

## Mt. Rainier: Advanced Mountaineering Day School

*Experience Level: Novice*

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### Why Choose This Program?

IMG's Advanced Mountaineering Day School (AMDS) is an introductory follow up climbing course that teaches additional (and more technical) skills essential for climbing Mt. Rainier and other alpine climbs. The primary focus is preparing climbers for harder glacier/alpine routes like the Kautz Glacier and Liberty Ridge as a participant on a guided program. The AMDS consists of a full day of learning and practicing climbing techniques which include ascending and descending steeper glacier snow and ice of 40-50 degrees in angle; following on multi-pitch belayed climbs; anchor construction; anchor management; rappelling; lowering down steep pitches in descent and use of technical ice tools as conditions permit. The school typically takes place on the lower Nisqually Glacier, approximately an hour and a half hike from Paradise. In early season, when the glacier ice is still buried in snow, the school may be held closer to Paradise on appropriate slopes. We'll spend all day becoming familiar with advanced climbing skills. It is highly recommended that participants combine this day of training with the Mountaineering Day School (MDS) as the AMDS builds on skills taught during the MDS. By itself, the Advanced Mountaineering Day School is not sufficient training to allow you to climb your own.

The Advanced Mountaineering Day School takes students beyond the basic glacier skills set to travel on steeper glacier snow and ice. This course was specifically designed with the Kautz Glacier, Fuhrer Finger and Liberty Ridge routes in mind, but it is a good review for those planning to climb on their own or who feel the need for additional advanced training. The AMDS is a hands-on course which allows a substantial amount of time to practice skills before getting on a climb of Rainier or other glaciated peaks. It also serves as an excellent review for those with past climbing experience who have not worked on their skills lately.

**Dates:** May – September (Please see the IMG website for [available dates](#).)

**Land cost:** \$275      **Client to Guide Ratio:** 5:1

**Trip Length:** 1 Day (this program commences at 8:00am)

### Cost includes:

- IMG's world-renowned guide staff
- All training curriculum and instruction
- Round trip transportation from IMG Headquarters to the start/end of the climb (Note that this is subject to change based on Covid restrictions)
- Group equipment including climbing ropes and group hardware
- National Park entrance permits

### Cost Does Not Include:

- Personal gear (see [equipment list](#) for full details)
- Lodging the evening prior to the start of the climb or after the end of the program
- Lunch food and mountain snacks. Please refer to our [food suggestions page](#) for more details.

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*“I am still marveling at my wonderful experience with your team on Rainier. IMG is a class operation indeed. The guides are solicitous and exude competence and safety. I have never felt so safe and secure on the mountain. IMG does not cut corners.”*

—Dinesh N.

## Itinerary

We begin the day at 8:00 a.m. sharp with a meeting and introductions at our Ashford location.

Any rental needs are taken care of at this time, no need to reserve in advance.

Once preparations are complete, we will head up to Paradise where we begin our hike to the training location. This hike usually takes about an hour and a half to reach the lower Nisqually Glacier. Once at the edge of the glacier, we will rope up and continue to the training site. In early season, other training areas may be selected closer to Paradise to conserve time and utilize the best available terrain. The group will work on “French technique” (flat footed) cramponing skills, belayed climbing and use of ice tools on steeper terrain. We will take a short break for lunch during which we discuss anchors, belays and other rope management skills.

After lunch we will complete our training with practice setting anchor systems, rappelling, lowering from fixed anchors and descending steeper terrain.

At end of day, we climb back up off the glacier, then continue down to Paradise and then back to IMG HQ in Ashford. Typical return time is 5:00pm.

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***“I chose IMG over any other company to teach me the skills necessary to climb bigger and harder mountains. I was very happy with my choice from the moment I submitted my application... I was blown away with the professionalism and knowledge that every staff member held.”***

—Kevin T

***“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.”***

—Jason S

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For more comments from IMG climbers, please see our website at: <https://www.mountainguides.com/comments.shtml>