



# Alpine Institute

## Mt. Shuksan Skills & Climb 3-Day Itinerary

### Program Details

The three-day Mt. Shuksan Skills and Climb course is designed to introduce beginner climbers to mountaineering or to provide climbers who already have some climbing experience, with additional exposure. This course focuses on the fundamental skills of mountaineering such as roped glacier travel and rope management, self-arresting, crampon use, and an introduction to alpine rock. Additional skills pertaining to mountaineering such as navigation, glaciology, and weather. The goal of this course will be to summit Mt. Shuksan on the second day, or potentially the final day depending on conditions.

Please keep in mind that this is a standard yet loose itinerary and is subject to change depending on conditions, weather, group dynamic and pace or summit strategies.

### Difficulty Grade

Beginner to Moderate

### Inclusions and Exclusions

**Inclusions:** Permits and access fees, transportation during the course, guide, group technical equipment, and biffy bags.

**Exclusions:** Food, personal equipment, lodging the day before and after your course, personal health, baggage and trip insurance, and transportation before and after your course.

## Itinerary

#### **Day 1 – Rendezvous at the AAI Equipment Shop and Head to Mt. Shuksan (5500ft/1676m)**

Plan to meet your fellow climbers and instructor(s) at the AAI Equipment Shop promptly at 7:00am. Your guide(s) will take the time to go over equipment, finalize rentals and purchases, review the itinerary, and ensure everyone is adequately prepared.

Once everyone is ready we will load up the vans and make the two-hour drive to the south side of Mt. Shuksan to the Shannon Ridge Trailhead. We will spend the day hiking into our first base camp, roughly a five-mile hike, and set up camp anywhere between 5500 feet to 6500 feet. Once we establish camp we will review glacier travel, self-arresting, and additional basic skills in order to prepare for the climb.

### **Day 2 – Summit bid (9131ft/2783m)**

Today will be a long day, as we will make our summit attempt. We will wake up early and hop onto the Sulphide glacier and make the roughly 2 1/2 mile climb to the base of the summit pyramid. Once we arrive at the pyramid we will harness up to climb the several pitches to the top of Mt. Shuksan at 9131 feet. We will spend a moment at the top before making our descent back down to base camp.

### **Day 3 – Hike Out**

Today will begin the long hike out. We will pack up base camp and finish the descent, where we will load up the cars and head back to the AAI shop. We aim to be back roughly between 3-7pm.