

CHC THREE-PEAKS CHALLENGE



General Information

General Location	San Bernardino Mountains
Date	Saturday, October 19
3 Peaks	San Bernardino Peak (10,649") Shields Peak (10,701') East San Bernardino Peak (10,691')
Trail Head	Angelus Oaks Trail Head
Start & End Time	6:45 AM to 5:00 PM
Distance	20 miles
Elevation Gain	4,700'
Cost	\$5 Per Car (Parking Permit)
Difficulty	Challenging; Reasonable Fitness
Weather	Freezing to 70's (Check Forecast)

Gear Requirements

A quality day pack	Motrin
4 liters of water	Light gloves
2 lunches per person	Water repellent jacket
Snacks (jerky, trail mix, etc.)	Sweater or fleece jacket
Sunscreen	Long sleeve shirt
Lip balm	Good foot wear
Hand sanitizer	Bandanna
2 changes of socks	Whistle
Blister care kit	Pocket knife
Sunglasses	Dry matches
TP (no restrooms)	Map of trail (to be provided)
Headlamp (spare batteries)	Camera
Personal first aid kit	Cell phone
Hat with brim	Itinerary Left with Family
Beanie	Zip lock baggie for trash

RSVP to cook@craftonhills.edu by 10/11/13. We have limited spaces. RSVPs will be honored on a first-come-first-serve basis.

This event will be a challenging hike to the summit of San Bernardino Peak (10,649") and 2 additional peaks (Shields, East San Bernardino) along the upper ridge from the summit. We will start from the Angelus Oaks trail head for the San Bernardino Peak trail at 6:45 am and hike the 9 – 10 miles to the peaks. The total round trip hike will be 20 miles and gain almost 4700' of elevation gain. The hike will take approximately 10 hours of continuous hiking.

Your vehicle will need an Adventure Pass for your vehicle to be parked at the trailhead. These are available at most forest stations and some sporting goods stores. The cost for the Adventure Pass is \$5 for a day permit or \$30 for an annual permit. If you do not have an Adventure Pass and get cited you can purchase one after the fact with no additional penalty. The Mill creek ranger station will be closed at the time of meeting at the trailhead. Plan on getting you Adventure Pass before the event.



Engage-Learn-Advance

This is a challenging day hike and is considered a long day by most standards. Most people with a reasonable amount of physical fitness should be able to complete the hike with a modicum of training or experience. Please consider that this hike is taking place in the fall of the year so the temps and weather conditions are extremely variable. Be prepared for below freezing temps up to the mid 70's, wind, sun, fog, rain or even snow. Check the local weather as the date gets closer to modify or supplement your clothing and gear. If you have never attempted a hike of this length and elevation gain, please give it an honest review before committing to this event. This will be a long day and a stout hike. You will not forget the experience.

The trail winds its way up through several distinct vegetation zones and provides very scenic views of the surrounding mountains and lakes. The peak is approximately 5 miles west of San Gorgonio Peaks the highest in So Cal. The trail also intersects Washington Monument, which was the original base line survey point for the entire LA basin. This survey line is now known as Baseline Avenue. This hike will provide many great photo opportunities and a great chance to see some local history and landmarks.

Why Are We Doing This?

We are hiking these three mountains with the hope that it will inspire students to summit the three essential peaks in their academic lives—ENGAGE, LEARN and ADVANCE.

