



SWS Mountain Guides

P.O. Box 988

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BASIC WINTER MOUNTAINEERING SEMINAR

Lassen National Park, California



General Description: This three-day course is our most popular winter seminar, offering instruction in the skills needed to safely climb non-technical winter peaks, snow camping, and travel over winter terrain. Conducted in Lassen National Park, you will learn the fundamentals of winter travel while either snowshoeing or backcountry skiing. Some of the skills covered will be: mountain safety, snow camping, technical skills in ice axe self-arrest, crampon use, and basic rope travel. The seminar culminates with an attempt of Lassen Peak (10,462 feet). This is a course for anyone interested in learning how to travel during the winter in the backcountry or as a foundation for more advanced winter climbing or ski touring.

Location: Lassen Volcanic National Park, California.

Itinerary: After meeting at 8:00 am on the first day at the Mineral Lodge in Mineral, CA, we will conduct a complete pack check and divide up the group gear. We will then drive to the south entrance of Lassen National Park and then to the Chalet parking area at the trailhead. We will then snowshoe/ski into the backcountry and establish a base camp at either the base of Diamond Peak or Helen Lake depending on group conditioning and snow/weather conditions. As we snowshoe/ski we will be instructing and holding informal lectures. The second day will be spent near base camp with lectures and practice sessions with topics to include: map and compass, route finding, campsite selection, avalanche awareness, ice axe/crampon skills, knots, rope handling, rope team travel, and mountain medicine. On the third morning we will be up early (3-4 am) to put our new skills to use with an attempt of Lassen Peak, returning to camp by noon. Will then pack up our camp and snowshoe/ski back to the vehicles, arriving back at approximately 5:00 pm. **PLEASE NOTE-** This is a best-case scenario. This itinerary is subject to change at the guide's discretion and is dependent on mountain conditions, group experience/expectations, and other factors we cannot anticipate. It is possible that summit day might be on day 2 or day 3.

Food: Group breakfast(s), dinner(s), and hot beverages are included. Please bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc.



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Level: Beginner to Intermediate. Participants should be in **good to excellent physical condition**. Backpacks will weigh anywhere from 40 to 60 pounds. No previous winter experience is required, but recent hiking, snowshoeing, or backpacking experience is highly recommended. Intermediate/Advanced backcountry skiing skills are required only if you are planning on using skis. Please call us if you have any questions about this. Elevation gain on this climb is 4,762 feet from the trailhead at Lassen Chalet parking area (5,700 feet) to the Lassen Peak Summit (10,462 feet). Our base camp will be between 7,000 - 8,200 feet. If you anticipate a problem with altitude sickness please call and talk to us. We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.

Dates 2011-12:

December 16-18

January 14-16 (Martin Luther King Jr. Day)

February 18-20 (President's Day)

March 9-11, 23-25

April 13-15

Cost: \$595.00 (Guide to client ratio is 1:4/5. Group size is limited to 10).

Includes: Professional instruction/guide, breakfast(s), dinner(s), ice axes, crampons, helmets, harness, group-climbing equipment including ropes and avalanche safety equipment, group camping equipment including tents and stoves, and permits. Mountaineering Boots and Snowshoes are **NOT** included. For more details about equipment please see our equipment list for this course.

Does not include: Lassen National Park Entrance/Parking fees.

V9/11