



## ALPINISM 1

Mt. Baker, WA

### PROGRAM ITINERARY

#### Program Details:

The Alpinism 1 is a six-day introduction to climbing and mountaineering intended to introduce the fundamentals of glacier, rock and ice climbing. The course takes place at Mt. Erie for a day to cover the fundamentals of climbing before heading off to the South Side of Mt. Baker for the main portion of the course curriculum. The final day of the course culminates in a summit attempt of Mt. Baker.

Please keep in mind that this is a standard yet loose itinerary and is subject to change depending on conditions, weather, group dynamic and pace or summit strategies.

#### Difficulty Grade:

Beginner to Moderate

#### Program cost Inclusions and Exclusions:

**Inclusions:** Permits and access fees; Transportation during the course; Guide; Group technical equipment; Biffy bags.

**Exclusions:** Food costs; Personal equipment; Lodging costs (for the night before your course starts and the night you come back to Bellingham); Personal health, Baggage and Trip Insurance; Transportation before and after your course dates.

#### Itinerary:

##### Day 1 – Rendezvous at the AAI Equipment Shop and Rock Climbing Day

Plan to meet your fellow climbers and instructor(s) at the AAI Equipment Shop promptly at 7:00am. Your guide(s) will take the time to go over equipment, finalize rentals and purchases, review the itinerary, and ensure everyone is adequately prepared.

As soon as the rendezvous is complete we will make the forty five-minute drive south to a local rock climbing area called Mt. Erie, overlooking the North Puget Sound. Here we will cover basic concepts of free climbing, rappelling, anchor placement, belaying, knot tying, and movement on rock. The class will be camping at a front country campground that evening.

\*On some courses, your instructor will opt to have the rock day at the end of the course and hike directly into Mt. Baker the first day. This is done if the weather appears to be more favorable earlier in the course, giving us a better chance to summit.

## **Day 2 – Hike into the South Side of Mt. Baker (5600ft/1706m)**

We will break camp early in the morning to make the drive to the south side of Mt. Baker to the Park Butte Trailhead at roughly 3300 feet. The hike in is about five miles to the foot of the Easton Glacier where we will set up camp between 5600 feet and 6000 feet. The remainder of the evening will be spent covering concepts of alpine camping techniques, Leave No Trace principles, glacier travel, glaciology, mountain weather, geology, and the schedule for the next few days.

## **Day 3 – Snow School on the Easton Glacier (6500ft/1981m)**

The third day will be spent practicing glacier skills, covering concepts of self-arresting, crampon technique, glacier travel, rope team skills, and management. Snow skills will be conducted a short distance from camp, about 6000 feet to 6800 feet, and we will be returning to basecamp that night.

## **Day 4 – Crevasse Rescue on the Easton Glacier (6500ft/1981m)**

This will be another long day of skills practice on the glacier. We will start early in the morning and make our way farther up on the glacier like the previous day and spend it covering the most essential tool for glaciated mountain travel, crevasse rescue. We will be setting up and practicing hauling systems, building snow anchors, and prusiking up a rope. This night will also be spent back at basecamp.

## **Day 5 – Snow Skills and Crevasse Rescue Continued**

The fifth day will be a continuation of the previous two days, covering crevasse rescue as well as the opportunity to cover basic ice climbing skills by top roping on the glacier seracs if time allows. That evening there is the potential to pack up base camp and relocate to higher up on the glacier to about 7000 feet in order to make a more time efficient summit bid the following morning. It will be an early night!

## **Day 6 – Summit Bid and Hike Out (10,778ft/3285m)**

It isn't uncommon for the summit bid to be on the fifth day if the weather window looks better, but we typically plan for it to be on the final day. We will have an early alpine start (Midnight - 3am) and make a push for the summit, this takes anywhere from four to eight hours depending on where we camped, group pace, and conditions. After the summit bid, we will hike down, pack up camp, and hike out to the vans. We will then drive back to AAI headquarters! Plan to be back at the office anywhere between 3pm - 7pm.