



SWS Mountain Guides

P.O. Box 988

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Phone: 888.797.6867 / Fax: 877.797.6867

CASAVAL RIDGE

Guided Climb up the Classic Casaval Ridge Southside Route of Mt. Shasta



General Description: Join us for this three day guided climb of Mt. Shasta's classic Casaval Ridge. This route is best climbed in early to late spring when there is plenty of snow to cover the rocky ridge. Steep terrain and spectacular views await the intermediate climber on this exciting route. Determination, excellent physical conditioning, and previous ice axe and crampons skills are required for this ascent. We will make a high camp on Casaval Ridge and review your skills prior to our attempt of the summit. Technical skills, steep terrain, and weather make this an excellent practice climb for Mt. McKinley, the Mexico Volcanoes, or any South American expedition.

Itinerary: After meeting at 8:00 am on the first day at our Mt. Shasta office, we will conduct a complete pack check and divide up the group gear. We will then carpool to the trailhead at Bunny Flat (6,860 feet) on Mt. Shasta's south side. From here we will then snowshoe/ski/hike to our base camp on Casaval Ridge (10,000 feet). As we snowshoe/ski/hike we will be instructing and holding informal lectures. We will then conduct a review of basic ice axe, crampon, and rope handling skills. We will then retire early in preparation for an alpine start on summit day (up by 1-2:00 am), returning to our high camp late in the afternoon. On the third day we will then break down camp and return to the vehicles by late afternoon. **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 we might attempt the summit on day 3 instead of day 2.

Location: Mt. Shasta Wilderness Area, Mt. Shasta (14,162 feet).

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.

Level: Intermediate to Advanced. Participants should be in **excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Previous mountaineering experience is required (knowledge of knots, belays, crampon and ice axe use). Completion of our Basic and/or Advanced Winter Mountaineering Course qualifies as sufficient training experience. Please call us if you have any questions about this. Elevation gain on this climb is 7,302 feet from the trailhead at Bunny Flat (6,860 feet) to the Mt. Shasta Summit (14,162 feet). Our base camp will be between 9,500 – 10,000 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.



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Dates 2012

April: 27-29

May: 4-6, May: 18-20, May: 26-28 (Memorial Day)

Custom dates are available for any group size so give us a call.

Cost: \$645.00* (Guide to client ratio is 1:3. Group size limited to 6).

*Price includes Mt. Shasta summit fees.

Includes: Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group-climbing equipment including ropes and avalanche safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Shasta summit fees. Mountaineering Boots, Snowshoes (early season), and Crampons are **NOT** included, but are available for rent either from SWS Mountain Guides (snowshoes) or locally (boots, crampons, and snowshoes). For more details about equipment please see our equipment list for this course.

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