

NEW ENGLAND WINTER CLIMBS

WHITE MOUNTAINS, NEW HAMPSHIRE | 6,288'



A climber in the alpine garden on Mt. Washington (Angie Diana).

CLIMB IN THE WHITE MOUNTAINS OF NEW ENGLAND WITH IMG

The White Mountains of New Hampshire are the birthplace of mountaineering and ice climbing in the United States. Winter brings extreme conditions to the steep terrain including abundant snowfall and cold temperatures comparable to Denali, making it a perfect training ground for future expeditions. We offer a variety of programs ranging from steep and exciting ice climbing to instructional trips targeted at future Denali or Mt Rainier climbers.

INTRO TO ICE CLIMBING

We offer a **2 Day Intro to Ice Climbing** course catered to the novice climber in the perfect environment to learn the fundamental basics of ice climbing and refine their skills. Our training areas, amongst others, including the beautiful and easily accessible water ice flows of Frankenstein Cliffs in Crawford Notch State Park, as well as other locations in the Mt Washington Valley.

EXPEDITION PREP SEMINAR

Winter in New Hampshire's White Mountains provides extreme conditions comparable to Denali, making it a perfect venue for preparing for your expedition on our **4 Day Expedition Prep Seminar**. From building snow walls to protect our camps to ascending fixed lines and sled-pulling, this course is catered to Denali climbers to give them as much mountain practice as they need to be successful on The Great One. In addition to practicing glacial climbing skills such as cramponing, ice axe arrest, rope team travel, and crevasse rescue, this course will cover Denali specific topics such as sled-rigging, snowshoe use, fixed line ascension, and in-depth lectures on cold injury & high-altitude illnesses.

Although Expedition Prep Seminars are geared towards future Denali climbers, there are no specific prerequisites, and you don't have to be Alaska-bound to learn from and enjoy your seminar.

2023 PROGRAM DATES:

[Available on our website](#)

CUSTOM PROGRAMS:

Custom programs available

LAND COST:

(advertised dates only)

2 Day Intro to Ice - \$660

Expedition Prep Seminar \$1695

Mt Washington Climb - \$660

Kautz Prep Seminar - \$660

QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ's](#)

CONTACT US

(360) 569-2609

Office@MountainGuides.com

REGISTER

[Click here](#) to get started.

FEE SCHEDULE

\$500 non-refundable registration fee is due at registration and applies to program fees. Balance of all fees are due 120 days prior to trip departure. Please refer to application package for terms and conditions. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates.

2 DAY KAUTZ PREP SEMINAR

For those looking to prepare for more technical mountaineering routes, IMG offers a **2 Day Kautz Prep Seminar** aimed at combining technical mountaineering with a Mt. Washington ascent. This program includes one day of ice climbing training and a one-day ascent of Mt. Washington to marry technical skills with strenuous mountaineering. Although aimed at climbers intending to climb the Kautz Glacier route on Mt. Rainier, this program is appropriate for any mountaineer looking to expand their technical skillset. In our two days in the White Mountains, we will learn and put into practice skills essential for a successful ascent of technical mountaineering routes, such as ice and steep snow climbing, snow anchor maintenance, and belaying and rappelling. This is a great program to build confidence and set yourself up for success on Mt. Rainier and beyond.

2 DAY MT WASHINGTON CLIMB

Standing at 6,288 feet tall, **Mt. Washington** is the highest peak in New Hampshire and is known for brutal winter conditions that challenge even the most seasoned mountaineer. The steep terrain, abundant snowfall, and cold temperatures during the winter combine to create a perfect environment in which climbers of all ability levels can train and test their skills. The climb up Mt Washington is a great training grounds and physical challenge for all aspiring mountaineers, including those seeking to ascend bigger peaks.

Though a feat in its own right, a winter ascent of Mt. Washington is an excellent opportunity to prepare for larger glaciated peaks around the world. In our two days in the White Mountains, we will learn and put into practice skills essential for a successful ascent of Mt. Rainier, such as the rest step, cramponing, and ice axe arrest, all taught by Rainier guides. This is a great program to build confidence and set yourself up for success on Mt. Rainier and beyond.

PREREQUISITES & TRAINING

While these programs are suited for novice climbers, they are all strenuous in nature. All participants must be in excellent physical condition, ready to travel through deep snow and carry a heavy pack in harsh weather. For several months prior to the start of the seminar, 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 (up to 60 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.

PROGRAM ITINERARIES

4 Day Expedition Prep Seminar

Day	4 Day Expedition Prep Seminar Itinerary
Day 1	At 8 am on Day 1 , the group will meet at the Cranmore Mountain Lodge in North Conway for a gear check and initial training session. If you rented any gear it will be distributed during this time. After ensuring that the team has the appropriate gear for the seminar, we will head to our training venue for the day. Lessons include cramponing, steep snow climbing, roped glacier travel, and ice axe arrest. After training, the team will head back into North Conway for the evening, aiming to return around 4-5 PM.
Day 2	Day 2 will also be a training day in the field, with venue and timing subject to the lead guide's discretion. Training topics include ascending and descending fixed lines, snow anchor construction, crevasse rescue, sled rigging and use, with additional lectures on altitude illness, cold injury, glacier travel and route finding, avalanche hazard evaluation, and a West Buttress route brief.
Day 3	On Day 3 , the team will begin our Mt. Washington summit attempt. We will camp overnight en route and practice snow camping skills vital to success on Denali, including snow wall and snow cave construction. This overnight also presents a key opportunity to test cold-weather gear like sleeping bags and parkas.
Day 4	Weather permitting, we will summit Mt. Washington on Day 4 , our final opportunity to test expedition gear and practice snow travel skills. The team will descend the mountain and complete any remaining training modules and lectures before sharing in a wrap-up with guides.

2 Day Mt Washington Winter Climb

Day	2 Day Mt. Washington Winter Climb
Day 1	At 8 am on Day 1 , the group will meet at the Cranmore Mountain Lodge in North Conway for a gear check and initial training session. If you rented any gear it will be distributed during this time. After ensuring that the team has the appropriate gear for the seminar, we will head to our training venue for the day. Lessons include cramponing, steep snow climbing, and ice axe arrest. After training, the team will head back into North Conway for the evening, aiming to return around 4-5 PM.
Day 2	On Day 2 , we will meet at the Pinkham Notch Visitor Center at 7 AM and gear up for our summit attempt of Mt. Washington. We will ascend the Tuckerman Ravine and Winter Lion Head trails, enjoying the scenery and winter conditions. After reaching the summit (weather permitting), the team will descend the mountain and hopefully reach the parking lot around 4-5 PM.

2 Day Intro to Ice Climbing

Day	2-Day Intro to Ice Climbing
Day 1	At 8 am on Day 1 , the group will meet at the Cranmore Mountain Lodge in North Conway for a gear check and initial training session. If you rented any gear it will be distributed during this time. After ensuring that the team has the appropriate gear for the day, we will head to our climbing venue for the day. We will cater to the needs and skill level of the group, but topics will most likely be introductory ice climbing skills such as front pointing and ice tool use. After climbing, the team will head back into North Conway for the evening, aiming to return around 4-5 PM.
Day 2	Based on the desires of the group, Day 2 will consist of more ice climbing technique teaching and/or multi-pitch ice climbing.

2 Day Kautz Prep Seminar

Day	2 Day Kautz Prep Seminar
Day 1	At 8 am on Day 1 , the group will meet at the Cranmore Mountain Lodge in North Conway for a gear check and initial training session. If you rented any gear it will be distributed during this time. After ensuring that the team has the appropriate gear for the seminar, we will head to our training venue for the day. Lessons include ice and steep snow climbing, snow anchor maintenance, and belaying and rappelling. After training, the team will head back into North Conway for the evening, aiming to return around 4-5 PM.
Day 2	On Day 2 , we will meet at the Pinkham Notch Visitor Center at 7 AM and gear up for our summit attempt of Mt. Washington. We will ascend the Tuckerman Ravine and Winter Lion Head trails, enjoying the scenery and winter conditions. After reaching the summit (weather permitting), the team will descend the mountain and hopefully reach the parking lot around 4-5 PM.

CUSTOM PROGRAM OPTION

For those that want to extend their New England stay or need more personalized training, we offer customized programs that can be specifically catered to climbing ability. Fit your dates, skill level and group size to our guide ratio for the perfect program to suit your needs. Contact us for details and scheduling.

1:1 guiding \$595/day

2:1 guiding \$450/day per person

3:1 guiding \$395/day per person

4:1 guiding \$350/day per person

TRIP INCLUSIONS & EXCLUSIONS

Here is what is and is not included in your land cost fee:

Included

- IMG guides
- All training curriculum and instruction
- Dinners, breakfasts, and hot drinks for overnight trips
- Group equipment including tents, stoves, climbing ropes & hardware, and sleds

Not Included

- Lodging, with the exception of camping night on Mt. Washington (if applicable)
- Food (both snack foods for during our training days and meals for when we are not camping on Mt. Washington)
- Personal clothing and climbing equipment found on the [gear list](#)
- Transportation to and from training venues, including to Pinkham Notch

TRAVEL INSURANCE

Trip cancellation and interruption coverages are strongly recommended as all fees are non-refundable and non-transferrable. Be sure the policy you select covers mountaineering activities. You can find more information on travel insurance [here](#).

LODGING & TRAVEL

You are responsible for your own lodging on all nights except the camping night on Mt. Washington. There are several hotels in North Conway and surrounding towns, as well as Airbnb's and VRBO's. 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. Climbers registered on IMG programs receive a code for a 10% discount when booking their lodging online, contact Cranmore Lodge directly for details. Due to the variable nature of mountaineering, return time can vary significantly. If you are spending the night in North Conway, don't forget to make a lodging reservation for the last night of the program. We do not recommend attempting to fly out of Boston the same day you get down from the climb, as the driving time can be extended significantly due to frequent inclement weather.

LET'S TALK!

Questions about the trip? **We'd love to talk to you – please [email](#) or call (360) 569-2609**