



ICE & MIXED ALPINE CLIMBING

3-Day Curriculum

Boulder/Rocky Mountain National Park, CO

PROGRAM ITINERARY

Program Details:

Rocky Mountain National Park (RMNP) encompasses hundreds of winter climbs and thousands of skiable acres for any ability level. The high elevation and cold temperatures of the area encourages winter much earlier than other destinations in the US and lingers far into May, providing endless opportunities to hone one's winter craft.

This course is designed to follow the 2-day Introduction to Waterfall Ice Climbing for those budding alpinists. We will utilize RMNP's many falls as a serene training ground before heading deeper into RMNP for bigger routes.

Difficulty Grade:

Beginner to Advanced

Prerequisites:

- Backpacking experience
- Good physical condition
- No previous climbing experience is required

Program cost Inclusions and Exclusions:

Inclusions: Climbing equipment (ropes, ice, and rock protection); Permits; Guide; Ice tools and Crampons.

Exclusions: Food costs, Lodging, and personal equipment.



Itinerary:

Day 1

Meet your guide in downtown Boulder at 8:00 am for a pre-trip orientation. Please leave your packs in your vehicles; we will verbally go over gear to bring for the day.

Please bring food and water for a full day of climbing. We will then head to the first climbing destination.

On this first day, we will review basic and moderate ice climbing movement in the morning. In the afternoon, basic anchors, protection systems, and rappelling will be demonstrated and taught. The skills we cover on Day 1 will provide an excellent foundation for the rest of the curriculum.

Day 2

On our second day, the program will head back to another climbing destination. As a group, we will build climbing anchors for the day and review all of the material covered on Day 1 before moving on to the day's lessons.

Skills covered on this day include: Ice protection and anchor systems on technical ice. If time allows, we may do a lead demo as well.

Possible areas of practice on Day 2 include: Bears Den and the Hidden Falls areas.

Day 3

Our third day, we will typically work on some multi-pitch ice and mixed climbs in the region as well as cover avalanche rescue gear/skills and basic travel techniques in backcountry terrain.

Possible areas of practice on Day 3 include: Thatchtop Mountain, Mt. Lady Washington, and the Black Lake Cirque areas.