



SWS Mountain Guides
110 Alpine St.
Mt. Shasta, CA 96067
info@swsmountainguides.com
www.swsmountainguides.com
Phone: 888.797.6867

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 Sierran alpine climbing, emphasizing the tools and techniques used in Sierran alpine rock & snow climbing. You will receive additional instruction in using ice ax and crampons, self-arrest, self-belay, rock climbing anchors, alpine rock climbing, moving efficiently in the alpine environment, physical hazards, mountain medicine, and more. Guide to client ratio is 1:3 to ensure individual attention.

Itinerary

Day 1: We will meet at 8:00 am at the US Forest Service Visitor Center in Bishop, California. Your guide will conduct a pack check and distribute group gear. We will then drive to the North Fork of Big Pine Creek trailhead from Big Pine just south of Bishop, where we will hike into the Palisades and camp at Third Lake by late afternoon. We will review rope techniques, knots, and the alpine gear needed to climb the peaks of the Sierra.

Day 2: On day two, we will train on a local crag review of rock climbing techniques and rope handling before we pack up and head to our high camp at 12,000 feet at the foot of the Palisades.

Day 3: Beginning with an alpine start (3:30 am!), day three will see us putting our skills to use as we attempt a peak in the Palisades (either Mt. Gayley or Winchell, depending on conditions), returning to our high camp by day's end.

Day 4: On our fourth, we will review our previous climbing day before we pack up and return to the North Fork of Big Pine Creek trailhead by 3:00 pm.- 4:00 pm

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



SWS Mountain Guides
110 Alpine St.
Mt. Shasta, CA 96067
info@swsmountainguides.com
www.swsmountainguides.com
Phone: 888.797.6867

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

Experience Level Requirements: No previous mountaineering experience is required, but backpacking experience is required.

Physical Conditioning Requirements: Participants should be in good to excellent physical condition. Our backpacks will weigh anywhere from 45 to 65 pounds. In addition, you must be able to climb 500-600 feet per hour for 6-10 hours with a day pack. Recent backpacking experience is required. Please call us if you have any questions about this.

Food: Breakfasts, Freeze-Dried Dinners, and hot beverages are provided on the mountain. We will have various 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. Also, bring your favorite high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, protein bars, chocolate, etc. Note: you will need approximately 200-300 calories per hour (7-9 hours on summit day alone).

Getting Here and Away: The closest major airports are in Bishop, Reno, Las Vegas, Ontario, or Los Angeles.

Where to Stay: Bishop is the closest town with a multitude of hotels to choose from.

Group Size: 2-6 Guests (Guide to Guest ratio is 1:3)

Includes: Professional instruction/guide, freeze-dried dinners, breakfast items & hot drinks, helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, and permits.

Not Included: Mountaineering Boots, Snowshoes (early season), and Crampons are NOT included but are available for rent from SWS Mountain Guides as well as backpacks, sleeping bags, sleeping pads, down jackets, and Gore-Tex jackets. For more details about equipment, please see our equipment list for this course or give us a call at 888-797-6867
V23