



**SWS Mountain Guides**

**P.O. Box 988**

**Mt. Shasta, Ca. 96067**

**mail@swsmtns.com**

**www.swsmountainguides.com**

**Phone: 888.797.6867 / Fax: 877.797.6867**

## **ADVANCED MOUNTAINEERING COURSE**

### **With Mt. Shasta North Side Summit Attempt**



**General Description:** Join us for this four day advanced mountaineering course and guided glacier ascent of Mt. Shasta via either a North side (Hotlum/Bolum ridge) or East side (Hotlum/Wintun ridge or Hotlum Glacier direct) route. This course combines advanced ice climbing instruction, crevasse rescue techniques review, advanced glacier route finding, wand use and placement, hazard evaluation, route finding options and overcoming route difficulties, review of glacier travel protocols, and establishing a high camp in a glaciated environment. This course is for experienced climbers interested in Mt. Shasta's wild side! Expect glaciers, cold blue ice, and a high camp in the middle of the Hotlum Glacier.

**Location:** Mt. Shasta Wilderness Area, North or East Side Hotlum Glacier.

**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 and instruction in ice axe and crampon use if needed to get to the high camp. We will spend a few hours after we make camp to review ice axe and crampon techniques. The second day will be ascend to our high camp at the base the Hotlum Ice Fall for advanced ice climbing and reviewing glacier travel and rescue techniques. On the third day we will leave base camp early with light packs and travel up the Hotlum glacier. Along the way we will have the opportunity to climb the upper ice falls and seracs and returning to our high camp by late afternoon. An alpine start will begin our final day with an attempt on the summit-- returning to our base camp and then the trailhead late in the afternoon. **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 entirely possible that summit day will be on day 3 rather than day 4!

**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:** Advanced. Participants should be **in excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Recent mountaineering experience required or completion of our intermediate mountaineering course. Give us a call if you have any questions. 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 and our high camp will be around 11,800 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.



## **SWS Mountain Guides**

**P.O. Box 988**

**Mt. Shasta, Ca. 96067**

**mail@swsmtns.com**

**www.swsmountainguides.com**

**Phone: 888.797.6867 / Fax: 877.797.6867**

### **Dates 2011**

**July 1-4** (4<sup>th</sup> of July Weekend), 21-24

**August 11-14**

**September 2-5** (Labor Day Weekend), 15-18

**September 30 - October 3**

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

**Cost:** \$825.00\* (Guide to client ratio is 1:2. Group size limited to 4)

\*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.

V0910