



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

ADVANCED MOUNTAINEERING CAMP The Palisades in the Sierra Nevada



General Description: This is a continuation of our Palisades Mountaineering Camp I course featuring a quick review of basic mountaineering techniques before moving on to advanced instruction on protection placement, route finding, alpine rock climbing, ice/snow climbing, crampon use, hardware, and protection systems, and climbing multi-pitch routes. You will then test your skills on a fifth-class route on one of the 14,000 foot peaks of the Palisade group. Possible peak climbs include: Mt. Sill (14,153 ft.), North Palisade (14,242 ft.), Thunderbolt Peak (14,003 ft.), Polemonium Peak (14,080 ft.) or others depending on group skills. Join us in the Sierra Nevada for five days of advanced alpine climbing.

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

Itinerary

Day 1: 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 pack up and head to our high camp at 12,350 feet at the foot of the Palisades for training in advanced climbing techniques. Topics to include: Alpine rock climbing, review of snow climbing, rope handling, belays, route selection and navigation.

Days 3: The third day will be spent attempting selected technical routes on 14,000+ peaks: North Pal, Mt. Sill, Thunderbolt Peak, Polemonium Peak and Mt. Winchell (routes and peaks to be determined by group ability, snow and weather conditions).

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 is dependent upon mountain conditions, group experience/expectations, and other factors we cannot anticipate.

Experience Level Requirements: Previous mountaineering experience required. Specifically, one must know the following skills to participate in this course: advanced knowledge of Ice Axe and Crampon use, Glissading, able to climb at least a 5.8 rock rating, basic knots, belays, rope travel skills on snow, ice and rock, self-arrest, and advanced backpacking skills. The better shape you are in the more enjoyable the climb will be for you as well. This is a serious course for intermediate to advanced climbers.

Physical Conditioning Requirements: Participants should be in **excellent physical condition**. Our backpacks will weigh anywhere from 40 to 65 pounds. Recent mountaineering experience is required or completion of our Basic Mountaineering Camp or Sierra Alpine Mountain Course. Give us a call if you have any questions.



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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: Group size limited to 2 (Guide to Guest ratio is 1:2)

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.

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