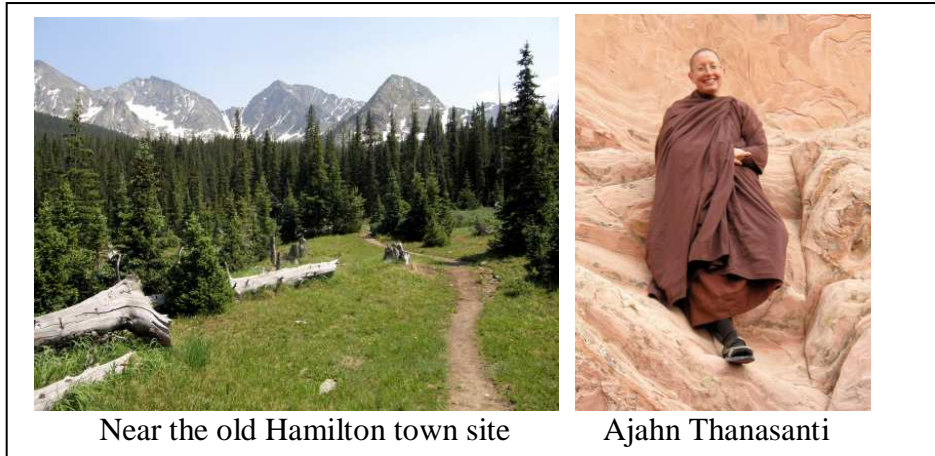




(AwakeningTruth.org)

BackPacking/Camping/Hiking Retreat with Ajahn Thanasanti Meditate in the High Mountain Wilderness of Colorado August 21-24, 2009



Near the old Hamilton town site

Ajahn Thanasanti

Ajahn Thanasanti will lead an insight meditation retreat in the Colorado Wilderness. Insight meditation is a simple and direct practice—the moment-to-moment investigation of the mind/body process through calm and focused awareness. Liberation from suffering occurs with letting go. The retreat will be an opportunity to bring compassion, mindfulness and clear understanding into the mind/body process releasing fear associated with letting go and resting in a natural awareness. Joy, inner contentment and confidence are the fruits of release and rest. This leads us to the realization of the heart's freedom and its unshakable peace.

The retreat will be in the Colorado's Collegiate Peaks Wilderness northwest of Buena Vista and southwest of Leadville. We will pack in 1.5 miles with a 350 foot elevation gain (3.2 miles, 700 foot elevation gain from the Passenger Car Parking Lot) and camp at the old Hamilton town site at 10,850 feet above sea level. This trip will be suitable for beginning backpackers. Even though the distance is short it will be important to have the proper gear.

We will have times of silence and meditation, using the simplicity of the environment as a part of the practice. Day hikes to several locations will be possible, such as Lake Ann, a pass on the continental divide and a rock glacier.

The food planning and preparation will be a group responsibility. A food planning meeting will be held prior to the retreat. One possibility is that one or more person(s) take responsibility for planning, acquiring and carrying in the food for one meal. The details will depend on how many are attending.

Even though we will be less than 2 miles from the trail head, this trail head is effectively already in the wilderness. We will be 30 miles from the nearest town with services. We will be camping and hiking at an altitude of **over 2 miles above sea level**. Available oxygen is 30% less than at sea-level. This may be an issue for those not from Colorado or acclimatized to altitude. Day trips from the camp could involve over a thousand feet elevation gain to elevations near or above 12,000 feet. While days are generally warm, nights can be quite chilly (frosts are likely). Also be prepared for afternoon and evening thunderstorms including rain and hail. Tents, warm sleeping bags and warm clothing are a necessity. Everything brought in must be carried back out.

This trip will abide by the Leave no Trace ethic, please familiarize yourself with what this means, see http://www.fs.fed.us/r2/psicc/recreation/general_recreation/trace.shtml. We will bring stoves for cooking.

Access to Winfield, Colorado

From Denver - 133 miles

Go west on I-70 to near Copper Mountain Ski Area (78 miles). Exit interstate on to Colorado Highway 91 and continue south to the US 24 junction just north of Leadville (23 miles). Take US 24 from just north of Leadville to the Clear Creek Reservoir (CR 390) turnoff just south of Granite (20 miles). Follow CR 390 past Vicksburg to Winfield (12 miles).

From Colorado Springs - 121 miles

Go west on US Highway 24 to the Clear Creek Reservoir turnoff (CR 390) 15 miles north of Buena Vista (109 miles from Colorado Springs). Follow CR 390 past Vicksburg to Winfield (12 miles).

Meet at Winfield, CO on the morning of August 21, pack into the campsite and get set up by mid-afternoon. Retreat would end about noon on Monday when we would pack up and hike back out.

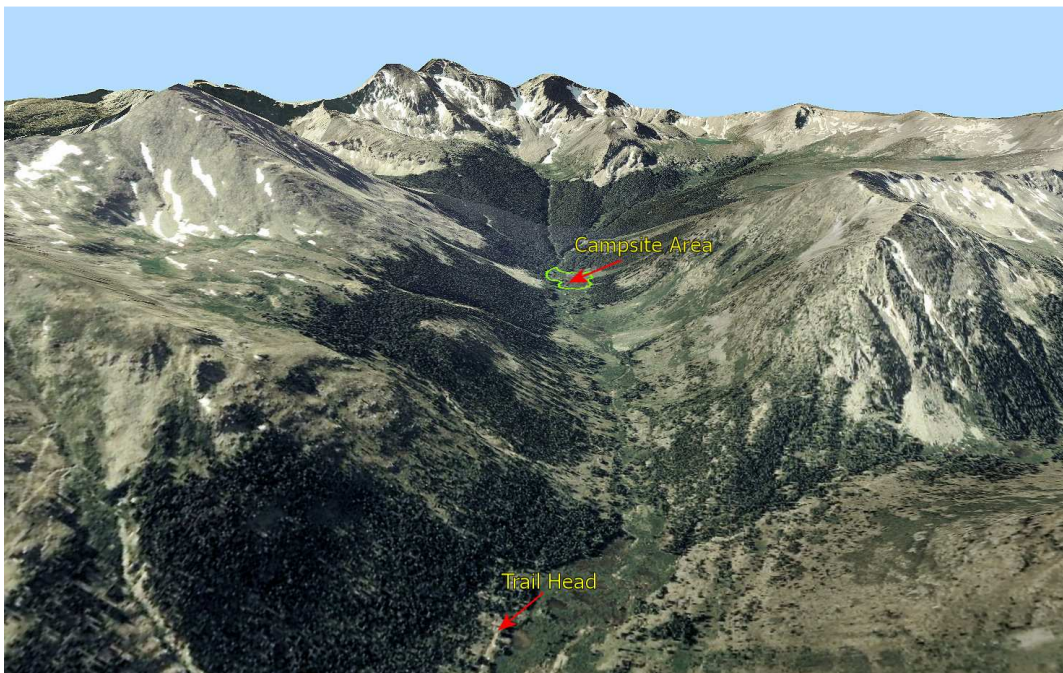
There is a parking lot just south of Winfield for passenger cars. Bring your high clearance vehicle if you have one, so that we can transport everyone another 1.7 miles to the trailhead at the wilderness boundary.

For more information contact:

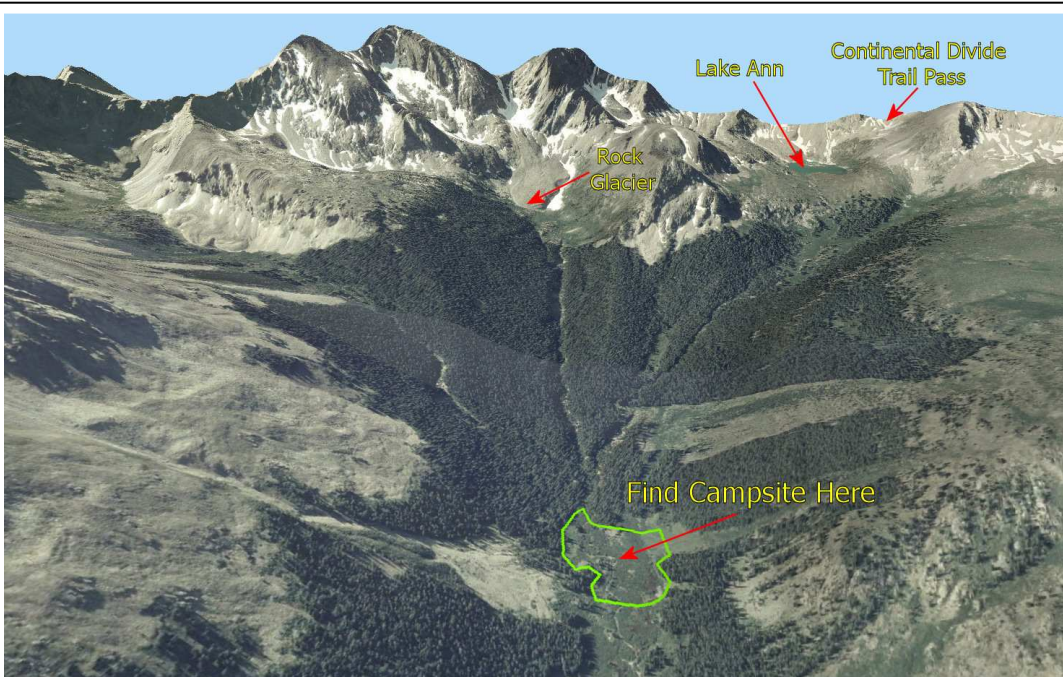
Don Burrows

donburrows@comcast.net

719-528-3979 evenings and weekends



The trail head as marked is accessible with high-clearance vehicles. Area outlined in green is the old Hamilton town site. No trace of the town remains. This is where we will look for a camp site.



Day trips can be made into the rugged high country around the Three Apostles. Two trails diverge at Hamilton. One is the Continental Divide Trail which heads towards Lake Ann and over a pass to the Texas Creek area above Taylor Park. The other is a climber's trail that goes to the rock glacier and can be used to climb Ice Mountain (the central mountain of the Three Apostles).