



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

Basic Winter Mountaineering Course & Climb Lassen National Park, California



General Description: Our three-day course is our most popular winter climbing course, offering instruction in the skills needed safely to climb non-technical winter peaks, snow camping, and travel over winter terrain. Conducted in Lassen Volcanic National Park, you will learn the fundamentals of winter travel while snowshoeing* in the winter backcountry. Skills covered will be mountain safety, avalanche basics, snow camping, technical expertise in ice ax self-arrest, crampon use, and basic rope travel. Our course culminates with an attempt of Lassen Peak (10,462 feet). A course for anyone interested in learning how travel in the winter backcountry or to build a sound basis in mountain techniques before attempting more advanced winter climbing, ski mountaineering or ski touring. Elevation gain on this climb is 4,762 feet from the trailhead at Lassen Chalet parking area (5,700 feet) to the Lassen Peak Summit (10,462 feet). Our base camp will be between 7,000 - 8,200 ft.

** Advanced / Intermediate Backcountry Skiers please call the SWS Office to discuss this option.*

Location: Lassen Volcanic National Park, California.

Itinerary: After meeting at 8:00 am on the first day at the Mineral Lodge in Mineral, CA, we will conduct a complete pack check and divide up the group gear. We will then drive to the south entrance of Lassen National Park and then to the Chalet parking area at the trailhead. We will then snowshoe/ski into the backcountry and establish a base camp at either the base of Diamond Peak or Helen Lake depending on group conditioning and snow/weather conditions. As we snowshoe/ski we will be instructing and holding informal lectures. The second day will spent near base camp with lectures and practice sessions with topics to include: map and compass, route finding, campsite selection, avalanche awareness, ice ax/crampon skills, knots, rope handling, rope team travel, and mountain medicine. On the third morning we will be up early (3-4 am) to put our new skills to use with an attempt of Lassen Peak, returning to camp by noon. Will then pack up our camp and snowshoe/ski back to the vehicles, arriving back at approximately 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. It is possible that summit day might be on day 2 or day 3.

Food: Breakfast items and hot beverages are included. Please bring your own Freeze Dried Dinners, favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc.



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Level: Beginner to Intermediate. Participants should be in **good to excellent physical condition**. No previous winter experience is required, recent hiking, snowshoeing, or backpacking experience is highly recommended. Packs will weigh from 40 to 50 lbs.

Pricing and Dates: See our website for updated prices and dates - www.swsmountainguides.com

Includes: Professional instruction/guide(s), Freeze Dried Dinners, Breakfast items & hot drinks, helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including permit reservations fees. Mountaineering Boots* and Snowshoes* **NOT** included. For more details about equipment, please see our equipment list for this course. ***Available for rent from SWS**

Lassen Volcanic National Park Entrance/Parking fees are not included.

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