



SWS Mountain Guides

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Bear Valley Ice Ax Clinic Bear Valley, California



General Description: Join SWS Mountain Guides for a one-day ice ax and crampon clinic on the hill around Bear Valley. Our one-day clinic is for anyone who needs instruction in the General Description: Join California Ski Guides / SWS Mountain Guides for a one-day ice ax and crampon clinic on the hills around Bear Valley, California. Our one-day clinic is for anyone who needs instruction in the use of crampons, and ice ax, i.e., for anyone who is climbing a snow/ice route on a Sierra Peak or just backpacking early season. 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. Our clinic is designed to give you practical instruction in all the necessary skills you will need to climb safely and efficiently.

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

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. Our clinics meet at 9:00 am at our Bear Valley Office and return to the office between 3-4 pm, with a break for lunch around noon.

Food: Please bring your favorite high-calorie, high-calorie snack and lunch along with water for the day -1 or 2 liters.

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.

Pricing and Dates:

For updated pricing and dates please see our website at www.swsmountainguides.com.

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

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