



# Mount Rainier Programs

ALPINE ASCENTS INTERNATIONAL IS AN AUTHORIZED CONCESSIONAIRE OF  
MOUNT RAINIER NATIONAL PARK



Mt. Rainier. Willi Prittie

## Overview

Mount Rainier (14,410 ft), is the highest volcano and largest glaciated mountain in the contiguous U.S. This alpine giant is famous for its superior climbing as well as its pristine wilderness. ranging in elevation from 1,610' to 14,410' above sea level. The “mountain” is an active volcano encased in over 35 square miles of snow and ice, surrounded by old growth forest and stunning wildflower meadows. The vast glaciers and alpine ridges of Mount Rainier offer challenges for the novice and veteran climber alike. Alpine Ascents provides a diversity of climbs led by renowned professional guides to accommodate climbers of all skill levels. From our 3-Day Climb to our 8-Day seminars you will find the climb that suits your needs and skill level.

### Evaluation Response From a 3-Day Muir Climber:

In a word, it was outstanding. Every aspect of the program exceeded my expectations. Prior to the climb, Alpine Ascents provided terrific guidance in helping me to prepare for the climb. There was always someone available to answer my questions. The climbing program itself was well structured and exceptionally well organized. I knew going in that climbing Mt. Rainier was a very serious undertaking and it was clear from the start that Alpine Ascents was the right group to help me attain that goal.

All the guides clearly possessed a great amount of mountaineering skill and easily gained my confidence. They took the time to answer all my questions-and I asked quite a few. I was very comfortable on the mountain with these guides. Mountaineering can be a complicated process, but the guides made it seem very logical and manageable. They took just the right amount of time with each element so that each of them fell into place at just the right time. By the time I strapped on my headlamp to begin the ascent, I felt more than ready to successfully summit. All of the guides were very friendly and enjoyable. They are the kind of people you just enjoy being around. I felt like I was saying goodbye to some of my closest friends at the end of the climb.

My goal going in was to make it to the summit, which I achieved, but more importantly I learned that climbing is so much more than just making the summit and the guides did a great job helping me to enjoy and embrace the entire process of mountaineering and the sheer love of just being on a beautiful mountain.

Clearly, the strengths lie in the logistical execution of the climb. I have never seen such a well-oiled machine. From the organization of the camps to the climb itself, AAI does it right. It is hard for me to really find any weaknesses. I've really tried to think of some and I can't really find any. Please keep up the great work!

This was my first climbing trip and all I can say is that when I climb again, I will definitely go with Alpine Ascents. I found the materials sent out prior to the climb very helpful and as I said before, there was always someone in the office available to answer my questions. I have been forever changed by this experience, In fact, I'm already dreaming of my next climb with Alpine Ascents.- Matthew S.

# WHY CLIMB RAINIER WITH ALPINE ASCENTS?

## **EXPERIENCE - 20+ Years**

Alpine Ascents has over 20 years experience guiding the world's highest mountains and 10 years experience guiding on Mount Rainier with an outstanding success rate. From our inception in 1986, the founder, senior administrative staff and several senior guides are still working with Alpine Ascents and leading trips around the world. Our intent is to provide the same level of quality, service, safety and environmental stewardship that has been our trademark throughout the guiding community. More information on guides and office staff.

## **QUALITY OF OUR CLIMBS - Thorough Foundation**

Alpine Ascents has taken a unique approach to climbing Mount Rainier. Our summit climbs and training programs are oriented not only towards summit success but in giving you instruction in mountaineering techniques that you can use where ever you chose to climb. Our dedication to teaching sound mountaineering practices such as Leave No Trace as well as providing you a better understanding of geology, glaciology and safe climbing are the cornerstone of our company. These programs often serve as prerequisite for other domestic and international programs.

## **GUIDE RATIO - 2:1**

Alpine Ascents offers you a guide ratio of one guide for every two climbers on summit day. This allows for increased safety, more individualized instruction and more guides to assist on summit day.

## **HIGH CAMPS - Shorter Summit Day**

On our Three Day Muir Climb we use an additional high camp which puts you 1000 feet closer to the summit and it allows you to be first on the upper mountain avoiding larger groups starting from Camp Muir and increasing your chances of summiting.

## **EXPEDITION STYLE - Efficient**

Our Muir program is 3 full days (including 2 nights) on the mountain. Some companies list a 4-day climb but your actual summit climb is only 2 days (including just 1 night on the mountain) which require you to climb up the mountain for training and return to a hotel at night. In addition to providing breakfast and dinners while on the mountain, Alpine Ascents does all our training out of Camp Muir allowing you to acclimatize better and avoid the cost of another hotel night.

## **SEATTLE BASED - No Rental Car Required**

Alpine Ascents is the only guide service that drives you round trip Seattle -Mt Rainier - Seattle. Most climbers planning to climb Mount Rainier either live in Seattle area or will fly to Seattle from another destination. Our shuttle eliminates a \$200 car rental and a complicated two hour drive each way to the mountain. Not only does our shuttle save you time and money by not having to make reservations, pick up a car and drive for several hours, it also eliminates up to 1000 extra cars being driven back and forth to Mount Rainier. As a part of our ongoing environmental efforts, all of Alpine Ascents' Rainier passenger vans use propane fuel.

- **No need to rent a car**
- **No driving back and forth from the mountain and spending an extra night in a hotel (saves \$100).**
- **Climber to Guide ratio of 2:1 on summit day. This also allows for people of varying skill levels.**
- **Two nights sleeping on the mountain instead of one**
- **Better acclimatization**
- **Instruction in self arrest, ice axe and crampon climbing and roped glacier travel.**
- **Our high camp is 2 hours above Camp Muir, making a shorter summit day.**
- **Instruction in expedition camping and safe camp placement, Leave No Trace training.**
- **Complete confirmation package of logistical and preparatory information sent to you upon registration.**

"The most organized and deftly executed climbs I have ever been on, it seemed as there was nothing they did not know about Rainier. It is a rare occurrence to spend time with people as professional and as motivated as my guide team." – Gil W ."

## WHICH ROUTE IS RIGHT FOR YOU?

We Offer Three Distinct Summit Climbs to Serve All Levels of Climbers:  
(Each Team has a maximum size of 8 climbers + 4 guides)

Program	Experience Level	Prerequisites	Climber-to-Guide Ratio (summit day)
<b>3-Day Muir Climb</b>	Beginner	Open to any physically fit enthusiastic novice, beginner or advanced beginner.	2:1
<b>4-Day Emmons Glacier Climb</b>	Beginner w/Skills	Open to advanced beginners. A prior glacier climb is required. e.g: 3-Day Mt. Baker Climb, 65lb. Pack	2:1
<b>4-Day Kautz Glacier Climb</b>	Intermediate	Open to those who performed well on the Emmons Glacier Climb or have completed a week-long Mountaineering Course.	2:1

We Offer Two Rainier Training Courses for the Beginner Climber:

<b>8-Day Training Course</b>	Beginner	For the beginner or intermediate climber.	4:1 2:1 on summit day
<b>Denali Preparation Course</b>	Beginner	For the beginner or intermediate climber.	4:1 2:1 on summit day



Mt. Rainier. Stan Shebs.

### Prerequisites

Carry a 40 Pound Pack

### Climbing Skill Level

This climb is open to any physically fit enthusiastic novice, beginner or advanced beginner. One day of training is included in the climb. Prior experience with backpacking and camping is recommended.

### Tents Equipment & Meals

**Provided:** All group climbing equipment: climbing ropes and technical hardware; tents, and meals (except lunch).

Transportation is provided for this climb.

**Not provided:** Lunch, Personal equipment. You are responsible for all items on the Gear List. Alpine Ascents has high quality gear for rent. See Rental Form

### Costs Include

Roud Trip Transportation from Seattle to Mount Rainier

Guide Fees (2:1 climber-to-guide ratio)

Park Fees - \$5 Entrance Fee,

\$30 Climbing Fee

Dinners and Breakfasts on the mountain

Gear Check and Orientation

Group Equipment such as tents, ropes,

and cooking gear etc.

Cotton Alpine Ascents T-shirt

### Costs Do Not Include

\$25 Wire Transfer Fee (If Applicable)

Personal gear (see equipment list)

Lunches on Climb (see menu plan)

Meals while not climbing, including breakfast Day 1 and dinner Day 3.

Trasportation to/from Seattle, Washington

Hotels/lodging in Seattle.

(We have a preferred arrangement with the Mediterranean Inn and the Marqueen Hotel, 2 blocks from our office)

Transfers to/from Seattle office. 2 hotels within walking distance of our office.

Trip cancellation insurance

### 3-Day Muir Climb Overview

Our three-day ascent up the Ingraham Glacier/Disappointment Cleaver on Mount Rainier is the most popular climb on the mountain. It provides an extraordinary expedition experience while allowing you to reach the summit with the greatest ease and enjoyment. Our first night is spent in a private hut at Camp Muir (10,000 feet) already stocked with climbing gear, allowing for lighter packs on the approach. Our second night in a remote tent camp at 11,000 feet gives us better acclimatization, a shorter summit day and a wilderness experience as we are climbing ahead of the larger groups leaving Camp Muir. All necessary training takes place on the mountain giving you more time to enjoy the wondrous beauty of Mount Rainier. This is our signature climb on Mount Rainier. We greatly look forward to having you join us this season.

### Physical Conditioning

In the best interest of personal safety, success and team compatibility, adequate training and excellent physical condition are required. Prior experience with backpacking and camping is recommended. Climbers must be able to carry an average of 40lbs or more. Climbers need to be in excellent physical condition for both personal enjoyment and to be an integral team member. We encourage you to contact us so that we may assist you in developing a training program that meets your particular needs.

**Comprehensive training info can be found on Page 12.**



All Smiles on Summit Day, Ross Wehner

I just arrived back from an extended vacation and wanted to send you a quick note in regards to my trip with Alpine Ascents to Mount Rainier during the week of July 22. I cannot describe how good of a time we had on the mountain, not only was the weather terrific, the guides were fantastic, exceptional in their knowledge of Mount Rainier as well as climbing in general. They were all outspoken, easy to get along with and went out of their way to make the trip enjoyable for all the climbers. I certainly came away with great memories, renewed confidence and an urge to get another climb on my calendar as soon as possible. I would like to thank you again for providing a first-class operation and I look forward to climbing with Alpine Ascents again in the future.-Karl M.

## 3-DAY MUIR CLIMB ITINERARY

### Day Before the Climb.

Climbers are required to arrive in Seattle the afternoon before our trip begins. That afternoon you will be met at our office by a guide and our gear manager to give you an overview of the climb, answer all your questions and make sure you have all your equipment or rental gear necessary for the climb. The guide will also give you instruction in Leave No Trace (appropriate wilderness practices) and discuss the National Park Mission Statement.

### DAY 1

On the first day of the climb we meet at the Alpine Ascents Office at 6:00am, where we pack up the van and drive to Mount Rainier. There we meet the rest of the Alpine Ascents guide team.

After breakfast we drive in our street clothes into Mount Rainier National Park to a destination known as Paradise. This beautiful area is the start for many nature hikes and is the starting point for our climb to Camp Muir (10,080ft). After dressing and donning our packs we hike Park trails to the snow line where we continue up on snow to Camp Muir. The hike takes 4 to 5 hours and we will stop to rest several times along the way and you will receive instruction on many topics such as moving efficiently on snow and discuss topics such as glaciology and vulcanology.

That night we sleep in our private hut at Camp Muir. The hut allows us to have further discussions on mountain topics as well as eat dinner in a private environment.

### DAY 2

After breakfast we begin our training. We cover all aspects of self arrest, crampon and ice axe use as well as proper rope techniques for climbing the mountain. After lunch we pack our personal gear along with tents and climb across the Cowlitz Glacier over Cathedral gap to Ingraham Flats. (11,100 to 11,200 depending on where we camp). This two-hour climb allows us to train in rope management and glacier travel skills while bringing us to a beautiful and remote location at the base of the Ingraham Glacier. Here we establish our high camp. Our first goal is to make good tent sites that will protect our tents from the elements while we are on our summit attempt. Our guides will prepare the dining tent, boil water for our meals and give a detailed account of what will be required the next day. We go to bed early so that we can wake up around midnight and prepare for the summit climb.

### DAY 3

Summit Climb!

We start our climb around midnight. After getting dressed we jump into the dining tent for breakfast and top off our water bottles. Our route depends on the time of year and conditions. We will either ascend the Disappointment Clever or the Ingraham Glacier Direct Route. **As we are far ahead of those climbers coming from Camp Muir we will have the mountain to ourselves.** It takes 4 to 5 hours to ascend to the crater rim and then another hour to Columbia Crest, the main summit of Mount Rainier. Along the way we route find around crevasses and seracs and make our way up the mountain clipping fixed protection with our climbing ropes when necessary. We take short rests along the way to hydrate and eat. As it is often cold these rest stops are frequent but short in duration. Our goal is to keep a moderate yet steady pace which allows us to keep warm during the early morning hours. After reaching the Crater Rim we take a longer break and if all is good, head across the crater itself for another hour to Columbia Crest.

After celebrating the summit and taking photos we descend carefully back to Ingraham Flats. Here we pack up our camp, rope up and climb back down to Camp Muir. Much of our gear will be left here for other expeditions that will be coming up. From Camp Muir we carry our personal gear back to Paradise and then drive back to Seattle.

Each guide embodied the true ideals of a good leader. I can't stress enough that good leaders are, in my opinion, few and far between (at least in my profession). It's amazing that AAI has been able to assemble such a talented group of leaders. Again, my 4 guides employed careful judgment, initiative, and enthusiasm the entire trip. They kept the group moving and busy from start to finish. Jay N.

The climb was outstanding. It was a great trip and, as usual, I am very pleased with the service. I look forward to registering with you on my next adventure. - 2007 Climber

# 8-DAY MOUNTAINEERING COURSE

## Course objectives

- ✦ Increasing technical knowledge/skills in all aspects of snow and alpine climbing including:
  - Leave No Trace Principles
  - Glacier travel
  - Rope/belay techniques
  - Crevasse rescue
  - Route finding
  - Self arrest
  - Rappelling
  - Cramponing
  - Safe climbing
- ✦ Developing educated, self-reliant climbers with the ability to evaluate subjective and objective hazards including:
  - Rockfall
  - Glacier conditions
  - Gear evaluations
  - Critical decision-making
  - Group experience
  - White-out conditions
  - Wilderness navigation
  - Weather conditions

This course has been successfully used as a training ground for skilled adventurers, rangers, law enforcement, fire-fighters, military, stunt people and many others who require climbing skills as part of their career.

## Prerequisites

60 Pound Pack Required

## Climbing Skill Level

This course is designed for the beginner or intermediate climber wishing to develop strong fundamental skills in all aspects of snow and glacier climbing. This course serves as a prerequisite for many of Alpine Ascents' intermediate level climbs and is a stepping stone for more technically difficult mountains. Prior experience with backpacking and camping is recommended.

## Costs Include

Road Trip Transportation from Seattle to Mount Rainier  
Guide Fees (4:1 climber-to-guide ratio, 2:1 on summit day)  
Park Fees - \$5 Entrance Fee, \$30 Climbing Fee  
Group Equipment such as ropes, snow and ice protection  
Cotton Alpine Ascents T-shirt

## Costs Do Not Include

\$25 Wire Transfer Fee (If Applicable)  
Personal gear (see equipment list)  
Meals on Course (see menu plan)  
Meals while not climbing, including breakfast Day 1 and Dinner Day 8.  
Transportation to/from Seattle, Washington  
Hotels/lodging in Seattle.  
(We have a preferred arrangement with the Mediterranean Inn and the Marqueen Hotel, 2 blocks from our office)  
Transfers to/from Seattle office. 2 hotels within walking distance of our office.  
Trip cancellation insurance

This is an intensive 8-day training course culminating with a summit attempt on Mount Rainier's Emmons Glacier. Not only do you train in one of the most ideal locations for snow, glacier and ice climbing but also attempt the highest volcano and glaciated peak in the continental US. Our guides are able to give you in-depth and comprehensive instruction and allow you to progress at your own rate, and on summit day we have a 2:1 climber-to-guide ratio. Some topics covered include, climbing equipment, route finding and navigation, glacier travel, climbing protection, crevasse rescue as well as steep snow and ice climbing. This is truly a one-of-a-kind course.

We are allowed to offer only four departures per year so sign up early! Climbers who successfully complete this course will be eligible to join our Denali expeditions and other high altitude climbs around the world.



Leaving Camp Schurman. Barbara Winkler

From start to finish, the program was perfectly executed. Meeting in downtown Seattle was very convenient and the drive to White River was very pleasant. The best in the business. - 2007 Climber



**Day 1:** Early Morning Gear check in our Seattle office, then drive to White River Camp Ground, 2.5 hours. From here we hike for 4-6 hours to glacier basin where we will set up Camp for the night. Topics covered include: Map and compass, knots, mountain safety, equipment overview and prussiking. Camp at Glacier Basin.

**Day 2:** This day is dedicated to snow school practice. We hike for an hour to the base of the Inner Glacier where we demonstrate and practice all positions of self arrest, proper ice axe and crampon use, snow anchors and rope techniques for glacier travel. Second night at Glacier Basin.

**Day 3:** Ascend the Inner glacier up and over a ridge to the Winthrop Glacier and establish camp. During this ascent instructions will be given on route finding through crevasse fields, mountain safety awareness and proper glacier travel. At camp we will introduce the technical systems for crevasse rescue. Camp on Winthrop Glacier.

**Day 4:** Crevasse Rescue day. Climbers will participate and perform all aspects of crevasse rescue. This is a full day spent training to make sure you have a good working knowledge of this safety skill.

**Day 5:** Ice climbing, conditions permitting. This day we will practice on seracs (glacier ice walls) and learn the techniques necessary for ice climbing. Ice anchors and belays are demonstrated and practiced. Climbers will be able to challenge steep ice using two tools. Camp on Winthrop Glacier just below Camp Schurman. After instruction, additional guides will join us for the summit team.

**Day 6:** Advanced Glacier Work

**Day 7:** Summit Day! We depart around midnight to 1 AM. The entire climb is on glaciers until we hit the crater rim. This 4500 ft summit day is challenging as we move through large crevasse field often crossing deep crevasses and climbing up steep snow slopes. Snow and ice anchors will be placed when necessary for safety. We hope to reach the crater rim shortly after sunrise, where we will travel for another 30 minutes to Columbia Crest, the true summit of Mount Rainier. Several short rest brakes will be taken along the summit route as we ascent the mountain. After summiting we descend to our high camp to spend the night.

**Day 8:** We pack up our camp and descend down the Inner Glacier to Glacier Basin Camp site and then on to White River Camp where the Van is parked. After changing into our street clothes we drive back to Seattle.

This is an extremely rigorous seven days and being in strong physical condition is mandatory. Please note, the guide retains the right, at any point, to determine whether a climber is sufficiently fit to continue the climb.

It was very well planned and organized, with excellent instruction. My primary goal was instruction on mountaineering skills, glacier travel, etc., and the course more than met my goals in this regard. My secondary goal was to complete a summit of Mt. Rainier via a route other than the DC route, and we also were successful in this area. The isolation and beauty of the Winthrop glacier were special treats. I was very pleased with the top-level instruction provided by our guides. - Chris L

## 8-DAY DENALI PREPARATION COURSE

### Course Objectives

Develop cold weather survival skills.

Cover all technical snow climbing skills necessary for winter mountaineering and climbing Denali.

Discuss climbing at high altitudes and proper acclimatization processes.

This course has been successfully used as a training ground for skilled adventurers, rangers, law enforcement, fire fighters, military, stunt people and many others who require climbing skills as part of their career.

### Prerequisites

60 Pound Pack Required

### Climbing Skill Level

This course is designed for the beginner or intermediate climber wishing to develop strong fundamental skills in all aspects of snow and glacier climbing. This course serves as a prerequisite for many of Alpine Ascents' intermediate level climbs and is a stepping stone for more technically difficult mountains. Prior experience with backpacking and camping is recommended.

### Costs Include

Round Trip Transportation from Seattle to Mount Rainier

Guide Fees (4:1 climber-to-guide ratio)

Park Fees - \$5 Entrance Fee, \$30 Climbing Fee

Group Equipment such as stoves, ropes, snow and ice protection etc.

Cotton Alpine Ascents T-shirt

### Costs Do Not Include

\$25 Wire Transfer Fee (If Applicable)

Personal gear (see equipment list)

Meals During Course (see menu plan)

Meals while not climbing, including breakfast Day 1 and Dinner Day 7.

Transportation to/from Seattle, Washington

Hotels/lodging in Seattle.

(We have a preferred arrangement with the Mediterranean Inn and the Marqueen Hotel, 2 blocks from our office)

Transfers to/from Seattle office. (2 hotels within walking distance of our office).

Trip cancellation insurance

The Denali Prep/Winter Mountaineering course is specifically designed for those who want to embrace the challenges of climbing Denali and/or develop extreme winter mountaineering skills. It offers comprehensive training to prepare for the challenge of The Great One. We are fortunate to have the best training area in the lower 48 states to simulate the conditions found on Denali. Mt. Rainier (14,410 ft) during the late winter early spring months provides similar conditions as those found on Denali. Throughout this extremely rigorous course, we encounter numerous challenges (closely matching those found on Denali and other similar "big" mountains) in an effort to develop highly aware, knowledgeable and competent expedition climbers. Hands-on experience in all aspects of expedition climbing will be covered.

Note: Early spring conditions often present high avalanche conditions or inclement weather. In such cases, low traverses around the mountain will be undertaken instead of summit attempts. Often the overall experience is enhanced by experiencing and evaluating these conditions, rather than focusing on the summit as a goal.



Departing for Camp 1, Emmons Glacier. Gene Pires



Mt Rainier during the Winter and early Spring months provides similar conditions as found on Denali. This realistic training ground will give the hands on training you will need for climbing Denali. Scheduled Route: Muir Route, subject to change based on conditions.

Note: Early spring conditions often present high avalanche conditions or inclement weather. In such cases, low traverses around the mountain will be undertaken instead of summit attempts. Often the overall experience is enhanced by experiencing and evaluating these conditions, rather than focusing on the summit as a goal. We generally do not summit the mountain on Denali Prep courses, unless conditions are safe for moving high on the mountain.

DAY 1: Early Morning Gear check in our Seattle office. We drive to the mountain and from the Paradise Trailhead, snowshoe to our first camp. After setting camp we engage in formal Leave No Trace Environmental Ethics instruction. Topics covered include: Map and compass, knots, mountain safety, equipment overview and prussiking.

DAY 2: We start with snowshoe training combined with pulling gear sleds. The afternoon is devoted to snow camping techniques, including safe camp locations, snow shelters, cooking and cold-weather health maintenance.

DAY 3: Move camp. Snow climbing instruction. We spend the morning packing and moving camp. This allows easy access to practice areas, while honing both packing and camp set-up skills. Students learn the fundamentals of moving safely and efficiently on snow slopes of all degrees. Instruction includes: kicking steps, rest and balance techniques, using the ice axe, self-belay, self-arrest and snow climbing in rope teams.

DAY 4: Technical climbing on snow. After moving camp, anchor placements and technical rope climbing instruction for ascending steep snow slopes is given and practiced. Special emphasis is placed on setting and ascending fixed lines. Other instruction includes: belaying, lead climbing, rappelling and descending fixed lines.

DAY 5: Glacier travel practice. Proper rope-up techniques using sleds are taught. Considerable time is spent discussing route finding through potentially crevassed areas and identifying our position on maps. Topics such as travel in white-outs and inclement weather are discussed.

DAY 6: Crevasse rescue practice. (This will most likely be taught in a simulated environment, depending on how exposed the glacier is). You learn to rescue yourself and others from crevasses. More importantly, you learn how to stay out of them! Instruction includes setting rescue systems and prussiking out of a crevasse with pack and sled.

DAY 7: Discussions include avalanche conditions and safe route finding. In camp, we prepare for summit day and bed down early. Pack and move to camp (Or move to high camp as weather and conditions allow). Continue Skills development.

DAY 8: Summit day. Conditions permitting, we attempt a summit climb. This demanding day affords the opportunity to apply all of the skills learned during the course. After returning to camp, we pack up, snowshoe to the trailhead and return to Seattle.

## 4-DAY EMMONS GLACIER CLIMB

### Additional Information for 4-Day Kautz & Emmons Glacier Climbs

#### Prerequisites

60 Pound Pack Required

#### Climbing Skill Level

This climb is open to advanced beginners. A prior glacier climb is required. (3-Day Mount Baker Climb or equivalent training which includes a significant glaciated ascent and a day of snow school) This is an extremely rigorous four days and being in excellent physical condition is mandatory. Please note, the guide retains the right, at any point, to determine whether a climber is sufficiently fit to continue the climb.

#### Tents Equipment & Meals

**Provided:** All group climbing equipment: climbing ropes and technical hardware; tents, and meals (except lunch). Transportation is provided for this climb.

**Not provided:** Personal equipment. You are responsible for all items on the Gear List. Alpine Ascents has high quality gear for rent. See Rental Form

#### Costs Include

Road Trip Transportation from Seattle to Mount Rainier

Guide Fees (2:1 climber-to-guide ratio)

Park Fees - \$5 Entrance Fee, \$30 Climbing Fee

Dinners and Breakfasts on the mountain

Group Equipment such as tents, ropes, and cooking gear etc.

Cotton Alpine Ascents T-shirt

#### Costs Do Not Include

\$25 Wire Transfer Fee (If Applicable)

Personal gear (see equipment list)

Lunches on Climb (see menu plan)

Meals while not climbing, including breakfast Day 1 and dinner Day 4.

Transportation to/from Seattle, Washington

Hotels/lodging in Seattle.

(We have a preferred arrangement with the Mediterranean Inn and the Marqueen Hotel, 2 blocks from our office)

Transfers to/from Seattle office. 2 hotels within walking distance of our office.

Trip cancellation insurance

### Emmons Climb Overview

Our Emmons glacier climb offers experienced alpinists a unique opportunity to climb America's most distinguished mountain via a lesser traveled route. Climbing expedition style with groups of 8 climbers and 4 guides, we move up the mountain as a team, over a 4-day period. Climbers should have prior glacier experience and the ability to carry 65lbs. Alpine Ascents has been leading climbs via the Emmons Glacier since 1998 with an outstanding success rate, largely due to requiring a prerequisite and patient climbing approach. We look forward to having you join our team of expert guides on this extraordinary climb.

### The Day Before the Climb.

Climbers are required to arrive in Seattle the afternoon before our trip begins. That afternoon you will be met at our office by a guide and our gear manager to give you an overview of the climb, answer all your questions and make sure you have all your equipment or rental gear necessary for the climb. The guide will also give you instruction in Leave No Trace (appropriate wilderness practices) and discuss the National Park Mission Statement.

### DAY 1

On the first day of the climb we meet at the Alpine Ascents Office at 6:00am, where we pack up the van and drive to Mount Rainier. We begin at the White River Campground (4,300'). The day is spent climbing to our first camp at about 8,500' on the Inter Glacier, where we set camp and enjoy stunning and expansive views. This allows us to acclimatize a little and have an easy move the following day. We will review walking on snow and ice, glacier travel skills, ice axe use, and learn breathing techniques that will assist us on our ascent.

### DAY 2

Snow skills seminar. We make a short move past Camp Schurman (approx. 9,500') and establish a camp at a comfortable pace at Emmons Flats. This short day allows us to relax and get as much rest as possible before our summit attempt early the next morning.

### DAY 3

Summit day. For safety and better traveling conditions on the glacier, we begin with an early morning wake-up to get us very near the summit by sunrise. The summit climb should take 9 to 12 hours depending upon the speed of the group. Our pace is moderate and leads to a spectacular summit day. Weather permitting, we will take a brief break here to enjoy the view, snap photos and eat and drink to fortify ourselves for the descent back to Emmons Flats.

### DAY 4

Descend to the trailhead. We trade climbing boots for tennis shoes and drive back to Seattle.

Excellent. There was no doubt in the guides ability and attention to detail.  
- 2007 Climber

## 4-DAY KAUTZ GLACIER CLIMB ITINERARY

### Kautz Climb Overview

The Kautz Glacier is a spectacular intermediate climb which requires previous climbing experience and excellent physical condition. This challenging four day climb is highlighted by several hundred of steep snow and ice climbing that weaves through the serac walls on the Kautz Glacier. The route is less traveled giving us a remote climb with excellent climbing. We highly recommend this climb for those with the necessary skills and physical stamina.

### The Day Before the Climb.

Climbers are required to arrive in Seattle the afternoon before our trip begins. That afternoon you will be met at our office by a guide and our gear manager to give you an overview of the climb, answer all your questions and make sure you have all your equipment or rental gear necessary for the climb. The guide will also give you instruction in Leave No Trace (appropriate wilderness practices) and discuss the National Park Mission Statement.

### DAY 1

On the first day of the climb we meet at the Alpine Ascents Office at 6:00am, where we pack up the van and drive to Mount Rainier. There we meet three more Alpine Ascents' guides and enjoy a hearty breakfast.

After breakfast we drive into Rainier National Park to a destination known as Paradise. This beautiful area is the start for many nature hikes and is the starting point for our climb to Camp Muir (10,080ft). After donning our packs we will hike Park trails to Glacier Vista where we have excellent views of Mt. Rainier, Mt Adams and Mt Saint Helens. We descend 400 feet to the Nisqually Glacier, rope up and traverse across the glacier to a prominent snow chute known as the "Fan". After ascending the Fan we follow a ridge along up the west side of the Wilson Glacier to our first camp at approximately 8000 ft. Review of climbing techniques for the climb will be covered along the way

### DAY 2

We pack up our camp and head up towards a steep snow slope known as the Turtle. The Kautz Glacier and our route stand before us during our climb up the Turtle to our high camp on the Wapowety Cleaver. Our exact site depends on conditions but will be approximately 11,000 ft. We establish a good camp which we leave early the next morning for the summit.

### DAY 3

We rise early, eat breakfast and rope up for our ascent. From High Camp we climb up to the base of the Kautz ice cliffs then descend west for a few hundred feet to a ice gully which takes us to the tongue of the Kautz glacier. We ascent steep snow and sometimes hard ice for a couple of pitches on the tongue to reach the Kautz Glacier proper. These pitches can prove to be very exciting climbing and are the crux of the climb. If conditions require we will fix lines through this area for safely and to assist us on our descent. From here we traverse and up and right towards the Apex of the Wapowety Cleaver. We cross the cleaver and continue on to Columbia Crest, the true summit of Mount Rainier. After summiting we descend our route back to High Camp for the night.

### DAY 4

Descend from High Camp back through the Fan and return to Paradise where the van is parked. We trade climbing boots for tennis shoes and drive back to Seattle.

These climbs are extremely rigorous and being in strong physical condition is mandatory. One day of skills review is included in the climb. Please note, the guide retains the right, at any point, to determine whether a climber is sufficiently fit to continue the climb.

I have nothing but superlatives to offer regarding my guides and the experience. Any climb that I do that AAI runs will be done through AAI. My second Rainier climb with you solidifies that perspective. - Kristopher P.

## TRAINING FOR CLIMBING MOUNT RAINIER

Physical Conditioning for Mountaineering - Climbing requires cardiovascular endurance (via aerobic training), strength endurance (through strength conditioning), and climbing-specific training (via hiking with a pack). Being in strong physical shape is one of the most important aspects for success on a climb. During your training, you should be planning to progressively ramp up your pack weight, duration (time or mileage), and speed of weekly training hikes to give you climbing-specific conditioning that cannot be matched by any other sort of training.

Cardiovascular conditioning - Suggested activities include jogging, walking on an inclined treadmill, doing stair stepping or stepmill training, trail running, working on an elliptical machine, walking up and down hills, or participating in step aerobic classes. While biking, rowing and swimming are also good cardiovascular options for the off-season or earliest stages of training, be sure as you get closer to your climb that you include predominantly spinal-loading cardiovascular exercise such as any of the activities mentioned above.

When first beginning a cardiovascular training program, begin with three workouts (i.e. Monday, Wednesday and Friday) of 30 minutes of sustained activity at a moderate intensity, and build to 4-5 aerobic sessions of sustained effort for at least 45-60 minutes (taking perhaps Wednesday and Sunday as days off, for example.) Be sure to include a 5-10 minute gentle warm-up before working at your target heart rate for the day (for most workouts, choose a level of exertion that allows you to connect a few words together in a phrase, but leaves you feeling comfortably tired at the end of the workout), and cool down with 5-10 minutes of appropriate stretching of the muscles you use most in your activity, including lower back, calves, hamstrings, hips and quadriceps.

Strength conditioning - Training with free weights, bands, a backpack, bodyweight exercises, or gym machines will help you build overall strength, particularly in the core (lower back and abdominals), upper back and shoulders, and legs. Developing strength in your upper back and shoulders will help you with such tasks as carrying a heavy pack, using trekking poles and ice axes effectively. The calves, hips, quads, hamstrings and glutes are all involved in ascending and descending glacier, ice, and rock routes, and strength endurance is required in all areas of the legs and hips.

Training primarily with free weights will give you the functional, climbing-specific strength that will help you most in the mountains. Free weight-training requires that you balance the weights as you would your own body, weighted with a pack, in three-dimensional space. When starting any strength conditioning program, complete two full-body strength workouts a week for 30-45 minutes each, focusing on compound exercises such as squats, lunges, step-ups, dips, pull-ups, rows, dead lifts, bench presses, pushups, and overhead presses. In the beginning phase of strength conditioning, your focus will be building a foundation for harder workouts; to that end, keep the weight light enough to concentrate on good form and complete 2 sets of each exercise for 12-15 repetitions. As you continue to train, you will shift focus to building strength, strength endurance, and mental and physical stamina; each phase varies the weight used, repetitions completed, number of sets, and rest interval. Most important in strength training is to be sure you maintain proper form at all times in order to prevent injury or strain.

Climbing conditioning - Hike steep outdoor trails, gradually increasing your pack weight with each outing until you are at your target climb pack weight. If you live where it is relatively flat, go up and down stairs or train on an inclined treadmill or whatever terrain you have access to. A reasonable goal would be to ascend 3,500 feet carrying an average pack of 65 pounds (40 Pounds for the Muir Route) in a 2-3 hour period, or roughly 1,250 vertical feet in an hour. A good training option for pack weight is to carry water in gallon containers or collapsible jugs, so you can dump water at the top as needed, to lighten the load for the descent.

One training technique that is useful for altitude climbing is to include higher intensity interval training in your weekly program. To do this, find a steep hill or sets of stairs that will allow you to climb steadily for several minutes. Push as hard as you can going up, then recover coming down, and repeat for anywhere from 20-45 minutes depending on how close to your climb you are. Add weight to your pack on a regular basis until you can carry your 65# pack weight the whole time.

In early season, you might start with a hike that gains up to 1500' elevation over 6 miles round trip and carry a 15# pack; each hike try adding 3-5 pounds until you are comfortable with a 40# pack, then begin increasing the total elevation gain and mileage. When you can gain 3,500 feet with a 40# pack, start decreasing rest breaks and increasing speed, and once you reach your target time, add the final weight until you can carry your 65# pack for the desired elevation gain and mileage.

This training information was provided by BodyResults.com. To access more mountaineering-specific training articles, get a customized training program, or purchase training products please visit [www.BodyResults.com](http://www.BodyResults.com) or email [trainer@BodyResults.com](mailto:trainer@BodyResults.com). Special discounts for Alpine Ascents climbers can be found at [www.BodyResults.com/aai](http://www.BodyResults.com/aai)

This is an extremely rigorous climb and being in strong physical condition is mandatory. Please note, the guide retains the right, at any point, to determine whether a climber is sufficiently fit to continue the climb.

## RAINIER CANCELLATION AND REFUND POLICY

### Rainier Cancellation/Refund Policy

Note: Alpine Ascents International highly recommends trip cancellation insurance for all programs. Due to the nature and heavy costs of government and operator permits, Alpine Ascents International must adhere to a stringent refund policy.

Each deposit, regardless of amount, includes a \$200.00 non-refundable registration fee.

### Payment Policy

Deposits are due at time of registration to reserve space on the climb. Please include with completed application form.

Each deposit includes a \$200.00 non-refundable registration fee.

All balances are due 90 days prior to climb start date.

Payments can be made by check, money order, wire transfer or credit card (VISA/MC/AMEX).

### Refund Policy

\$200.00 non-refundable registration fee.

Full refunds will be provided 90 days prior to climb start date.

50% refunds will be provided 60-89 days prior to climb start date.

No refunds will be provided 59 days prior to climb start date.

If Alpine Ascents cancels or reschedules a program, all fees are refundable and/or transferable.

### Change Fee Policy

\$50.00 change fee for date changes 61-90 days prior to program start date within the same calendar year. (Based on availability)

\$150.00 change fee for date changes 31-59 days prior to program start date within the same calendar year.

No date changes are allowed 30 days prior to program start date.

While changes of 30 days or less are generally not possible, as programs are usually full at that time, we will attempt to accommodate your needs on an individual basis.

## GUIDES

Rainier climbs and mountaineering courses require outstanding and highly experienced guides. Many Alpine Ascents guides have historical climbing achievements synonymous with their names. The role of a guide is to impart knowledge, use calculated judgment and assist individual climber's development. We are proud and honored to work with these outstanding individuals. Each guide has been trained and is a certified Wilderness First Responder. Please see our website for bios on our entire guide staff:

[www.AlpineAscents.com/Guides.asp](http://www.AlpineAscents.com/Guides.asp)

## EQUIPMENT

Upon registration you will be forwarded a confirmation package containing detailed information on transportation, lodging, equipment, and logistics for your expedition or course. For specific gear questions, please contact us at [Climb@AlpineAscents.com](mailto:Climb@AlpineAscents.com). If you are buying gear with multiple purposes in mind, please feel free to consult us to make the most informed and cost-effective decisions. It is important that you read your annotated equipment list very carefully. ***You are required to bring every item on the list as described.*** Complete gear lists can be downloaded in .pdf format at [www.AlpineAscents.com/Gear-Lists.asp](http://www.AlpineAscents.com/Gear-Lists.asp)

Rental gear is available directly from Alpine Ascents International. All rental gear will be picked up at your gear check. Rental forms must be submitted to Alpine Ascents no later than two weeks prior to your program start date. We cannot guarantee the availability of rental equipment that has not been reserved ahead of time.



### The Mountain Is Out

Here are some facts about Mount Rainier. Its height is 14,410 feet, making it the fourth highest mountain in the continental United States. Its glaciers hold more snow and ice than the twelve other Cascade volcanoes combined. About two million people visit the mountain every year. In that same year, ten thousand attempt to climb it and a little more than half succeed.

Those are the facts. They don't begin to tell the story.

Mount Rainier occupies a unique place in the culture and lore of the Pacific Northwest. People here develop a personal relationship with the mountain. They call it "my mountain" and when it shrugs off its misty shroud they say "the mountain is out." People who have lived in the Northwest all their lives still stop and stare when Rainier reveals itself. The moment crackles with the thrill of nature being caught unaware, like seeing an eagle snatch a sockeye from Puget Sound. Mount Rainier is at once the most public symbol of the Pacific Northwest and its most sacred private icon. We look at Rainier and feel love for a mountain. It inspires in us a feeling akin to spiritual awe: reverence, adoration, humility.

Rainier is a special mountain. Don't just climb it. Embrace it.

**Bruce Barcott**

Author, The Measure of a Mountain: Beauty and Terror on Mount Rainier

Available at [www.AlpineAscents.com/Rainier.asp](http://www.AlpineAscents.com/Rainier.asp)

## ALPINE ASCENTS AND THE ENVIRONMENT

With the rise in popularity of backpacking and climbing, the mountains around the world are visited by ever-increasing numbers of people. We are drawn to the mountains for their beauty, purity, remoteness, ruggedness, and the unique challenges they present. The mountains are our home, and it is our responsibility to maintain the natural beauty of the wilderness areas we explore. With this in mind, we are unwilling to sacrifice their preservation for human objectives. At Alpine Ascents, environmental stewardship remains one of our core values, and we take Leave No Trace ethics and practices very seriously. **On our Rainier climbs we formally teach and follow the environmentally appropriate Leave No Trace principles and practices.**

### The 7 Leave No Trace Principles of Outdoor Ethics

- Plan Ahead and Prepare
- Dispose of Waste Properly
- Be Considerate of Other Visitors
- Travel and Camp on Durable Surfaces
- Leave What You Find
- Respect Wildlife
- Minimize Campfire Impacts



Alpine Ascents is proud to be a corporate sponsor of these organizations. We support their committed efforts to protect the environment and provide valuable resources for the climbing community.

- **Leave No Trace** [www.LNT.org](http://www.LNT.org)
- **American Alpine Club** [www.AmericanAlpineClub.org](http://www.AmericanAlpineClub.org)
- **The Access Fund** [www.AccessFund.org](http://www.AccessFund.org)



# 2009 MOUNT RAINIER PROGRAM SCHEDULE

## **RAINIER SUMMIT CLIMBS**

### **3-Day Rainier Muir Climb \$1280 Deposit: \$550**

**Price Includes Round-trip Transportation Fee from Seattle**

May 16 – 18	May 18 – 20	May 20 – 22
May 22 – 24	May 24 – 26	May 26 – 28
May 28 – 30	May 30 – June 1	June 1 – 3
June 3 – 5	June 5 – 7	June 7 – 9
June 9 – 11	June 11 – 13	June 13 – 15
June 15 – 17	June 17 – 19	June 19 – 21
June 21 – 23	June 23 – 25	June 25 – 27
June 27 – 29	June 29 – July 1	July 1 – 3
July 3 – 5	July 5 – 7	July 7 – 9
July 9-11	July 11 – 13	July 13 – 15
July 15 – 17	July 17 – 19	July 19– 21
July 21 – 23	July 23 – 25	July 25 – 27
July 27 – 29	July 29 – 31	July 31 – August 2
August 2 – 4	August 4 – 6	August 6 – 8
August 8 – 10	August 10 – 12	August 12 – 14
August 14 – 16	August 16 – 18	August 18 – 20
August 20 – 22	August 22 – 24	August 24 – 26
August 26 – 28	August 28 – 30	August 30 – September 1
September 1 – 3	September 3 – 5	September 5 – 7
September 7 – 9	September 9 – 11	September 11 – 13
September 13 – 15	September 15 – 17	September 17 – 19

### **Emmons Glacier Climb \$1600 Deposit \$500**

**Price Includes Round-trip Transportation Fee from Seattle**

June 16 – 19	June 21 – 24
July 7 – July 10	July 12 – 15
July 28 – 31	August 2 – 5

### **Rainier Kautz Glacier Climb \$1600 Deposit: \$500**

**Price Includes Round-trip Transportation Fee from Seattle**

June 2 - 5	June 8 – 11
June 14 – 17	June 23– 26
June 28 – July 1	

## **MOUNT RAINIER BEGINNER COURSES**

### **8-Day Mountaineering Course \$2600 Deposit: \$500**

**Price Includes Round-trip Transportation Fee from Seattle**

May 27 – June 3	June 4 – 11
June 25 - July 2	July 16 –23

### **Denali Preparation \$2,100 Deposit: \$500**

**Price Includes Round-trip Transportation Fee from Seattle**

March 14 – 21	March 21 - 28
March 28 – April 4	April 11 – 18
April 18 – 25	April 25 - May 2
May 9 -16	

### **10-Day Mountaineering \$2,500 Deposit: \$500**

Located in both the North Cascades and on Mt. Rainier

**Price Includes Round-trip Transportation Fee from Seattle**

May 19 - May 28	June 2 - June 11
June 30 - July 9	

For Rainier Cancellation and Refund Policy, please see p.14



Taking a Breather on Summit Day - Ross Wehner

The best way to reserve your space on a course or climb is to call our offices and place the deposit on a VISA/MC/AMEX. (M - F, 8:30am - 4:00pm PST). Our programs fill quickly on a first-come, first-served basis, and registering over the phone is the best way to ensure reserving the program dates you want. You may also submit an application by mail or fax with a check, money order or credit card number.



### **Alpine Ascents International**

109 West Mercer Street  
Seattle, WA 98119 USA  
p: 206.378.1927  
f: 206.378.1937  
Climb@AlpineAscents.com

Alpine Ascents is committed to developing safe, self-reliant and environmentally conscious mountaineers and offering expeditions of unsurpassed quality throughout the world.

Our staff of experts is happy to answer any of your climbing questions, whether or not you are considering one of our expeditions.



**ALPINE ASCENTS INTERNATIONAL  
IS AN AMGA ACCREDITED  
GUIDE SERVICE**

**For Complete Information visit our award-winning website: [www.AlpineAscents.com](http://www.AlpineAscents.com)**