



SWS Mountain Guides

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MT SHASTA BASIC MOUNTAINEERING CLINIC Mt. Shasta, CA



General Description: Our one day climbing course is designed for individuals and groups who want or need to learn additional mountaineering techniques for their own adventures. This course will expand upon a persons knowledge base for climbing steep snow slopes while learning the latest in belaying and rope techniques, with instruction in a variety of climbing techniques. Instruction includes: Rope team travel, climbing knots, snow anchor placement, snow belays, and advanced ice ax and crampons techniques. Come out and spend the day with our instructors for a full review of “what’s new” or learning more techniques to stay safe on your climbing adventures.

Location: Mt. Shasta Wilderness Area.

Itinerary: After meeting at 9:00 am at the Mt. Shasta SWS Office, we will drive and hike to an area for our technical clinic practice. We will then conduct the Basic Mountaineering Clinic from 10:00 am to 12:00 with a break for lunch; continuing in the afternoon from 1:00 pm to 4:00 pm.

Food: Please bring your favorite, high-calorie, high-carbohydrate lunches and snacks and water.

Level: Advanced Beginner to Intermediate: participants should be in good physical condition; previous ice ax and crampon experience needed.

Give us a call if you have any questions.

Dates 2009: April: 18,25, May: 2, 9,25,30, June: 6,7,13,14,28, July: 5, 11, 18, August: 2, 8.

Custom dates are available for groups of four or more give us a call.

Cost: \$135.00 (Minimum group size of 3 persons).

Includes: Professional instruction/guide(s), ice ax, crampons, helmets, ropes, climbing gear, harnesses, permits.

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