



SWS Mountain Guides

210 East Lake St.

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Palisades Mountaineering Camp I

Basic Alpine Mountaineering Course with Summit Climbs

The Palisades in the Eastern Sierra Nevada



General Description: This course is a comprehensive introduction to alpine climbing, with an emphasis on the tools and techniques used in rock and ice and snow climbing. Topics to be covered: trip planning and preparation, route finding, map use, altimeter and compass use in navigation and route finding, an introduction to the technical equipment used in climbing (harnesses, ropes, and hardware), basic rock climbing techniques, anchor systems, belaying and rappelling. Presentation and instruction in the use of ice ax and crampons in snow and ice, self-arrest, self-belay and snow and ice protection hardware and anchors, roped team and glacier travel, glissading, physical hazards, mountain medicine, and more! Guide to client ratio is 1:4 to ensure individual attention.

Location: Big Pine, California, Palisade Glacier, Eastern Sierra Nevada.

Itinerary: After meeting at 8:00 am on the first day we will hike to a camp at approximately 11,000 ft; informal lectures will take place along the trail. Day two will be devoted to rock climbing instruction (equipment, technique, rappelling, etc.) at a nearby crag. On day three we will travel to a higher camp above the snowline, with the time dedicated to introducing you to ice ax and crampon use, ice and snow techniques (self-arrest, roped team travel, anchors, protection systems, and crevasse rescue). Beginning with an alpine start (3:30 am!) day four will see us putting our skills to use as we attempt a peak in the Palisades (either Mts. Gayley or Winchell, depending on conditions), returning to our high camp by day's end. Our fifth and final day will be spent packing up and returning to the trailhead by 4:00 pm.



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PLEASE NOTE - This is a best-case scenario. This itinerary is subject to change at the guide's discretion and is dependent upon mountain conditions, group experience/expectations, and other factors we cannot anticipate.

Food: Group breakfast(s), dinner(s), and hot beverages included. Please bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc.

Prerequisites: No previous mountaineering experience required. The better shape you are in, the more enjoyable the climb will be for you!

Level : Beginner to Intermediate. Participants should be in **good to excellent physical condition**. Our backpacks will weigh anywhere from 45 to 65 pounds. Recent hiking or backpacking experience is highly recommended. Please call us if you have any questions about this.

Dates & Prices: For updated pricing and dates please visit our website at www.swsmountainguides.com

Additional Dates: Available by with 3 or more - regular prices or by private arrangement.

Guide to Client Ratio: 1:3. Group Size limited to 6

Group Size: Minimum group 2 clients w/1 Guides / Maximum Group 6 clients w/ 2 Guides

Includes: Professional instruction/guide, breakfast, and dinners, group camping equipment including tents and stoves, group climbing equipment including helmets, permits, wilderness permit reservations.
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