



**SWS Mountain Guides**  
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**Basic Alpine Rock Course**  
**Eastern Sierra Nevada,**  
**California Alpine Rock 1 Course**  
**3 Days**



Our Alpine Rock 3-Day Course focuses on the skills for a beginner to intermediate climber needed to get into the higher alpine rock environments. Alpine rock has unique considerations that you don't find in gyms or crags. These objectives require a unique skill set. In this course we cover how to build different types of anchors, belay & climbing techniques, etc. This Alpine Rock course is operated in a format of 3 consecutive single day trips. It's a convenient format that allows for ample time on the rock, and for a different classroom each day of the course. Forest Service campgrounds are located only minutes away from our daily meeting locations, and motels and lodges are available in Mammoth Lakes, CA. (feel free to reach out to us for suggestions on where to stay).

**Course Location:** Mammoth Lakes, California

**Sample Itinerary:**

**Day 1:** We start with an 8:00 am meeting at Mammoth Lakes Forest Service Visitor. From here we'll drive to our rock-climbing site. It's located a short distance away, so we will have plenty of time to work on rock skills until late afternoon (4:00–5:00 pm).



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**Day 2 & 3:** Meeting location and time will be decided by your guide based on fitting objectives for you and your group. Each day will have specific skills we will focus on and build from the previous day's objective. Generally, we finish up on the last day around 4:00 – 5:00 pm, however this can be adjusted to an earlier time based on if you have any time constraints.

**Included in Course:** Your professional guide(s)/instructor(s), group climbing equipment (including technical rock climbing equipment), ropes, helmets, and all permits & wilderness fees.

**Group Size:** Minimum group size is 2 guests (1 guide), and a maximum of 6 (2 guides)

**Experience Level:** Beginning to intermediate rock-climbing skills. Guests should be able to hike 2-3 miles with a light pack at a moderate speed.

**Note:** This course consists of three consecutive day trips, no overnight backcountry equipment is required. Each evening you'll have the ability to explore the natural beauty of the area or check out what's around town. We're happy to make recommendations for where to stay, and what to do while in the area. We highly recommend making reservations at Forest Service campgrounds, motels, and lodges prior to your arrival to the area. Most are located only minutes away from daily meeting points, so choose your own style of accommodation.

# SWS MOUNTAIN GUIDES

## MAMMOTH LAKES, CA. MEETING MAP



To: Reno/San Francisco

Hwy 120 to Yosemite  
**CLOSED IN WINTER**



Lee Vining

Mammoth Lakes

To: Hwy 203

Big Pine

Independence

Lone Pine, CA

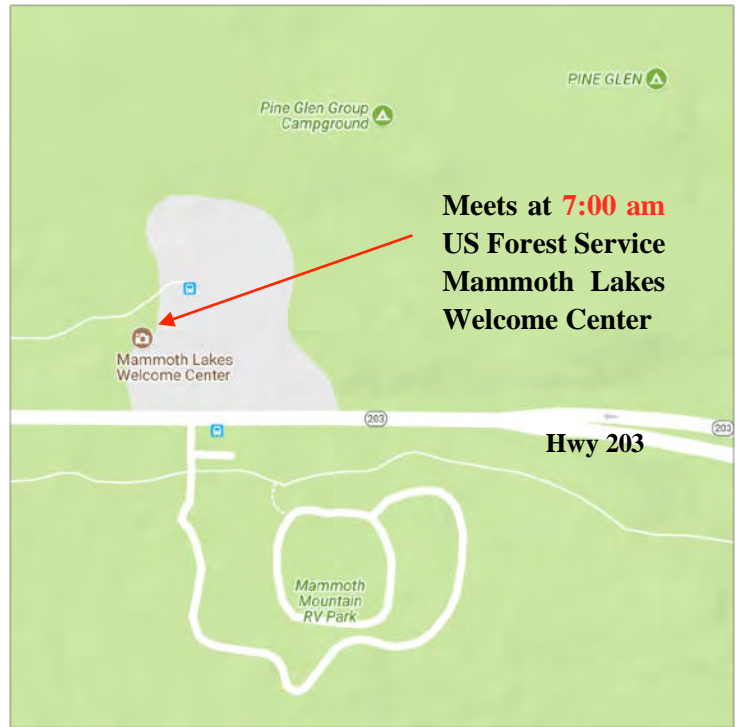


To: Los Angeles

Sierra Nevada

Mt. Whitney  
14,505 ft.

North



**Meets at 7:00 am**  
**US Forest Service**  
**Mammoth Lakes**  
**Welcome Center**

### Directions:

**From:** Los Angeles take I-15 North over Cajon Pass connect to Hwy 395 North to Hwy 203 / Mammoth Lakes Turn off - Approx: drive time is 4-6 hrs

**From:** San Francisco/ Sacramento cross the Sierra to Hwy 395 via Hwy 120 (SUMMER ONLY), Hwy 50, Hwy 80. Head South on Hwy 395 to Hwy 203, Mammoth Lakes, CA.

Approximate drive time: 6-8 hours

**Meeting Time and Place:** Courses & Climbs both winter and summer meet at **7:00 AM** at the US Forest Service Mammoth Lakes Welcome Center - **2510 Main St, Mammoth Lakes, CA 93546** - off right side of Hwy 203 as you enter Mammoth Lakes, CA. - see above map

**Any Problems or Concerns call:** SWS Mountain Guides ---Tim at 888.797.6867 or Dave at 866.797.6867