

MT. RAINIER

WINTER SEMINAR AND SUMMIT CLIMB

WASHINGTON | 6.5 DAYS | 14,410'



An IMG winter seminar packing up camp to train for the day. (Porter McMichael)

LEARN WINTER CAMPING AND MOUNTAINEERING SKILLS 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. Due to the mountains proximity to the Pacific Ocean, Mt. Rainier receives very heavy snowfall during the winter which makes it an excellent place to train for Denali or other cold weather endeavors. Climbers start at Paradise and ascend Rainier via the Ingraham Glacier.

This program gives climbers an opportunity to practice glacial climbing skills such as cramponing, ice axe arrest, and rope team travel. Additionally, the team will have time to cover topics such as winter camping, glacier travel and navigation, and crevasse rescue. Our winter seminars are a great way to prepare for Denali, Vinson, or the Himalaya.

PREREQUISITES

Although our Winter Seminars are geared towards future Denali climbers and Seven Summits climbers, there are no prerequisites. All skill levels are welcome on this program, and training modules will be catered to the groups experience and ability.

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

2023 PROGRAM DATES:

April 28 – May 4, 2023

April 30 – May 6, 2023

LAND COST

Mt. Rainier Winter Seminar and Summit Climb \$3,495

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

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.

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 2 pm at IMG HQ in Ashford, WA. Please note that itineraries are approximate and subject to change.

Day	6.5-Day Winter Seminar and Summit Climb Itinerary
Day 1	Meet at IMG HQ in Ashford at 2:00pm on Day 1 for your pre-climb orientation. This orientation is instrumental in getting you outfitted, informed, packed and educated prior to departure the following morning. Topics to be covered include an introduction to your climbing team; an introduction to Mount Rainier National Park, its mission and ecology; a safety briefing; the examining, issuing and fitting of gear; and instruction on the proper use of safety equipment including helmets, harnesses and avalanche beacons. Lodging is not provided the night of Day 1.
Day 2	Meet at HQ at 8:00am on Day 2 for an early departure to the trailhead at Paradise (5420 ft.) in Mount Rainier National Park. Plan on a long day of hiking and climbing for roughly 3-4 hours and gaining about 2,000ft on your ascent to the Paradise Glacier. Along the way, the guides will review efficient climbing techniques including pace, rest-stepping, breathing, break procedures, and clothing layering systems, food and water intake requirements and other essential climbing skills.
Day 3 & 4	Days 3 & 4 are flexible to cater to mountain conditions. During these days the team will continue skills training with ice axe and crampons in preparation for navigating higher up the glacier. Expect a day of technical rescue training with self-rescue and team rescue practice scenarios. Other skills may include snow and ice anchors, anchor systems, belaying, ascending and descending ropes. The team may choose break camp and ascend the Paradise Glacier to a camp at an altitude below 9,000 feet. This camp will be situated to take maximum advantage of nearby crevasses for training.
Day 5	After a morning of technical training, the team will ascend to Camp Muir at 10,080ft on Day 5 . We will spend the night in a rustic building at Camp Muir overlooking the Nisqually and Cowlitz glaciers and the rugged Tatoosh range to the South.
Day 6	After a casual breakfast on Day 6 , we will cover more technical skills which may include crevasse rescue on the Cowlitz Glacier adjacent to Camp Muir. Around noon the team will rope up and cross the Cowlitz Glacier to reach Ingraham flats. Upon arriving at "The Flats" the team will set up our highest camp. This camp at 11,200ft offers a stunning view of Little Tahoma, the third tallest peak in Washington, and the spectacular Ingraham and Emmons Glaciers. An informational meeting with the guides will take place in the afternoon followed by an early dinner and a short night's sleep.
Day 7	On Day 7 , 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 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 (???)

LODGING & TRAVEL

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

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 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 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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