



## SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

mail@swsmtns.com

[www.swsmountainguides.com](http://www.swsmountainguides.com)

Phone: 888.797.6867 / Fax: 877.797.6867

### BASIC TECHNICAL ICE CLIMBING

Lee Vining/ June Lake, California



**General Description:** This course is designed for beginning to intermediate climbers who have basic rock climbing (rock gym experience ok) or snow climbing skills (call us if you have questions). This two-day course is for climbers wishing to learn the basics of technical ice climbing techniques. You will learn a full spectrum of ice climbing skills with instruction in: proper crampon techniques, belays, stances, equipment selections, two tool placement, movement on ice, energy conservation, rope handling, and gear management. This is a full introduction to the world of water ice climbing.

**Location:** Lee Vining Canyon and/or June Lake area, depending on ice conditions.

**Itinerary:** We will meet in Lee Vining at 7:00 am on the first day and carpool/hike to the ice climbing area. Expect about a 20-30 minute drive and 1 hour or more hike up to the base of the ice climbing. Plan on returning to Lee Vining by late afternoon. Second day, leave Lee Vining by 7:00 am and return to the cars by 4:30 pm. This itinerary is subject to change due to weather, snow, and ice conditions at the time of the course.

**Food and Lodging:** Food and lodging are **NOT** included in this course. You can either camp out or attain lodging in Lee Vining (highly suggest getting a room). We will hike out to the ice each day and return to town each evening. You may join us for a group dinner in June Lake in the evening if you wish. For lodging recommendations and/or special motel rates please see below or contact our office.

**Lodging Recommendation:** Murphy's Motel 760.647.6316 [www.murpheysyosemite.com](http://www.murpheysyosemite.com)  
Single \$58.00 plus Tax / Double \$63-83.00 plus Tax / 3-4 - 2 Queen Beds \$93.00 plus Tax).

**Other Options:** Lake View Lodge 760-647-6543- <http://www.lakeviewlodgeyosemite.com>- (\$75-\$100 per night)

**Level:** Beginning/intermediate. Participants should be in good to excellent physical condition. Previous rock climbing or mountaineering experience required (gym experience ok), including a working knowledge of basic climbing knots and basic belay techniques. Any questions? Give us a call at 1-888-797-6867.



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### **Pricing and Dates:**

For updated pricing and dates please see our website at: [swsmountainguides.com](http://swsmountainguides.com)

**Rentals:** Add \$60.00 for Mountaineering Boots & Crampons rentals for the course. Please contact us as soon as possible to arrange for rentals.

**Includes:** Professional instruction / guide(s), technical climbing equipment, climbing harnesses, helmets, permits. A selection of ice tools will be available for client use.

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