

## Mount Baker: TaiChi & Climbing

© 2020 International Mountain Guides

IMG's 'Introduction to TaiChi, Qigong and Climbing Seminar' is an introductory mountaineering skills course that includes exploring the foundational principles and philosophy of TaiChi and Qigong in two main contexts:

- 1) How TaiChi relates to climbing and mountaineering
- 2) How TaiChi and climbing relate to life

Using the mountain (Kulshan/Baker) as our classroom will provide an ideal 'real world' laboratory for our inquiries. The 5 day itinerary will allow us to target our summit bid, while using extra time to further explore TaiChi, Qigong and climbing related material. Your guides have the flexibility to determine the current skillsets and intentions of all of the participants and adjust the content as necessary to give you the best experience possible.



The trip will be led by IMG Lead Guide and Mt. Rainier Supervisor, Nickel Wood, with the following relevant credentials: Lead Guide with 12+ years of experience guiding rock, ice, alpine, glacier, and high-altitude climbing. Wilderness First-Responder, RYT-200 Yoga Teacher, 4 years of Study of TaiChi and Qigong and recently completed a 75-hour comprehensive Introduction to TaiChi and learned the Yang 24 form from Grandmaster Ding Mingye at Lexington Healing Arts Academy in Lexington, KY.

### Route

We'll ascend the Easton Glacier on the south side of the mountain. This relatively moderate route with slopes up to 30 degrees has few technical difficulties. The summit crater provides a spectacular view of the surrounding Cascade Range. Mt. Baker is the perfect introduction to roped glacier travel and one of the classic summits in the North Cascades.

The climb begins with a beautiful hike through pristine forest to the base of the glacier, then continues up into the alpine zone and finally to the summit. Mt. Baker is the fourth highest peak in the Northwest at 10,781' (3286m). The views from the upper mountain stretch north up to Canada, west over to the San Juan Islands, and east to Mount Shuksan and the entirety of the rugged and glaciated North Cascades. Mount Baker is home to the second largest glacier system in the lower 48 States, second only to Mt. Rainier. Mt. Baker now holds the world record for annual snow fall, 95 total feet in 1998!

### Perquisites

There are no prerequisites for the Mt. Baker TaiChi Seminar. All participants must be in very good physical condition. For several months prior to the start of the climb, training should include long, slow, distance runs over hilly terrain, an hour or more in duration, and at least one outing per week carrying a heavy pack (45-50 pounds) up *and down* steep hills or stairs. These sessions should gain 2-3,000' over three or more hours.

**Dates:** Summer 2020 **New Program Rate:** \$1550 **Guide/Client Ratio:** 1:2 (max 8)

**Included in your fee:** dinners and breakfasts on the mountain, all group equipment including shared tents, stoves, climbing ropes, hardware, and climbing permits.

**Not included:** 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.

Email [office@mountainguides.com](mailto:office@mountainguides.com) or call 360.569.2609 for more information. We are happy to answer questions and/or put you in touch with Nickel.

We look forward to meeting you and sharing a powerful and meaningful adventure in a spectacular setting!

**Insurance:** *\*The [insurance requirement](#) does not apply to IMG customers on programs within the continental USA, but is strongly encouraged. The trip cancellation insurance protects your financial investment in the climb if you need to cancel, as all IMG fees are non-refundable. The earlier you purchase your insurance, the more options available.*

## Itinerary *(subject to weather, conditions, and group goals)*

**Day 1:** The group meets at the Sedro Woolley Ranger Station in the North Cascades at 8:00 a.m. Carpooling is encouraged by IMG from the SeaTac airport for all who are coming from out of town. A team roster and contact information is shared with the group several weeks in advance to facilitate this. After gathering at the Ranger Station the guides will conduct a final pack check and issue of team equipment. We drive together on to the trailhead.

The trailhead at Schreiber's Meadow sits at 3,200 feet in elevation. We hike up into the alpine zone to camp at approximately 5,500 feet on the edge of the Easton Glacier. This is a good hike with up to 50 lb. packs, approximately 4 hours in duration.

**Days 2-4:** Discussions, lectures, and hands-on practical skills sessions. We may move camp one or two times to practice tearing down and setting up camp, incorporate expedition-style climbing practices, and to put ourselves in the best location for our summit bid.

**Day 5:** Summit day. Up before first light, crampons on, harnessed and roped up and then off we go up the rolling slopes of the Easton Glacier. The glacier is generally moderate with some navigation around crevasses required. We'll reach the crater rim and then continue on to the true summit for a breathtaking view of the North Cascades.

## Mt. Baker Equipment List (TaiChi list will be sent via email)

### Clothing

- ☐ Long underwear top and bottom (light or medium weight)
- ☐ Expedition weight long underwear top
- ☐ Fleece or soft shell jacket \*\*\*
- ☐ Stretchy, dense weave synthetic climbing pants
- ☐ Waterproof/ breathable shell with hood \*\*\*
- ☐ Waterproof/ breathable pants (full side zips preferred)
- ☐ Warm, roomy down or synthetic jacket with hood (not an 8000 meter jacket) \*\*\*
- ☐ Wool or fleece hat

- [ ] Insulated ski or climbing gloves \*\*\*
- [ ] Fleece or lightweight climbing gloves
- [ ] Heavy wool or synthetic socks with liners (one extra change)
- [ ] Baseball or sun cap
- [ ] T-shirt
- [ ] Nylon Hiking shorts or pants

## **Gear**

- [ ] Full size internal frame pack, 55 to 65 liters (around 4,000 cu. in.) \*\*\*
- [ ] Sleeping bag with stuff sack, rated to at least 20 degrees F.
- [ ] Sleeping pad
- [ ] Plastic mountaineering boots \*\*\* or leather climbing boots- must be rigid soled and insulated. Leather climbing boots are best for climbing in mid-summer.
- [ ] Full or ankle length gaiters
- [ ] 12 Point adjustable crampons, fitted to your boots \*\*\*
- [ ] Sunscreen and lip balm
- [ ] Ice Axe, 60 or 70 cm. in length, with wrist leash \*\*\*
- [ ] Climbing harness with adjustable leg loops.
- [ ] Climbing helmet \*\*\*
- [ ] 3 Carabiners (One locking pear shaped)
- [ ] One sewn webbing sling or tied 6 mm prussik loop (approx. 24" diameter)
- [ ] 24' of 6 mm perlon rope
- [ ] Adjustable ski poles \*\*\*
- [ ] LED Headlamp, bring an extra set of batteries
- [ ] Dark glasses, UV rated with side protection (wrap around or 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. The smaller and more convenient the camera the more opportunity you will have to photograph the climb.
- [ ] Personal lunch food for six days. Bring a variety of your favorite foods. Include easy to eat snacks for the trail.
- [ ] 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. Also consider bringing water treatment tablets and/or insect repellent depending on the season.
- [ ] 2-3 Large heavy duty plastic garbage bags.