

Mt. Adams – Adams Glacier Seminar

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If you are looking for a training seminar and climb of a major Northwest volcano off the beaten path, then the Adam's Glacier Seminar is tailored specifically for you. Mt. Adams, at 12,276 feet, is the second highest peak in Washington State. Remarkably, it remains one of Washington's more rarely visited wilderness areas. Our climbing route on the Adams Glacier visits the remote north side of the volcano and offers a unique climbing experience in a beautiful alpine environment. The program focuses on preparing climbers to become more self-sufficient in the mountains, teaching skills needed to travel safely on a rope team over glaciated terrain. The Adam's Glacier Seminar is an excellent preparatory course for those aspiring to climb Mt. McKinley or other high expedition peaks.

Skill Level and Training Requirements

No previous experience with ice axe or crampons is necessary, but all participants must be in very good physical condition. Previous experience on overnight backpacking trips is highly recommended. Specific training for this program is critical. For several months prior to the start of the climb, training should include lots of long, slow distance runs over hilly terrain, an hour or more in duration. Add additional weekend outings carrying a heavy pack (50-60 lbs.) up steep hills or stairs. These sessions should gain 2-3,000 feet over 3 or more miles. It would also be helpful to get out in the snow during the winter and practice with a pack hiking up and down steeper slopes.

Course Objectives

Our goal is to increase participant's technical knowledge and skills in snow and alpine climbing.

Training will include:

- Route finding
- Expedition camp life
- Roped glacier travel
- Ice axe arrest
- Cramponing
- Anchors
- Running belays
- Ascending fixed lines
- Crevasse rescue
- Belay techniques
- Rappelling
- Hazard identification

Dates:

July 11-15, 2011

Maximum group size: 12 (3 guides and 9 climbers)

Cost: \$1250

The fee includes guides, dinners and breakfasts during the climb, group equipment including tents, stoves, climbing ropes and hardware and permits. Not included in the cost are lodging the evening prior to the start of the climb and the last night of the trip, meals while not climbing, lunches during the seminar and transportation to the trailhead. Carpooling is encouraged and IMG will assist in matching up participants for the drive.

Mt. Adams: Just The Facts

Not too shabby:

Mt. Adams, 12,276', is the second highest peak in Washington State.

Set your GPS:

Location: 46° 12' 10" N, 121° 29' 22" W

First to the top:

The first climbers to reach the summit of Mt. Adams in 1854 were members of a military roadwork party.

No Starbucks, but...

A lookout cabin was built on the summit in 1921, which later in 1929 made a great shelter for the Glacier Mining Company. The sulphur miners who lived there were known to treat climbers to a cup of hot coffee.

Size does matter:

At 3-miles in length the Adams Glacier will impress your friends with it's series of Ice falls descending from the summit dome.

Can I bring my dog?

No, but at the height of Glacier Mining Company's activity a reported 168 load packing beasts of burden reached the summit.

Two-Cycle...

Not two feet. Rumor has it that Mt. Adams was summited via the south spur route on a motorcycle?

Mt. Adams Itinerary

Orientation: Members of the group from out of state arriving at Seattle-Tacoma International Airport will want to arrive on **the day before the start date** of the seminar. Arrangements will be made for us to spend the night near the airport (name and location to be announced). The cost of this will be up to each individual. The evening will be the last opportunity to pick up additional food items or gear for the trip. There are a number of good climbing stores in Seattle including REI. We'll plan to meet at 6:00 p.m. as a group to get to know each other, go over personal equipment, review the program itinerary and go out for dinner as a team.

Note: it is also possible to depart from the Portland, OR airport (or elsewhere) and meet the group enroute to the trailhead.

Day 1: Drive to the trailhead approximately 4,600 feet. Begin hiking and ascend to our first camp, at just under 8,000 feet on the edge of the Adams Glacier. This is about 5 miles of hiking over 5-7 hours and probably the hardest day with full packs. After setting camp as time permits, we will practice knot-tying, prussiking and review some basic climbing skills.

Day 2: Snow school. This day will be dedicated to learning the fundamentals of moving safely/efficiently on snow. Instruction will include: climbing in balance and rhythm, proper use of the ice axe, self-belay, self-arrest, proper climbing techniques for safe glacier travel, anchor placements and technical rope climbing techniques for ascending steeper snow slopes. In the evening we will focus on route finding as it pertains to glacier travel.

Day 3: Glacier travel to our training site for ice climbing and crevasse rescue instruction. We will practice rope techniques for teams of 3 to 4, and route finding on crevassed terrain on the way to the site. We'll be out most of the day. On the glacier we'll learn to crampon on steeper glacier ice and practice ascending fixed ropes. Considerable time will be spent on crevasse rescue as it is an essential skill for safe travel on glaciers. Emphasis will be put on establishing anchors, self-extrication, and pulley systems. In the evening back at camp, we will discuss mountain-related topics including high altitude and cold weather injuries.

Day 4: Summit day. This will be a demanding day where you will need to apply all of the skills you have learned. We'll be up before dawn and approach our route, either the North Ridge or the Adams Glacier headwall, just above camp. It will be a long but satisfying summit day, back to camp by mid afternoon.

Day 5: After a leisurely wakeup we break camp and descend to the trailhead about 3 hours hiking time. We hope to be down to the cars before noon, and have the option of having lunch together on the drive back to Seattle. Back in Seattle by late afternoon.

Guides and Permits

This is a program organized and led by International Mountain Guides under contract with Northwest Mountain School (NMS). NMS is an authorized permit holder for guiding in the Gifford-Pinchot National Forest.

Mt. Adams Equipment List

Clothing

- Long underwear top and bottom (light or medium weight)
- Expedition weight long underwear top
- Fleece or soft shell jacket
- Fleece (full side zips preferred) or stretch nylon (Schoeller fabric) pants
- Waterproof/ breathable shell with hood
- Waterproof/ breathable pants (full side zips preferred)
- Warm, roomy down or synthetic jacket with hood (not an 8,000 meter parka)
- Wool or fleece hat
- Neck gaiter or balaclava
- Heavy insulated gloves and mitts with shell
- Fleece or lightweight climbing gloves
- Heavy wool or synthetic socks with liners (one extra change)
- Baseball or sun cap
- T-shirt
- Hiking shorts or pants

Gear

- Full size internal frame pack, 5000 to 6000 cubic inches
- Sleeping bag with stuff sack, rated from +20 to 0 degrees F.
- Sleeping pad
- Plastic double mountaineering boots or single leather/synthetic climbing boots- **if single boots, they must be rigid soled and insulated**
- Full length gaiters
- Crampons, fitted to your boots
- Sunscreen and lip balm
- Ice Axe, 60 or 70 cm. in length, with wrist leash
- Climbing harness
- Climbing helmet
- Two large pear shaped locking carabiners
- 24 feet of 6 mm Perlon accessory cord for constructing prussik slings. Optional: bring one or two rigged mechanical ascenders in place of prussiks.
- Ski poles (adjustable poles are best for airline travel)
- Headlamp, LED works great, with an extra set of batteries
- Dark glasses, UV rated with side shields
- Double lens ski goggles or spare glasses
- Two wide-mouth plastic water bottles, 1 liter capacity
- Pocket knife
- Plastic bowl, plastic insulated mug, spoon
- Camera and film
- Personal lunch food for four days
- Light toiletries: toothbrush and paste, small roll of t.p., ear plugs for sleeping
- Personal FA kit to include moleskin, a few Band-Aids, tape, aspirin, Advil, etc.

Included in your fee are dinners and breakfasts for the 5-day climb and all group equipment including shared tents, stoves, climbing ropes and hardware. Not included is transportation to the trailhead, lodging the evening prior to the start of the climb or the last night of the trip, or meals other than breakfasts and dinners on the program.