



**You're invited** on a Colorado summer adventure. Backpack 4½ days with volunteer outings leaders from the Dallas Sierra Club. We'll hike in the South San Juan Wilderness Area, a hidden gem in Rio Grande National Forest. Your trailhead is 33 miles west-northwest of Antonito, Colorado.

Our plan is two simultaneous treks, six to ten people in each group. Both will assemble near the starting trailhead by 4:00 p.m. Sunday, July 24, then hike less than a mile to a first camp. In the next four days, one group will hike thirty miles, only 22 with full packs. The other will hike twenty-five miles with packs. Both groups will start from an elevation of 9,100' and will camp as high as 11,700'. Experience on a multi-day backpacking outing is advisable. Car travel between Dallas to our starting trailhead will require most of July 23 and 24. We encourage carpooling and will help facilitate pools, but Sierra Club leaders cannot assign rides and will not guarantee a ride.

### Twin Lakes and Conejos Peak Loop

The route for this hike is well described and illustrated on web pages by [Ouachita Maps](#). From the South Fork Trailhead, backpack less than a mile Sunday night to camp beyond the South Fork Conejos River footbridge. Next day, follow the South Fork Trail upstream through aspens and conifers to a great campsite by Canon Verde. Continue west until turning north to ascend the Canon Rincon Trail to a huge alpine meadow before making camp near Twin Lakes. Wednesday, weather and health permitting, day hike four miles to Conejos Peak, highest in the SSJ Wilderness at 13,179' and return to camp. Alternatively, we may hike a shorter distance to Glacier Lake on the ridge extending from Conejos Peak or to Timber Lake. Thursday, pack out via the Roaring Gulch Trail, arriving at the South Fork Trailhead in the late afternoon. Participants may opt to start for home or camp near the South Fork Conejos. **Leaders: Jim Robarge, [robargeDSC@gmail.com](mailto:robargeDSC@gmail.com), 972-505-9567 and Mark Stein, [mark@steinplanning.com](mailto:mark@steinplanning.com), 214-789-4596.**

Day	Miles			Camp	Altitude		Gross Alt. Gain (Feet)	
	Pack	Day Pack	Sum		Sleep	Max.	w/o Day Hike	w Day Hike
	Starting trailhead: South Fork (9,100')							
Sun., July 24	0.3	0.0	0.3	near trailhead	9,100	9,100	100	100
Mon., July 25	5.7	0.0	5.7	S. Fork at Canon Verde	9,600	9,600	600	600
Tues., July 26	5.4	0.0	5.4	Twin Lakes	11,700	11,700	2,200	2,200
Wed., July 27	0.0	8.0	8.0	Twin Lakes	11,700	13,179	0	1,600
Thur., July 28	10.6	0.0	10.6	exit via South Fork Trailhead (9,100')		11,800	700	700
Sum	22.0	8.0	30.0				3,600	5,200
	Ending trailhead: South Fork (9,100')							

## Green Lake and Blue Lake Loop

Sunday and Monday on this hike match the Twin Lakes and Conejos Loop hike—gently moving up the South Fork Conejos River valley. On Tuesday morning, the route turns southwest, up Canon Verde to a Tuesday camp at Green Lake, a cirque nestled below the Continental Divide. After a steep but short Wednesday morning ascent to the Continental Divide Trail, pursue a relatively flat ridge to a camp near Blue Lake, a hub of trails in the area. Thursday, enjoy a long, scenic, downhill hike following the South Fork Conejos to your starting trailhead, where backpackers may start the homeward trip or camp another night. This hike route differs from the Blue Lake hike described by [Ouachita Maps](#), but the trails can be found on the Ouachita Maps site. **Leaders: Paula Biestek, [c.moonbeam61@gmail.com](mailto:c.moonbeam61@gmail.com), 469-261-1723 and Arthur Kuehne, [arthur@akuehne.com](mailto:arthur@akuehne.com), 214-608-3210.**

Day	Miles			Camp	Altitude		Gross Alt. Gain (Feet)
	Pack	Day Pack	Sum		Sleep	Max.	
Starting trailhead: South Fork (9,100')							
Sun., July 24	0.3	0.0	5.8	near trailhead	9,100	9,100	100
Mon., July 25	5.7	0.0	5.7	S. Fork at Canon Verde	9,600	9,600	600
Tues., July 26	4.1	0.0	4.1	Green Lake	11,500	11,500	2,000
Wed., July 27	5.3	0.0	5.3	Blue Lake	11,500	11,900	500
Thur., July 28	10.0	0.0	10.0	exit via South Fork Trailhead (9,100')	9,100	11,500	200
Sum	25.4	0.0	25.4				3,400
Ending trailhead: South Fork (9,100')							

**To register:** Read the full trip description. Contact Trip Coordinator **Jim Robarge, 972-505-9567, [robargeDSC@gmail.com](mailto:robargeDSC@gmail.com)**, if you need more information. Mail the following items to **Jim Robarge, 2615 Woodside Drive, Highland Village, TX 75077:**

1. The Personal Information Form found at the end of this document;
2. The completed, signed Medical Form found at the end of this document;
3. The signed Participation Agreement found at the end of this document;
4. A check of money order for \$100 payable to “**Dallas Sierra Club**.” This fee is for Wilderness First Aid courses and other training expenses for volunteer outings leaders. Fees are non-refundable after June 30, except that if the Dallas Sierra Club must cancel the outing, its financial responsibility is to refund the fee you have paid to the Dallas Sierra Club, but not payments for airfare or other expenses you may have incurred.

Alternatively, you may send the first three items electronically. We’ll hold a place for you on the outing only after all four items have been received. Jim will acknowledge receipt when all items are received.

**Carpools:** Carpooling is encouraged. Shared transportation can significantly reduce trip cost per person, and it offers companionship. It’s good to agree before committing to a carpool about how car expenses to and from home will be shared. Popular practices are for riders (excluding the vehicle owner) to split fuel expenses or for all vehicle occupants (including the owner) to split fuel expenses and an allowance of ten to twenty cents per mile for vehicle wear and maintenance.

The Sierra Club and its leaders will not assign participants to a carpool. Assignment exposes the Club and its leaders to an unacceptable liability risk. The Sierra Club will, on request, provide periodic information about rides offered and riders wanted, but does not guarantee riders or rides. Inability to arrange transportation will not be grounds for a refund of the registration fee.

**Maps:** National Geographic Trails Illustrated map #142 (South San Juan/Del Norte) presents the trails we’ll pursue. The Roaring Gulch Trail was significantly misplaced in the 1997 edition. Several trails have disappeared due to infrequent use. For accurate free maps of the area, click this link to [Ouachita Maps](#).

**Weather:** Daily average July high temperatures are high 60s. Daily average lows are low 40s. Thunderstorms occur on about one day in three.

**Gear:** Bring personal gear and food. Sharing with a friend s fine.

- **Backpack:** You'll need one to carry what you'll need for four days and nights. For day hikes, you could offload most of your gear and food into your tent and bear bag or use a rucksack for lunch, and other essentials. Try to keep your loaded pack, including water to thirty pounds.
- **Tent, sleeping bag, sleep pad:** A backpacker needs all of these. The primary function of the air mattress is to insulate you from cold ground.
- **Clothing:** Layers are key to comfort. Five layers for your torso are recommended (including a rain/wind shell), two layers for your legs. (One layer should be rain pants, which double as thermal protection.) Denim become chilly and heavy when wet; avoid it. Wear tested boots or trail runners and two layers of socks (thin sock on the inside to preclude blisters), gloves, and a cap to keep your head warm at night. Don't forget a hat, sunglasses and sunscreen for UV protection.
- **Food:** Most hikers prepare a hot meal in the early evening and a no-cook mal for lunch. Some will eat a quick cooked breakfast; others a no-cook breakfast. Dehydrated foods requiring only boiling water and a short wait for rehydration are available at outing stores, but good and less expensive alternatives are available from grocery stores. Bring snacks for the trail. We will not build fires, so use a tiny stove and gas canister for cooking.
- **Water:** We'll be near water at least every eight hours. Chlorine dioxide tablets are easy and popular treatment, but filters are okay, too. Drinking a minimum of three or four liters daily is important, especially at high altitude.
- **Other stuff:** Don't forget a headlamp or flashlight and personal health and first aid items. Bring (or share) a lightweight garden towel and tissue for personal waste disposal plus a zip-lock bag for used tissues. That's right—pack out the paper!

**Bears:** The last grizzly in Colorado was killed near Blue Lake in 1979. Black bears and smaller mammals could devour your food, so hang all food and scented items in a bear bag or bear-proof container nightly or when camp is unattended. Don't eat or store food in your tent. Prepare meals away from your sleeping area. Store trash in your food bag (within a separate plastic bag).

**Medical:** Our leaders have trained for wilderness first aid, but they are not medical professionals. Participants are encouraged to bring first aid supplies for personal use and to inform leaders about a medical condition such as controlled diabetes, heart problems or allergic reactions that could require emergency treatment. Tell the leader where you store vital medications you could need. Medical information you provide may be shared with medical professionals who treat you in the event of injury or sickness. Participants must be vaccinated twice against COVID-19 and have boosters for which they are eligible. Masks will not be required unless CDC guidelines so recommend.

**Leave No Trace:** Leave-no-trace wilderness ethics are expected of all participants. All trash must be packed out. (Bring a zip-lock bag.) Pets, firearms and smoking are not allowed.

**Group = Safety:** Participants who leave the led group without leader consent will be asked to sign out of the trip and will no longer be part of the outing. If you leave the outing, please don't hike alone and always hike on a trail. Most deaths in wild areas occur when a solo hiker becomes incapacitated before being found. When leaving camp, especially at night, be careful to not get

**Minors:** Minors may participate with leader consent if accompanied at all times by their parent or legal guardian.

**California Seller of Travel Law:** Because the Sierra Club is a California nonprofit corporation and California has a "Seller of Travel" law; we're required to post this notice: CST 2087766-40. Registration as a seller of travel does not constitute approval by the State of California.

# Personal Information Form, South San Juan Wilderness

Name \_\_\_\_\_

Email: \_\_\_\_\_

## If you have a preference between the two hike itineraries, what is it?

\_\_\_ Twin Lakes and Conejos Peak Loop

\_\_\_ Green Lake and Blue Lake Loop

\_\_\_ No preference

## Experience:

We want you to enjoy your outing experience. Sharing some information about your previous hiking and camping experiences could help us offer you better advice about this outing.

- Have you been on another overnight outing with the Dallas Sierra Club? (yes or no)
- If yes, where was the trip, in what year, and who was your trip leader, if you remember?
- If no, where and in what year have you backpacked?

## Transportation:

- Do you have transportation from your home to the trailhead? (yes or no)
- Should we identify you as seeking a ride and sharing car expenses? (yes or no)
- If driving, would you like us to identify you to prospective riders? (yes or no)

Sierra Club leaders cannot assign rides to Sierra Club outings. Any arrangement of a carpool is strictly up to the car owner or driver and riders. Being listed as prospectively offering or seeking a ride does not obligate you to accept. Listings will include only name, email, phone, and city or neighborhood of residence. Notify **Jim Robarge**, [robargeDSC@gmail.com](mailto:robargeDSC@gmail.com), 972-505-9567, to be added or removed from the list and an appropriate change will be made to the list of carpool prospects.

# Medical Form: Local Outings



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## General Information

Full name: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Age: \_\_\_\_\_ Date of birth: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_

I identify my gender as: \_\_\_\_\_ Primary Emergency Contact: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_

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## Allergies

Include allergies to food, insect bites and stings, medicines, animals, and the environment (dust, pollen, etc). Use a separate sheet if needed.

Select if no allergies

Allergy	Reaction	Medication required (e.g. epipen, antihistamine)	Is your allergy serious or life-threatening? How so?
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## Medications

Please list all prescriptions, over the counter, natural medications, medical marijuana and inhalers you are currently taking. Include prescription medications taken for episodic or emergency use. Note if this is a recent change in dosage or prescription. Use a separate sheet if needed.

Select if no medications

Medication name	Dosage	Frequency	Current side effects	Reason for taking (symptom/condition)
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## General Medical History

Are there any conditions or limitations (mental, emotional, or physical) that may affect your participation on this trip? If yes, please explain.

Yes      No

Have you been fully vaccinated for COVID-19, including the waiting period?      Yes      No

Have you tested positive or experienced any covid symptoms in the past 2-14 days?

Symptoms include (from CDC):

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea, vomiting, or diarrhea

Yes      No

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## Participant (and Parent of a Minor Participant), please sign and date below:

I certify that the information provided above is true, complete, and accurate. Other than any limitations described in this form, or any other information I have provided, I agree I (or my child) can participate in all trip activities. I agree to contact the Sierra Club promptly to provide additional information if my (or my child's) medical or health condition changes before the start of (or during) the trip. I acknowledge that falsifying or providing inaccurate or incomplete medical information can create serious risks to me (or my child) or to others and may result in dismissal from the trip.

**Participant signature:**

**Print name:**

**Date:**

**Parent or Legal Guardian signature**  
(if participant is a minor):

**Print name:**

**Date:**

# Participant Agreement



## Instructions for Completing this Form

- Please print and mail this form to the trip leader or other Sierra Club representative with your physical signature. If you choose to complete the form on your computer, you must still print and sign before mailing.
- Please complete and sign both the Participant Agreement on p. 2 and the Supplemental Release Regarding COVID-19 on p. 3.
- Minor participants (those under 18 years old) must complete the form with a parent/legal guardian.

**IMPORTANT: This agreement affects your legal rights. By signing it, you are agreeing to (among other things) assume risks, release claims, waive rights, and indemnify Sierra Club from harm.**

**1. Definitions.** The following capitalized terms have the following meanings when used herein:

**A. "Sierra Club"** means Sierra Club and its officers, directors, representatives, employees, agents, chapters, volunteers, leaders, and affiliates;

**B. "Activities"** means any program, event, and/or activity offered by and/or on behalf of Sierra Club;

**C. "Participant,"** who is identified at the bottom of this agreement, is either (i) me or (ii) as applicable, a person for whom I am legally authorized to make decisions and who is referred to herein as "Minor Participant";

**D. "Risks"** means any risk associated, either directly or indirectly, with Participant's presence at and/or participation in any Activities;

**E. "Damages"** means any injury, damage, sickness, death, and/or any other loss, whether physical, emotional, financial, or otherwise, caused in whole or in part by Participant, Sierra Club, and/or any third parties in connection with any Activities;

**F. "Claims"** means any action, cause of action, claim, controversy, promise, agreement, damage, judgment, cost, expense, and/or liability of whatever nature, in law or in equity, whether known or unknown, whether contingent or liquidated, and whether based in statute, contract, tort, or otherwise; and

**G. "Released Parties"** means Sierra Club and any Sierra Club successor, assign, sponsor, advertiser, inspector, contractor, consultant, and/or any other person or entity that takes any action on Sierra Club's behalf in connection with any Activities.

**2. Participation.** I (or Minor Participant, if any): (a) agree that my participation in any Activities will be subject to the terms herein; and (b) can and will participate in any Activities in a constructive manner without causing Damages.

**3. Logistics.** I will accurately complete any required forms and abide (and cause Minor Participant, if any, to abide) by all laws, rules, and policies applicable to any Activities. Prior to any Activities, I will be familiar with, and shall have accepted, the associated Risks and will have made any inquiry necessary to fully understand those Risks. Sierra Club may in its sole discretion dismiss me (or Minor Participant, if any) from any Activities for any or no reason. I will be fully responsible for any and all costs, including without limitation travel expenses, associated with my dismissal or departure (or the dismissal or departure of Minor Participant, if any) from any Activities for any reason.

**4. Understanding the Risks.** I confirm all of the following:

**A.** Unplanned or unexpected situations may arise in the course of any Activities, Risks are inherent in all Activities and may not be obvious, and Activities and Risks may cause Damages;

**B.** A few, non-exhaustive examples of Risks include: acts of nature or other matters outside Sierra Club's control; facilities and/or equipment failures; itinerary changes and/or cancellations; transportation issues; problems associated with locations, wildlife, vegetation, and/or lack of access to medical care, AND NEGLIGENCE by Sierra Club or others. There are many potential Risks that are not listed here; and

**C.** I understand all Risks, whether or not they have been communicated to me (and/or to Minor Participant, if any); and I have had adequate opportunity to seek any information necessary to properly evaluate all Risks.

**5. Assumption of Risks.** I confirm my (and Minor Participant's, if any) assumption of all Risks, whether known or not and whether identified or not, and my acceptance of all materials, equipment, and facilities associated with the Risks and/or the Activities in an "AS IS" condition. I accept that I (and Minor Participant, if any) may sustain Damages, including Damages that could be caused by Sierra Club, third parties, and/or me (or Minor Participant, if any).

**6. Release.** I (and Minor Participant, if any) release each and all of the Released Parties from any Claims that I (and Minor Participant, if any) ever had, now have, or may have in the future, for any reason, and that arise out of and/or relate in any manner, whether directly or indirectly, to any Activities (including without limitation travel to or from any Activities), even when any such Claims result from the

NEGLIGENCE of any Released Party.

**7. Waiver.** Regarding the release above, I waive all rights that I (and Minor Participant, if any) may have now or in the future under Cal. Civil Code § 1542 stating: "A GENERAL RELEASE DOES NOT EXTEND TO CLAIMS THAT THE CREDITOR OR THE RELEASING PARTY DOES NOT KNOW OR SUSPECT TO EXIST IN HIS OR HER FAVOR AT THE TIME OF EXECUTING THE RELEASE AND THAT, IF KNOWN BY HIM OR HER, WOULD HAVE MATERIALLY AFFECTED HIS OR HER SETTLEMENT WITH THE DEBTOR OR RELEASED PARTY."

**8. No Third Party Lawsuits.** I (and Minor Participant, if any) will not participate in, either directly or indirectly, or cause any third party to initiate, any litigation against any Released Party regarding any Claims associated directly or indirectly with involvement by me (or Minor Participant, if any) in any Activities (the "Third Party Claims").

**9. Indemnification.** I will indemnify, hold harmless, and defend each Released Party from and against any and all Third Party Claims (including without limitation attorney's fees).

**10. No Warranties.** No information related to any Activities and/or Risks and communicated to me (and/or to Minor Participant, if any) in any manner, including without limitation difficulty ratings, safety or risk evaluations, equipment recommendations, or participant assessments, shall be construed as a Sierra Club warranty or representation of any kind. Sierra Club has given no warranty, express or implied, regarding the Activities, the Risks, and/or any Damages except as stated herein or in another writing signed by a Sierra Club officer (each, a "Warranty"). In signing this agreement, I have not relied on any statement not set forth herein or in any Warranty.

**11. Amendment and Interpretation.** This agreement may not be amended except in writing signed by a Sierra Club officer and is intended to be interpreted and enforced to the greatest extent allowed by law. If any provision herein is deemed unenforceable, the remaining provisions shall still be enforced. This agreement is binding upon any personal representative, successor, heir, or assign of Participant (and Minor Participant, if any).

**12. Dispute Resolution.** Any dispute relating to or arising from the enforcement and/or interpretation of this agreement, and/or any Activities (each, a "Dispute") shall be governed by California law without reference to its conflicts of laws rules and shall be resolved exclusively in the state courts existing in Alameda County, California. Before initiating any legal proceeding against Sierra Club in connection with any Dispute, I agree to first inform Sierra Club's general counsel in writing of the Dispute's factual and legal basis and to give Sierra Club thirty (30) days to respond.

**13. Federal Land Agencies.** If a court of competent jurisdiction determines that an agency rule prevents me from agreeing to any clause herein, that clause shall not be enforced.

**14. Medical Care.** In connection with any Activities, I authorize Sierra Club to obtain, provide, and/or authorize medical care, treatment, and transportation to a medical facility for me (or Minor Participant, if any) if I cannot do so, and I will pay all associated costs. I authorize the release to any third parties of my (or Minor Participant's, if any) medical records and personal information, if necessary or useful for treatment, referral, billing, or insurance purposes.

**15. Publicity Permission (Optional).** I am aware that staff or others sometimes capture photographs, quotes, or other impressions or recordings of participants and share them with Sierra Club for use in a variety of ways, such as (but not limited to) in the newsletters, web pages, or social media of Sierra Club or its allies. I (and Minor Participant, if any) agree not to restrict or condition such use in any way, unless I've indicated otherwise near my signature.

**I CONFIRM THAT I (OR MINOR PARTICIPANT, IF ANY) AM VOLUNTARILY PARTICIPATING IN ONE OR MORE ACTIVITIES WITH FULL KNOWLEDGE OF THE RISKS. ON MY BEHALF (AND ON BEHALF OF MINOR PARTICIPANT, IF ANY), I FULLY ASSUME AND ACCEPT ALL RISKS (KNOWN OR UNKNOWN, IDENTIFIED OR NOT) ASSOCIATED DIRECTLY OR INDIRECTLY WITH THE ACTIVITIES AND POTENTIAL DAMAGES, INCLUDING WITHOUT LIMITATION AS MAY BE CAUSED IN WHOLE OR IN PART BY ANY SIERRA CLUB NEGLIGENCE, THE NEGLIGENCE OF OTHERS, AND/OR ANY CONDUCT BY ME (AND/OR MINOR PARTICIPANT, IF ANY).**

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**Participant (and Parent of a Minor Participant), please sign and date below:**

**Participant print name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Participant signature:** \_\_\_\_\_

**Parent or Legal Guardian of a Minor:** I, as a parent or guardian of the below named minor, hereby give my permission for my child or ward to participate in the trip and further agree, individually and on behalf of my child or ward, to the terms above.

**Name of minor:** \_\_\_\_\_

**Parent or Legal Guardian Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

## Supplemental Release Regarding COVID-19

This Release is supplemental to the Sierra Club Release Form Liability, Assumption of Risk and Binding Arbitration Clause (Agreement), which I previously executed. In the event of a conflict between that Agreement and this Supplemental Release, the terms of this Supplemental Release shall prevail. In all other cases, the Agreement remains in full effect. In addition, both the Agreement and this Supplemental Release relate to any postponed or replacement trip.

I am aware that while on or traveling to or from my trip, I may be exposed to COVID-19 from other people, animals, or objects. I assume all risk of any such contacts, including sickness, incapacity, or death and agree to hold harmless Sierra Club from any such developments. In addition, I recognize that the U.S. Department of State as well as the Centers for Disease Control and Prevention may also have warnings about these risks.

I also accept the following risks of participating on this trip including, without limitation:

1. All other risks associated with coronavirus (COVID-19) including preclusion from public or private buildings, land or areas; inconvenience, limitations, and closures;
2. Risk of my travel insurance not covering COVID-19 related claims;
3. All risks regarding transportation problems including, without limitation, entry into or exit from any country; difficulties with or closure of transportation systems; or the unavailability of other features or attractions within the country where my trip takes place;
4. The likelihood that at some or all destinations, facilities, cruises, motor coaches, hotels, or restaurants I may be required to undergo a temperature check, wear a mask while in public, and observe social distancing requirements and/or produce evidence of a vaccination against COVID-19;
5. The potential for being quarantined, even if I am not symptomatic and/or do not have COVID-19; or the possible requirement that I get a negative COVID-19 test immediately before, on, or after arrival at my destination, even if vaccinated against COVID-19;
6. Any expenses incurred, including but not limited to medical expenses, testing fees, quarantine, evacuation expenses, added air or hotel expenses, etc., are to be borne by the participant.

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### Participant (and Parent of a Minor Participant), please sign and date below:

**Participant print name:**

**Date:**

**Participant signature:** \_\_\_\_\_

**Parent or Legal Guardian of a Minor:** I, as a parent or guardian of the below named minor, hereby give my permission for my child or ward to participate in the trip and further agree, individually and on behalf of my child or ward, to the terms above.

**Name of minor:**

**Parent or Legal Guardian Signature:** \_\_\_\_\_

**Date:**