



## SWS Mountain Guides

210 East Lake St.

Mt. Shasta, Ca. 96067

[mail@swsmtns.com](mailto:mail@swsmtns.com)

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

Phone: 888.797.6867 / Fax: 877.797.6867

### **Mt. Shasta Summit Ascent 3-Day Mountaineering Course with Mt. Shasta Summit Ascent**



**General Description:** Our three day Mt. Shasta Summit Ascent is a slower paced, skill intensive, instructional mountain course in the basics of mountaineering including a summit ascent via Mt. Shasta's Avalanche Gulch. No previous mountaineering experience is necessary. Our course includes: instruction and skill development taught by professional guides, complete ice axe and crampon instruction, ice-axe self-arrest, route finding, mountain awareness, establishing a proper camp, and mountain safety. We designed this course in response to request that more time be spent on developing our clients ice and crampon skills and thereby increasing their confidence with the gear higher up on the mountain. This course is highly recommended for those who have a desire to acquire the skills necessary to ascend Mt. Shasta safely and confidently, and who wish to explore the world of alpine mountaineering. When compared to our Mt. Shasta 2 Day climb this course includes an additional day for mountaineering skills instruction and as a bonus allows us to acclimatize better to the elevation! Climb Mt. Shasta at a slower rate and really enjoy your time on the mountain.

**Location:** Mt. Shasta Wilderness Area - Avalanche Gulch or Eastside (late season) routes.

**Itinerary:** 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 hike to our high camp around 9,700 feet in Avalanche Gulch. Climbing to high camp will typically take 4-5 hours. Our guides do have the option to camp the first night at Horse Camp at 8,000 feet depending on mountain conditions, group desires and availability of snow for teaching. Otherwise, we will continue to high camp. On day two continue our skill building and alpine education at our high camp location before we retire early in preparation for an alpine start (up by 2-3:00 am) for our attempt of Mt. Shasta's summit. On the third day will put our new skills into practice as we summit Mt. Shasta and return to our high camp for a quick snack and rest before descending to our vehicles by 5-6 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. It is possible that summit day might be on day 2 rather than day 3.



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**Food:** Group breakfast(s), freeze dried dinner(s), and hot beverages are included. Please bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, candy or protein 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 **very good to excellent physical condition**. Our backpacks will weigh anywhere from 35 to 55 pounds. 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 trailhead at Bunny Flat (6,860 feet) to the Mt. Shasta Summit (14,179 feet). Our high camp will be between 9,500 – 10,000 feet with a possible low camp at 8,000 ft. 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.

Dates and Pricing - Please visit our website at [swsmtn.com](http://swsmtn.com) for updated pricing and dates

Guide to client ratio is 1:4. Group size limited to 8

**Includes:** Professional instruction/guide, breakfast(s), dinner(s), ice axe, helmet, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Shasta summit fees. Mountaineering Boots, Snowshoes (early season), and Crampons are **NOT** included, but are available for rent from SWS Mountain Guides. For more details about equipment please see our equipment list for this course.

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