

GHOST RANCH



Workshop ID: G190738

Start date: Sunday, July 21, 2019 (check-in after 3 p.m.)

End date: Saturday, July 27, 2019 (check-out by 10 a.m.)

Welcome to Ghost Ranch Hiking, Writing, and Yoga 2019!

We like to call our week together "the High-WaY." It's got the right letters to represent what we do and it also suggests an elevated passage in the Piedra Lumbre. The days will be sunny, temperature around 80, with a chance of monsoon in the late afternoon. The moon will be waning, promising a dark sky with a million stars at the end of the week. Once you're off Highway 84, give a wave to Pedernal, O'Keeffe's beloved flat-top mountain. Time to bend and open the mind, move the body, and breathe. This will be our eleventh year of co-leading GR HWY. We are so glad you signed up! See you on Sunday, July 21st after the all-ranch orientation. We'll gather outside the dining hall on the picnic benches beneath the cottonwoods.

In the meantime, here are some things to keep in mind.

Ghost Ranch headquarters is at 6500 feet. We'll be gaining additional elevation as we hike. If you can get to the area a few days ahead of time to acclimate, that is wonderful. If not, don't worry—we'll start with easier hikes and work our way up as the week goes along. It is imperative that everyone be capable of hiking on uneven terrain (including scrambling on loose rock) for several hours. Don't wait to get fit until you get to the ranch. Use your upcoming week at Ghost Ranch as your motivation for fitness.

Hiking-Writing-and-Yoga— Every day will include some of each. Our daily itinerary will be provided at the beginning of the week and will follow the traditional ranch schedule (9-noon and 7-8:30) most days. On Friday we will have a longer hike, leaving a bit earlier and arriving back early or mid-afternoon, taking sack lunches from the dining hall. If you have kids in the youth program, we can provide guidance on either finding coverage for them or using the time to enjoy another activity. In addition, we may offer a sunrise hike, a public reading for those who wish to share work, and afternoon yoga. On Friday night, we are invited to share a vinyasa as part of the energetic, all-ranch Gospel concert.

I may be reached at donabolding@gmail.com if you have questions about hiking or generally about the coordination of the week. Contact Joan at joanlogghe@gmail.com with concerns about writing and Susan at susankweber@icloud.com with yoga questions.

An optional field trip to consider will be an off-ranch visit by private cars on Wednesday afternoon, July 24th, at the Abiquiu home studio of award-winning historian and novelist Lesley Poling Kempes (<http://www.lesleypoling-kempes.net>) and her husband, ceramicist and sculptor Jim Kempes. Lesley's latest book, *Ladies of the Canyons*, is a great introduction to Carol Stanley, the woman who founded Ghost Ranch. She also wrote the histories, *The Harvey Girls*, *Ghost Ranch*, and *Valley of Shining Stone*. Jim was the head of ceramics at Ghost Ranch for decades. His pottery will be for sale.

Check out the suggested packing lists below and start dreaming. See you in July!

Dona

LISTS!

HIKING: Think Comfort and Protection

Prepare for sun, rain, heat and cool weather.

Layers. Packable, lightweight jacket

Hats! Bandanas. Sunglasses.

Daypack with reservoir for water (Platypus, Camelback, or liter bottles)

Hiking poles **STRONGLY** encouraged. We will train you if you haven't used them.

Well-fitting, comfortable hiking footwear—hiking or Wrights double layer running socks and boots or trail shoes, well broken in.

Sun-protective clothing (Ex Officio long sleeves, long pants recommended for all hikes (cacti! dirt!) Think like a ranch hand—do they wear shorts out on the range? On the other hand, no jeans. Cotton discouraged—select wicking, lightweight fabrics. You can find hiking attire at REI or other outdoors stores and also on THREDUP, the online thrift store, or Savers in Santa Fe. No need to break the bank.)

Personal first aid kit (including prescription medication, mole skin, and standard first aid)

Rain gear (poncho, lightweight rain pants if you have them, and/or rain jacket with hood),

Snacks—Clif or Luna Bars.

Whistle.

Bring your compass if you have one.

Take a look at the concept of the Ten Essentials. Your hiking leaders will have a supply of all of them. https://en.wikipedia.org/wiki/Ten_Essentials

Please come in excellent health, fit, and prepared to walk several miles per day at this high elevation. There is some scrambling on loose rocks and climbing up/over boulders to be expected. No experience necessary but start building endurance and strength now.

YOGA: mats provided but bring your own if you like. Comfortable, stretchable clothing for yoga.

WRITING: journal and pen

Leisure time on the ranch: swimsuit, beach towel, shorts, shifts—whatever makes you happy!