



## SWS Mountain Guides

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### MT. SHASTA ICE AXE CLINIC Mt. Shasta, California



**General Description:** Join SWS Mountain Guides for a one-day ice ax and crampon clinic on the flanks of Mt. Shasta's Avalanche Gulch. This one-day clinic is for anyone who needs instruction in the use of crampons and ice ax, i.e., for someone who is climbing a snow/ice route on Mt. Shasta! Topics include Walking with the ice ax, ice ax self-belay, ice ax self-arrest (from all positions), crampon boot fit and adjustment, walking in crampons, flat-footing, French technique, German technique, using the front points, and glissading. This clinic is designed to give you practical instruction in all the necessary skills you will need to climb Mt. Shasta safely and efficiently.

Whether you are climbing on your own or our other courses this clinic is the perfect compliment/refresher for your climb. If you are taking our two-day Shasta Summit climb, we highly recommend taking this clinic the day before your climb.

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

**Itinerary:** After meeting at 9:00 am on the first day at our Mt. Shasta office we conduct a short pack check and issue the included gear. We will then drive to the Bunny Flat trailhead and hike to our skills area for the clinic. We will then conduct the ice ax and crampon clinic from 10:00 am to 12:00 with a break for lunch and then continuing in the afternoon from 1:00 pm to 3:00 - 4:00 pm.

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

**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 physical condition. No previous experience needed. Give us a call if you have any questions. We will be conducting the course around 6,500 to 8,000 feet in elevation so be sure to drink plenty of water before arriving on the day of the course.

**Dates 2019:**

Jan – March: Call us with the minimum group of 3 or more regular price. Private Clinics Available Anytime.

*Ice Ax Clinics conducted Most Fridays & Saturdays*

March 8<sup>th</sup>

March 9<sup>th</sup>

April: 20

May: 3, 4, 10, 11, 18, 24, 25, 31

June: 1, 7, 8, 14, 15, 21, 22, 29, 30

July: 4, 5, 13

*More Dates maybe available depending on Snow Conditions!*

**Cost:** \$150.00 Minimum group size of 3 persons

**Combo Discount: \$275.00** Combo Discount: \$275.00 – SAVE \$50.00 Combine both Ice Ax Clinic and Basic Mountain Clinic in one weekend. Use Promo code on Basic Mountain Clinic to get full discount: **Iceaxcombo19**

**Includes:** Professional instruction/guide(s), ice axe, crampons, helmets, and permits. V19.0