



SWS Mountain Guides

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Guided Ski & Snowboard Descents

Lassen National Park, Mt. Lassen - 10, 457 ft.

Mt. Shasta Wilderness Area, Mt. Shasta 14,162 ft.

General Description: Spend three days on Mt. Lassen or Mt. Shasta, exploring and learning about the world of ski mountaineering. Learn the techniques on how to safely ascend and descend a snow-covered peak. Instruction includes, avalanche awareness, ice ax self-arrest, route finding, along with backcountry skiing and snowboarding techniques. Instruction in Ski & Riding techniques includes: reading the snow, using the correct technique for the right snow conditions, riding backcountry snow, survival techniques, route finding descent routes along with ascending techniques. Course is designed for intermediate (Mt. Lassen) to advanced (Mt. Shasta) telemark, Randonnee skiers, and snowboarders. Come join us and see why California has the best spring backcountry skiing and riding in the country.

Location: Lassen Volcanic National Park, California or Mt. Shasta Wilderness Area, California.

Itinerary: After meeting at 8:00 am on the first day we will ski into the backcountry and establish a base camp. Along the way we will be instructing and holding informal lectures on avalanche awareness and ski/riding techniques with the afternoon spent reviewing or instruction on use of Avalanche transceivers. The second day will be spent near base camp with lectures, demonstrations and practice sessions in the local slopes and bowls. Topics to include: ascent and descent route finding, ski/riding techniques, avalanche awareness and practice and basic climbing techniques (ice ax and crampon use). On the third morning we will be up early for an attempt of Lassen Peak or Mt. Shasta with an exciting ski descend, returning to camp by noon for the ski back to the vehicles, arriving approximately 5:00-6:00 pm.

Food: Group breakfasts, dinners and hot beverages are included, Please bring your favorite, high-calorie, high-carbohydrate lunches and snacks.

Level: Intermediate participants should be in good physical condition; no previous winter experience required, but some previous experience in hiking and backpacking recommended. Intermediate backcountry skiing skills are required; Give us a call if you have a question.

Dates 2009:

Mt. Lassen: March – 20-22, April 10-12.

Mt. Shasta: April 17-19, May 23-25 (Memorial Day), June: 6-8.

Experience Level: Intermediate to Advanced skier or boarders.

Cost: Mt. Lassen: \$525.00 Mt. Shasta: \$545.00.

Includes: Professional instruction / guides, breakfasts, dinner and hot drinks, tents, stoves, avalanche safety equipment, group climbing equipment, group camping equipment, and permits.

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