



## SWS Mountain Guides

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### MT. SHASTA BASIC MOUNTAIN CLINIC Mt. Shasta, California



**General Description:** This one day intermediate climbing clinic is designed for individuals and groups who want or need to learn additional mountaineering techniques for their own adventures. This course will expand upon a person's knowledge base for climbing steep snow slopes while learning the latest in belaying and rope techniques along with 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 advanced courses on the north side or are climbing on your own and need a refresher!

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

**Itinerary:** After meeting at 9:00 am on the first day at our Mt. Shasta office we will conduct a short pack check and issue the included gear. We will then drive to the Bunny Flat trailhead on Mt. Shasta and take a short hike to our practice slope where we will begin our instruction. The clinic will typically start around 10 am and end between 2-4 pm with a break for lunch

**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

**Dates & Pricing:** Check [www.swsmountainguides.com](http://www.swsmountainguides.com)

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

*Basic Mountain Clinics are conducted on Sundays*

*Additional Dates: Available with 3 or more - regular*

*prices or by private arrangement*

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

**Includes:** Includes Professional instruction/guide(s), ice axe, crampons, helmets, ropes, climbing gear, harnesses, and permits.v21