



SWS Mountain Guides
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**TECHNICAL
MT. WHITNEY SUMMER ASCENT
MOUNTAINEER'S ROUTE/ EAST FACE OR EAST BUTTRESS
Eastern Sierra Nevada, Lone Pine, CA**



General Description: This course offers a practical introduction to alpine climbing-- offering a guided climb of Mt. Whitney via the East Face (5.6 route) or East Buttress (5.8 route) descent via the Mountaineer's route. This course is a great way to explore and climb the highest mountain in the Sierra Nevada and the lower 48 states. A great climb for the intermediate to advanced mountaineer who wants to climb this peak via a challenging technical route with fantastic views of the East Face of Mt. Whitney and terrific views of several other peaks in the Sierra's. The East Face and East Buttress routes are classic alpine climbs involving rock scrambling, cross-country hiking, and solid rock climbing on excellent granite with several pitches of classic rock climbing on solid granite at high altitude. It can be accomplished by intermediate climbers in excellent physical condition and who has good rock-climbing skills. We will review our climbing techniques with a pre-climb clinic on the day prior to approach to our high camp at upper boy scout lake.

Itinerary

Day 1: Meet at the SWS Mountain Guides Office in Lone Pine at 7:00 am. After a full pack check and issuing of gear for the climb, we will head off to the Whitney Portal trail head, a short, 30-minute drive. We will then begin our hike into the backcountry and establish a base camp at Upper Boy Scout Lake at 11,000 feet. As we hike, we will be instructing, holding informal lectures, and preparing you for the next day's climb.

Day 2: Summit Day!! We will rise early for an alpine start (3-4 am) and climb the East Buttress or East Face route on Mt. Whitney's East Face, returning to our base camp via the Mountaineer's Route by late in the afternoon.

Day 3: Day three we pack up and head down to the trail head arriving at our vehicles by 1-2:00 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.

Location: Mt. Whitney, Eastern Sierra Nevada.



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Experience Level Requirement: Participants must have previous mountaineering and rock-climbing experience.

Physical Conditioning Requirements: Participants must be in good to excellent physical condition. Our backpacks will weigh anywhere from 35 to 50 pounds. You must be able to climb 500-600 feet per an hour for 6-10 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 6,300 feet from the trail head at Whitney Portal (8,200 feet) to the Mt. Whitney Summit (14,505 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 Dinners 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).

Getting Here and Away: The closest major airports are in Reno, Las Vegas, or Ontario.

Where to Stay: Lone Pine has several options on where to stay. Please feel free to contact us if you have questions or want recommendations.

Group Size: 2-4 Guests (Guide to Guests ratio is 1:2).

Includes: Professional instruction/guide, freeze dried dinners, breakfast items & hot drinks, helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Whitney permit reservations 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.

Pre-Climb Rock Clinic: \$245.00/person. Conducted day prior to climb departure.