



SWS Mountain Guides

P.O. Box 988

Mt. Shasta, Ca. 96067

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www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

INTERMEDIATE MOUNTAINEERING COURSE

With North Side Mt. Shasta Summit Climb



General Description: This intermediate level mountaineering course is designed to increase a climber's experience/exposure on a moderate alpine route on Mt. Shasta's north side via the Hotlum/Bolum route. This course includes instruction and review of the following techniques: ice axe self-belay, self-arrest, glissading, and basic crampon use. We will then go over the following intermediate techniques: use of the rope, team self-arrest, quick safety belays, snow and/or ice anchors (depending on conditions), and rope team travel. Additional topics to be covered include: climber pacing techniques, climb planning, mountain medicine ("the acclimatization process"), alpine weather, and alpine route finding. This is an excellent course for the next step in your alpine education.

Location: Mt. Shasta Wilderness Area.

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 on Mt. Shasta's north side (Northgate Trailhead at 7,000 feet). From the trailhead we will ascend to our high camp at approximately 10,000 feet, with mini-clinics along the way and instruction in ice axe and crampon use if needed to get you ready for the high camp. We will spend a few hours after we make camp to review ice axe and crampon techniques to get you ready for the next days climb. On the second day we will rise early for an alpine start (2-3:00 am) and climb via the Hotlum/Bolum route up the north side of Mt. Shasta, returning to our base camp late in the afternoon. Day three will be spent reviewing techniques in the morning, then packing up camp and heading down to the trailhead, arriving by 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. Days two and three may be switched in the itinerary depending on conditions on the mountain and skill level of the group.

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 **good to excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Previous rock, snow, or mountaineering experience is required. Basic knowledge of knots, belays, crampon and ice axe use is required. Completion of our Introduction to Mountaineering Course, Basic Winter Mountaineering Seminar, Basic Mountaineering Camp, Ice Climbing, or Crevasse Rescue seminar also qualifies participants. Please call us if you have any questions about this. Elevation gain on this climb is approximately 7,000 feet from the trailheads at either Brewer Creek (7,200 feet) or Northgate (7,000 feet) to the Mt. Shasta Summit (14,162 feet). Our base camp will be between 9,500 - 10,400 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:

June: 8-10, June: 22-24,

July: 1-3 (4th of July), July: 13-15, July: 20-22,

August: 3-5, August: 20-24,

September: 1-3 (Labor Day) , September: 24-26,

October: 5-7

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 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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