



SWS Mountain Guides
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ADVANCED MOUNTAINEERING CAMP The Palisades in the Sierra Nevada



General Description: This is a continuation of our Palisades Mountaineering Camp I course featuring a quick review of basic mountaineering techniques before moving on to advanced instruction on protection placement, route finding, alpine rock climbing, ice/snow climbing, crampon use, hardware, and protection systems, and climbing multi-pitch routes. You will then test your skills on a fifth-class route on one of the 14,000 foot peaks of the Palisade group. Possible peak climbs include: Mt. Sill (14,153 ft.), North Palisade (14,242 ft.), Thunderbolt Peak (14,003 ft.), Polemonium Peak (14,080 ft.) or others depending on group skills. Join us in the Sierra Nevada for five days of advanced alpine climbing.

Location: Big Pine, California, Palisade glacier, Eastern Sierra Nevada

Itinerary

Day 1: We will meet at 8:00 am at a predetermined spot as organized by the guide. A thorough pack check will be conducted, and group gear will be distributed. We will then begin our hike to a camp at approximately 11,000 feet (Third Lake) with informal lectures taking place along the trail. That evening we will review basic climbing techniques before exploring advanced climbing techniques the next day.

Day 2: The second day will be spent near our camp acclimatizing and training in advanced climbing techniques. Topics to include: Alpine rock climbing, ice and snow climbing, route finding with altimeter and compass, and mountain medicine.

Days 3-4: The third and fourth days will be spent attempting selected technical routes on 14,000+ peaks-- North Pal, Mt. Sill, Thunderbolt Peak, Polemonium Peak and Mt. Winchell (routes and peaks to be determined by group ability, snow and weather conditions).

Day 5: Day five we pack-up and head down to the trail head, arriving by 4:00 pm.

PLEASE NOTE - This is a best-case scenario. This itinerary is subject to change at the guide's discretion and is dependent upon mountain conditions, group experience/expectations, and other factors we cannot anticipate.

Experience Level Requirements: Previous mountaineering experience required. Specifically, one must know the following skills to participate in this course: advanced knowledge of Ice Axe and Crampon use, Glissading, able to climb at least a 5.8 rock rating, basic knots, belays, rope travel skills on snow, ice and rock, self-arrest, and advanced backpacking skills. The better shape you are in the more enjoyable the climb will be for you as well. This is a serious course for intermediate to advanced climbers.

Physical Conditioning Requirements: Participants should be in **excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Recent mountaineering experience is required or completion of our Basic Mountaineering Camp or Sierra Alpine Mountain Course. Give us a call if you have any questions.



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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).

Getting Here and Away: The closest major airports are in Reno, Las Vegas, or Ontario.

Where to Stay: Bishop is the closest town with a multitude of hotels to choose from.

Group Size: Group size limited to 2 (Guide to Guest ratio is 1:2)

Includes: Professional instruction/guide, freeze dried dinners, breakfast items & hot drinks, helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, and permits.

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.