

MT. RAINIER

DISAPPOINTMENT CLEAVER SEMINAR

WASHINGTON | 4.5 DAYS | 14,410'



IMG climbers climbing to Columbia Crest at Sunrise (Tomah Whitney)

CLIMB 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. Climbers start at Paradise and ascend Rainier via the Disappointment Cleaver, a historic rocky feature on the Ingraham Glacier.

This program gives climbers an opportunity to practice glacial climbing skills such as cramponing, ice axe arrest, and rope team travel before beginning the climb itself. The benefits are three-fold: maximizing learning, easing into the climb, and opening opportunities for more advanced training, or exploring the massive glaciers of Mt Rainier during the remainder of the program. Climbing Rainier's Disappointment Cleaver route is well suited to beginners and experts alike, and has served as a training grounds for much bigger climbs, from Denali to Everest and everything in between.

PREREQUISITES

The Disappointment Cleaver Route is a novice route well suited to beginners with no previous mountaineering experience. This program includes all the training you will need for a safe and successful climb of Mt Rainier, and more. Prior experience hiking and backpacking is a plus and will allow you to focus on practicing your mountaineering skills.

2023 PROGRAM DATES:

May 12-16, 2023
June 1-5, 2023
June 9-13, 2023
June 15-19, 2023
June 27-July 1, 2023
July 7-11, 2023
July 15-19, 2023
July 27-31, 2023
August 16-20, 2023
September 3-7, 2023

ADDITIONAL TRAINING CONSIDERATIONS:

[Camp Muir Guided Hike](#)
[Mt Baker 3-Day Climb](#)

LAND COST

Mt. Rainier 4.5 Day \$2695

QUICK LINKS

[Itinerary](#)
[Gear List](#)
[FAQ's](#)

CONTACT US

Let's talk!
(360) 569-2609
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REGISTER

Ready to sign up?
[Click here](#) to get started.

FEE SCHEDULE

Non-refundable \$500 registration fee is due at registration and applies to program fees. Final balance of all fees are due 120 days prior to trip departure.

While this program is suited for novice climbers, Mt. Rainier is still a strenuous climb. 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 (30-45 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.

ADDITIONAL TRAINING CONSIDERATIONS:

Want to get even more out of your time on Mt Rainier? Take your climb to the next level. We offer several options to enrich your experience and increase your preparedness to summit.

Build confidence and set yourself up for success with a guided [Camp Muir Guided 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.

For those looking to gain extra climbing experience prior to attempting Mt. Rainier, consider our [Baker Rainier Seminar](#) which combines two 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 the lower Mt Baker before tackling Mt. Rainier.

THE ITINERARY

The trip will start on Day 1 at 2 pm at IMG HQ in Ashford, WA. Please note that itineraries are approximate and subject to change.

Day	Mt Rainier Disappointment Cleaver 3.5 Day Itinerary
Day 1	At 2 pm on Day 1 , your lead guide will take you through a gear check and training session. 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. Your lead guide can help make decisions about your gear and will ensure each team member has everything needed for the climb without carrying unnecessary weight. During the training session, you will cover Leave No Trace Principles, the Mission of the National Park Service, crampon adjustment, and packing up together. Day 1 will wrap up by 6 pm and the team will be free for the evening. Note that dinner and lodging is not provided for the night of Day 1.
Day 2	We begin Day 2 at 8am at IMG HQ in Ashford. Travel in the IMG van to beautiful and historic Paradise Park on the south side of Mt Rainier. Hiking to our training location generally takes less than an hour. Once you arrive we have a full day of snow skills training on tap, covering basic cramponing, travel on steep snow, self- and team-arrest using your ice axe, and roped team travel. Other topics can be covered as desired and time allows: knots, hitches, & materials, rope management, and principles of glacier & alpine travel. Expect to return to Ashford by 4 pm. Note that dinner and lodging are not provided for the night of Day 2.
Day 3	Day 3 will start at 8 am at IMG HQ in Ashford. Each team member will receive a small amount of group food to be carried to Camp Muir. After meeting the rest of your guides, the team will again shuttle to Paradise. You'll begin your ascent around 9:30 am and will break approximately every hour until reaching Camp Muir (10,080'), around 3 pm. Once at Camp Muir, you'll rest and enjoy a burrito dinner in IMG's semi-permanent dining tent. After dinner, it's off to bed for a full night of rest!
Day 4	Pancake breakfast with bacon and French press coffee will be served at 8 am sharp on Day 4 . After enjoying breakfast, your snow skills training continues. Building on what we've learned on Day 2, we continue to practice skills and choose additional advanced topics. Exploration of the nearby Cowlitz Glacier, or the Ingraham Glacier once we've traveled to Ingraham Flats, is a fun and unique option. It's now time to put your new skills into action, making the two hour climb up and over Cathedral Gap to Ingraham Flats (11,000') nestled in the Ingraham Glacier. At "The Flats", dinner and hot drinks are served early and we head to bed soon thereafter to rest and prepare for our summit push early in the night.

Day 5	On Day 5 , you will wake up early to make your summit push. After leaving the Flats, you will climb to the top of Disappointment Cleaver (12,300') before continuing onto the upper mountain and climbing the Ingraham Glacier to the summit. Snap some summit photos and enjoy the views before we descend. Upon reaching The Flats, the team will pack up camp and continue descending to Camp Muir and then to the waiting van at Paradise. From there we travel back to IMG HQ in Ashford together. Here you can return rentals, make retail purchases, and share in a closing ceremony with your guides.
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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 during the climb
- Group equipment including tents, stoves, climbing ropes and hardware
- Climbing permits
- Transportation to and from Paradise

Not Included

- Lodging and food the evening of Days 1 and 2
- Lodging after the trip
- Lunches and snack foods
- Meals before and after the program
- 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 from Camp Muir (Porter McMichael)

LODGING & TRAVEL

You are responsible for your own for lodging the night prior to the start of the trip as well as the nights of Day 1 and Day 2.

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 on Day 5. 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**

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