



St. Elias Alpine Guides, LLC
Wrangell-St. Elias National Park, Alaska
(888) 933-5427 ♦ (907) 554-4445
www.steliasguides.com

Three Day Ice Climbing Camp

If you're interested in ice climbing, but want to take it to the next level, our Three-Day Ice Climbing Camp is for you! Spend three days on the glacier learning the ins and outs of this exciting sport, with professional guides providing expert instruction! Whether you're new to climbing ice or a seasoned climber, you're sure to learn new skills and techniques to use in your future ice climbing objectives!



This is a 3-day trip, so you'll be carrying out all your climbing gear and overnight gear (tents, sleeping bags, etc.) to the glacier, where you can set up camp and quickly access a variety climbing locations on the Root Glacier to practice your skills. While your training can be adjusted to meet your experience and interests, some topics covered will include: equipment, technique, knots and ropework, anchors, and rappelling.

Trip Highlights:

- Ice climbing instruction in one of the most beautiful environments in the world!
- Friendly and knowledgeable Alaska guides to teach you "the ropes."
- A perfect playground for climbing and setting anchors on glacier ice.
- Delicious meals cooked by our friendly and personable guides.

Three Day Ice Climbing Camp – Detailed Itinerary

The following is a sample itinerary for this trip. Due to individual abilities and goals, as well as the demanding environment of Alaska, all of our trips are customized as they unfold. The guide will constantly make decisions based on weather, logistics and group dynamics to maximize each day's experience. There can be quite a bit of variation, but we always strive to make every trip your best ever.



DAY 1 - Your ice climbing camp starts at our headquarters in the historic Motherlode Powerhouse in McCarthy. Our professional mountain guides have been busily making preparations for your trip and are excited to get to know you. You are in good hands as they review your itinerary, go over the menu, and make sure that you are properly outfitted for the trip, and distribute/fit any technical equipment you need. After the final checks are complete, you and your guide hike out to the Root Glacier, learning about the local landscape, glaciology, flora, and fauna along the way. Donning crampons, you and your guide will hike across the glacier and set up a basecamp in Donoho Basin.

After enjoying lunch, it's time to head down to the glacier and ice climb! Today



will focus on ice climbing technique and movement – whether you're new to the sport or a seasoned veteran, it's always helpful to focus on your form! Today's lessons will also include belaying instruction and basic knots. After your afternoon of climbing, it's time to head back to camp and eat some dinner. Afterwards, your guide may further discuss climbing knots, or help further familiarize you with your ice climbing equipment.

DAY 2 – Rise and shine, it's ice climbing time! After a hearty breakfast, you and your guide will head down to the glacier for your second day of instruction. Today is a full day out on the ice, working on placing screws in glacier ice, building anchors, and rappelling. Depending on interest, your guide may also instruct on top-managed belay sites or rescue techniques. In-between the instruction will be plenty of time to lap the walls and keep dialing in your ice climbing technique. At the end of the day, you'll head back for your final night in camp, enjoying a hearty dinner and some post-mealtime ice climbing discussions.



DAY 3 – After breakfast, it's time to pack up camp and head down to the glacier for the final day of climbing and instruction. Today's focus is combining all the skills learned over the last few days. You and your guide will discuss your personal goals and learning objectives, and will work together to determine an



appropriate “graduation activity” – a goal for you to complete on the final day. Additional instruction on this day may also include crevasse rescue or pulley systems.

After wrapping up your day on the glacier, you and your guide will hike back to Kennecott – and enjoy a hot meal, warm shower, and comfy bed!

What's Included:

- Guiding and instruction from skilled professionals. Our guides have extensive experience, as well as medical, rescue, and avalanche training.
- Bush plane flights to and from the mountain range.
- Delicious breakfasts, lunches, and dinners while in the mountains.
- Group equipment: stoves, tents, ropes, snow protection, fuel, etc.

What you're responsible for:

- Personal gear – check the gear list for this trip for a complete description.
- Transportation to and from McCarthy (see below).
- Lodging for the nights before and after your trip (see below).
- Food while not on the mountain.
- Guide gratuity – Please let us know if you have any questions about this.

If you would like us to arrange your transportation to/from McCarthy/Kennecott and/or lodging while in the Wrangell-St. Elias National Park, we offer this as a free service to our multi-day clients. Please email or give us a call to discuss the details.