

## 5½ Day Little Tahoma Mountaineering Seminar

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This challenging and remote Mountaineering Seminar heads to the east side of Mt Rainier and the less traveled glaciers on the flanks of Little Tahoma, the third highest peak in Washington State (11,137 feet). We use this setting to set up our small climbing group (four climbers, two IMG guides) for maximum training potential on the glaciers below Little Tahoma. It is designed as an in depth skills and training seminar for people with aspirations for more climbing in the future who want to spend a significant amount of time becoming familiar with these skills. This is excellent hands-on training to prepare for any of the big, high altitude, glaciated, technical peaks in Alaska, South America, the Himalayas and elsewhere, but is specifically focused on increasing alpine climbing skills in mid-summer conditions. The Seminar climbs the mountain in expedition fashion, working its way up the mountain from camp to camp, in order to eventually put the team in position to summit Little Tahoma, and to familiarize you with the day to day fundamentals of expedition climbing. This program incorporates the Mountaineering Day School into the course curriculum and goes into greater detail teaching many other advanced climbing skills. 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.



### Why Choose This Program?

The 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. The small group size, four climbers and two guides further enhances the learning opportunities. 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. This is an excellent program for anyone with the desire to increase their technical climbing skills in preparation of more challenging climbs. Unlike our summit climbs, this program is not solely focused on making it to the top. The primary goal is training in expedition climbing skills. At the end of the program we will climb to the summit of Little Tahoma as a team, utilizing all of the training we have learned during the seminar.

The Little Tahoma Seminar is a great way to immerse yourself in the alpine environment for an extended period of time and learn how expedition climbing works intimately through practical application. It will provide you with a unique opportunity to learn extensively from the first hand experience of our internationally renowned guide staff. This seminar is the right choice if you are serious about becoming proficient in climbing in order to use your skills on other challenging mountains.

**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 provides breakfasts, dinners and hot drinks for the group on the mountain. We feel this adds a lot to the experience in terms of convenience, comfort and camaraderie. We provide all group gear including tents, stoves, cook gear, ropes and snow/ice anchors.

Our group size is never larger than six (4 climbers and 2 guides) for the ultimate in hands on training and personal attention.

**Prerequisite:**

There are no prerequisites for the Little Tahoma Mountaineering Seminar as the Mountaineering Day School is incorporated in to the course curriculum. All participants must arrive in excellent physical condition and come prepared to carry 50 lbs. or more.

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

Expect to find firm mid-summer snow and glacier conditions with well defined crevasses. These are perfect conditions for maximum training in advanced ice axe and cramponing technique. The perfect seminar to prepare you for more technically challenging expeditions.

**Landcost:** \$2,445

**Client to Guide Ratio:** 2:1 (Maximum 4 climbers)

**Trip Length:** 5½ days

## Itinerary

One fundamental aspect of all of IMG's training seminars is that the itinerary varies from course to course. The guides will determine the exact route and camp placement prior to the seminar depending upon the weather, conditions, ability of the group, and skills they want to highlight. There is real opportunity to get away from the crowds and enjoy a unique experience on Mt. Rainier's glaciers. The seminar progresses up the mountain moving from camp to camp, putting the team in position for a summit attempt at the end of the program. Most days will be centered on training and skill exercises, lectures, and informal discussions at camp, but camps will be moved to give participants hands on experience in establishing safe, sheltered and well constructed camps as well as experience in the day to day skills required for extended expedition camp life.

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*“I was very impressed with how everything was so well organized. It seemed like every little detail was covered... I will never use another outfit other than IMG. IMG is way better than the others. Way better! You guys are the best in the business...”* —Jim P.

For more comments from IMG climbers, please see our website at: [www.mountainguides.com/comments.shtml](http://www.mountainguides.com/comments.shtml)

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## Typical Itinerary:

**Day 1** – Meet at IMG Ashford Headquarters ([Directions](#)) at 2:00 p.m. This pre-climb meeting of 4-5 hours is instrumental in getting the team outfitted, informed, packed and educated prior to departure the following morning. Topics to be covered include an introduction of the entire team, an introduction to Mt. Rainier National Park, its mission and ecology and a safety briefing. You'll review personal clothing and equipment, group food and gear and sort loads. The team will practice specific knots useful for the seminar and construct prussik slings. As time allows you'll learn additional rope handling skills including belaying and/or rope rescue skills.

You are on your own for lodging this night, but IMG offers a convenient and economical option with our onsite [tent camping](#).

**Day 2** – Meet at IMG Headquarters at 8:00 a.m. Load up the IMG van and make the 1 ½ hour drive over to the east side of the Park and the Fryingpan Creek trailhead just past the White River Ranger Station in the Park. From here we hike three 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** – A full day of technical rescue training and glacier ice climbing skills with self rescue and team rescue practice scenarios. Other skills may include snow and ice anchors, anchor systems, belaying, ascending and descending ropes. Return to camp at end of day.



**Day 5** – Starts 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, 3<sup>rd</sup> 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 6** – After enjoying a final morning on the mountain and breaking camp we'll descend back to the trail head and the waiting van. The van will return us to Ashford headquarters for a group debrief and awarding of certificates by the guides.

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***“Your company is first class in all respects. I knew exactly what I needed to bring and rent. All of your staff that I met was friendly, helpful, knowledgeable, and I felt safe with them. The rental equipment was also high quality. The overall experience was fantastic. If I am able to go on another mountaineering trip, it will definitely be with IMG.”***

—Jason S.

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