



**SWS Mountain Guides**

**P.O. Box 988**

**Mt. Shasta, Ca. 96067**

**mail@swsmtns.com**

**www.swsmountainguides.com**

**Phone: 888.797.6867 / Fax: 877.797.6867**

## **INTRODUCTION TO MOUNTAINEERING**

### **Three-Day Course with Mt. Shasta Summit Climb**

#### **Eastside Route**



**General Description:** Join SWS Mountain Guides for a three-day weekend instructional course in the basics of mountaineering including a summit climb on Mt. Shasta's east side route the Hotlum/Wintun ridge. This course 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 – East side route.

**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 east side (Brewer Creek Trailhead at 7,200 feet). From the trailhead we will ascend to our high camp at approximately 10,000 feet, with mini clinics along the way with instruction in ice axe and crampon use if needed to get to the high camp. The afternoon will be spent acclimatizing with practice in the basics of ice axe and crampon use. We will then retire early in preparation for an alpine start (up by 1:00 am) for our attempt of Mt. Shasta's summit. The third day will consist of a question and answer session on the previous day's climb and instruction in the morning on the following topics: route assessment, navigation, weather considerations, mountain medicine, altitude illness, and basic mountain safety. We will then break camp after lunch with our descent to the vehicle by 2-3 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 3 rather than day 2!

**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. Participants should be **in excellent physical condition**. Our backpacks will weigh anywhere from 35 to 55 pounds. Recent hiking, or backpacking experience required. Please call us if you have any questions about this. Elevation gain on this seminar is 7,462 feet from the trailhead at Brewer Creek (7,000 feet) to the summit of Mt. Shasta at 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.

#### **Dates 2011**

**August 26-28**

**September 3-5 (Labor Day Weekend)**



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**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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