



## SWS Mountain Guides

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### MT. SHASTA HOTLUM BOLUM SUMMIT ASCENT Intermediate Climb via the Northside Hotlum/Bolum Ridge Route



**General Description:** Join SWS Mountain Guides for a climb on Mt. Shasta's majestic Hotlum/Bolum Ridge route. You will experience everything from beautiful pine forest on our approach to wild and scenic glacier views high up on the Hotlum/Bolum Ridge. For those who have always wanted to climb a northern route on Mt. Shasta and escape from the crowds on the south side than this is the route for you.

**Location:** Mount Shasta, California, Mt. Shasta Wilderness Area.

**Itinerary:** After meeting at 8:00 am on the first day at our Mt. Shasta office we will conduct a complete pack check and divide up the group gear. We will then carpool to the trailhead on Mt. Shasta's north side (Northgate Trailhead at 7,000 feet). From the trailhead, we will ascend to our high camp at approximately 10,000 feet, with mini-clinics along the way with an ice ax and crampon use review if needed to get to the high camp. As time allows, we will review ice ax and crampon techniques after setting up camp to get you ready for next day's climb. On the second day we will rise early for an alpine start (2-3:00 am) and climb via the Hotlum/Bolum route up the north side of Mt. Shasta, returning to our base camp late in the afternoon. Day three will be spent packing up camp and heading back down to the trailhead, arriving by 5:00 pm.

**PLEASE NOTE** - This is a best-case scenario. This itinerary is subject to change at the guide's discretion and is dependent on mountain conditions, group experience/expectations, and other factors we cannot anticipate. Days two and three may switch in the itinerary depending on conditions on the mountain and skill level of the group.

**Food:** Group breakfast(s), dinner(s), and hot beverages included. Please bring your favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc.

**Prerequisites:** Previous mountaineering experience recommended. Specifically it would be helpful for you to know the following skills to participate in this course: Ice Ax and Crampon use, Glissading, basic knots, and basic belaying. The better shape you are in, the more enjoyable the climb will be for you as well!

**Level:** Beginner to Advanced depending on route conditions. Participants should be in **good to excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Previous rock, snow, or mountaineering experience is recommended. Basic knowledge of knots, belays, crampon, and ice ax use is needed. Completion of our Introduction to Mountaineering Course, Basic Winter Mountaineering Seminar, Basic Mountaineering Camp, Ice Climbing, or Crevasse Rescue seminar also qualifies participants. Please call us if you have any questions about this. Elevation gain on this climb is approximately 7,162 feet from the trailhead at Northgate (7,000 feet) to the Mt. Shasta Summit (14,179 feet). Our base camp will be between 9,500 - 10,400 feet. If you anticipate a problem with altitude sickness, please call and talk to us.



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**Pricing and Dates: For updated pricing and dates please visit our website at SWSMTNS.COM**

**Includes** Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Shasta summit fees. Mountaineering Boots, Snowshoes (early season), and Crampons are **NOT** included but are available for rent from SWS Mountain Guides. For more details about equipment, please see our equipment list for this course.

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