



SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

info@swsmountainguides.com

www.swsmountainguides.com

Phone: 888.797.6867

Mt Russell 14,094 ft

East Ridge III 4th Class, Mithril Dihedral 5.10a, or Fishhook Arete III 5.9

Eastern Sierra Nevada, Lone Pine, CA

General Description: The Fishhook Arete and East Ridge of Mt Russell Mount Russell is a massive peak just north of Mount Whitney. The 7th tallest peak in California is probably best known for having the state's best alpine rock climbing. This high-quality mountain is the epitome of what High Sierra climbing should be. Give us a call to discuss the options and schedule your summer climbing.

East Ridge 4th Class: The easiest route on Mt Russell is also widely considered the best 4th class route in the Sierra. The approach starts from Upper Boy Scout Lake up to the shoulder of the peak. From here, the East Ridge of Mt Russell quickly narrows down to a knife-edge ridge. The route offers spectacular views with thousands of feet of exposure. Despite the exposure, the route does not require technical climbing skills.

Fishhook Arete, 5.9: This stunning arete twists around the southern boundary of the summit. With over nine pitches of climbing, the Fishhook Arete splits the edge of Inyo National Forest and Sequoia National Park. This 5.9 route is one of the best climbs in the country in one of the most beautiful places in the World.

Mithril Dihedral, 5.10a: The southwest corner of the peak is located west of the Fishhook Arete. This stellar corner may be one of the country's best dihedral climbs, a worthy objective for any 5.10 climber. Several pitches of corner climbing lead to a meandering ridge with huge exposure. Mithril Dihedral is one of the best climbs you will ever do.

Mt. Russell Climb Itinerary: Meet at the SWS Mountain Guides Office in Lone Pine at 7:00 am, after a full pack check and issuing of gear for the climb. We will head off to the Whitney Portal Trailhead, a short 30-minute drive. Hiking into the backcountry and establish a base camp at 11,000 ft. On the second day we will rise early for an alpine start, (4:00 am or earlier) and climb Mt Russell on the selected route returning to our base camp by late in the afternoon. Day three we pack up and head down to the trailhead arriving at our vehicles by 1-2:00 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.

Food: Breakfasts, 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).

Level: Intermediate to Advanced depending on the route taken. Participants should be in excellent physical condition. Previous mountaineering experience is required for the Fishhook Arete and Mithril Dihedral routes.

Departure: Lone Pine, California

Group Size: Limited to 2 clients / **Guide to client ratio:** 1:2

Experience Level: Solid rock-climbing skills, ability to follow 5.9 (Fishhook Arete), 5.10a (Mithril Dihedral), proper knots, belays, and excellent physical conditioning. Previous experience with climbing at altitude is helpful.