

CRYSTAL CONSUMNES

VOL. 20, NO. 3

UNIVERSITY OF CALIFORNIA
HIKING CLUB

DECEMBER 1958

CRYSTAL CONSUMNES CAVE TRIP

At 7:30 pm on Saturday, November 23, a small but intrepid group of UCHC members set out to explore Crystal Consumnes Cave in the Mother Lode district. With Lou Goodman as leader and chief guitarist, Mike Karweit driving, and Clark Baylis and Bob Buddemeier ably filling the positions of members-at-large, the group succeeded in getting within ten miles of the cave before the physical law which is customarily known as the Cave Section Uncertainty Principle came into effect. On this trip, the Principle (the most familiar statement of which is "Good grief! How do they expect us to read hundredths of a mile on this odometer?") manifested itself in the fact that two prominent members of the Cave Section Executive Committee, who shall henceforth remain nameless because Keith Howard and Dave Rottman might be embarrassed if their names were known, had supplied the group with two different sets of directions to the cave. After a picturesque eight mile tour of one of the area's more interesting logging roads, however, it was discovered which set of directions (the second one to be tried, naturally) was correct, and the campground was reached around midnight.

Following the usual morning contest to see who is the first one driven out of his sleeping bag to build a fire (Mike lost, but moaned so pathetically that Clark was moved to help him), the group ate a leisurely if unappetizing breakfast and set out for the cave. After a short walk down the river, the cave was reached at about ten a. m., and exploration was begun at once.

The cave is neither extremely large nor extremely difficult, being all on one level and having only a few moderately large chambers, but it is sufficiently intricate in its system of passages that it takes about four hours to explore it completely. The main features of the cave are a couple of small pools and some rather large stalactite shields, in addition to a few spots containing smaller, more delicate formations. Unfortunately, the cave has been badly vandalized by name scrawlers and crystal hunters, so that only the most durable rock formations have survived and the cave walls contain more geneological than geological information. It is discouraging enough to be greeted at every turn by the smoked or scratched record of Marge and Bill's caving expedition in 1943, but the magnitude of the conservation problem caused by the attitude of the general public becomes frighteningly evident when one is asked eagerly by the local inhabitants whether or not the group has "brought back any nice crystals."

After lunch, the group encountered a local resident who apparently knew the area very well, and who was able to give several tips as to possible cave locations. These were chocked out, but they involved mine shaft cave-ins which seemed either too dangerous or too unlikely to be worth exploring. After some further reconnoitering, the group

(Continued on Page 2)

CRYSTAL CONSUMNES CAVE TRIP (Continued from Page 1)

headed back to Berkeley, making a stop in Sacramento to pick up Elizabeth Baylis and enjoy an excellent dinner at the home of some friends of the Baylises.

The concensus of the group was that the trip was an interesting and enjoyable one, but one of the most spectacular features had nothing to do (in a direct sense, anyway) with caves or rock formations. Under the natural stress and strain of the day's activities, the caving costume of the group leader gradually yielded until a rather startling expanse Lou Goodman was exposed to both the view of the other cavers and, as Lou fervently remarked several times, the cold, damp limestone. Fortunately, an ample shirttail enabled Lou to maintain his poise and decency when the group returned to civilization, but the cave exploration itself may have been one of the few times on record when popular demand forced a trip leader to allow all of his "followers" to precede him in the cave passages.

Bob Buddemeier

* * * * *

Mt. Tamalpais Hike - Nov. 23

Eighteen strong on a sunny November 23rd, we headed up the fire trail from Mountain Home straight to the East Peak of Tamalpais. After a steep climb we finally stumbled haltingly up the last lap and made it over to the drinking fountain at the parking area. We then climbed to the very top where we settled down for our 11:15 lunch, sun bath, and rest period. About 12:30 we decided that if we didn't begin to stir we never would, and so started to move down. Taking a short walk around to the eastern side of the peak, we found the clear markings for the Tamelpa trail and started to switchback down. Pretty soon, we were pushing back the brush to get through, and finally we had to crawl under it. Then the trail started to head straight down the mountain. It was in a creek bed and easy to see but involved sliding down high rocks and working through the tangle of brush and trees. After spending a longer time getting down that mountain than going up it, we finally came to the open road--fire road that is--and followed it back to Mt. Home with only one minor mishap: losing half our party who bypassed us by taking a short cut while we were waiting for them. Back home at Mt. Home we had some liquid refreshment and apple strudel before hitting the road back to Berkeley; leaving a trail of blood behind us, we were all ready to open a new pioneering section of the Club.

Beth Bennett

WASHINGTON COLUMN BY THE DIRECT ROUTE

One of the more enjoyable climbs in Yosemite Valley is the Direct Route of the Washington Column. It is a long climb abounding in interesting pitches, more of which are difficult than moderate fifth class. Four of the nineteen pitches are of real consequence, the Riegelhuth Jam Crack, Fat Man Chimney, and the two pitches of the Great Chimney. The others are easy 4th and 5th class pitches. The climb presents a fine challenge to a team of moderately experienced climbers. The description of the route in the Climbers Guide is adequate and should be followed faithfully. A reasonable time for the ascent is six hours and for the descent 2 hours.

Some words of warning are necessary. Ants are quite numerous in the Fat Man Chimney and the pitch above. In June they are quite annoying, but they are more subdued in April and May. Krehe Kitter tells me that there is an unused ant bomb on the route but climb prepared. In spite of the ants, Charlie Raymond and I both agree that this climb was one of the nicest that we have found to date.

John Fiske

WANTED: TO BORROW

I would like to borrow for the remainder of the semester, one card table or other kind of table. If you have one you are willing to loan, please contact me at TH 1-0050 or in Room C.

Ann Dacey

FAIR WEATHER HIKERS?

From time to time I've heard various Club members complain that UCHC'ers didn't really try to gain the deepest possible appreciation of the natural scene. The arguments usually involve raillery against people who won't go on steam-roller type back-pack trips, or who wouldn't think of venturing out on any trip that might be cold or rainy. On the whole, I've believed that such accusations were pretty much baseless. Now, however, I'm beginning to wonder.

On the recent trip to Pinnacles Nat'l. Mon. a large part of the group which signed up to go decided it was too cold and too wet to consider staying longer. Consequently, after staying a night and a day, they left. The following night there was a little rain, a little snow, and a little hail. The next day, although brisk, was otherwise beautiful. The latecomers and those who chose to stay had a swell time. There were a number of climbs completed, several more attempted, and the hikers seemed satisfied with their own activities.

Well-- so what? I think there may be a significant fact here, and perhaps a moral can be drawn. Is it too much to expect that those who declare their intention of going on a Club trip will stick it, so others may have the companionship they expect? I think not, and perhaps the reason some Club trips are "washed out" is that UCHC'ers are not really prepared to cope with Nature's various moods. Or perhaps, being prepared, they haven't yet learned how to enjoy themselves in climates which turn a trifle rigorous. I think this is the significant fact. The moral is more devious, but perhaps it can be drawn by asking a few questions. Wouldn't it be to Club members' advantage if they knew how to cope with adverse weather? If they could cope with bad weather and still enjoy their trip, wouldn't they be more likely to really enjoy the things they traveled so far to see and do? And wouldn't the Hiking Club be more likely to remain a real hiking club, and not just one more outing club for fairweather hikers? Let's hope that future nights and days of rain or snow don't scare off many of our more hardy(?) members.

-wdl

THANKSGIVING WEEKEND IN YOSEMITE VALLEY

By Saturday morning there were eight UCHC'ers, (and four autos) at Camp 4 in Yosemite Valley. As we had driven into the valley late the night before, we had looked at the ice and heavy frost gleaming from the valley walls and floor and judged, rightly, as we soon found out, that it was considerably chillier there than it had been in Berkeley.

Nonetheless, by 8:30 the next morning, all eight of us were up, cooking on gasoline stoves and stamping our cold feet beside reluctant fires. Finally at ten-thirty Bill Engs and company left the valley to climb to Glacier Point by way of Sentinel Rock, while Dave and Iris Marsh, Dottie Gasser, and John Wadman left for Glacier Point by way of auto and later enjoyed a leisurely, most down-hill, hike along the Panoramic Trail, which passes south from Glacier Point to Illilouette Falls and then northeast to Nevada Falls and Happy Isles. Illilouette Falls which were rimmed with great sheets of ice and frozen spray, emptied into a dark, forbidding canyon. The sun was shining above, however, and the view from Panoramic Point was unmatched.

As part of the latter group, we benefited from the Marshes' enthusiastic perusal of park literature describing the trees in the valley, and learned, among other things, that the indentations in the bark of the Jeffrey pine have a sweet, vanilla-like scent when the sun strikes them, (or is the smell more like pineapple, as our park literature told us, and, "hense, more conveniently associated with the pineapple-shaped cones"?). At any rate, not a cone was left unturned for the first five miles of the hike as we hunted for perfect specimens of each variety of pine and fir.

As we descended into the valley beside Nevada and Vernal Falls, the glow of the sunset brightened the already striking reds of the maple leaves and threw into shadow the black and white streaked rocks above us. It was totally dark when we stumbled out of the woods at Happy Isles and drove back to the camp.

The Marshes left for Berkeley that evening, and the rest of us cooked a late dinner. After we witnessed a graphic illustration of the saying that has something to do with "stealing somebody else's fire", a tire fire rose where there had been only rocks moments before. This writer, who had been extremely sceptical of the advantages, even the

THANKSGIVING WEEKEND IN YOSEMITE VALLEY cont.

sanity, of such activities, was promptly converted to the ranks of the believers, and fully expects it to become--if it hasn't already-- a venerable institution of Hiking Club, (although, certainly, none of us wishes upon himself the "good fortune" of providing the necessary implements for this beneficent ritual, namely--tires.) Let it be known at this point, then, that last weekend it was of Bill Eng's good fortune that we toasted.

On Sunday, a large group went to Sunnyside Bench to climb, while a couple of us hiked up chilly, sunless Tenya Canyon and identified many new, (to us), varieties of deciduous trees, again with the aid of park literature. Most of us left in the early afternoon for Berkeley, and we submit what may be helpful information: it is forty minutes of easy driving from the junction of routes 50 and 24 through Walnut Creek to Berkeley. But don't think about returning to Berkeley; think about going in the opposite direction to Yosemite--the first chance that you get!

John Wadman

CLIMBING MT. CLARK

Spurred forth by an unexpected spell of good weather and lack of snow in the high country Pete Mall, Bill Gardiner, and I set out confidently for Mt. Clark late in the morning of Thanksgiving Day. After a brief stop for lunch at the top of Nevada Falls we marched along the Merced Pass trail to Clark Fork of Illilouette Creek and wandered upstream through heavy timber until darkness forced us to make camp. Near zero temperatures reported by other campers in the backcountry went unnoticed by us that night as Pete and Bill stacked together a few fallen trees and kindled a raging holocaust that lasted through breakfast the next morning.

The sometimes insufferably hot western slopes of the Clark Range proved pleasant hiking, and we made good time up to the spectacular southwest arete of Mt. Clark. Leaving Bill to contemplate the declivity on either side of this ragged rock rib Pete and I belayed along it to the summit and then waded back across the snow mantled slabs on its east side amid occasional, rather vexatious little avalanches. Our descent developed into a race with advancing darkness when we missed the right stream course. We lost the race, but found our campsite anyway with the aid of tracks in the scattered patches of snow we had crossed in the morning.

The next morning after a temporary diversion of the icy waters of Clark Creek to inundate that night's modest little blaze we shouldered our packs for the trek back to the Valley. By this time I was beginning to suspect that aside Bill and Pete, Sam McGee was a refugee from Dante's Inferno.

--Mike Loughman

* * * * *

The BEAR TRACK is the official
publication of the University of
California Hiking Club, published
four times each semester in the
Club's office, Room C, Eshloman
Hall, University of California,
Berkeley 4, California.

STAFF OF THE BEAR TRACK
* Editor: Dorothy Gasser
* Typists: Ann Dacey
 Bill Gardner
 Marcia Gaines
 Ann Rumble
* Mimeographers:
 Dave Rottman
 Marcia Gaines
 Dick Scheible

SOLDIER'S CAVE TRIP-THANKSGIVING VACATION

Seven people and one turkey left Wed. afternoon for the lovely southern climes (brrrrr.). The only casualty of the entire trip was the turkey, and therefore he was not charged transportation costs. Soldiers Cave was explored on Thurs, and Sat., and yet still proved to be confusing to all people on the trip. Numerous small caves were discovered on Friday, and one of them required eighty feet of rope to reach the bottom. The cave coral in this particular group of caves was very sharp, which was compared to carrot graters and fish barbes.

As on a previous trip to the area, we brought a gallon of apple cider on the trip back. This time, however, it had no bugs in it, so our only sport was trying to make people laugh while they drank so that they wouldn't get as much. Bob Buddemeier was the only person who seriously attempted to laugh and drink at the same time, and maybe on another trip he will have better luck than he did on this one.

We arrived back in Berkeley at 8 pm. Sunday, a very unusual time for Thanksgiving cave trips to end.

[The above story, complete with numerous tin cans and other assorted trash, was hauled out of Soldiers Cave by a conservation minded group of cavers who left the cave in much better shape than they found it.]

Tom Aley

PINNACLES TRIP

The end of the climbing season was witnessed by a band of hardy Hiking Clubbers who attended the trip to Pinnacles National Monument. A troupe of eager climbers decamped Saturday, and wound their way up the picturesque Moses Spring Trail to the Monolith. Ascents of Left Hand Traverse were accomplished by Chuck Pratt, Dick Scheible, Krehe Ritter, Lito Tejada-Flores and Marcia Gaines. An ascent of the Direct Route was made by Dave Rottman. The Climbing was enjoyable despite light hail. In the afternoon this sturdy band was driven off the High Peaks by a blistering gale, (i.e. an unkind zephyr.) The party returned rankling in their utter defeat but nonetheless, cheerful. A pleasant diversion was provided in an out-of-the-way scenic glade where noble and true Hiking Club members stole pre-cut firewood from the ranger's pile, and tiptoed surreptitiously past the check point. Minor torrential downpours, snow, etc., caused some of the more timid members to decamp for Berkeley that night.

Sunday dawned bright and clear. The pinnacles around the reservoir were dusted with a light, feathery blanket of snow. Ascents were made of the Hatchet, (Dick Scheible and Ann Rumble), and the Monolith, (the Loughmans, Mr. and Mrs.). A batch of burbling beginners was bundled up a few of the Five Sisters by Lito, Keith Howard and Gloria Ramos spent the day romping about in the High Peaks and among other ascents, they climbed Long's Folly. Krehe and Don Goodrich were beaten back in their valiant attempt to scale the Hand. Their story is that doing Kolo steps all the way to the base of the climb left them too tired to proceed above the first pitch; reported sub-zero temperatures and verglas (hem! hem!) may have been a factor.

In conclusion--there is only one thing your reporter can say: A GOOD WAS HAD BY ALL!

Lito Tejada-Flores

CALENDAR OF EVENTS

DEC. 9--TUESDAY-- GENERAL MEETING
 DEC. 12--FRIDAY -- CHRISTMAS DINNER AND PARTY
 DEC. 14--SUNDAY -- CAVE TRIP

CHRISTMAS VACATION

DEC. 26--FRIDAY -- TAHQUITZ
 DEC. 27--SATURDAY--SANTA LUCIA MOUNTAINS

JAN. 9--FRIDAY -- FOLK DANCE AND PARTY
 JAN. 11--SUNDAY -- TILDEN PARK HIKE
 JAN. 13--TUESDAY-- GENERAL MEETING

GENERAL MEETING

A panel of expert mountaineers, rock climbers, and ski-tourers will discuss the topic "Mountain Safety" at the December 9th General Meeting of the UCHC. The final make-up of the panel is not yet definite; however, those invited to participate include Alfred Baxter, Ray DeSaussure, Richard Houston, Dr. H. Stewart Kimball, Allen Steck, and Larry Williams. UCHC'ers will have the opportunity to draw upon their vast combined mountain experience during a question period. An excellent film on mountain safety, "The Mountains Don't Care", photographed by Bob and Ira Spring will be shown, and refreshments will be served. This meeting promises to be both informative and entertaining for anyone who travels in the mountains for any reason. Don't miss it!

* * * * *

CHRISTMAS PARTY

The Christmas Party has been changed from Tuesday, Dec. 16 to FRIDAY DECEMBER 12. This annual event has always proved to be a smashing success. It's a progressive dinner, so save up your appetites; afterwards we'll open the (serious???) presents which all of you are to bring. Possibly even Sandy Claus will be there to help. Bring your instruments! Sign up as hosts and hostesses in room C.

* * * * *

CAVE TRIP

Cavers-- Achtung!! Next Sunday, December 14th, you will have the rare opportunity of climbing into your caving clothes, (the ones standing up in your closet), and roaring off to the Mother Lode in search of holes in the ground. The weather will be wonderful, (if it doesn't rain!), the company pleasant (if you're not proud), and Mother Lode will yield her limestone secrets to all of you adventurous souls eager enough to undertake the journey. The Caving Committee will divulge some secrets of its own, as to exact time, area, and leader, on the bulletin in Room C. If you can't make it to the caving trip, at least try to make it to the bulletin board. See you there!

Respectfully submitted,

Dorothy Gasser

* * * * *

CHRISTMAS AT TAHQUITZ

Notwithstanding certain utterly false rumors concerning the prevailing meteorological conditions at Tahquitz Rock in the San Jacinto Mountains of Southern California which have been flagrantly circulated by a few unvarnished individuals in the Hiking Club whose knowledge of said conditions is limited to one rather regrettable experience, late December is ORDINARILY a completely appropriate time of year for climbing at this popular site. However, be sure to bring your ponchos, fur-lined mitts, and snowshoes.

Seriously, the weather has been good at Tahquitz during the last three Christmas vacations, and the climbing there is well worth the long drive. Climbers making the trip are invited to stop over for the night at the Loughman abode in Ventura both coming and going in order to break up the driving. Details and information regarding transportation arrangements will be posted this week on the MS bulletin board. Incidentally, there is a movement afoot to make a real shindig out of this trip, so be sure to come along and not miss the fun-- and good climbing!

--Miko Loughman.

SANTA LUCIA MOUNTAINS

A week of back-packing across the Santa Lucia Mountains to Big Sur and back again by another route is the schedule for the UCHC's second trip during Christmas vacation. Don Wainwright, the trip's leader, suggests that you should have a liberal amount of backpacking experience before going out on this trip, because the hike is long, (about 50 mi., all told), and somewhat arduous, and rain is definitely expected some time on the trip. The rewards of the hike will well compensate for any inconveniences, however, for here is a chance to really "get away from it all" for almost a whole week in surroundings that make the "getting" worth while. Also, the mountains begin right at sea-level, so that there won't be the bitter-cold nights of the Sierras. Hitch up your packs, lace up your boots, and let's get on the trail! All the necessary information will be posted on the bulletin board in Room C or can be gotten from Don Wainwright: TH 1-4239.

* * * * *

PACKING FOOD

Whether the trip be long or short, the problem of what to take for food when one is backpacking is a perennial question. Most old-comers, (those who have taken one or more trips), have a pretty good idea of what they will take next time. But here, perhaps, are some ideas for the old-comers as well as some feasible answers to the questions of the novices.

The basic problem is that of providing, with lightweight foods, meals that are both adequate and appetizing. For trips of more than a weekend in length, the adequacy of the menu is best judged by the number of calories it provides. The number of calories per day a person will need depends of course on the person, the kind of trip, whether he or she plans to lose weight, etc. However, 3000 calories a day is an average requirement.

A little research into the caloric values of dried and dehydrated foods turns up the following facts: cereal, sugar, dehydrated potatoes, rice, flour, beans, powdered skim milk, and crackers all provide about 100 calories per ounce. Dried fruits provide about 80 calories per ounce. Cheese, salami, and powdered whole milk average about 125 calories per ounce. Oil, nuts, (all kinds), coconut, and dried grated cheese top the list at 200 calories per ounce. Nuts are perhaps ideal in that they average about 22% protein.

If we can plan a menu, then, which will average 130 calories per ounce of food, the 3000 calorie-per-day-person will be carrying 1.44 lbs of food per day, or 20 lbs of food for a 14 day trip. This is about the best that can be done without seriously unbalancing the protein-carbohydrate-fat ratio in the diet.

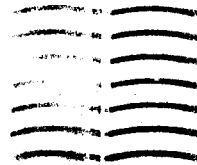
The vitamin deficiency in the usual dehydrated foods is not serious, except perhaps in the case of Vitamin C. This vitamin is not stored in the body, and is not found in most dehydrated foods, so that vitamin C pills would be recommended for trips of two weeks or longer.

We can conclude from the above facts that reasonable dietary requirements can be maintained with a rather large variety of dehydrated food. This is especially true in the "carbohydrate" foods-- averaging 100 calories per ounce.

It is left to the individual to select foods which are appetizing to him. The use of condiments and spices should not be overlooked. An empty 35mm film cartridge will hold enough cinnamon, for example, for several people for two weeks. With care and a little ingenuity, it is quite easy to turn out backpacking-meals that are both satisfying and tasty.

CORRECTIONS AND ADDITIONS TO MEMBERSHIP LIST

- 25. Bohn, Bill 2420 Bancroft. No phone yet
- 172. Ritter, Krohe. . . 1130 Spruce. IA 4-5762
- 230. Azevedo, Bill. . . 2416 Collogo TH 5-9093
- 254. D'Arcy, Ray. . . . 2600 Ridge Road. TH 5-4710
- 255. Fickas, Ernie. . . 5609 College, Apt. 15, Oakland . No phone
- 256. Gould, Jeff. . . . 78 Avenida AS 3-6471
- 257. Hulsizer, Yvonne 2520 Ridge Rd., Apt. E No phone
- 258. Ludwigsen, Ann . . 2232 Jefferson TH 5-3519
- 259. White, Judy. . . . 2138 Center. TH 1-3903
- 260. Haseltine, Chas. . USN Hosp., Surgery#2, Oak.14.... No phone



UNIVERSITY OF CALIFORNIA HIKING CLUB
 RM. C, ESHLEMAN HALL
 UNIVERSITY OF CALIFORNIA
 BERKELEY 4, CALIFORNIA



Tim Kanto
1753 Virginia
Berkeley