



SWS Mountain Guides

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MT. SHASTA ICE AXE CLINIC

Mt. Shasta, California



General Description: Join SWS Mountain Guides for a one-day ice axe and crampon clinic on the flanks of Mt. Shasta's Avalanche Gulch. This one-day clinic is for anyone who needs instruction in the use of crampons and ice axe. Topics include: Walking with the ice ax, ice ax self-belay, ice ax self-arrest (from all positions), crampon boot fit and adjustment, walking in crampons, flat-footing, French technique, German technique, using the front points, and glissading. This clinic is designed to give you practical instruction in all the skills you will need to climb Mt. Shasta in good style.

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 favorite high-calorie, high-carbohydrate lunches, snacks and water.

Level: Beginner to Intermediate. Participants should be in good physical condition. No previous experience needed. Give us a call if you have any questions. 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.

Dates 2011:

March 19, 26

April 9, 16, 23, 30

May 1, 6, 7, 13, 14, 22, 27, 28

June 3, 4, 10, 11, 17, 25

July 2, 3, 8, 9, 16, 23, 31

August 6, 8

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

Cost: \$125.00 (Minimum group size of 3 persons).

Includes: Professional instruction/guide(s), ice axe, crampons, helmets, and permits.
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