



**SWS Mountain Guides**

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## **MT. SHASTA BASIC MOUNTAINEERING CLINIC**

**Mt. Shasta, CA**



**General Description:** This one day climbing clinic is designed for individuals and groups who want or need to learn additional mountaineering techniques for their own adventures. This course will expand upon a person's knowledge base for climbing steep snow slopes while learning the latest in belaying and rope techniques along with instruction in a variety of climbing techniques. Instruction includes: Rope team travel, climbing knots, snow anchor placement, snow belays, and advanced ice ax and crampons techniques. Come out and spend the day with our instructors for a full review of the latest climbing techniques along with learning more techniques to stay safe on your climbing adventures.

**Location:** Mt. Shasta Wilderness Area.

**Itinerary:** After meeting at 8:00 am on the first day at our Mt. Shasta office we conduct a short pack check and issue the included gear. We will then drive to the Bunny Flat trailhead and hike to our skills area for ice axe and crampon practice. We will then conduct the ice axe and crampon clinic from 10:00 am to 12:00 with a break for lunch and then continuing in the afternoon from 1:00 pm to 3:00 - 4:00 pm.

**Food:** Please bring your own favorite high-calorie, high-carbohydrate lunches, snacks, and water.

**Level:** Beginner to Advanced. Participants should be in good physical condition. Previous ice axe and crampon experience needed. We will be conducting the course at around 7,000 to 8,000 feet in elevation so be sure to drink plenty of water before arriving the day of the course. Give us a call if you have any questions.

**Dates 2011:**

**April** 16, 23, 30

**May** 8, 23, 28

**June** 4, 5, 11, 12, 26

**July** 2, 9, 16, 31

**August** 6, 13

**Custom dates are available for groups of three or more give us a call.**

**Cost:** \$135.00 (Minimum group size of 3 persons).

**Includes:** Professional instruction/guide(s), ice axe, crampons, helmets, ropes, climbing gear, harnesses, and permits.  
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