



# ALPINE ROCK CLIMBING PARTS 1 & 2 ITINERARY

## Program Details

**Alpine Rock Climbing Part 1:** The objective of the Introduction to Alpine Rock Climbing course is two-fold. First, an individual who completes this course should be able to set-up and manage a top rope on a single-pitch crag. Second, an individual should be able to operate as a competent team member (able to follow a leader) on a multi-pitch alpine rock climb.

**Alpine Rock Climbing Part 2:** The objective of the Intermediate Alpine Rock Climbing course is for students to develop the skills to lead basic alpine rock climbs by applying modern equipment and techniques.

It should be noted that not every student will be on the same level after completing the Introductory Alpine Rock Climbing program or something similar. Every course includes some students that are ready for the serious responsibility, and some students are only ready to rehearse traditional rock leadership in an alpine setting. Regardless of whether a student is ready mentally or physically to lead, every student will walk away with the technical skills required of a multi-pitch leader.

The weather and climbing conditions during this program will determine the exact daily itinerary. Some of the material may be presented on different days in order to take advantage of good alpine weather and conditions.

## Itinerary

### **Day 1: Rendezvous and meet up with guide and team members at 8 am**

This is the first scheduled day of the program. During the meet up, you will review equipment for the course and make sure everyone is adequately prepared. Once you have completed the equipment review, you will travel to a rock climbing area nearby to begin the course.

- Accommodations: Front-country camping

### **Day 2:**

The second day will expand on the knowledge gained during the first day's lessons. Students should be able to build their own top-rope anchor off of bolts and manage a single-pitch crag by the end of the day.

- Accommodations: Front-country camping

### **Day 3:**

The third day is set aside to hike into the backcountry basecamp. You may also cover additional systems and other climbing skills, as time permits.

- Accommodations: Front-country camping or back-country camping

#### **Day 4 - 6:**

Days four through six are reserved for attempting technical objectives and participating in alpine school. Objectives will be selected based on their relevance to members of the team and weather/conditions. Each objective will require team members to practice all of the skills they learned in the preceding days in high multi-pitch settings.

On Day 6, you will hike out and depart or continue on with Alpine Rock Climbing Part 2.

- Accommodations: Front-country camping or back-country camping

#### **\* Start of Alpine Rock Climbing Part 2 \***

#### **Day 7: Meet up with guide and team members at 8 am**

This is the first scheduled day of the Part 2 portion. During the meet up, you will review equipment for the course and make sure everyone is adequately prepared. Once you have completed the equipment review, you will travel to a rock climbing area nearby to begin the course.

- Accommodations: Front-country camping

#### **Day 8:**

This skills day will begin in the front country to practice anchor skills and multi-pitch leading. Once the instructional portion of the day is complete, the students will practice multi-pitch climbing by employing “mini-pitches” on a fourth or low-fifth class single-pitch crag.

- Accommodations: Front-country camping

#### **Day 9:**

This day will be another skills day focused on cleaning anchors, rappelling, and lead climbing techniques and strategies.

- Accommodations: Front-country camping

#### **Day 10:**

This day begins with a discussion of falling factors and will conclude with either student-lead single-pitch climbs or an approach to a multi-pitch line.

- Accommodations: Front-country camping or back-country camping (depends on objective)

#### **Day 11 - 12:**

The final two days of the program are reserved for student-lead alpine rock climbs. These climbs will be selected based on student strengths and desires. The program’s instructor will mentor students as they make these final leads on a high alpine objective.

- Accommodations: Front-country camping or back-country camping (depending on objectives)