



SWS Mountain Guides
110 Alpine St.
Mt. Shasta, CA 96067
info@swsmountainguides.com
www.swsmountainguides.com
Phone: 888.797.6867

**Alpine Advanced Rock
Course Eastern Sierra Nevada,
California Alpine Rock Course 2
3 Days**



Alpine Rock Course 2: Starts with a review of basic mountaineering techniques before moving on to more advanced instruction. We will introduce advanced principles on protection placement, route finding, techniques of climbing alpine rock, and multi-pitch climbing. We will then attempt a fitting selection of one-day Alpine rock objectives that are appropriate for the group. This course is designed for those with previous rock-climbing experience (outside or in the gym) or who have taken a basic alpine or mountaineering course. Our alpine advanced rock course is a unique format of three consecutive day trips. This means there is no need to carry heavy backpacks, and we are able to climb a variety of terrain in such a short time. Forest Service campgrounds are located close to our daily meeting locations, and motels and lodges are available in Mammoth Lakes, CA.

Course Location: Mammoth Lakes, California

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).



SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

info@swsmountainguides.com

www.swsmountainguides.com

Phone: 888.797.6867

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 4 (2 guides)

Experience Level: Intermediate to Advanced Climbers. Participants should be in good to excellent physical condition; Previous basic mountaineering experience including basic belays, knots, etc. OR completion of our Alpine Rock Mountaineering Course. Give us a call if you have any questions.

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.