



# ADK Winter Mountaineering School

## 2020 Advanced Day Hike Section

### 1. Summary

Students who have successfully completed any of WMS's other programs are eligible to apply for admission into this advanced section. The focus will be on advanced backcountry travel skills, as well as advanced trip-planning, risk management, and leadership skills. To practice these advanced skills, the team will (depending on conditions) attempt a non-technical slide climb, and/or attempt to hike multiple peaks of The Great Range in a single outing. Given these objectives, students must be in excellent physical condition to participate fully as safe and productive team members.

### 2. Schedule

#### Pre-Program

To adequately cover the material for this course while allowing for long days of hiking and climbing, this section will require students to complete several short readings in the weeks leading up to the program. Additionally, because of the nature of this trip, the team (students and instructors) will need to collaborate on topics such as meal planning, transportation logistics, and selecting potential hiking & climbing objectives before meeting in Lake Placid.

#### Thursday 1/30

Students and Instructors meet at the Adirondak Loj for gear check & packing at 8:30 AM. Afterwards the team will carpool to the Olympic Ski Jumping Complex for an ice ax and crampon refresher, and to learn some new techniques. From there, our caravan will continue to The Garden trailhead, stopping en route for last-minute supplies, if needed. From The Garden we will hike ~3.5 mi. (5.6 km) along rolling trails to the Johns Brook Lodge (JBL). After settling into the JBL, the team will focus on finalizing plans and preparations for Friday, as well as short lectures and/or discussions.

#### Friday 1/31

The team will make a pre-dawn "alpine start" for its first objective(s). No matter the objective(s), expect a very long day afield with considerable elevation gain. After returning to the JBL for dinner, we will prepare for Saturday's hike and have another round of group discussion.

#### Saturday 2/1

Another "alpine start" for our second objective(s). Expect another big day in the mountains. After returning to the JBL for dinner, the evening's discussions will focus on debriefing the weekend's activities, and topics-of-interest to the students.

#### Sunday 2/2

We break camp, hike out, and return to the Adirondak Loj for showers and the graduation luncheon. Program concludes ~1:00 PM.

### 3. The Johns Brook Lodge

The JBL is a primitive cabin in the Johns Brook Valley with excellent access to The Great Range. Our team will be using the JBL during "caretaker season" where 1-2 ADK staff members will be present as facilitators, but our team will assist in stocking firewood, ferrying water, etc., as well as being self-sufficient in preparing our own food. The only heat source in the JBL is a fireplace in the Great Room, so the four

adjacent bunkrooms can dip to near-freezing temperatures overnight (hence the required sleeping bags and warm lodge clothing on this program's gear list). The JBL has no running water in the winter, is illuminated by propane lamps, and has vault-toilets within.

#### 4. Learning Objectives

As an advanced section based out of a remote primitive lodge, this program will focus on topics such as risk management, advanced time management & efficiency skills, non-technical slide climbing & bushwhacking in winter conditions, trip planning & logistics, as well as meal planning, cooking, & campcraft. At the end of the program, successful students will be able to plan and lead similar outings, provided the terrain is within the hypothetical group's abilities.

#### 5. Instructors, Contacts & Questions

Although subject to change, the instructors scheduled for this program are Richard Murray and Chris Lang. Any questions about the program can be addressed to Richard Murray, who is the Section Director, at [murray.richardt@gmail.com](mailto:murray.richardt@gmail.com).



Richard Murray has been an instructor for Winter Mountaineering School since 2015 and was previously a student for two seasons. He is a graduate of the AMC's Mountain Leadership School, as well as the School for International Expedition Training (SIET). A mechanical engineer by training, Richard currently teaches in the Department of Physics and Engineering Science at Coastal Carolina University. As a recreational rock, ice, and alpine climber, his adventures have taken him from the East Coast, to the Pacific Northwest, to the Peruvian Andes.



Chris Lang has been an instructor for Winter Mountaineering School since 2014 and he was a student for two seasons prior to that. He is a graduate of Alpine Ascent's 12-day Alaska Mountaineering course. Chris spends extensive time in the Adirondacks in all seasons and is an Adirondack Winter 46er. In his travels Chris has climbed in Alaska, the Pacific Northwest and the French & Italian Alps.