



COLORADO MOUNTAIN CLUB

BACKPACKING SECTION



BACKCOUNTRY CACHE

A Newsletter for Members of CMC Backpacking Section

June 2025

CHAIR'S CORNER - Louise Campbell-Blair



Nine BPX trips down — and we're just getting started! It's been awesome seeing so many of you hitting the trail and sharing the love for our amazing Trip Leaders. Thank you to Lisa Shroyer, Bob Dawson and Wayne Howell. Your positive vibes and trail tales are what keep this community going strong!

Our BPX Educational Events series is also going strong, and we've already had some standout sessions. Huge thanks to **Lisa Shroyer** for her *'Introduction to Backpacking'* and to **Karl Ford** for *'Ecofriendly, Lightweight Backpacking'*. If you missed them, catch the recordings anytime on the BPX Section webpage.

Up next: we're turning up the heat (literally and figuratively)! Don't miss our upcoming events designed to sharpen your backcountry skills. These sessions are all about helping YOU stay safe, smart, and adventure-ready. Check out the schedule below and grab your spot – see you there!

Stay connected with us – we love hearing from you on our socials and at cmcbpx@gmail.com.


BPX EDUCATIONAL SERIES

Your BPX Committee is continuing to put together educational events to help members be better informed and prepared for their outdoor adventures. Please check these out and register! Stay tuned as more are being "scouted out".

Here are links to the recordings for **Introduction to Backpacking** and **Eco-Friendly, Lightweight Backpacking** and also a video on an **Overview of Satellite Communication Devices**:



Find more joy!



○ "Climb the mountains and get their good tidings. Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the storms their energy, while cares will drop away from you like the leaves of Autumn." John Muir

○ Lightweight vs ultralight metrics

- Base weight: LW – 20 lbs, ULW – 10 lbs


IMO if your pack is <15% of your body weight, you won't notice it!

○ Climb hills faster and easier

- Hike farther, get deeper into the wilderness, away from crowds!
- Have room for extra gear e.g. climbing, fishing, winter travel, photography, journaling, sketching
- Find your nature fix: learn the common plants and animals and ecology
- Appreciate scenery and companions more!

Understand Limitations

- Requires a clear view of the sky.



Required a clear view of the sky,
obstructions may delay message

- System outages may delay delivery
- Addresses must be correct, no automatic come-backs saying message is undeliverable
- May require prior coordination for family/friends to be able to send you a message

Event	Date/Time	Description
Session 1: Learn how to navigate with GAIA GPS for the Hiking Participant	Thu, Jul 10; 06:00-08:30 PM at CMC Basecamp	Getting lost is very uncomfortable at the least, and terrifying at the worst. The good news is that this can be avoided. Learn how to navigate with GAIA GPS and be safe in the backcountry.
Session 2: Learn how to navigate with GAIA GPS for Trip Leaders	Thu, Jul 17; 06:00-08:30 PM at CMC Basecamp	
Unleash the Power of your inReach Mini2	Thu, Jul 24; 06:30-08:00 PM via Zoom	This presentation will focus on the InReach Mini2. Topics include the SOS function, InReach to InReach communications, InReach to other user communications, and a look at some of the navigation tools available.

BPX TRIP REPORTS

Rolling Creek Loop – Lost Creek Wilderness

Trip Leader Lisa Shroyer - Denver Group

Day 1: Hiked ~2 miles from Rolling Creek TH and camped at a spacious group site on the east side of the trail by a rocky outcropping, with a stream close by. Enjoyed good weather, dinner, and an early night.

Day 2: Tackled the tough section up Rolling Creek Trail—steep, rocky terrain with creek crossings on unstable DIY log bridges and faint trail near the pass. Arrived at camp after 14.4 miles and 3,800 ft gain. Camp had water and ample space. We ate dinner and went to bed exhausted but happy!

Day 3: Followed Colorado Trail Segment 4 back to Rolling Creek TH. Mellow 9.5-mile day.

Summary: Great weather, challenging terrain, and a rewarding trip. Built strong camaraderie and pushed our limits.



Bison and McCurdy Peaks – Lost Creek Wilderness

Trip Leader Bob Dawson - Denver Group

I had the pleasure of organizing our usual Bison/McCurdy BPX trip--wow, what a fantastic group. I keep getting very lucky with participants!

Day 1: Hiked to the Bison saddle and down a bit towards McCurdy and made camp with a nearby water source. We then set out for the Bison summit. After summiting, we meandered all around the massive arches and then back to camp for a gorgeous evening.

Day 2: We got an early start towards McCurdy, opting for a different meandering route and found a unique arch. I've climbed McCurdy maybe 15 times and never saw this cool little arch! After summiting north McCurdy and finally McCurdy, we strolled all over this marvelous massif before finally heading back to camp. Naps and individual exploration took up the rest of the day, followed by a very stormy night with a bit of snowfall and thunder flurries.

Day 3: Easy 6.5 mile hike out. Perfect trip!



Morrison Creek from Little Scraggy TH

Trip Leader Wayne Howell - Denver Group

We were lucky with the weather and even luckier with the group! Seven adventurous souls embarked on a successful gear check backpacking trip to Morrison Creek in Pike National Forest, setting up camp during the day beneath towering pines and a brilliant blue sky. With tents pitched and gear dialed in, the group ventured out on a spirited off-trail hike, navigating rugged terrain and dense underbrush to discover hidden clearings and sweeping views that rewarded their effort and teamwork. As evening fell, they returned to camp and braved chilly temperatures and unfamiliar sounds with steady resolve. Laughter and shared stories forged deeper connections, while the rugged overnight experience revealed the group's readiness and resilience—true marks of backcountry adventurers. As day broke, one was met with the smell of "toothpaste tube coffee" and the soft murmur of whispers quickly turning into laughter. After a hearty breakfast, the group packed up camp and made their way back to the trailhead, their confidence and camaraderie stronger than ever.



TREAD LIGHTLY

Sustainability, Recycling, Leave No Trace

Have you discovered Swedish Dishcloths yet? Say goodbye to paper towels and switch to these eco-friendly powerhouses. Ultra-absorbent—holding up to 20x their weight in liquid—they dry quickly, resist odors, and don't harbor bacteria. Perfect for backpacking, they're ideal for wiping down tents and gear on the go.



BPX TRIPS

Trips will typically open up 30 days prior to their start date (trips requiring camping or permit fees may open up sooner), and there is no limit on the number of BPX trips you can go on! However, you must be a member of the BPX Section.

Upcoming Trips With Openings*

Dates / Registration Date	Difficulty	Trip
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Jun 24-26 Tue-Thu	Moderate	Sandbeach Lake from Sandbeach Lake TH
Jun 27-28 Fri-Sat	Moderate	Rich, Rough, and Tumbling Creeks from Rich Creek TH
Jul 13-15 Sun-Tue	Challenging	Cathedral Lake from Cathedral Lake TH
Jul 19-20 Sat-Sun	Difficult	Upper Cataract Lake from Eaglesmere TH
Jul 22-24 Tue-Thu / Jun 20	Challenging	Bluebird Lake from Wild Basin TH (RMNP)
Jul 29-31 Tue-Thu / Jun 28	Moderate	Heart Lake from East Portal TH

Upcoming Trips With 0-1 on Waitlist*

Dates / Registration Date	Difficulty	Trip
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*As Of Jun 20

Continue to check the CMC Website since Leaders add trips throughout the season.

You can check your trip status by hovering over your name at the top of the main CMC Home Page and selecting the *My Activities* option from the dropdown. This displays a page with the activities you are registered for along with your status--Registered or Waitlist with your waitlist position. If you are on the waitlist, keep checking since there are often cancellations. You will also receive an email from the CMC if a spot opens up.

Whether you are on a waitlist or a roster, if you decide to NOT go on a trip, please **CANCEL AS SOON AS POSSIBLE**. It may not seem necessary if you are on a waitlist, but many trips have a relatively high turnover shortly before the trip, so please cancel to open up a spot for the next person.

[Mountain Side Gear Rental](#) in Golden rents backpacking gear with a 10% discount for CMC Members.

SCHOOLS

DENVER	
DAY HIKER SCHOOL	More info here
BACKCOUNTRY INCIDENT MANAGEMENT SCHOOL	Sep 13

PIKES PEAK	
INTRO TO BACKPACKING	Starts Aug 6
WTS - WILDERNESS FUNDAMENTALS	Starts Sep 15
LAND NAVIGATION	Starts Oct 6

STATE	
WILDERNESS FIRST AID/FIRST RESPONDER	Multiple Offerings - Check CMC Website here
TRIP LEADER SCHOOL	More Info here
TRIP LEADER SCHOOL SCENARIOS	Boulder Denver Pikes Peak Western Slope

Continue to check the CMC Website for additional courses.

BPX MEMBER INFO

BPX MEMBERSHIP RENEWAL: When renewing your CMC Membership, remember to choose the Backpacking Section for an additional \$20 on the SELECT YOUR SECTIONS page. You can also join/renew your BPX membership any time by calling the CMC Office at (303) 279-3080.

CMC Backpacking Section Supports Leave No Trace

View BPX Calendar



The Colorado Mountain Club
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