



# BOOT PRINTS



## Reaching new heights: Bondcliff

Life is funny and sure filled with unexpected surprises. Bondcliff, the destination on our backpacking trip to the White Mountains, was never quite reached. In spite of this change in plans, everyone's flexibility made the trip a wonderful experience.

Ordinarily, I hike and backpack to see and experience the remote and beautiful wilderness. What impressed me most about this trip was the companionship that developed among our eight group members. We shared equipment, food and laughter. We helped one another get things from our packs, make pack adjustments and repairs, and called out support if a member stumbled or was a little behind. Everyone had the opportunity to talk to one another which brought us closer together.

We all sweated together, smelled together, ate the same "yummy" food and experienced body aches and fatigue. By the time we reached the various summits (Mt. Guyot and South and North Twin Mountains), we all experienced the beauty and power of the mountains. Body aches and fatigue were quickly transformed into joy and wonder. Five miles of reverence filled the air. Peace and stillness filled my heart.

When I hike and especially backpack, I feel like I stand face to face with the Divine, the Infinite. I feel like I'm part of everything and everything is part of me. It was wonderful sharing this experience with seven other people and I would like to thank all who attended and helped me in various ways.

The mountains' gift to me is helping me return to my daily life feeling renewed and inspired. My gift back to the mountains is my love and respect for them and sharing my joy with others.

Hope to see you on a future trip!

--Donna Omega

## Rocky Mountain high Montana

Editor's Note: This is a continuation of Dick Forrest's account in our August issue of his summer of '97 visit to Waterton and Glacier International Peace Park in Montana and southern Alberta. On this family trip, he and wife Sue explored the Waterton Lakes on the Canadian side and Glacier National Park on the American side with family and friends.

### Siyeh Pass Hike

Our last day hike was a real killer. In the Logan Pass area, we chose the Siyeh Pass Hike. This hike starts at Siyeh Bend on the Going-to-the-Sun Road, goes through forest, then meadow, and ascends steeply up switchbacks on a talus slope to the top of a mountain pass. Siyeh (pronounced say-ye) Pass goes around the corner into a huge cirque that contains Sexton Glacier, descends steeply via long switchbacks, and parallels Baring Creek past Sunrift Gorge back down to Going-to-the-Sun Road. We spotted a car at each end of the 9.8 mile trail that practically encircles the 9,642 ft. Going-to-the-Sun Mountain. Almost as soon as we got onto the trail at Siyeh Bend, we ran into a 5-point mule deer buck munching away on the vegetation. He seemed unconcerned, so much so that he didn't want to leave the trail in front of us. We've since learned that mule deer are a favorite prey of mountain lion.

It was an overcast, slightly raw day when we started, but since the mountain environment in the Park is essentially a microclimate, we didn't know what to expect. On our way to the top of the pass, we were enveloped in a raging rain storm

Please see Rockies, Page 2

PVHC	
REPORT CARD	
FIRST ANNUAL PVHC PICNIC	
TERRY & SANDY CRIPPS	
PREPARATION	A+
FACILITIES PLANNING	A+
DECOR	A+
HOSPITALITY	A+
HAUTE CUISINE	A+
Terry Burgers	
Flaming Dogs à la Sandy	
WEATHER	Perfect
for volleyball	
roasting marshmallows	
dining in the pavilion	
swimming (Dave R. & kids)	
PEST CONTROL	A+
(not a mosquito in sight)	
Rating:	5 Boot Prints

*Muchos Kudos  
to Terry & Sandy  
from the approximately 60  
members who trusted the  
weather and showed up at  
the beautiful Shady Pines  
Campground in Savoy on  
Sunday, August 30!*

*Next Cripps-hosted PVHC  
event:*

*PVHC Clambake  
Remington Lodge  
West Cummington, MA  
September 27, 1998  
12:00 PM-8:00 PM(?)  
\$30 per person*

*Deadline: Sept. 20, 1998*



## Recipe Corner

**Sun-Dried Tomato & Sausage Jambalaya Mix**

- 1 cup white basmati rice
- 5 ~~cups~~ sun-dried tomatoes (not packed in oil), snipped into small pieces
- 2 tblsps. dried soup greens (dehydrated vegetables that can be found in the spice section at your market)
- 1/2 chicken bouillon cube (3/8 ounce), crumbled
- 1 bay leaf
- 1/2 tsp. dried thyme
- 1/2 tsp. dried oregano
- 1/2 tsp. paprika
- 1/2 tsp. salt
- 1/8 tsp. freshly ground black pepper
- 1/8 tsp. turmeric
- large pinch of cayenne pepper, or more to taste
- pinch of garlic powder
- 1 ounce hard, dried smoked sausage
- 2 1/4 cups water

**At Home:**

In an airtight plastic bag, combine all ingredients except sausage and water. Seal bag.

**At Camp:**

Dice sausage. In a medium saucepan, bring water to a boil. Add jambalaya mix and sausage to water and return to a boil. Cover and cook over low heat for 15 minutes. Remove from heat and let stand 5 minutes. Fluff with a fork. Serve.

Makes about 1 2/3 dry mix, 3 1/2 cups cooked jambalaya, for 2 servings.

Variation: substitute a small tin of smoked mussels for sausage.

435 cal. per serving; 11 grams protein, 7 grams fat (2.5 grams saturated fat), 80 grams carbohydrate, 640 mg sodium, 11 mg cholesterol; 1 gram fiber.

This recipe and the one for Blueberry Almond Pancake Mix (in our last issue) were submitted anonymously.

Send us your favorite recipe for the next issue.

**Rockies: Red Eagle**

Continued from Page 1

with seventy-five to one-hundred-mile-an-hour gusts of wind. At the top of the pass, the trail was about four feet wide. It made me giddy being on the edge of a cliff at 8,000 feet. Right around the corner from the top, we looked out into a vast bowl of steep hard-packed snow. The weather had cleared. At that point, I was nervous. How was I (thinking of my own survival now) going to get down this steep, snow-covered slope. One of our group lent me his instep crampons, thank God! My hiking pole converted into a ski pole. So, with these two items, I was able to get off the scary slope by zigzagging my way inch by inch down the hard-packed surface. The only other obstacle on the trail was another, even steeper, snow field. Sue and I took the better part of valor by climbing down around it and back up to the trail. We actually beat three of our party who chose to stay on the trail by cutting steps in the steep snow surface.

There was plenty of water run-off in the park, and the remainder of the hike beside and above the fast-flowing and wide Baring Creek was quite pleasurable.

**Red Eagle**

After obtaining a backcountry permit at the St. Mary visitor center, our last adventure was a 15.5 mile round-trip overnight backpacking trip to Red Eagle in the St. Mary area of Glacier Park. It was a joy to have little elevation gain through forest and meadow, going over two suspension bridges spanning Red Eagle Creek and camping in wilderness at a lake between two mountains. The wildflowers were overwhelmingly beautiful. Beargrass in full bloom, famous in Montana, lined each side of the path on one stretch of the trail. At the lake, the mosquitoes were ferocious. Susan and I were certainly glad we had each brought a bug shirt, a pullover of thick cotton material with sewn-in netting over the face and armpits, for protection.



Grizzly bears are part of the mystique of hiking in Glacier Park. You know they are there, but you try to put them out of your mind as much as possible. In order to discourage bear/human contact, there is a food preparation area in place near, but away from, the tent sites, as well as a horizontal pole for bearbagging strung about fifteen feet off the ground between two trees. Bears were constantly on our minds whenever we hiked in the park, and from time to time, we would see evidence of their presence—bear scat on the trail.

There were so many good things about wilderness hiking, including freedom, solitude, healthy exercise, indescribable beauty, fresh air, and peace that filled us with joy in the incomparable environment of Waterton/Glacier International Peace Park.

--Richard Forrest



**IMAX Everest Screening**

On August 9th, the Pioneer Valley Hiking Club visited the Maritime Aquarium in Connecticut to get a taste of climbing to the top of the world. Forty of us, including 9 kids, turned out to view "Everest" on the big screen. The movie gave us a dramatic view of summitting Everest on a six-story high and eight-story wide theater screen.

I think all of us felt our stomachs turn at the sight of a climber in pre-expedition training spinning on a belay from a cliff high above the ocean. The movie offered excellent views of the Himalayas and the team's assault on the summit. One of my family's favorite parts included the scene where the team, in cramponed boots, crossed unbelievable crevasses in the Khumbu Icefall by means of flimsy aluminum ladder bridges strung together. And to think the icefall was moving several feet each day--sometimes all at once!

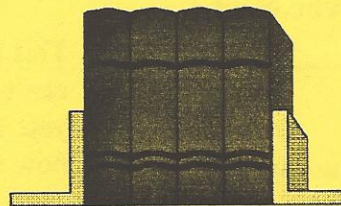
One of the most interesting parts was the final assault to the summit from the last camp on the South Col. Watching them climb up the Lhotse Face in the middle of the night was eerie. Somehow, seeing them hiking in the pitch-black darkness, small circles of light from their headlamps lighting the way, each separate and alone, (with no white blazes to follow) made the ascent even more spectacular.

We also had the opportunity to visit the museum, aquarium and dinosaur exhibits. My family and I spent quite a bit of time observing the graceful movements of the jelly-fish, and watching lobsters and seals being fed. The octopus even ventured out from his hiding place, stretching to full menacing size. My kids went back three times to pet the stingrays in the touch tanks as well as the starfish and hermit crabs in the tidal pool tank. Maritime games tested navigation and boating skills. Did everyone get a chance to control the robot dinosaur?

Some of us had packed a picnic lunch and ate at the canal-side picnic tables. Others enjoyed lunch at a local seafood restaurant. I hope everyone had as great a time as we did.

Any volunteers to lead the follow-up trip to Nepal for a PVHC expedition to Everest?

--John Klebes



**Book Review:  
Jon Krakauer's Into Thin Air**

"Everest", the IMAX movie, culminated for me a marathon two-day reading of Into Thin Air. Jon Krakauer's vivid account of the May 1996 ill-fated ascent of Everest. The IMAX crew was on location that month when Everest claimed nine lives. Krakauer's account of the ill-fated expedition is both riveting and moving.

Contacted by *Outside* magazine to write an article on an Everest expedition, Krakauer decided to participate in a climb rather than simply report on it from the viewpoint of a base-camp observer. His book highlights the history of the conquest of Everest, the commercialization of "the climb", (*Outside* arranged for Krakauer's participation on Ron Hall's expedition-- Hall's charge, \$65,000 /head), the politics involved, the role of the Sherpas, the process of acclimatization and the excessive physical and mental demands of the climb. I was struck, in particular, by his account of the effects of oxygen deprivation on judgment, resulting in decisions which would prove fatal even for some of the most-experienced climbers.

Into Thin Air is a must-read.

--Bernadette Johnson

**Coming up:  
Mad River, Buttermilk Falls  
and the Leatherman Cave**

Join us on Sunday, September 20th for two very different and exciting hikes, and just a hint of spelunking on the Mattatuck Trail in Southern Connecticut. First up is a 3.3-mile hike along the Mad River to Buttermilk Falls. Initially, we'll follow the winding banks of the Mad River with its many small cascades, then proceed on a less-traveled trail which meets up with and scrambles over an interesting set of boulders. A detour around a new housing development and a few blocks by road and we're back on the trail and the approach to Buttermilk Falls. At this point, the landscape drastically changes as we cross the bridge towards the falls and follow the rocky bank. The falls are a series of major and minor cascades splashing from rock to rock--great view and an even greater place to break for a picnic lunch or snack! I promise you'll fall in love with the steep cascading rock falls.

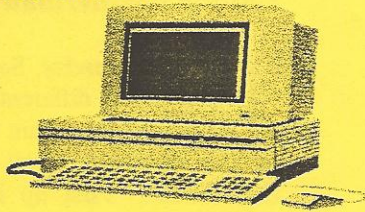
After lunch, we'll regroup for our second hike. We'll travel another fifteen minutes to the trailhead for the Leatherman Cave. This short two-mile round trip hike ascends on a narrow, rocky path. Often traversing large expanses of rock that sparkle with mica chips, the path curls upward along precipitous cliffs with stunning panoramic views of the nearby hills and a sheer 65-foot drop. Ultimately, we'll reach the Crane Lookout with more great views. The Leatherman Cave is at the base of the lookout and consists of a rock labyrinth with dark tunnels and mysterious passageways. Pack a second snack or treat to top off our trip before we descend back to our cars. Want to know the story behind the Leatherman Cave? Well, you'll just have to join us on the hike to learn about the peculiar man for whom this cave is named.

I would rate both hikes "easy to moderate" due to the rocks and scrambling. The elevation gain is only 450 feet. Meet at the store at 8:00 AM.

--John Klebes



Visit our web site at:



<http://members.aol.com/hikingfile/pvhc.html>

**Your connection to:**

- Club members Cheryl & Ron Gaudreau--our AT hikers
- Biographies of "The Solemates"
- Ron & Cheryl's AT Journal (last ten entries)
- All About the AT
- Maps to the Club
- Schedule of Upcoming Hikes & Special Events
- Links to Other New England Hiking Clubs

## WANTED

### ARTICLES

**CLASSIFIED ADS  
(CAMPING-RELATED ITEMS FOR SALE)**

### SUGGESTIONS

This is **your** club newsletter. Without your input, it can't begin to meet your needs and expectations. If you have something to say, and aren't quite sure how to say it, I can help

PHONE ME (413) 794-4095

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E-MAIL ME [bjohnson@library.bhs.org](mailto:bjohnson@library.bhs.org)  
to submit an article, or questions or comments.

**Deadline for submissions for next issue:  
October 15, 1998**

--Bernadette Johnson

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### Inside This Issue

- ☛ Reaching new heights: Bondcliff
- ☛ Siyeh Pass and Red Eagle
- ☛ IMAX screening
- ☛ Upcoming events