



**SWS Mountain Guides**

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## **SHASTA ADVANCED WINTER MOUNTAINEERING DENALI PREPARATION COURSE With Mt. Shasta Winter Ascent**



**General Description:** This course is designed for experienced climbers in need of extended training in the winter environment as well as for climbers considering or planning high altitude expeditions and need to gain the experience needed before heading off to such peaks as Denali (aka Mount McKinley) and other big peaks in South America or the Himalayas. Conducted like a mini-expedition over 4 days this course will establish 2-3 camps on Mt. Shasta's Casaval Ridge moving camping each day higher on the ridgeline. We will attempt the summit of Mt. Shasta from our high camp on the last day and follow our route back down the mountain. This is an **ADVANCED** experience trip for climbers who want expedition training and winter climbing experience. Topics to be discussed and experienced: avalanche forecasting, proper camp/bivy sites, weather conditions and evaluation, route finding, winter climbing techniques, protecting against the cold, and mountain medicine along with technical skills in snow and ice anchors, running belays, quick belay techniques, protecting short pitches, ascending fixed lines, wand placement, advanced route finding, and hazard evaluation. The emphasis on this climb is on advanced expedition climbing instruction and movement of gear to establish successively higher camps, **NOT** the summit of Mt. Shasta! We will attempt to reach the summit if it is at all possible as icing on the cake! Join us on this one for a great winter climbing experience.

**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 at Bunny Flat on Mt. Shasta's south side. From here we will then snowshoe/ski to our base camp on Casaval Ridge somewhere around 8,000-9,000 feet. As we snowshoe/ski we will be instructing and holding informal lectures. On day two we will move to our advanced base camp higher up on the ridge (10,000 feet) and the rest of the day will be spent working on the various winter mountaineering skills mentioned above. On the third day we will make a high ridge camp (if warranted and if conditions allow). We will then retire early in preparation for an alpine start on summit day (up by 1 - 2:00 am). After arriving at the summit we will head back to our camp to pack up our gear and return to Bunny Flat by 5:30 pm. Afternoons will be spent in technical clinics and discussions on various winter climbing techniques as the weather permits. **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 we might attempt the summit on day 3 instead of day 4.

**Location:** Mt. Shasta Wilderness Area, Mt. Shasta (14,179 ft.).

**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.



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**Level:** Advanced. Participants should be in **excellent** physical condition. Backpacks will weigh anywhere from 45 to 65 pounds. Previous mountaineering experience is required (knowledge of knots, belays, crampon and ice axe use). Completion of our Basic and/or Advanced Summer Mountaineering Camps qualifies as sufficient training experience or completion of our Basic Winter Mountaineering Course. Advanced backcountry skiing skills are required only if you are planning on using skis. Please give us a call 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 (14,179 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.

**Dates 2016:**

January 7-10

February 12-15

*President's Day*

March 17-20

March 28-31

*Post Easter Week*

**Cost:** \$995.00\* (Guide to client ratio is 1:3. Group size limited to 6).

\*Price includes "Mt. Shasta Enhancement Fees" for summit attempts.

**Includes:** Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group-climbing equipment including ropes and avalanche safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Shasta summit fees. Mountaineering/Skiing Boots, Snowshoes/Skis, and Crampons are **NOT** included but are available for rent from SWS Mountain Guides. For a more detailed list see our equipment list for this course.

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