



**SWS Mountain Guides**

**210 East Lake St.**

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## **SHASTA ADVANCED WINTER MOUNTAINEERING DENALI PREPARATION COURSE With Mt. Shasta Winter Ascent**



**General Description:** Designed for experienced climbers in need of extended training in the winter environment. Our Advanced Winter Mountaineering / Denali Preparation Course provides training for climbers considering or planning High Altitude Expeditions. Gain the experience and refine the skills needed and required on guided climbs before heading off to Denali aka Mount Mckinley, South America or the Himalayas. The Denali Prep /Advanced Winter Course starts with a review of the basic to intermediate skills, such as ice ax arrest and crampon techniques, then the course ventures into a much more advanced skills training. Topics include challenging route finding, winter anchor systems, avalanche awareness skills, camp selection and location, self-rescue, and more. All activity by highly experienced mountain guides, most of whom have been expedition leaders on major international expeditions to areas such as the Andes, Elbrus, the Himalayas, and Denali.

Skills taught while the course are conducted like a mini-expedition over four days. This course will establish a series of camps on one of Mt. Shasta's (14,179 ft.) two classic winter ridge routes: Casaval Ridge and Sargent's Ridge. All the while learning more and pushing higher in toward an attempt at the summit of Mount Shasta. Emphasis on our Denali preparation course is an education in winter mountaineering and gaining experience climbing in the winter environment. Our summit attempt of Mt. Shasta will be the icing on the cake if successful. Mount Shasta climbing conditions the winter can be very challenging.

**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 at Bunny Flat on Mt. Shasta's south side. From here, we snowshoe/ski to our basecamp somewhere around 8,000-9,000 feet. As we snowshoe/ski, we will be instructing and holding informal lectures. On day two, we will move to our advanced base camp higher up on the ridge (10,000 feet), with the balance of the day spent working on the various winter mountaineering skills. On the third day, we will make a high ridge camp (if warranted and if conditions allow). We will then retire early in preparation for an alpine start on the summit day (up by 1 - 2:00 am). After attempting the summit (if conditions allow), we will head back to our camp to pack up our gear and return to Bunny Flat by 5:30 pm. Afternoons are spent in specialized clinics and discussions on various winter climbing techniques as the weather permits. 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.

**Location:** Mt. Shasta Wilderness Area, Mt. Shasta (14,179 ft.).



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**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.

**Level:** Advanced. Participants should be in **excellent** physical condition. Backpacks will weigh anywhere from 45 to 65 pounds. Previous mountaineering experience is required (knowledge of knots, belays, crampon and ice ax use). Completion of our Basic and Advanced Summer Mountaineering Camps qualifies as sufficient training experience or completion of our Basic Winter Mountaineering Course. Advanced backcountry skiing skills are required if you are planning on using skis. Please give us a call if you have any questions about this. Elevation gain on this climb is 7,302 feet from the trailhead at Bunny Flat (6,860 feet) to the Mt. Shasta Summit (14,162 feet). Our base camp will be between 9,500 – 10,000 feet. If you anticipate a problem with altitude sickness, please call and talk to us. We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.

**Dates and Pricing** - Current dates and prices, please see our website at: [www.swsmountainguides.com](http://www.swsmountainguides.com)

**Guide to Client Ratio:** 1:3. Group size limited to 6.

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

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