

MT. RAINIER

3.5 DAY SUMMIT CLIMB

WASHINGTON STATE | 3.5 DAYS | 14,410' | BEGINNER LEVEL



IMG climbers ascending to Columbia Crest at sunrise (Tomah Whitney)

CLIMB MT. RAINIER 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. Climbers start at Paradise and ascend Rainier via the Disappointment Cleaver, a historic rocky feature on the Ingraham Glacier.

Our 3½ Day Summit Climb is designed for those looking to experience the elite alpine world of Mount Rainier with a training-based approach. We maximize training by beginning the program with a half-day instructional orientation at IMG's Headquarters in Ashford, WA, just outside Rainier National Park. The training continues on the mountain during the ascent. Our program has more training and time to acclimatize than the typical 2-day climbing program, giving you the opportunity to enjoy the majestic alpine environment with your climbing team. We make use of two camps on the route: Camp Muir (10,080ft) and The Ingraham Flats (11,400ft.) The use of multiple camps over a 3-day program makes for shorter climbing days and a shorter summit day from the higher elevation of The Ingraham Flats.

Climbing Rainier's Disappointment Cleaver route has served as a training grounds for much bigger climbs, from Denali to Everest and everything in between.

DATES/PRICE

[View on our website](#)

GROUP SIZE

Max: 8 climbers + 4 guides
Guide Ratio: 2:1

QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ](#)

REGISTER

[Click here](#) to get started.

\$500 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.

GENERAL INFO

[Directions/Travel](#)

[Travel Insurance](#)

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[Tent Rentals at IMG HQ](#)

[Training](#)

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[Mt. Rainier Weather](#)

[Suggested Reading](#)

[Tipping your guides](#)

CONTACT US

(360) 569-2609 Ext. 1

Office@MountainGuides.com

PREREQUISITES & TRAINING

The Disappointment Cleaver Route is a novice route well suited to beginners with no previous mountaineering experience. The program will include training at Camp Muir that will cover ice axe arrest, cramponing, and rope travel, the skills you need to be successful on this program. Prior experience hiking and backpacking is a plus and will allow you to focus on practicing your mountaineering skills.

While this program is suited for novice climbers, Mt. Rainier is still a strenuous climb. All participants must be in very good physical condition. For several months prior to the start of the climb, 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 (30-45 lbs.) up steep hills or stairs, ideally gaining 3,000 feet over 3 or more miles. Aim to move consistently at a moderate pace, with breaks approximately every hour.

THE ITINERARY

Day	Mt Rainier Disappointment Cleaver 3.5 Day Itinerary
Day 1	Your orientation begins at 2 pm at IMG Headquarters in Ashford, WA on Day 1. Your lead guide will take you through a gear check and training session. 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. Your lead guide can help make decisions about your gear and will ensure each team member has everything needed for the climb without carrying unnecessary weight. During the training session, you will cover Leave No Trace Principles, the Mission of the National Park Service, crampon adjustment, and packing up together. Day 1 will wrap up by 6 pm and the team will be free for the evening. Note that lodging is not provided for the night of Day 1.
Day 2	Day 2 will start at 8 am at IMG HQ in Ashford. Each team member will receive a small amount of group food to be carried to Camp Muir. After meeting the guides, the team will travel to Paradise in an IMG van. You'll begin your ascent around 9:30 am and will break approximately every hour until reaching Camp Muir (10,080'), around 3 pm. Once at Camp Muir, you'll rest and enjoy a burrito dinner in IMG's semi-permanent dining tent. After dinner, it's off to bed for a full night of rest!
Day 3	Pancake breakfast with bacon and French press coffee will be served at 8 am sharp on Day 3. After enjoying breakfast, your snow skills training begins. Guides will lead the team through several hours of training covering the skills needed to summit Mt Rainier: cramponing, self-arrest, and rope travel. After training, you will put these skills into action, making the two hour climb up and over Cathedral Gap to Ingraham Flats (11,000') nestled in the Ingraham Glacier. At "The Flats", dinner and hot drinks are served early and we head to bed soon thereafter to rest and prepare for our summit push early in the night.
Day 4	On Day 4, you will wake up early to make your summit push. After leaving the Flats, you will climb to the top of Disappointment Cleaver (12,300') before continuing onto the upper mountain and climbing the Ingraham Glacier to the summit. Snap some summit photos and enjoy the views before we descend. Upon reaching The Flats, the team will pack up camp and continue descending to Camp Muir and then to the waiting van at Paradise. From there we travel back to IMG HQ in Ashford together. Here you can return rentals, make retail purchases, and share in a closing ceremony with your guides.

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
- Dinners, breakfasts, and hot drinks during the climb
- Group equipment including tents, stoves, fuel, cookware and group climbing gear (ropes and hardware)
- Climbing permit for Mt. Rainier National Park
- Entrance fee to Mt. Rainier National Park
- Round trip transportation from IMG HQ to Paradise (Mt. Rainier National Park)

Not Included

- Lodging and food the evening of Day 1 after your ½ Day Team Orientation
- Lunches and snack food, meals before and after the program
- Transportation to and from Ashford
- Personal clothing and climbing equipment 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 your own lodging the night of Day 1 (following your ½ Day Team Orientation). Plan to return to IMG HQ by 5pm on Day 4. Due to the variable nature of mountaineering, 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 from the climb.

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 climb 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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