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## **Bear Valley Ice Axe Clinic Bear Valley, CA**



This 1-day clinic focuses on ice axe and crampon skills that you'll need to climb most snow-covered peaks in the US and is set in the terrain around beautiful Bear Valley. This clinic is for anyone who needs or wants fundamental instruction in the use of crampons, and an ice axe. Generally, anyone who plans to, or desires the ability to climb a snow/ice route in the Sierra range or even backpack in the early season. Subjects include walking with an ice axe, self-belay and self-arrest (from multiple positions), fitting crampons to your boot, multiple crampon techniques (flat-foot, French step, German step, etc.). You'll also learn proper glissade techniques, and when to apply this method of descent. This clinic is designed to give you practical instruction in all the necessary skills you will need to climb safely and efficiently.

We highly recommend this course prior to an attempt on one of our Shasta 2-day summit climbs.

**Course Location:** Bear Valley, California

### **Sample Itinerary:**

We meet at 9:00 am in our office at the Bear Valley Lodge. After issuing the included gear (ice axe, crampons, and helmet) we'll conduct a short pack check. After, we'll drive to the Bear Valley Ski Resort or surrounding area depending on snow conditions. We'll take a short hike to our practice slope and begin practicing skills for the day. We'll be in the field for a majority of the day, but generally return to the office around 4 pm. Throughout the day we'll have plenty of time for snacks and water (we recommend 1-2 liters for the day). You'll enjoy a break for lunch around noon in the field, so feel free to pack a sandwich or something beyond snacks to eat.

**Group Size:** Maximum of 8 guests with 2 guides (max ratio is 4 guests per guide)

**Experience Level:** No previous mountaineering or climbing experience needed.