



SWS Mountain Guides

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ADVANCED MOUNTAINEERING CAMP

THE PALISADES/ SIERRA NEVADA



General Description: This is a continuation of our Basic Mountaineering course featuring a quick review of basic mountaineering techniques before moving on to advanced instruction on protection placement, route finding (using map, compass, altimeter), alpine rock climbing, ice/snow climbing, crampon use, hardware and protection systems, and climbing multi-pitch routes. You will then test your skills on a fifth class route on one of the 14,000 ft. peaks of the Palisade group. Peak climbs include: Mt. Sill (14,153 ft.), North Palisade (14,242 ft.), Thunderbolt Peak (14,003 ft.), Polemonium Peak (14,080 ft.) or others depending on group skills. Join us in the Sierra Nevada for five days of advanced alpine climbing.

Location: Palisade glacier, Eastern Sierra Nevada

Itinerary: After meeting at 8:00 am on the first day we will hike into the backcountry and establish a camp at the foot of the Palisades. That evening we will review basic climbing techniques before exploring advanced climbing techniques the next day. The second day will be spent near our camp acclimatizing and training in advanced climbing techniques. Topics to include: Alpine rock climbing, ice and snow climbing, route finding with the altimeter, and mountain medicine. The third and fourth days will be spent attempting selected technical routes on 14,000+ peaks-- North Pal, Mt. Sill, Thunderbolt Peak, Polemonium Peak and Mt. Winchell (routes and peaks to be determined by group ability, snow and weather conditions). Day five we pack-up and head down to the trailhead, arriving by 4:00 pm.

Food: Breakfasts and Dinners are included; please bring high-energy lunches and snacks. Feel free to bring any special treats!! (To share with your guides and new found friends)

Level: 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 Mountaineering Camp).

Dates 2009: July 13-17, August 17-21, September 5-9, and October 2-6.

Cost: \$975.00 (Guide to client ratio is 1:2 Group size limited to 4).

Includes: Professional instruction / guide, breakfast and dinners, group camping equipment including tents and stoves, group climbing equipment including helmets, permits, and wilderness permit reservations.