



Red Dihedral on the Incredible Hulk

The Red Dihedral is one of the classic great hard climbs of the Sierra Nevada. The peak is a huge cleaver of pure white granite split by numerous crack systems that recalls Yosemite Valley rather than the typical high Sierra. The cruxes are crack climbing rather than face and as such require technique rather than brute strength.

The first ascent of this route was by three 1970s Yosemite, Dale Bard, Bob Locke and Mike Farrell. They originally named the route Ygdrasil after the mythic ash tree of Norse mythology. But it has since become best known as the Red Dihedral – probably because no one could spell or pronounce Ygdrasil.

We also combine this route along with The Third Pillar of Dana into our Third Hulk Linkup giving two of the best hard climbs in the Eastern Sierra in three days.

Meeting place and time: We will meet at the Forest Service Visitors Center in Bridgeport at 10.00 a.m. This is located on Highway 395 just south of where town starts.

Itinerary: Day One: We will meet in Bridgeport, do a thorough pack and equipment check and distribute group gear before packing up and heading for Twin. The approach starts off in the campground at Twin Lakes, a weird little place with lots of signs saying "Do Not..." But we leave all this quickly behind and take the well-maintained Barney Lake Trail for about an hour or so. We then enter the dreaded beaver swamp but after having done this enough we know the best way around the swamp, but during early season peak flow it can still be an issue and we some times take a spare pair of shoes for the crossing. From here there is a climbers trail that comes and goes but gains the less than 2,000 feet to the base of the Hulk. The last bit of the approach involves some irritating talus and brush but considering it's less than four hours from the car to camp we're doing OK. Camp is a beautifully flat sandy platform barely 20 minutes from the start of the climbing. Water can sometimes be an issue here so for late season falls we need to camp a little lower.

Day Two: This is going to be a big day so we start early. The first few pitches are always in the shade so we dress warmly. Things start easily with some 4th class with a few hard moves. But the angle steepens and the hard moves get closer together and we get into 5.9 terrain and small stances. The crux is pitch four – the Red Dihedral pitch. The first 100 feet are sustained 5.9 with nothing harder - and nothing easier. One foot jammed in the crack, the other smeared out on the face or searching for small face holds. The crux comes just before the belay and involves a long reach to a good hold. The hard part is getting the feet high enough to make the move. A reach to the right, pull up and suddenly it is 5.7 to the belay and you barely have time to get too pumped and worked up about it all.

By now we should be in the sun and warming up. We encounter great cracks with good ledges and resting places as we continue up to the summit ridge. But we are not done yet and after an easy 3rd class traverse we have a grainy 5.8 pitch and then a tight chimney to squeeze through just below the summit. The summit it's self is a perfect pointed block with barely enough room to sit. Open the summit register and there is even an "Incredible Hulk" superball.

The descent takes us down the south ridge via one long rappel and then we downclimb a gully and talus back to the base and our gear. We generally do the descent in our rock shoes to avoid carrying an extra pair of boots up the route. A little pain in the toes to be sure, but it is over quickly. Expect 8-10 hours on route and an hour back to camp where we'll rest a bit and hike out, which should take less than three hours back to the store at Twin Lakes and refreshments.

Dates and Prices: Check the latest brochure, call us or go to our web site for dates and rates. Should minimum participant numbers not be reached you will be given the option of paying our private rate, rescheduling, or cancelling. Price includes guiding, permits, all necessary group climbing gear, tents, kitchen gear and breakfasts, lunches and dinners (you bring hot/cold drinks and snack items). Scheduled dates include USFS trail fees. Private programs do not.

Ratios: This is a long climb so we keep the ratio of one guide to two participants to ensure speed and efficiency climbing.

Notes and other information: The best guidebooks are Supertopo's "High Sierra Climbing" by Chris McNamara. and Peter Croft's "The Good, The Great, and the Awesome". Get them from Maximus Press. <http://www.maximuspress.com> We highly recommend that you spend at least one night at moderate altitude (higher than 8,000') just prior to the trip. Spending a night in Mammoth or camped in the Bridgeport area would do the trick. Please refer to our Planning for Success info sheet for more info.

We have to pay the Mono Village and overnight parking fee of \$5.00 per night.

Prerequisites: You need to be able to comfortably climb 5.9+ hand cracks and have done long multi pitch climbs before. This is a physically demanding trip and you should be in good condition and have the ability to traverse broken uneven slopes with a 40 pound pack. There is quite a bit of 5.9 on the route so technical climbing proficiency is a must. The Third Pillar of Dana route would be a good warm up and would let you know how you stand for this climb.

Equipment List for the Red Dihedral

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment and if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements. Items on the list with an * may be rented from SMC.

Climbing equipment

- Carabiners*. Two locking carabiners (Screwgates are better than twist lock style & are easier to manipulate).
- Belay/rappel device*: An ATC type.
- Harness. * An adjustable type such as a Black Diamond Alpine Bod works best.
- Helmet. New models such as the Petzl "Helios" or the Black Diamond Half Dome are comfortable and light weight. We provide these for the program. .
- Comfortable rock shoes sized large enough so that you can wear them all day.

Other essentials

- Footwear. This is always a hard one. You want a pair that will provide adequate support while hiking with a pack into camp. But you also need some that are light enough to put in a pack and carry up the route for the descent. Lightweight tennies are too light; a heavy mountaineering boot too much!
- Camp Shoes. A lightweight pair of tennies or Tevas to wear in camp. This will reduce vegetation damage at our campsites.
- Pack*. A 4000 cubic inch will hold everything for the backcountry. Internal frame packs are recommended for their comfort and balance when climbing. A pack that allows plenty of compression allows it to be carried on climbs without the need for a smaller day pack. The Gregory Makalu or Reality are about the right size. You will need a smaller day pack if your big pack won't compress adequately.
- Climbing pack. A separate pack is a must.
- Sleeping Bag. Most summer trips are warm and a bag rated to about 25° will be plenty warm enough except in the spring and late fall.
- Sleeping pad. A 3/4 length Ultralight thermarest paired with a Ridgerest foam pad is the best combination. If you bring a Thermarest also bring a repair kit to fix pesky leaks.

Clothing:

- 2 pair synthetic liner socks.
- 1 pair heavier synthetic or wool blend socks
- Gaiters-usually required only on spring trips.
- Long underwear top and bottom.
- Warm pants. Tights or Expedition weight Capilene.
- Warm shirt. Synchilla or 200 weight works well.
- Another fuzzy sweater top or pile jacket of some sort.
- GoreTex Jacket and Pants - A lightweight set is sufficient and heavy bulky rainwear is unnecessary. Side zips on the pants should be long enough to slide on over boots. Jacket must have a hood. Do not skimp on your rain gear.
- Shorts for on the trail.
- Tee shirt for on the trail.
- Polypropylene or similar gloves and shells.
- Warm hat.
- Sunhat.

Etc.

- Sun glasses. Good quality with side shields.
- Water Bottles. Two quart (1 liter) wide mouth bottles and or a hydration system holding up to 50oz. (2 liters).
- Headlamp. With a spare set of batteries.
- Iodine for water purification.
- Eating and drinking equipment. Forget the traditional Sierra cup, instead use an insulated backpacking mug, with a lid. This can double for a bowl. Fork and spoon.
- Pocket knife. Swiss army style.
- Personal toiletries. It is not necessary to smell like a rose each day so do not over do it. Remember toilet paper and a small zip-lock bag to carry out the used in.
- Sunscreen and lip screen. SPF 30+. A 1oz. bottle will be enough. Make sure the lip stuff actually contains a sunscreen.
- Bug repellent. Only needed in the early season.
- Personal Medical Kit. The guide will carry a large kit so yours will predominately consist of foot repair items, mild pain reliever such as Advil and bandaids.
- Camera, film, spare battery.
- Plastic Trash Sac. Handy for keeping gear in outside the tent should it rain.
- Optional reading material etc.
- Ski poles. These are not essential, but can be handy on the trail. It is your choice, but they do save the knees.

Food

- We will provide breakfast, dinner and lunch but bring some snack items like cliff bars, power bars, gorp concoctions. A days worth for most people would be 2 bars, 3 ounces of gorp, and perhaps a candy bar. Don't over do it.

Shared Equipment Provided by SMC

- Shelter. We will provide lightweight, storm worthy tents. If you have your favorite, by all means bring it, but we do want to pair people up where possible to reduce weight.
- Stove. We provide MSR Whisperlite stoves.
- Cookwear.
- Water purification. A sad but true fact of life is that much Sierra water is contaminated. Iodine may be used individually or the group can carry a pump style purifier.

You specifically don't need

- ⊗ Cell phones. They rarely work in the mountains anyway.
- ⊗ Big first aid kits (we have a comprehensive one).
- ⊗ Deodorant or any toiletries beyond those listed above.
- ⊗ Items that are not on this list.