



SWS Mountain Guides

P.O. Box 988

Mt. Shasta, Ca. 96067

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www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

BASIC TECHNICAL ICE CLIMBING

Lee Vining/ June Lake, California



General Description: This course is designed for beginning to intermediate climbers who have basic rock climbing (rock gym experience ok) or snow climbing skills (call us if you have questions). This two-day course is for climbers wishing to learn the basics of technical ice climbing techniques. You will learn a full spectrum of ice climbing skills with instruction in: proper crampon techniques, belays, stances, equipment selections, two tool placement, movement on ice, energy conservation, rope handling, and gear management. This is a full introduction to the world of water ice climbing.

Location: Lee Vining Canyon and/or June Lake area, depending on ice conditions.

Itinerary: We will meet in Lee Vining at 7:00 am on the first day and carpool/hike to the ice climbing area. Expect about a 20-30 minute drive and 1 hour or more hike up to the base of the ice climbing. Plan on returning to Lee Vining by late afternoon. Second day, leave Lee Vining by 7:00 am and return to the cars by 4:30 pm. This itinerary is subject to change due to weather, snow, and ice conditions at the time of the course.

Food and Lodging: Food and lodging are **NOT** included in this course. You can either camp out or attain lodging in Lee Vining (highly suggest getting a room). 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 please see below or contact our office.

Lodging Recommendation: Murphy's Motel 760.647.6316 www.murpheysyosemite.com
(Ice climbers special approx. \$53.00 to \$85.00 per night). Best Western Lake View Lodge 760-647-6543
www.bwlakeviewlodge.com (ask for the ice climbers special \$70-\$90 per night)

Level: Beginning/intermediate. Participants should be in good to excellent physical condition. Previous rock climbing or mountaineering experience required (gym experience ok), including a working knowledge of basic climbing knots and basic belay techniques. Any questions? Give us a call at 1-888-797-6867.

Dates 2012: January: 7-8, January: 14-15, January: 19-20*, February: 11-12, February: 18-19, February: 23-24* March: 3-4, March: 8-9 *Denotes mid-week sessions. We are very flexible with our dates so if give us a call if the above dates do not work for you!!

Cost: \$345.00 (Guide ratio will kept to 1:3, group size limited to 6)



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Includes: Professional instruction / guide(s), technical climbing equipment, helmets, ice tools, climbing harnesses, permits.

A selection of ice tools will be available for student use.

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