

# Sun-a-do (Mount Olympus) Itinerary

## Day 1: Hoh River Trailhead to Olympus Guard Station

Meet in Forks, WA early in the morning (exact time and location TBD by instructor, but prepare for a very early meetup time). Following introductions and a thorough gear check, we will caravan to the trailhead to start the approach to our first camp. Entering Olympic National Park will require purchasing an entrance pass OR having an America the Beautiful Pass. *Our goal will be to start hiking no later than 9:00 am.*

From a starting point of 600 ft elevation, we will spend the morning and early afternoon hiking 9 mostly flat miles to Olympus Guard Station at around 950 ft. Once at camp, we will:

- Review Leave No Trace principles, especially as it pertains to campsite selection, proper food storage and wildlife, and human waste disposal in a non-alpine environment
- Filter water
- Review the knots, bends, and hitches listed in the Required Knots Manual
- Demonstrate set up for glacier travel
- Discuss the itinerary for day two

## Day 2: Olympus Guard Station to Glacier Meadows

After breakfast, we will pack up camp and start the next leg of the approach. This will be a more strenuous day, gaining just over 3,000 ft over the course of 8 miles to reach our camp at Glacier Meadows at 4,200 ft. After setting up camp, we will review the necessary gear and equipment for our summit attempt, prepare packs for the following morning, then spend the remainder of the day relaxing and resting up for an early morning start!

## Day 3: Summit Attempt

Our plan will be to start in the dark before sunrise to have more stable snow conditions for the ascent (approx. 3,800 ft of elevation gain total from basecamp), taking breaks every 60-90 minutes until we reach the summit. From Glacier Meadows, we will hike up to the moraine above the Blue Glacier, descend to the glacier, then rope up for glacier travel.

After a bit of flat traversing, we will ascend some steeper snow slopes to the top of Snow Dome (at approx. 6,600 ft), and either continue up using the standard Crystal Pass route or, if conditions allow, climb directly to the saddle between the false summit and the true summit (Fourth of July variation). At the base of the summit block, we will transition to end roping for the final part of the climb. The summit block offers a few interesting variations to the top, ranging from fourth class scrambling to 5.4 rock climbing!

Following some celebratory photos, we will rappel the summit block, take a longer snack break back at the saddle, transition back to glacier travel setup, and descend back to camp at Glacier Meadows.

#### **Day 4: Glacier Meadows to Olympus Guard Station**

After breakfast, we will break down camp and descend to Olympus Guard Station, where we camped on the first day.

If we arrive at Olympus Guard Station relatively early in the day and the group is still feeling strong, we may plan to push all the way to Happy Four or Five Mile Island to have a shorter hike out on the final day.

Once at camp, we will debrief the climb and the trip thus far, as well as discuss the itinerary for the final day.

#### **Day 5: Olympus Guard Station to Hoh River Trailhead**

After breakfast, we will break down camp one last time and hike the final flat miles back to the trailhead. Once at the trailhead, we will hold one final trip debrief before going our separate ways or potentially grabbing a team lunch/early dinner in town (likely Forks) on the drive out.