



SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

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MT. SHASTA 2 DAY SUMMIT CLIMB via the Clear Creek Route



General Description: Join SWS Mountain Guides for a weekend summit climb on Mt. Shasta's Clear Creek route. The Clear Creek route meanders between the wide-open slopes above Mud Creek Canyon and the ridge between the Konwakiton Glacier and the Watkins Glaciers. This is our late season; beginners climb of Mt. Shasta which we switch over to once we deem the Avalanche Gulch route to be unsafe. While many consider the Clear Creek route to be less technical than the Avalanche Gulch route it is just as physically demanding **if not more so** than the Avalanche Gulch route. The scree and talus on this route has proven to be quite the challenge for our guests. There is the slight possibility that ice axes and crampons will be needed, but SWS Mountain Guides will provide them if they are, as well as the instruction on how to use them. This a fantastic route for anyone who has a desire to ascend Mt. Shasta without having to use ice ax and crampons for long sections of the route.

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 Clear Creek trail head (6,480 feet) on Mt. Shasta's southeast side. The road is very dusty and rough in places but is accessible by most vehicles with moderate clearance. From here we will hike 1.5 miles to our high camp (8500 feet). Afternoon will be spent acclimatizing, hydrating, and talking about what to expect on the climb. We will then retire early in preparation for an alpine start on summit day.

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 is dependent upon mountain conditions, group experience/expectations, and other factors we cannot anticipate.

Location: Mt. Shasta Wilderness Area, Mt Shasta, CA.

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



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Physical Conditioning Requirements: Participants must be in good to excellent physical condition. Our backpacks will weigh anywhere from 35 to 55 pounds. You must be able to climb 500-600 feet per an hour for 6-8 hours with a day pack. 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 Clear Creek (6,400 feet) to the Mt. Shasta Summit (14,179 feet). Our base camp will be around 8,400 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 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 axes, helmets, harness, group-climbing equipment including ropes (if needed) 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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