



SWS Mountain Guides

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INTRODUCTION TO MOUNTAINEERING

Three-Day Course with Mt. Shasta Summit Climb



General Description: Join Sierra Wilderness Seminars for a three-day weekend instructional course in the basics of mountaineering including a summit climb on Mt. Shasta's Avalanche Gulch or West Face. This seminar includes instruction in: complete ice axe and crampon use, ice-axe self-arrest, route finding, mountain sense, establishing a proper camp, and mountain safety. For anyone who has a desire to acquire the skills necessary to ascend Mt. Shasta safely, and wishes to explore the world of alpine mountaineering.

Location: Mt. Shasta Wilderness Area - Avalanche Gulch route, West Face route, or Eastside routes.

Itinerary: After meeting at 8:00 am on the first day we will hike to our intermediate camp, with the afternoon spent acclimatizing with practice in the basics of Alpine Mountaineering, (ice ax and crampon use). Day two we ascend to our high camp and continue our day of skill building and alpine education, before we retire early in preparation for an alpine start (up by 2:00 am) for the attempt of Mt. Shasta's summit. Our third day will put our new skills into practice as we summit Mt. Shasta and return to our high camp for a quick snack and rest before descending to our vehicles by 5-6 pm.

Food: Dinners, breakfasts, and hot drinks are included. Please bring your favorite, high-calorie, high-carbohydrate lunches and snacks.

Level: Beginning to Intermediate: participants should be in good to excellent physical condition; recent hiking, or backpacking experience required. Give us a call if you have any questions.

Elevation: Gain on this seminar is 7,462 ft., from the trailhead at Brewer Creek (7,000 ft) to Shasta Summit at 14,162 ft. Base camp is at 9,800 ft. If you anticipate a problem with altitude sickness, please call and talk to us. We have proven techniques to avoid or minimize adverse reactions to altitude.

Dates 2009:

Avalanche Gulch

May: 8-10, 23-25 (Memorial Day), May 30-June 1 / **June:** 5-7, 9-11*, 19-21, 23-25*, 26-28

July: 3-5(4th of July), 7-9*, 10-12, 17-19.

Avalanche Gulch or East Side Route

July: 24-27 / **August:** 1-3, 7-9, 11-13*, 21-23, 28-30 / **September:** 5-7 (Labor Day)

**mid-week*

Cost: \$545.00* (Guide to client ratio is 1: 4 Group size limited to 8)

*Price includes, "Mt. Shasta Enhancement Fees" for summit fees