



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

BASIC SUMMER MOUNTAINEERING CAMP

THE PALISADES / SIERRA NEVADA



General Description: This course is a comprehensive introduction to alpine climbing, with an emphasis on the tools and techniques used in rock and/or ice and snow climbing. Topics to be covered will include (but not necessarily limited to): Trip planning and preparation, route finding, map, altimeter and compass use in navigation and route finding, an introduction to the technical equipment used in climbing (harnesses, ropes and hardware), basic rock climbing techniques, anchor systems, belaying and rappelling, introduction and instruction in the use of ice axe and crampons in snow and ice, German and French crampon technique, self arrest, self belay and snow and ice protection hardware and anchors, roped team and glacier travel, glissading, objective hazards, mountain medicine, and more! Guide to client ratio is 1:4 to insure individual attention.

Itinerary: After meeting at 8:00 am on the first day we will hike to a camp at approximately 11,000 ft; informal lectures will take place along the trail. Day two will be devoted to rock climbing instruction (equipment, technique, rappelling, etc.) at a nearby crag. On day three we will travel to a higher camp above the snowline, with the time dedicated to introducing you to ice axe and crampon use, ice and snow techniques (self arrest, roped team travel, anchors, protection systems, and crevasse rescue). Beginning with an alpine start (3:30 am!) day four will see us putting our skills to use as we attempt a peak in the Palisades (either Mts. Gayley or Winchell, depending on conditions), returning to our high camp by day's end. Our fifth and final day will be spent packing up and review any techniques needed and returning to the trailhead 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: Intermediate: Participants should be in good to excellent physical condition; no previous mountaineering experience is required, but some experience in backpacking, rock climbing, or mountaineering is helpful.

Location: Palisade Glacier, Eastern Sierra Nevada.

Dates 2009: July: 6-10, **August:** 10-14, **September:** 2-7 (Labor Day), **October:** 7-11.

Cost: \$875.00

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

v11/08