



## SWS Mountain Guides

210 East Lake St.

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Phone: 888.797.6867 / Fax: 877.797.6867

### **Introduction to Ski Mountaineering** **Lassen Volcanic National Park / Mt. Shasta Backcountry** **3 Days / 2 Nights**



**General Description:** Run in two different venues our Intro to Ski Mountaineering Course is one of the most popular trips we offer. This three-day course is designed to teach basic skills necessary to climb and ski in more complex terrain. Just as touring offers a good method for getting around on the snow tools such as a rope, ice axe and crampons can really open up a huge variety of ski and snowboard options in the greater mountains.

**Itinerary:** On day one the group will tour up and establish a high camp in order to provide ample opportunity and terrain to work from. The first days learning focus will be appropriate route finding, efficient track setting as well as deciding how and where to make a winter camp. All of these are fundamental skills for the ski or snowboard mountaineer. On day two, the focus of the Intro to Ski Mountaineering Course will start with skills for the more technical uphill terrain. These include crampon, ice axe, and basic rope techniques. We then move into the more fun part of the course working on techniques and tactics for skiing steeper terrain safely. All of these skills developed on day one and two will be put to the test on day three with a climb and ski objective.

**Locations:** Lassen Volcanic National Park / Mt. Shasta Wilderness Area

**Level:** Intermediate to Advanced Alpine skiers or Snowboards - Split Boards only. Participants should be in **good to excellent physical condition**. Backpacks will weigh anywhere from 40 to 50 pounds. No previous winter experience is required, but recent hiking, snowshoeing, or backpacking experience is highly recommended. Please call us if you have any questions about this. Elevation gain on this climb is 4,762 feet from the trailhead at Lassen Chalet parking area (5,700 feet) to the Lassen Peak Summit (10,462 feet). Our base camp will be between 7,000 - 8,200 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.

**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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**Dates 2016:** March 18-20, April 9-11 – Lassen Volcanic National Park  
May 6-8 - Mt. Shasta Wilderness Area

**Additional Dates:** Available upon arrangement with 3 persons or more for our custom rates.

**Cost:** \$725.00 per person (4 persons Maximum).

**Includes:** Professional instruction/guide, breakfast(s), dinner(s), ice axes, crampons, helmets, harness, group-climbing equipment including ropes and avalanche safety equipment, group camping equipment including tents and stoves, and permits. Skis\*, Ski Boots\*, Snowboards\* or Snowboarding Boots\* are **NOT** included. For more details about equipment please see our equipment list for this course. **Does not include National Park Entrance/Parking fees.** \*Available for rent contact SWS Mountain Guides.

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