



BEAR VALLEY BACKCOUNTRY SKI & SNOWBOARD ADVENTURE

Enjoy a full day backcountry adventure of touring and turning in the scenic bowls and ridges of the Mokelumne Wilderness. Backcountry skills, such as off-piste techniques, route selection and avalanche avoidance, will be covered during "on the fly" mini-clinics. Emphasis will be on skiing, riding and enjoying the day. This is a great program to attend after taking an Avalanche Level I course to help put your new skills into action.

MEETING TIME & PLACE:

The course begins at 8 AM at the MAS office in the BaseCamp Lodge in Bear Valley, CA. Please arrive packed and ready to go. The group will carpool 3 miles up Highway 4 to the Lake Alpine SnowPark and enter the backcountry bowls and ridges of the Mt. Reba, Round Valley area at the border of the [Mokelumne Wilderness](#).

PREREQUISITES:

- Strong Intermediate or advanced skiing and snowboarding skills
- Good physical condition with the ability to hike up to 5 miles with a mid-size day pack (approximately 25 pounds)
- [Avalanche Level I Seminar](#) recommended

TRIP OBJECTIVES

- Make some sweet turns!
- Improve backcountry skiing and riding techniques.
- Practice skills relevant to safe backcountry travel (e.g. avalanche avoidance & good route selection).
- Enjoy the beauty of the High Sierra.

REGISTRATION INFORMATION: To register please call the MAS office at (209) 753-6556. Preregistration is required. A 50% deposit or full payment reserves a spot. The balance is due two weeks prior to the trip starting date. Cancellations or transfers made more than one month before a trip will be refunded less a \$25 processing fee. Cancellation made between 30 and 15 days prior to course date will be refunded less the 50% deposit. No refunds can be made within 14 days of course starting date. If a course has to be cancelled due to low enrollment or poor weather you will be given a full refund. For more information call or email M.A.S. at mail@mtadventure.com.

ACCOMMODATION OPTIONS:

Often staying in the mountain before and after your course is a good idea. Therefore MAS has arranged a special lodging discount at the [Bear Valley Lodge](#). As MAS course participants can receive a 10% discount plus an additional 10% for AAA members for a total of 20% off.

OTHER ACCOMODATION OPTIONS:

Bear Valley Vacation Rentals - \$155-\$300 (209) 753-2334, www.bearvalleyvacationrentals.com
Lake Alpine Resort - 209-753-6350, www.lakealpineresort.com
Dorrington Inn - \$95 and up (209) 795 - 5800, www.dorringtonhotel.com
[Arnold Lodging Directory](#) - 30 minute drive from Bear Valley

EQUIPMENT LIST ON THE REVERSE SIDE

BEAR VALLEY BACKCOUNTRY SKI & BOARD ADVENTURE EQUIPMENT LIST

Please try to pack light and compact. If you have any questions about equipment on this list please don't hesitate to call the MAS office.

GEAR

SKIERS:

- Skis*: metal edged and waxable skis required
- Bindings*: either 3-pin, cable, or randonee. Make sure bindings are secure and boots fit properly.
- Climbing skins*: close to the width of the skis' waist. Make sure glue is in good shape. (Available for rent at M.A.S. for \$5/day. Advanced reservations required).
- Boots*: stiff high top leather or plastic boots in good condition and waterproof

SNOWBOARDERS:

- Snowboard* and bindings (check all your screws and bring any lightweight spare parts you may need)
- Snowboard Boots*: comfortable enough for a several mile hike.
- Snowshoes : Available to rent through MAS (\$5/day)

BOTH:

- Poles*: telescoping probe type are the best, but regular ski poles will suffice
- Day pack: Able to carry water, lunch, snow shovel and extra clothing
- Avalanche safety equipment is provided. If you have your own shovel, probe, or avalanche beacon (457 MHZ) please feel free to bring along.

CLOTHING

Note: Cotton is to be avoided as it loses 80% of its insulating properties when wet.

- 1 pair of synthetic or wool blend hiking socks.
- 1 pair of liner sock (optional)
- Gaiters depending on your boot system.
- Long underwear top and bottom. Synthetic is most desirable.
- Warm shirt: expedition polypropylene or light fleece type.
- Good quality rain/wind waterproof/breathable jacket and pants. This is one of your most important pieces of gear. Don't compromise! Jacket should have a hood.
- Warm hat, warm winter gloves
- Sun hat (optional but can save the day and your neck during spring conditions)
- Spring gloves (optional)
- Neck gaiter or balaclava (optional)

ETC...

- Sunglasses, goggles, sunscreen and lip protection
- Minimum 1 liter water carrying capacity. Wide-mouth bottles preferred.
- Headlamp with extra batteries and bulb
- Camera and film (optional), you never know when a Kodak moment might arise
- Lunch and snacks (no hot lunches requiring stove and hot water please)

MAS PROVIDES

- Avalanche safety equipment (beacon, probe & shovel)
- Repair and contingency supplies
- Permits and fees
- Professional guiding and instruction

*gear rentable at a mountaineering shop

