

Women's-only backpacking course

If you've wanted to try backpacking, join the TRTA for the Women's Backpacking 101 course.

Led by volunteer Tahoe Rim Trail Association guides and experienced backpackers Ellen Goldsmith and Sue Henson, this class will introduce the basics of backpacking, trip planning, how to pack, bear awareness, campsite selection and set up, meal preparation and Leave No Trace principles.

Beginning backpackers are welcome, but should be able to hike at elevation with a 20-30 pound backpack. Participants must provide their own gear, food and clothing. Gear can be rented for a small fee from the TRTA or outdoor stores, such as REI. A gear list will be sent to participants.

This course will start with a review of participant gear. The guides will assist in fitting participants with their packs for best performance. Participants will follow the Tahoe Rim Trail through Big Meadows toward the western shore of Dardanelles Lake for an overnight camp. The total mileage for two days is 8 miles.

Dates-times: 10am Sept. 18-2pm Sept. 19

Meeting place: Big Meadows Trailhead

Cost: Free

For more information, and for prerequisites for this course, call the TRTA office at (775) 298.0238 or email programs@tahoerimtrail.org.