



WINTER MOUNTAINEERING CLIMBING

Rocky Mountain National Park, CO

PROGRAM ITINERARY

PROGRAM DETAILS: Winter mountaineering encompasses one of the most aesthetic and rewarding aspects of the varied sport of climbing. Like all forms of the sport, winter mountaineering has as much to do with the mental challenge as it does with physical endurance and the successful application of technical skills. In addition to applying a range of climbing skills, as a winter climber you also must understand and evaluate snowpack stability, avalanche hazard, and mountain weather; do route finding under difficult winter conditions; and maintain suitable shelters in the cold and wind.

The weather and climbing conditions during this program will determine the exact daily itinerary. Some of the material may be presented on different days in order to take advantage of good alpine weather and conditions.

ITINERARY

Day 1: Meet up with Guide and Team Members at 8 am

This is the first scheduled day of the program. During the meet up, you will review equipment for the course and make sure everyone is adequately prepared. Once you have completed the equipment review, you will travel to an ice climbing location to review basic and moderate ice climbing movement. You will also discuss basic anchors, protection systems, rappelling, and the physics and physiology of cold weather.

- Accommodations: On your own - Hotel or Front-country camping

Day 2:

The second day will expand on the knowledge gained during the first day's lessons. Typically, the group will head out to an ice/mixed climbing location in RMNP and the goal will be to cover skills such as winter travel skills and ice protection and anchor systems on technical ice.

- Accommodations: On your own - Hotel or Front-country camping



Day 3:

The third day will continue to build on the knowledge from the previous two days of climbing. This day will also cover topics such as avalanche rescue skills and basic backcountry travel skills.

- Accommodations: On your own - Hotel or Front-country camping

Days 4 - 5:

The final two days of the program will be spent attempting a winter mountaineering objective in RMNP (if conditions permit). Generally, this objective will be on Longs Peak, but you may also attempt routes on Flattop or other objectives.

The overall goals for day 4 and 5 is to put all of the gained skills together and spend time in the backcountry.

- Accommodations: Back-country camping (if conditions permit); On your own for final night - hotel or front-country camping