

Trek Aid 103

Camelback High Adventure Backpacking Award



High Adventure Team
San Diego - Imperial Council
Boy Scouts of America



Page Intentionally Left Blank

Contents

<u>Introduction</u>	Page 1
<u>Camelback Award Requirements</u>	Page 2
<u>Where To Go For Your Camelback</u>	Page 3
<u>Suggestions For New Backpackers & Trek Leaders</u>	Page 7
<u>Customs, Courtesies & Rules</u>	Page 8

Page Intentionally Left Blank

Trek Aid 103 Camelback High Adventure Backpacking Award

INTRODUCTION

This Trek Aid provides backpacking information for the Camelback High Adventure Backpacking Award. The name of the award comes to us from original backpackers who said the recommended trails resemble the back of a camel as it tracks up the mountains and down into the desert and canyons. This version is in preference to the rumor that those who complete this award smell like a camel at the end of the backpack.

This award is intended to encourage long distance backpacking (15 or 30 miles) on trails associated with the California Riding and Hiking Trail (CR&HT) in the Southern California/San Diego County area within a two or three day weekend. This Trek Aid describes several sections of the CR&HT and feeder trails that may be used to obtain this award. Originally this award was designed to encourage hiking along the California Riding and Hiking Trail. Over the years many sections of the CR&HT have fallen into disrepair and may no longer be contiguous. This occurred due to changes in private land ownership, lack of state funding and support, trail rerouting, lack of water in some sections and general neglect. Therefore, if you are planning to use several miles of the CR&HT outside of Cuyamaca Rancho State Park or Joshua Tree National Park, check out the trail status before you embark on your Camelback trek.

Trek Aid No. 103 is a publication of the High Adventure Team of the San Diego Imperial Council, B.S.A. Comments, corrections and suggestions are welcome and should be addressed to:

Chairman, High Adventure Team
San Diego - Imperial Council, B.S.A.
1207 Upas Street
San Diego, CA 92103



Camelback Award Requirements



Hike in a State Park patch



Hike in a National Forest patch



30 mile Camelback Medal



60 Mile camelback patch



15 and 30 mile footprints

1. Take a backpacking trip along any existing section of the California Riding and Hiking Trail in Southern California, including sections in Joshua Tree, Cuyamaca Rancho State Park, Anza-Borrego State Park or in the Cleveland National Forest. The Pacific Crest National Scenic Trail (PCT) within the areas above may be used in conjunction with other trails, but not alone since the PCT has its own award.

The backpack shall be:

- a. An overnight backpack of at least 15 miles or 7 ½ hours scheduled backpack time on two consecutive days with the night's camp no closer than 2 hours of scheduled backpack time from the trailhead or pick-up point.

or

- b. A backpack of 30 miles or 15 hours scheduled backpack time in not less than 3 consecutive days with the night's camp closer than 2 hours scheduled backpack time from the trailhead or pick-up point.

(Scheduled Backpack Time: The time actually backpacking along the primary trail. It does not include snack stops, fishing, meal stops, overnight camping or similar types of stops.)

2. Each person shall, as part of a group project, complete 1 hour of conservation work to improve the trails, campsites, the area or Scout Camp. The project shall be completed during or within one month of the backpack. The awards shall not be applied for until completion of the conservation project and shall not be presented to anyone who fails to complete the project.

NOTE: Trail work, except cleanup, must be authorized by the Area Ranger, the trail foreman or by the High Adventure Team Trail Boss Chairman or his authorized representative.

3. Comply with all the GENERAL REQUIREMENTS listed in Trek Aid No. 100.

4. The Camelback High Adventure Awards are:

- a. The Camelback Awards are given for the total number of miles accumulated for each participant including miles from previous Camelback trips.

Backpack Mileage	Previous Miles	Total Miles	Camelback Award
15	0	15	Hike in a State Park* or National Forest*
15	15	30	30 mile Camelback Medal
30	0	30	30 mile Camelback Medal
15	30	45	Hike in a State Park* or National Forest*
15	45	60	60 Mile camelback patch
30	30	60	60 Mile camelback patch
15	60	75	15 Mile footprint
30	60	90	30 mile footprint

* Greater Los Angeles Area Council Patches

- b. Completion of any 30 mile / 15 hour scheduled backpack time shall not be done in less than 3 days unless approved in advance by the High Adventure Team.

Camelback Award Requirements

Where to go for your Camelback

- c. Once the 60 mile Camelback patch has been earned, 15 mile and 30 mile Footprints may be earned for each additional 15 mile or 30 mile Camelback backpack completed. Requirements 1 through 3 above must be completed for each additional Camelback Backpack.
- d. The High Adventure Award Form must indicate the specific award for each participant using either the table above or as additional footprint awards.
- e. Completion of the first and third 15 mile / 7 ½ hour scheduled backpack time overnight camp is eligible for the Greater Los Angeles Area Council “Hike in a State Park” or “Hike in a National Forest” patch.

1. Cuyamaca Rancho State Park

The California Riding and Hiking Trail (CR&HT) runs the entire north-south length of the park. Volunteer groups are working to maintain this section of the CR&HT. The CR&HT going north, out of the Cuyamacas, connects with the Pacific Crest Trail and goes into the Anza-Borrego Desert State Park. The trail south out of the park continues towards Viejas Indian Reservation. Using the many park trails along with the CR&HT, you can easily develop a 15 or 30 mile Camelback.

Camping – There are two primitive camps with water, Granite Springs in the Southeast part of the park and Arroyo Seco in the Southwest part of the park. Prior permission is required to use these two sites. Two state campgrounds, Green Valley in the South and Paso Picacho in the North, have water and showers.

Reservations for the camps listed above can be found here;

https://www.parks.ca.gov/?page_id=667

The Cleveland National Forest surrounds the park and you can wilderness camp in it with the proper permits.

2. Cleveland National Forest

This National Forest is contained in Riverside and San Diego counties. The Pacific Crest Trail runs north-south in the eastern part of the forest and various sections of the CR&HT still exist within its boundaries. There are many connecting fire roads that can be combined with the PCT and the CR&HT to plan various Camelbacks.

Camping – Wilderness camping can be done within forest properties, just make sure you are not on private land that is dispersed throughout the forest. Wilderness permits can be found here;

<https://www.fs.usda.gov/main/cleveland/passes-permits/recreation>

There are also various forest service campgrounds off the highways that traverse the forest. The majority of them are in the Mount Laguna area just east of Cuyamaca Rancho State Park.

Reservations for Cleveland National Forest campgrounds can be found here;

<https://www.fs.usda.gov/activity/cleveland/recreation/camping-cabins/?recid=47396&actid=29>

3. Anza-Borrego Desert State Park

Bits and pieces of the CR&HT within the park can be combined with other park trails. For more information on trails and camping see Trek Aid No. 102, “Desert Backpacking”.

Where to go for your Camelback

4. Joshua Tree National Park

A major portion of the CR&HT runs east-west through the northern section of the park. It provides an excellent 30 mile Camelback trek. See Trek Aid No. 102, "Desert Backpacking" for further information on trails and campsites.

By combining trails from Cuyamaca Rancho State Park, Cleveland National Forest and Anza-Borrego State Park, varied and challenging 15 and 30 mile Camelbacks may be planned. For example;

- A typical 30 mile Camelback would start at El Prado Campground (Sunrise Highway S-1 in the Cleveland National Forest). Head West on Laguna Meadow road to Pine Creek road. Head West on Pine Creek Road to Deer Park Road. Hike North on Deer Park Road to the Cuyamaca Rancho State Park boundary, where you continue West on the East Mesa Fire Road to Granite Spring Primitive Campground. With advance permission you can camp here or continue west on the Harvey Moore Trail. Connecting with the East Side Trail, go north, stopping and visiting the Indian Museum. Continue from the museum on the Upper Green Valley Fire Road until it meets Soapstone Grade Fire Road. Follow the trail signs to the Lake Trail and cross Highway 79 South of Lake Cuyamaca where it makes a sharp right turn. Take the Middle Peak Fire Road and Black Oak Trail around Middle Peak south to the junction with Milk Ranch Road. Follow the Azalea Spring Fire road trail to Azalea Glen Road and Azalea Glen Trail. This will take you to the Green Valley Campground, or you may follow it to Descanso.

[El Prado Campground to Green Valley Campground part 1](#)

[El Prado Campground to Green Valley Campground part 2](#)

NOTE: Hyperlinks have been added to this document where routes have been mapped out, however are not to scale and should be used as reference only when planning for the Camelback.

- For a 15 mile Camelback, you can start at the CR&HT trailhead on S-22 coming out of Borrego Springs (on left, unmarked, starts at the first Anza-Borrego State park sign about 1 ½ to 2 miles from the junction of S-22 and Palm canyon Drive. This is the beginning of the first left-turning curve.). Follow the trail past Culp Valley Primitive Campground and cross S-22. There you pick up the Jasper trail and follow that to Tamarisk Grove Campground for completion of the camelback.

5. Other suggested Camelbacks

15 Mile Round Trip

- Los Caballos campground to Arroyo Seco primitive camp (both in Cuyamaca Rancho State Park) and return – 15 Miles.
- Trail crossing at Sunrise Highway (S-1) to Banner Store Private campground and return – 18.6 miles.
- Catholic Mission Church about ½ mile north of Warner Springs to Indian Flats US Forest Service campground and return – 16.8 miles.
- Pena Springs trail junction at Montezuma Highway (S-3) to Stuart Springs and return – 15.4 miles.

Where to go for your Camelback

15 Mile Point to Point

- Highway 79 South of Lake Cuyamaca where it makes a sharp right turn to Descanso, camping at Arroyo Seco primitive camp. Use junction to Oak Grove Road (blacktop) and Boulder Creek Road for Descanso point – 15.6 miles
- ½ mile north of Chihuahua Road on Cooper Cienega Truck Trail to Warner Springs, camping at Indian Flats US Forest Service campground – 15.0 miles
- North Little Pinion Crest (1 mile south of Highway 78) to Pena Springs trail junction at Montezuma Road (S-3), camping at Stuart Springs – 15.0 miles
- Foot and Walker Pass to Culp Valley Ranger Station, camping at Stuart Springs – 16.1 miles
- Cold Spring to Green Valley campground, camping at Granite Spring Campground – 17.1 miles
From West Mesa parking lot, follow Cold stream trail north to Cold Spring Trail North. Connect with Stonewall Creek Fire Road South. Continue on Eastside trail, Connect with Rock Creek trail East. Connect with East Mesa fire road South to Granite Spring camp. Day 2, head South on East Mesa fire road, follow Upper Descanso Creek trail to Oakzanita Peak. Backtrack to East Mesa Fire road and continue west to Highway 79. Follow 79 North to Green Valley Campground.
[Cold Springs Map](#)
- Lake Cuyamaca to Green Valley campground, camping at Arroyo Seco primitive camp – 15.6 miles
From Highway 79 South of Lake Cuyamaca where it makes a sharp right turn, follow milk ranch road west to Azela Spring Fire road south to Conejos trail. Connect with Lookout road and follow to Cuyamaca Peak, backtrack to lookout road and follow Burnt Pine Fire Road south. Connect with West Mesa Loop Fire Road North, follow to Arroyo Seco Trail to the primitive camp. Day 2, Head South on Arroyo Seco Trail and follow to Green Valley Campground.
[Cuyamaca Map](#)
- Cedar Creek Falls and Three sisters Falls, camping at Three Sisters Falls - 18.8 miles
From Cedar Creek Falls trailhead, follow the trail to Cedar Creek Falls. From Cedar Creek Falls head North on Eagle Peak Road, You will continue on Cedar Creek Road to Three Sisters Falls Trailhead. Follow the trail to Three Sisters Falls. Day 2 Reverse directions back to Cedar Creek Falls trailhead.
[Cedar Creek / Three Sisters Falls Map](#)

You will need a day permit to visit Cedar Creek Falls. It can be found at the following website;

<https://www.recreation.gov/> Search for Cedar Creek Falls

Where to go for your Camelback

- Cedar Creek Falls, Three sisters Falls and Eagle Peak camping at Three Sisters Falls – 14.1 miles (You will need to add 0.9 miles to this trek somewhere to meet the required 15 miles)
From Cedar Creek Falls trailhead, follow the trail to Cedar Creek Falls. From Cedar Creek Falls head North on Eagle Peak Road, You will continue on Cedar Creek Road to Three Sisters Falls Trailhead. Follow the trail to Three Sisters Falls. Day 2, Head North on Three Sisters Falls trail until the intersection of Eagle Peak Trail. Follow Eagle Peak Trail west to the top of Eagle Peak.

[Cedar Creek/Eagle Peak Map](#)

- Green Valley Campground to Willows Road – 16.5 miles
From Green Valley Campground, head West on Arroyo Seco Trail, at the intersection head South along the California Hiking and Riding Trail. At the next intersection head West along King Creek Fire Road, continue on Sherilton Valley Road. At the end of Sherilton Valley Road head South along Boulder Creek Road, at the next intersection head West along Goudie Road. At the end of Goudie Road head South along Conejos Valley Road, at the end of Conejos Valley Road head South West along Old Viejas Grade Road. The trek ends where Old Viejas Grade Road and Willows road intersect.

[Green Valley/Willows Road Map](#)

30 Mile Round Trip

- Old Mission Church in Viejas Indian Reservation to Arroyo Seco Primitive Camp and return – 33.8 miles
- Highway 79 South of Lake Cuyamaca where it makes a sharp right turn to Banner Store Private campground and return – 30.0 miles
- Junction of San Felipe (S-2) and Montezuma (S-3) roads to Indian Flats US Forest Service campground and return – 33.4 miles
- North Little Pinyon Crest (1 mile south of Highway 78) to Pena Springs and return – 30.8 miles

30 Mile Point to Point

- Japutal-Dehesa Road bridge over Sweetwater River (east of Loveland Reservoir) to Los Caballos campground, camping at US Forest Service campground in Descanso – 30.0 miles
- Descanso to Highway 78 crossing at San Felipe Ranch, following regular trail, camping at Los Caballos or Highway 79 South of Lake Cuyamaca where it makes a sharp right turn – 32.8 miles.
- Warner Springs to junction of Terwilliger and Wellman roads, camping at Indian Flats US Forest Service campground - 31.3 miles
- Junction of San Felipe (S-2) and Montezuma Roads to Bailey Ranch House. Camping at Indian Flats US Forest Service campground – 32.5 miles
- Sunrise Highway (S-1) crossing east of Cuyamaca Lake to Culp Valley Ranger Station, camping between Blair Valley and Little Pinyon Crest (NO WATER south of Stuart Springs) – 31.8 miles

Suggestions for New Backpackers & Trek Leaders

If you are just starting to backpack or your unit has little experience in the desert, there are many places to obtain help and guidance. All backpacking treks can be made enjoyable for Scouts and adults alike with training, planning and common sense.

1. Ask your District Executive or Commissioner for help in finding a unit that has backpacking experience. They will be more than willing to help you plan backpack outings and provide needed knowledge. Many will invite your unit to participate in their own planning and outings.
2. Contact your Council's High Adventure Team for assistance. H.A.T. members will help you with your planning and provide information on High Adventure Awards, trails, training etc. They also have a speaker's bureau that will provide a H.A.T. member who will talk and put on a slide show or equipment demonstration at your meetings.
[High Adventure Team](http://highadventure.sdicbsa.org/index.html) <http://highadventure.sdicbsa.org/index.html>
3. Participate in a weekend Unit Backpack Training (UBT) session at Mataguay Scout Ranch. This training is for units under their own leadership and is given by experienced H.A.T. instructors. This is an excellent opportunity for units to learn basic backpacking and trail camping using Council provided equipment. Packs, backpack cooking kits, lightweight stoves and tube tents are issued at the camp. Individuals bring their own personal equipment and clothes, plus lightweight food. Instructors will assist Scouters in planning food and personal equipment. A backpack of about seven miles will be taken. This training is usually the second weekend of the month, except for JUN – SEP, DEC and JAN. It starts Saturday morning and is usually completed by Sunday afternoon. Reservations should be made by calling Council Headquarters or registering online at [Unit Backpack training](http://highadventure.sdicbsa.org/train_unitpack.htm).
http://highadventure.sdicbsa.org/train_unitpack.htm
4. Have the unit's adult leadership complete the High Adventure Leader Training. Adult Scouter leadership training by experienced H.A.T. Instructors is recommended for all units that plan to have High Adventure activities. It will provide you with an excellent foundation for trek leadership, including:
 - a. Planning and organizing treks afoot and afloat.
 - b. Information on lightweight foods and equipment.
 - c. Practical wilderness conservation, trail customs and courtesies.
 - d. Information on the permit systems of public land management organizations.
 - e. Health, safety and trek leadership.
 - f. Information on local trails and the Colorado River.

The basic High Adventure Leadership Training consists of three sessions: one weekday evening, one Saturday and one weekend practical training at a Council camp. The schedules and times may be obtained by calling Council Headquarters or online at [High Adventure Leader Trek Training](http://highadventure.sdicbsa.org/train_haltt.htm).
http://highadventure.sdicbsa.org/train_haltt.htm

Planning, Preparation and Basic Backpacking Information

For detailed information on planning hikes, see Trek Aid 102, Desert Backpacking.

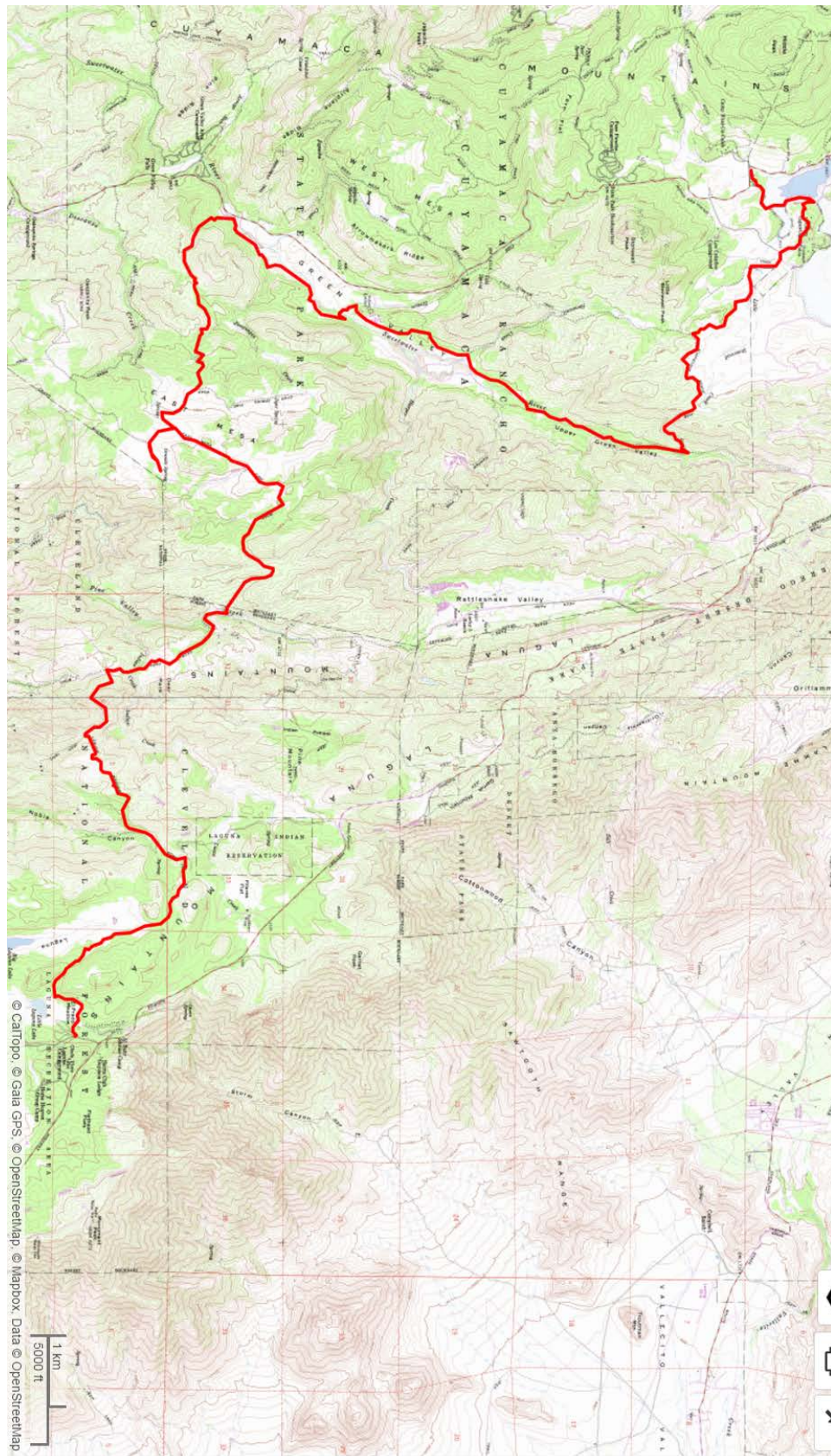
Customs, Courtesies & Rules

“Take only pictures, leave only footprints”. This sums up the Outdoor Code and the conservation principles championed by the Boy Scouts of America. The outdoors is a museum to be enjoyed by you now and for all in the future. Follow the guidelines listed below on all of your trips, be it for a day or a week.

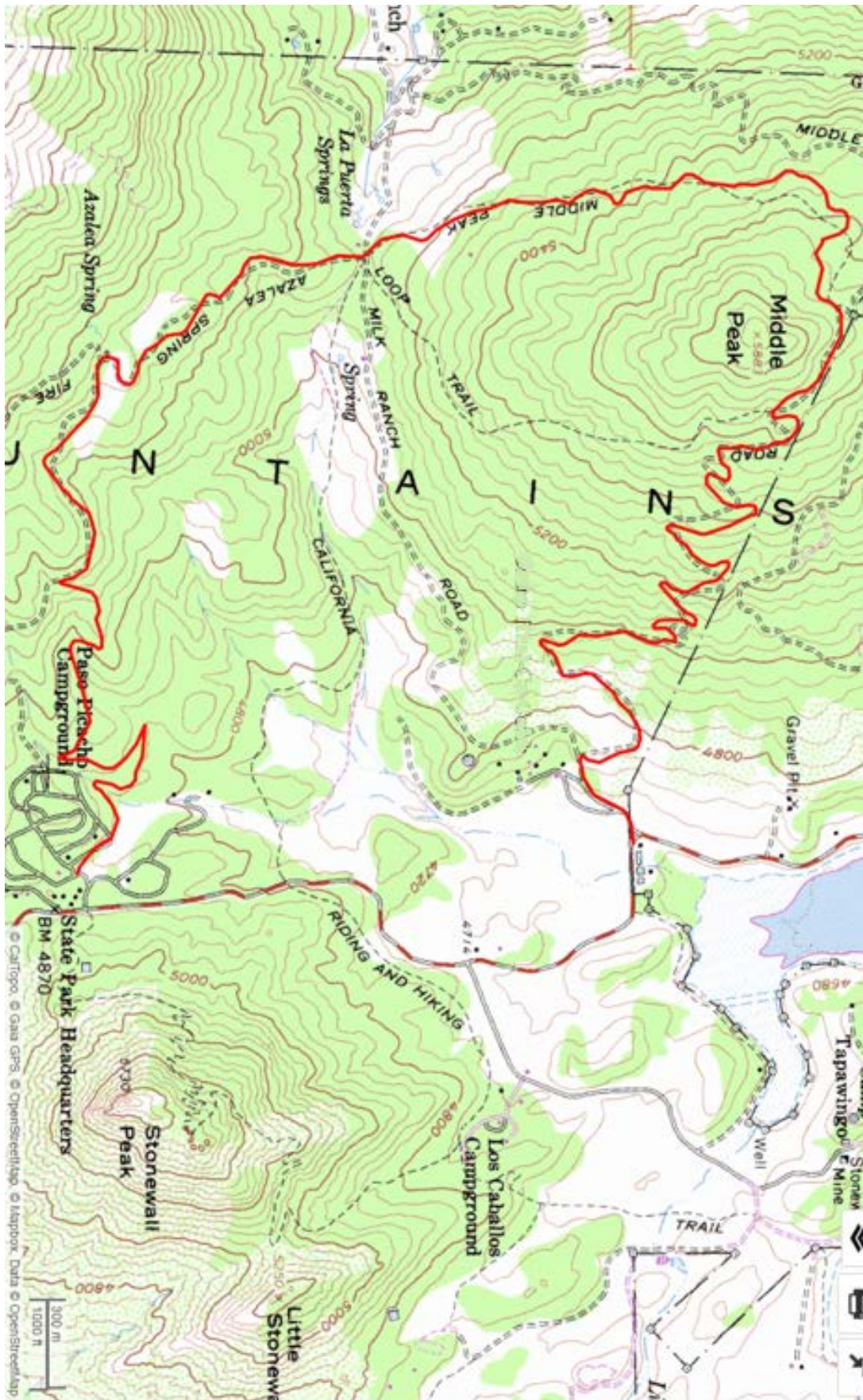
- Leave the trails, campsites and open areas as clean or cleaner than you found them. Do not damage or remove plants, trees, animals or insects. Many are protected by law or could be dangerous to your health and wellbeing. Scars on the land take centuries, even millions of years, to replace. Always practice “no impact” or “no trace” camping and backpacking. Since most areas in the desert parks and national forests are open to camping, leave your camping area such as when someone else comes along they will never know you camped there. Do not ditch around tents and do not “cut” trails. Both practices leave unsightly results and can cause erosion.
- Never enter private property without prior permission. There are mine claims and home sites in many areas of the desert and national forest. Please respect them. Some private areas have armed guards that do not appreciate trespassers.
- Please take care of your human waste and food waste by burying it in a hole 6 – 8” deep. Place the hole well off trails, away from campsites and at least 200’ from any water source. Never burn the toilet paper – it could blow away and start a fire in the underbrush.
- Remember that “A Scout is Friendly”. Let other people pass on the trail when they ask and never block the trails with your pack when you are stopped for a rest or a snack. Horse riders have the right of way on the trail, step off the trail and remain quiet and still. Some horses spook easily, especially when they see a person with a strange “hump” on their back.
- Respect other people’s campsites and their desire to enjoy the outdoors. Do not enter them unless invited. Be mindful of noise pollution by keeping the noise level down and being quiet at night. Others camped around you may want to enjoy the quiet of the outdoors.
- If you are lost, find shade and stay there. Place a large, bright object (spread out tent, ground cloth etc.) out in the open where it can be seen during the day. Do not attempt to hike out, particularly in the heat of the day. Limit all activities to early morning, early evening or night.
- You will need to obtain a campfire permit if you plan on having any open flame. The permit is free and can be obtained online at <http://www.preventwildfireca.org/Campfire-Permit/>

Routes with maps

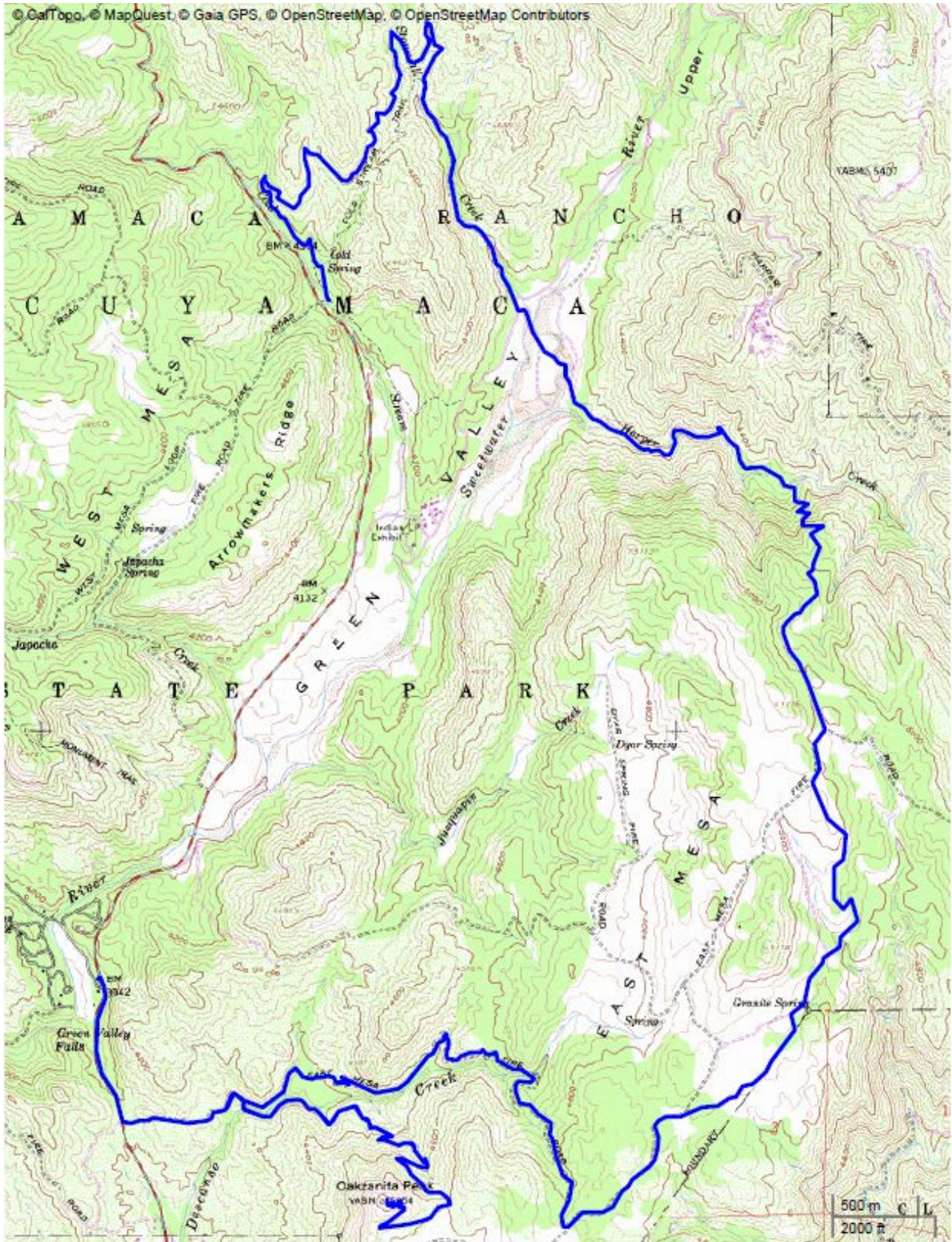
El Prado Campground to Green Valley Campground part 1



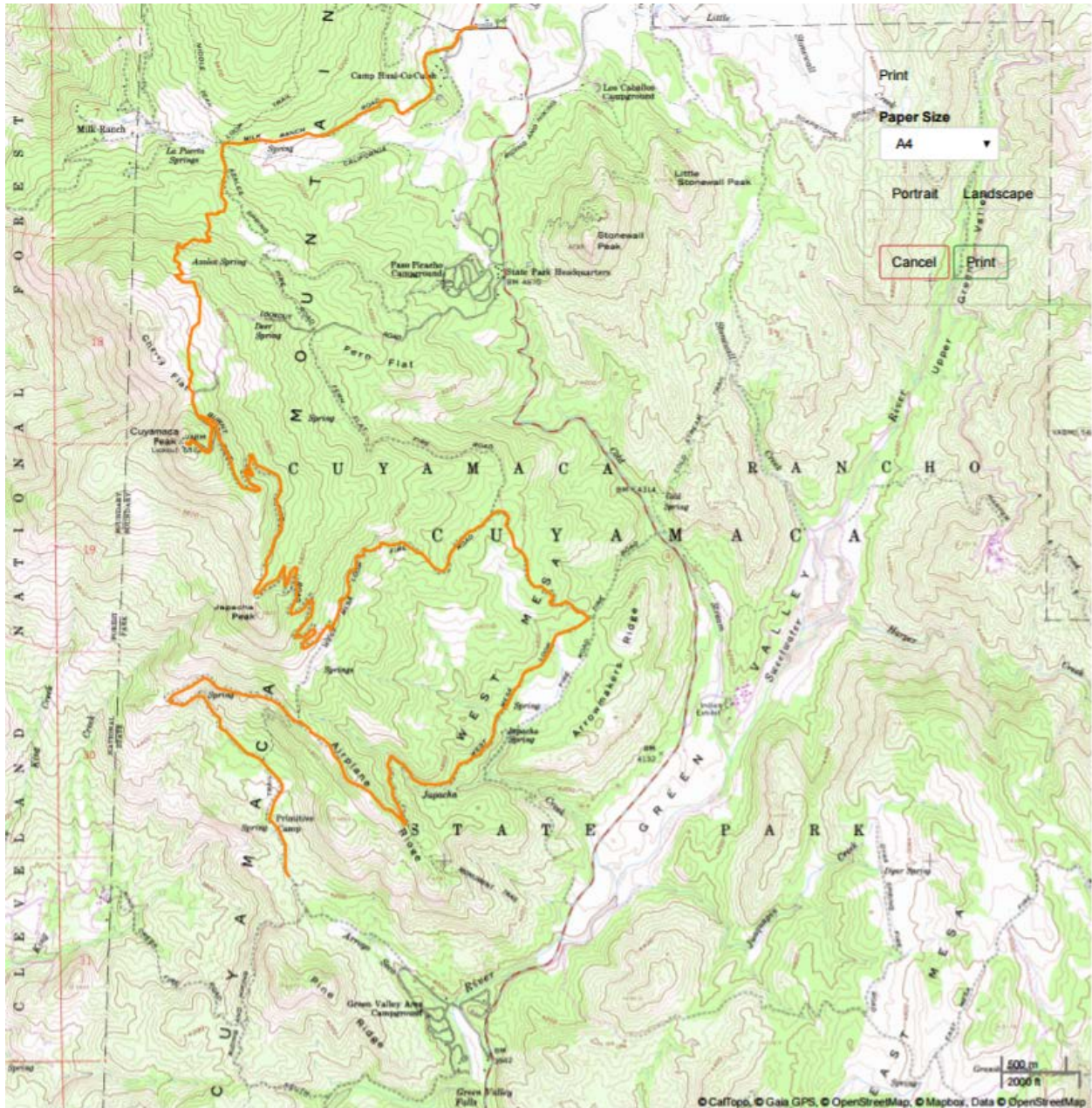
El Prado Campground to Green Valley Campground part 2



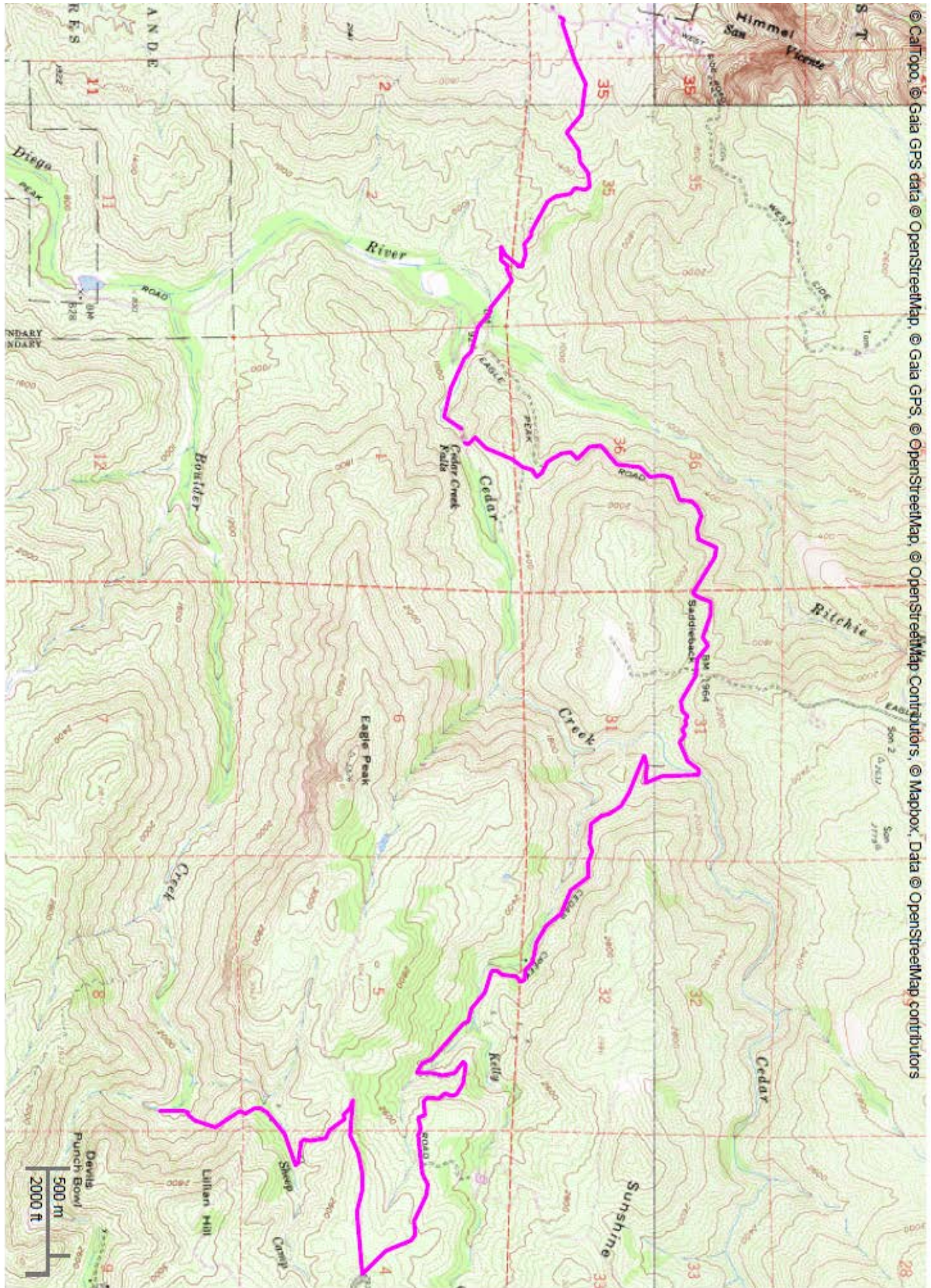
Cold Spring to Green Valley falls



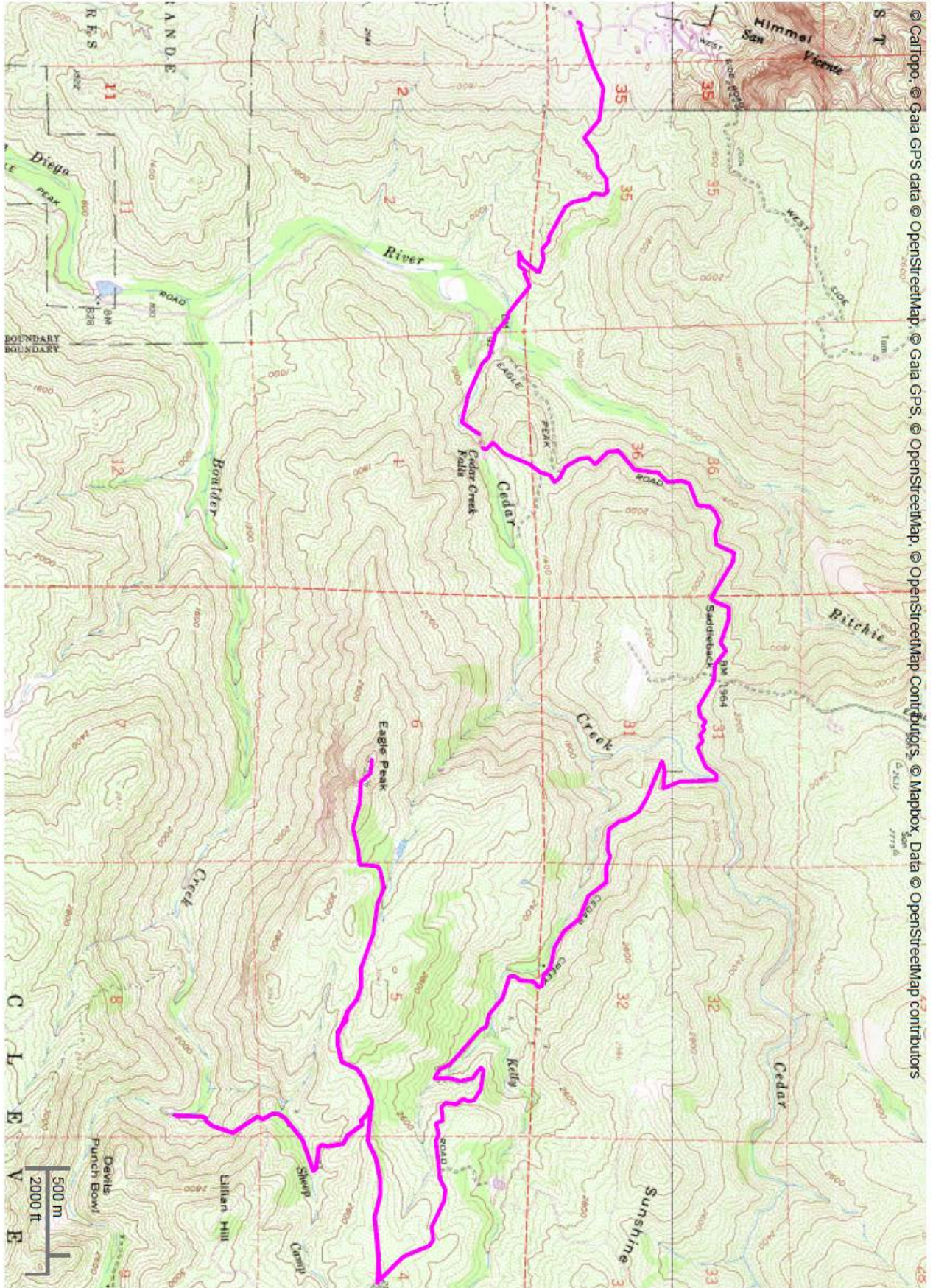
Lake Cuyamaca to Green Valley Falls



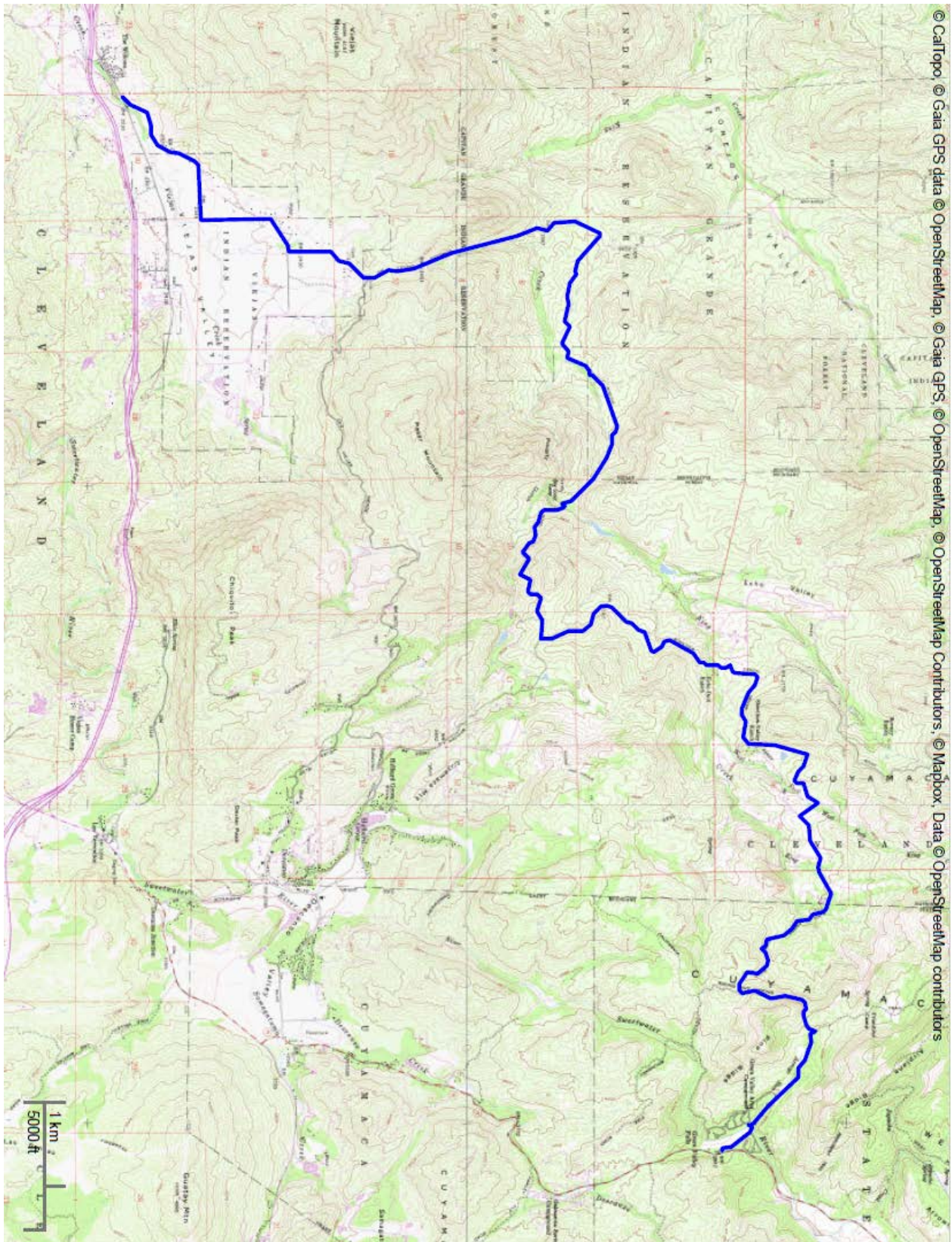
Cedar Creek Falls / Three Sisters Falls



Cedar Creek Falls / Eagle Peak



Green Valley / Willows Road



© Caltopo, © Gaia GPS data © OpenStreetMap, © Gaia GPS, © OpenStreetMap, © OpenStreetMap Contributors, © Mapbox, Data © OpenStreetMap contributors