



SWS Mountain Guides

110 Alpine St.

Mt. Shasta, CA 96067

info@swsmountainguides.com

www.swsmountainguides.com

Phone: 888.797.6867

Basic Mountaineering Clinic Bear Valley, California



General Description:

Our advanced climbing clinic is designed for those who want to learn additional mountaineering skills. Designed to expand your knowledge base for climbing steeper slopes in the snowy alpine terrain. You'll learn current belay and rope management techniques, along with receiving instruction on climbing techniques, rope team travel, climbing knots, and various anchor types and placement considerations. Additional subjects on belaying techniques in snow, and advanced ice axe and crampon techniques are also covered. Spend the day with your guide for a full review of the latest climbing techniques and learn additional skills to stay safe on your climbing adventures.

Course Location: Bear Valley, California

Sample Itinerary:

Meeting at 9:00 am at our California Ski Guides / Rock Guides office inside the Bear Valley Lodge, you'll complete a short pack check. Your guide will provide some additional gear before you drive to the Bear Valley Ski Resort area. Your guide will select a location based on current snow coverage and take you on a short hike to the field location before teaching skills for the day. Field locations are close to the parking location to maximize the amount of time spent practicing skills and techniques. Generally, we finish the day around 3-4 pm, so be sure to pack some food and water for the day. We break in the field for lunch around 12, so feel free to have a sandwich or something more filling you can eat beyond just your snacks.

Included in Course: Rope, Helmet, Harness, Ice Axe, Crampons, Anchor materials.

Group Size: Maximum group size is 8 guests, 2 guides (max ratio of 4 guests per guide)

Experience Level: No previous mountaineering experience required. We recommend taking this course prior to one of our intermediate or advanced, or climbing on your own!

CALIFORNIA ROCK & SKI GUIDES

BEAR VALLEY, CA MEETING MAP



Directions:

From: San Francisco East to Stockton to Hwy 4 to Bear Valley, CA. 95223 Approximate drive time: 2-3 hours

From: Los Angeles take I-5 North to Hwy 99 to Stockton take Hwy 4 to Bear Valley, CA. Approx: drive time is 6 -7 hrs

Meeting Place: All Bear Valley Courses/Climbs meet at the California Rock & Ski Guides office located at: **265 Bear Valley Road, Bear Valley, CA 95223 - across from the Bear Valley Lodge reception desk.**

If you have any questions or concerns, please call us 888-797-6867



Meets at: 265 Bear Valley Road, Bear Valley, CA 95223 at **9:00 am**