



SWS Mountain Guides

P.O. Box 988

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Phone: 888.797.6867 / Fax: 877.797.6867

INTERMEDIATE WINTER MOUNTAINEERING SEMINAR

Sequoia National Park, California



General Description: This three-day course continues from where our popular basic winter mountaineering course left off. This course will further develop your skills in the following areas: avalanche hazard analysis, route finding, navigation skills, evaluating winter weather conditions, and mountain medicine. Conducted in Sequoia National Park, you will also learn additional technical skills in rope handling, roped travel, snow anchor placements, plus a review of the fundamentals of ice axe self arrest and crampon use. The seminar culminates with an attempt of Alta Peak (11,204 feet). This is a course for climbers, skiers, and snowshoers who want more in depth winter skills training in the back country or for those who need to work on their intermediate skills before tackling more ambitious winter climbing or ski/snowboard adventures.

Location: Sequoia National Park, California.

Itinerary: After meeting at 8:00 am on the first day at the Holiday Inn in Three Rivers, CA, we will conduct a complete pack check and divide up the group gear. We will then drive to the south entrance of Sequoia National Park and then to the Wolverton Trailhead. The drive will take about 1.5 hours. We will then snowshoe/ski into the backcountry and establish a base camp at either Heather Lake or Emerald Lake. 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 Alta 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.

Level: Beginner to Intermediate. Participants should be in **good to excellent physical condition**. Backpacks will weigh anywhere from 40 to 60 pounds. Previous winter experience is required as well as ice axe and crampon experience. 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 3,954 feet from the trailhead at Wolverton (7,250 feet) to the Alta Peak Summit (11,204 feet). Our base camp will be between 9,000 - 9,500 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:

January: 14-16 (Martin Luther King weekend)

February: 18-20 (President's Day Weekend)

March: 9-11

Cost: \$645.00 (Guide to client ratio is 1:3/4. Group size is limited to 6).

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 National Park Entrance/Parking fees.

V10/11