

MT. RAINIER CAMP MUIR GUIDED HIKE

WASHINGTON | DAY TRIP | 10,080'



IMG climbers ascending Panorama Face on the way to Camp Muir (Drew O'Brien).

PREPARE FOR MT. RAINIER WITH IMG

Standing at 14,410 feet tall, Mt. Rainier is the highest peak in Washington and is the most glaciated peak in the Lower 48. Build confidence and set yourself up for summit success with a guided Camp Muir hike. Spend the day with a guide to test out gear, ask questions, and get familiar with the rigors of ascending the Muir Snowfield – all with a light pack and low pressure.

This program will include training on the use of full shank mountaineering boots, carrying a pack comfortably, the rest step, pacing, pressure breathing, what to expect on a summit climb, tips & tricks to increase your efficiency, and plenty of Rainier knowledge & stories from your guide.

PREREQUISITES

Hiking to Camp Muir is suitable for climbers with no previous mountaineering experience yet is still a strenuous climb. You will gain 4,600' in the 9-mile round trip which brings you halfway to the top of Mt. Rainier! All participants must be in very good physical condition. For several months prior to the start of the climb, 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 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.

2023 PROGRAM DATES

[Available Dates](#)

ADDITIONAL TRAINING CONSIDERATIONS

[Mt Rainier 4.5 Day DC Seminar](#)

[Baker Rainier Seminar](#)

LAND COST

Camp Muir Guided Hike \$295

QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ's](#)

CONTACT US

Let's talk!

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REGISTER

Ready to sign up?

[Click here](#) to get started.

FEE SCHEDULE

Program fees are due in full at registration. Final balance of all fees are due 120 days prior to trip departure.

ADDITIONAL TRAINING CONSIDERATIONS

For those that want a more flexible climb with more learning opportunities than our 3.5-day summit climb, IMG offers [4.5-day Disappointment Cleaver Seminar](#). Ease into your climb with a day of snow skills training at Paradise before starting up the Muir Snowfield the following day. By frontloading snow school, we more gradually ramp up the climbing and open opportunities to cover more technical training topics at Camp Muir or explore the nearby Cowlitz and Ingraham glaciers.

For those looking to extend their stay in the mountains and gain some extra climbing experience, consider our [Baker Rainier Seminar](#) which combines 2 iconic Washington volcano climbs, Mt Baker and Mt Rainier. This program includes in-depth training, more time for acclimatization, and the opportunity to “warm-up” on Mt Baker before tackling Mt Rainier.

THE ITINERARY

The trip will start at 7am at IMG HQ in Ashford, WA.

| Day | Camp Muir Guided Hike |
|-------|---|
| Day 1 | Meet at IMG HQ in Ashford at 7 am on Day 1 . Your lead guide will take you through a quick gear check before heading to Paradise in the IMG van. If you need to rent any gear it can be taken care of during this portion of the program, no need to reserve in advance. Once at Paradise, your training will begin with efficient use of packs, poles, and full shank mountaineering boots. Practice your movement skills and all-day pacing as we rest step our way up the Muir Snowfield- a technique that will serve you well on the upper mountain. Plenty of time is available for questions about gear, Mt Rainier, the Disappointment Cleaver and other routes, and for tips, tricks, and stories from your guide. Snap some pictures and enjoy the view from Camp Muir - halfway to the top - before we descend to the waiting van at paradise. Plan to return to IMG HQ in Ashford at 5pm depending on the speed of the group. |

TRIP INCLUSIONS & EXCLUSIONS

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

Included

- IMG guides
- All training curriculum and instruction
- Transportation to and from Paradise

Not Included

- Lodging and food before and after the trip
- Lunch and snack foods
- Personal clothing and climbing equipment found on the [gear list](#)

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](#).



Sunset at Camp Muir (Porter McMichael)

LODGING & TRAVEL

You are responsible for lodging before and after the day hike.

IMG has raised-platform wall tents [available to rent at IMG Headquarters](#). Furnished with cots and thick sleeping mats, this is a great option for those who want the simplicity of staying at IMG HQ. We have showers, Wi-Fi, and power outlets for guests to use. Single tent price: \$40, 2-person tent price: \$25 each

There are several small motels in the town of Ashford, and more in the town of Eatonville just thirty minutes west of Ashford. Hotel options in Ashford include the [Nisqually Lodge](#), [Copper Creek Inn](#), [Alexander's Lodge](#), and the [Gateway Inn](#). There are many Airbnb's and VRBO's in Ashford as well. If you are making a special trip out of your climb, the [Paradise Inn](#) is a nice and historical option for lodging.

Plan to return to IMG HQ by 5pm. Due to the variable nature of mountaineering, return time can vary significantly. If you are spending the night in Ashford, don't forget to make a reservation for the last night of the program. We do not recommend attempting to fly out of Seattle the same day you get down from the climb.

LET'S TALK!

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

International Mountain Guides, LLC is an authorized mountaineering guide service operating in partnership under a concession with Mt Rainier National Park.



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