

Chemeketan Scramble Summit Prospectus

South Sister (10,358')

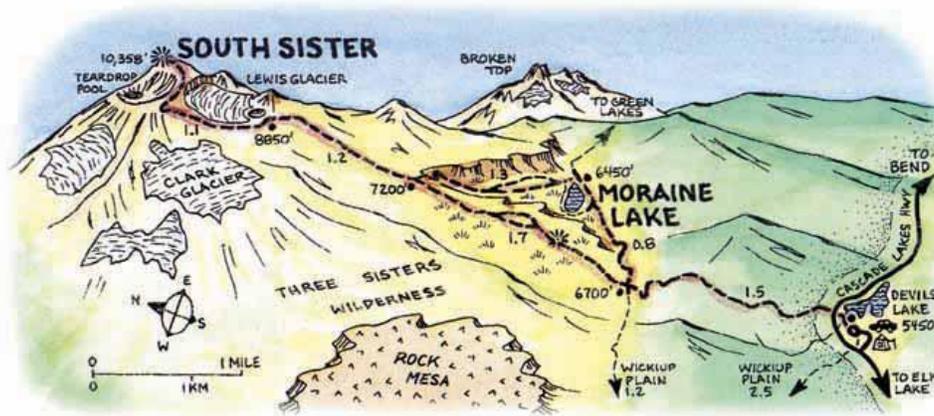
Saturday, August 12th

Scramble Summit Leader: Theresa Conley

Sponsoring Leader: Mike Pennington

Route:	South Route	Miles, round-trip	11
Chemeketan Rating:	Unrated	Max. Elevation:	10,358'
Technical Difficulty:	Easy Class 3	Elevation Gain:	4,900'

South Sister is the tallest of the three sisters and is the third tallest peak in Oregon. South Sister is a volcano like most of Oregon's mountains, and evidence of prior eruptions can be seen in obsidian flows seen from the climb to the summit and on the north side of the mountain along the Green Lakes trailhead. South Sister vies with Mount Saint Helens for the title of the most-climbed glaciated volcanic peak in North America.



Map courtesy of William Sullivan, Central Oregon Cascades

Route Description:

From Devil's Lake Trailhead (TH), we will cross the Cascade Lakes Hwy and ascend the climber's trail steeply uphill through a dense mountain hemlock forest. After 1.5 miles, the path emerges from the forest at the edge of a plateau near Moraine Lake. We will go straight at the junction at the upper end of Moraine Lake's valley. The next 1.2 miles will steepen drastically to a sandy saddle - the current terminal moraine of Lewis Glacier, overlooking a small green cirque lake. Following the cirque lake, we'll climb red cinder scree another 0.7 mile until we crest the lip of South Sister's false summit crater. We will either follow the rim right or head straight across the crater (depending on conditions) 0.4 mile to the summit. We will descend the same route, to the Devil's Lake TH.

Although this is not a technical climb, it is a strenuous climb. All climbers must be in condition to gain nearly 5,000 in just over 5 miles.

Camping at the trailhead the night before is encouraged – this parking lot fills up early Saturday morning. The camping is free and dispersed, but also fills up. Carpooling and sharing tent sites is encouraged. A great place to carpool from is the big brown sign listing all the lakes along the Cascade Lakes Highway, just as you are leaving Bend.

Driving Directions:

Starting from Bend, drive west on the Cascade Lakes Highway for 27 miles. Continue past the Mt. Bachelor Ski Area 6.5 miles. Then turn left at Devils Lake Campground. The sign for the South Sister Trail head is at the end of the campground parking lot, just to the right of the restrooms. The trail pointer is labeled "South Sister Climbers Trail 36."

Permits & Fees:

A Northwest Forest Pass permit is required to park at the trailhead (\$5 per car for a day pass / \$30 for an annual pass). Passes are available at most Forest Service offices, outdoor stores and online. Camping is permitted for free, with a Northwest Forest Pass, at the trail head at the Devils Lake Campground.

A free Wilderness Permit is required for each group (max size 12 people) entering the Three Sisters Wilderness area. This permit will be completed by the Leader at the trailhead.

Itinerary:

<u>Date</u>	<u>Time</u>	
Fri, Aug 11		(Optional) Camp at Devil's Lake TH the night prior to the climb. Leader will <u>not</u> be camping at the trailhead but encourages others to so to avoid an extremely long day.
Sat, Aug 12	6:00 am	Meet with packs on by the bathrooms by the trailhead. Sign waivers.
	6:10 AM	Depart Devil's Lake TH (5,480')
	7:25 AM	Break out of woods and arrive at trail junction & go straight (6,720') across the plateau. Pass Moraine Lake.
	8:40 AM	Exit the plateau (7,000') and begin ascending more steeply
	10:10 AM	Arrive at cirque lake below Lewis Glacier (9,200').
	11:10 AM	Arrive at false summit (10,200'); traverse to true summit by along crater rim or by hiking straight over crater on snow
	11:40 AM	Arrive at true summit! (10,358')
	12:15 PM	Depart summit
	12:45 PM	Regroup on false summit before beginning descent
	1:15 PM	Regroup at cirque lake
	1:45 PM	Regroup above Moraine Lake
	3:45 PM	Arrive back at trailhead. Gather for Summit Certificates
	4:30 PM	Drive home (or camp and spend another awesome day in the Cascades!)

Required Equipment Checklist:

These are the minimum items you will need to be prepared for a safe South Sister trip. This is a guide only. Optional but recommended items are noted. Each climber is responsible for his or her own gear.

Ten Essentials:

- Compass and GPS Unit (GPS is optional)
- Sunglasses and Sunscreen
- Extra Clothing – bring a puffy or fleece for the summit or an emergency
- Headlamp w/ Extra Batteries
- First-Aid Supplies
- Fire Starter/Waterproof Matches/Lighter
- Repair Kit/Tools/Whistle
- Knife

Additional Items:

- Lunch and snacks for a full day. Bring emergency food as well.
- 2-3 Liters of Water
- Knit or wool hat
- Sun Hat/Bandana (optional)
- Layered Clothing. No Cotton.
- Fleece and/or puffy for the summit or if there is a change in weather
- Lightweight Gloves
- Lightweight Waterproof Jacket and/or Pants, in case of rain
- Hiking boots
- Gaiters (optional, but good for scree)
- Trekking Poles (optional)
- Other Personal Items as necessary (Toiletries etc)

If Camping at TH:

- Car Camping Gear (if staying at Devil's Lake TH the night prior)
- Additional food (dinner, extra snacks)
- Extra water

Reference/Maps:

- Summit Post: <http://www.summitpost.org/south-sister/150455>
- Oregon.com - <http://www.oregon.com/recreation/south-sister>
- Climbing the Cascade Volcanoes, Jeff Smoot
- 100 hikes in the Central Oregon Cascades, William Sullivan

Cancellation or Emergency:

Cancellation: In case of inclement weather, forest fire closures, etc., the final decision to cancel the climb will be made by 6 pm on Thursday, August 10. Contact Theresa Conley for further information.

Emergency Contact Info: Deschutes County Sheriff (Search & Rescue) 541-388-6502

CHEMEKETAN CLIMB REGULATIONS

The climber agrees to pay for the climber's own medical and/or rescue expenses, whether or not authorized by the climber in the event of accident or illness.

Guests must provide to the trip leader a signed RELEASE FROM LIABILITY AND ASSUMPTION OF RISK, available at the meeting location.

The climb leader reserves the right to refuse to allow anyone to participate in the climb if the leader believes that the person is not adequately prepared for the climb.