

## Cascades Backcountry Skiing and Snowboarding with IMG

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Have you ever wondered what the skiing is like beyond the ski area? Crystal Mountain offers some of the best and most easily accessed backcountry skiing in the Northwest. International Mountain Guides and Crystal Mountain have teamed up to offer guided backcountry ski and snowboard tours. This is your opportunity to experience this phenomenal terrain with the added security and safety of an AMGA accredited guide service.

### Why Choose These Programs?

This program is designed to give downhill skiers (intermediate or better) the chance to explore and experience the rapidly growing sport of ski mountaineering. You will have an opportunity to ski untouched "wild snow" away from the crowds. Many will do it just for the chance of truly great skiing. Some will want to prepare for bigger ski mountaineering trips such as Mt. Rainier or the Haute Route in the Alps. Others will want to develop the skills to do ski mountaineering trips on their own.

### Prerequisites:

All participants must have good physical fitness and intermediate to advanced skiing ability a variety of snow conditions. On the overnight trip you will have to carry personal a pack with your personal overnight gear.

### Dates:

#### One-day ski mountaineering trip

Daily January - April (Trip length: 1 day)

Registration with IMG office 48 hrs in advance is required.

**Cost:** \$500 (1-3 people; \$125 each additional person)

**Client/Guide Ratio:** Maximum 6:1

**Meeting place:** Alpine Inn Restaurant at Crystal Mountain

#### Two-day overnight ski mountaineering trip

Weekends January - April (Trip length: 2 days)

Registration with IMG office 48 hrs in advance is required.

**Cost:** \$600/person (two days, minimum two people)

**Client/Guide Ratio:** Maximum 4:1 (minimum two guides)

**Meeting place:** Alpine Inn Restaurant at Crystal Mountain

### Cost Includes:

Guides, group equipment including tents, stoves, climbing ropes and hardware, permits

### Cost Does Not Include:

Ski equipment, ski lift tickets (if you decide to use lifts), food and lodging

## Cascades Backcountry Skiing and Snowboarding Equipment List

Avalanche transceivers can be rented from IMG. Ski mountaineering gear may be rented locally. For more information please contact [paul@mountainguides.com](mailto:paul@mountainguides.com)

### Clothing

- Long underwear top and bottom (light or medium weight)
- Fleece or soft shell jacket
- Soft shell pants (Schoeller or similar)
- Waterproof/breathable shell with hood
- Waterproof/breathable pants (full side zips preferred)
- Lightweight down or synthetic jacket
- Wool or fleece hat
- Baseball or sun cap
- Insulated ski gloves
- Light fleece or wool gloves
- Balaclava or neck gaiter

### Gear

- Day pack with strapping system for skis or board
- Skis with AT bindings, splitboard or telemark
- AT, snowboard, or telemark boots
- Ski poles (adjustable are best)
- Climbing skins (cut to skis)
- Collapsible snow shovel
- Avalanche probe
- Avalanche transceiver
- Ski crampons
- Sunscreen and lip balm
- Sunglasses
- Ski goggles
- Helmet (optional)
- Headlamp with new batteries
- One liter water bottle
- Camera and film (the smaller the better)

### Additional Gear for Overnight Trips

- 50-60 liter backpack with ski attachment points
- Sleeping bag (rated to 20 F or better)
- Sleeping pad
- Warm insulated parka
- Insulated pants (synthetic or down is preferred)
- Warm mittens
- One pair of extra socks
- One liter water bottle (total of two)
- Cup, bowl and spoon
- Light toiletries: toothbrush and toothpaste, small roll of TP
- Personal first aid kit, to include moleskin, band-aids, tape, ibuprofen, etc.
- 2 large garbage bags
- Personal lunch food (bring a variety of your favorite foods, including easy to eat snacks)

## Cascades Backcountry Skiing and Snowboarding Custom Itinerary

Specific itineraries depend on the trip planned as each excursion is custom.

On the first day of your trip, plan to meet your guide at the Alpine Inn at Crystal Mountain at 7:30 am. This can also be an opportunity to have breakfast (meal cost not included). For directions to the Alpine Inn and if you plan on staying at Crystal Mountain please check <http://www.crystalhotels.com/> for more information. If you are coming from out of state you will need to arrive in the greater Seattle area or SeaTac Airport no later than the evening prior to your scheduled trip. Current conditions and driving information can be found at [www.skicrystal.com](http://www.skicrystal.com)

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*“The professionalism demonstrated by IMG's guides as well as the high standards that they hold their clients up to maximized our chances of reaching the summit...”*

—Greg Y.

*“I was very impressed with how everything was so well organized. It seemed like every little detail was covered. I know you guys have tons of experience with guiding and expeditions and it shows! I've used other guide companies for my previous trips, and I will state emphatically that I will never use another outfit other than IMG. IMG is way better than the others. Way better! You guys are the best in the business...”*

—Jim P

*“Just wanted to drop you all a line and tell you how much I enjoyed my trip with you. Everything was great including the weather. Your company is first class in all respects. I knew exactly what I needed to bring and rent. All of your staff that I met was friendly, helpful, knowledgeable, and I felt safe with them. The rental equipment was also high quality. The overall experience was fantastic. If I am able to go on another mountaineering trip, it will definitely be with IMG.”*

—Jason S.

For more comments from IMG climbers, please see our website at:  
[www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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