



SWS Mountain Guides

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BASIC ALPINE MOUNTAINEERING COURSE Sierra Nevada, Tioga pass, Inyo National Forest



Description: Learn the basics of mountain climbing in the stunning alpine environment of the Eastern Sierra. This three-day course is a “skills based” training which begins with the basics of snow travel and culminates with an ascent of the Dana Coli our. Learn how to use a variety of tools and techniques for climbing rock and snow as well combining these skills for mixed alpine routes. Introduce yourself to the adventure of summer alpine mountaineering in the Sierra Nevada.

Topics include: Instruction in the use of ice ax and crampons, self arrest, basic ice techniques and glissading, alpine gear orientation, snow climbing techniques, rock climbing techniques, belaying and rappelling, rope systems, anchoring in rock and snow, route evaluation, and natural history.

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, which 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 Dana Coli our, (45 degree snow and ice) for an enjoyable climb up one of the classic Sierra gullies. 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, Ellery Bowl & Mt. Dana

Includes: Professional guide(s)/instructors, group climbing equipment including: technical rock climbing equipment, ropes, harnesses, crampons, ice axes, helmets and permits fees. Guide to client ratio 1:3

Level: Beginning to Intermediate. Participants should be in excellent physical condition; previous

Outdoor/hiking experience preferred no previous mountaineering experience is required. Give us a call if you have any questions.

Dates 2009: July: 4-6 (4th of July), 10-12, 24-26, August: 1-3, 14-16, September: 5-7, 11-13, October: 9-11.

Cost: \$525.00

Note: This course consist of three consecutive day trips, no overnight backcountry equipment is required. You are free each evening to enjoy the surrounding environ. Forest Service campgrounds, motels, and lodges (reservations required), are located only minutes away from our daily meeting locations. Camping equipment can be rented upon request.