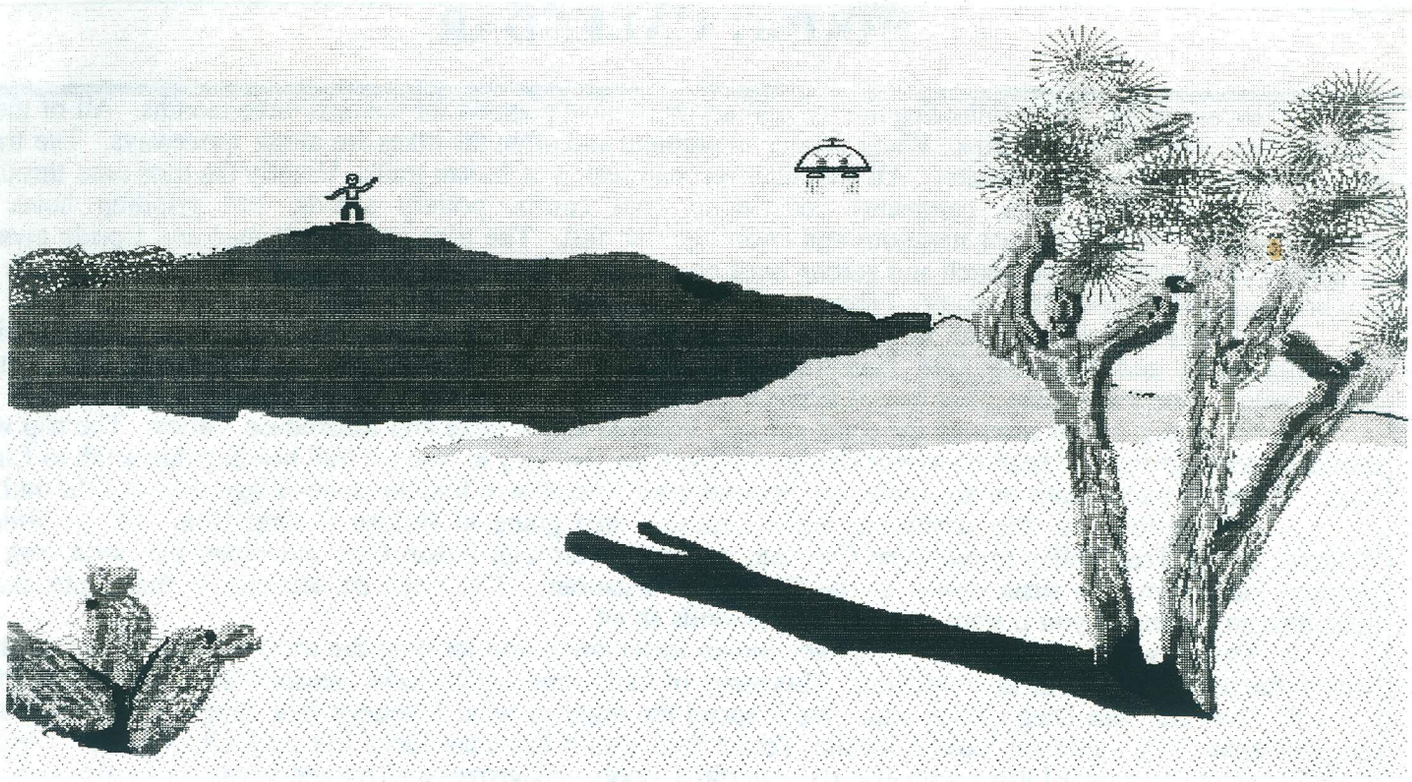

SAN DIEGO PEAKS CLUB

The Club for Adventure Hiking

Issue Number 16 Jan - Feb 1994

Hope you all enjoy the new graphic that Vicki drew. Writing the newsletter is a lot easier now that I have the computer, since I can write notes everyday. I am excited about the hikes we are going to have during the next few months (Sawtooths, Vallecito Mountains, Joshua Tree, Grapevine traverse). It just makes me all a-tingle thinking about it! There are more additions and deletions to the SDPC list !! So without further ado, let me introduce the new members.

New Members

Guy Harris, an experienced leader with the San Diego Hiking Club has joined SDPC. Tom Rotter is also a member of SDHC and is hiking Schad's book (he has about 35 done). Chris Landa has 32 HPS bagged and 150 miles of the PCT done. He just completed his Basic leadership rating with the SC. Congrats, Chris. Chris is also the treasurer for the San Diego Macintosh User's Group and has been very helpful to Vicki and me as we struggle to use and understand our Mac. Lisa McTear and Jay McGuerty want to return to adventure hiking. Lisa Haws also wants to adventure hike after moving from Oregon two years ago. Betty Tate loves to hike. Dave Sleipness has just moved to SD from Seattle and saw our newletter at REI. Our membership now stands at 88.

Hikers of the Month

The hiker of the month for January and February is AL HOLDEN and JIM SUGG, respectively. Both of these adventure hikers are getting the award for their fine leadership skills. AL has lead a series of exemplary Monday dayhikes and weekend backpacks for the Sierra Club. He has traversed the ridges of San Gorgonio and San Jacinto. He has daybagged Rosa and Indianhead. This is quality stuff!!!! This is the second time Al has won the HOTM; he won it last year, also for his leadership.

JIM leads the *Walkabout International* on Wednesday in off-trail activities. Jim and Al put together their knowledge of the local areas to structure 10-12 mile crosscountry hikes that are unique to their leads. They are constantly blazing new hikes (Jim took me on a Laguna trip a few weeks ago that contained the BEST view I have seen in the Lagunas. Breathtaking!) So here's to two wonderful leaders and friends! A BIG THANK YOU!!

HIKING CALENDAR

Steve Cowen writes, "The following are the outings that I have planned for the next three months. All of these outings are 2-3 day overnight trips. Water is never a problem and often the hikes are along waterways. The trips are almost exclusively cross-country. All are either on or in search of Indian trails. Usually the trips pass through village sites, gathering areas, campsites and finding rock cairns, pottery shards, and grinding holes is commonplace. The trips are not strenuous and I don't go that fast. The trips are overplanned and I pride myself on getting in, completing the search and getting back on schedule. Due to weather and other factors what I take on any one weekend varies. The January-February trips are as follows:

1. Three day trip starting at Hidden Spring; go up Rockhouse Cyn to Rockhouse Valley with side trips into Alder and Nicholias Cyn then back to Hidden Spring. The Cahuilla considered this area their "stronghold". The trails are so clear here it seems like the Cahuilla just left.
2. Two day trip in seach of the short-cut trail between Clark Lake and Rockhouse Valley. The trip will start at Hidden Spring and head up to Rockhouse Valley; there we'll try to find the trail heading due south to Clark Lake. There are pictographs on this route, and hopefully we'll be able to find the dune village sites and the trail.
3. Three-four day trip starting at Santa Catarina, then going to Hidden Spring; from H.S. to Middle Willows; to Fig Tree Valley to Salvador Cyn then up the trail through Indian Cyn and down the north fork of Borrego Palm Cyn to a steak dinner at the Smoketree restaurant. I've been on sections of this route and I guarantee an adventure you'll want to tell your grandkids about.
4. Two day trip starting at Los Coyotes Indian Reservation and locating the trail to Indian Cyn and then back to the reservation on an alternate trail. This series of trails connects the Lake Henshaw area with the desert.
5. Two day San Diego River trip. We'll spend the night in what I believe is a camp on the edge of a religious area. The mountain looks a lot like Tecate Peak and it has what looks like rock altars on it. The SD River is one of the prettiest hikes with 100 ft+ waterfalls, pools, oak groves and rugged vistas. It is also not that hard of a hike and two days is plenty of time.
6. Two-three day trip looking for the trail that started at Warner's Spring, went through Lost Valley and ended in Coyote Cyn near Alder Canyon. This trail is the northern end of my research area."

Well, Buckaroos, anyone interested in Steve's Indian adventures can contact him at his work number 593-0696.

MORE CALENDAR ACTIVITES

Jan 8 Saturday, **Cowles Mountain.** Carl Johnson 448-8542. Loop around the north side with Carl. This hike is probably the loveliest hike within the city limits. Sierra Club hike.

Jan 8-9 **PCT hike** with the two Terri's, Barrel Springs (Ranchita) to Scissors Crossing. This hike was canceled previously due to rain. I believe it is suppose to be two dayhikes, not a backpack. Call Terri Astle 571-0471 or Terri Sutor 278-3518. Sierra Club hike.

Jan 9 Sunday, **Alma wash to Vallecito Mtn highpoint.** I've been wanting to do this trip for about three years. See Schad for more info on this hike. Jerry goes up Alma wash to "Starfish Cove". He sez that trip is 10mi RT and 7 hours. We add another 1600' and 4 mi to this adventure. I think sunrise to sunset is an appropriate estimation of the time. Paul 583-0266.

Jan 15-17 Campout at Blair Valley with Al Holden. Sierra Club. Climb **Whale Peak** on the 15th from Smuggler's Canyon, the 16th they will climb **Granite Mtn** by Wes Shelberg's route (which is the BEST route, a loop trip), and the 17th will feature a ridge walk up **Sunset Mountain.** 273-2494.

Jan 16 Sunday, **Orienteering**, Palm Desert. It is one heck of a drive, but I love orienteering in the desert. Bill Gookin 578-9456.

Jan 30 Sunday, **Queen Mtn traverse** with Wes Shelberg and Paul. Joshua Tree. This is the repeat of an incredible journey that Wes, Paul and Al took a couple of years ago going cross-country to 49 Palms down a waterfall strewn wash. Join us for this one!! Paul 583-0266.

MORE CALENDAR EVENTS

Feb 5-6 **PCT hike** by the two Terris. Section D & E Soledad Canyon Rd to Bouquet Canyon Rd. Terri Astle 571-0471 and Terri Sutor 278-3518. Moderately paced 9.2 mi dayhike on Sat from Soledad Cyn Rd to Vasquez Rocks County Park where we will car camp that night. Sunday's hike will be 11 mi to Bouquet Cyn Rd. Sierra Club hike.

Feb 12 **Grapevine Mtn traverse.** Saturday. Paul 583-0266. We will park at Scissors Crossing and hike up the PCT to the takeoff point for bagging Grapevine Mtn, then heading southeast to Sentenac Mtn. About 5-6 hours.

Feb 13 Valentine **Orienteer.** Sunday. Tierrasanta, Mission Trails Park. Brian Ritter and John Bennett 287-8331. Join SDO for their annual salute to V-D. See you at 9:30- 10:00am. Registration will be at the east end of Calle de Vida. Take Clairemont Mesa Blvd east from I-15 almost to the east end, turn right on Seda Dr and then left on Calle de Vida.

Feb 19-20 **Backpack to Cactus Springs. Peakbag Sheep and Martinez** with Al Holden. Sierra Club. Join Al for a hike in the Santa Rosa Wilderness. 273-2494.

Feb 26 **7th annual San Diego River hike and waterfall trip.** Carl Johnson 448-8542. This trip is 10 1/2 mi and takes 10 1/2 hours. Please read the treatise on poison oak before you take this trip. Of course, I was the only one that got the itch last time, but it was nasty. This trip is a **must** for adventure hikers! Saturday.

Mar 5-6 **PCT hike**, Section E. Bouquet Cyn Rd to Elizabeth Lake Rd. Terri Sutor 278-3518 and Terri Astle 571-0471. These dayhikes will begin where last month's trip left off at Bouquet Cyn Rd. We will hike 13.4 miles on Sat to San Francisquito Cpgrd. On Sunday our trek will be up and over 4275 foot Grass Mtn Rd and down to Elizabeth Lake Canyon Road, 8.6 mi.

JIM AND AL'S MONDAY AND WEDNESDAY HIKES

Jan 5 **Manza.** Al leads. Wednesday. 273-2494
Jan 12 **Eagle Peak and Three Sisters Waterfall.** Jim. Wednesday. 224-7895
Jan 19 **Cuyapaipe.** Al. Wednesday.
Jan 26 **Long Valley Peak.** Jim. Wednesday.
Jan 26 **Morena Butte.** Al. Sierra Club. Wednesday.
Jan 31 **Cottonwood Creek.** Al, Sierra Club. Monday.
Feb 2 **Japacha Peak- West Mesa.** Al. Wednesday.
Feb 9 **Cookie Crumb trail- Cuyamacas.** Jim. Wednesday. Excellent views, great hike by Jim.
Feb 16 **Middle Peak loop and Sill Hill- Al's trail!!!!!** Al. Wednesday.
Feb 23 **Kitchen Creek and Falls.** Jim. Wednesday.
Feb 28 **6299 Foot highpoint.** Join Al as he introduces a **new** hike that starts around Wooded Hill in the Lagunas! Monday. Sierra Club.

All hikes are sponsored by Walkabout International unless it states Sierra Club.

MORE BITS AND PIECES

- To clear up some possible confusion... I will let you know if a hike is being lead through the Sierra Club, but you may not see it in the Hi-Sierran. I have published several hikes by Al Holden, Terri Sutor, Terri Astle and Carl Johnson that did not make it into the Hi-Sierran for one reason or another, HOWEVER, all of these hikes have been held!

BITS AND PIECES

- THINGS I SHOULD HAVE SAID: In the last issue I forgot (1) to mention that GAIL HANNA climbed Rainier during the summer (and took the HOTeM pole with her), and (2) to thank JERRY SCHAD for training me to use the Macintosh.

- Lawyer STEVE COWEN has accepted an offer by the ANZA-BORREGO FOUNDATION to be a trustee. Thanks for helping, Steve.

- I got the lowdown on the HAM RADIO controversy that the Sierra Club (SC) was having with Mark Adrian. Dan Richter from the DPS management committee reports that the Angeles Chapter Council meeting on Sept 27, 1993 was asked by Bill Oliver to rule on the use of ham radios. As you recall, an assistant on a SPS trip that Mark went on objected to the "intrusion " that Mark's radio presented. The council, however, decided unanimously that ham radios be permitted. They felt the clause "essential uses such as navigational or communication" was adequate to differentiate Hams from boom boxes.

- GOOD NEWS for SC members, MOUNTAINEERING INSURANCE is returning either 11-1-93 or 1-1-94. Coverage will not cover training programs such as BMTC, but will cover training outings. The use of ice axes and ropes was banned in 1988 when insurance premiums skyrocketed following costly accident settlements. The new coverage will cost the SC about $45,000 per year plus an additional expense of about $15,000 to provide medical insurance for ice axe/rope trip participants.
Club membership is mandatory for mountaineering trips. (Info gleened from *The Desert Sage* , Nov 93 issue).

- I was talking with MIKE FRY about the return of mountaineering insurance. I have maintained all along that they could get insurance if they didn't allow beginners, since the only suits that I know of that have been won against the SC have been from BMTC and beginning rock climbing courses. Mike said that the passage of time needed to occur. I suppose he's right. But the way I understand that 1988 SC President, Richard Cellarius, handled the loss of the insurance, and not the loss in itself, was the reason I canceled out of the SC.

- Speaking of the SC, congratulations to the new executive committee members (aka ex-com). There are now four outings people on ex-com, breaking the hold that the conservationists had and restoring a little balance to the club. One of this group is PAUL SALTER, an ex-member of SDPC.

- Speaking of MIKE "Fig Newton" FRY, he has been busy working on a trail around the north side of Mt Woodson. If you can help on this project please call Mike at 566-3851. I recently hiked this trail and it is excellent, but Mike needs a lot of assistance. Call!

- The HPS is going to do a little trail work on the Cutca trail in the Agua Tibia Wilderness on April 23-24 and again on May 21-22. Equipment, camping, possible hot showers provided by the USFS. I understand this area is in desperate need of clipping. Come help!! Send Alan Coles a SASE at 5637 Keynote St, Long Beach, CA 90808.

- CAROL MURDOCK and TERRI ASTLE are busy on the SDPC list Carol has 93 peaks and Terri has 82. Terri promises to poop out before finishing, but Carol is determined to be the first woman to complete the hiking list. She was on the Rabbit ridgeline DEC 3-6 getting the toughest of the highpoints (solo!). Terri and Carol were quite delighted at Mt GOWER. She felt it was a wonderful addition. (See the new edition of *Afoot and Afield in San Diego County* for directions.) Another nice addition, Terri said, was Mt Israel, by the Elfin Forest.

- Member PATTY KLINE, DPS chair and HPS activist, who lives in Topanga Canyon, was evacuated during the fires, but her home was spared. Thank goodness.

- DENNIS RICHARDS will schedule a trip up June Wash to BM Diablo around April or May. The peak register was put there in 1954 by a woman who lead a gang of 3 0 SD Sierra Clubbers.

BITS AND PIECES CONTINUED

- Speaking of the San Diego SC, the outings people found AL HOLDEN and TERRI SUTOR's letters. "They had been tampered with", they told Al, kept away from the editor until it was too late to put the hikes in the Hi-Sierran. The mystery as to who tampered with them may never be solved.

- On an unrelated topic, the outgoing Chair of SD SC, Al Holden's ex, was so jealous, an ex-suitor of hers told me, that soon after moving in with him he discovered that every slide that featured a woman friend was missing from his slide presentations.

- RON JONES has outdone himself with his November edition of *The Desert Sage,* the Desert Peak Section rag. It was **50 pages!!!! Isn't it amazing** that a section of the LA SC can put out a 50 page bimonthly newsletter on dues of $10 yearly, and the **main** SD SC Chapter can only manage an eight page tabloid.

- FOR SALE... Does any club member want to advertise anything? Sell anything? Want information of any kind? Let me know. There is no charge. This is your newletter--use it!

- FOR SALE... Women's Vasque hiking boots, size 7 1/2. Excellent condition, worn very few times, did not fit Vicki's overpronating feet. $45. Call 583-0266 NOW, limited time offer!!!

- Daughter ALLEGRA bagged her first highpoint, Garnet Peak, December 5, the day before Vicki had back surgery. Allegra liked the experience and we plan to go on more outings.
- VICKI is doing fine after back surgery Dec. 6. Dr. Steve Garfin performed the 2 hour operation.

- WHALE WATCHING TRIP!!! Ron Jones and River guide, Elden Kidd, are guiding a trip to San Ignacio and Scammons Lagoon, 9 days from February 26 to March 6. Baja camping, some motels, limited to 10. Meals and transportation included. Price about $630. Write for info: Ron Jones, 119 N. Helen Dr, Fullerton, CA 92635-3520.

- This spring, BERT TON and son, JOHNNY, are going to attempt to scale the last two 14,000 footers that Johnny needs, Split and Williamson. Bert finished the list last spring. Are there any other members who have bagged all the 14 K's?

- PHIL and JILL ROGUL had a good time in the Sierras this October. They set up basecamp at a lodge at Lake George by the Mammoth area and hiked 95 miles over the eight days they were there. What a splendid thing to do, hike with a daypack and you get to enjoy the comfort of a lodge during the evening hours! Want to have a similar trip?! Call Phil or Jill for info 273-2524.

- BARBARA REBER sent a beautiful Christmas card. She was standing in the shadow of K2. Wow! Barbara was the second person to finish the DPS twice. She has more time to bag peaks now, since she is retired.
- The gang of seven SDPC adventurers made it safely to South America. Now the trek up Aconcagua begins. Here is their schedule:

Day 1	Sun,	Dec 19	Lv Mendoza (2412' elev), drive to Puente del Inca (8950'elev). Camp.
2	Mon,	Dec 20	Hike 8 mi up Horcones Valley to Confluencia campsite (10,496'). Camp.
3	Tues,	Dec 21	Hike 10 mi to Plaza de Mulas basecamp (13,900'). Camp.
4	Wed,	Dec 22	Rest day, ready gear.
5	Thur,	Dec 23	Carry 2.4 mi to Canada Camp (16,000'). Return to basecamp to sleep.
6	Fri,	Dec 24	Rest day.
7	Sat,	Dec 25	Climb 2.4 mi to Canada camp.
8	Sun	Dec 26	Carry 2.2 mi to Camp 2 (Nido de Condores 17,500'). Return to camp 1.
9	Mon	Dec 27	Climb 2.2 mi to Camp 2 and sleep here.
10	Tues	Dec 28	Rest at camp 2.
11	Wed	Dec 29	Climb 2 mi to camp 3, Berlin (19,522'). Sleep here.
12	Thur	Dec 30	Rest day at Berlin.
13	Fri	Dec 31	Climb 2.7 mi to summit (22,841') and return to Berlin to sleep.
14-18	Extra days for bad weather. Well, Guys and Gal, HAPPY NEW YEAR!!!!		

Peak additions and deletions

Potrero Mountain is being deleted. Three peaks are being added: Split Mountain West-side high point, Split Mtn East-side highpoint, and Vallecito Mountain highpoint. I asked Wes Shelberg to research the Split Mtn highpoints, and he wrote up the following report that expanded on the subject of list additions. Wes reports:

"I would like to recommend the following highpoints in Anza-Borrego as additions to the SDPC climbing list.

SPLIT MOUNTAIN WEST-SIDE HIGHPOINT

- Harper Canyon Quad (Ca., 7.5 min, 1959)
- UTM (read right up): 815-536. This highpoint (hp) was established with a leveling-sighting device.
- The topo prints 649 ft for the elevation at UTM 815-536, but according to the contour lines that was meant to be 1649. However, 1649 is questionable since there are discrepancies between the map contours and sightings with a leveling-sighting instrument. Combining the Harper Cyn quad and the Borrego Mtn SE quad contours indicate a location that is near to UTM 815-536 is 31 ft higher. But direct observations at both locations with the leveling-sighting instrument show that UTM 815-536 is about 10-20 ft higher. A rough estimation of 1690 ft could be used.
- Interestingly, the topo maps were probably accurate when they were released back in 1958-9 (the USGS does good mapping). Subsequent seismic activity might have altered elevations so that the 1958-9 contours might have lost accuracy. The major San Jacinto Fault zone runs right past the Fish Creek Mountains and through the Split Mountain Gorge. This fault is where the major earthquake action is in this region rather than the San Andreas Fault.

SPLIT MOUNTAIN EAST-SIDE HIGHPOINTs.

- Split Mtn East presents us with a dilemma, and I measure the distance between the horns of that dilemma as 0.45 mile. And if you believe the topos published in the 1950s, one horn is 1 ft higher than the other. (I've always wanted to measure the distance between the horns of a dilemma!) Does any of this make sense? See below.
- Split Mtn East 1690 ft

  Borrego Mtn SE quad (Ca, 7.5 min map, 1958)

  The topo names the Split Mtn area., UTM 839-515.

  Location is on the edge of the Split Mtn Gorge, HOWEVER, this hp is 262 ft inside Imperial County. Can you "grandfather" it onto the SDPC Peak list as an honorary peak? This decision will test your moral turpitude and integrety.
- Split Mtn East 1691 ft

  Carrizo Mtn NE quad (Ca, 7.5 min map, 1957)

  This map also names the Split Mtn area. UTM (read right down) 846-513.

  Location is 115 degrees and 0.45 miles away from the 1690 ft elev. It is 2,300 ft inside Imperial County and obviously not on the edge of the gorge. Yet, can you in common decency ignore 1691 ft as the high point of the Split Mountain area? I hope not!

  All kidding aside, I would recommend putting the 1690 ft gorge-side elevation on the SDPC list, but members should be encouraged to visit the 1691 ft elev as well because the two are absolutely different with respect to appearance and views. In fact, a climb generally from the south took me over elevation 1691 in order to get to 1690.

VALLECITO MOUNTAINS HIGHPOINT 3583 ft

- Harper Canyon quad (Ca, 7.5 min map, 1959) UTM 739-584

The Vallecito Mountains are a major topograghical feature of Anza-Borrego. They are pure, wonderful desert and deserve recognition.

- I climbed the highpoint on 3 January 1981. Gordon McLeod had been there previously.

PALM MESA HIGHPOINT 4660 ft

- Borrego Palm Canyon quad (Ca, 7.5 min map, 1959)
- UTM 500-856
- Palm Mesa is a quality adventure with beautiful views of the desert and the San Ysidro Mountains. I like it just as much as Indianhead.
- I climbed it from the Collins Valley on 27 December 1980, and from the Borrego Palm Canyon campground on 20 March Gordon McLeod and Barbara Lilley did it inbetween these dates.

I'll re-climb any of the places recommended herein if you are interested." END OF REPORT .

EXCELLENT REPORT, Wes! Thank you for the outstanding effort! I approve of your suggestions on Split Mtn West and East sides. I agree with you on Vallecito Mountain and I was (still am) going to lead a hike up Alma Wash to the highpoint (see the schedule). We will lead a trip to Palm Mesa, but this one won't get added to the list..

A TREATISE ON POISON OAK

It seems poison oak grows around all the interesting places. And I go to most of them, and quite often. As many of you know I'm researching the location of Kumeyaay and Mountain Cahuilla Indian trails with an eye towards writing a book, tentatively entitled "Creeks and Ridges, Trails of the Kumeyaay and Mountain Cahuilla". I spend as many as three weekends a month out in the backcountry and especially in the mountain and foothill areas where I encounter quite a bit of poison oak.

By way of background, in the past I was very susceptible to poison oak. Often I would develop a rash on parts of my arms or torso. On more than one occasion I had to seek medical attention.

I attribute my almost complete success now in avoiding developing a rash to one thing: BLEACH. On every outing I carry a small bottle of bleach. In the middle of the day I'll stop and There are also generic brands which are less expensive. Aveeno is, seriously, nothing more than finely ground up oatmeal. You pour a packet or two in the bath water. The oatmeal cleans your skin and significantly diminishes the effects of the rash. Late in the day when you start to feel uncomfortable again, take another bath (you can also use oatmeal strained in a sock and held under the faucet).

This regimen has given me complete confidence that I don't have to worry about poison oak anymore. Before you try it consult with a physician to make sure no unreasonable risks are presented in your particular case. pour a small amount on a wet rag and wash off and thoroughly rinse my upper body and legs. After I get home I pour a cup or so of bleach into a tubful of hot water and take a bath. The bleach seems to have the effect of removing the surface oil from my skin.

If I do develop a rash (usually caused by thinking I didn't encounter any poison oak so I don't add bleach in the bath) I've found that a warm **Aveeno** bath once in the morning and once at night keeps the itch under control. **Aveeno** can be bought at any drugstore over the counter.

Thank you, Steve. I get poison oak when NO ONE ELSE will get it, and it will hang around for a month! Monica Dirac told me that they use to label bleach containers as being good against the fight of poison oak. I suggest that anyone trying bleach use a small amount of bleach initially to see that it doesn't cause unusual irritation for your particular skin.

Mt Woodson Trail

Trails are now in place to circumnavigate Woodson, and it makes for a wonderful hike. Here are the details.

Trailhead: 26 mi from Mission Valley. Drive N on I-15 to Poway Rd and go E to end of rd at Hwy 67. Go N on 67 toward Ramona. When you get to Woodson park across the street from the Dept of Forestry, Ramona Fire Station.

Hike: Carefully cross the street to the fire station. Walk N 200 yds toward Archie Moore Dr. When the road bends to the right, leave the road to the left and walk down a dirt path to the SE corner of the golf course. Here there is a "corral walkway" that is the start of the hiking path. This walkway goes for about a mile around the southern perimeter of the development. The next structure you will note as you are about 2 mi from the start is a water tank and reservoir. Walk west along the southern section of these structures as you come to a new section of dirt road that is freshly graded. The dirt road will take you into Mike Fry's new trail. The trail is marked by long orange trail tape. Follow Mike's trail along the northern side of Woodson until it meets up with the old Woodson-Poway Lakes trail. Stop and have lunch on the rocks by the trail intersection. You are very close to the top now, so you can climb to the top and take the road back, OR you can drop down to the W. When you meet an intersection, going right will take you to Poway Lakes. Don't do that! Turn left to hike around the southern part of the mountain. As you hike you will see trail post every 1/2 mi. After you get to mi 4 start paying attention. After mi 4 you will come to a small clearing, then at mi 4 1/4 you will round a bend to the left. On the inside of that bend is a rock and you should see a blue trail tape flag. Carefully follow this limited use trail of blue streamers up the mountain, where you will come out at the first bend in the paved road. Walk down the road and you will come out at the fire station again.

Final comments: This is a rugged hike with steep up and down. Have good shoes or you will slip a lot. Expect the whole trip to take at least 5 hours.