



**SWS Mountain Guides**  
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## **MT. SHASTA 2 DAY SUMMIT CLIMB via the Avalanche Gulch Route**



### **General Description:**

On this 2-day summit climb via the Avalanche Gulch route, we take an ambitious introduction to mountaineering. We've designed this as a summit focused trip, with limited time for instruction on ice axe and crampon use, ice axe self-arrest, route finding, mountain sense, and mountain safety. This guided climb is for anyone who has a desire to learn the basic skills necessary to ascend Mt. Shasta safely, but who also has time constraints. This climb is perfect for those that wish to explore the world of alpine mountaineering, but aren't ready to move on to more technical routes. Avalanche Gulch is an incredible route, and filled with historical figures boot prints.

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

### **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 trailhead at Bunny Flat (6,860 feet) on Mt. Shasta's south side. From here we will hike to our high camp (9,800 feet) just below Helen Lake. The afternoon will be spent acclimatizing and learning how to use the ice ax and crampons. We will then retire early in preparation for an alpine start on summit day (up by 1-2:00 am).

**Day 2** - Summit Day!! We will be getting up early (12-1 am) for our alpine start and moving out of camp by 2-3am. The summit is approximately 3 miles/4500 vertical feet away. Our summit turnaround time is between 10 -11am due to safety concerns. We should be back to camp around 2-3pm and back to the trail head around 5:30 pm.

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



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**Includes:** Professional instruction/guide, breakfast(s), dinner(s), ice axe, helmet, harness, group equipment including ropes and safety equipment, group camping equipment including tents and stoves, wilderness permits and fees.

**Group Size:** 2-8 Guests (Guide to Guest Ratio is 1:4)

**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.

**Experience Level Requirement:** No previous mountaineering experience is necessary, but backpacking experience is recommended.

**Physical Conditioning Requirements: Participants must be in excellent physical condition.** Our backpacks will weigh anywhere from 35 to 55 pounds. You must be able to climb 500-600 feet per hour for 6-8 hours with a day pack. Recent hiking or backpacking experience is highly recommended. Elevation gain on this climb is 7,302 feet from the trail head at Bunny Flat (6,860 feet) to the Mt. Shasta Summit (14,179 feet). Our base camp will be between 9,500 – 10,000 feet. If you anticipate a problem with altitude sickness, please call or email us. We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.

**Food:** Breakfast and dinner, along with 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).

**Note:** Mountaineering Boots, Snowshoes (early season), and Crampons are **NOT** included, but are available for rent at our office in Mt. Shasta. Backpacks, sleeping bags, sleeping pads, down and Gore-Tex jackets are also available. Inventory is limited, so we highly recommend making your reservations with us online prior to the morning of your climb. For more details about equipment needed on this climb, please see our equipment list for this course. Again, if you have any questions give us a call or send an email. We're happy to help!