

American Alpine Institute^{Ltd.}

- Program Itinerary -

Alpine Ice Climbing - 6 day

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Meeting Location: The offices of the American Alpine Institute in Bellingham, Washington.

Meeting Time: Unless an alternate meeting time has been arranged, you should plan on meeting your guide(s) and the equipment shop staff at AAI's office a few minutes before 7am on the first morning of your program. For climbers staying at the Best Western we will pick you up at 6:40am.

Day 1 - We drive to the trail head (3700') on the north side of Mt Baker. The hike to base camp is between 3.5 and 4 miles depending on which camp site the group opts for, and the elevation will be between 5600 and 6000 feet.

-After establishing camp, the remainder of this day can be spent reviewing and discussing the concepts of glacier travel, glaciation, mountain weather, geology, and talking about the schedule for the following days.

Day 2 - Technical instruction & practice covering all climbing and belaying skills used on snow and ice in its various forms and degrees of steepness.

Days 3 & 4 - Protective systems for ice climbing; leading sequence; application of ice climbing skills to difficult terrain; closely supervised technical climbing in an icefall. Glacial structures, hazard evaluation, principles of glacier travel, crevasse rescue. Route finding problems & solutions. Climbing & instruction in groups of two, three, or four with one instructor.

Days 5 & 6 - A two-day climb on which team members deal with logistics, challenging free climbing, the operation of a wide range of protective systems, & route finding. Routes are chosen for each rope team according to the proficiency demonstrated by the participants during the Seminar & Practicum. Most commonly they are Mt. Baker via the Roosevelt Headwall, North Ridge, Roman Mustache, or the 2500-foot Coleman Headwall. Easier routes are climbed when appropriate for conditions. Ascents are made with a maximum of two climbers per guide.

- After our summit bid we descend to camp, pack up and head back to the institute. We shoot for getting climbers back to town by about 5pm. This can vary a bit based on how the last day of the trip goes.