

MT. RAINIER CAMP MUIR GUIDED HIKE

WASHINGTON STATE | 1 DAY | 10,080' | BEGINNER LEVEL



IMG hikers on the way to Camp Muir.

HIKE TO CAMP MUIR WITH IMG

Standing at 14,410 feet tall, Mt. Rainier is the highest peak in Washington and is the most glaciated peak in the Lower 48.

The Camp Muir Guided Hike program is an excellent option for those who want to come test their fitness and equipment before their climb of Mt. Rainier, or just enjoy a scenic hike to the first camp on this iconic peak.

As hikers ascend from Paradise, they will pass through lush alpine meadows and wildflowers, up into the alpine on the Muir Snowfield. This snowfield is present year round and hikers will ascend the snowfield all the way to Camp Muir (10,080ft) where the team is rewarded with stunning views of Mt. Rainier, Mt. Adams, and the Tatoosh Range.

This hike will be led by our experienced guide staff who have summited Rainier many times and will have likely guided on Denali and internationally. The guides will be a great resource to ask questions about training for Rainier and other climbs as well as coaching you on efficient travel techniques for steep trails and snow.

The day hike will not require too much gear and packs should not weigh more than 20lbs, excluding your boots and trekking poles.

PREREQUISITES & TRAINING

Hiking to Camp Muir is suitable for those with no previous mountaineering experience yet is still a strenuous hike. You will gain 4,600' in the 9-mile round trip

DATES/PRICE

[View on our website](#)

GROUP SIZE

10 participants + Guides
Guide Ratio: 5:1

QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ](#)

REGISTER

[Click here](#) to get started.

Program Fee is due in full at registration. All fees and payments are non-refundable and non-transferable.

GENERAL INFO

[Directions/Travel](#)

[Travel Insurance](#)

[Local Lodging](#)

[Tent Rentals at IMG HQ](#)

[Training](#)

[Food Suggestions](#)

[Mt. Rainier Weather](#)

[Suggested Reading](#)

[Tipping your guides](#)

CONTACT US

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which brings you halfway to the top of Mt. Rainier! All participants must be in very good physical condition. Training should include many long, slow runs or hikes over hilly terrain at a moderate pace, with breaks approximately every hour.

THE ITINERARY

Day	Mt Rainier Camp Muir Guided Hike
Day 1	Meet at IMG Headquarters in Ashford, WA at 7 am on Day 1. Your lead guide will take you through a quick gear check before heading to Paradise in the IMG van. If you need to rent any gear it can be taken care of during this portion of the program, no need to reserve in advance. Once at Paradise, your training will begin with efficient use of packs, poles, and full shank mountaineering boots. Practice your movement skills and all-day pacing as we rest step our way up the Muir Snowfield- a technique that will serve you well on the upper mountain. Plenty of time is available for questions about gear, Mt Rainier, the Disappointment Cleaver and other routes, and for tips, tricks, and stories from your guide. Snap some pictures and enjoy the view from Camp Muir - halfway to the top - before we descend to the waiting van at paradise. Plan to return to IMG HQ in Ashford at 5pm depending on the speed of the group.

TRIP INCLUSIONS & EXCLUSIONS

Here is what is included and not included in the cost of your program.

Included

- IMG Guides
- All training curriculum and instruction
- Entrance fee to Mt. Rainier National Park
- Round trip transportation from IMG HQ to Paradise (Mt. Rainier National Park)

Not Included

- Lodging and food before and after the program
- Lunches and snacks
- Transportation to and from Ashford
- Personal clothing and gear found on the Gear List
- 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 lodging before and after the day hike. Plan to return to IMG HQ by 5pm. Due to the variable nature of this hike, return time can vary significantly. If you are spending the night in Ashford, don't forget to make arrangements for the last night of the program. We do not recommend attempting to fly out of Seattle the same day you get down.

Local area lodging suggestions can be found on our [website](#), and a limited number of [IMG platform tent rentals](#) may be available as an inexpensive alternative.

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

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