



SWS Mountain Guides

P.O. Box 988

Mt. Shasta, Ca. 96067

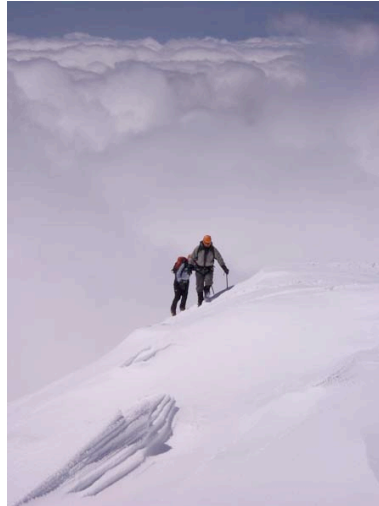
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INTRODUCTION TO MOUNTAINEERING

Three-Day Course with Mt. Shasta Summit Climb



General Description: Join SWS Mountain Guides for a three-day weekend instructional course in the basics of mountaineering including a summit climb up Mt. Shasta's spectacular Avalanche Gulch route. 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. This course is 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 or Eastside routes (late season).

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 hike to our base camp around 9,700 feet in Avalanche Gulch. The afternoon will be spent acclimatizing and practicing some of the basics of Alpine Mountaineering (ice axe and crampon use). On day two we will ascend to our high camp if we camped low (Horse Camp is our first camping option at 8,000 feet) otherwise we will continue our skill building and alpine education, before we retire early in preparation for an alpine start (up by 2:00 am) for our attempt of Mt. Shasta's summit. On the 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. **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 rather than 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 **good to excellent physical condition**. Our backpacks will weigh anywhere from 35 to 55 pounds. Recent hiking or backpacking experience is highly recommended. 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 2011

Avalanche Gulch:

May 6-8, 20-22, 28-30 (Memorial Day Weekend)

June 3-5, 7-9*, 17-19, 21-23*

July 2-4 (4th of July), 6-8*, 9-11, 16-18, 29-31

August 5-7, 9-11*

Avalanche Gulch or Eastside Route (depends on snow conditions):

August 19-21, 26-28

September 3-5 (Labor Day Weekend)

**Denotes mid-week a mid-week trip.*

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

Cost: \$595.00* (Guide to client ratio is 1:4. Group size limited to 8).

*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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