

Éva Borsody Das, Leader, borsody@gmail.com, 781-925-9733
Ron Phelps, Co-leader, phelps@amcdv.org, 908-995-0130

Trip Leadership



Leader: Éva Borsody Das, borsody@gmail.com, 781-925-9733

Éva is currently a 4 season mountain hike leader for the AMC Southeastern Massachusetts Chapter. Previously she was a Delaware Valley Chapter hike leader while living in Philadelphia. She has been an AMC August Camp hike leader since 1998, and serves on the August Camp Committee. She is a 2001 graduate of AMC's Mountain Leadership School, and is Wilderness First Aid certified. Éva was the co-leader of an AMC Major Excursion hiking trip to Romania in June 2007. She summited Mt. Kilimanjaro, with an AMC Major Excursion in January 2008. Some of Eva's private trips include summiting Mt. Rainier, and hiking in the Alps, Pyrenees, Tatra Mtns, Patagonia, Dolomites, Ireland & Scotland. When not in the mountains, or traveling to foreign countries. Éva enjoys running, biking, swimming, kayaking & contra dancing.

Co-Leader: Ron Phelps, phelps@amcdv.org, 908-995-0130

Ron is an AMC Delaware Valley Chapter multi-activity leader and a member of the Leadership Committee. For the last several years he has been an August Camp leader and a member of the August Camp Committee. He is Wilderness First Aid certified. Ron particularly enjoys backpacking, cycling, off-trail hiking, paddling, and rock scrambling.

Possible Itinerary Changes

You may have heard about the Glacier Park wildfires of 2003, which closed portions of the park. Wildfires occur in this area of Montana frequently. Also, some years there is a heavy snow pack, keeping trails impassable for longer than usual. Due to these and other conditions, there is a possibility that our itinerary could be changed shortly before or even during the trip.

Experience and Risks

Hiking with a pack up high mountain passes up to 8,000 feet is physically demanding, especially for people who generally reside at or near sea level. Although the elevations for the most part are not high enough for contracting altitude sickness, the combination of physical exertion and lower oxygen levels will require that we pace ourselves and pay close attention to proper nutrition and hydration.

Glacier National Park is bear country. Every year there are bear encounters causing injury or even death to humans. Bears are also at risk as a result of contact with humans, sometimes having to be relocated or even killed as a consequence of incidents which are sometimes provoked by human carelessness. However, the risks can be greatly reduced and incidents prevented by learning, as we will, about techniques for preventing or minimizing encounters. For instance, we will always hike as a group and make noise to alert bears we are in the area. The leaders and Glacier Institute staff will carry bear (pepper) spray.

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. This trip is not the right time for getting into shape. You should already be in good physical condition by the time you arrive in Kalispell.

When you participate in this activity you should be both physically and mentally prepared 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. Prior to being accepted for this trip, you are asked to discuss your capabilities with the leader. Please do not be offended by any questions.

Being a Team Player

We will be more than just a group: we will be a team. If you enjoy being part of a group in a spectacular mountain location, then this excursion may be just the right one for you. We will have beautiful hikes, proceeding at a steady pace, but ensuring that everyone stays together. During part of our hiking day, our group will make stops for educational activities with the experts and naturalists provided by Glacier Institute. If you like to “do your own thing”, to hike by yourself at your own pace, be it fast or slow, you will not enjoy this trip. If you are not willing to be part of the group activities, or help your fellow hikers, when needed, then please do not register for this excursion.

Equipment List

Notes: Below is a list of the required gear for the trip. Because weather can change quickly in the mountains, and snow can occur in any month of the year, you will need to have rain gear, sweater or fleece, hat and gloves, etc. with you on all hikes. If you prefer hiking in cotton shirts, please bring a synthetic top as a backup in case of getting wet and chilled. Please do not plan to hike in jeans. Weather may be hot during the day but can get cold quickly in the mountains. We recommend bringing an assortment of shorts, long pants, short and long sleeve shirts so you are ready for any temperature.

Required and Essential Gear

- backpack, large enough to carry 2-3 quarts/liters of water, rain gear, lunch/snacks, hat & gloves, extra layers, flashlight/headlamp, personal gear, etc. during hikes
- broken-in hiking boots (preferably water-proof and over-ankle) **Do not pack boots in checked luggage!**
- waterproof wind and rain gear (hooded jacket and pants, no ponchos)
- 2-3 quart/liter water bottles or equivalent hydration system
- personal first aid kit w/ moleskin, personal meds, etc. (leader will have large group first aid kit)
- synthetic fleece jacket and/or thick wool sweater
- synthetic or wool warm hat and gloves/mittens (yes, you need these even in August!)
- shorts/long hiking pants - synthetic
- at least 2-3 pairs of hiking socks with liners
- nylon, polyester, polypropylene, or other synthetic hiking clothing (see Notes above)
- comfortable clothing for evenings and in town
- a lightweight flashlight or headlamp with extra batteries
- garbage bags to line pack
- toilet paper (for hikes) and extra ziplock bags to pack it out after use
- towel

Recommended and Optional Gear

sleeping bag, or sleep sack, or twin top sheet (Field Camp beds have bottom sheets & blankets)
pillowcase
sandals and/or sneakers (for evenings, town, swimming)
hiking poles
gaiters
pack cover or liner (Trash Compactor Bag or Construction Site Trash Bag is an excellent liner)
waterproof matches or lighter (in checked luggage)
whistle and knife (knife must be in checked luggage)
compass
binoculars or spotting scope
sunscreen and insect repellent
sunhat, bandanna
sunglasses
swimsuit (the last group enjoyed swimming in the river at Field Camp)
camera (with charger or extra batteries, lots of film or plenty of memory!)
field guides (some may be available)
field notebook and pencil (waterproof or in ziplock bag)