



**SWS Mountain Guides**

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## Basic Mountaineering Clinic Mt. Shasta, California



### General Description:

Our advanced climbing clinic is designed for those who want to learn additional mountaineering skills. Designed to expand your knowledge base for climbing steeper slopes in the snowy alpine terrain. You'll learn current belay and rope management techniques, along with receiving instruction on climbing techniques, rope team travel, climbing knots, and various anchor types and placement considerations. Additional subjects on belaying techniques in snow, and advanced ice axe and crampon techniques are also covered. Spend the day with your guide for a full review of the latest climbing techniques and learn additional skills to stay safe on your climbing adventures.

**Course Location:** Mt. Shasta, California

### Sample Itinerary:

Meeting at 9:00 am at our Mt. Shasta office (110 Alpine St. Mt. Shasta, CA), you'll complete a short pack check. Your guide will provide some additional gear before you drive to the Bunny Flat trailhead area. Your guide will select a location based on current snow coverage and take you on a short hike to the field location before teaching skills for the day. Field locations are close to the parking location to maximize the amount of time spent practicing skills and techniques. Generally, we finish the day around 3-4 pm, so be sure to pack some food and water for the day. We break in the field for lunch around 12, so feel free to have a sandwich or something more filling you can eat beyond just your snacks.

**Included in Course:** Rope, Helmet, Harness, Ice Axe, Crampons, Anchor materials, Permits and Fees.

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

**Experience Level:** No previous mountaineering experience required. We recommend taking this course prior to one of our intermediate or advanced, or climbing on your own!