

How to get into shape To Climb all of this=
(Two to four months ahead of time)
45 min Run and cool down walk back (with Zombie run app)
The incline
Bike for 45min
Hike at least once a week
Yoga or Dance? (Why not get some flexibility?!)

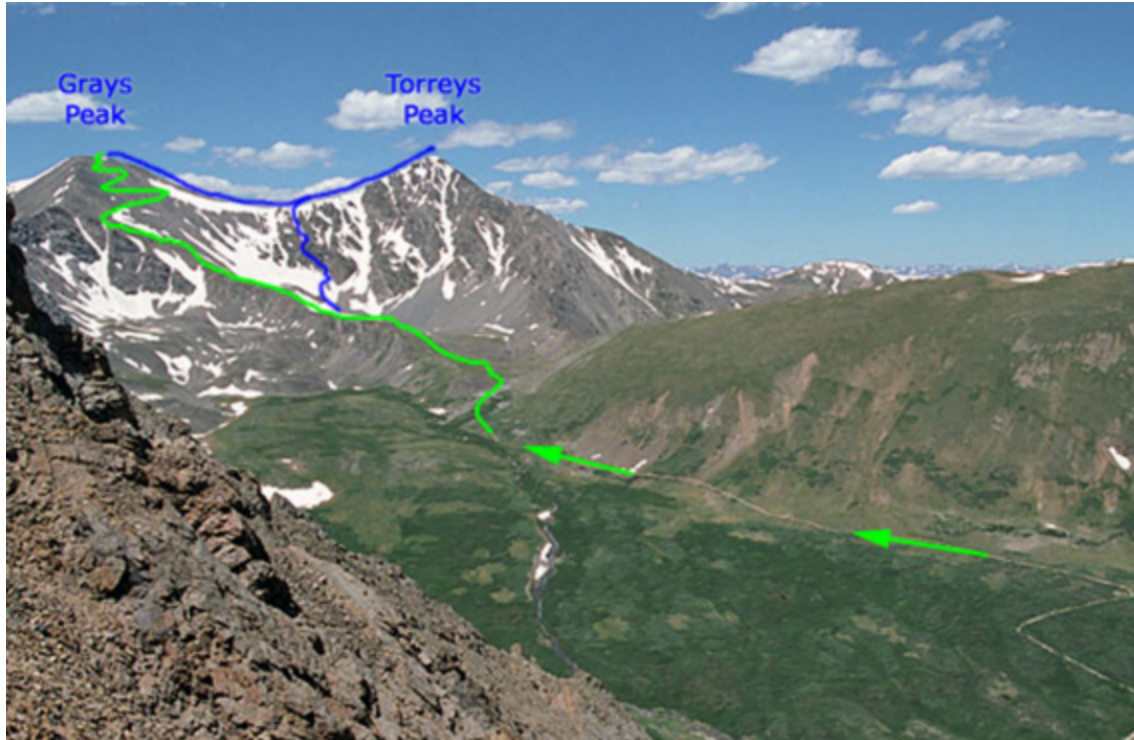
THINGS EVERYONE BRINGS

WATER WATER WATER WATER WATER WATER WATER WATER WATER and more WATER(in a camelback)

- quick-dry short sleeve top – Avoid cotton clothing! Hiking up to over 14,000 feet will cause you to sweat, and cotton does not dry fast enough. Wet clothes at the top will chill you to the bone, making for a miserable experience.
<http://www.sierratradingpost.com/womens-hiking-and-travel-shirts~d~564/>
- Wool Hiking Socks
<https://www.rei.com/c/hiking-socks?r=c&ir=category%3Ahiking-socks&page=1>
- Short and Long Pants
- Hiking boots broken in by the hiking before
- Sunglasses
- Rain Jacket
- Warm midlayer, like a long-sleeve shirt or fleece pullover
- Gloves and a Hat
- First Aid kit
- Sunscreen
- a Parent
- Backpack to carry everything
http://www.rei.com/product/880398/mountain-hardwear-scrambler-30-outdry-pack?cm_mmc=aff_AL-_-133155-_-160935-_-NA&avad=160935_e9c68c3a&url=http%3A%2F%2Fwww.rei.com%2Fproduct%2F880398%2Fmountain-hardwear-scrambler-30-outdry-pack%3Fcm_mmc%3Daff_AL-_-133155-_-160935-_-NA%26avad%3D160935_e9c68c3a&avad=160935_e9c68c3a
- Winter Jacket
- Depending on the hike a tent, sleeping bag ,and breakfast
- snacks (trail mix, Almonds,,Beef Jerky, Granola bars)
- Cell phone
- KING SOOPERS or SPROUTS SANDWICHES

PRICE ALL OF THE ABOVE

Grays and torreys peak DONE



DONE (3 hours and 56 minutes)

(There is a back way that my brother and friend had taken which is way more technical and climbing fun but places where if you fall or let go you might not be okay.)

To drive to hike it takes around 1hr 42min

How tall is Grays= 14,270

Hike Time= 8 hours

time start- 6:50am

Leaving for Hike-5:00am

Arriving at hike-6:45am

Summit time- 10:00am

How tall is torreys=14,267

time start- 10:00am

Summit time-11:00am

Down at bottom- 2:00pm

Mt. Evans

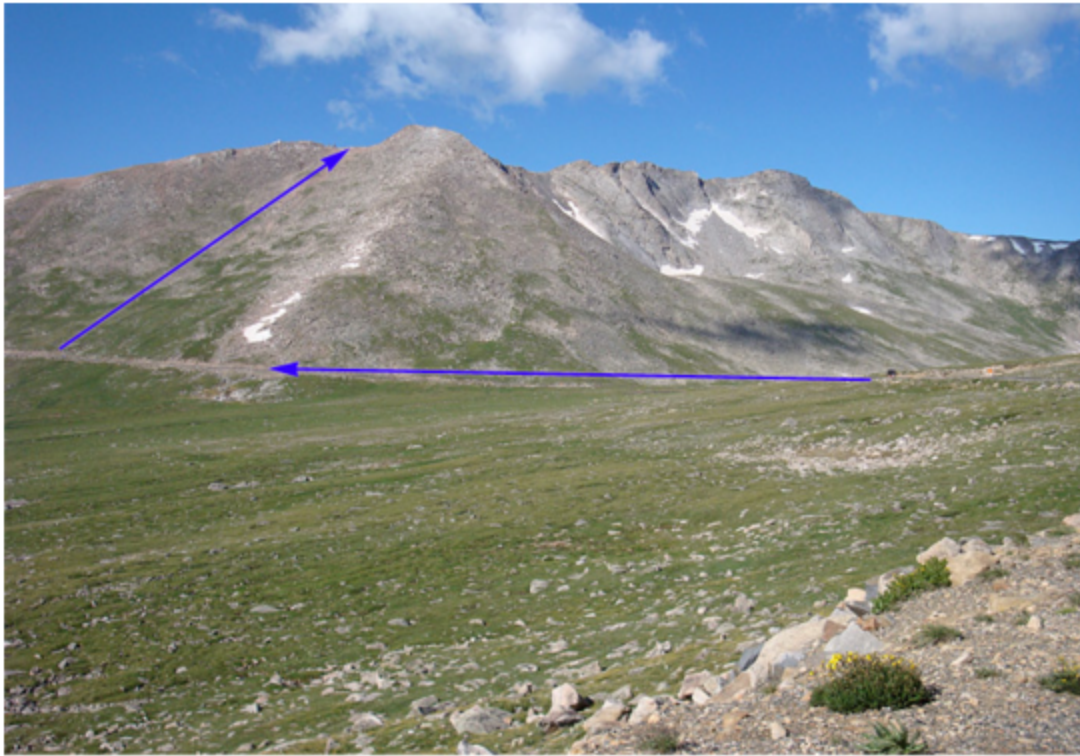


Photo #1: The northeast face seen from about 1/2 mile below the trailhead.

How tall is Evans=14,264

Hike time=

time start-

Leaving for Hike

Arriving at hike-

Get started on hike-

Summit time-

Down at bottom-

Elbert and Massive= Leadville

How tall is Elbert=14,433

Hike time=



Photo #1: Much of the route - viewed from Mt. Elbert.

time start-

Leaving for Hike-

Arriving at hike

Get started on hike-

Summit time-

Down at bottom-

How tall is Massive= 14,421

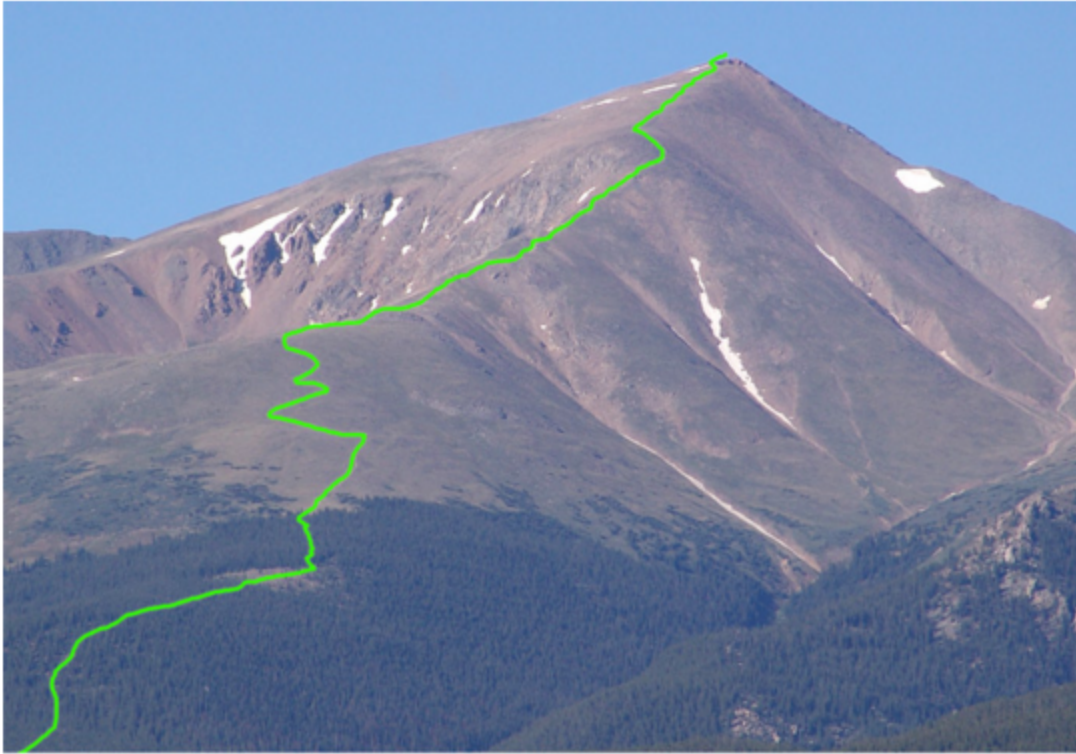


Photo #2: A closer look at the Northeast Ridge.

Hike time=
time start-
Leaving for Hike-
Arriving at hike=
Get started on hike-
Summit time-
Down at bottom-

Pikes Peak



Photo #15: A closer look at the remaining route.

How tall is Pikes Peak=14,110

Hike time=

time start-

Leaving for Hike-

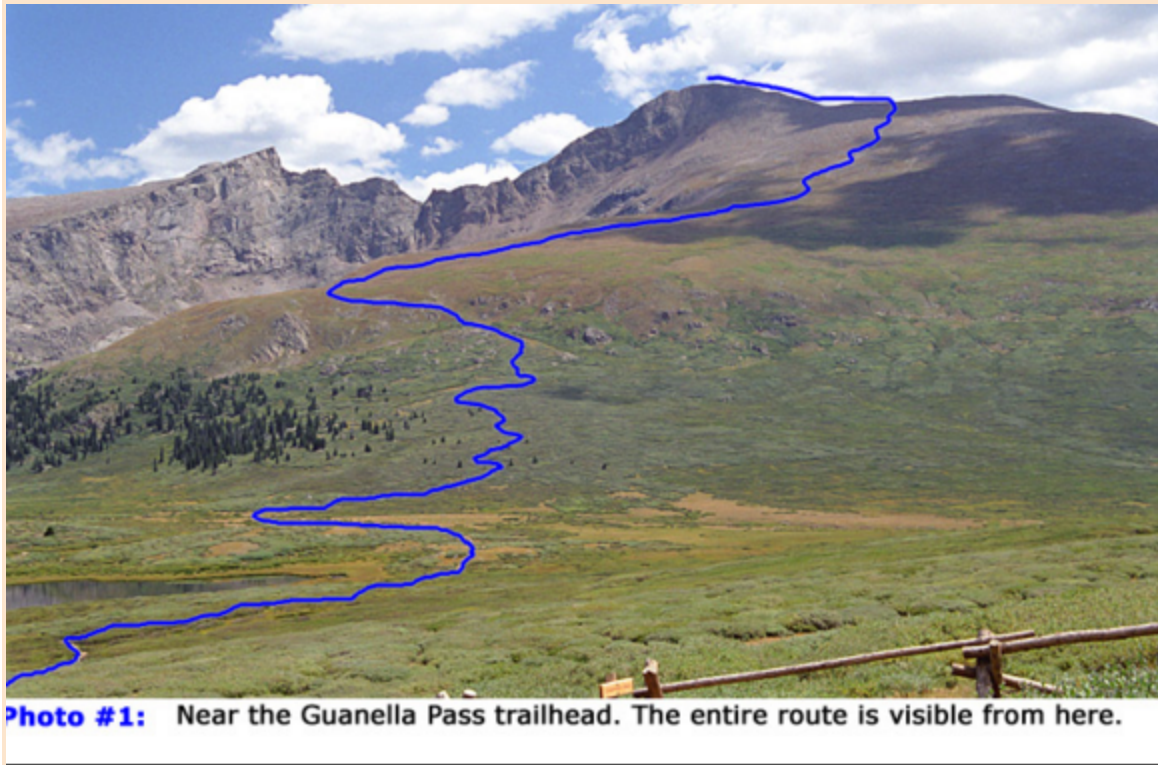
Arriving at hike-

Get started on hike-

Summit time-

Down at bottom-

Mount Bierstadt - HAVe done it before



(Doing with friends Camille, and Paige)

How tall is Mount Bierstadt=14,060

time start- 5:30

Leaving for Hike-6:00

Arriving at hike-6:30

Get started on hike- 7:00

HIKE TIME= 6 hours

Summit time- 10:00

Down at bottom- 12:00

Dinner in george town?

Quandary Peak-Have done it before



Photo #1: The east ridge route seen from 13er Hoosier Ridge, to the southeast.

How tall is Quandary peak=14,265

Leaving for hike- 5:00am

arriving at hike- 6:32am

Get started on hike-6:40am

Hike time= 4.5 hours

Summit time- 12:00pm

down at bottom) 3:00pm

DINNER in BRECKENRIDGE?

Sunshine peak



Photo #8: On the 13,000-foot saddle, viewing the summit (left) and Northeast Ridge.

How tall is Sunshine peak= 14,001

Hike time=

Leaving for hike=

Arriving at Hike=

Get started on Hike=

Summit time=

Down at bottom =

Telluride

Harvard peak

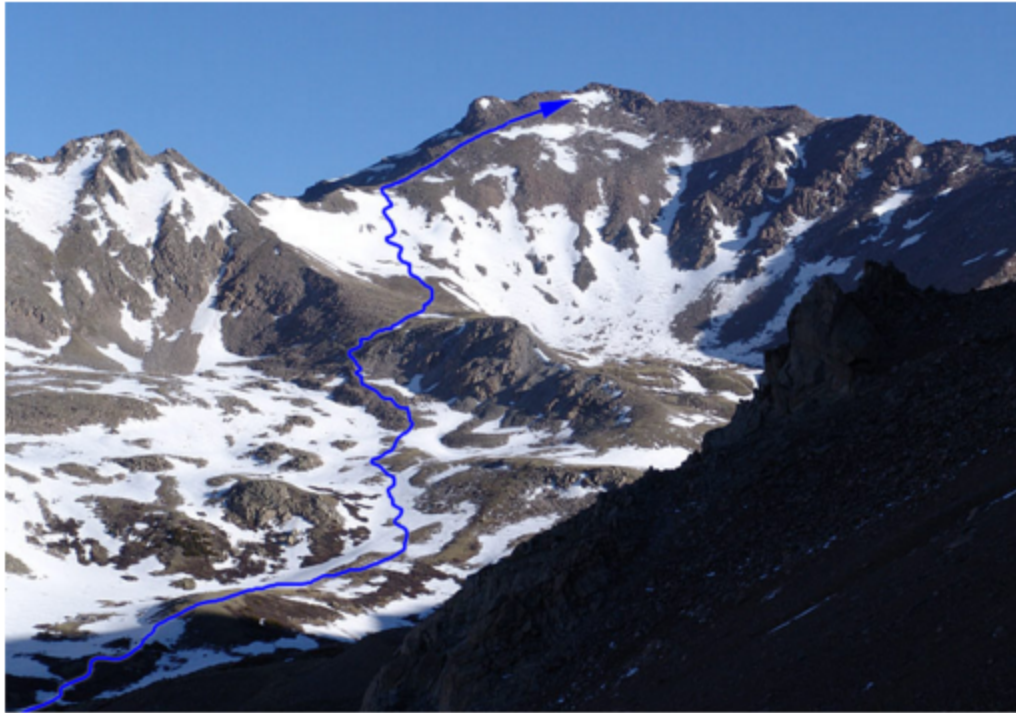


Photo #2: The upper route seen from the side of Mt. Columbia.

How tall is Harvard peak= 14,420

Hike time=5 to 7 hours

Leaving for hike= 4:00

Arriving at hike= 6:00

Get started on hike= 6:38

Summit time= 11:00

Down at bottom= 3:38

Handies Peak

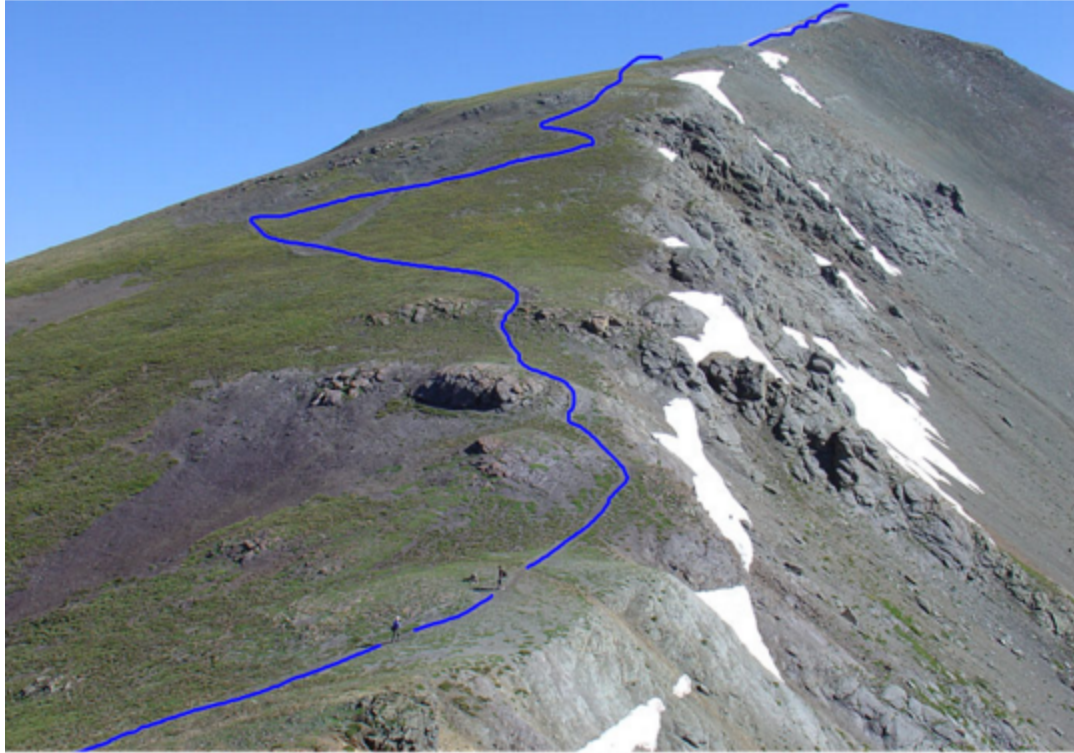


Photo #15: The remaining route up the South Ridge. This photo was taken just above the saddle on the side of Point 13,588'.

How tall is Handies peak= 14,048

Hike time= 5 to 6 hours

Leaving for hike= 11:00pm

Arriving at hike=6:30

Get started on hike= 6:38

Summit time=10:00

Down at bottom=1:38

Telluride stay?

Mt. Shavano

How tall is Mt.Shavano= 14,229

Hike time= 6 to 7 hours

Leaving for hike=4:00

Arriving at hike= 6:30

Get started on hike=6:38

Summit time= 10:00

Down at bottom= 1:00



Photo #1: Much of the route seen from the east.