BPX is always looking for awesome CMC Trip Leaders from ALL CMC groups interested in expanding their backpacking options. The definition of "miles" is different based on your region, neighborhood, or trail. Just one mile of hiking in the mountains doesn't feel the same as one mile of walking around the house or downtown, so don't forget to consider the other factors.

Elevation is a major factor in determining the difficulty of a backpacking trip. For example, a trail that gains 2,000' elevation in a day is more challenging than one that gains 1,000' the same day. Some trails may have very steep ratings, while others may be more moderate. Many factors need to be taken into consideration when choosing a backpacking trip, including distance to the trailhead, distance and elevation gain, and water sources.

Elevation Gain is the total vertical distance you climb from the start of the trail to the end. For example, if you climb 1,000' and then descend 500', your total elevation gain is 500'. The total distance and elevation gain are important factors in determining the difficulty of a backpacking trip.

Many of us make the mistake of looking at just the distance/day: "hey, I walk 6 miles around my neighborhood all the time, so backpacking 6 miles a day is no problemo". But elevation is a major factor in determining the difficulty of a backpacking trip.

There are several types of elevation measurements, so it is important to know the type of measurement being used. For example, some measurements are based on the change in elevation from the start of the trail to the end, while others are based on the change in elevation from one point on the trail to another. Some measurements are based on the change in elevation from one point to another, while others are based on the change in elevation from the start of the trail to the end.

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BPX TRIPS OF THE WEEK

- Winter Camping Burning Bear Trail
  - Start: March 10
  - End: March 11
  - Distance: 7 miles
  - Elevation Gain: 1,000'
  - Max Elevation: 9,972'
  - Campsite Elevation: 10,755'
  - Temperature: 22 degrees daytime high (Day 2), 30 degrees daytime high (Day 1)
  - Equipment Requirements: None

There is still one more chance to camp out in the wild without having to worry about bears, bugs, or equipment. This trip is perfect for those who want to experience the beauty of the winter wilderness while staying warm and dry.

There will also be a short presentation by the BPX Committee about how to sign up for BPX trips as well as a Q&A session. This is a great opportunity for BPX members to learn about the organization and its goals.

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