

University of Minnesota Duluth - Recreational Sports Outdoor Program

Climb & Hike Joshua Tree National Park

January 8 - 16, 2010



HERE'S WHAT TO EXPECT:

Explore the sunny Californian desert with RSOP this January in Joshua Tree National Park. We'll spend our days hiking through this beautiful park's unique landscape with its amazing Joshua tree formations. We'll go rock climbing on the rugged granitic outcrops and discover the secrets of three different desert ecosystems. Our nights will be spent camping under the brilliant southern stars. No experience is required.

WHEN:

The trip begins on Friday, January 8, 2010. Participants must arrange either their own air transportation to the Los Angeles, CA airport by 4 pm that day or arrange your own vehicle transportation to our campsite in Joshua Tree National Park by 8 pm that day.

Return: Participants will begin their homeward journey early in the morning on Saturday, January 16.

PREPARATION:

- *Equipment* – attached is an equipment list that includes what we provide and what you need to provide. **Follow this closely**, it is based upon extensive experience. Plan on weather that could range from the upper 70's to the 20's and windy, rainy or snowy.
- *Fitness & skills* – you don't need to be an experienced camper, hiker or climber to go on this trip, but you should have a base level of fitness that will allow you to spend much of each day being active hiking or climbing.

RSOP PROVIDES:

All group camping gear, climbing equipment, food while on the trail, transportation from the Los Angeles airport and within Joshua Tree, and skill instruction.

YOU PROVIDE:

Your own personal camping and hiking gear.

TRANSPORTATION:

We will be travelling the in a 15-passenger van while in California. Participants must arrange and pay for their own transportation to California either by airplane or by car.

COST:

UMD Students: \$445 Others: \$695
From California

Registration Deadline: Noon on Monday, December 7, 2009
Sign up early to ensure you get a spot on the trip!



TRIP GOALS:

- Explore a beautiful and rich desert environment.
- Have fun with other people who share similar interests.
- Enjoy active days outdoors.
- Be safe!
- Pitch in as a group to help with camping chores and successful group trail days.

GENERAL INFO:

Phone: (218)726-7128
Fax: (218) 726-7188
Email: rsop@d.umn.edu
www.umdrsop.org

TRIP CONTACT:

Kaija Webster
(218) 726-6257
kwebster@d.umn.edu



University of Minnesota Duluth - Recreational Sports Outdoor Program

Joshua Tree National Park

Rock Climbing and Natural History Exploration • January 8 - 16, 2010

Itinerary

This itinerary is designed to be flexible based on many factors that include: weather, skill levels, and interests. Listed are highlights of a proposed schedule.

Wednesday, December 9 5:00pm

Mandatory Pre-Trip Meeting in Sports and Health Center room 191 - Introductions, group expectations, itinerary, safety, physical preparation, limitations, equipment, meals, and final payment due at this meeting.

Friday, January 8

Meet in California. Those who arrange airline tickets will meet by 4 pm in the Los Angeles, CA airport. Those who drive will meet the group at the Indian Cove Campground by 8 pm. We'll camp together at a group site in Indian Cove.

Saturday, January 9

Wake up in the desert and enjoy a relaxing breakfast. Today we'll hike to the Fortynine Palm Oasis, an easy 3-4 mile round trip featuring a hidden oasis of palm trees. We'll spend the rest of the day exploring Indian Cove.

Sunday, January 10

It's time to try our hands at climbing the course gneiss rocks that help make Joshua Tree famous. We'll set up top roped climbs to fit the ability level of the group.

Monday, January 11

Today we'll try a more strenuous hike to the top of Ryan Mountain in the morning and spend the afternoon sampling some great climbing in Sheep Pass.

Tuesday, January 12

It's time to hike to the relics of an abandoned gold mine that produced 9,000 ounces of gold in it's heyday. This 4 mile hike also affords us great views of Queen Valley and Pleasant Valley.

Wednesday, January 13

This will potentially be our biggest hiking day of the trip to Quail Mountain, the highest peak in Joshua Tree at 5,318 feet in elevation. Expect to see signs of deer, sheep, coyote and jackrabbit as we delve deeper into the backcountry.

Thursday & Friday, January 14-15

The details of these last 2 days of the trip will be decided by the group, depending on interests and ability levels. Options include rock climbing, rest & relaxation day, hiking and a trip to soak in hot spring pools in nearby Palm Springs.

Saturday, January 16

It's time to say goodbye to the desert and head back to Minnesota.

Note: exact arrival and departure times will be determined once all the trip participants have finalized their travel plans.

Be sure to attend the Mandatory Pre Trip Meeting at 5 pm on Wednesday, December 9.

JOSHUA TREE NATIONAL PARK

This rocky desert national park was designated a National Monument in 1936. Today it's grown to over 700 thousand acres with much of the park designated as wilderness.

Joshua Tree National Park is famous for its granitic rock formations and rugged peaks of up to 5,800 feet. The park is also famous for its namesake, the joshua tree. These unique plants are not actual trees but are related to the lily. The joshua trees can stand up to 30 feet tall and can live to be hundreds of years old.

Animals of the park include deer, coyote, sheep, jackrabbits, mountain lions, badgers as well as over 200 species of birds.

Joshua Tree weather in January is as varied as all desert climates. Days could be sunny and warm or cold and windy. Nighttime temperatures could sink well below freezing. It could rain or even snow.

Over one million people visit the park each year. Many return again to take in the stunning natural beauty of this amazing place.

GENERAL INFO:

Phone: (218)726-7128

Email: rsop@d.umn.edu

www.umdrsop.org

University of Minnesota Duluth - Recreational Sports Outdoor Program

Joshua Tree National Park

Equipment List

On this trip the weather may vary from warm and sunny with a high of over 70 degrees to cold, rainy, and windy and below freezing at night. Plan your clothing items so they can be worn over each other in layers. During the coldest possible weather, you may be wearing nearly all of your layers. Pack equipment in large duffel bag or backpack. Bring a smaller daypack for day hikes.

WE FURNISH:

- Tents
- Food & menus
- First-aid kit
- Cooking utensil kit
- Camp stoves/fuel
- Tarps
- Cook kit
- Toilet paper
- Water filters
- Climbing gear
- Field Guides and some binoculars

YOU NEED TO BRING:

- Sleeping pad (closed cell or Therma-rest)
- Sleeping bag (to 20⁰ or colder)
- Broad brimmed hat for sun protection
- Unbreakable eating utensils (plate, cup, bowl, fork, spoon)
- Wool or fleece winter hat
- Gloves or mittens
- 1 pair light shoes for in camp
- Bandana
- 1 pair hiking shoes or boots
- 2 piece rain suit
- 1 pair loose fitting pants
- Swimsuit & towel
- Long sleeved shirt
- Pocket knife
- Wool or fleece shirt/sweater
- Towel
- Your warmest winter jacket
- Day pack for hiking
- 2 t-shirts or light shirts
- 2 pair shorts
- 4 pair wool socks
- Underwear
- Long underwear (not cotton)
- Sunglasses
- 1 quart plastic water bottle
- Toothbrush/paste
- Soap/shampoo/hygiene kit
- Band-aids and/or moleskin
- Sunscreen and hand lotion
- Flashlight or Headlamp w/ fresh batteries

If you have questions about this list feel free to call Kaija at (218) 726-6257.

RENTAL:

If you don't have some of the major items, you can rent from the RSOP Rental Center. (218) 726-6134.

A note on camping: We will be staying in tents with 2-4 people per tent. Our campground has drinking water but it does not have running water for showers. The toilets are vault toilets, not flush toilets. Meals will be cooked and eaten family style with the whole group pitching in with prep, cooking and clean up.

EQUIPMENT TIPS:

- Be sure to bring clothing that will keep you comfortable in very cold and windy conditions. January in the southwest can create some strong wind conditions.
- Protect yourself from the strong rays of the sun with a combination of wide-brimmed hat, sunscreen and protective clothing.
- Carrying water is important in a desert environment. Camelbak-style hydration systems are great for keeping up on your water intake as you hike.

EXTRAS YOU CAN BRING:

Camera, binoculars, journal, pencil/pen, books to read, field guides, compact art supplies

DO NOT BRING:

- Radios or walkmans
- Valuables
- Recreational drugs or alcohol

GENERAL INFO:

Phone: (218)726-7128

Fax: (218) 726-6767

Email: rsop@d.umn.edu

www.umdrsop.org