

# NEW ENGLAND WINTER TRAINING

WHITE MOUNTAINS, NEW HAMPSHIRE | 6,288'



A climber in the alpine garden on Mt. Washington (Angie Diana).

## CLIMB IN THE WHITE MOUNTAINS OF NEW ENGLAND WITH IMG

The White Mountains of New Hampshire are the birthplace of mountaineering and ice climbing in the United States. Winter brings extreme conditions to the steep terrain including abundant snowfall and cold temperatures comparable to Denali, making it a perfect training ground for future expeditions. We offer a specialized instructional trip targeted at future Denali or Mt Rainier climbers.

## EXPEDITION PREP SEMINAR

Winter in New Hampshire's White Mountains provides extreme conditions comparable to Denali, making it a perfect venue for preparing for your expedition on our **4 Day Expedition Prep Seminar**. From building snow walls to protect our camps to ascending fixed lines and sled-pulling, this course is catered to Denali climbers to give them as much mountain practice as they need to be successful on The Great One. In addition to practicing glacial climbing skills such as cramponing, ice axe arrest, rope team travel, and crevasse rescue, this course will cover Denali specific topics such as sled-rigging, snowshoe use, fixed line ascension, and in-depth lectures on cold injury & high-altitude illnesses.

Although Expedition Prep Seminars are geared towards future Denali climbers, there are no specific prerequisites, and you don't have to be Alaska-bound to learn from and enjoy your seminar.

## PREREQUISITES & TRAINING

While our program is suited for novice climbers, it is all strenuous in nature. All participants must be in excellent physical condition, ready to travel through deep snow and carry a heavy pack in harsh weather. For several months prior to the start of the seminar, training should include many long, slow runs or hikes over hilly terrain, an hour or more in duration. Add additional weekend outings carrying a heavy pack (up to 60 lbs.) up steep hills or stairs, ideally gaining 3,000 feet over 3 or

## DATES/PRICE

[View on our website](#)

## QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ's](#)

## REGISTER

[Click here](#) to get started.

\$500 non-refundable registration fee is due upon registration and applies to total Selected Program price. Remaining balance is due 120 days prior to Scheduled Arrival Date. All fees and payments are non-refundable and non-transferable.

## PREREQUISITES

No prerequisites for introductory programs, however due to rigorous activities we expect team members to be in good physical condition. Previous winter backpacking with heavy pack is helpful.

## CONTACT US

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more miles. Aim to move consistently at a moderate pace, with breaks approximately every hour.

## PROGRAM ITINERARY

### 4 Day Expedition Prep Seminar

Day	4 Day Expedition Prep Seminar Itinerary
Day 1	At 8 am on <b>Day 1</b> , the group will meet at the <a href="#">Cranmore Mountain Lodge</a> in North Conway for a gear check and initial training session. If you rented any gear it will be distributed during this time. After ensuring that the team has the appropriate gear for the seminar, we will head to our training venue for the day. Lessons include cramponing, steep snow climbing, roped glacier travel, and ice axe arrest. After training, the team will head back into North Conway for the evening, aiming to return around 4-5 PM.
Day 2	<b>Day 2</b> will also be a training day in the field, with venue and timing subject to the lead guide's discretion. Training topics include ascending and descending fixed lines, snow anchor construction, crevasse rescue, sled rigging and use, with additional lectures on altitude illness, cold injury, glacier travel and route finding, avalanche hazard evaluation, and a West Buttress route brief.
Day 3	On <b>Day 3</b> , the team will begin our Mt. Washington summit attempt. We will camp overnight en route and practice snow camping skills vital to success on Denali, including snow wall and snow cave construction. This overnight also presents a key opportunity to test cold-weather gear like sleeping bags and parkas.
Day 4	Weather permitting, we will summit Mt. Washington on <b>Day 4</b> , our final opportunity to test expedition gear and practice snow travel skills. The team will descend the mountain and complete any remaining training modules and lectures before sharing in a wrap-up with guides.

## TRIP INCLUSIONS & EXCLUSIONS

Here is what is and is not included in your land cost fee:

### Included

- IMG guides
- All training curriculum and instruction
- Dinners, breakfasts, and hot drinks for overnight trips
- Group equipment including tents, stoves, climbing ropes & hardware, and sleds

### Not Included

- Lodging, with the exception of camping night on Mt. Washington
- Food (both snack foods for during our training days and meals for when we are not camping on Mt. Washington)
- Personal clothing and climbing equipment found on the [gear list](#)
- Transportation to and from training venues, including to Pinkham Notch
- Guide tips

## INSURANCE

Due to our strict no refund policy, IMG strongly advises that you protect potential losses with appropriate insurance coverage. Travel Insurance is strongly suggested and should include coverage for trip cancellation, trip interruption, trip delay, baggage loss, emergency medical expenses, emergency evacuation expense, etc. IMG provides no such insurance coverage. Visit the [Travel Insurance page](#) on our website for more information.

## LODGING & TRAVEL

You are responsible for your own lodging on all nights except the camping night on Mt. Washington. There are several hotels in North Conway and surrounding towns, as well as Airbnb's and VRBO's. Participants are encouraged to stay at the [Cranmore Mountain Lodge](#). This classic B & B, built in the 1800's, is located away from the busy roads and traffic

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noise, yet just a few minutes to North Conway Village's numerous restaurants and shops. The team will use the Lodge as a meeting/gathering place. Climbers registered on IMG programs receive a code for a 10% discount when booking their lodging online, contact Cranmore Lodge directly for details. Due to the variable nature of mountaineering, return time can vary significantly. If you are spending the night in North Conway, don't forget to make a lodging reservation for the last night of the program. We do not recommend attempting to fly out of Boston the same day you get down from the climb, as the driving time can be extended significantly due to frequent inclement weather.

## **GUIDE TIPS**

A show of appreciation for a job well done is always appropriate. We think you'll agree that the guides go above and beyond the call of duty to make your program as safe, successful and enjoyable as possible. Our guides typically pool the tips and share them equally. Your contribution to the guides' tip pool can go directly to the lead guide on your program and will be appreciated by all of them! Cash or Venmo is preferred, please contact your guide directly for Venmo information. The amount of tip is at your discretion, but tips for excellent service normally average 10-15% of the cost of the program.

## **QUESTIONS?**

[Email](#) or call at (360) 569-2609 Ext. 1

*International Mountain Guides, LLC is an authorized mountaineering guide service operating in partnership under a permit with the National Forest Service.*