



## SWS Mountain Guides

210 East Lake St.

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Phone: 888.797.6867 / Fax: 877.797.6867

### MT. SHASTA 2 DAY SUMMIT CLIMB 14,179 ft. via the Avalanche Gulch Route



**General Description:** Join SWS Mountain Guides for a two-day summit climb Mt. Shasta's Avalanche Gulch route. This course is a two-day introduction to mountaineering with limited instruction in ice ax and crampon use, ice ax self-arrest, route finding, mountain sense, and mountain safety. This guided climb is for anyone who has a desire to learn the basic skills necessary to ascend Mt. Shasta safely and wishes to explore the world of alpine mountaineering while climbing the spectacular Avalanche Gulch route, the most popular route on Mt. Shasta.

**Location:** Mt. Shasta Wilderness Area, Mt. Shasta, California.

**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 hike to our high camp (9,800 feet) just below Helen Lake. The afternoon will be spent acclimatizing and learning how to use the ice ax and crampons. 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. **PLEASE NOTE** - This is a best-case scenario. This itinerary is subject to change at the guide's discretion and is dependent upon mountain conditions, group experience/expectations, and other factors we cannot anticipate.

**Food:** Group breakfast(s), dinner(s), and hot beverages 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:** No previous mountaineering experience required. The better shape you are in, the more enjoyable the climb will be for you!

**Level:** Beginner to Intermediate. Participants should be in **good to 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 9,500 – 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.



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Dates and Pricing - Please visit our website at [swsmtn.com](http://swsmtn.com) for updated pricing and dates

Guide to client ratio is 1:4. Group size limited to 8

**Includes:** Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and license 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 and crampons) or locally (boots, crampons, and snowshoes). For more details about equipment, please see our equipment list for this course.

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