



SWS Mountain Guides
110 Alpine St.
Mt. Shasta, CA 96067
info@swsmountainguides.com
www.swsmountainguides.com
Phone: 888.797.6867

WEST FACE OF SHASTA

Guided Climb up the Classic West Face route of Mt. Shasta



General Description: Join us for this three-day guided climb of Mt. Shasta's classic West Face. The West Face is one of the less crowded routes on Mt. Shasta and is an excellent climb for those wanting to climb a less technical, yet scenic route on Mt. Shasta's south side. This route is best climbed in late spring to early summer when there is plenty of snow to cover the approach and upper mountain, but some years it is climbable well into summer.

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 trail head at Bunny Flat (6,860 feet) on Mt. Shasta's south side. From the trail head we will snowshoe/ski/hike to our base camp in Hidden Valley (9,400 feet). As we snowshoe/ski/hike we will be instructing and holding informal lectures. Once we reach our base camp, we will set up camp and then conduct a review of basic ice axe, crampon, and rope handling skills. We will then retire early in preparation for an alpine start on summit day.

Day 2: Summit Day! Up early around 1am. The summit is approximately 3 miles/4500 vertical feet away. Our summit turnaround time is between 11 -12am due to safety concerns. We should be back in camp around 3-4 pm.

Day 3: On the third day we will get up around 7-8 am and break down camp and return to the vehicles by mid-day to early afternoon.

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 we might attempt the summit on Day 3 instead of Day 2.

Location: 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 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. 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, 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).

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 equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and license 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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