



**SWS Mountain Guides**  
110 Alpine St.  
Mt. Shasta, CA 96067  
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Phone: 888.797.6867

## Custom Mt Shasta Ski Descents

Single-Day to Multi-Day Itineraries



**General Description:** Our standard ski descents aren't quite what you're looking for, or you want the flexibility of choosing a different line? Our custom descents with itineraries and objectives designed for just you, or you and your private group might be a better fit. With Mt. Shasta's towering slopes above the surrounding terrain, it is one of the finest ski descents in California. Over 7,000ft of vertical terrain awaits you, it is a playground for skiers and riders of all abilities. For those wanting something a little different than the standard ski descents found in Avalanche Gulch or the West Face our custom descent is designed for you. Our custom descent gives you the flexibility of picking your terrain, like the less traveled East Face with one of the longest skiable descents in California. After something more technical? The North side has some of the most technical ski terrain found in California. Not quite sure what is right for you? Give us a call and we can help you put together a custom trip that you're sure to remember. There's a reason Mt. Shasta is listed as one of the 50 classic backcountry ski descents in North America!

**Itinerary:** Custom Itinerary & Duration Designed for your group.

**Location:** Mt. Shasta Wilderness Area, Mt Shasta, CA.

**Experience Level Requirements: Beginner - Advanced/Expert Alpine Skier/Snowboarding skills.**

Previous Ski Mountaineering experience on variable snow conditions is required for advanced to technical itineraries. We highly recommend taking our 1 Day Backcountry Ski Clinic for Skier/Snowboarders who do not have extensive ski mountaineering experience.

**Physical Conditioning Requirements:** Participants should be in excellent physical condition. Backpacks generally weigh a 35 to 50 pounds on our approach. If you have a history of or have concerns about altitude illness, please call and talk to us. We have several techniques that may help you to avoid, or at the very least, minimize adverse reactions to altitude. Please refer to our Physical Conditioning PDF on the resource page for more info. Please call us if you have any questions or concerns about your fitness or how to prepare.



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**Food Provided:** Breakfasts, dinners, and hot beverages while on the mountain. We will have a variety of options available, however we cannot guarantee specific choices of flavors or meals. If you have a favorite breakfast or dinner that only requires hot water to be added, you are welcome to bring it. Make sure to bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc. Note: you'll need approximately 200-300 calories per hour (7-9 hours on summit day alone).

**Getting Here and Away:** The Sacramento Airport (SMF) and Medford International Airport (MFR) are great jumping off points.

**Where to Stay:** Mt. Shasta is a mountain town with several options on where to stay. Please feel free to contact us if you have questions or want recommendations.

**Group Size:** 1-8 Total Guests (Guide to Guest Ratio: 1:3/4 dependent on the objective).

**What is Included:** Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Shasta summit fees.

**What is NOT Included: Skis or Snowboards, Poles, Ski Mountaineering Boots, and Crampons are NOT included** but are available for rent either from SWS Mountain Guides (crampons) or locally (skis, poles, boots). For more details about equipment, please see our equipment list for this course or give us a call for rental options.

**Ski Mountaineering Rentals are available** at the Fifth Season 530-926-3606 or give the SWS Mountain Guides office a call at 888.797.6867 for additional rentals options in the San Francisco Bay Area.