



SWS Mountain Guides
110 Alpine St.
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HOTLUM GLACIER SUMMIT ASCENT

3 days / 2 nights



The Hotlum Glacier Route is one of the best-glaciated routes on any 14er in California. Our 3-day guided ascent starts from Mt Shasta's Eastside and ascends the second largest glacier in California. The route weaves through crevassed terrain and a series of 3 different ice falls before circumventing Shasta's Upper Headwall before heading towards the summit—an excellent adventure for climbers with previous ice ax, crampon, and mountain experience. The ideal climber for this route is in excellent physical condition and ideally has already climbed other snow and ice climbs before arriving at Mt Shasta. For more information and to find out if this climb is proper for you, please call our office at 888-797-6867 or email: info@swsmountainguides.com

Itinerary

Day 1: Our team will backpack into one of the “Hotlum Hilton,” sandy moraine, at the base of the Hotlum Glacier. Climbers will have a brief introduction and refresher to glacial travel before heading up from this high camp.

Day 2: Climbers should expect an alpine start with almost 3,000 vertical feet of glacial mountaineering before crossing onto the upper headwall and climbing to the summit. This day should include sampling steep snow climbing, crevasse crossings, serac navigation, and even the potential for pitched climbing on last season's ice.

Day 3: We will pack up camp and return to civilization.



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Instruction: Includes a Review of basic to advanced crampon and ice ax skills and glacier team travel.

Group Size: Limited to 6 clients

Guide to Client Ratio: 1:3

Experience Level: Excellent physical condition with a desire to reach the summit of Mt. Shasta via a challenging glacial route. Climbers need to have previous mountaineering experience. Solid crampon and ice axe skills and rope team experience are required.

Includes: Ice axe, helmet, harness, group climbing equipment (ropes, safety equipment), tents, stoves, breakfast, dinner on the mountain, wilderness permits, and fees.

Departure City: Mt. Shasta, California

Getting Here and Away: The Sacramento Airport (SMF) and Medford International Airport (MFR) are excellent 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.

Physical Conditioning Requirements: Participants must be in excellent physical condition. Backpacks will weigh between 45 to 65 pounds. With a day pack, you must be comfortable climbing 500-600 ft elevation gain per hour for 6-8 hours at a time. While the distance traveled on the ascent is approximately 7 miles, you'll gain 7,302 ft vertical feet from the trailhead. Summit day alone will have over 4,000 vertical feet and cover about 3 miles. Our camp location is generally between 9,500 – 10,000 feet; if you're concerned 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: We provide meals while on the mountain. These include Breakfasts, Freeze Dried Dinners, and hot beverages. We have a variety of meal options available. However, we cannot guarantee specific choices of flavors, brands, or particular dishes (Ex: fettuccine, lasagna, teriyaki chicken & rice, etc.). If you have a favorite breakfast or dinner that only requires hot water, we encourage you to bring it. Also, bring your favorite high-calorie, high-carbohydrate lunches and snacks! The town of Mt. Shasta has a few grocery stores and markets, but having things you're familiar with and in hand when you meet your guide is essential. Don't wait to meet your manual to see what you need for 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!).

Not Included: Mountaineering Boots, and Crampons are NOT included but are available for rent from us. We also have backpacks, sleeping bags, sleeping pads, down jackets, and Gore-Tex jackets available to rent. Due to limited supply, it is **HIGHLY RECOMMENDED** you make your reservation for your rentals online or by phone with us before the morning you arrive. For more details about equipment, please see our equipment list for this course, call us, or email us. We're happy to help!