



SWS Mountain Guides
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GUIDED MOUNT WHITNEY WINTER ASCENT **MT. WHITNEY 14,505 FT.**



General Description: Mt. Whitney offers an exceptional training ground for intermediate to advanced climbers wanting to expand their experience in the winter environment. Climbing the highest peak in the lower 48 states is an exciting challenge during the winter months. Gain the experience needed to climb similar peaks around the world. The conditions during the winter months on Mt. Whitney will give you the experience you need to join expeditions to the far corners of the globe, as well as to tackle those winter ascents in the lower 48 states. Expand your climbing into the winter season with a winter attempt of Mt. Whitney via the Mountaineer's route.

Our four-day guided Mt. Whitney Winter Ascent is for climbers with previous winter experience only. We will attempt the summit of Mt. Whitney via the Mountaineer's route. Topics to be discussed and/or experienced: avalanche awareness, weather awareness, route finding, winter climbing techniques, protecting against the cold, mountain medicine, along with technical skills in snow and ice anchors, running belays, quick belay techniques, protecting short pitches, wand placement, advanced route finding, and hazard evaluation.

Itinerary

Day 1: After meeting at 7:00 am on the first day at our office in Lone Pine, CA we will conduct a complete pack check and divide up the group gear. We will then carpool to the trail head at Whitney Portal, or lower if the road is snowed in! From here we will then snowshoe/ski to our base camp at Lower Boy Scout Lake (10,348 feet). As we snowshoe/ski we will be instructing and holding informal lectures.

Day 2: On day two we will move camp higher up in the drainage to Upper Boy Scout Lake (11,339 feet) or beyond. The rest of the day will be spent working on the various winter mountaineering skills mentioned above. We will then retire early in preparation for an alpine start on summit day.

Day 3: Summit Day! We will be getting up around 1-2 am for our attempt of the summit. We should be on the summit around 10-11 am and back to camp around 4-5pm.

Day 4: Today we will get up around 7am and break down camp. Once we have everything packed up we will begin our descent back down to the trail head where we hope to arrive by 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.

Location: Inyo National Forest, Mt. Whitney (14,505 feet).



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Experience Level Requirements: This is an intermediate to advanced level course. Previous mountaineering experience is required which includes basic knowledge of knots, rope handling skills, ice ax and crampons use. An ice ax and crampon refresher clinic can possibly be arranged the day prior to the Mt. Whitney Winter Ascent at extra cost for those who need addition instruction with ice ax and crampon skills. Please give us a call if you have any questions about the skills needed.

Physical Conditioning Requirements: Participants must be in good to excellent physical condition. Our backpacks will weigh anywhere from 45 to 65 pounds. You have to 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, 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: 2-6 Guests (Guide to Guests ratio is 1:3)

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.