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MT. SHASTA HOTLUM BOLAM SUMMIT ASCENT

Intermediate Climb via the Northside Hotlum/Bolam Ridge Route



General Description:

Join us for a climb on Mt. Shasta's majestic Hotlum/Bolam Ridge route. You will experience everything from beautiful pine forests on the approach to wild and scenic glacier views high up on the ridge. For those who have always wanted to climb a northern route on Mt. Shasta, and escape from the crowds on the South side, this is the route for you! This route does require more technical skill than those on the South side but doesn't require previous glacial experience. A mixture of incredible scenery, fewer people, and a mixture of terrain you climb are some of the reasons this is a favorite route for many of our guides.

Location: Mt. Shasta, CA

Sample Itinerary:

Day 1: You'll meet your guide at 8:00 am on the first day at our Mt. Shasta office. After completing a complete pack check and dividing up the group gear, you'll head towards the North side of Mt. Shasta. Carpooling is recommended because of the small parking area at the remote trailhead. Once at the trailhead (Northgate at 7,000 feet), you'll begin your approach through Shasta pine forests, and volcanic rock gardens. Our total ascent from the trailhead to our high camp at approximately 10,000 feet will take a few hours. Enjoy a relaxed pace and mini clinics along the way to camp. Depending on the timing and snow conditions, we may need to complete an ice axe and crampon use review to get to the high camp location. As time allows, we will review additional ice axe and crampon techniques after setting up camp and getting you ready for the next day's climb.

Day 2: On the second day we will rise early for an alpine start (2-3:00 am) and climb via the ridge along the side of the Hotlum Glacier. At upper elevations we will traverse onto the glacier and



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ascend a small strip of it following the rocky ridge. Finally, along the upper section of the route we will mix in some 3-4 class rock before achieving the summit. After signing the ledger at the summit, we make our way back down, returning to our base camp late in the afternoon.

Day 3: This day will be spent packing up camp and heading back down to the trailhead. We generally arrive in the early afternoon and make our way back to the town of Mt. Shasta before saying our good-byes.

PLEASE NOTE: This is a best-case scenario. This itinerary is subject to change at the guide's discretion and depends on mountain conditions/weather, group fitness/experience/expectations, and other factors we cannot anticipate. Days 2 and 3 may switch in the itinerary depending on conditions on the mountain and skill level of the group.

Includes: Breakfasts & Freeze-Dried Dinners, & hot beverages while on the mountain, ice axe, helmet, harness, group equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and license fees including Mt. Shasta summit fees.

Group Size: Maximum group size 6 Guests (Guide to Guest Ratio is 1:3)

Experience Level Requirements: This is an intermediate to advanced climb depending upon route conditions (intermediate - early summer, advanced - late summer) that requires previous experience in mountaineering skills including ice axe and crampon use along with basic rope team knowledge. Basic knowledge of knots, belays and recommended for those wanting attempt this climb also.

Getting Here and Away: The Sacramento Airport (SMF) and Medford International Airport (MFR) are great jumping off points.

Where to Stay: Mt. Shasta is a great mountain town with several options on where to stay. Please feel free to contact us if you have questions or want recommendations.

Physical Conditioning Requirements: Participants should be in excellent physical condition. Backpacks will weigh anywhere from 40 to 65 pounds. Elevation gain on this climb is approximately 7,162 feet from the trailhead at Northgate (7,000 feet) to the Summit (14,179 feet). Our base camp will be between 9,500 - 10,400 feet. If you're concerned about altitude sickness, please call, or email us! We're happy to share techniques that can help reduce the likelihood, or at the very least reduce some of the symptoms you may be concerned about.

Food: We will have a variety of options available, however, we cannot guarantee specific choices of flavors or meals. If you have a favorite breakfast or dinner that only requires hot water, we encourage you to bring it. Make sure to bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc. Note: you will need approximately 200-300 calories per hour (7-9 hours on summit day alone).