

Mt. Rainier: 7 Day Mt. Rainier/Mt. Baker Seminar *Experience Level: Novice*

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Why Choose This Program?

IMG's 7 Day Mt. Rainier/Mt. Baker Seminar is one of IMG's comprehensive training programs and includes summit attempts on 2 of Washington's most iconic peaks. It is designed as an in-depth skills and training seminar for climbers looking to develop a greater breadth of climbing skills. This program provides excellent hands-on training to prepare climbers for any of the big, high-altitude, glaciated, technical peaks in Alaska such as Denali, South America, the Himalayas and elsewhere. This program incorporates the Mountaineering Day School, Advanced Mountaineering Day School, and Crevasse Rescue School into the course curriculum. Training and skills sessions include anchors, self and team crevasse rescue, ice climbing, route finding, glacier travel and fixed line ascension. The seminar is specifically scheduled for mid-summer to capitalize on firmer snow conditions and more exposed crevasses for glacier training. A summit attempt is included on both Mt Baker and Mt Rainier.

While our 7 Day Mt. Rainier/Mt. Baker Seminar is suitable for novice climbers with little or no previous climbing experience, this program does require adequate fitness and endurance training in order to be successful.

This seminar is perfect for those trying to gain a bit of extra experience before attempting Mt Rainier, and there is no better way to start than with Mt Baker. The Easton Route on Mt Baker is the perfect training grounds to gain skills and experience before attempting Mt Rainier via the Disappointment Cleaver route. The Easton provides similar terrain to Mt Baker, but with a more flexible schedule and a lower elevation. After wrapping up training and climbing on Mt Baker, the team will meet up at IMG HQ in Ashford for a half-day of training and orientation to Mt Rainier. From there, the team will ascend up on Mt Rainier and continue training on the ascent before making a summit attempt on the highest peak in Washington.

Topics to be covered include:

- Cramponing
- Ice axe and ice tool use
- Ice climbing
- Belaying and rappelling
- Glacier travel and rescue
- Short roping and short pitching
- Ice and snow anchors and anchor systems
- Glacier route finding and navigation
- Ascending and descending fixed lines

IMG employs a light and efficient philosophy for climbing. IMG will provide shelter, stoves, fuel, cookware and group climbing gear (ropes, pickets, shovels, etc.) for the team to carry to each camp. We will help you review your personal climbing gear prior to departure to make sure you are not carrying any unnecessary weight up Mt Rainier. Total personal gear, including filled water bottles, should be approximately 50 pounds, excluding your boots and trekking poles.

Safety is our number one priority. We make no guarantees with respect to the program objectives. Many circumstances, including weather and abilities of yourself or other climbers may inhibit you from reaching the summit. Our goal is to give each of our customers the best experience we possibly can, regardless of the weather, route conditions, or time of year.

Prerequisites:

There are no specific climbing prerequisites for this program. All that is required is an eagerness to learn, a significant base of cardiovascular physical fitness, and previous experience carrying an overnight pack. You will be expected to carry this weight over the course of many hours each day. For training suggestions please review the information provided on our [Training for Rainier page](#). This is a novice climb for those interested in learning elements of travel on big, glaciated mountains. Technical training is conducted during the pre-climb orientation and continually throughout the climb.

Dates: May – August (Please see the IMG website for [specific, available dates.](#))

Landcost: \$3,095

Client to Guide Ratio: 2:1

Trip Length: 7 days (Plan on meeting at 8:00AM at the [Ranger Station in Sedro-Wooley](#) on Day 1 of your program.)

Cost includes:

- IMG's world-renowned guide staff
- All training curriculum and instruction
- Round trip transportation from IMG Headquarters to the start/end of the climb (Note that this is subject to change based on Covid restrictions)
- Group equipment including tents, stoves, fuel, climbing ropes and group hardware
- National Park entrance and climbing permits
- Hot meals (breakfast and dinner) and hot drinks (coffee, tea, cocoa) *Note that this is subject to change based on Covid restrictions

Cost Does Not Include:

- Personal gear (see [equipment list](#) for full details)
- Lodging the evening prior to the start of the climb or after the end of the program
- Lunch food and mountain snacks. Please refer to our [food suggestions page](#) for more details.

Typical Itinerary:

This itinerary is approximate and subject to change due to conditions.

Day 1 – The group meets at the Sedro Woolley Ranger Station in the North Cascades at 8:00 a.m. 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.

Day 2 – Training day. After a leisurely breakfast, we will head out to the nearby slopes for a day of training in crampon skills, ice axe arrest, roped glacier travel, snow anchors and the elements of safe team crevasse rescue. A full and informative day.

Day 3 – 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. A full day getting to the summit and

back, perhaps 6 hours up and half that time in descent. After a brief rest, the group will pack up camp and head down to the trail head, arriving by late afternoon. From there the team will depart and plan on meeting in Ashford the following day. Lodging is not provided the night of Day 3.

Day 4 – Meet in Ashford at IMG Headquarters (HQ) ([Directions](#)) at 2:00pm for your pre-Rainier training and orientation. This orientation is instrumental in getting you outfitted, informed, packed and educated prior to departure the following morning. Topics to be covered include an introduction to your climbing team; an introduction to Mount Rainier National Park, its mission and ecology; a safety briefing; the examining, issuing and fitting of gear; and instruction on the proper use of safety equipment including helmets, harnesses and avalanche beacons. Lodging is not provided the night of Day 4.

Day 5 – Meet at HQ at 8:00am for an early departure to the trailhead at Paradise (5420 ft.) in Mount Rainier National Park. Plan on a long day; hiking and climbing for roughly 5-6 hours and gaining 4,600 ft. over the 4 1/2 miles to Camp Muir. Along the way, the guides will introduce efficient climbing techniques including pace, rest-stepping, breathing, break procedures, clothing layering systems, food and water intake requirements and other essential climbing skills. We will spend the night in tents at Camp Muir overlooking the Nisqually and Cowlitz glaciers and the rugged Tatoosh range to the South.

Day 6 – This day is less physically demanding than Day 1 and helpful for recovery and acclimatization. After a casual breakfast, we will conduct a glacier travel and mountaineering skills training school on the Cowlitz Glacier adjacent to Camp Muir. The team gathers all gear from Camp Muir and ropes up for the first glacier crossing, putting our newly learned skills to practice. A short trek across the Cowlitz Glacier leads to steeper travel up a scree trail through Cathedral Gap. From there, we'll step onto the Ingraham Glacier and climb a short distance to a broad, flat section of the glacier. A pre-established camp at "The Flats" is waiting for us after our 1 1/2 hour climb. This camp at 11,400ft offers a stunning view of the precipitous north face of Little Tahoma, the third tallest peak in Washington, and the spectacular Ingraham and Emmons Glaciers. An informational meeting with the guides will take place in the afternoon followed by an early dinner and a short night's sleep.

Day 7 – The summit day will begin with an alpine start—waking as early as 10PM for a hot drink and instant breakfast. After all teams are roped up, we'll make our way up the Ingraham Headwall (early season only) or onto the Disappointment Cleaver (typically accessible by mid-season) eventually gaining the upper glaciated slopes of Mt Rainier. Throughout the day, the guides will be directing their rope teams, providing instruction, safety feedback and hands-on training in safe climbing techniques. We'll ascend glaciated terrain to the very top, finally ending at the summit crater. We'll spend an hour or more on top and walk over to the true summit, Columbia Crest, 14, 410ft (weather permitting). During our descent, we'll navigate the glaciers back down to the Flats, utilizing all the skills we have learned during the climb. Here we'll take a short rest before moving an hour lower down the mountain to Camp Muir. After a break, the team will continue down to Paradise where our van will be waiting to shuttle us back to Ashford. Our 3 day climb, including the 12-14 hour summit-day, culminates with a group debrief and awarding of certificates of achievement by the guides.

Equipment List:

Please find the list of required equipment for IMG's Mt. Baker / Mt. Rainier Seminar here: mountainguides.com/pdf/rnr-multi-trip-rainier-gear.pdf