



## SWS Mountain Guides

P.O. Box 988

Mt. Shasta, Ca. 96067

mail@swsmtns.com

[www.swsmountainguides.com](http://www.swsmountainguides.com)

Phone: 888.797.6867 / Fax: 877.797.6867

### ADVANCED ICE CLIMBING

Lee Vining/ June Lake, California



**General Description:** This course is designed for climbers wanting to lead waterfall ice. Emphasis will be on route selection, placing protection, belay stances, steep ice, difficult conditions, and refinement of ice climbing techniques. After review and demonstration of basic ice climbing techniques we will progress on to more difficult ice climbing situations including: mixed climbing, mono/dual point crampons technique, multi-pitch ice climbing, and ice evaluation. Clients will be able to place protection on a simulated lead. Guide to client ratio will be kept small to insure maximum individual attention.

**Location:** Lee Vining Canyon or June Lake area, depending on Ice conditions

**Itinerary:** We will leave Lee Vining at 7:00am on the first day and carpool/hike to the ice climbing area. Return to Lee Vining by late afternoon. Day two, leave Lee Vining by 7:00 am return to the cars by 4:30pm.

**Food and Lodging:** Food and lodging are Not included in this course. You can either camp out or attain lodging in Lee Vining. We will hike out to the ice each day and return to town each evening. You may join us for a group dinner in June Lake in the evening if you wish. For lodging recommendations and/or special motel rates see enclosed motel information see below or contact our office.

**Lodging Recommendation:** Best Western Lake View Lodge 760-647-6543 [www.bwlakeviewlodge.com](http://www.bwlakeviewlodge.com) (ask for the ice climbers special \$65-\$75 per night) Murpheys Motel 800.334.6316 [www.murpheysyosemite.com](http://www.murpheysyosemite.com) (ice climbers special approx. \$45.00 -\$60.00 per night)

**Level:** Advanced, Participants should be in good to excellent physical condition; previous ice climbing or mountaineering (snow and ice) experience required, including a working knowledge of climbing knots and belay techniques. Any questions? Give us a call.

**Dates 2009/2010: December:** 7-8\* ,**January:** 4-5\*, 16-17, 23-24, **February:** 1-2\*, 22-23\*, 27-28, **March:** 6-7, 11-12\* \*Denotes mid-week sessions

**Cost:** \$350.00 (Guide ratio will kept to 1:3, group size limited to 6)

**Includes:** Professional instruction / guide(s), group climbing equipment, and permits. A selection of ice tools will be available for student use.