

# MT. RAINIER & LITTLE TAHOMA SEMINAR

WASHINGTON STATE | 6.5 DAYS | 14,410' & 11,137' | INTERMEDIATE



Little Tahoma at Sunrise (Harry Hamlin)

## 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.

Choose this program if you'd like to attempt to summit both the Mt Rainier and Little Tahoma in one comprehensive training seminar. IMG's 6½ Day Mt. Rainier/Little Tahoma Mountaineering Seminar heads to the less frequented east side of Mt Rainier to attempt a summit of Little Tahoma, the third highest peak in Washington State (11,137ft) before heading up to make a summit attempt on Mt Rainier via the Disappointment Cleaver Route. For the Little Tahoma portion of the program, we'll use technical setting to maximize training on the glaciers below Little Tahoma. 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.

The 6½ Day Mt. Rainier/Little Tahoma Mountaineering Seminar is one of our most in depth, hands-on training programs and offers a generous amount of time to introduce and practice critical alpine climbing skills. We delve into great detail during the training, lectures, and informal discussions in our small group to allow you to comprehensively understand the topics covered. Training is geared towards the skills required in order to be successful on these two peaks, including ice axe and tool use, ice climbing, multi pitch belaying and rappelling, glacier travel and rescue, short roping and short pitching, ice and snow anchors and systems, glacier route finding and navigation,, ascending and descending fixed lines. The seminar is specifically scheduled for mid-summer to capitalize on firmer snow conditions and more exposed crevasses for glacier training.

## PREREQUISITES & TRAINING

This is an advanced itinerary and climb requiring previous glacier climbing

## DATES/PRICE

[View on our website](#)

## GROUP SIZE

Max: 4 climbers + 2 guides

Guide Ratio: 4:1 Training

Days; 2:1 Climbing Days

## QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ](#)

## REGISTER

[Click here](#) to get started.

## FEE SCHEDULE

\$500 Registration Fee is due at registration and applies to program fees. Balance of fees are due 120 days prior to Scheduled Arrival Date. Please refer to Program Policies and Registration Agreement for terms and conditions. All fees and payments are non-refundable and non-transferable. Payments must be received by IMG on or before the due dates.

## GENERAL INFO

[Directions/Travel](#)

[Travel Insurance](#)

[Local Lodging](#)

[Tent Rentals at IMG HQ](#)

[Training](#)

[Food Suggestions](#)

[Mt. Rainier Weather](#)

[Suggested Reading](#)

[Tipping your guides](#)

## CONTACT US

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experience. All participants must have prior alpine climbing experience on Rainier or other similar glaciated peaks and be familiar with basic mountaineering skills including cramponing in firm ice and snow conditions. As with all IMG programs, a review of basic climbing skills is incorporated into this program's itinerary. Previous experience on multi day backpacking trips is highly recommended. This is a strenuous and more technically demanding summit climb which is not for first time climbers. For fitness suggestions, please see our Training for Rainier page.

## THE ITINERARY

Day	Mt Rainier Little Tahoma Seminar 6.5 Day Itinerary
Day 1	Your orientation begins at 2 pm at <a href="#">IMG Headquarters in Ashford, WA</a> 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 lodging is not provided for the night of Day 1.
Day 2	Meet at IMG HQ at 8:00am and prepare to depart for the Fryingpan Creek trailhead. Please eat breakfast before arrival. From the Frying Pan Creek Trailhead, we hike four miles on trails through forest to Summerland (6,000 feet) before continuing up higher to the snow slopes of Meany Crest and our first camp at 7,500 feet. Just below camp we will stop for some initial training kicking steps up and down steeper slopes and climbing efficiently on snow.
Day 3	After a casual breakfast, the team will continue skills training with ice axe, crampons and rope in preparation for navigating higher up the glacier. After training, the team will break camp, rope up and head up the Fryingpan Glacier to the 9,000 foot notch that leads to the Whitman Glacier. We'll camp a second night somewhere in this vicinity and continue training in the afternoon. This camp will be situated to take maximum advantage of nearby crevasses and glacier slopes for training.
Day 4	Start with an alpine start, just at dawn with a hot drink and instant breakfast. After our team is roped up we'll make our way up the ever steepening Whitman Glacier to a first rock step at 10,500 feet. We'll stop here for some additional instruction in rock climbing and a tight belay from the guides then scramble up this first loose rock step. From here, the going is easier, 3rd class rock scrambling up to the very exposed summit pinnacle. From the top we'll have one of the best views of nearby Mt. Rainier in the area. After spending time at the top, we'll retrace our steps back down the route to camp.
Day 5	After breakfast, the team will break down camp and begin travelling towards Camp Muir via the Ingraham and Cowlitz Glaciers, traversing over to Camp Muir which will operate as the base camp for the Mt Rainier portion of the program. Training and instruction will continue at Camp Muir in the afternoon and the day will be wrapped up with a delicious meal with the guides. 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	Pancake breakfast with bacon and French press coffee will be served at 8 am sharp on <b>Day 6</b> . After breakfast, you will put learned 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 7	On <b>Day 7</b> , 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.

## TRIP INCLUSIONS & EXCLUSIONS

Here is what is included and not included in the cost of your program.

### Included

- IMG Guides

- All training curriculum and instruction
- Dinners, breakfasts, and hot drinks during the climb
- Group equipment including tents, stoves, fuel, cookware and group climbing gear (ropes and hardware)
- Climbing permit for Mt. Rainier National Park
- Entrance fee to Mt. Rainier National Park
- Round trip transportation from IMG HQ to Paradise (Mt. Rainier National Park)

## Not Included

- Lodging and food the evening of Day 1
- Lunches and snack food, meals before and after the program
- Transportation to and from Ashford
- Personal clothing and climbing equipment found on the Gear List
- Guide Tips

## INSURANCE

Due to our strict no refund policy, IMG strongly advises that you protect potential losses with appropriate insurance coverage. Travel Insurance is strongly suggested and should include coverage for trip cancellation, trip interruption, trip delay, baggage loss, emergency medical expenses, emergency evacuation expense, etc. IMG provides no such insurance coverage. Visit the [Travel Insurance page](#) on our website for more information.

## LODGING & TRAVEL

You are responsible for your own for lodging the night of Day 1 (following your ½ Day Team Orientation). Plan to return to IMG HQ by 5pm on Day 7. 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 arrangements 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.

Local area lodging suggestions can be found on our [website](#), and a limited number of [IMG platform tent rentals](#) may be available as an inexpensive alternative.

## GUIDE TIPS

A show of appreciation for a job well done is always appropriate. We think you'll agree that the guides go above and beyond the call of duty to make your climb as safe, successful and enjoyable as possible. Our guides typically pool the tips and share them equally. Your contribution to the guides' tip pool can go directly to the lead guide on your program and will be appreciated by all of them! Cash or Venmo is preferred, please contact your guide directly for Venmo information. The amount of tip is at your discretion, but tips for excellent service normally average 10-15% of the cost of the program.

## QUESTIONS?

[Email](#) or call at (360) 569-2609 Ext. 1

*International Mountain Guides, LLC is an authorized Concessioner of the National Park Service. Address comments to Superintendent, Mount Rainier National Park, 55210 238<sup>th</sup> Avenue East, Ashford, WA 98304. These services are operated in an area under the jurisdiction of the U.S. Department of the Interior. No discrimination by segregation or other means in the furnishing of services or privileges on the basis of race, creed, color, ancestry, sex, age, disabling condition or national origin is permitted in the use of this facility. Violations of this prohibition are punishable by fine, imprisonment, or both.*



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