



SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

www.swsmountainguides.com

Phone: 888.797.6867 / Fax: 877.797.6867

Bear Valley Basic Mountaineering Clinic Bear Valley, California



General Description: Join California Ski Guides / SWS Mountain Guides for a one-day advanced climbing clinic is designed for individuals and groups who want or need to learn additional mountaineering techniques for their own adventures. Our course will expand upon a person's knowledge base for climbing steep snow slopes while learning the latest in belaying and rope techniques and 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 the latest climbing techniques, along with learning more techniques to stay safe on your climbing adventures.

We highly recommend taking this course before taking one of our intermediate or advanced climb on Mt. Shasta or early season climbs in the Sierra Nevada or climbing on your own and needing a refresher!

Location: California Ski & Rock Guides Office in the Bear Valley Lodge, Bear Valley, California

Itinerary: After meeting at 9:00 am on the first day in California Ski & Rock Guides Office in the Bear Valley Lodge. (see map) we will conduct a short pack check and issue the included gear. We will then drive to the Bear Valley Ski Resort or surrounding area depending on snow conditions and take a short hike to our practice slope, where we will begin our instruction. The clinic will start around 9:00 am and end between 3-4 pm with a break for lunch around 12.

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: Basic Intermediate to Advanced. Participants should be in good physical condition. We will be conducting the course at around 7,000 to 8,500 feet in elevation so be sure to drink plenty of water before arriving the day of the course. Give us a call if you have any questions. Or have taken our Basic Ice Clinic

Pricing and Dates: check www.swsmountainguides.com

Combo Discount: – SAVE \$50.00 - Combine both Ice Ax Clinic and Basic Mountain Clinic in one weekend.

Includes: Includes Professional instruction/guide(s), ice axe, crampons, helmets, ropes, climbing gear, harnesses, and permits. V21.0