



SWS Mountain Guides

P.O. Box 988

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Phone: 888.797.6867 / Fax: 877.797.6867

ICE & SNOW EXPEDITION SEMINAR MT. SHASTA, CALIFORNIA



General Description: Our most comprehensive ice and snow seminar introduces climbers to all aspects of snow and ice climbing, glacier travel, and crevasse rescue. From route finding to technical ice climbing, this course offers five days of intense instruction and hands on experience in the glacial environment. Skills to be covered include: ice axe and crampon techniques, ice-axe self-arrest, roped-team travel, running belays, anchors and protection systems, technical ice climbing (front pointing), crevasse rescue, route finding, mountain medicine, alpine weather, nutrition, and expedition climbing! An ascent of Mt. Shasta via a north or east side route culminates this exciting five-day alpine experience. An excellent course to establish a solid foundation in alpine climbing in a snow/glaciated environment.

Location: Mt. Shasta Wilderness Area, Mt. Shasta (14,162 feet).

Itinerary: After meeting at 8:00 am on the first day at our Mt. Shasta office we will conduct a complete pack check and divide up the group gear. We will then carpool to the trailhead on Mt. Shasta's east side (Brewer Creek Trailhead at 7,200 feet) or Mt. Shasta's north side (Northgate Trailhead at 7,000 feet). From the trailhead we will ascend to our high camp at approximately 10,000 feet, with mini clinics along the way with instruction in ice axe and crampon use if needed to get to the high camp. Day two will be spent on a snow field close to camp practicing the more basic skills of ice axe and crampon use, self arrest, rope team travel, and basic snow/ice anchors. We will also be covering such topics as mountain medicine, mountain weather, and route finding. Day three will be spent either on the Hotlum Glacier or Chicago Glacier, practicing ice climbing, crevasse rescue systems, snow anchors, and glacial roped team travel. We will then retire early in preparation for an alpine start (up by 2:00 am) for our attempt of Mt. Shasta's summit. On the fourth day will see us putting our new skills into practice as we attempt to summit Mt. Shasta via either the Hotlum/Bolum Ridge or Hotlum/Wintun Ridge. On day five we will spend the morning reviewing any techniques taught during the week before breaking camp and heading back to the trailhead, arriving by late afternoon for the drive back to the town of Mt. Shasta. **PLEASE NOTE** - This is a best-case scenario. This itinerary is subject to change at the guide's discretion and is dependent on mountain conditions, group experience/expectations, and other factors we cannot anticipate. It is possible that summit day might be on day's 3, 4, or 5!

Food: Group breakfast(s), dinner(s), and hot beverages are included. Please bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc.

Level: Beginner to Advanced Intermediate. Participants should be **good to excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Recent hiking or backpacking experience is highly recommended. Recent snow climbing, rock climbing, or mountaineering experience is recommended but not required. Please call us if you have any questions about this. Elevation gain on this climb is approximately 7,000 feet from the trailheads at either Brewer Creek (7,200 feet) or Northgate (7,000 feet) to the Mt. Shasta Summit (14,162 feet). Our base camp will be between 9,500 – 10,400 feet. If you anticipate a problem with altitude sickness please call and talk to us. We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.



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Dates 2011

June 1-5, 11-15

June 30 - July 4 (4th of July Weekend)

July 18-22

August 3-7, 22-26

September 1-5 (Labor Day Weekend)

October 5-9

Custom dates are available for any group size so give us a call.

Cost: \$895.00* (Guide to client ratio is 1:4. Group size limited to 8.)

*Price includes Mt. Shasta summit fees.

Includes: Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Shasta summit fees. Mountaineering Boots, Snowshoes (early season), and Crampons are **NOT** included, but are available for rent either from SWS Mountain Guides (snowshoes) or locally (boots, crampons, and snowshoes). For more details about equipment please see our equipment list for this course.

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