

## Smith Rocks Climbing Seminars

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Smith Rocks, located in central Oregon, is one of the best locations in the Pacific Northwest for rock climbing training, with climbing options ranging from easy to difficult. In Spring and Autumn when the infamous Northwest rains are falling, the eastern side of the Oregon Cascades offers routinely good weather in a beautiful and scenic setting.

The easy access to the crags makes this a great place to "get down to work" and the nearby town of Bend is a great place for us to relax and enjoy good dinners and talk about the day's triumphs.

These seminars are an excellent choice for those considering participation in climbs that require confidence and efficient movement over rocky terrain. Focusing on the balance and technique necessary for climbing steep rock gives one a real advantage on expeditions that require the ability to move swiftly and confidently on technical terrain. Upcoming IMG expeditions for which this seminar is useful training include The Matterhorn, Italy's Dolomites, the Alps Classics program, climbs in Washington's North Cascades and any other ascents that include rock climbing. This program is a great introduction to traditional rock and sport climbing.

The focus of the seminars will be on improving individual climbing skills. With a small instructor/student ratio there will be lots of close attention for all levels of climbers. Participants are encouraged to progress at their own pace and comfort level.

No previous rock climbing experience is required. Guides are available for coaching all levels of ability. Sign up for the three-day or the five-day course, and come have a great time with us! To make your life more enjoyable we are available before the climb to discuss proper training for the seminar.

### Smith Rocks: Just The Facts

#### The Town of Bend:

The picturesque town of Bend in Autumn has warm, dry days and cool nights. Bend is situated along the western border of Central Oregon's high desert plateau and is nearly the geographic center of the State. It's elevation is 3,628 feet.

#### The Park:

Smith Rocks is over 650 acres of high desert. The mean elevation is about 3000 feet above sea level.

#### Say cheese:

You can view the crags live on the internet:  
<http://www.crag.com/cragcam/cragcam.jpg>  
or  
<http://www.smithrock.com/webcam/images/Camera1.jpg>

#### Bring a Jacket?:

You can check out the weather at  
[http://oap.weather.com/fcgi-bin/oap/generate\\_magnet?loc\\_id=USOR0284&code=181716](http://oap.weather.com/fcgi-bin/oap/generate_magnet?loc_id=USOR0284&code=181716)  
or  
<http://www.smithrock.com/webcam/conditions.html>

#### Are you tuff enuff?:

Most of the rock at Smith is a welded tuff. A welded tuff is a deposit of volcanic ash that over time with compression was welded into a cohesive rock unit. It is often described as having a "metamorphic ring." Yes, an audible "ring." You'll have to ask one of us on the seminar.

#### Feeling overwhelmed?:

There are over 1000 documented climbing routes in and around the Park.

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*"Every time I go on one of George Dunn's expeditions, I come back saying, 'that was the best adventure I've ever been on'!!!... I had the time of my life on each trip..."*

—Bruce G.

For more comments from IMG climbers, please see our website at: [mountainguides.com/comments.shtml](http://mountainguides.com/comments.shtml)

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## Transportation

Smith Rocks can be reached by flying into Portland (140 miles, ~3 hours). From Portland start East on I-84 for 13mi to US 30. Turn West on US 30 for 0.2mi to 238th Dr. Turn South on 238th Dr for 1mi. Cont. South on 242nd Dr for 1.5mi. Cont. South on Hogan St for 0.3mi. Cont. South on Hogan Dr for 0.3mi to US 26. Turn East on US 26 for 104mi to Junction With US 97. Turn South on US 97 for 20mi.

## Camping/lodging/food

There is a convenient campground right at Smith Rock State Park. Participants will be encouraged to share tents and cooking stoves, and may choose to drive into town for dinner and breakfast. Keep your camping supplies simple, IMG can provide tents for rent if you require one. You will be responsible for your own meals during the program. It will probably be easiest to pick up your food on the way into the Park. Bring plenty of non-perishable snacks for lunch and simple breakfast food (cold or hot cereal and hot drinks). You may choose to bring dinners to cook at camp, or join the group for a trip into a restaurant in town.

Some participants will prefer to stay at a local motel just out of the park each night. There are a number of motels in Redmond, a 10 minute drive away. Climbers who choose this option must be prepared to arrive each morning to meet the group at the agreed upon starting time and place.

## Dates and Cost

**Climb with IMG guides on your own schedule!** Each certified guide can take up to four students based on your climbing level and interest in personalized training.

We highly recommend a specific course of training, either 3 or 5 days, but the length of the program is flexible according to your needs.

### Rates:

- One person/one guide: \$450 per day
- Two persons/one guide: \$225 per day
- Three persons/one guide (top rope instruction only): \$175 per day
- Four persons/one guide (top rope instruction only): \$150 per day

Note: with a higher climber to guide ratio, there will be less opportunity to teach and lead multi pitch climbs. A 3:1 or 4:1 ratio is quite suitable for beginning climbers or experienced climbers looking for coaching in technique. A 1:1 or 2:1 ratio is more suitable for those who want to maximize their climbing time and exposure to advanced techniques.

### Best time to climb:

April, May and October have the most continuously favorable weather. You can pretty much count on good weather during these months. In general, mid-March through early June is suitable weather in the spring. Mid-September to early November brings generally fine weather in the fall.

*International Mountain Guides leads climbs in Smith Rocks State Park under permit from the Oregon State Marine Board.*

# Smith Rocks Climbing Seminars Itinerary

## Day 1

Group meets at 8:00 a.m. General introduction of instructors and group. Following a brief discussion of appropriate clothing and equipment, the group will travel to the nearby training area located in Smith Rocks State Park. Topics to be covered will likely include: The basic principles of movement on rock, efficiency, and the use of different hand and foot holds. Other skills to be introduced include belaying and self/partner rescue techniques.

## Day 2

Continued top-roping of increasingly difficult pitches with the introduction of additional techniques as appropriate. Other topics of discussion and applied practice will include anchors (natural, passive and active), anchor systems and rappelling.

## Day 3

When you are ready we will delve into lead climbing skills. We will practice on single and possibly multiple pitch climbs placing protection on the lead, setting up belays, and swapping leads. Students will simulate leads with a top-rope backup.

**For the Five-Day Seminar add the following sessions:**

## Day 4

Advanced skills. A multiple pitch climb will be attempted as conditions permit to introduce students to an array of advanced skills. Here we will really get a chance to fine-tune individual technique. This is a great day, putting to use all of the skills we have learned to this point. The climbing will not be more difficult, just a "real life" climb led by the guide, natural belay stations and a beautiful view.

## Day 5

Advanced skills, continued. We will have the opportunity to top-rope harder climbs. Techniques will be introduced for dealing with steeper terrain.

**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.

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*"I had the pleasure of spending time in one of America's most pristine, magnificent and wild areas: the St. Elias range... This trip was one of the most delightful I've done because of the good leadership, companionship and incredible scenery... If you want a great adventure and a good time, this is a place to go, and do it with Geo!..."*

—Nola R.

For more comments from IMG climbers, please see our website at: [mountainguides.com/comments.shtml](http://mountainguides.com/comments.shtml)

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## Smith Rocks Required Personal Equipment List

### Climbing Gear

- Rock climbing shoes: All purpose rock shoes that fit snugly without socks.  
\*\*See "Rental Rates" below.
- Helmet: A good fitting UIAA approved climbing helmet.
- Harness: Should be comfortable to hang in. Adjustable leg loops and gear loops are both helpful.
- Prusik Slings: Bring a couple of pre-tied 7mm. prusik loops if you have them.  
One or two sewn 24" webbing runners may also be useful.
- Carabiners: Two locking pear shaped biners and two non-locking, minimum.
- Belay Device: Black Diamond ATC or comparable.
- Chalk Bag with chalk.

### Optional climbing gear:

- Any other rock climbing equipment that you have.
- Leather gloves for rappelling.
- 15 - 20 feet of 7mm. cord for linking anchors or constructing prusiks.

### For your body:

- Hiking Shoes: One pair of approach or trekking shoes.
- Socks: A few pairs of socks for walking to and from the crags.
- Liner Socks: One pair of liner socks can be nice in your rock shoes on cooler days.
- Pants: A durable pair of pants that allow great flexibility. Schoeller fabric, or nylon trekking pants usually work best. Some people like to climb in tights.
- Shorts: Again, durable and flexible.
- T-shirts: Enough to get you through a few days of heavy sweating.
- Shirt: Expedition weight synthetic.
- Fleece Jacket: for early morning and evenings.
- Shell Jacket: Waterproof jacket with hood.
- Shell Pants: Waterproof.
- Baseball Cap/ Sun Hat.
- Warm hat and light gloves: Nice when the sun sets or early morning in the shade.
- Sun Glasses
- Suncream
- Lip balm
- Water Bottle: One quart, wide mouth plastic bottle.
- Sack lunches for each day.
- Pack: Good sized daypack to carry spare clothes, food and gear 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, gauze pads, moleskin and any necessary personal prescription drugs. Definitely throw in a large roll of 2" athletic tape for taping hands as necessary.

### Optional:

- Camera and film
- Bandana
- Crazy Creek chair

### RENTAL RATES:

Shoe rental will be available at Redpoint Climbers Supply in Terrebonne. The cost is \$8.00 per day for one day and \$6.00 per day for multiple days. You can call a few days ahead of time and reserve a pair. 1-800-923-6207