



# TRADITIONAL GEAR WORKSHOP

This workshop expands on the MAS "Top-Rope Anchors Workshop" and includes the use and evaluation of removable protection such as Nuts, Hexes, and SLCD's (aka - camming devices). Learn and practice a 5-point gear placement safety check when constructing top-rope and multi-pitch anchor systems. Emphasis is on student anchor placement and evaluation from professional instructors. At the end of the day, unwind with some nearby climbing.

## MEETING TIME & LOCATION:

All courses start at 8:30 AM and finish at 4:30 PM. Three different locations are used for this program: Sacramento: Consumnes River Gorge, Bear Valley & Phantom Spires: (directions on the back).

- Consumnes River Gorge (1/2 hour south of Placerville). Steep southwest facing granite crags with bolt anchor top-ropes and high quality crack and face climbs (5.7 - 5.10 & 30-50 feet high).
- Bear Valley (2 hours east of Stockton along Highway 4). Steep northwest facing granite crags at 6500 feet with high quality crack climbs (5.7 - 5.10 & 30-50 ft. high).
- Phantom Spires (1.5 hours east of Sacramento on Highway 50) A mixture of knobby faces (aka - chicken heads) and excellent cracks offer a variety of climbing challenges for the 5.7-5.11 climber.

## PREREQUISITES:

- MAS "Introduction to Top-Rope Anchors" or equivalent
- Previous rock climbing experience
- Strong belaying skills (indoor gym belay cards accepted)
- At least 15 years old without parent or guardian supervision

## COURSE CURRICULUM:

- Knots: overhand, figure-8, grith, clove hitch, water knot, bowline & fisherman's knots
- Strengths, weaknesses and appropriate usages of webbing, perlon cord, climbing ropes (dynamic & static), and carabiners
- Types of natural and man-made fixed anchors including rock and anchor integrity
- Review "bomb-proof" top-rope anchor construction
- Place and remove "clean" protection such Nuts, Hexes, Tri-Cams and SLCD's (aka-cams)
- Demonstrate and use a "5-Point E.A.R.N.E.S.T. checklist" to build and evaluate anchor systems

## WHAT TO BRING:

- comfortable shoes & clothing (sandals are not appropriate)
- personal climbing gear - harness, shoes & helmet (gear is available for rent with advanced notice). If you have personal anchors that are well marked feel free to bring them as well
- sunglasses, sunscreen, & cap
- day pack, 2 quarts of water, lunch and snacks

## MAS PROVIDES:

- professional instruction
- low student to instructor ratio (4:1)
- safe climbing environment
- all climbing equipment including rock climbing shoes, harness, and helmet (must be entered on course registration form beforehand)
- first aid equipment and contingency supplies

## REGISTRATION:

Preregistration is required and full payment reserves your spot. Secure online registration is available through the MAS web site (<http://www.mtadventure.com>). Participants can also call or email the MAS office at (209) 753 6556 ext. 1 or [mail@mtadventure.com](mailto:mail@mtadventure.com). All course participants must fill- out and sign MAS Course Registration Form.

PLEASE SEE REVERSE SIDE FOR DIRECTIONS TO OUTDOOR CLIMBING SITES

[WWW.MTADVENTURE.COM](http://WWW.MTADVENTURE.COM) • (209) 753-6556 • [MAIL@MTADVENTURE.COM](mailto:MAIL@MTADVENTURE.COM)

# DIRECTIONS TO WORKSHOP SITES

## **BEAR VALLEY AND THE BASECAMP LODGE:**

There are numerous climbing sites in and around the Bear Valley area. Although most of the areas are less than 100 feet tall they offer a wide variety of climbing styles and challenges on both face and crack climbs.

From Sacramento: (2 hours)

Take 99 south to 12 east, merge with Hwy 49 south to Angels Camp. Continue east on 4 through Angels Camp. Keep an eye out at the end of "historic" downtown Angles Camp for a left hand turn onto Highway 4 (continuing eastbound). Bear Valley is about 45 minutes (25 miles) above last "real" town of Arnold (pop. 4500). 4 miles before Bear Valley you will pass Tamarack (pop. 9) before climbing up to the small alpine village of Bear Valley (elevation: 7100 feet, population 150). Make a left turn off of Highway 4 onto Bear Valley Road and you will notice immediately notice a small gas station on the left (also the Bear Valley Cross Country & Adventure Company). BaseCamp is the second building on the left after the first stop sign.

From San Francisco & San Jose: (3 hours)

East I-580; merge with 205, then north on I-5 past 120 East. Exit East on Hwy. 4 when entering Stockton. Exit South on 99 towards Highway 4 (Farmington). 2nd exit on 99 South exit East onto Hwy. 4. Continue east on 4 through Angels Camp. Keep an eye out at the end of "historic" downtown Angles Camp for a left hand turn onto Highway 4 (continuing eastbound). Bear Valley is about 45 minutes (25 miles) above last "real" town of Arnold (pop. 4500). 4 miles before Bear Valley you will pass Tamarack (pop. 9) before climbing up to the small alpine village of Bear Valley (elevation: 7100 feet, population 150). Make a left turn off of Highway 4 onto Bear Valley Road and you will notice immediately notice a small gas station on the left (also the Bear Valley Cross Country & Adventure Company). BaseCamp is the second building on the left after the first stop sign.

## **COSUMNES RIVER GORGE (SACRAMENTO & PLACERVILLE):**

These granite cliffs exposed by the North Fork of the Cosumnes River offer crack and face climbing covering the range from 5.6 to 5.12. Most climbs have bolt anchors for top roping. Closest access to classic Sierra granite!

From Sacramento: (45 minutes)

Heading east on Highway 50, take the Missouri Flat Road-Diamond Springs exit before Placerville. Head south on Missouri Flat Road to Diamond Springs. Turn left (east) on Pleasant Valley Road. Just after Cedar Ravine Road on the left, at a Y intersection, turn up and right on Buck's Bar Road to continue southeast. Pull off on the right side in a dirt-parking turnout just before a hairpin left turn. If you go over the bridge of the Cosumnes River, you've gone too far.

## **PHANTOM SPIRES MEETING PLACE IS AT THE STRAWBERRY LODGE**

From San Francisco or Sacramento

- From Sacramento head East on Highway 50 towards Placerville.
- From Placerville continue East on Highway 50 (approximately 40 miles left to go)
- When you pass the small town of Kyburz you are about 9 miles away.
- As you enter the small town of Strawberry you will see the Strawberry Lodge on your right.
- Exit right into the Strawberry Lodge parking lot. Your guide should be in the parking lot.
- Breakfast is also served in the Strawberry Lodge starting at 7 AM.

## **DIRECTIONS TO PHANTOM SPIRES FROM THE STRAWBERRY LODGE**

- From Strawberry Lodge head West on Highway 50 for 4.2 miles
- Take a right onto Wrights Lake Road
- Drive 2.2 miles and turn left onto a dirt logging road.
- Continue down for about a 0.5 miles to the dirt parking lot (the downhill section of this road is rough and may be difficult to navigate in a low clearance vehicle). To avoid car damage you can always park on the Wrights Lake Road and walk the dirt road.
- From the parking lot find a climbers trail heading west. About 5 min. should bring you to the Middle Spire.

