



SWS Mountain Guides

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Mt. Shasta Glacier Expedition Course

5 Day Skills Course on Mt. Shasta's Hotlum Glacier with Northside Summit Climb



General Description: Our most comprehensive ice and snow course introduce climbers to all aspects of snow and ice climbing, glacier travel, and crevasse rescue. From route finding to technical ice climbing, this course offers five days of intense instruction and hands-on experience in the glacial environment. Skills to be covered include ice ax and crampon techniques, ice-axe self-arrest, roped team travel, running belays, anchors and protection systems, technical ice climbing (front pointing), crevasse rescue, route finding, mountain medicine, alpine weather, nutrition, and expedition climbing! An ascent of Mt. Shasta via a north or east side route culminates this exciting five-day alpine experience. An excellent course to establish a sound basis in alpine climbing in a snow/glaciated environment. Preparation for any climbing expedition worldwide.

Itinerary

Day 1: After meeting at 8:00 am on the first day at our Mt. Shasta office we will conduct a complete pack check and divide up the group gear. We will then carpool to the trail head on Mt. Shasta's east side (Brewer Creek trail head at 7,200 feet) or Mt. Shasta's north side (Northgate trail head at 7,000 feet). From the trail head, we will ascend to our high camp at approximately 10,000 feet, with mini-clinics along the way with instruction in ice ax and crampon use if needed to get to the high camp.

Day 2: Today will be spent on a snow field close to camp practicing the most basic skills of ice ax and crampon use, self-arrest, rope team travel, and basic snow/ice anchors. We will also be covering such topics as mountain medicine, mountain weather, and route finding.

Day 3: Today will be spent either on the Hotlum Glacier or Chicago Glacier, practicing ice climbing, crevasse rescue systems, snow anchors, and glacial roped team travel. We will then retire early in preparation for an alpine start the next day.



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Day 4: Summit Day! We will be getting up around 1-2 am on the fourth day to put your skills to the test by making our summit attempt of Mt. Shasta via either the Hotlum/Bolam Ridge, Hotlum Direct, or Hotlum/Wintun Ridge. Our summit turnaround time is between 10 -11am due to safety concerns. We should be back to camp around 2-3pm.

Day 5: On day five we will spend the morning reviewing any techniques taught during the week if requested before breaking camp and heading back to the trail head, arriving by late afternoon for the drive back to the town of Mt. Shasta.

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's 3, 4, or 5!

Location: Mt. Shasta Wilderness Area, Mt. Shasta (14,179 feet).

Experience Level Requirements: No previous mountaineering experience required, but previous backpacking experience is required. Please call us if you have questions about this.

Physical Conditioning Requirements: Participants should be in **very good to excellent physical condition**. Our backpacks will weigh anywhere from 45 to 65 pounds to base camp. The better shape you are in, the more enjoyable the climb will be for you! Our base camp will be between 9,700 – 10,200 feet. Elevation gain to the summit is approximately 4,000+ feet from our base camp to the Mt. Shasta summit (14,179 feet). If you anticipate a problem with altitude sickness, please call and talk to us. We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.

Food: Breakfasts, Freeze-Dried Dinners, and hot beverages are provided 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 we encourage you 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 will need approximately 200-300 calories per hour (7-9 hours on summit day alone).

Dates and Pricing: Please visit our website at swsmountainguides.com for updated pricing and dates.

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 great mountain town with several options on where to stay. Please feel free to contact us if you have questions or want recommendations.

Group Size: 2 - 6 Guests (Guide to Guest Ratio is 1:3).

Includes: Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and license fees including Mt. Shasta summit fees.

Not Included: Mountaineering Boots, Snowshoes (early season), and Crampons are **NOT** included, but are available for rent from SWS Mountain Guides as well as backpacks, sleeping bags, sleeping pads, down jackets, and Gore-Tex jackets. For more details about equipment, please see our equipment list for this course or give us a call at 1-888-797-6867.