



## SWS Mountain Guides

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### ADVANCED ALPINE MOUNTAINEERING COURSE

Sierra Nevada, Tioga pass, Inyo National Forest



**Description:** Learn advanced mountaineering techniques in the stunning alpine environment of the Eastern Sierra. This three-day course is a “skills based” training which begins with a quick review of the basics of snow, ice and rock craft before moving on to more advanced climbing techniques. Learn how to use a variety of tools and techniques for climbing rock and snow as well combining these skills for mixed alpine routes need for many routes in the Sierra Nevada.

**Topics include:** Review of the use of ice ax and crampons, self arrest, basic rock techniques and glissading. Route planning, route evaluation and equipment decisions, advanced ice and snow climbing techniques, advanced rock climbing techniques, multi-pitch route belaying and rappelling, rope systems management, anchoring in rock, ice and snow, navigation and weather considerations.

**Itinerary:** We will meet at the Tioga Pass Resort the first day of the course at 8:00 A.M for breakfast. From there, we will drive down HWY 120 to the Ellery Bowl that is located above the beautiful Ellery Lake. Rock skills will be practiced there until 4:00 or 5:00 in the afternoon. The second day, we will meet at the Tioga Pass Resort at 7:00 A.M. for breakfast. We will practice snow-climbing skills at the Ellery Bowl until 3:00 or 4:00 in the afternoon. The third day, meeting early in the morning for an alpine start, the group will depart for the North Peak (50-65 degree snow and ice) for an enjoyable climb up one of the classic Sierra gullies of North Peak. The summit will finish off the climb as we descend towards our cars at the Tioga Pass ending the day mid-afternoon.

**Location:** Sierra Nevada, Tioga Pass, and Ellery Bowl & North Peak.

**Includes:** Professional guide(s)/instructors, group climbing equipment including: technical rock & ice climbing equipment, ropes, harnesses, crampons, ice axes, helmets and permits fees. Guide to client ratio 1:2.

**Dates 2009: July:** 3-5 (4<sup>th</sup> of July), **August:** 7-9, 21-23, **September:** 5-7 (Labor Day), **October:** 2-4.

**Cost:** \$595.00

**Level:** High Intermediate to Advanced. Participants should be in excellent physical condition; previous rock climbing, or mountaineering experience is required. Knowledge of knots, belays, crampon and ice axe use (or completion of our Basic Alpine Mountaineering Course). Give us a call if you have any questions.

**Note:** This course consist of three consecutive day trips, no overnight backcountry equipment is required. You are