



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

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Mt. SHASTA WINTER ASCENT Guided Winter Climb up the Classic Casaval Ridge



General Description: Join us for this three day winter guided ascent of Mt. Shasta's classic Casaval Ridge. Steep terrain and spectacular views await the intermediate / advanced climber on this exciting route. Determination, excellent physical conditioning, and previous ice axe and crampons skills are required for this ascent. We will make a high camp on Casaval Ridge prior to our attempt of the summit. Technical skills, steep terrain, and weather make this an excellent practice climb for Mt. McKinley, the Mexico Volcanoes, or any South American or Himalayan expedition.

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 (6,860 feet) on Mt. Shasta's south side. From here we will then snowshoe to our base camp on Casaval Ridge (10,000 feet). We will then conduct a quick review of basic ice axe, crampon, and rope handling skills. We will then retire early in preparation for an alpine start on summit day (up by 1-2:00 am), returning to our high camp late in the afternoon. On the third day we will then break down camp and return to the vehicles by late afternoon.

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 2.

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

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 to Advanced. Participants should be in **excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Previous mountaineering experience is required (knowledge of knots, belays, crampon and ice axe use). Completion of our Basic and/or Advanced Winter Mountaineering Course qualifies as sufficient training experience. 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 (14,179 feet). Our base camp will be between 9,500 – 10,000 feet.



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Dates 2016:

January 16-18

Martin Luther King Day

February 5-7

February 26-28

March 11-13

Additional Dates: Available with 3 or more - regular prices or by private arrangement.

Cost: \$725.00 (Guide to client ratio is 1:3. Group size limited to 6).

Price includes Mt. Shasta summit fees.

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 Boots, Snowshoes, and Crampons are **NOT** included, but are available for rent from SWS Mountain Guides. For more details about equipment please see our equipment list for this course.

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