



Sierra Wilderness Seminars Inc. Phone: 888.797.6867
P.O. Box 988 Fax: 877.797.6867
Mt. Shasta, Ca. 96067 Email: mail@swsmtns.com
Website: www.swsmtns.com

WINTER MOUNTAINEERING SEMINAR Sequoia National Park

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 camp and travel over winter terrain. Conducted in Sequoia National Park, you will learn the fundamentals of winter travel either snowshoeing or backcountry skiing, mountain safety, snow camping, as well as technical skills in ice axe self-arrest, crampon use, and basic rope travel. The seminar culminates with an attempt of Alta Peak. A course for anyone interested in the winter backcountry or as a foundation for more advanced winter climbing, snowshoeing, or ski touring or to just extend your summer backpacking season.

Location: Sequoia National Park, California

Itinerary: After meeting at 8:00 am on the first day we will ski/snowshoe into the backcountry and establish a base camp. As we ski we will be instructing and holding informal lectures. The second day will be spent near base camp with lectures and practice sessions. Topics to include: Map and compass, route finding, campsite selection, avalanche awareness safety and rescue, mountain medicine, ice ax self arrest, crampon use, knots, rope handling and rope team travel. On the third morning we will be up early, putting our new skills to use with an attempt of Alta Peak, returning to camp by noon for the ski/ snowshoe back to the vehicles, arriving approximately 5:00 pm.

Food: Group breakfasts, dinners and hot beverages are included, Please bring your favorite, high-calorie, high-carbohydrate lunches and snacks.

Level: Intermediate: participants should be in good physical condition; no previous winter experience required, but some previous experience in hiking and backpacking recommended. Shoeshoeing experience is helpful but not necessary. Intermediate backcountry skiing skills are required; only if you are planning on using skis, give us a call if you have a question.

Dates 2008: January: 4-6, February: 16-18 (Presidents Day), March: 8-10, April: 4-6

Cost: \$525.00 (Group size limited to 10)

Combine Basic and Advanced Winter Courses for \$1,025.00 (Shasta) save \$75.00

Combine Basic and Advanced Winter Courses for \$1,100.00 (Whitney) save \$80.00

Includes: Professional instruction / guides, breakfasts, dinner and hot drinks, tents, stoves, avalanche safety equipment, group climbing equipment, group camping equipment, and permits.