



ADVENTURES
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ALPINE BACKPACKING IN THE SNOWY RANGE

Trip Summary

HIGHLIGHTS

- Backpacking in a spectacular alpine environment
- Gaining confidence in your outdoors knowledge and skills
- Sitting under the stars with new friends
- Experiencing a night at a world class dude ranch

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TRIP AT A GLANCE

Location:	Snowy Range, Wyoming
Activities:	Hiking
Arrive:	Arrive Denver (DEN) anytime on Day 1
Depart:	From the Denver airport at 12 PM on Day 8. You can plan to fly out anytime after 1:30 PM

Trip Overview

The wild west is full of granite spires, crystalline lakes, and cowboy sunsets. Wyoming is home to one such well-kept secret, Medicine Bow National Forest. Here you can walk among fields of brilliant wildflowers with everything you need on your back, warm your feet by an open fire, and relax at the end of an invigorating hiking day with a mug of hot chocolate. Backpacking done right! After a few nights in the wilderness, unwind at the legendary Vee Bar Ranch. This trip is perfect for any hiker or backpacker wishing to refine backcountry camping skills and for those hoping to just enjoy alpine beauty. Max group size: 12 pax.

Rating

This trip is rated a 4 and is appropriate for women in strong hiking condition who want to refine backpacking skills in a spectacular alpine setting. While you will be carrying a 30-pound pack on a trail where there are some sustained ascents and descents, the mileage is quite moderate to allow time to acclimatize to the high elevation and practice skills. **Rating:** 1 2 3 **[4]** 5.

What's Included

- 1 - 2 experienced AGC guides based on group size
- Three nights double occupancy lodging (or single occupancy if you opt for a single supplement) and four nights camping in a single or double tent
- Meals starting on breakfast Day 2 through breakfast on the last day with some exclusions (see below)
- Transportation from Denver to Wyoming and back
- Backpacking tents and group cooking gear

Not included: Airfare to Denver, lunches while backpacking (participants will buy and pack their own lunches with recommendations from AGC guides), alcoholic beverages, guide gratuities, personal backpacking equipment including backpacks, sleeping bags and pads (these can be rented from Arrive Outdoors)

OUR ITINERARY

Below is the itinerary we have planned for the trip. As is true on any adventure travel trip, plans for any specific day may be modified due to weather considerations, unforeseen circumstances, new opportunities, and group interests.

DAY 1

Arrive Denver (DEN) anytime. We will be spending the first night at a hotel with an airport shuttle. We will not be formally gathering as a group this evening so it's yours to spend as you choose. Altitude can affect everyone differently, so we are building in acclimatization time to help us all feel more comfortable during our high altitude backpack! (*For the backpacking section, exact mileages and campsites for each night are contingent upon weather conditions, campsite availability, and group interests.)

DAY 2

The guides will meet you at the hotel at 8 a.m. for brief introductions and group orientation. The mountains are calling! We will head north three hours to a geological legend, Vedauwoo, Wyoming for a picnic and short hike. Pronounced "vee-da-vo," this spectacular area is full of fascinating pink hued granite, dating back 1.43 billion years. After a filling picnic lunch, we'll continue on to our lodging in Laramie where we have the evening to review the essentials of backpacking, divvy up group gear, and weigh/fit our packs. Laramie (or "Laradise" as the locals call it!) is a charming western college town, full of cowboy relics with an outdoorsy vibe. Participants will have the opportunity to purchase or add to lunch and snack supplies for the backpacking section today. At 7,200 feet above sea level, it will give us a second night to get used to altitude before starting our backpack tomorrow. Tonight we'll hit the town for our first group dinner together. (B, L, D)

DAY 3

After an early breakfast, we take a beautiful one hour drive west over the Snowy Mountain Scenic Byway. We'll drive through sagebrush prairie at the lower elevations to lodgepole pine and spruce-fir forests at higher elevations. The Snowy Range, at 9,000 feet to 12,000 feet above sea level, is aptly named for the heavy annual snowfall and striking white granite peaks. We begin our backpacking trip at the crystalline waters of Libby Lake (elevation 10,750), setting up camp a few miles in at a dispersed site near Lost Lake. Along the way, we'll review backpacking basics such as Leave No Trace ethics, health and safety topics including altitude illness prevention, sanitation, water purification, foot care, cooking in the backcountry and more. (B, D) Distance: 2-3 miles. *Though the daily distances are shorter, we maintain that this is a Level 4 trip due to altitude, possible weather extremes (it's not called the Snowy Range for nothing!) and carrying the weight of a full backpack.

DAY 4

After marveling at the sunrise and warming up with some tea or coffee and a filling breakfast, we'll pack our things and backpack along the northeast side of Brown's Peak. We'll hike past trees twisted by the harsh alpine environment, known as "Krummholz" or "bent trees" and a beautiful array of wildflowers - true highlights of the alpine scenery! A variety of birds frequent these meadows, such as the Brown headed Rosy Finch, Clark's Nutcracker, chickadee, and Northern Flicker. We will become familiar as well with the squeaks, whistles and scurrying of the small alpine marmots and pikas. We may see elk, deer, and short-tailed weasels along the trail pine. Dinner is simple and hearty, backpacking style. You will be surprised how tasty and diverse backpacking dinners can be! (B, D) Distance: 6-8 miles.

DAY 5

Today we may explore Sand Lake, where there is a ghost town feel (there was a rustic cabin resort there that operated from the 1930's until the 1980's) and then we'll backpack toward Cutthroat Lake (named for Cutthroat Trout who have a splash of red near their throats.) We'll get views of Medicine Bow Peak which at a majestic 12,013 feet is the highest point in the range and provides a great landmark during most of our journey. Glaciers gouged Medicine Bow National Forest thousands of years ago, creating lake after pristine lake. Today many snowfields remain all summer, gripping the mountain slopes and hanging over many of the lakes, white snow contrasting with blue water. The trail is rocky and loose in some places and soft mossy tundra in others. There are many small lakes nestled against high escarpments that are home to rainbow, cutthroat, and brook trout. When the sun goes down, the stargazing is fantastic at this elevation! (B, D) Distance: Variable depending on your choice of the day, 3 - 10 miles

DAY 6

Today our mileage is shorter but the terrain is tougher. We will backpack across a boulder field (slowly and safely) to settle at the base of Medicine Bow Peak, next to Klondike Lake. This is the perfect position for an early morning summit tomorrow of the highest point in the Snowy Range and the 14th highest mountain in the state of Wyoming. (B, D) Distance: 4 miles.

DAY 7

After an early breakfast, those that want to join the summit party, will pack just some layers, water and snacks in their packs for the steep but rewarding one mile, 1,500 vertical feet hike up to the top of Medicine Bow Peak. (For those wanting to explore at lower elevations instead of the summit push, there is an out and back 4 mile hike to Lookout Lake.) Triumphant (and maybe a little sore) we'll head back down to pack-up our campsite and hike out to our ending point. Together we'll toast our week's accomplishments and inside jokes an hour down the road at AGC's favorite ranch, the Vee Bar, for a night spent in cozy cabins next to the Little Laramie river. Did I mention there is a hot tub and laundry machines? It's the perfect place to celebrate our adventure! (B, D) Distance: 2-5 miles

DAY 8

We'll wrap up with one last delicious breakfast together before saying goodbye to the incredible western landscape of the Snowy Range. From Vee Bar, it's a 2.5 hour drive to the Denver International Airport. We'll have you back to the airport by 12pm and you can plan your flight home for anytime after 1:30pm. (B)

ADDITIONAL TRIP INFORMATION

Getting There

If you are flying, plan to arrive at the Denver International Airport (DEN). All major airlines as well as many of the lower cost competitors have scheduled flights.

If you are driving, there is long-term parking available near the airport or you can caravan to Wyoming with us and leave your car at our lodging in Laramie. We will provide instructions for meeting closer to the trip.

If you would like assistance with airfare, we recommend contacting our AirDesk Partner, [Exito Travel](#). Start by submitting this [form](#). Just fill in your dates and destinations, including any additional notes about preferred carriers, class of service, possible stopovers, etc., and an agent will typically respond via email within a few hours. If you prefer to call, the number is 800-655-4053; be sure to tell them you are traveling with Adventures in Good Company.

Please note: Most of the international airlines are in-network for Exito, so they do not charge extra for their services (and often have access to discounted rates). When necessary, processing fees out-of-network carriers are minimal at around \$35-\$50 per ticket.

Accommodations

We'll spend our first night in a convenient Marriott hotel near the Denver airport, in double occupancy (or single occupancy if you opted for the single supplement), the second night in a hotel in Laramie to continue acclimatizing. Then four nights in tents (two women per tent or you can bring your own solo tent as long as it's approved by AGC staff). Our last night will be at the charming western Vee Bar Ranch, a picturesque and relaxing reward after our nights spent outside.

Travel Insurance

We recommend that you purchase a travel protection plan to help protect you and your travel investment against the unexpected. For your convenience, we offer travel protection through Travelex Insurance Services. For more information on the available plans or to enroll, visit www.travelexinsurance.com or call 1-800-228-9792 and reference location number 06-0331.

Travelex Insurance Services, Inc CA Agency License #0D10209. All products listed are underwritten by, Berkshire Hathaway Specialty Insurance Company, NAIC #22276.

CANCELLATION POLICY

Cancellation charges reflect the many expenses Adventures in Good Company cannot recover if you cancel, even if you must do so due to illness, injury, or personal emergencies. These fees are not meant to be punitive. The charges made reflect the expenses Adventures in Good Company has incurred in administering your reservation and planning for your participation. We recognize that the majority of those who cancel their reservations do so out of necessity. Please note that we do not make any refunds for any unused portion of your trip, not arriving, arriving late, or leaving the trip early.

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