

# MT. RAINIER

## DENALI EXPEDITION PREP SEMINAR

WASHINGTON | 4 DAYS | 14,410'



An IMG winter seminar leaving camp for a day of training (Porter McMichael)

### PREP FOR YOUR DENALI EXPEDITION WITH IMG

During the winter of 1971 Paradise at Mount Rainier experienced 1,122 inches of snowfall awarding it a world record for snowfall in a single year. Mount Rainier's winter environment is the closest to Denali as you can get in the Lower 48. From building snow walls to protect our camps to ascending fixed lines and sled-pulling, this course is catered to Denali climbers to give them as much mountain practice as they need to be successful on The Great One.

In addition to practicing glacial climbing skills such as cramponing, ice axe arrest, rope team travel, and crevasse rescue, this course will cover Denali specific topics such as sled-rigging, snowshoe use, fixed line ascension, and in-depth lectures on cold injury & high-altitude illnesses. Working with your expedition gear in realistic conditions will give you the skills and confidence to not only survive but thrive in the harsh environment of the Alaska Range. Winter on Mt Rainier is the perfect time and place to learn and practice in the field before flying onto the mighty Kahiltna Glacier.

### PREREQUISITES & TRAINING

Although Denali Prep Seminars are geared towards future Denali climbers, there are no specific prerequisites, and you don't have to be Alaska-bound to learn and enjoy your seminar. Glacier travel, cold weather camping, and/or a previous summer climb on Mt. Rainier will set you up well to be comfortable enough in this

### 2023 PROGRAM DATES:

March 25-28, 2023

April 8-11, 2023

April 22-25, 2023

### LAND COST

Mt. Rainier 4 Day Denali Expedition Prep Seminar  
\$1695

### QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ's](#)

### CONTACT US

Let's talk!

(360) 569-2609

[office@MountainGuides.com](mailto:office@MountainGuides.com)

### 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.

environment to make the most of your learning experience.

While this program is suited for novice climbers, it is a very strenuous seminar. All participants must be in excellent physical condition, ready to snowshoe through deep snow, carry a heavy pack, pull a loaded sled, and assist in expedition camp building once travel for the day is completed. For several months prior to the start of the seminar, 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 to 60 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.

## THE ITINERARY

The trip will start on Day 1 at 8 am at IMG HQ in Ashford, WA. Please note that itineraries are approximate and subject to change.

Day	4-Day Denali Prep Seminar Itinerary
Day 1	At 8 am on <b>Day 1</b> , the group will meet at IMG HQ in Ashford, WA for a gear check and initial 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, loading/rigging of sleds to expedition packs, ascending for crevasse self-rescue and operation of avalanche transceivers. After this morning orientation in Ashford, you will travel to Paradise to snowshoe and camp for the night.
Day 2-3	<b>Days 2-3</b> will be training days in the field. Your guides will determine the curriculum for the day depending on weather, current snow conditions, and previous lessons taught. Weather permitting, we may carry loads and/or move to a higher camp, potentially all the way to Camp Muir. Lessons include cramponing, steep snow climbing, roped glacier travel, ice axe arrest, crevasse rescue, ascending and descending fixed lines, snow anchor construction, expedition gear and its use, camp hardening with snow walls or snow caves, with additional lectures on altitude illness, cold injury, glacier travel and route finding, avalanche hazard evaluation, and a West Buttress route brief.
Day 4	On <b>Day 4</b> , you will finish up remaining training modules before descending back to the waiting van at Paradise and then IMG HQ. We plan to be back to IMG HQ in Ashford by 2-4 pm, as snow and conditions allow. Here you can return rentals, make retail purchases, and share in a closing ceremony with your guides.

## 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 & hardware, and sleds
- Climbing permits
- Transportation to and from Paradise

### Not Included

- Lodging and food the evening before your trip begins
- 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](#).



An IMG winter seminar taking a break on the Muir Snowfield (Nicole Sims)

## LODGING & TRAVEL

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

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 4. 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 lodging 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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