



SWS Mountain Guides

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Mt. Shasta Summit Ascent 3-Day Mountaineering Course with Mt. Shasta Summit Ascent



General Description: Our 3 day Mt. Shasta Summit Ascent is a slower paced, skill intensive, instructional mountain course in the basics of mountaineering including a summit ascent via Mt. Shasta's Avalanche Gulch. No previous mountaineering experience is necessary. Our course includes instruction and skill development taught by professional guides, complete ice axe and crampon instruction, ice-axe self-arrest, route finding, mountain awareness, establishing a proper camp, and mountain safety. We designed this course in response to requests that more time be spent on developing ice and crampon skills, thereby increasing confidence with the gear higher up on the mountain. This course is highly recommended for those who have a desire to acquire the skills necessary to ascend Mt. Shasta safely and confidently, and who wish to explore the world of alpine mountaineering. When compared to our Mt. Shasta 2 Day climb, this course includes an additional day for mountaineering skills instruction and as a bonus allows us to acclimatize better to the elevation! Climb Mt. Shasta at a slower rate and really enjoy your time on the mountain.

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 hike to our high camp around 9,700 feet in Avalanche Gulch. Climbing to high camp will typically take 4-5 hours. Our guides do have the option to camp the first night at Horse Camp at 8,000 feet depending on mountain conditions, group desires and availability of snow for teaching skills. Otherwise, we will continue to high camp where we will set up our tents and make our camp comfortable. This evening we will have some informal discussions on such topics as mountain weather and mountain medicine.

Day 2: On this day we will be getting up around 7 am or so and have a leisurely breakfast. We will then continue our skill building and alpine education by first spending the morning learning about ice ax and crampon use along with learning how to glissade. After lunch we will learn about using the harness and the ropes. After dinner we will retire early in preparation for an alpine start (up by 12:30 - 2:00 am) for our summit attempt of Mt. Shasta on day 3.



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Day 3: Summit Day! This is the day we will put our new skills into practice as we attempt to summit Mt. Shasta. We will be getting up early 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 5-6 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. It is possible that summit day might be on day 2 rather than day 3.

Location: Mt. Shasta Wilderness Area - Avalanche Gulch or Clear Creek (late season) routes.

Experience Level Requirements: No previous mountaineering experience is necessary, but some backpacking experience would be very helpful.

Physical Conditioning Requirements: Participants must be in good to excellent physical condition. Our backpacks will weigh anywhere from 35 to 55 pounds. You have to be able to climb 500-600 feet per hour, for 6-8 hours with a daypack. Recent hiking or backpacking experience is highly recommended. Please call us if you have any questions about this. 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 and talk to us. We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.

Food: Breakfasts, Freeze-Dried Dinner(s) 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 to be added, 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).

Dates and Pricing: Please visit our website at swsmountainguides.com for updated pricing and dates.

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.

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

Includes: Professional instruction/guide, breakfast(s), dinner(s), ice axe, helmet, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Shasta summit fees.

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.

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