



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

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WEST FACE OF SHASTA Guided Climb up the Classic West Face Southwest side route of Mt. Shasta



General Description: Join us for this three day guided climb of Mt. Shasta's classic West Face. The West Face is one of the less crowded routes on Mt. Shasta and is a great climb for those wanting to climb a less technical, yet scenic route on Mt. Shasta's south side. This route is best climbed in late spring to early summer when there is plenty of snow to cover the approach and upper mountain, but some years it is climbable well into summer.

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/ski/hike to our base camp in Hidden Valley (9,400 feet). As we snowshoe/ski/hike we will be instructing and holding informal lectures. Once we reach our base camp we will set up camp and then conduct a 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 (14,172 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: Strong Beginner to Intermediate. Participants should be in **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 (14,179 feet). Our base camp will be between 9,300 – 9,800 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 2016:

April 29-May 1

May 13-15

May 21-23

May 28-30

Memorial Day Weekend

June 1-3*

June 4-6

June 10-12

June 14-16*

June 17-19

June 24-26

** mid-week departure*

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

Cost: \$725.00* (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 avalanche 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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