

New England Winter Climbing Programs

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The White Mountains of New Hampshire are the birthplace of mountaineering and ice climbing in the United States. It is no wonder that so many great alpinists got their start here! The steep terrain, abundant snowfall, and cold temperatures during the winter all combine to create a perfect environment in which climbers of all ability levels can train and test their skills. The winter hike up Mt Washington is a great training grounds and physical challenge for all aspiring mountaineers. For the more seasoned climber, "the Whites" are a great place to train in preparation for the great ranges of the world.

Some of the classic routes in America can be found here, just outside the mountain town of North Conway, New Hampshire. It's a small friendly town that has become known as a gateway to world class ice climbing.

Our programs begin at the Cranmore Mountain Lodge- within walking distance of North Conway's multitude of restaurants and amenities. This quaint and comfortable mountain inn creates a home-away-from-home experience with traditional New England hospitality. It is the perfect spot from which to plan and prepare for excursions into the hills and then retire for a nightcap after a day on the ice. Climbers registered on IMG programs receive a code for a 10% discount when booking their lodging online.

For those looking to develop their skills in cold weather mountaineering, our programs are an excellent choice. Climbing in the Whites will help prepare climbers for future mountaineering ascents from Mt. Rainier to Mt. Everest. Imagine a winter hiking ascent of Mt. Washington, training with our guide in one of the coldest and windiest locations in the world! There is no better training than this.

We offer both beginner and expert ice climbers alike a multitude of routes on which to appropriately learn and refine their skills. Imagine training in the balance and technique necessary for climbing steep water ice on the beautiful and easily accessible water ice flows of Frankenstein Cliffs in Crawford Notch State Park with Mt. Washington looming overhead in the distance. It doesn't get any better than this!

By using a small instructor/student ratio, the focus of our programs is on improving individual climbing skills. Our participants are encouraged to progress at their own pace and comfort level.

We hope you'll join us in New Hampshire this winter and sink your tools into some of the classic climbs to be found here. No previous ice climbing or mountaineering experience is required. Sign up for a two-day, three-day, or five-day course, and come have a great time with us!

White Mountains: Just The Facts

Purple Mountain Majesties in White:

The White Mountains are part of the northern Appalachian Mountains spanning New Hampshire and Maine. They include 48 peaks over 4,000' (1200m), the highest of which is Mount Washington.

Summit of Mount Washington:

6,288' • 1917m

Bring a Jacket:

With an average winter temp of 7°F and record low of -47°F, the summit of Mount Washington offers a subarctic environment comparable to Antarctica.

Maybe a Windbreaker Too:

The average windspeed in the winter is at or above hurricane forces every other day with a record high of 231mph.

Consider Refreshing Your DWR:

Mt. Washington gets an annual average of a 100" of liquid; annual average 281" of frozen precip.; and is in the fog 60% of the time.

Wait, Was This In My Job Description?

Countless companies have partnered with the observatory atop Mt. Washington to test their products in the most consistently adverse and extreme conditions within the contiguous United States.

Watch Your Step:

The combination of subfreezing temperatures, moisture, and high winds provides three seasons of rime ice (freezing fog) and glaze ice (clear ice).

Who more than self their country loved:

Home to revolutionary descendants, the state motto of New Hampshire is "Live free or die." (Runner-up was, "Bring a Jacket.")

Transportation

North Conway is accessible from several airports, the closest being Portland, Maine and Boston, MA. We send out a team roster a couple of weeks in advance and encourage teaming-up to share a rental car or local transportation.

Lodging

Participants are encouraged to stay at the Cranmore Mountain Lodge. This classic B & B, built in the 1800's, is located away from the busy roads and traffic noise, yet just a few minutes to North Conway Village's numerous restaurants and shops. The team will use the Lodge as a meeting/gathering place.

Please note:

Lodging is **not** included in the cost of the program.

Upon registration for an IMG program, we will send you a code good for a 10% discount when you book lodging online at [Cranmore Mountain Lodge](#).

REQUIRED Insurance: IMG requires that all* trip participants purchase [Travel Insurance](#) that includes coverage for medical evacuation, repatriation and medical expenses for the duration of their IMG program. Trip Cancellation Insurance is strongly recommended. Trekking and mountaineering programs are true "adventure travel." **The insurance requirement does not apply to IMG customers on programs within the continental USA, but is strongly encouraged.*

About Our Guides:

Heading up our New England Winter Programs is veteran [IMG guide Craig John](#). Craig has guided around the world for IMG since 1987. Craig's summits include Everest, Cho Oyu, Denali, Aconcagua and many, many more. Craig makes his home in New England where he has guided in the winters for many years now.

Craig is assisted by several other IMG Lead guides who spend each winter in North Conway.



Program Dates and Prices

Private Guided Programs

Create your own program with our expert guides to suit your schedule. Choose your ratio of climbers to guides and pick your own dates. 3:1 and 4:1 ratios are suitable for group instruction and top roped climbs only. 2:1 and 1:1 are best for private instruction and multi pitch ice climbs.

Private Climber: Guide Rate

1:1 ratio \$400 per day

2:1 ratio \$275 per person per day

3:1 ratio \$225 per person per day

4:1 ratio \$175 per person per day

Register early to confirm your preferred dates

ONE-DAY ASCENT OF MT. WASHINGTON

Do you want to climb the mountain that is known to have the “worst weather in the world?” Mt. Washington is situated at the intersection of three major storm tracks which affect the northern Appalachian Range. Rising from a starting elevation of 2,050 feet to 6,288 feet, Mt. Washington is known for its extreme weather conditions. Mt. Washington is the highest peak in the Northeast and the conditions above timberline are as serious as on any mountain in North America. The route we ascend, Lions Head, is not technically demanding but requires participants to be in good physical condition to complete the nine-mile roundtrip in a day. As we ascend we will discuss general mountaineering skills, winter navigation and we will be able to practice basic cramponing, ice axe skills and self-arrest techniques. No previous mountaineering experience is required to register. However, participants should be physically prepared and well equipped for a rigorous full day experience.

Participants should be prepared for a 6:30am departure.

Dates:

December 22, 2018 ♦ December 27, 2018 ♦ December 29, 2018
 January 5, 2019 ♦ January 20, 2019 ♦ February 9, 2019 ♦ February 16, 2019
 February 24, 2019 ♦ March 3, 2019 ♦ April 6, 2019

Choose any single date listed above or by private arrangement

Cost: \$275; Maximum of 4 participants, minimum 2

INTRO TO WATERFALL ICE

This two-day course will introduce you to the excitement and beauty of waterfall ice climbing. The first day participants will learn to move on low to moderate angled ice using crampons and ice tools. Climbers will learn how to swing the tools and where to place them. They will learn how to place their crampons into the ice through various techniques designed to give the most support and purchase on varying angles of ice. Climbers will also learn the basics of belaying and handling the rope. You will need lodging in town for the night. On day two, we'll reinforce the skills learned so far and venture onto steeper terrain as the group desires. Our major goals are to learn to use the gear efficiently and most importantly, to have fun.

Dates: December 27-28, 2018 ♦ January 12-13, 2019

February 9-10, 2019 ♦ February 16-17, 2019

Choose any date listed above or by private arrangement

Cost: \$500; Maximum of 4 participants, minimum 2

TWO-DAY BASIC MOUNTAINEERING COURSE

This introductory two-day course is a condensed version of our four-day program. During the two days you will learn the fundamentals of winter mountaineering and make a summit attempt of Mt. Washington. No previous climbing experience is required for registration but participants should be prepared for a challenging experience. The first day will be spent learning technical skills; ice axe arrest, cramponing, belaying skills and rope travel. By the end of the day you'll feel confident ascending and descending snow slopes of low to moderate angles. We will return to town for the evening (you will need lodging for this night). Day 2 we will head up to Mount Washington for our summit attempt and utilize the skills learned on Day 1. We will assess weather and snow conditions along the way, and adjust accordingly.

Dates: December 29-30, 2018 ♦ January 19-20, 2019 ♦ February 23-24, 2019

Cost: \$500; Maximum of 4 participants, minimum 2

FOUR-DAY WINTER MOUNTAINEERING COURSE

This introductory four-day course will teach you the fundamentals of winter mountaineering and includes a summit attempt of Mt. Washington. No previous climbing experience is required for registration but participants should be prepared for a challenging experience. The first and second days will be spent outdoors learning technical skills; ice axe arrest, cramponing, belaying skills and rope travel, snow anchors and crevasse rescue. We will return to town for the first two evenings (you will need lodging for these nights). Day 3 we will head up to Mount Washington where we will set up camp in anticipation of our summit attempt on the fourth day. We will assess weather and snow conditions along the way as they are a big part of mountaineering and this course and will adjust accordingly.

Our goal is to help you to become a more experienced and responsible winter mountaineer. Your safety in the mountains depends on the decisions you make. This course is a solid first step for climbers interested in climbing the greater mountain ranges of the world.

Dates: January 14-17, 2019 ♦ February 22-25, 2019

Cost: \$1000 Maximum 4 participants, minimum 2

RAINIER PREP

Thinking of climbing Mt. Rainier or are you already signed up for one of IMG's Rainier climbs? Either way, our Rainier Prep program can help prepare you for the challenges of Rainier by learning the skills needed to climb the mountain before you even get there.

This two day course is designed to introduce you to the basics of climbing mountains like Mt. Rainier, Mt. Baker or any of the other glaciated peaks of the Pacific Northwest. Topics covered will include: ice axe use and self-arrest, cramponing including French technique and international technique, team rope travel and team arrests, snow anchors and crevasse rescue. This is a hands on course where participants on the second day will work together to arrest a crevasse fall, construct an anchor and complete one of several crevasse rescue systems that they have been taught.

Dates: March 16-17, 2019 ♦ March 30-31, 2019

Cost: \$500; Maximum of 8 participants, minimum 2

DENALI PREP

At 20,310ft high, Denali is the highest mountain in North America and one of the Seven Summits. Our two day Denali Prep program will revisit some topics that Denali aspirants will already know such as ice axe arrest, cramponing and glaciated rope travel. We will spend more time on snow anchors and crevasse rescue systems such as 3:1, 4:1 and 6:1, drop loop, and self-rescue. Sled rigging will also be covered. If you are headed to Denali or even thinking about climbing this great mountain, this course is a must for you.

Dates: March 9-10, 2019

Cost: \$500; Maximum of 8 participants, minimum 2

“This trip is a 'don't-miss.' The scenery is excellent, the town is cool and funky, the pace is relaxed, the company is fun, and the climbing is exquisite...”

—Bob G.

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

PRESIDENTIAL RANGE TRAVERSE

Trip Length: 3.5 days

A traverse of the Presidential Range during the winter is one of the most challenging and difficult mountaineering adventures on the East Coast, and also one of the most coveted. The traverse begins on Mt. Madison in the north and moves south along the ridgeline that connects the "Presidentials". We hit the summit of seven peaks along the way: Mt. Madison 5367', Mt. Adams 5774', Mt. Jefferson 5712', Mt. Washington 6288', Mt. Monroe 5372', Mt. Eisenhower 4780', and Mt. Pierce 4310'.

Because of the potentially severe weather conditions associated with Presidential Range, the traverse can be physically and mentally challenging. For this reason we require that all participants have previous hiking and camping experience, be familiar with basic use of crampons & ice axe and be in good physical condition or have completed one of IMG's basic mountaineering programs.

Average nightly temperatures are below 0 degrees Fahrenheit and winds are often 40 mph or more. Participants will be required to travel approximately 4-6 miles a day with heavy packs (50 lbs. or more) over a wide range of snow, rock and ice terrain. With similar conditions and difficulties, this is an ideal trip for those contemplating a climb of Denali in Alaska.

It should be noted that the trip's itinerary can vary greatly depending on temperature, wind speed, ground conditions, visibility, length of daylight and team fitness.

Day 1 (1/2) day: Team meets and packs for the trip

Day 2: Team departs North Conway. Climb to the summits of Mt. Madison and Mt. Adams. Camp that night between Adams and Jefferson.

Day 3: We get an early start and follow the ridge line to the summits of Mt. Jefferson and Mt. Washington. We camp between Washington and Monroe.

Day 4: We depart camp early and climb to the summits of Mt. Monroe, Mt. Eisenhower and Mt. Pierce. We descend to The Highland Center at Crawford Notch and head back to North Conway.

Dates: March 8-11, 2019 ♦ March 17-20, 2019

Cost: \$1000; Maximum 4 participants, minimum 2

INTERMEDIATE AND ADVANCED WATERFALL ICE CLIMBING

The intermediate level course is for climbers who have taken our basic course or have previous multi-pitch climbing experience. This program is designed to take your ice climbing skills to the next level. Our intermediate ice climbing courses are tailored to meet your needs. Our guides will discuss your previous experience and goals with you to design a program that will help you attain those goals. During this course we emphasize technique, finesse, and climbing efficiently to conserve energy, which is a vital component of winter climbing. Other components of the lesson include assessment of conditions, anchor systems and multi pitch climbing. Completion of this course will enable you to become an efficient climbing partner capable of "seconding" multi pitch ice climbs under the watchful eye of the guide.

The Advanced Course is for the climber who is proficient at climbing Grade 3 ice, is a competent belayer, proficient at tying knots, clipping in and out of anchors and descending by various techniques such as rappelling and glissading. Again, this program is tailored to your individual goals.

Scheduled by private arrangement.

Cost: \$TBA

New England Winter Climbs Required Personal Equipment List

One and 2-day Programs Required Gear

- Boots: **Rigid** lug-sole climbing boots. Your boot must have a welt that accepts a clip-on crampon. Modern insulated leather or synthetic climbing boots are much lighter and more precise for ice climbing than plastic double boots. However, plastic double boots are warmer and are recommended for those who are sensitive to the cold, especially on Mt. Washington.
- Socks: Two changes of heavy wool or synthetic
- Gaiters: short boot top gaiters are more flexible, but traditional knee high gaiters will work fine
- Long underwear: Synthetic or wool tops and bottoms
- Soft Shell Pants: Any of the many climbing pants made from Schoeller brand fabric or similar stretchy, dense weave, durable synthetic fabric (like the Outdoor Research Exos or Cirque pant).
- Shell Pants: Breathable/waterproof with full to $\frac{3}{4}$ length zips to go on over boots
- Shirt: Expedition weight synthetic long underwear top
- Soft Shell Jacket
- Shell Jacket: Breathable/waterproof jacket with hood. Lightweight and slim in fit is best for ice climbing.
- Warm Parka: Down or synthetic filled, but does not need to be expedition weight. A "belay jacket" or hooded, insulated parka that goes over all other layers is what you are looking for. We do a lot of standing around belaying and watching when ice climbing, and an insulated layer is essential for rest breaks on the climb of Mt. Washington.
- Hat: Wool or fleece with a Buff, neck gaiter or a balaclava. Pick a hat that fits well under your helmet.
- Gloves: Bring minimum 2 pair, at least one good insulated glove with Gore-Tex outer fabric. Something with a good grip. Several pair of glove liners are helpful for changing between climbs. You may need to trade off your gloves each day, leaving one pair back at the hotel to dry completely. A good all around glove is the Outdoor Research Extravert. Simple, dexterous, warm.
- Mittens: insulated mitts with a water resistant shell and a good grip. These are backups only, or for those with extra cold hands. Most ice climbers prefer to use gloves if at all possible.
- Helmet: A good fitting UIAA approved climbing helmet.
- Climbing Harness: Adjustable leg loops, a belay loop and gear loops are all helpful.
- Carabiners: 2 locking pear shaped biners, minimum. Bring a couple of non-lockers if you have them
- Ice Axe, 70cm
- crampons adjusted to fit your boots and reasonably sharp
- Sun Glasses: Good shatter resistant, wraparound sunglasses that provide eye protection and minimize fogging.
- Suncream and Lipbalm
- Water Bottle: One quart, wide mouth plastic bottle with insulating cover.
A thermos is an excellent option.
- Pack: Good sized daypack to carry spare clothes, food and tools for the day.
- First Aid Kit: Each individual should carry a small kit to meet their personal needs.
Recommendations include: Aspirin or Tylenol, Ibuprofen, Band-Aids, Steri-Strips, 1 or 2 4X4 gauze pads, athletic tape, moleskin and any necessary personal prescription drugs.
- Disposable hand warmers, for those with cold-sensitive fingers
- Camera with extra batteries

-- Equipment List Continued on next page --

Ice Climbers add:

- Ice Tools: Two 45 to 50 cm. technical ice tools.

Recommended manufacturers include Petzl, Black Diamond and Grivel.

If you just buy one tool, get a hammer head, not an adze. Many ice climbers have hammer heads on both of their tools. No adze to bonk yourself in the forehead with.

Leashless tools are the standard, and for good reason. Best adapted for mixed and steeper climbing, leashless tools open up a whole new set of options for the modern ice climber.

Stumped on what to buy? It is probably best to rent tools and technical crampons your first time out. IMG has them available for rent in North Conway. Try them out first before you commit to purchasing your own.

- Crampons: vertical front point crampons, hand filed sharp. Recommended brands include Petzl, Black Diamond and Grivel.

More and more climbers are choosing monopoints for serious ice climbing and mixed climbing. The single front point allows you to pivot your foot more and places well in narrow cracks. Just make sure your crampon has aggressive secondary points close to the front monopoint for softer or rotten ice conditions. Monopoint is great for technical ice and mixed climbing; dual points still work best for general alpine climbing and softer ice.

- Belay Device: Black Diamond ATC XP or ATC Guide or any of the comparable devices.

Optional items for select programs:

- Prussik Slings: Bring two pre-tied 6mm. prussik loops if you plan to practice rescue training. Construct each prussik out 4.5 feet of 6mm Perlon accessory cord tied with a double fisherman's knot. Or just bring 10-15 feet of 6mm cord.
- Sewn webbing runners. One or two 24" diameter slings are useful for rescue training and ice climbing
- Extra non-locking carabiners
- 15 - 20 feet of 7mm. cord for linking anchors if you plan to practice anchor systems
- Swimsuit in case a hot tub is available

3-day Presidential Range and 4-day Winter Mountaineering Required Gear

Sleeping System

- 20 degree sleeping bag. May be down or synthetic, but down is lighter and more compressible. Be sure to bring a compression stuff sack for your bag.
- Insulated full length Thermarest type inflatable pad.
- ½ length closed cell foam pad (core pad); some packs have a pull out foam pad, this will work. Optional

Footwear

- double plastic boots (Scarpa, Koflach, Lowa, etc) **or** modern synthetic double boots (Sportiva Spantik/Baruntse/G2SM, Scarpa Phantom 6000)
- 2 pair high quality wool socks. Wear a pair, spare a pair for camp/sleep/change

-- Equipment List Continued on next page --

Handwear

- Liner gloves, thin
- Medium-Heavy Gloves. Similar to the OR Luminary or OR Alti Glove.
- Heavy Expedition Weight Mittens (like OR Alti Mitts). The same ones you'd bring to Denali.

Clothing

- Expedition Weight tops and bottom. Similar to the Patagonia R1 hoody, pants. Sub midweight for warm trips at guide's discretion
- Light long sleeve synthetic shirt
- Light puffy jacket or vest. Similar to OR Transcendent Hoody or Sweater, Patagonia Nano, Arcteryx Atom LT, BD Access Hybrid Hoody OR mid weight fleece jacket. Puffy jackets are usually preferred.
- Heavy Belay Jacket. Similar to OR Perch Belay Jacket, BD Stance Belay Parka, Arcteryx Atom AR or Patagonia DAS
- Puffy Pants. (Like OR Neoplume, Mountain Hardwear Chugach or Patagonia Nano.) Excellent for camp or cold starts.
- Light or medium Soft Shell Jacket with hood. Wind resistant is best.
- Hardshell Jacket with Hood. Needs to be windproof and waterproof. Gore Tex fabric preferred.
- Hardshell bottoms or bibs. Needs to be windproof and waterproof. Gore tex fabric preferred with full length to $\frac{3}{4}$ side zippers for access.
- Gaiters. Full length or ankle high
- Wool or fleece hat that covers ears.
- Balaclava, power stretch fleece is best. Scuba style hood is preferred.
- Light weight Buff neck gaiter
- High quality double lens ski goggles.
- Sunglasses

Backpack

- 70-90 liter size. Leave room for food and shared group gear like fuel, tent components, etc.

Sharps

- 12 point crampons, automatic or semi automatic. Petzl Vasak, Grivel G12, BD Sabertooth
- 60-70 traditional ice axe. Petzl Glacier or BD Raven
- Snowshoes for mid-winter traverses.
- Collapsible trekking or ski poles.

Odds & Ends

- Cup or small thermos bottle
- Bowl. Fold flat Fozzils are great.
- Spoon. Lexan plastic. Titanium sporks don't break.
- 2 1-liter water bottles with real water bottle parkas. OR makes the best one. Need 2 liter capacity for the traverse.
- Stuff sack for food
- Headlamp with fresh batteries
- Smart Phone fully charged, with battery charger if desired. Core Third makes a great one.
- Chap stick/lip balm
- Dermatone salve for sun screen and wind protection or other protective sun screen
- Tooth brush/paste
- Small pocketknife
- Small first aid with Ibuprofen

RENTAL GEAR

If you do not own ice tools or ice climbing crampons (with vertical front points) and do not wish to purchase them, rental tools and crampons are available for an additional fee. Make your request early, as supplies are limited. Our ice tool stock currently includes Petzl Nomics and Quarks. Crampons are Petzl Sarkens.

RENTAL RATES:

Item:	Daily Rate
One Ice Climbing Tool or 70cm Ice Axe	\$5
Two Ice Climbing Tools	\$10
Technical Crampons	\$5
Climbing Helmet	\$5
Climbing Harness	\$5

“Just wanted to let you guys know that the course this weekend was amazing. Having climbed with IMG, I went in with high expectations, and they were exceeded... Thanks for a spectacular weekend.”

—Scott M.

“Just completed the 4-day mountaineering course with Dan. Learned so much and had a ton of fun. Completed with a summit of Mt. Washington on a rare weather-cooperative day! Awesome all around! Dan was so knowledgeable and very helpful. He was so excited to answer all our questions and did so with total confidence. Thanks, Dan and IMG!”

—Sue H.

“IMG has done it again with a challenging, rewarding and well-executed trip... I knew next to nothing about ice climbing (except that it looks really cool in pictures) when I started the trip... I cannot believe how much I learned in such a short time period. I think this trip should be on everyone's list.”

—Becky B.

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