

# THE AMAZING ALPINE TUNDRA: A LAND OF EXTREMES

JULY 10, 2020

**COURSE LEVEL: II COURSE #: S3004**  
**FEE: \$80 PER ADULT AGES 16 AND OLDER**



**Rocky  
Mountain  
Conservancy**  

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**FIELD INSTITUTE**

**INSTRUCTOR: CYNTHIA LANGGUTH**

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**LOCATION: Rocky Mountain Conservancy – Field Institute & Conference Center**  
**1895 Fall River Road, Estes Park, Colorado**

**TIME: 8:00 AM – 4:30 PM**

## **COURSE DESCRIPTION:**

“The combination of heavy snowfall, bitter wind, low temperatures, and mountainous topography in alpine areas creates the most severe climate in the world,” writes alpine researcher Joyce Gellhorn in her book *Song of the Alpine*. Yet among these extremes, a surprising diversity of life has found ways to survive and thrive. This course will explore the climate and topography that combine to shape this incredible ecosystem, and the amazing strategies alpine plants and animals use to make this their home.

## **COURSE LEVEL: II**

The class will include walking more than a mile on rolling terrain.

**Note: This class will be held all day on the tundra at elevations exceeding 11,000 ft.**

## **BRIEF INSTRUCTOR BIOGRAPHY (additional information available at [www.RMConservancy.org](http://www.RMConservancy.org)):**

Cynthia is a Park Ranger in Rocky Mountain National Park and manages the Alpine Visitor Center. The alpine tundra is her happy place and she has spent the last ten years learning about all the amazing nuance that makes up this extreme community of life.

**EXPECTATIONS:** Professional conduct will be expected from participants at all times. Individual ideas will be respected. Except during course breaks, cellular phones, pagers, and personal entertainment devices are strictly prohibited in the classroom and during field sessions.

**CAR-POOLING:** Rocky Mountain Conservancy - Field Institute courses utilize car-pooling to limit vehicles traveling into the park. Car-pooling makes it easier to keep the group together, reduces transit time, and allows courses greater access because fewer parking spaces are required at destinations. In addition, it provides an opportunity for participants to discuss course material in small groups during transit. Typically, a few participants from each course volunteer the use of their vehicles for car-pooling to course locations.

## **TENTATIVE COURSE SCHEDULE FOR EACH DAY:**

8:00 AM	Welcome/Introductions
8:30 AM	Travel to field location/Discussion
9:15 AM	Alpine ecology exploration and discussion, plant and animal identification
Noon	Lunch/Discussion
1:00 PM	Continue exploration, move to second location
3:00 PM	Travel back to Field Institute/Wrap-up and Evaluations
4:30 PM	Depart

## WHAT TO BRING:

- Sack lunch, snacks, energy bars, **WATER - MINIMUM 1 – 2 LITERS**
- Notebook
- Warm layers

## REMEMBER TO BRING THE 10 ESSENTIALS:

Rocky Mountain National Park recommends that hikers always carry the 10 essentials in their daypacks.

- Raingear
- Map and compass
- Flashlight or headlamp
- Sunglasses and sunscreen (applied often during the day); sun hat
- Candles
- Matches or other fire starter
- Pocketknife
- First-aid kit
- Extra layers of clothing – including warm layer, jacket, long pants, mittens, and warm hat
- Sack lunch, snacks, water

*Note: Rocky Mountain Conservancy - Field Institute recommends that participants for all courses dress in layers and wear comfortable, sturdy hiking boots/shoes. Participants should be prepared for sudden changes in temperature and weather conditions.*

## RECOMMENDED READING:

*Land Above the Trees*, Zwinger and Willard  
*Song of the Alpine*, Gellhorn

## REFUND POLICY:

Cancellations received at least 14 days prior to the start of a class will qualify for a refund minus a cancellation fee of \$25 per participant for a one-day class, \$50 for a multi-day class, \$5 per kid's class and \$15 per half-day class or bus tour seat. Registration money transferred to another class will be subject to a \$10 switch fee. Cancellations received less than 14 days prior to the start of a class or bus tour will not generate a refund. If the Field Institute cancels a class, every effort will be made to place the participant in another class; otherwise, a full refund will be given.

## TEACHER RECERTIFICATION CREDIT:

Most courses are eligible for teacher recertification credit through the Centennial Board of Cooperative Education Services (BOCES). The fee is \$25 per class (.5 unit) or \$25 per series of threaded courses (1.0 - 3.0 units). A list of threaded courses can be found online at [www.RMConservancy.org](http://www.RMConservancy.org). Participants must enroll in all courses of a threaded series in order to qualify for the \$25 multi-unit fee. Please be prepared to pay for this credit with a check, made payable to BOCES, on the first day of a class or on the final day of a threaded series of courses.