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. 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 Nereledge Inn—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.

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 Nereledge Inn, built in 1787, one of the areas earliest farmhouses. It is now a comfortable B&B, close to town, all amenities and skiing. The team will use the Inn as a meeting/gathering place.

Please note:
- Lodging is **not** included in the cost of the program.
- Team members are encouraged to share rooms.

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 makes his home in New England where he has guided in the winters for many years now. Assisting Craig is a native New Englander, Max Lurie, another IMG lead guide with extensive guiding experience in the Whites. For more info on both guides, please visit IMG's Guide Page >>

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 12, 2015
- January 16, 17, 2016
- February 20, 21, 2016
- March 5, 6, 2016

Choose any single date listed above or by private arrangement

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

INTRO TO WATERFALL ICE

This one-day course will introduce you to the excitement and beauty of waterfall ice climbing. During the 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. Our major goals are to learn to use the gear efficiently and most importantly, to have fun.

**Dates:**
- December 18, 26, 2015
- January 2, 3, 2016

Choose any single date listed above or by private arrangement

**Cost:** $275; 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 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:**
- January 9 – 10, 2016
- February 27 – 28, 2016

**Cost:** $550; 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:** December 27 - 30, 2015 • January 8 - 11, 2016 • February 19 - 22, 2016
**Cost:** $1100 Maximum 4 participants, minimum 2

TWO-DAY GLACIER TRAVEL and CREVASSE RESCUE COURSE
If you are planning a trip to Mt. Rainier, Alaska, the Alps or South America then this is the course for you. Over two days we will cover the skills needed to cross glaciers and perform a rescue in the event of a crevasse fall. Topics covered are knots, friction hitches, rope travel techniques for glaciers, snow and ice anchors, and extrication techniques such as C and Z pulley systems and self-rescue. It is advisable to be familiar with the skills of self-arrest and cramponing prior to this course.
Our goal is to help you to become a more experienced and responsible winter mountaineer. This course is a solid first step for climbers interested in climbing the greater mountain ranges of the world.
**Dates:** March 11 – 12, 2016
**Cost:** $500; Maximum of 8 participants, minimum 2

DENALI/EVEREST PREP
These two-day programs are designed for the climber who is heading off to tackle one of the big ones. The focus is on honing skills that you have developed over the years but would like to sharpen with a refresher course. The areas we work on are efficient cramponing on moderately steep slopes, ascending and descending fixed ropes and clipping in and out of running belays. For the Everest climber ladder crossings are practiced and for the Denali climber sled rigging is covered.
- **Day 1:** A long alpine route of moderate steepness (45 to 65 degrees) is climbed in order to hone your cramponing skills over a long day.
- **Day 2:** Fixed ropes, running belays, ladder crossings and sled rigging.
**Scheduled by private arrangement.**

“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](http://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 “Presidential”. 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 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: January 15 - 18, 2016  ♦  February 26 - 29, 2016

Cost: $1100; 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.
White Mountains Required Personal Equipment List

- **Boots:** Rigid lug-sole climbing boots. You 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 ¾ 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.

--- Equipment List Continued on next page ---
For Ice climbs only:

- 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 you in Ouray. Try out as many types of tools as you can and see what works best for you before you buy.

- 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 in 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
- Camera with extra batteries
- Disposable hand warmers, for those with cold sensitive fingers
- Swimsuit in case a hot tub is available

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 both mono point and dual point options.

RENTAL RATES:

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