



SWS Mountain Guides

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Palisades Traverse The Palisades, Sierra Nevada California



General Description: The Palisades Traverse is one of the prize objectives of any Sierra Nevada mountain climber. Starting from the south end of the Palisades group the objective is to climb the ridge connecting all 5 of the 14,000 foot peaks. Thunderbolt Peak (14,003 ft.), Starlight Peak (14,200 ft.), North Palisade (14,242 ft.), Polemonium Peak (14,080 ft.) and Mt. Sill (14,153 ft.).

Location: South Lake Trailhead. Bishop, California. Eastern Sierra Nevada

Itinerary: After meeting at 8:00 am on the first day we will hike into the backcountry over Bishop Pass and enter Sequoia National Park. From the top of the pass, we will cut cross country over Knapsack Pass from where we can establish our basecamp in Palisade Basin and review necessary skills.

The climb itself starts from the North end of the Palisades on Thunderbolt Peak and then works its way South covering a variety of terrain from 3rd class to 5.6 with optional pitches up to 5.9. Transitions may include down climbing, lowering, and rappelling multiple pitches. All of this brings the group to our final summit at Mt. Sill. From there we descend back down into the Palisade Basin.

An objective of this size typically requires at least one open bivy on the route above 13,000ft.

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.



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Food: Group breakfast(s), dinner(s), and hot beverages are included. Please bring your own favorite, high-calorie, high-carbohydrate lunches, and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc.

Experience Level Requirements: Previous mountaineering experience required, and a good candidate should be in excellent physical condition. Additionally, one must know the following skills to participate in this course: good knowledge of belay techniques, understand and have experience repelling, be able to climb at least a 5.7 rock rating, basic knots, basic 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 advanced climbers. We reserve the right to leave any client we deem not sufficiently prepared for this course back at camp!!

Physical Conditioning Requirements: Participants should be in excellent physical condition. Our backpacks will weigh 30-40 pounds.

Group Size: 2-4 Guest (Guide to Guest ratio is 1:2 / Group size limited to 4).

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