



SWS Mountain Guides
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Mt. Whitney Ascent via the Mountaineer's Route

Summer Ascent of the Highest Peak in the Lower 48



General Description: This course offers a practical introduction to alpine climbing-- providing a guided climb of Mt. Whitney via the Mountaineer's Route (class 2-3) **Note: This is NOT the Mt. Whitney Trail Route!!** This is an excellent way to explore and climb the highest mountain in the Sierra Nevada and the lower 48 states. This is a great climb for the beginning mountaineer or intermediate backpacker who wants to climb this peak in an adventurous way. This trip is on a less crowded route with fantastic views of the East Face of Mt. Whitney and many other peaks in the Sierra's. A classic alpine route involving rock scrambling, cross-country hiking, and a short bit of roped climbing. Anyone in very good to excellent physical condition with essential backpacking skills and a desire to push themselves can accomplish this challenging climb. We will teach you the techniques you need to know to safely ascent Mt. Whitney via the Mountaineer's Route. Give us a call if you have any questions.

Sample Itinerary

Day 1: Meet at the SWS Mountain Guides Office in Lone Pine at 7:00 am. After a full pack check and issuing of gear for the climb, we will head off to the Whitney Portal trail head, a short, 30-minute drive. We will then begin our hike into the backcountry and establish a base camp at Upper Boy Scout Lake at 11,000 feet. As we hike, we will be instructing, holding informal lectures, and preparing you for the next day's climb.

Day 2: Summit Day!! We will rise early for an alpine start (3-4 am) and climb via the mountaineer's route on Mt. Whitney's northeast side, returning to our base camp by late in the afternoon.

Day 3: Day three we pack up and head down to the trail head arriving at our vehicles by 1-2:00 PM.

PLEASE NOTE - This is a best-case scenario. This itinerary is subject to change at the guide's discretion and is dependent on mountain conditions, group experience/expectations, and other factors we cannot anticipate.



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Location: Mt. Whitney, Eastern Sierra Nevada.

Experience Level Requirement: No previous mountaineering experience is necessary but some backpacking experience would be extremely helpful.

Physical Conditioning Requirements: Participants must be in **good to excellent physical condition**. Our backpacks will weigh anywhere from 35 to 50 pounds. You must be able to climb 500-600 feet per an hour for 6-10 hours with a day pack. Recent hiking or backpacking experience is highly recommended. Please call us if you have any questions about this. Elevation gain on this climb is 6,300 feet from the trail head at Whitney Portal (8,200 feet) to the Mt. Whitney Summit (14,505 feet). If you anticipate a problem with altitude sickness, please call and talk to us. We have several techniques that can help you to avoid, or at the very least, minimize adverse reactions to altitude.

Food: Breakfasts, dinners, and hot beverages are provided while on the mountain. We will have a variety of options available, however we cannot guarantee specific choices of flavors or meals. If you have a favorite breakfast or dinner that only requires hot water to be added we encourage you to bring it. Make sure to bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc. Note: you will need approximately 200-300 calories per hour (7-9 hours on summit day alone).

Getting Here and Away: The closest major airports are in Reno, Las Vegas, or Ontario.

Where to Stay: Lone Pine has several options on where to stay. Please feel free to contact us if you have questions or want recommendations.

Group Size: 2-8 Guests (Guide to Guests ratio is 1:3/4).

Includes: Professional instruction/guide, freeze dried dinners, breakfast items & hot drinks, helmets, harness, group-climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Whitney permit reservations fees.

Not Included: Mountaineering Boots, Snowshoes (early season), and Crampons are **NOT** included, but are available for rent from SWS Mountain Guides as well as backpacks, sleeping bags, sleeping pads, down jackets, and Gore-Tex jackets. For more details about equipment, please see our equipment list for this course or give us a call at 1-888-797-6867.