

**Thumbnail Description: Ascent of Mt. Harvard (Collegiate Peaks, Sawatch Range, CO):
19-20 August 2023**

Objective: To hike the traditional Horn-Fork Basin Trail and summit the peak before midday (19 August – HR78-sponsored event; 20 August – RMHUC-sponsored event)

Peak Elevation: 14,421 feet [~4,400 meters] (3rd highest in Colorado, 4th in Lower 48)

Trailhead: North Cottonwood (elevation: 9880 feet [~3010 meters], SE of peak)

Approximate Round-trip Distance: 13+ miles [~21 km]

Elevation Gain: 4,540 feet [~1,390 meters]

Trail Difficulty: It is a hike, not a technical climb: on scale Class 1-5 (5 = max difficulty), trail is Class 1 (easiest) for first 85% then Class 2 (next hardest) for remainder

Target Population: Adults in excellent physical condition

Acclimatization to altitude at least two days prior to hike is highly recommended for those coming from any elevation below ~5000 feet [~1525 meters]; moderate practice hikes at elevation >7000 feet [~1675 meters] also recommended in the days leading up to this event; a day or more rest also highly recommended post-hike.

Risks and Their Mitigation:

Risk	Mitigation
Fatigue	Proper physical preparation, general health, rest before (and when needed during hike), proper hydration and avoidance of things that dehydrate (alcohol, caffeine, smoking anything, etc.)
Altitude sickness	<u>Arrive and stay at elevation (~7,000 feet / ~2150 meters, or higher) at least 2 days prior to ascent</u> , proper hydration and avoidance of things that dehydrate (see 'Fatigue', above)
Injury by Lightning Strike	Backup date, weather awareness, reach tree line on descent by early PM; always follow instructions of event leaders
Other Injury	Local first-aid assistance for simple matters, professional extraction summoned by satellite phone for anything severe

Hike Specifics:

Dates:

All: Friday evening at 16:30 (4:30 PM) 18 August 2023 – **MANDATORY SAFETY SESSION FOR ALL HIKERS** (Buena Vista Community Center, 715 East Main Street, Buena Vista); any missing paperwork to be provided there and then

HR78-sponsored hike: Saturday 19 August 2023 (foul-weather backup: Sunday 20 August 2023)

RMHUC-sponsored hike: Sunday 20 August 2023

Times for Hike:

04:00 AM: meet at Buena Vista Community Center to caravan to trailhead

04:45 AM: after last formal 'potty stop', arrive at trailhead, group, stretch

05:00 AM: depart on foot from trailhead in agreed groups with headlamps

late AM: photos at summit, lunch (each to bring own meal, water, snacks, etc.)

~12:00 noon: begin descent (reach tree line by early PM)

~17:00 (5 PM): leave trailhead for rest, recovery, and evening meals

Stay tuned for further details re: suggested preparation (fitness, gear, supplies, etc.), maps, trail profiles, possible places to stay (including camping alternatives), and liability waiver (signature required in order to participate in either of these events as a hiker)