



# MOUNTAINEERING SEMINAR

This two day intensive program combines the [Ice Axe & Crampon Workshop](#) and the [Rope Team & Snow Anchors Workshop](#) into an extended weekend of intensive mountaineering skill development. Each day will begin with a short meeting to set goals and distribute group gear. Then the group will carpool to the [Bear Valley Mountain Resort](#) approximately 4 miles away. Since the ski resort will be closed for the season, the firm steep slopes serve as an ideal training site for mountaineering skills.

On day one we will cover crampon use including French technique and front-pointing. Our work with the ice axe will include techniques for uphill and downhill travel and self-belay. Then we will practice various scenarios of self-arrest with the ice axe. Towards the end of the day, on softer snow, we will enjoy and learn the art of safe glissading.

The second day will cover the important points of setting up a rope team including spacing, knots and coils. Our work with snow anchors will include pickets, flukes, deadman and bollards as well as techniques for equalizing and backing up anchors. Then we will practice various scenarios of travel and belaying.

**LOCATION:** [Bear Valley](#), California (elevation 7100 feet) located in the Sierra Nevada between Lake Tahoe and Yosemite just two hours east of Stockton on Highway 4. The BaseCamp Lodge is located three miles below the Bear Valley Mountain Resort (elevation 7500 feet).

## **PREREQUISITES:**

- Good physical condition
- A desire to learn mountaineering skills
- A basic understanding of belay and knot tying skills are recommended but not required

## **COURSE OBJECTIVES:**

- Learn proper crampon techniques for climbing steep firm snow slopes
- Learn self belay, self arrest with ice axes
- Practice a variety of ascending and descending methods
- Travel on a rope team and place snow anchors
- Gain skills which are the foundation for good judgement in the alpine environment.

**MEETING TIME & PLACE:** 8 AM in the BaseCamp Lodge in Bear Valley.

**LODGING PACKAGE (OPTIONAL):** MAS has leased a cozy [ski cabin](#) in Bear Valley for the 2007/2008 winter season. This stylish dwelling is available to MAS course participants and their guests. Conveniently located only two minutes walk from the MAS office and BaseCamp Lodge, this snowbound cabin is a great way to enjoy Bear Valley during your MAS program or adventure.

The cabin sleeps 4-6 people comfortably in two private rooms and a loft. All guest share bathrooms on two floors. A large and well lit living room is comfortably furnished around a cobblestone fireplace. The kitchen is nicely equipped with modern amenities and guests are welcome to use the kitchen or gas barbecue to cook meals.

RATES: (includes linens and a self-serve breakfast)

Private room: \$65/single & \$25 additional person

Single bed in loft: \$40

•PLEASE SEE EQUIPMENT LIST ON REVERSE•

## MOUNTAINEERING SEMINAR 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:

- Boots\*: Plastic mountaineering boot are preferred. Make sure they fit before you arrive.
- Ice axe\*: Length should be from your hand to ankle. Leash to the harness is preferred.
- Crampons\*: 10 or 12 point crampons. Pre-adjusted to fit your boot before the class starts.
- Backpack\*: a small day pack/climbing pack or full size pack is suitable
- Helmet: UIAA approved climbing/mountaineering helmet. (MAS will provide if you don't already own one)
- Climbing Harness, locking carabiner (MAS will provide if you don't already own one)

### CLOTHING:

Note: Cotton is inappropriate for mountaineering as it loses 80% of its insulation properties when wet.

- 1 pair synthetic liner socks
- 1 pair heavier synthetic or wool blend socks, hiking style
- Gaiters depend on your boot system. May not be needed if waterproof pants seal over boots.
- Long underwear top and bottom. Polypropylene or some other synthetic is most desirable.
- Warm pants: tights or expedition polypropylene or similar weight
- Warm shirt: expedition polypropylene or light fleece type
- Fleece jacket or equivalent
- Light down or synthetic fill jacket. This item would replace above item.
- Good quality rain/wind waterproof/breathable jacket and pants. This is one of your most important pieces gear. Don't compromise! Jacket should have a hood.
- Warm hat and one with a visor for sun
- Warm winter gloves: an extra pair is recommended during stormy weather
- Neck gaiter or balaclava (optional but nice in stormy weather.

### ETC...

- Sunglasses with a keeper leash
- Goggles
- Heavy-duty sunscreen and lip protection
- Two 1-liter plastic water bottles (insulating container is a good idea).
- Camera and film (optional)
- Lunch and snacks

### MAS PROVIDES:

- Harness and helmet
- First aid kit, repair and contingency supplies
- Permits and fees
- Professional guiding and instruction

\* gear rentable at a mountaineering shop

