

ADVANCED MOUNTAINEERING CAMP The Palisades in the Sierra Nevada



General Description: This is a continuation of our Palisades Mountaineering Camp I course featuring a quick review of basic mountaineering techniques before moving on to advanced instruction on protection placement, route finding alpine rock climbing, ice/snow climbing, crampon use, hardware and protection systems, and climbing multi-pitch routes. You will then test your skills on a fifth class route on one of the 14,000 foot peaks of the Palisade group. Possible peak climbs include: Mt. Sill (14,153 ft.), North Palisade (14,242 ft.), Thunderbolt Peak (14,003 ft.), Polemonium Peak (14,080 ft.) or others depending on group skills. Join us in the Sierra Nevada for five days of advanced alpine climbing.

Location: Big Pine, California, Palisade glacier, Eastern Sierra Nevada

Itinerary: After meeting at 8:00 am on the first day we will hike into the backcountry and establish a camp at the foot of the Palisades. That evening we will review basic climbing techniques before exploring advanced climbing techniques the next day. The second day will be spent near our camp acclimatizing and training in advanced climbing techniques. Topics to include: Alpine rock climbing, ice and snow

climbing, route finding with the altimeter, and mountain medicine. The third and fourth days will be spent attempting selected technical routes on 14,000+ peaks-- North Pal, Mt. Sill, Thunderbolt Peak, Polemonium Peak and Mt. Winchell (routes and peaks to be determined by group ability, snow and weather conditions). Day five we pack-up and head down to the trailhead, arriving by 4:00 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 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, able



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to climb at least a 5.8 rock rating, basic knots, belays, rope travel skills on snow, ice and rock, self arrest, and advanced backpacking skills. The better shape you are in the more enjoyable the climb will be for you as well. This is a serious course for intermediate to advanced climbers.

Level: Advanced. Participants should be in **excellent physical condition**. Our backpacks will weigh anywhere from 40 to 60 pounds. Recent mountaineering experience is required or completion of our **Basic Mountaineering Camp or Sierra Alpine Mountain Course**. Give us a call if you have any questions.

Dates & Prices: For updated pricing and dates please visit our website at www.swsmountainguides.com

Guide Ratio: 1:2 Group size limited to 2

Includes: Professional instruction/guide, breakfast(s), dinner(s), helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees. For more details about equipment please see our equipment list for this course.

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