



## SWS Mountain Guides

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### CASAVAL RIDGE ASCENT Guided climb the Classic Casaval Ridge Southside Route of Mt. Shasta



**General Description:** Join us for this three-day guided climb of Mt. Shasta's classic Casaval Ridge. This route is best climbed in early to late spring when there is plenty of snow to cover the rocky ridge. Steep terrain and spectacular views await the intermediate climber on this exciting route. Determination, excellent physical conditioning, and previous ice ax and crampons skills required for this ascent. We will make a high camp on Casaval Ridge and review your skills before our attempt of the summit. Technical skills, steep terrain, and weather make this an excellent practice climb for Mt. McKinley, the Mexico Volcanoes, or any South American expedition.

**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 carpool to the trailhead at Bunny Flat (6,860 feet) on Mt. Shasta's south side. From here we will then snowshoe/ski/hike to our base camp on Casaval Ridge (10,000 feet). As we snowshoe/ski/hike we will be instructing and holding informal lectures. We will then conduct a review of basic ice ax, crampon, and rope handling skills. We will then retire early in preparation for an alpine start on summit day (up by 1-2:00 am), returning to our high camp late in the afternoon. On the third day, we will then break down camp and return to the vehicles by late 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. It is possible that we might attempt the summit on day three instead of day 2.

**Location:** Mt. Shasta Wilderness Area, Mt. Shasta (14,179 feet).

**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.

**Level:** Intermediate to Advanced. Participants should be in **excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Previous mountaineering experience is required (knowledge of knots, belays, crampon and ice ax use). Completion of our Basic and Advanced Winter Mountaineering Course qualifies as sufficient training experience. 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 base camp will be between 9,500 – 10,000 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.

**Guide to Client Ratio:** Guide to client ratio is 1:3. Group Size limited to 6.



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**Cost & Price:** Check our website for current dates and prices -- [www.swsmountainguides.com](http://www.swsmountainguides.com)  
Price includes Mt. Shasta summit fees.

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

**Includes:** Professional instruction/guide, breakfast(s), dinner(s), ice axes, helmets, harness, group climbing equipment including ropes and avalanche 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 climb.

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