



## SWS Mountain Guides

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### ADVANCED GLACIER EXPEDITION COURSE Five-Day Course with Mt. Shasta North or East Side Summit Climb



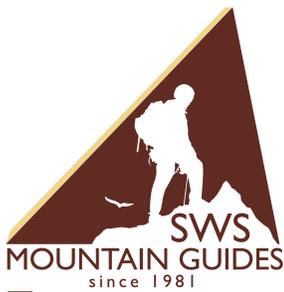
**General Description:** Join us for this intense, five day advanced mountaineering course and guided glacier ascent of Mt. Shasta via either a North side (Hotlum/Bolum ridge) or East side (Hotlum/Wintun ridge or Hotlum Glacier direct) route. This high level course is the third and last installment in our mountaineering skills development progression. Here you will continue your education in advanced ice climbing instruction, crevasse rescue techniques review, advanced glacier route finding, wand use and placement, hazard evaluation, route finding options and overcoming route difficulties, review of glacier travel protocols, and establishing a high camp in a glaciated environment. This course is for **experienced** climbers interested in exploring Mt. Shasta's wild side and advancing their skill set! Expect glaciers, cold blue ice, and a high camp in the middle of the Hotlum Glacier.

**Location:** Mt. Shasta Wilderness Area, North or East Side Hotlum Glacier.

**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) or Mt. Shasta's north side (Northgate Trailhead at 7,000 feet). From the trailhead we will ascend to our high camp at approximately 10,000 feet, with mini clinics along the way. We will spend a few hours after we make camp to review ice axe and crampon techniques. Day two will be spent up on either the Hotlum or Chicago glaciers reviewing/learning the following skills: rope team travel, glacier travel, snow and ice anchors, and crevasse rescue. On the third day will be ascend to our high camp near the base of the second Hotlum Glacier Ice Fall at 11,800 feet. We will also go over advanced ice climbing techniques as well as reviewing glacier route finding techniques. An alpine start (up around 3-4 am) will begin our fourth day with an attempt to climb to the summit via the Hotlum Direct route or various other routes depending on group experience. Day five will be spent packing up camp and hiking out to the car arriving back to our Mt. Shasta office sometime around 3-5 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 entirely possible that summit day will be on day 3 rather than day 4!

**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.

**Prerequisites:** Previous mountaineering experience required. Specifically one must know the following skills to participate in this course: Advanced knowledge of Ice Axe and Crampon use, Glissading, basic knots, belays, rope travel skills on snow and ice, self arrest, and advanced backpacking skills. The better shape you are in the more enjoyable the climb will be for you



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as well! This is a serious course for intermediate to advanced climbers. We reserve the right to leave any client we deem not sufficiently prepared for this course back at camp!!

**Level:** Advanced. Participants should be in **excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Recent mountaineering experience is required or completion of our intermediate mountaineering course. Give us a call if you have any questions. Elevation gain on this climb is approximately 7,000 feet from the trailheads at either Brewer Creek (7,200 feet) or Northgate (7,000 feet) to the Mt. Shasta Summit (14,162 feet). Our base camp will be between 9,500 – 10,400 feet and our high camp will be around 11,800 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.

**Dates 2016: July 11-15, August 15-19, September 1-5**

**Cost:** \$1,350.00\* (Guide to client ratio is 1:2. Group size limited to 4)

\*Price includes Mt. Shasta summit fees.

**Includes:** Professional instruction/guide, breakfast(s), dinner(s), ice axe, helmet, 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 from SWS Mountain Guides. For more details about equipment please see our equipment list for this course.

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