

# AMERICAN ALPINE INSTITUTE

COURSES – ASCENTS – EXPEDITIONS

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AMGA Accreditation – AAI is AMGA’s Longest Accredited Guide Service in the United States. A recent re-accreditation reviewer said, “AAI set the standard for American guiding and climbing education in the U.S. Its guide training program served as the foundation for AMGA’s certification program, and over the years AAI has trained a remarkable number of America’s top guides and guide service owners.” The Institute is proud of its legacy of excellence and remains deeply committed to both recreational climber and professional guide education. From intro to advanced levels, we are committed to teaching effective leadership skills and state of the art techniques for climbing, skiing, rescue, hazard assessment, and Leaving No Trace in the mountains.

Front Cover: The Twin Sisters Range and Mt. Baker rise just a few miles east of Bellingham, Washington. Their superb climbing and skiing plus their proximity are among the many reasons why Outside magazine named Bellingham the “Best outdoor sports town in America.” Tore Ofteness photo.

Back Cover: Self-portrait of a happy team after a summit success on Denali, June 2008. Aidan Loehr

This page: In the mountains we’ve been exploring near China’s border with Tibet, we find ourselves quite alone and dwarfed by the peaks that surround us. In the Daxue Shan near Minya Konka. Aidan Loehr photo.

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**PERMIT AUTHORIZATIONS:** The American Alpine Institute is an authorized National Park Service Concessionaire and operates under concession permits, commercial use authorizations, and special use permits in the following parks and forests: Denali, Wrangell-St. Elias, North Cascades, Mount Rainier, and Joshua Tree National Parks; Inyo, Mt. Baker-Snoqualmie, Wenatchee, Gifford-Pinchot, Uncompahgre, and Okanogan National Forests; Red Rock Canyon National Conservation Area; and Bugaboo Glacier Provincial Park. AAI is an equal opportunity recreation provider.



AAI’s unique Second Summits program will give you a second chance at a missed summit for 25% to 50% off the original cost. Select summits qualify and different levels of discounts and restrictions apply, so be sure to visit our web site for details. It’s a revolutionary approach to helping you achieve your goals.



## Greetings:

We're pleased to provide you with this 34th annual guide to AAI programs. We hope it will provide pleasurable reading and be a sourcebook for learning opportunities and new adventures.

As you think about how to commit your time in the coming year, consider investing in your own learning, skills advancement, and geographically (and culturally) diverse experience. Those are among the few things that will pay high dividends for a lifetime.

Join us on a program, and while having a good time together, we'll coach you on your climbing, backpacking, or skiing technique and share our observations on decision making, route finding, and hazard awareness, so that by the end of the trip you'll be further equipped to tackle all aspects of your future goals.

You'll find that we are deeply committed to Leave No Trace and that we'll provide you with the tools to protect the natural environment and to unobtrusively teach others to do the same.

Looking back on 2008, we're very pleased to note our successes from Everest, to Denali (where all of our eight teams summited), to the many scores of summits which we climbed on all the continents. But more important than those summit successes are the facts that on every trip, everyone learned a lot, made new friends, had fun, remained healthy, and became more connected to the natural environment and to other people than before they went.

That's why the staff members of the Institute love the work that they do. We'll always work hard to make every experience that you have with us the best it can possibly be. We look forward to your good company in the mountains,



Dunham Gooding, Director

## NEW PROGRAMS

- **Learning to Lead Rock** – Although we teach aspects of leading in all our intermediate and advanced courses, this is a new 4-day specialized course. Once you can follow 5.8 on a top, we can teach you all the skills you'll need to lead comfortably at 5.0 to 5.6 levels. Offered in Joshua Tree (CA), Red Rock (NV), Leavenworth (WA), Squamish (BC). AAI instructors are considered the top teachers of leading skills in the U.S. You'll enjoy the experience of working with them.
- **Alpine Ice – 3 day Training** – If you want to further develop your alpine ice skills but don't have time for our 6-day program, this course will give you a great intro to more advanced skills. See the web for details. Offered on Mt. Baker (WA) most weeks June – September
- **Trek China** – If you find appeal in trekking among beautiful granite towers that are surrounded by thousands of acres of pristine meadowlands, then the Chanping Valley of Sichuan is a place where you should journey. This is a loop trek through a land of traditional Tibetan culture where few Westerners have ventured.
- **Expeditions in China** – Two new trips this year: a training program in alpine skills that finishes with a climb of 19,915-foot Lamoshe, and an expedition to 20,050-foot/6111 meter Reddmaine – high quality climbing in the little explored Daxue Shan.
- **Leaders of Tomorrow (for High School Students)** – This program utilizes mountaineering to develop decision-making and judgment skills for young leaders. In learning how to get teams safely to the top of complex mountains, participants learn the skills they will later use to address the challenges they meet in life.

## GUIDES CHOICE - THE PEAK OF APPROVAL

For over two decades, AAI has operated an independent testing program for mountain equipment and clothing. The process is international in scope and purposefully diverse in the climates and conditions under which the gear is tested.

The Guides Choice Testing Program is conducted by a core group of AAI guides. Tests for each item are done over a period that ranges from six to fifteen months, and the intensity of the use during that period typically corresponds to three to seven years of use by a recreational climber.

When the results of the testing indicate that a product has proven itself to be of the highest quality in its product category, AAI designates a Guides Choice Award to the company for that item. The awards are made on the basis of excellence in design, performance, and durability demonstrated in rigorous trials. The tests have the highest level of integrity, and AAI receives no compensation or other consideration from those companies.

AAI's equipment shop sells all Guides Choice equipment. Purchasing gear online or in person through the AAI shop assures that you are getting the best equipment available in the world. AAI's equipment advisors are also the most knowledgeable in the business and will counsel you on your choices. We invite you to visit the website for a list of award recipients and more details on the testing process and results. [www.guideschoice.com](http://www.guideschoice.com)



**GUIDES CHOICE.COM**

*"AAI is the Harvard of climbing schools."*  
– Matt Mooney, *New York Times*

**Location:** Mount Erie and Mount Baker, North Cascades, Washington

**Season:** May - September

**Length:** 6 days

**Max Ratio:**

5 climbers: 1 instructor;

10 climbers: 2 instructors

**Prerequisites:** Backpacking experience

**Primary Goals:** Acquire the skills necessary to be fully competent as a rope team member on moderate alpine routes

**Follow up programs:** Intermediate rock; guided ascents at Level 2; high altitude climbs in Ecuador & Bolivia; alpine climbs in Patagonia, Alaska, & France

**2009 Trip Dates:**

May 3 - 8	Jul 20 - 25
May 11 - 16	Jul 26 - 31
May 17 - 22	Aug 3 - 8
May 25 - 30	Aug 9 - 14
May 31 - Jun 5	Aug 17 - 22
Jun 8 - 13	Aug 23 - 28
Jun 14 - 19	Aug 31 - Sept 5
Jun 22 - 27	Sep 6 - 11
Jun 28 - Jul 3	Sep 14 - 19
Jul 6 - 11	Sep 20 - 25
Jul 12 - 17	

**Cost:** \$1100



On the way to the summit (out of view to the left), climbers pause at the lip of Mt. Baker's steaming crater. Michael Powers

## Alpinism 1 - Intro to Mountaineering

This course provides a complete introduction to off-trail alpine travel and to all the fundamental skills of rock, snow, and ice climbing. We spend one day rock climbing and five days learning and applying the skills of glacier travel and snow and ice climbing. On the fifth day, we set up a high glacier camp, and on the final day, we climb to the rugged, ice-encrusted summit of 10,778-foot Mt. Baker.

You'll come away with the knowledge and experience to be a skilled rope team member on climbs of moderate difficulty. You'll enjoy our expert guides and instructors, and you'll be impressed by how much you enjoy and accomplish during a week with us in the mountains! *Backpacker* magazine calls this course "the best introduction to climbing offered anywhere."

### DETAILS ON THE ITINERARY

**Day 1:** We meet at AAI's headquarters in Bellingham, WA to check gear and take care of any rental equipment needed. By mid-morning we head for Mt. Erie, a coastal crag overlooking northern Puget Sound and the beautiful San Juan Islands. The rock at Mt. Erie is excellent, and the moderate routes provide a perfect training area for covering all the basics of free climbing, rappelling, anchor placement, and belaying. We practice hand and foot placements and knot tying, and each team member spends substantial time belaying and climbing a variety of short routes. By the end of the day, you should feel confident on mid-fifth class rock, have a clear sense of how ropes and protective systems work, and be able to climb moderate rock with ease.

**Days 2-4:** The next day we head to Mt. Baker and make a moderate hike of about five miles through forest and sub-alpine terrain to the Easton Glacier. We set up our basecamp on a lateral moraine of the Easton Glacier which gives us easy access to the glacier and views across it to Mt. Baker's summit.

As the week progresses, we cover a complete repertoire of alpine skills, starting with each technique on gentle ground and gradually applying it to steeper terrain. We continue our practice of anchor placement and belaying and spend a lot of time perfecting cramponing technique and the use of the ice axe in a variety of positions.

Throughout the program we discuss the ethics of Leave No Trace travel, camping, and climbing, and employ LNT techniques in all that we do. In addition to working on the "hard skills" of snow, ice, and glacier climbing, we also cover the complexities of route finding and hazard assessment. We help each participant become proficient in the use of map, compass, and altimeter, perceptive in route finding and evaluation skills, and thorough in the assessment of objective hazards.

Glacier travel skills, including proper rope techniques and crevasse rescue, also receive thorough attention. By the end of the practice sessions, you should be able to climb or prusik out of a crevasse and rescue a partner by using the mechanical advantage of a pulley system.

**Days 5-6:** On the final two days of the program, team members establish an advanced camp high on the Easton Glacier and then make a climb to the summit. On the climb to high camp, we will travel through crevasse fields where good route finding is crucial and climb over both easy and moderate terrain where we apply a range of snow and ice climbing skills.



High camp high on Baker. Alasdair Turner



Learning to rock climb at Mt. Erie. Richard Riquelme



The next morning we'll start climbing by 2:00 am. We'll first climb to the lip of ice-choked Sherman Crater where we will see steam fumaroles rising from fissures in the ice. Continuing up Grant Peak, we will summit shortly after sunrise, and from Baker's highest point enjoy sweeping views that stretch from the Canadian border peaks in the north, across the islands of the San Juan archipelago to the west, and out to the hundreds of peaks in the Cascades to the south and east. It's a spectacular climax to a great week of climbing.

You will leave this course with a strong set of skills that make you capable of gaining safe access to trailless, wilderness alpine areas, proficient in all basic alpine mountaineering skills for rock, snow, and ice, and skilled in Leave No Trace travel, camping, and climbing techniques. Upon completion of the program, you should be qualified as a technically competent rope team member capable of making ascents of alpine routes of moderate difficulty.

### ALPINISM 1 HIGHLIGHTS

#### Climbing Skills:

- selection and use of personal equipment
- selection and use of ropes, knots, and harnesses
- establishing anchors
- belaying techniques on rock, snow, and ice
- free climbing techniques on low and high angle rock, snow, and ice
- principles of glacier travel and route finding
- self-arrest, rappelling, & prusiking
- individual & team crevasse rescue techniques

#### General Knowledge:

- Leave No Trace travel, camping, & climbing
- use of map, compass, & altimeter
- evaluation and prediction of mountain weather patterns
- introduction to avalanche hazard evaluation
- introduction to first aid
- glissading for speed & ease of descent
- introduction to evacuation of injured climbers

[www.aai.cc/programdetail/alpinism1](http://www.aai.cc/programdetail/alpinism1)



Enjoying perfect North Cascades granite on Liberty Bell, Alpinism 2. Brendon Cusick



Beginning the descent after an early season, Alpinism 2 summit success on Sahale Peak in North Cascades National Park. Dylan Taylor

## Alpinism 2 - Intermediate

If you have completed AAI's Alpinism 1 – Intro to Mountaineering course or have equivalent experience, take this course to raise your skills to the intermediate level while climbing a series of classic American mountaineering routes. It includes three days on alpine rock and three on glacier routes.

To qualify for the course, you need to have a few days of rock climbing under your belt plus previous experience with the basics of self-arrest, cramponing, crevasse rescue, and glacier travel. We review those skills briefly and then build on them in order to help you move confidently to the intermediate level of alpine climbing.

**Day 1:** For the first day of the alpine rock section of this program, we use an easily accessible cragging area just east of the Cascade crest. We work on anchors, belaying, and free climbing technique, and refresh your knowledge of and develop more advanced skills with knots, building and equalizing anchors, and managing the rope.

**Day 2-3:** We apply those skills to multi-pitch routes on Liberty Bell and South Early Winter Spire, both above Washington Pass, the Cascade's premier alpine rock climbing area. Your guide will continue to evaluate your climbing technique and help you refine it as you become steadily more comfortable with challenging ground and exposure.

**Day 4-6:** We shift to a different part of the North Cascades for an ascent of a major glaciated peak, most commonly Mt. Shuksan, Sahale, or Eldorado. The routes we climb offer excellent snow and ice climbing, and these peaks are among the most beautiful glaciated mountains in North America.

Throughout this program your guide will help you advance your technique and complete your repertoire of skills for intermediate-level mountaineering and ascents. We will involve you with route finding and terrain assessment with the goal of helping you further develop good mountaineering judgement. We will also cover Leave No Trace skills so that you can minimize or eliminate impacts on the environment whenever you camp and climb.

[www.aai.cc/programdetail/alpinism2](http://www.aai.cc/programdetail/alpinism2)

### ALPINISM 2 HIGHLIGHTS

- map, compass, & altimeter use
- belaying techniques on rock, snow, & ice
- principal ice axe positions
- crevasse rescue & prusiking
- developing skills for 5th class rock
- rappelling in complex terrain
- cramponing techniques
- principles of glacier travel & route finding

**Location:** North Cascades, WA

**Length:** 6 days

**Prerequisites:** Familiarity with the basics of rock climbing plus previous experience with self-arrest, cramponing, crevasse rescue, and glacier travel.

**Primary Goals:** Climb a series of classic American mountaineering routes while raising skills to the intermediate level.

**Follow up programs:** Intermediate or Advanced Rock; snow, ice, or rock climbs at level 2 or level 3 in the Sierra, Red Rock, Cascades, Squamish, Bugaboos, French and Swiss Alps; Alpine Ice, Water Ice, and high altitude climbs in Alaska, Ecuador, Peru, Bolivia, Argentina, Chile, Nepal, and China.

**Trip Dates:** May 17 - 22, May 31 - Jun 5, Jun 14 - 19, Jun 28 - Jul 3, Jul 12 - 17, Jul 26 - 31, Aug 9 - 14, Aug 23 - 28, Sep 6 - 11, Sep 20 - 25

**Cost:** \$1190

**Season:** May - September

**Ratio:** 3:1

## PART I

**Location:** North Cascades, WA

**Season:** May - September

**Length:** 12 days

### Ratios:

3 - 5 climbers: 1 instructor;  
6 - 10 climbers: 2 instructors

### Prerequisites:

Backpacking experience

### Primary Goals:

Acquire skills to be a rope team leader on moderate glacial terrain and a skilled "second" on rock

### Follow-up programs:

Part 2 of this program; Intermediate or Masters rock; guided climbs at Level 2 or 3; any of the follow-up programs for the Intro to Alpinism course including Asia, South America, and Europe

### Trip Dates – Part I:

May 11 - 22	Jul 20 - 31
May 25 - Jun 5	Aug 3 - 14
Jun 8 - 19	Aug 17 - 28
Jun 22 - Jul 3	Aug 31 - Sept 11
Jul 6 - 17	Sept 14 - 25

**Cost:** \$2190



Climbers on their way to the summit of Sahale, with Sharkfin Tower and Boston Peak in the background, left center and right. Gerry Chike

## Alpine Mountaineering and Technical Leadership

- Take one, two, or all three parts of this course: 12, 24, or 36 days in all.
- Take the program in one year or over two or three years.
- Receive certification in Alpine Mountaineering and Technical Leadership.

*Men's Journal* calls this program "the country's most respected and thorough rock and mountaineering course." It has three 12-day segments, and you can choose to take one, two, or all three. Part 1 provides a comprehensive introduction to all the skills of alpine mountaineering, general team leadership, and leading rope teams on glaciers. Part 2 develops techniques for leading multi-pitch rock routes while further advancing technical and evaluative skills on snow, ice, and rock. Part 3 is an expedition on which all skills are employed in a remote and complex big-mountain context. This program has been described by AMGA National Accreditation reviewers as "the most practical and complete course devoted to technical mountain leadership offered in America."

After completing Part 1, you may choose to continue with the next program segments in order to rapidly develop well-rounded technical leadership skills. But you can also join a climbing trip or expedition in the US or abroad, or join one of our shorter follow-up programs such as our 6-day Alpine Ice, Waterfall Ice, etc. We can advise you on the best options for meeting your interests and future climbing goals.

### PART I • COMPREHENSIVE SKILLS AND INTRODUCTION TO LEADERSHIP

In this first 12-day program, we help you develop a complete set of alpine climbing skills for rock, snow, and ice, from the basics on up, and as we progress through each set of skills, we will provide you with extensive and enjoyable practice climbing so you can master each technique. You will learn route finding and hazard assessment skills as well as self-rescue. Throughout the course you will make a series of classic alpine ascents on rock routes and on major glaciers, and you and your fellow team members will lead the final climb as you apply all the climbing and leadership skills learned during the program.

#### CURRICULUM HIGHLIGHTS FOR PART I

##### Alpine Travel and Climbing Skills

- selection and use of ropes, knots, and harnesses
- design concepts, selection, and use of technical equipment for rock, snow, and ice climbing
- the uses of map, compass, and altimeter
- principles of glacier travel and route finding
- belaying techniques on rock, snow, and ice
- self-arrest from all positions
- free climbing technique on rock, snow, and ice
- French, German, and American cramponing techniques
- interrelationship, choice between, and application of all principal ice axe positions
- glissading for speed and ease of descent

##### Objective Hazards Evaluation and Self-Rescue Skills

- evaluation and prediction of mountain weather patterns
- introduction to the assessment of natural hazards
- individual and team crevasse rescue techniques

##### Leadership and Environmental Protection Skills

- technical and personal functions of individuals in the rope team; role and responsibility
- problem solving: gathering data and assessment techniques
- individual leadership vs. collective decision making
- an introduction to alpine ecology
- Leave No Trace travel, camping, and climbing skills



On South Early Winter Spire. Dylan Taylor



Working on ice climbing skills. Kurt Hicks







Climbing the West Ridge of Pigeon Spire in the Bugaboos, with Howser Towers in the background. Dawn Glanc

We place as much emphasis on good mountain judgment as we do on the development of technical skills, and throughout this course we'll be helping you observe and analyze climbing routes, terrain features, and hazards. By the end of the program, you will have developed the ability to lead teams safely through a complex environment and on basic and intermediate alpine routes. The climbs we make typically include four or five of the following: Mt. Baker, Mt. Shuksan, Cutthroat Peak, South Early Winter Spire, Liberty Bell, Silverstar, and Eldorado. [www.aai.cc/programdetail/mountaineering\\_leadership1](http://www.aai.cc/programdetail/mountaineering_leadership1)

## PART 2 • MORE ADVANCED SKILLS AND TECHNICAL LEADING

In Part 2, we advance your technical skills on snow and ice while making ascents of the rugged glaciers and high peaks of North Cascades National Park and on rock while climbing the spectacular granite routes of Squamish, British Columbia, or Leavenworth, WA. This is one of the rare courses in the world that specifically teaches techniques for leading on rock, snow, and ice and further advances the skills of route selection, route finding, and natural hazards evaluation that were introduced in Part 1. Additionally, we emphasize the development of both the judgment and the specific climbing and protective systems skills required for leading more advanced climbs. [www.aai.cc/programdetail/mountaineering\\_leadership2](http://www.aai.cc/programdetail/mountaineering_leadership2)

## PART 3 • EXPEDITION

The final portion of the program is an expedition into one of three major North American ranges: the remote and spectacular Picket Range in the North Cascades; the remarkable granite rock spires that rise from the complex, heavily glaciated terrain of Bugaboo Provincial Park in British Columbia; or the rugged, dramatic, and seldom climbed Mt. Waddington in the B.C. Coast Range. Each area has a different emphasis and is chosen according to the interests and abilities of the climbing team. The expedition serves as a finale to the leadership program because it brings together all the technical and judgement skills learned in Parts 1 and 2 in an even bigger scale, more complex, and more challenging environment.

[www.aai.cc/programdetail/mountaineering\\_leadership3](http://www.aai.cc/programdetail/mountaineering_leadership3)

## PROGRAM SUMMARY & CERTIFICATION

This program is designed to help you develop sound judgement in the alpine environment as well as a high level of technical ability on rock, snow, and ice. It is a primary goal that, upon completion of the program, you will be able to climb successfully as an alpine leader at an intermediate or more advanced level. Successful graduates receive Certification in Alpine Mountaineering and Technical Leadership, Levels 1, 2, and 3.

## CURRICULUM HIGHLIGHTS FOR PART 2 AND PART 3

### Alpine Travel and Climbing Skills

- introduction to specialized equipment for intermediate and advanced climbing
- advanced problems in map, compass, and altimeter use
- introduction to the physics of glacier formation and movement for use in route finding and evaluation
- advanced protective systems and anchoring techniques
- intermediate and advanced rock climbing techniques
- steep ice climbing technique
- nutrition and menu planning

### Objective Hazards Evaluation and Self-Rescue Skills

- advanced problems in objective hazard assessment
- introduction to avalanche hazard evaluation
- advanced problems in crevasse rescue
- survival techniques and bivouacs

### Leadership and Environmental Protection Skills

- assessing team strength, security, and safety
- rope team leadership on snow, ice, and rock
- assessing the fragility of ecosystems
- Leave No Trace travel, camping, and climbing skills

## PART 2

**Location:** North Cascades, WA and Squamish, B.C., Canada

**Season:** June - early September

**Length:** 12 days **Ratio:** 3:1

**Skill Level:** Intermediate

**Prerequisites:** Alpine Mountaineering and Leadership - Part 1 or equivalent

**Primary Goals:** Develop techniques for leading multi-pitch rock and glacial routes while further advancing technical and evaluative skills on snow, ice, and rock

### Follow-up programs:

Part 3 of this program plus expeditions and technical climbing in Alaska, the Andes, and the Alps

### Trip Dates – Part 2

May 24 - Jun 4	Jul 19 - 30
Jun 7 - 18	Aug 2 - 13
Jun 21 - Jul 2	Aug 16 - 27
Jul 5 - 16	Aug 30 - Sep 10

**Cost:** \$2390 (3:1) \$200 off for taking Part 2 within 14 months of Part 1.

## PART 3

### Trip Dates – Part 3

Jul 5 - 16	Aug 2 - 13
Jul 19 - 30	Aug 16 - 27

**Length:** 12 days **Ratio:** 2:1

**Cost (2:1):** Picket Range, \$2690; Bugaboos, \$2960; Waddington \$3980 (includes helicopter)



On approach to Mt. Waddington. Wade Johnson



Enroute to Mt. Fury, with incredible views of the Southern Pickets in the distance (from left to right: the Pyramid, Degenhardt Glacier, Mt. Degenhardt, and Mt. Terror). Justin Wood



Practicing ice climbing technique on the Coleman Glacier. Dylan Taylor



Applying ice climbing skills while climbing the North Ridge of Mt. Baker. Alasdair Turner

## Alpine Ice Climbing

This course provides comprehensive instruction in all of the skills required for challenging glacier and alpine ice ascents. Following a review of fundamental snow and ice climbing skills, we provide in-depth coverage of all intermediate and advanced techniques and state-of-the-art climbing methods. AMGA National Accreditation reviewers have described this program as “the most comprehensive, progressive, and intense course of its type in North America,” and it has been noted for its emphasis on teaching climbers to lead. The entire course is spent on glaciers, and a great deal of practice climbing is done each day.

The Cascade Range is the principle training ground in America for those planning Alaskan, Andean, and Himalayan ascents because the ice climbing can be done in the mild and good weather months of summer, and because during that period one can climb on a complete range of snow and ice types, each of which requires adjustment in climbing technique and protective

systems. Instruction is given on the glaciers of Mt. Baker, considered the top glacial training ground in the United States. The course concludes with a major two-day ascent of Baker, on which team members deal with logistics, challenging climbing, the operation of a wide range of protective systems, and route finding. Upon completion of this program, participants should be technically prepared to make ascents of significantly difficult alpine snow and ice routes.

### CURRICULUM

Participants are instructed in a highly refined, hybrid ice climbing technique that combines the most effective aspects of American, German, and French approaches to snow and ice. Groups are very small, and there is flexibility in emphasis according to individual interest and need. The curriculum includes:

- design concepts, performance, & selection of ice axes & technical tools
- proper choice between & application of the primary ice axe positions: piolet canne, panne, manche, poignard, ramasse, rampe, ancre, & traction
- application of American, French, & German cramponing techniques
- proper selection & placement of ice screws, snow flukes, & pickets for belays & intermediate protection
- the uses of mechanical belay devices in alpine climbing
- specialized designs & uses of alpine & technical tools in high angle climbing
- free climbing technique on vertical & overhanging ice
- setting up & operating hanging belays
- the use of prusiks
- crevasse rescue techniques: self-rescue, pulley systems, & pulley system combinations
- the use of glissades for ease & speed of descent
- glacial structure & movement: using large external landforms to predict inner glacial structures & their relationship to the difficulties & hazards of a potential route
- evaluation of the objective hazards of avalanche, rock fall, & ice fall
- integration of specific skills with the general goals of efficient, safe, & self-reliant climbing
- Leave No Trace travel, camping, & climbing

**Location:** North Cascades, WA **Season:** May - early October

**Length:** 6 days

**Max Ratios:** Days 1-2 = 6:1; Days 3-4 = 5:1; Days 5-6 = 2:1

**Prerequisites:** Basic snow climbing and glacier travel skills

**Primary Goals:** Develop a complete repertoire of state-of-the-art high-angle snow and ice climbing skills and learn to apply them efficiently in all conditions

**Follow-Up Programs:** Alaska's Moose's Tooth and Peak 11,300; Bolivia Ice Climbing/Ascents Part 2B; Ecuador's Illiniza/Antisana Expedition; other high altitude climbs and advanced ice ascents in the US, Canada, Alps, and Peru

**Trip Dates:** May 3 - 8; May 10 - 15; May 17 - 22; May 24 - 29; May 30 - Jun 4; Jun 6 - 11; Jun 13 - 18; Jun 20 - 25; Jun 27 - Jul 2; Jul 4 - 9; Jul 11 - 16; Jul 18 - 23; Jul 25 - 30; Aug 1 - 6; Aug 8 - 13; Aug 16 - 21; Aug 22 - 27; Aug 29 - Sep 3; Sep 5 - 10; Sep 12 - 17; Sep 19 - 24; Sep 26 - Oct 1

**Cost:** \$1250

[www.aai.cc/programdetail/alpineice](http://www.aai.cc/programdetail/alpineice)



## Denali Prep - Cascades

AAI offers several programs as “Denali Prep” training, and this one is designed with two groups of climbers in mind: those who are in need of the cold weather and expedition skills required for Denali, and those who are more or less qualified and ready for Denali, but who would like a trial-run, skills refresher, and final run-through on their gear and fitness levels.

Denali is home to some of the most severe conditions on the planet, and climbers planning for a safe and successful climb on the mountain need to do an excellent job of preparing both mentally and physically for this undertaking. The American Alpine Institute has twenty-nine years of guiding experience on Denali, and we have used that experience to tailor a program in the Cascades that will prepare you for the many challenges involved in climbing North America’s highest peak.

This program is set-up to be a mini-Denali expedition on which we will employ every skill and technique that climbers are likely to use on Denali. These include the use of sleds, snowshoes, cook tents, and the use of fixed lines in addition to a review of glacier travel and rope team techniques.

An AAI Denali guide teaches each program, and participants will have the unique opportunity of getting direct feedback regarding their overall level of preparedness and specific areas of training, including physical conditioning and technical skill.

This course is held on the glaciers of Mount Baker. In March and April, Mount Baker is still in winter condition, and the weather in the Cascades can be challenging. Temperatures can dip into the single digits at night and winds can be high. Heavy snowfall is not uncommon, and you will more than likely encounter whiteout conditions for at least part of this trip. In other words, the Cascades in the winter are the perfect training ground for Denali!

[www.aai.cc/programdetail/cascades\\_denaliprep](http://www.aai.cc/programdetail/cascades_denaliprep)



Expedition-style camp near the summit of Mt. Baker. Seth Hobby

**Location:** Mt. Baker, North Cascades, WA

**Season:** Mar - April **Length:** 7 days

**Max Ratio:** 3 climbers: 1 guide (3:1)

**Prerequisites:** Experience using an ice axe and crampons on snow and ice, overnight backpacking experience, and excellent physical condition. Rope team travel, crevasse rescue, and previous glacier travel experience are helpful but not required

**Primary Goals:** Acquire cold weather training, glacier travel experience, and all expedition specific skills needed for Denali

**Follow up programs:** Denali expedition and other high altitude expeditions in the Andes and Himalayas; alpine climbs in Patagonia, the Alps, and Alaska

**Trip Dates:** 2009: Mar 8-14, April 5-11  
2010: Mar 7-13, April 4-10

**Cost:** \$1590



Working on glacier travel skills. Richard Riquelme

**Location:** Mt. Baker, North Cascades, WA

**Season:** May - Sept

**Length:** 3 days

**Max Ratio:** 5 climbers: 1 guide (5:1)

**Prerequisites:** Backpacking experience

**Primary Goals:** Develop climbing techniques for snow and ice and acquire skills for route finding, hazard evaluation, crevasse rescue, and Leave No Trace climbing

**Follow up programs:** Alpine Mountaineering and Technical Leadership - Part 2, Alpinism 2

**Trip Dates:** May 30 - Jun 1, Jun 20 - 22, Jul 3 - 5, Jul 18 - 20, Aug 8 - 10, Aug 22 - 24, Sep 5 - 7

**Cost:** \$570

## 3-day Glacier Skills and Crevasse Rescue

If you have an interest in climbing a major glaciated route but either lack some glacier travel skills or are “rusty” with them, you can cover all the fundamentals with this three-day prep course. Safety on a glacier climb requires good judgment and competence with climbing and rescue skills. Use this course to fully prepare for your glaciated alpine ascents. (Note: This is a skills course and does not include a summit. For a summit climb, join the Mt. Baker Ascent. For more extensive skills training plus a summit, join Alpinism 1.)

This program is presented on the massive glaciers of Washington’s Mt. Baker, considered the best alpine training ground in the U.S. The Baker region is one of the most beautiful areas of North America, so in addition to having ideal snow, ice, crevasses, and seracs with which to perfect your climbing and route finding techniques, you will also enjoy being on one of the continent’s most aesthetic peaks.

We cover front-pointing and French cramponing techniques, the principle ice axe positions, self-arrest, anchor placement, procedures for glacier travel, crevasse rescue technique, and route finding. We also teach Leave No Trace skills for the alpine environment and review the fundamentals for assessing and avoiding natural hazards. Let us help you prepare for a great alpine adventure. [www.aai.cc/programdetail/glacierskills](http://www.aai.cc/programdetail/glacierskills)

**Location:** Alaska Range, AK

**Season:** Apr - Jun **Length:** 7 days

**Size:** 4 climbers: 1 instructor,  
8 climbers: 2 instructors

**Prerequisites:**

Backpacking experience. Previous climbing experience is not required.

**Primary Goals:**

Develop a complete range of glacier climbing, self-rescue, and expedition climbing skills, and make ascents

**Follow-up programs:**

Denali Expedition, guided glacier climbs at Level 2 or 3; high altitude climbs in Ecuador, Bolivia & Peru; alpine climbs in Patagonia, Alaska, France, & Switzerland

**Trip Dates:**

**2009**

Apr 12 - 18

Apr 26 - May 2

May 10 - 16

May 17 - 23

May 24 - 30

Jun 7 - 13

**2010**

Apr 11 - 17

Apr 25 - May 1

May 9 - 15

May 16 - 22

May 23 - 29

Jun 6 - 12

**Cost:** \$1850 (4:1)



On the summit ridge of Radio Control Tower. Richard Riquelme

## Alaska Mountaineering / Denali Prep

This course will provide you with a comprehensive introduction to the fundamental skills of alpine mountaineering and an introduction to expedition-style climbing in one of the great expedition ranges of the world. Our primary focus on this program is skill development, although many of our skills days involve valuable glacier travel experience on the immense glaciers of the Alaska Range as we move to and from our instructional areas. At the end of the program we make an ascent on which participants can put all their skills to use while climbing a significant Alaskan peak. Our overall goals are to help you become skilled in all aspects of moderate glacier travel and snow and ice climbing, and for you to be comfortable putting these techniques to use in the expeditionary environment. By the end of the program, you should be technically qualified to join us on an ascent of Denali or on a similar expedition in any of the world's major glaciated ranges.

This program is held in three locations in the Alaska Range: on the Kahiltna Glacier, the Ruth Glacier, or the Pika Glacier. As with any immense range, weather, snow conditions, and other terrain factors can make one area preferable to the others. Based on our guides' extensive experience and up-to-date knowledge of local conditions, AAI chooses and announces the course location in advance of each program. We typically fly to the Ruth and Pika in the early season and to the Kahiltna Glacier later.

The approach flight by ski plane for all these areas is an impressive one, with views of expansive glaciers, sheer walls reaching thousands of feet above the ice, and some of the most famous summits in North America. The peak ascents that we make will also vary based on the conditions. Please see our "Alaska Range Ascents" on page 36 for descriptions of some of the possibilities.

Of the various "Denali Prep" courses that are offered, we consider this program the ideal for that particular purpose. The tools, techniques, skills, and experiences on this trip are a perfect representation of what you will need to know to be a safe and successful expedition member. For similar training in another expeditionary training program, see our seven-day Denali Prep program in Washington's Cascades.

[www.aai.cc/programdetail/alaska\\_mountaineering](http://www.aai.cc/programdetail/alaska_mountaineering)



Preparing for crampon practice, with 17,400-foot Foraker in the distance. Coley Gentzel



Moving up Radio Control Tower. Coley Gentzel



Camp on the Kahiltna with part of Denali in the distance. Coley Gentzel

### CURRICULUM HIGHLIGHTS

#### CLIMBING SKILLS

- selection & use of personal equipment, ropes, knots, & harnesses
- the 8 primary ice axe positions
- French, German, & American cramponing techniques
- belays & anchors using flukes, pickets, & ice screws
- the use of mechanical belay devices
- climbing technique on steep snow & ice
- an integration of specific skills with the goals of efficient & safe climbing

#### GLACIER TRAVEL AND CREVASSE RESCUE SKILLS

- glacial structures, movement, & hazards
- glacier travel plus individual & team crevasse rescue

- route finding & marking in good & low visibility
- snow cave & igloo construction & living
- Leave No Trace climbing, travel, & living

#### EXPEDITION SKILLS

- comparison of Expedition & Alpine climbing styles: advantages & limitations
- establishing & maintaining fixed lines
- techniques for glacier skiing & snowshoeing

#### COLD WEATHER AND HIGH ALTITUDE

- an introduction to human physiology in cold weather & at high altitudes
- preventing & treating cold weather injuries





Following a successful summit climb of Mt. Baker, climbers pass below Colfax Peak and the Black Buttes on the way back to their high camp. Richard Riquelme

## Mt. Baker Ascent

If you would like to experience the thrill of climbing immense glaciers to the summit of one of North America's most impressive alpine giants, this short trip is one to put on your agenda. If you are a beginning climber, we will introduce you to the essentials of glacier climbing for a day and a half before establishing a high camp well up the mountain. We'll cover ice axe and cramponing techniques and effective roping procedures for glacier travel, and we'll introduce you to the skills of route finding and hazard evaluation. For those climbers who have previous glacier experience, we will use that day and a half to review and advance your skills in glacier climbing technique and self-rescue.

If you are training for independent climbs in the future, we recommend the 6-day Alpine Mountaineering - Intro to Alpinism course, but if you want to get a feel for mountaineering in less time, this 3-day program will give you a rich and memorable introduction to the beauty, excitement, and reward of major alpine ascents.

### THE MOUNTAIN - ITINERARY AND ROUTE DESCRIPTION

During AAI's three-day skills and climbing program on Mount Baker, we typically attempt the standard route on the north side of the mountain, the Coleman-Deming route. This route is also referred to as the Heliotrope Ridge route, as the approach to the glacier follows that geographical feature.

After a gear check at AAI's headquarters, we drive to the trailhead and hike to a camp below the Coleman Glacier's icefall at approximately 5500 feet. We spend the afternoon of Day 1 and all of Day 2 practicing skills on the glacier and preparing for the summit climb the next morning. We then typically establish our high camp on a feature called the Hogsback, but, depending on the preference of the guide and climbers, we may choose to establish a high camp on the glacier at 7500 feet, below the "Black Buttes."

Climbing above our high camp, at 9000 feet we reach a col (saddle) between Mount Baker and one of its subsidiary summits, Colfax Peak. Just beyond the col, we move onto the Deming Glacier, which flows down the southwest flank of Mt. Baker. We ascend Pumice Ridge for a few hundred feet to the base of the Roman Wall, which is the last obstacle on the way to Mount Baker's 10,778-foot summit. The Roman Wall is nearly 1000 feet of 35-45 degree snow and ice that rolls over onto the summit ice cap of Mount Baker. The true summit is a few minutes stroll on level ground from the top of the Roman Wall. From the summit the sights are breathtaking, and we will enjoy sweeping views that stretch from the Canadian border peaks in the north, across the islands in the San Juan archipelago to the west, and out to the hundreds of peaks in the Cascades to the south and east.

Throughout your three days on the mountain, you'll enjoy a very rich learning and climbing experience, and on your ascent, you'll have the chance to apply all the new skills you have learned while enjoying the rewards of climbing one of the most beautiful glaciated peaks in the U.S.

[www.aai.cc/programdetail/baker](http://www.aai.cc/programdetail/baker)

**Location:** North Cascades, WA

**Season:** May - early September

**Length:** 3 days

**Max Ratio:** 5:1

**Prerequisites:**

Backpacking experience; good level of physical condition

**Follow-Up Programs:**

Alpine Ice, Alpine Mountaineering and Technical Leadership - Part I, Alpinism 2, High altitude ascents in Ecuador and Bolivia; Guided Ascents in the Pacific Northwest, Mount Rainier Ascent, Mount Whitney Skills and Ascent, Patagonia Trekking and Climbing

**Trip Dates\*:**

May 23 - 25	Aug 1 - 3
June 13 - 15	Aug 29 - 31
July 3 - 5	Sep 5 - 7
July 11 - 13,	Sep 19 - 21
Aug 15 - 17	

\*other dates on request

**Cost:** \$590 (3-5:1)



Mt. Baker from the northwest with Colfax and Lincoln peaks to the right. Doug Salisbury



High camp at 5500' below the Coleman-Deming Glacier on the north side of Baker. Alasdair Turner



Working on snow skills in preparation for the climb up Mt. Baker. Gerry Chike

**Location:** Eastern Sierra Nevada, CA

**Season:** Summer: May – October  
Winter: December – April

**Length:** 3 - 4 days, depending on route, acclimatization, and experience

**Max Ratios:** Mountaineers Route - 5:1 (depending on conditions); East Face - 3:1; East Buttress - 2:1

**Prerequisites:**

**Mountaineers Route:** Backpacking experience and excellent physical condition

**East Face and East Buttress:** Ability to follow 5.6 (or 5.8) multi-pitch rock climbs; excellent physical condition

**Primary Goals:** Summit the highest peak in the lower 48 states

**Follow-up programs:**

**Mountaineers Route:** Intermediate Rock (Red Rock, Joshua Tree, Squamish, Leavenworth), or Alpine Rock (Cascades or Alps), or Alpine Mountaineering & Leadership (Sierra and Cascades)

**Whitney's East Face and East Buttress:** Intermediate or Masters Rock (Red Rock, Joshua Tree, Squamish, Leavenworth) or Alpine Rock (Cascades, Bugaboos, Alps)

**Trip Dates\*:**

Jun 4 - 7	Jul 16 - 19	Aug 20 - 23
Jun 18 - 21	Jul 23 - 26	Aug 27 - 30
Jun 25 - 28	Jul 30 - Aug 2	Sep 3 - 6
Jul 2 - 5	Aug 6 - 9	Sep 10 - 13
Jul 9 - 12	Aug 13 - 16	Sep 16 - 19

\*For ascents in December through April, please call for details

**Cost:**

**4 days:** \$760 (3-5:1); \$990 (2:1); \$1390 (1:1)

**3 days:** \$570 (3-5:1); \$750 (2:1); \$1050 (1:1)



Climbing Mt. Whitney in early spring via the Mountaineers Route. Ben Reichardt

## Mt. Whitney - Skills and Ascent

Rising to 14,494 feet, Mt. Whitney is the highest peak in the lower 48 states and the crown jewel of California's Sierra Nevada. It encompasses one of America's most beautiful alpine settings and provides a variety of aesthetic routes on superb granite. Most people climb the mountain by way of the Whitney Trail walk-up. However, the mountain offers three routes on the east side that are American classics, ranging from an easy scramble to intermediate-level climbing. We recommend our optional first day for acclimatization and a review of rock skills. On the three-day climb, we use the first day for our approach to basecamp at beautiful Iceberg Lake (12,300'), the second for our summit climb, and the third for the hike out.

### THE MOUNTAINEERS ROUTE

For those who enjoy scrambling, the Mountaineers Route is the route of choice. It can be done in a variety of conditions and in all seasons. While it is rated Class 3, which is considered to be non-technical, the climb offers the challenge of both altitude and endurance. We use the same high camp as we do for the East Face routes, first backpacking to picturesque Iceberg Lake, which is surrounded by peaks over 14,000 feet. Initially our route takes us over moderate snow and ice in the early season and over 3rd class rock in mid and later season. Following a long classic couloir ascent, we make a very photogenic traverse. This upper part of the route gives moderate exposure and wonderful views, especially of the dramatic faces of nearby Mt. Russell. The final climb to the summit is fittingly dramatic for the highest peak in the lower 48 states. We climb this route in every month except November. It can be climbed in three days, but we recommend four for your comfort and full acclimatization.

### THE EAST FACE

This is a moderate climb on a very aesthetic line up Whitney's steep East Face. For those who have solid basic rock skills, it is a perfect introduction to technical alpine rock climbing. Our approach to high camp at Iceberg Lake takes us into the beautiful high cirque of the Whitney massif. The route itself features solid moves on excellent rock to 5.6 and significant exposure. We begin with enjoyable and quite varied face and crack climbing on the "Washboard;" higher up we complete the aptly named "Fresh-Air Traverse;" and later end with the 4th and 5th class "Grand Staircase" to the dramatic summit. Although awe inspiring and seemingly forbidding from its base, intermediate rock climbers will find this route to be a suitable challenge and a truly rewarding climb both technically and aesthetically.



Surrounded by 14,000' peaks, the hike into base camp winds through alpine meadows, granite slabs, and flowers. Felix Zaslavskiy



Climbers get an early morning start, with Day and Keeler Needles (left and right center) and the East Face of Whitney in the distance. Felix Zaslavskiy



A well deserved lunch break next to the summit hut at the top of Mt. Whitney. Dylan Taylor





Aguille Extra, Day Needle, and Keeler Needle to the left of the East Face of Whitney as seen from Iceberg Lake. Chris Johnson

### THE EAST BUTTRESS

The East Buttress is the classic intermediate route on the east side of Mount Whitney and is a more direct line of ascent compared to the East Face. On this route, you will encounter a variety of interesting features including towers, pillars, and gendarmes. Climbing is relatively moderate throughout with the hardest pitches being encountered low on the route, including a few short sections of 5.7 and 5.8.

### ITINERARY

On the four-day climbs, we meet in either Bishop or at the Lone Pine Ranger Station at 8:00 am on the first day for a gear check and orientation, then drive to a nearby rock climbing area (8000') where we acclimatize and either develop or advance your rock climbing skills. The next day we drive to the Whitney Portal trailhead (8200') to start the approach into beautiful Iceberg Lake and our basecamp (12,300'). Day three is summit day, and on the fourth day we hike out. A three-day trip drops the first day of this itinerary.

[www.aai.cc/programdetail/whitney](http://www.aai.cc/programdetail/whitney)

### CURRICULUM HIGHLIGHTS

#### Climbing Skills

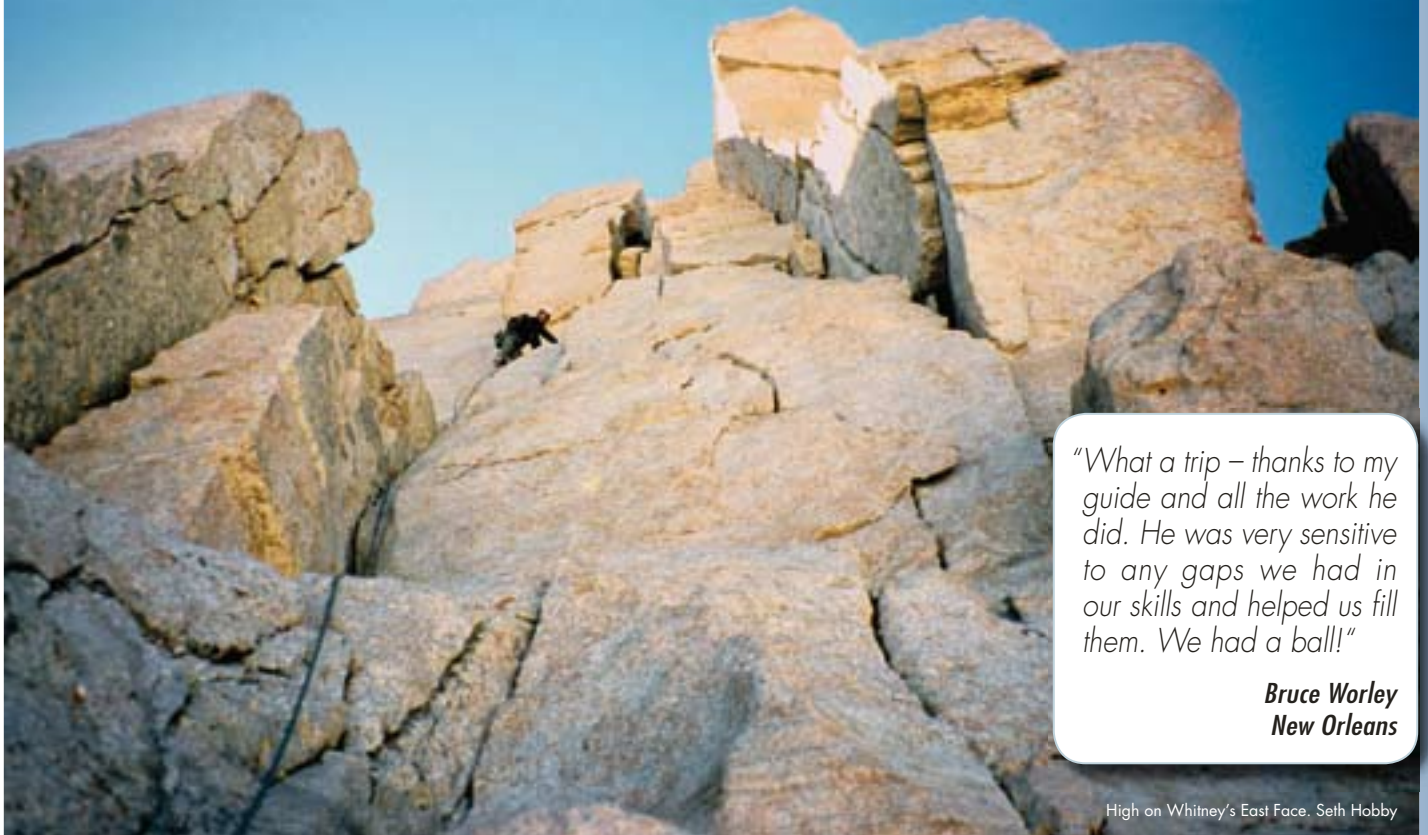
- personal equipment, ropes, knots, & harnesses
- free climbing techniques on low & high angle rock and snow seasonally
- belaying techniques on all terrain
- rappelling (on 4-day itinerary), self-arrest (seasonally)

#### General Knowledge

- Leave No Trace travel, camping, & climbing skills
- use of map, compass, & altimeter
- evaluation & prediction of mountain weather



A few pitches below the summit on the East Face Route. Justin Wood



*"What a trip – thanks to my guide and all the work he did. He was very sensitive to any gaps we had in our skills and helped us fill them. We had a ball!"*

**Bruce Worley**  
New Orleans

High on Whitney's East Face. Seth Hobby



**Location:** Eastern Sierra Nevada, CA

**Season:** May - September

**Length:** 5 days

**Max Ratios:** 4:1 or 8:2

**Prerequisites:** Backpacking experience and good physical condition

**Primary Goals:** Gain an introduction to alpine mountaineering and acquire the skills to be a fully competent rope team member on moderate non-glaciated alpine routes

**Follow up programs:** Intermediate Rock (Red Rock, Joshua Tree, Squamish, Leavenworth), Alpine Rock (Cascades, Alps), Alpine Mountaineering and Leadership (Cascades), or Classic Ascents in the Alps

**Trip Dates:**

Jun 13 - 17	Aug 8 - 12
Jun 27 - Jul 1	Aug 22 - 26
Jul 11 - 15	Sep 5 - 9
Jul 25 - 29	Sep 19 - 23

**Cost:** \$950 (3:1); \$1250 (2:1); \$1750 (1:1)



The North Couloir of North Peak tops out on the border of Yosemite National Park and offers great snow and ice climbing throughout the year, with over 500 feet of 45° terrain and a 50° bulge at the top. Justin Wood

## Sierra Intro to Mountaineering



The Sierra Nevada is a complex mountain range, and its variety of rock faces, rock ridges, small glaciers, and high summits make it an excellent training ground for learning mountaineering skills. In this introductory course, we take advantage of all that the Sierra has to offer, practicing on a wide variety of terrain in order to create an excellent foundation for climbing skills that you can effectively and safely apply in a big-mountain environment.

Our ultimate goal is to help you become so thoroughly skilled that after this course you will be able to go on your own mountaineering trips with assurance and a high level of safety. We are therefore very complete in our coverage of fundamental skills, rather than emphasizing a single area, and by the end of these five days of training and climbing, you should be very comfortable in the high mountain environment.

### CURRICULUM

This program covers technical skills, Leave No Trace (LNT) ethics and procedures, hazard assessment, and the development of good mountain judgement. Because our goal is to make you qualified to climb moderate routes on high alpine peaks and because those ascents can offer such varied conditions, we teach rock, snow, and ice climbing skills. Starting in a comfortable practice area, we demonstrate and then apply each of the skills. We include extensive practice climbing with a top rope and teach rappelling. We also emphasize protective systems and each day spend time working on knots, belaying fellow climbers, learning about different forms of protection, and establishing anchors.

We give thorough attention to the many skills that are essential for a safe and successful mountaineering trip. We look at issues of route finding and assessment (both in terms of individual pitches and in the broader context of valley and mountain systems), and we devote time to the effective uses of map, compass, and altimeter. We discuss mountain weather and the hazards of rock fall and ice fall, and you'll learn how to observe and analyze conditions and how they can affect your route choices. With this training, you should emerge from this program qualified to climb as a solid rope team member on significant alpine routes of moderate difficulty.

### ITINERARY

We teach and practice skills at easily accessible rock and snow climbing areas but also train while making major alpine climbs. We'll make a multi-pitch ascent such as Cardinal Pinnacle or Mt. Conness, and then move into a cirque where we can cover a full repertoire of crampon and ice axe skills. We finish the course with an ascent that usually includes snow and ice as well as sections of rock, allowing you to apply all the skills you have been working on. Choices for the final ascent include Mt. Dana (13,053'), Mt. Abbott (13,704'), Mt. Gilbert (13,106'), and Red Slate (13,163'). Besides bringing all the skills together, they all offer very aesthetic routes to high summits and the chance to enjoy sweeping High Sierra views. It's a perfect finish to this introductory climbing program. [www.aai.cc/programdetail/sierra\\_mountaineering](http://www.aai.cc/programdetail/sierra_mountaineering)

### CURRICULUM HIGHLIGHTS

#### Climbing Skills

- personal equipment, ropes, knots, & harnesses
- free climbing techniques on low & high angle snow & rock
- belaying techniques on rock, snow, & ice
- rappelling, self-arrest, & self-belay

#### General Knowledge

- Leave No Trace travel, camping, & climbing skills
- use of map, compass, & altimeter
- evaluation & prediction of mountain weather



Rock climbing instruction. Dylan Taylor



A climber moves up technical ice after placing an ice screw. Michael Powers





The Northeast Ridge on Bear Creek Spire is a beautiful climb in the heart of the eastern Sierra. John Doyle



## Sierra Mountaineering & Leadership

If you would like to develop a full range of mountaineering skills and the ability to safely lead your own climbing teams in an alpine environment, this course will be a great choice for you. As a Leadership Course member, our principal goals will be to help you become qualified as a team leader in both technical skills and mountain judgement, and become capable of safely leading rope teams on alpine routes at basic and intermediate levels of technical challenge. This course satisfies the requirements of Part 1 of the Alpine Mountaineering and Technical Leadership certification program (see pages 6-7).

We will help you develop skills in four major areas: (1) alpine travel and climbing skills for snow, ice, and rock; (2) route finding, assessment, and objective hazard evaluation; (3) procedures for leading a rope team on technical ground; and (4) Leave No Trace travel and climbing skills.

We teach climbing technique and mountain judgement skills each day, and we present more advanced techniques as the program progresses. Each skill is demonstrated in detail and practiced thoroughly, and all are applied during the series of ascents that we make. We also structure the curriculum so that there is a steadily growing amount of attention given to the issues, responsibilities, and techniques involved in the leadership of alpine climbing teams as we move through the course.

We vary the setting for the program to provide the best opportunity for learning, practice climbing, and ascents. Depending on the month, weather, and conditions on the various peaks, we choose from several rock and alpine climbing practice areas near Bishop. A typical course uses two of these areas for rock, snow, and ice climbing instruction and then continues with two or three ascents nearby on major Sierra routes.

Among the classic routes we choose from are the Swiss Arête on Mt. Sill (14,153'), the Southwest Arête on Mt. Winchell (13,775'), the North Ridge of Mt. Conness (12,590'), the Northeast Ridge of Bear Creek Spire (13,720'), and the U-Notch Couloir on North Palisade (14,242'). As you work closely with your guide in a small group, we will choose an itinerary that best suits your rate of progress and skill level.

You will be impressed by how much you take away from this program. While you don't need any climbing experience to join us, by the time you leave you should have solid climbing skills as well as a good grasp of protective systems, hazard assessment, route finding, and Leave No Trace climbing.

[www.aai.cc/programdetail/sierra\\_leadership](http://www.aai.cc/programdetail/sierra_leadership)

### CURRICULUM HIGHLIGHTS

#### Alpine Travel and Climbing Skills

- Selection & use of personal equipment, ropes, knots, harnesses, & anchors
- Use of map, compass, & altimeter
- Belaying techniques on rock, snow, & ice
- Free climbing technique on low & high angle rock, snow, & ice
- Crumponing techniques
- Application of the eight principal ice axe positions
- Rappelling & self-arrest

#### Objective Hazards Evaluation/Self-Rescue Skills

- Evaluation & prediction of mountain weather patterns

- Evaluation & prediction of rockfall patterns
- Survival techniques & bivouacs

#### Leadership Skills

- Route finding & route assessment skills
- Establishing & maintaining anchors
- Managing protective systems
- Technical & personal functions of individuals in the rope team; role & responsibility
- Problem solving: assessment techniques & processes in subjective decision making
- Recognizing & developing appropriate responses to changing mountain conditions
- Leave No Trace travel, camping, & climbing skills

**Location:** Eastern Sierra, CA

**Season:** June – September

**Length:** 9 days

**Max Ratio:** 3:1

**Prerequisites:** Backpacking experience and good physical condition

**Primary Goals:** Acquire alpine mountaineering skills for rock and snow; become capable of leading alpine routes of moderate difficulty

#### Follow up programs:

Alpine Mountaineering and Leadership Part 2; Intermediate or Masters Rock; guided climbs at Level 2 or 3; high altitude climbs in Ecuador, Peru, Bolivia, Russia, China, and Nepal; alpine climbs in Alaska, Patagonia, and France

#### Trip Dates:

Jun 27 - Jul 5                      Aug 22 - 30

Jul 11 - 19                         Sep 5 - 13

Jul 25 - Aug 2                    Sep 19 - 27

Aug 8 - 16

**Cost:** \$1690 (3:1); \$2200 (2:1); \$2990 (1:1)



Learning to lead a climbing team over complex terrain on Crystal Crag. Michael Powers



Tyrolean Traverse on Temple Crag. Coley Gentzel



Heading up the U-Notch Couloir on North Palisade, the third highest peak in the Sierra Nevada Range. Dylan Taylor.

AAI/WEA courses and the Leaders of Tomorrow program combine theory, hard skills, and big-picture analysis. Here a team practices crevasse rescue.  
Dylan Taylor



#### **WEA NATIONAL STANDARDS PROGRAM:**

**Location:** North Cascades, WA

**Length:** 30 days      **Max Ratio & Size:** 5:1, 10

**2009 Program Dates:** July 10-Aug 8

**Cost:** \$3990

#### **WEA PROFESSIONAL SHORT COURSE:**

**Location:** North Cascades, WA

**Length:** 14 days      **Max Ratio & Size:** 5:1, 10

**2009 Program Dates:** Call AAI for dates

**Cost:** \$1960

#### **LEADERS OF TOMORROW:**

**Location:** North Cascades, WA

**Length:** Part 1: 14 days; Part 2: 14 days

**Max Ratio & Size:** 5:1, 10

**2009 Program Dates:**

**Part 1:** Jun 21-Jul 4, Jul 13-26, Jul 30-Aug 12

**Part 2:** Jul 6-19, Jul 28-Aug 10, Aug 14-27

**Cost:** Part 1: \$2940; Part 2: \$2940;  
Part 1 & 2 combined: \$5600

## **Wilderness Education Association / AAI COURSES**

The Institute offers two courses that lead to combined WEA/AAI certification as an Outdoor Leader. The AAI certification in Technical Leadership is one of North America's top credentials for teaching and guiding in the mountain environment, and the WEA certification has become the standard credential for outdoor professionals and individuals pursuing a career in outdoor education with camps, highschools, and university outdoor programs. These combined certifications provide thorough and direct preparation for those interested in working as instructors for outdoor and experiential based organizations such as Outward Bound Wilderness, the Wilderness Education Association, the National Outdoor Leadership School (NOLS), and technical mountain guide services.

#### **WEA NATIONAL STANDARDS PROGRAM**

This unique professional development program offers hands-on training in leadership, management, and technical skills. Successful completion earns WEA certification as an Outdoor Leader, AAI Certification in Technical Leadership (Level 1 and Level 2), and Leave No Trace Master Educator status. The curriculum is built around AAI's comprehensive technical training in alpine climbing, rescue, and rope team leadership skills on a wide variety of terrain. We also spend significant time on glaciers, developing skills for safe travel, route finding, hazard assessment, self-rescue, and efficient climbing. While backpacking experience is a prerequisite, previous climbing is not required. For those with a higher level of experience, the 14-day Professional Short Course is also available. Please see our website for more information: [www.aai.cc/programdetail/wea\\_nsp](http://www.aai.cc/programdetail/wea_nsp)

#### **WEA PROFESSIONAL SHORT COURSE**

This is a condensed version of the National Standards Program. It is designed for outdoor professionals with significant prior experience both leading groups and on personal trips and expeditions. It is the "fast track" to WEA certification as an Outdoor Leader, AAI Certification in Technical Leadership (Level 1), and LNT Master Educator status. Typical participants include current NOLS and Outward Bound instructors, professors and graduate students in recreation, and guides/instructors in the private sector.

The curriculum is similar to that of the 30-day National Standards Program, but it is covered at a more rigorous pace and involves participants delivering lessons starting in the first few days of course. Emphasis is on expanding prior knowledge in the areas of leadership and group dynamics and on developing technical alpine skills for glacier climbing and alpine travel. We spend substantial time on problem solving in a variety of terrain, leadership, and program-execution scenarios. Contact us to discuss your qualifications. See our website for more details on our leadership and climbing curricula:

[www.aai.cc/programdetail/wea\\_psc](http://www.aai.cc/programdetail/wea_psc)

## **Leaders of Tomorrow**

#### **WILDERNESS ADVENTURE AND LEADERSHIP PROGRAM FOR HIGH SCHOOL STUDENTS**

American Alpine Institute's Leaders of Tomorrow (LOT) program utilizes mountaineering and outdoor adventure to develop decision-making and judgment skills for young leaders. While learning new and exciting technical skills, LOT places you in a position to organize and identify strategies and to make key decisions. In this process you will acquire the skills and confidence required to clearly identify needed outcomes, to develop effective strategic plans for accomplishing goals, and to inspire others into action.

LOT courses effectively develop the confidence and knowledge of how and when to step into a leadership role. The skills and understanding that you gain will be applicable to your current academic and extracurricular activities, in the diverse challenges of your coming life, and later in your chosen career. In the repeated processes of learning how to get yourself and a group successfully and safely to the top of complex mountains, you'll learn how to effectively address challenges that you meet in life.

The guides and instructors at AAI are among America's most accomplished climbers and outdoor educators. They don't just theorize about leadership – they are true leaders in climbing and in their profession. This program is in two parts, each 14-days long (take one or both). You can gain Certification in Leadership Training (Level 1 and 2, with endorsements in Environmental Stewardship, Alpine Mountaineering, Emergency Response), Certification as a Leave No Trace Trainer, and Certification in Mountaineering Oriented First Aid). Please see our website for complete information on this exciting program: [www.aai.cc/programdetail/leaders\\_tomorrow](http://www.aai.cc/programdetail/leaders_tomorrow)





Trekking the Haute Route trail near Zermatt with the Matterhorn in the distance. Aeron Ries

## Backpacking and Trekking Programs

You don't need much outdoor experience to enjoy the solitude and inspiration that the mountains offer us. Backpacking and trekking are great ways to immerse yourself in the wilderness without worrying about the heavy gear or technical skills that climbers have to employ. Join one of these programs and enjoy unforgettable alpine scenery, moderately strenuous days, instruction in wilderness travel, and great meals to fuel you on.

### NORTH CASCADES NATIONAL PARK, WA: COPPER RIDGE LOOP - 5 OR 6 DAYS

North Cascades National Park is a vast and rugged wilderness in northwest Washington State. Referred to as the American Alps, it is one of the most pristine wilderness areas in the U.S. We begin our backpacking trip by ascending to Hannegan Pass, then descend into the lush Chilliwack River Valley, where we cross the river by cable car. The next day we ascend to Whatcom Pass and admire the sparkling Challenger Glacier as well as the giant volcano, Mt. Baker. We finish the trip by trekking the length of Copper Ridge, a spectacular walk that provides sweeping views of the North Cascades' splendor. Meals included. [www.aai.cc/programdetail/cascades\\_backpacking](http://www.aai.cc/programdetail/cascades_backpacking)

**2009 Trip Dates:**  
Jul 21-26, Aug 8-13  
Sep 8 - 13

**5-Day Cost\*:**  
6-10 people \$860  
4-5 people \$960

**6-Day Cost\*:**  
6-10 people \$1150  
4-5 people \$1030  
\* cost per person

### MT. RAINIER NATIONAL PARK: WONDERLAND TRAIL NORTHERN LOOP - 6 DAYS

The Wonderland Trail is the famous circumnavigation of Mt. Rainier, a massive, glaciated volcano and the tallest mountain in Washington State (14,410'). On this backpacking trip, we combine sections of the Wonderland Trail and the Northern Loop Trail, exploring some of the most fascinating and famed areas of Mt. Rainier National Park. Throughout the trip, the glittering slopes of Mt. Rainier's glaciers bedazzle, and on the Wonderland Trail, we get up close and personal with the Carbon Glacier, paralleling it for 8 miles. We also explore the Sunrise Park area, trekking up to 7000 feet, where vast views of the Cascade giants are abundant. Meals included.

[www.aai.cc/programdetail/rainier\\_backpacking](http://www.aai.cc/programdetail/rainier_backpacking)

**2009 Trip Dates:**  
Contact AAI for info.

**Cost\*:**  
7-10 people \$1160  
4-6 people \$1360  
\* cost per person

### THE HIGH SIERRA, CA: JOHN MUIR WILDERNESS TREK - 6 DAYS

Join us for a unique backpacking trip in the heart of California's High Sierra, mountains John Muir called the "Range of Light." This trek starts near Bishop, CA, and takes us over three high passes (11,000 plus feet) and through the stunning Little Lakes Valley, Piute Basin, and French Canyon areas of the John Muir Wilderness Area. We vary on-trail hiking with cross-country travel, and trekkers will receive instruction in off-trail navigation as we cross the high talus fields and alpine meadows beneath impressive granite peaks like Bear Creek Spire, Mt. Dade, and many others. This is guaranteed to be a memorable trip for novice and advanced backpackers alike. Meals included. [www.aai.cc/programdetail/sierra\\_backpacking](http://www.aai.cc/programdetail/sierra_backpacking)

**2009 Trip Dates:**  
Aug 16-20

**Cost\*:**  
6-10 people \$990  
4-5 people \$1120  
\* cost per person

### FRENCH AND SWISS ALPS: TREK THE HAUTE ROUTE - 9 OR 11 DAYS

If trekking all day with just a small pack, then eating a four-course meal and falling into a comfortable bed at night appeal to you, then this is certainly your trek. Each day, you will carry only snacks, water, and clothes as you make the journey from Chamonix, France, to Zermatt, Switzerland. You will pass through quaint mountain villages and will journey over high mountain passes with jaw-dropping views including some of the highest mountains in Europe – Mont Blanc and the Matterhorn, and the Dent Blanche, as well as many more peaks over 14,000 feet. The Haute Route, or "high route," is easily the best of the Alps. Choose from two itineraries. Lodging, breakfast, and lunch included. [www.aai.cc/programdetail/alps\\_trek](http://www.aai.cc/programdetail/alps_trek)

**2009 Trip Dates:**  
Aug 7-17, Aug 21-31  
(add two days at the beginning for the Chamonix option)

**9-Day Cost\*:**  
5-10 people \$2480  
4 people \$2840

**11-Day Cost\*:**  
5-10 people \$2960  
4 people \$3430  
\* single supplement \$300



A spectacular camp site in the Cascades with Mt. Baker in the distance. Jeff Ries



Hiking near Mt. Rainier. Jeff Ries



Hiking in the High Sierra. Michael Kaye



Views of the Grand and Petit Combins. Jeff Ries





## Mount Erie Introduction to Rock Series Level 1 and Level 2

The Introduction to Rock Series was designed for individuals who have little to no experience in outdoor rock climbing. The objectives of these courses are to provide participants with the skills they need to feel comfortable belaying, rappelling, and climbing in a safe environment on easy to moderate terrain.

**Level 1** begins with an introduction to the design, use, and care of climbing equipment and continues with thorough consideration of the procedures required for safe, belayed climbing. Then working from fundamentals on balance and posture, the instruction addresses the application of natural hand and foot positions on moderate ground.

For **Level 2** we will gradually move on to more challenging terrain, introducing additional hand, foot, and body positions to begin developing a complete repertoire of roped free climbing techniques for each climber. We will also introduce basic anchor building concepts and techniques for setting up top-ropes so that you can enjoy climbing crags with your friends.

Levels 1 and 2 may be taken together in order to have a full, informative weekend of climbing, or they may be taken separately.

This program is run at Mount Erie, which is a great place for “first time” rock climbers. Located at the top of a large bluff overlooking the San Juan Islands and Pacific Ocean, the views are stunning while the exposure factors are not too high. There is an abundance of short, beginner-friendly routes and plenty of options for those who advance quickly.

[www.aai.cc/programdetail/erie](http://www.aai.cc/programdetail/erie)



A participant learning the basics of free climbing at Mt. Erie. Richard Riquelme

**Rental Equipment:** Many individuals do not have the prerequisite helmet, rock shoes, and harness that are required for this course. We will provide any or all of these required items for \$10. Please inform the office as to equipment needs and sizes prior to arrival at Mount Erie.

**Location:** Mt. Erie, Washington      **Season:** June - September

**Length:** 1 day      **Ratio:** 6:1

**Program Dates:**

**Level 1:** Jun 27, Jul 11, Jul 25, Aug 8, Aug 22, Sep 5, Sep 19 (Saturdays)

**Level 2:** Jun 28, Jul 12, Jul 26, Aug 9, Aug 23, Sep 6, Sep 20 (Sundays)

**Cost:** Level 1 - \$130 (minimum of 3 participants)



A student leads Tonto, a traditional 5.5 in Red Rock Canyon. Participants learn to use a variety of traditional equipment and techniques in this course. Jason Martin

## Introduction to Traditional Rock Leadership

For many the thought of being out on the sharp end of the rope sends shivers up the spine. What if I fall? What if my gear doesn't hold? What if something happens? Our new Introduction to Traditional Rock Leadership course will answer these questions and more. The objective of this program is to introduce climbers to the techniques required for leading single and multi-pitch traditional rock routes while advancing technical and movement skills.

This course addresses each of the components required to safely and successfully lead a traditional rock climb. Course highlights include:

- Care and selection of traditional climbing gear
- Introduction to modern traditional technique
- Anchor building techniques and management
- Leader safety in both a single and a multi-pitch environment
- Technical free climbing movement for a leader

Intro to Rock Leadership is offered fall, winter, and spring in Red Rock Canyon, NV and in Joshua Tree National Park, CA, and in the summer in Leavenworth, WA and Squamish, BC. [www.aai.cc/programdetail/lead](http://www.aai.cc/programdetail/lead)

**Location:** Leavenworth, WA, Squamish, BC, Joshua Tree, CA, and Red Rock, NV

**Season:** March - September      **Length:** 4 days      **Ratio:** 4:1

**Prerequisites:** Participants should be able to climb 5.8 and have a solid background in outdoor top-roped climbing.

**Program Dates:**

**2009:** Mar 23-26, Mar 26-29, Apr 10-13, May 22-25, May 24-27, Jun 7-10, Jun 21-24, Jul 2-5, Jul 19-22, Aug 2-5, Aug 16-19, Aug 30-Sep 2, Sep 4-7, Oct 9-12, Nov 7-10, Dec 28-31

**2010:** Jan 15-18, Feb 12-15, Mar 12-15, Mar 25-28, Apr 9-12, May 21-24, May 23-26

**Cost:** \$750



## Pacific Northwest Rock: Leavenworth, Index, and Squamish

Western Washington and British Columbia are home to some of the best summer climbing destinations in North America. The excellent rock quality and relatively cool summer conditions make for excellent climbing over an unusually long season that ranges from April well into October.

AAI leads rock climbing programs in several locations in the Pacific Northwest. Which location is ideal for you will depend on a couple of things including the time that you have available to climb, your desired curriculum, and the type of climbing (single pitch, multi-pitch, aid, sport, etc.) that you would like to undertake and learn more about.

**Leavenworth** and **Index** are the premier cragging areas of Washington State. Leavenworth is a diverse area on the warmer and drier east side of the Cascades, with many different crags within a ten mile radius. There is something for everyone, from single-pitch climbs of all difficulties, to classic multi-pitch routes like Outer Space (5.9) on the 800-foot-high Snow Creek Wall. Castle Rock itself has over sixty routes, ranging in difficulty from 5.3 to 5.12. Varied climbing, excellent rock, short approaches, and great weather make Leavenworth an excellent area for all climbing levels.

Rising on the west side of the Cascades (only an hour from Seattle) are the 500-foot granite cliffs of the Index Town Walls. Few crags in the United States sport as many clean, steep cracks in such a concentrated area. With most of the routes graded 5.8 or harder, the advanced climber can choose from a remarkable array of climbs. Index has long been considered one of the best places in the country to learn the intricacies of aid climbing. Difficult free climbing and varied aid pitches are the hallmark here.



Beginning the second pitch on Castle Rock in Leavenworth, WA. Michael Powers



Sunny, 70 degrees, and perfect granite at Squamish, BC. Matt Anderson



Splitter granite crack climbing at Index Town Wall, Index, WA. Justin Wood

The striking white granite of **Squamish** is most frequently compared to the high quality rock found in Yosemite. Unlike its southern counterpart, Squamish lies far from crowds and R.V. lines.

Located 40 miles north of Vancouver, British Columbia, (90 miles north of Bellingham, Washington) on scenic, fjord-like Howe Sound, the Squamish area provides great opportunity for mountain biking, wind surfing, and rock climbing. Lush Douglas fir forests, a cool maritime climate, and a small-town Canadian atmosphere combine to make this one of the most pleasant rock climbing areas in North America.

Squamish is unique in its diversity of climbs. The many different crags surrounding the town of Squamish offer an unparalleled selection of routes varying in length, difficulty, and style of climbing. At one extreme are the popular one-pitch climbs of the Smoke Bluffs (over 200 routes, 5.4 to 5.12); at the other end of the spectrum stands the Chief, a 2000-foot wall of near-vertical granite sporting long and complex Grade V routes.

Between these are several areas which offer superb multi-pitch climbs from three to eight pitches in length. The best area of this last group is the Apron, a giant, inclined slab and the site of nearly fifty separate routes. Classics here include the seven-pitch Diedre (5.8), Snake (5.9), and the incomparable Dream Symphony (5.11b). The breadth of climbing offered by Squamish makes it an exceptional place to advance your climbing ability. The perfect climb is always available to help develop specific skill areas.

### GROUP ROCK CLIMBING COURSES

If you are new to rock climbing, in need of a refresher, or want to increase your confidence at the crag by having an expert evaluate your skills, then you are a perfect candidate for group instruction. Please refer to the list of program dates to find a trip that fits your schedule and ability level. The first trip each month is taught to beginners, and the second trip is geared toward intermediates. The courses are structured to be taken sequentially, so climbers who complete the beginner curriculum can pick up where they left off by taking the intermediate course soon after.

[www.aai.cc/programdetail/cascades\\_rock](http://www.aai.cc/programdetail/cascades_rock)

**Location:** Leavenworth, Index (Washington) and Squamish, British Columbia  
**Season:** April - October **Length:** 1 day and up  
**Programs:** Beginner to Advanced **Max Ratio:** 4:1 or 8:2  
**Cost\*:** \$170 (4:1); \$190 (3:1); \$250 (2:1); \$350 (1:1) \*Prices are per person per day  
**2009 Group Trip Dates:** In addition to our outings scheduled on request, we offer group rock climbing courses on pre-scheduled dates:

Apr 25 - 26 Intermediate	Jul 4 - 5 Intro
May 9 - 10 Intro	Jul 18 - 19 Intermediate
May 16 - 17 Intermediate	Aug 1 - 2 Intro
Jun 6 - 7 Intro	Aug 15 - 16 Intermediate
Jun 20 - 21 Intermediate	Sep 5 - 6 Intro
	Sep 12 - 13 Intermediate

**Cost\*:** \$225 (4:1), \$295 (3:1) \*Price per person for 2 full days



## Red Rock Canyon, Nevada

Red Rock Canyon National Monument is unique in North American climbing. No other area offers such extensive climbing in a beautiful desert environment while at the same time enjoying the ease of access and amenities of a nearby metropolitan area. Only 20 miles from downtown Las Vegas, Red Rock rises in 3000-foot walls of red, pink, and cream colored Aztec sandstone. The cliffs form a north-south barrier over 10 miles long and are cut with many major canyons and innumerable smaller ones. When you are climbing, there is very little sign of human impact, and all you will notice is an occasional glimpse of the narrow access road. Though you are close to civilization, your experience is one of being deep in a desert wilderness area.

On the walls of these canyons and on the towers and summits that lie between them, you will find some of the longest and best non-granitic climbs in the country. The exceptionally high quality sandstone of Red Rock offers long, continuous crack lines and steep, exposed face climbing on fine desert varnish. There are very few established trails in the area, and most of the approaches involve easy cross-country travel, often up isolated, narrow canyons lined with juniper and shaded by the many-hued rock walls that rise above.

In addition to hundreds of one-pitch sport climbs and plenty of cragging areas, Red Rock boasts an unusually large number of very long, high quality routes of moderate technical difficulty. Many fine climbs that are Grade III or IV because of their length lie in the 5.6 to 5.8 range. Some of the harder routes with a difficulty of 5.9 or 5.10 are American desert classics, and they draw climbers from throughout the world. To take full advantage of multi-pitch routes, we climb with a maximum climber-to-guide ratio of 2:1.

Whether you are climbing at a beginning, intermediate, or advanced level, join us in Red Rock in the fall, winter, or spring for a sampling of some of America's best rock climbing. If you need an escape from cool or wet weather, you'll especially relish the mid-winter sun and warm rock of the desert Southwest.

[www.aai.cc/programdetail/redrock](http://www.aai.cc/programdetail/redrock)

The Cannibal Crag is one of the premier sport climbing crags in Red Rock. The climbs on this giant boulder are short, but offer a tremendous array of challenges. The easiest line on the crag breezes in at 5.5, while the hardest clocks in at a forearm busting 5.12d. Richard Riquelme

**Season:** Courses offered every day, September - May. Call to schedule your trip.

**2009 Trip Costs:** Prices are per person, per day.

**Half-Day Course:** 3 or more people - \$125; 2 people - \$190; Private - \$300; Available for Intro and Intermediate level courses.

**Full-Day Course:** 3 or more people - \$190; 2 people - \$225; Private - \$300; Available for Intro, Intermediate, and Advanced level courses.

**Multi-Day Course:** 3 or more people - \$170; 2 people - \$210; Private - \$300; Available for Intro, Intermediate, and Advanced level courses.

Below: Topping out on Epinephrine, one of the famous classics of Red Rock. Eli Schleifer

### RED ROCK CLASSICS

- Cat in the Hat: Grade III, 5.6
- Olive Oil: Grade III, 5.7
- Frog Land: Grade III, 5.8
- Crimson Chrysalis: Grade IV, 5.9
- Epinephrine: Grade V, 5.9
- Refried Brains: Grade V, 5.9
- Black Orpheus: Grade IV, 5.9+
- Dream of Wild Turkeys: Grade III, 5.10
- Triassic Sands: Grade III, 5.10



## Joshua Tree, California

Joshua Tree is a long-time favorite winter retreat for climbers of all skill levels throughout North America. Located in a national park, this 4000-foot-high desert rock paradise enjoys southern California's excellent weather and provides the climber with countless granite boulders and outcroppings. The crystalline quartz monzonite is of premium quality: the rock offers sharp edges, abundant cracks, and a very high friction factor. Whether your interest is low-to-the-ground bouldering or leading multi-pitch routes, the variety is tremendous and the quality is consistent.

In addition to the attraction of its rock, another big draw of Joshua Tree is the pleasant climate. With temperatures in the 70's and little rainfall, Joshua Tree is a rock climber's paradise from November through April.

Less than a three-hour drive from Los Angeles and less than an hour from Palm Springs, Joshua Tree is within easy reach. Some climbers choose to stay at lodgings in the town of Joshua Tree, but camping within the National Park is excellent and preferred by most.

We teach all levels of rock climbing here. Demonstration and practice areas are extensive and convenient, and at each climbing level we have hundreds of routes from which to choose. With both short and long pitches available, this is also an excellent place to learn or improve leading skills. Join us here in the spring, fall, or winter for an unforgettable winter escape to the sun.

Because we run so many rock courses and because we are so flexible about dates, we don't publish a course schedule. To register, simply call our office and discuss the dates that you want. If you want to climb with one or more other climbers, we will work to match you up with others who are at a similar level of experience.

[www.aai.cc/programdetail/jtree](http://www.aai.cc/programdetail/jtree)



Testing skills on one of Joshua Tree's unique formations. Jason Martin

**Season:** October - May

**Length:** 1 day and up

**Programs:** Intro, Intermed, & Adv

**Dates:** Offered daily; call to schedule.

**Cost:**

**Half Day Courses**

\$230 - Private

\$140 - (per person) 2 people

\$125 - (per person) 3 or more people

Available for Beginner and Intermediate level courses. Meeting time is 11:00am; return by 6:00pm.

**Full Day Course**

\$295 - Private

\$195 - (per person) 2 people

\$165 - (per person) 3 or more people

Available for Beginner, Intermediate, and Advanced level courses. Meeting time is 8:00am; return by 6:00pm.

**Multi Day Courses**

\$285 - Private

\$180 - (per person) 2 people

\$150 - (per person) 3 or more people

Available for Beginner, Intermediate, and Advanced level courses. Meeting time is 8:00am; return by 6:00pm.



A practice rescue of a climbing partner. Joseph Anderson

**Location:** Squamish, BC, Canada; Leavenworth, WA; Eastern Sierra, CA; Joshua Tree, CA; Red Rock, NV

**Season:** Varies with area      **Length:** 2 days, optional 1-day practicum available

**Max Ratio:** 5:1 for Intro; 4:1 for Advanced

**Prerequisites:** **Intro:** Ability to perform basic belay and rappel procedures.

**Advanced:** Intermediate knowledge of belay and rappel procedures; ability to follow 5.8 or lead 5.7; basic first aid and CPR required, WFR recommended.

**Cost:** 2 days: 4:1 \$340, 3:1 \$380, 2:1 \$500, 1:1 \$690

1-day practicum: 4:1 \$170, 3:1 \$190, 2:1 \$250, 1:1 \$350

**Program Dates:** Contact AAI for information

[www.aai.cc/programdetail/rock\\_rescue](http://www.aai.cc/programdetail/rock_rescue)

## Intro and Advanced Rock Rescue

High angle rescues are dangerous and demanding. Even climbers experienced in meeting the challenges of steep and complex terrain get confused when dealing with the added complications created by an injured partner. AAI's Rock Rescue program deals with these issues and teaches the skills needed to stabilize a victim and move them to level ground.

The **intro course** deals with problems that frequently confront recreational climbers. We spend two days covering basic rescue techniques, including anchors, equalizing protection, rappelling and practice belay escapes, passing knots, and ascending ropes. We apply hauling and lowering systems as well as rappelling with an accident victim. The course also covers the issues involved in combining emergency medical services with rescue procedures. There is a final one-day optional practicum, in which we will utilize our new found skills in a real-life scenario on a multi-pitch alpine climb.

We offer an **advanced course** for skilled leaders of multi-pitch rock routes, experienced alpinists, those on mountain search and rescue teams, and any professional who may need to work on a high angle rescue. This course will increase your resourcefulness in accident response and help you develop the technical skills necessary to solve difficult rescue problems.

We cover anchors and fixed lines, tension release mechanisms, lowering and compound hauling systems, and special techniques used in leader-fall rescues. You'll practice improvising and managing litters and discuss issues in incident command and helicopter support. Add on the one-day optional practicum to this advanced course and you will also be challenged to bring all your skills together to co-direct and execute a realistic practice rescue on a multi-pitch alpine climb. By the end of the program, you should be very resourceful when directing high angle rescues.

All of the skills and methodologies from the Rock Rescue Courses can be transferred to both glacier and waterfall ice environments.



**Location:** Red Rock Canyon, Nevada, and locations in Washington State

**Season:** Year-round

**Length:** 3 days for course, 2 days for exam

**Max Ratio :** 6 climbers: 1 instructor;  
12 climbers: 2 instructors

**Prerequisites:** Ability to belay and rappel without guidance; familiarity with anchoring principals, natural anchors, and artificial anchors; traditional lead climbing experience; ability to climb 5.8 while on top-rope

**Primary Goals:** Help capable recreational climbers transition into safe and effective climbing instructors

**Follow up programs:** Programs in intermediate & advanced rock climbing, lead climbing, aid climbing, & rock rescue in Red Rock, Joshua Tree, Leavenworth, Squamish. Guided ascents at Levels 3, 4, & 5 in those areas, the Cascades, Sierra, and Alps

**2009**

Course Dates	Exam Dates
Feb 14 - 16	Feb 17 - 18
Mar 25 - 27	Mar 28 - 29
May 23 - 25	
Jun 26 - 28	Jul 11 - 12
Aug 14 - 16	Aug 29 - 30
Sep 5 - 7	Sep 26 - 27
Oct 9 - 11	
Nov 11 - 13	Nov 14 - 15
Dec 27 - 29	Dec 30 - 31

**Cost:** \$475 for 3-day course (includes \$60 AMGA membership); \$325 for 2-day exam (on fourth and fifth days or taken later)



Teaching the first stage of a belay transfer. Mary Harlan

## Single Pitch Instructor (SPI) Course

The American Mountain Guides Association (AMGA) Single Pitch Instructor Course is the first in the AMGA sequence of climbing instructor and guide training programs. The SPI course was designed to help capable recreational climbers transition into safe and effective climbing instructors. The course focuses on the technical skills required of instructors in all forms of single pitch climbing instruction. In addition to this, the course addresses the essential educational and environmental tenets required to teach climbing effectively.

Those seeking SPI Certification may go on to take a two-day field examination following the course or at any time within three years of successfully completing the course. Certified Single Pitch Instructors are expected to demonstrate the technical and educational proficiencies necessary to teach a variety of single pitch rock climbing skills in a safe and effective manner to both groups and individuals. While not all students are fully prepared for the certification exam by the end of the course, every participant will have the training to practice and prepare for an exam in the future and will leave the course with many new ideas and skills.

All participants receive a written evaluation at the end of the course and a one-year associate membership in the AMGA. Benefits of membership include a subscription to the quarterly Mountain Bulletin guide's newsletter, discounts on the AMGA Guide's Manual, and opportunities to attend membership instructional clinics and membership meetings.

The SPI course is intended for recreational climbers who are already proficient in both top-rope and lead climbing. It is designed to benefit those who wish to facilitate outdoor climbing programs for groups such as those offered by guide services, camps, schools, universities, therapeutic groups, churches, and climbing gyms. Those who wish to teach climbing in the outdoors tend to have much higher success in obtaining employment as climbing instructors with SPI training and certification. The AMGA strongly suggests this course as a precursor to Rock Instructor or Rock Guide training and certification.

[www.aai.cc/programdetail/spi](http://www.aai.cc/programdetail/spi)



Executing a counter-balance rappel. Jason Martin



Passing a knot while lowering a climber. Richard Riquelme

### SPI ITINERARY & CURRICULUM

**Day One:**

- Introduction to the AMGA and the Rock Certification Process
- Discussion of climbing equipment and its importance to the climbing instructor
- Review of instructor knots and hitches
- Instructor and student belay techniques
- Management of the climbing site
- Instructional anchors and rock protection
- Teaching techniques and risk management for the climbing instructor

**Day Two:**

- Professionalism in climbing instruction
- Development of practical skills for top-managed sites
- Climbing site organization and group management

- Discussion and practice of lowering techniques
- Assistance skills for a top-managed site

**Day Three:**

- Development of practical skills required for a bottom-managed site
- Review of assistance skills required for a bottom-managed site
- Techniques to teach climbing movement
- Review sessions
- Individual and group debriefs

**2-Day Exam:**

- You can take the 2-day SPI Assessment and Exam any time after you successfully complete the course. We recommend practicing the curriculum between the course and the exam

# Winter Mountaineering

Our winter mountaineering program comes in three parts: water ice climbing (2 days, described below), winter mountaineering (4 days, described here), and backcountry skiing (2 days, described on pg. 24). You can take the parts independently, because each functions as a unit and covers specific sets of skills, or you can combine them in an eight-day program to gain comprehensive training in all the skills of winter expeditionary endeavors. Upon completion of the winter mountaineering and ice climbing segments, you should be well-prepared for winter ascents as well as for expeditions of moderate or intermediate technical challenge on Denali, in the Andes, and in the Himalaya.

Winter mountaineering and expedition climbing have as much to do with mental challenge as they do with physical endurance and the successful application of technical skills. With our four-day winter mountaineering curriculum, in addition to developing and applying a range of climbing techniques, protective systems, and rope handling skills, you will also learn to evaluate snowpack stability, avalanche hazard, and mountain weather; do route finding; and maintain suitable shelters in cold and wind. This program segment can be done on either snowshoes or skis.

### COURSE LOCATIONS:

**Sierra Nevada, California** - An excellent winter climbing area, the Sierra Nevada offers dependable water ice, excellent skiing and snowshoeing, and an opportunity to make a winter ascent of a 13,000 or 14,000-foot peak.

**San Juan Mountains, Colorado** - Enjoy some of the finest snow conditions and waterfall ice in the U.S. The San Juan Mountains have especially good climbing, snowshoeing, and skiing opportunities, and the range gives us a chance to apply our skills on a 13,000 or 14,000-foot peak.

[www.aai.cc/programdetail/winter\\_mountaineering](http://www.aai.cc/programdetail/winter_mountaineering)



Climbers making an ascent of Mt. Whitney via the Mountaineer's Route. Jeremy Ellison

**Location:** Eastern Sierra, CA and San Juans, CO **Season:** December - April

**Length:** 4, 6, or 8 days

**Max. Ratio:** 4:1

**Prerequisites:** Backpacking experience; basic ski touring ability (or use snowshoes); good physical condition; no previous climbing experience is required.

**Primary Goals:** You should emerge from this program with a broad spectrum of climbing and mountain judgement skills and be ready to tackle major winter objectives and expeditionary climbs

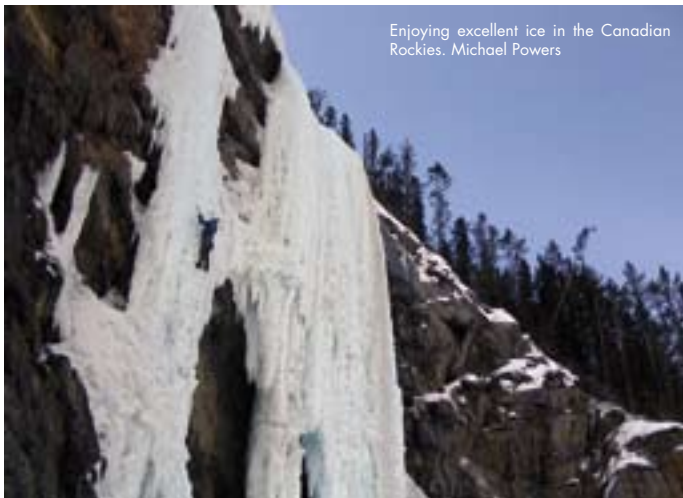
**2009 Dates\*:** Dec 14-17, Dec 18-21, Dec 28-31

**2010 Dates\*:** Jan 4-7, Jan 11-14, Jan 25-28, Feb 15-18, Feb 22-26, Mar 1-4, Mar 8-11, Mar 15-18, Mar 22-25 \*and other dates by arrangement

**Cost: Wntr Mountaineering - 4 days:** \$790 (\$1400 if 1:1)

**Wntr Mountaineering plus Ice or Ski - 6 days:** \$1140 (\$2100 if 1:1)

**Wntr Mountaineering plus Ice and Ski - 8 days:** \$1520 (\$2800 if 1:1)



Enjoying excellent ice in the Canadian Rockies. Michael Powers

**Location and Season:** Eastern Sierra, CA and San Juans, CO: Dec - March  
Canadian Rockies, Canada: Feb - April

**Length:** 1 day and up. We recommend 2 days **Max. Ratios:** 3:1 (Intro)  
for Intro & 3-5 days for Intermediate & Advanced. 2:1 (Inter, Adv)

**Prerequisites:** Intro - some climbing experience of any type is useful but not required; Intermediate - experience following WI 3 or higher; Advanced - experience following WI 4 or higher

**Trip Dates:** You can start any day in the season, but our scheduled dates are:

**2009:** Dec 12-13, Dec 16-17, Dec 19-20, Dec 26-27

**2010:** Jan 2-3, Jan 9-10, Jan 23-24, Jan 30-31, Feb 6-7, Feb 13-14, Feb 20-21, Feb 27-28

**Cost\*:** 3:1 \$190 (Intro only); 2:1 \$225; 1:1 \$325

\*per person per day. Call for Canadian Rockies prices.

# Water Ice Climbing

You can take this course as a two-day segment of our comprehensive winter skills program or sign up for it as a stand-alone 2, 4, or 6-day program. Water ice is probably the most exciting form of winter climbing, and it can be enjoyed by beginning climbers as well as experienced ones. The ice of frozen waterfalls and seeps is quite different from alpine ice, and on this course we use different tools, integrate specialized techniques into the repertoire of standard alpine skills, and develop refined rope handling and protective system skills for this unique medium and cold environment.

We offer water ice courses at three locations, and each area offers excellent beginner, intermediate, and advanced terrain. At different levels, all courses cover cramponing techniques, ice tool usage, protective systems, and hazard evaluation. The Intermediate course is for climbers already climbing well on short sections of steep ice who wish to improve their performance on more difficult or sustained pitches and who want to develop leading skills. The Advanced course is for climbers who want to refine their technique, further advance their leading skills, and tackle complex and demanding routes.

### COURSE LOCATIONS:

**Sierra Nevada, California** - Located on the east side of the Sierra, Lee Vining Canyon is home to the best waterfall climbing in America's far west.

**Ouray, Colorado** - In Colorado, our front country (Ouray Ice Park) and backcountry climbing areas hold the most extensive water ice in the U.S. Rockies.

**Canadian Rockies** - The cold winter climate of the national parks in Alberta produces the greatest concentration of waterfall climbs in the world. The variety of climbs is tremendous. AAI is the sole U.S. guide service offering programs in Canadian national parks. Programs range from 2 to 10 days long. Please call. [www.aai.cc/programdetail/waterfall\\_ice\\_sierra\\_colorado](http://www.aai.cc/programdetail/waterfall_ice_sierra_colorado)



## Backcountry Skiing Introductory and Advanced Courses

This program is offered to beginning, intermediate, and advanced skiers in locations across the western United States. In all courses, we cover the skills of backcountry skiing and snowboarding (with telemark, randonnée, or split-board gear), including avalanche awareness, track setting, and route finding and evaluation. This program will advance your skiing ability as well as help you to develop the skills required for safe travel through complex terrain and in varied snow conditions.

**North Cascades, Washington** – With the snowy volcanic cone of Mt. Baker providing an aesthetic backdrop, we encounter varied terrain – over high passes, through groves of Douglas fir, and down wide open, untracked slopes. We offer two introductory backcountry skiing programs - one for intermediate and advanced in-bounds skiers, and another for beginning skiers. Join us on our 2-day clinic designed to give you the basics for venturing beyond the constraints of the ski area and into the backcountry. Or, join us on a 5-day course designed for those that have zero to very little skiing experience and want to learn how to ski in order to go directly into the backcountry.

**Sierra Nevada, California** - One of the world's most beautiful winter landscapes, we pass groves of stately lodgepole pine, golden-trunked Sierra juniper, and numerous small frozen lakes scattered through many of the basins to reach cirques ringed by sheer granite peaks. Our first camp is usually below treeline and our second above, both positioned for quality skiing and for gradual acclimatization.

**San Juan Mountains, Colorado** - We use two areas for our program, one a high and remote bowl and the other an isolated mountain pass. In both cases our approaches to open terrain skiing take us through evergreen forests where we enjoy great open-tree skiing. The snows at these elevations are frequently ideal, including champagne powder for which the state is famous.



Skiing toward Bear Creek Spire, Rock Creek Basin, Sierra Nevada. Richard Steele

**Location:** North Cascades, WA, Eastern Sierra, CA, and San Juan Mountains, CO

**Season:** Dec - April    **Length:** 2, 5 days    **Max Ratios:** 4:1 or 8:2

**Prerequisites:** Good level of physical fitness. Skiing level dependent on program, see course descriptions.

### Trip Dates and Cost:

#### North Cascades:

2-day Backcountry Skiing for Intermediate and Advanced Skiers (\$350)

2009: Dec 5 – 6, Dec 14 – 15, Dec 26 – 27

2010: Jan 4 – 5, Jan 9 – 10, Jan 23 – 24, Feb 8 – 9, Feb 13 – 14, Feb 27 – 28, Mar 8 – 9, Mar 20 – 21

5-day Backcountry Skiing for Beginner Skiers (\$875)

2009: Dec 16 – 20

2010: Jan 13 – 17, Feb 3 – 7, Mar 10 – 14, Apr 7 – 11

Private trips - 1:1 \$325, 2:1 \$225, 3:1 \$190 (per person per day)

#### Eastern Sierra and San Juan Mountains:

2 and 5-day courses are available following our Winter Mountaineering program (see pg. 23) and on other dates by arrangement.

[www.aai.cc/programdetail/ski\\_backcountry](http://www.aai.cc/programdetail/ski_backcountry)



A skier is rewarded for their climb with an exciting descent. Ben Traxler

**Location:** North Cascades, WA    **Season:** April - July, Call AAI to schedule

**Length:** 3-day ascent on either Baker or Shuksan, or a 6-day ski mountaineering clinic

**Max Ratios:** 4:1 or 8:2

**Prerequisites:** Advanced skills for telemark gear or advanced-intermediate alpine touring skills.

**Dates:** **6-Day Clinic:** 2009: Mar 21 - 26, Apr 4 - 9, Apr 18 - 23, May 16 - 21

2010: Mar 20 - 25, Apr 3 - 8, Apr 17 - 22, May 15 - 20

**3-Day Ascent:** by arrangement

**Cost (6-day):** \$1090

**Cost (3-day)\*:** 4:1 \$170, 3:1 \$190, 2:1 \$225, 1:1 \$325 (\* per person per day)

## Ski Mountaineering Clinic

The glacial environment is one of the most beautiful that the mountainous regions of the world have to offer. Glacier skiing gives adventurous people the combined rewards of remarkable high country beauty and the elation of descending pristine slopes where almost no other skiers venture.

Combining aspects of mountaineering with backcountry skiing, glacier skiing requires diverse skills. In the backcountry, skiers must always take with them keen skills of observation and the ability to assess and interpret the day-to-day and hour-to-hour changes in mountain weather. But on glaciers they must also deal with greater exposure to the elements and with the complexities of crevasse field travel. We devote significant time to glacier assessment, glacier travel, and crevasse rescue. Snowpack analysis and avalanche hazard evaluation are also covered along with rescue procedures and the use of electronic transceivers.

This course is for intermediate and advanced skiers who want to learn the skills necessary for traveling on more technical, and glaciated mountainous terrain. We begin this course with the fundamentals of backcountry skiing, including the use and function of touring equipment, terrain selection, track setting, route finding, and traveling safely as a group. We then set up camp at the base of Mount Baker and step it up with winter camping, glacier travel for skiers, and traveling on steep terrain with an ice axe and crampons. If the weather and the conditions allow, this sets us up for a thrilling descent of Mt. Baker's Coleman Glacier.

[www.aai.cc/programdetail/ski\\_mountaineering](http://www.aai.cc/programdetail/ski_mountaineering)

# Avalanche Training

If you travel in the backcountry during the winter or spring seasons, it is essential to understand how snowpacks form and change, how avalanches release, and how to handle a rescue after an avalanche burial. AAI courses present curricula designed by the American Institute for Avalanche Research and Education (AIARE), the standard of excellence in the U.S. for thoroughness and effectiveness. They are crafted to help you make the best possible decisions on route selection, hazard evaluation, and rescue response. These courses could save your life.

**AIARE Level 1:** This is designed as a “first course,” but it is also ideal for those with some basic knowledge who want to further develop their skills in terrain analysis and decision-making. Instructors present a complete introduction to avalanche phenomena: the types of avalanches, characteristics of avalanche terrain, how snowpacks form, and how avalanches release. We cover what to look for in a snowpack, how to test stability, and how to draw conclusions. We also cover trip planning, effective travel techniques, and rescue procedures. You should come away from this course with a good understanding of avalanches and a personal framework for decision making, effective trip planning, and effective risk management in avalanche terrain.

**AIARE Level 2:** This course is designed for snow safety workers and for volunteer and professional guides. It is also an ideal curriculum for recreational skiers, snowshoers, and climbers who spend a lot of time in the backcountry and want advanced skills. In this course you will gain an understanding of how the snowpack develops and changes over time. You will study release mechanisms in depth, learn how to do stability analysis and forecasting, and learn observation guidelines and recording standards for the properties that indicate snowpack stability. This program meets or exceeds national and international standards for Level 2 Avalanche training.

[www.aai.cc/programdetail/avalanche1](http://www.aai.cc/programdetail/avalanche1) and [/avalanche2](http://www.aai.cc/programdetail/avalanche2)



AAI Instructor Lyle Haugsven teaching the full pit profile on a level 2 course. Coley Gentzel

## LEVEL 1:

**Location:** Mt. Baker Ski Area, WA

**Season:** Dec - March

**Length:** 3 days (Fri, Sat, Sun)

**Max Ratio & Size:** 6:1, 12:2

### Program Dates:

**2009:** Dec 4-6, Dec 11-13, Dec 19-21  
Dec 26-28

**2010:** Jan 2-4, Jan 8-10, Jan 16-18,  
Jan 22-24, Jan 29-31, Feb 5-7,  
Feb 19-21, Feb 26-28, Mar 5-7

**Cost:** \$290

## LEVEL 2:

**Location:** Mt. Baker Ski Area, WA

**Season:** Dec - Feb

**Length:** 4 days

**Max Ratio & Size:** 6:1, 12:2

### Program Dates:

**2009:** Dec 18-21

**2010:** Feb 12-15

**Cost:** \$490

## GUIDED SKI TOURS

For most intermediate skiers, these tours can be completed in one day. Sign up for just one or spend multiple days in the Mt. Baker backcountry learning some new routes.

- Shuksan Arm
- Lake Anne Tour
- Mt. Anne Descent
- Mazama Bowl
- Coleman Pinnacle (Ptarmigan Ridge)
- Mt Herman
- Mt Herman (Anderson Creek Tour)
- White Salmon Glacier
- Table Mountain and the Blueberry Chutes
- Ruth Mountain
- Goat Mountain
- Church Mountain
- Coleman Glacier

## SKI TRAVERSES (MARCH - MAY)

- Inspiration Traverse (4 - 5 days)
- Ptarmigan Traverse (5 days)
- Forbidden Tour (5 days)
- Washington Pass Birthday Tour (2 days)

Backcountry skiing near Ruth Mountain. Andy Bourne

**Location:** WA

**Season:** Dec - May

**Length:** 1 day and up

**Max Ratio:** 4:1

**Prerequisites:** Based on level of ascent or tour

**Cost:** 1:1 \$325; 2:1 \$225; 3:1+ \$190 (prices are per day)

**Program Dates:** Contact AAI for information

## Guided Ski Ascents & Tours in Washington

We offer ski ascents of four of Washington's most beautiful peaks and volcanoes - Mt. Baker, Mt. Shuksan, Mt. St. Helens, and Mt. Adams - as well as ski tours to suit all skiing abilities. We can easily arrange a private trip just for you, for a group of friends, or we can work to match you up with a skier of a similar ability. Your trip can be a series of day tours, a skills course concluding with an exciting ski ascent, or a trip that combines skills development or review with a series of ascents.

### GUIDED SKI ASCENTS

**Mt. Baker (3+ days):** Mt. Baker (10,778 feet) offers immense variety: with twelve major glaciers, spectacular ridges, huge open bowls, the chance to ski into an active volcanic crater, and big ski descents, adventurous skiers can easily spend a full week exploring the mountain.

**Mt. Shuksan (3+ days):** Mt. Shuksan (9,127 feet) is known as one of the world's most strikingly dramatic peaks, with steep, broken glaciers, hanging ice cliffs, and immense rock walls. Two of its largest glaciers, the Crystal and the Sulphide, provide superb skiing opportunities.

**Mt. St. Helens (1 - 2 days):** Mount Saint Helens (8,365 feet) has become a major northwest ski mountaineering objective. With nearly four thousand feet of open terrain, the mountain offers an exciting run through the remnants of the volcano's past. We descend down the Monitor Ridge on this trip.

**Mt. Adams (2 - 3 days):** The South Spur route on Mount Adams (12,276 feet) is considered to be one of the easiest and safest routes on a Cascade volcano. And with approximately seven thousand feet of vertical relief, the South Spur makes for an incredible ski mountaineering objective. From the top of the mountain there are a number of descent options.

[www.aai.cc/programdetail/ski\\_tours/](http://www.aai.cc/programdetail/ski_tours/)



**Location:** Eastern Sierra, CA

**Season:** **Alpine Rock:** April - October

**Alpine Mountaineering:** May - October

**Ski Touring:** December - May

**Length:** 2 days and up

**Max Ratio:** Varies with difficulty

**Prerequisites:**

**Level I:** backpacking experience

**Level II:** some backcountry experience; basic ice axe & cramponing skills for the snow & ice routes; basic rock experience for the rock ascents

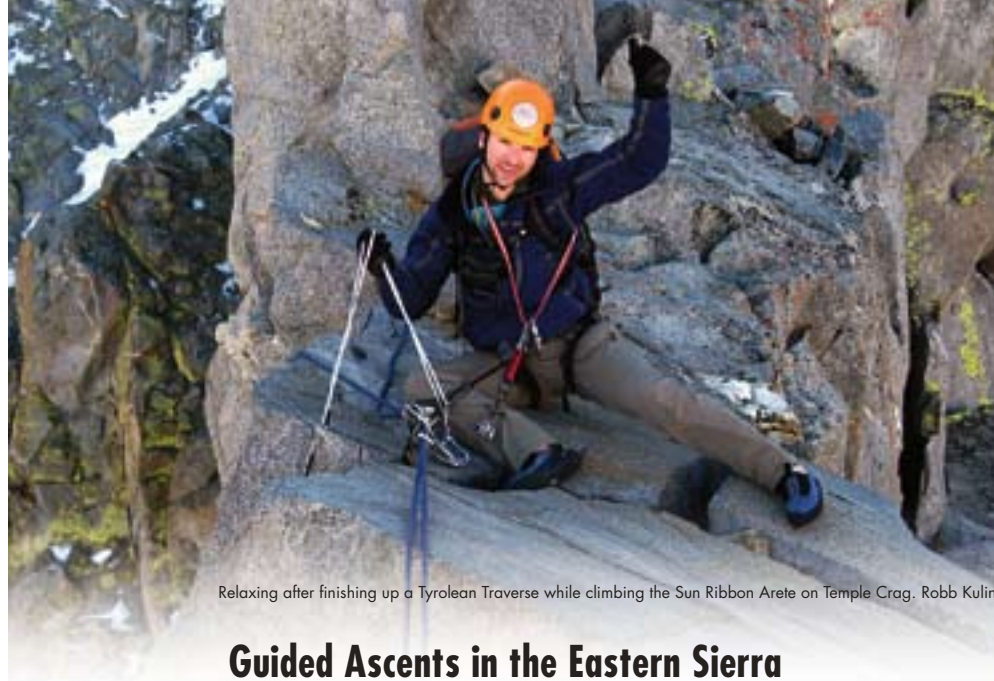
**Level III:** ability to perform well in a team, handle a rope with skill, & employ varied climbing techniques

**Level IV:** complete repertoire of snow, ice, or rock climbing skills; excellent physical condition

**Level V:** advanced skills, significant previous alpine experience, & excellent physical condition

**Trip Dates:** Contact AAI for info.

**Cost:** 5:1 \$150; 4:1 \$170; 3:1 \$190; 2:1 \$250, 1:1 \$350 (prices are per person, per day)



Relaxing after finishing up a Tyrolean Traverse while climbing the Sun Ribbon Arête on Temple Crag. Robb Kulin

## Guided Ascents in the Eastern Sierra

What John Muir called “the most divinely beautiful of all the mountain ranges” still holds the same allure for modern climbers. The diversity of climbing here equals the beauty you will find, with climbs on pure rock, snow, and ice as well as many routes that combine all three. The climbs listed below are a sampling of the hundreds of routes that AAI guides. Please see our web site for a complete list of ascents as well as a description of the four famous multi-day Sierra high traverses that we also lead. You may wish to consider preceding your guided ascents with two or more days of skills review. We can help you design an itinerary in which you can make multiple ascents from the same base camp. [www.aai.cc/programdetail/sierra\\_ascents](http://www.aai.cc/programdetail/sierra_ascents)

### LEVEL 1: BEGINNERS' ASCENTS

**Middle Palisade, Northeast Face** - Class 4 Rock, 2-3 days (14,040')

This route makes a great choice as a first climb for an extended trip to the area. After crossing and ascending the Middle Palisade glacier, we encounter a series of ledges that traverse an airy face. Higher up we reach a gully and groove system that provides enjoyable scrambling. From the top of the peak we can survey the entire Palisade region including Mt. Sill, Mt. Winchell, and Temple Crag to name a few.

**Mt. Russell, East Ridge** - Class 3 Rock, 3 days (14,086')

Mt. Russell is located near Mt. Whitney and the Lone Pine area. A moderate approach leads us along the North Fork of Lone Pine Creek to the Upper Boy Scout Lake. From here we ascend talus slopes to a saddle between Mt. Russell and Mt. Carillon. The East Ridge leads to the summit from this col, and climbing on this ridge consists of moderately exposed scrambling and climbing.

**Bear Creek Spire, Northeast Ridge** - Class 4 Rock, Snow, 2-3 days (13,713')

Bear Creek Spire sits at the head of the Rock Creek Cirque. The approach trail winds through classic Sierra high country before crossing talus and slabs to the base of the spire's north side. The Northeast Ridge rises dramatically between the North Arête and the East Arête. Climbing on the ridge consists of 4th class scrambling on or near the crest and includes a variety of engaging obstacles.

**Mt. Dana, Dana Couloir** - Snow & Ice, 1-2 days (13,053') See our website for route details.

**Mt. Whitney, Mountaineers Route** - Class 3 Rock, 3-4 days (14,494') - for a description, see pgs. 12-13.

### LEVEL 2: MODERATE ASCENTS

**Lone Pine Peak, North Ridge** - 5.4 Rock, 2-3 days (12,944')

Our ascent of this route begins at the Whitney Portal and skirts the scenic Lower Meysan Lake en route to a hidden approach gully. From the top of the gully, 3rd and 4th class traversing and scrambling on the ever-narrowing crest of the ridge lead to the first of three prominent steps on the ridge. The first step consists of several pitches of easy 5th class terrain, and it gives us access to a notch and the start of the second step. From the notch several more pitches on gradually easing yet exposed and exhilarating terrain lead to the summit.

**Mt. Sill, Swiss Arête** - 5.6 Rock, 3-4 days (14,162')

The Swiss Arête is a route much admired for its purity of line, quality of rock, and spectacular location. It begins with several pitches in the 5.4 to 5.5 range; then as the exposure increases, it eases off into 4th class pitches with moderate 5th class moves interspersed. This route has a classic finish around several blocks that lead to the summit, and from there we gain expansive views of the highest peaks in the Sierra and strikingly different landscapes to the east and west. This is a very fun climb, and it is photogenic throughout.



Camp on the approach to beautiful Bear Creek Spire. Kurt Hicks



Getting organized at a belay on Lone Pine Peak. Michael Powers



Climber on approach to the base of the North Couloir of North Peak. Zac Merriman

**Mt. Gilbert, Northwest Couloir** - Snow & Ice, 2-3 days (13,103') See our website for route details.

**Cardinal Pinnacle, Regular Route** - 5.6 Rock, 1 day

Cardinal Pinnacle is granitic in nature and host to a number of fine crack and face climbs. This route is rated 5.6 and is 5 pitches long. The climb begins with a few lower-angle pitches with intermittent difficulties that eventually lead to the main feature on the route, a large corner/tower which is topped by a chockstone. The descent is a straightforward rappel and hike down a gully and back to the starting point.

**Crystal Crag** - 5.7 Rock, 1 day (10,364')

Climbs on Crystal Crag can provide a great introduction to the joys of Sierra climbing to someone who has done a little rock climbing at a lower 5th class standard. Our route follows natural features and leads through an amazing band of quartz that the crag is named after. The climb's finale is up a narrow ridge to the summit.

### LEVEL 3: INTERMEDIATE ASCENTS

**Mt. Conness, North Ridge** - 5.6 Rock, 1-2 Days (12,590')

You can use this climb as a follow-up to a moderate route on Whitney or as a warm-up climb for a more technical route. Moderate scrambling gives way to low 5th class rock on a ridgeline comprised of a series of towers and airy traverses. While climbing this easy but exposed ridge, you will enjoy very dramatic views.

**North Peak, Northeast Couloir** - 5.4 Rock, Snow & Ice, 2 days (12,242')

North Peak sits in the high country near Tioga Pass and Tuolumne Meadows and is close to Mt. Conness. Our approach route takes us through scenic alpine meadows and eventually to the talus and snow slopes leading to the Northeast Couloir. The climb itself consists of 800 feet of snow and ice climbing that ends with some scrambling and low 5th class scrambling to reach the true summit.

**North Palisade, U-Notch Couloir** - 5.6 Rock, Snow & Ice, 4 days (14,242')

Standing high above the Palisade Glacier (the largest in the Sierra), Polemonium and North Palisade feature two of the best summer ice climbs south of the Cascades. Easily accessible from the same high camp at the foot of the glacier, the U-Notch and V-Notch couloirs rise a full 1000 feet from their bases. The U-Notch features consistent 45-degree ice to a notch from which we climb two mid-fifth class pitches on excellent granite to reach the crest of the East Ridge, which we follow to the summit of North Palisade.

**Bear Creek Spire, North Arête** - 5.8 Rock, Snow, 2-3 days (13,713')

This classic consists of twelve pitches ranging from low 5th class climbing to enjoyable 5.8 moves, and offers significant exposure, moderate climbing difficulty, and excellent protection. There is a total of about 20 feet of 5.8 climbing and 2 pitches of 5.7 on this route, with the remainder in the low 5th class range. The views encountered on this long arête are spectacular, and the climbing itself is quite varied, requiring the application of skills for crack, corner, and chimney climbing.

**Mt. Whitney, East Buttress** - 5.7 Rock, 3-4 days (14,494') - Please see pg. 13 for a description.

**Mt. Whitney, East Face** - 5.7 Rock, 3-4 days (14,494') - for a description, please see pgs. 12-13.

**Temple Crag, Venusian Blind Arête** - 5.7 Rock, 2-3 days (12,999') See our website for route details.

### LEVEL 4: DIFFICULT ASCENTS

**Polemonium Peak, V-Notch Couloir** - 4th class Rock, Snow & Ice, 4 days (14,000')

On the V-Notch we follow a very steep bergschrund crossing with 40-degree ice that steepens to 55 degrees at the top. From there we reach the summit of Polemonium by an enjoyable 4th class scramble. Combine this climb with the U-Notch described above for a superb trip.

**Temple Crag, Sun Ribbon Arête** - 5.10a Rock, 3 days (12,999')

The Sun Ribbon Arête is one of several stunning routes on Temple Crag. The arête is a long route, consisting of some 18+ pitches, and is fairly sustained in the mid to upper 5th class range and calls upon the climber to employ delicate face climbing, crack climbing, jamming, laybacking, and friction techniques. One of the more interesting features on the route is a notch in the ridge that requires either a rappel and climb out or a lasso and tyrolean traverse to pass.

**Mt. Russell, Fishhook Arête** - 5.9 Rock, 3 days (14,086')

After starting with three pitches of delicate climbing on a thin arête, this aesthetic route curves steeply towards the summit, ending with several pitches of 5.6 to 5.8 crack climbing on nearly flawless, roughly textured Sierra granite. Can be combined with an ascent of Whitney over the course of a four or five-day trip.

### LEVEL 5: VERY DIFFICULT ASCENTS (See our website for route descriptions.)

**The Incredible Hulk, Red Dihedral** - 5.10 Rock, 2-3 days (11,040')

**Split Mountain, Northeast Couloir** - Snow & Ice, 3 days (14,058')

**The Dana Plateau, 3rd Pillar** - 5.10 Rock, 1-2 days (13,053')

**Mt. Mendel, Left Hand Couloir** - Snow & Ice, 3 days (13,690')



Rappelling the steep West Face of Cardinal Pinnacle after climbing the regular route. Kurt Hicks



Enjoying perfect granite and a great day on the East Face of Whitney. Justin Wood



Rope teams using two-tool technique as they near the exit of the V-Notch Couloir. Michael Powers



The Red Dihedral route on the Incredible Hulk is one of the more difficult ascents in the Sierra. Mark Gundon





Hlgh on the East Ridge of Eldorado. Kurt Hicks

## Guided Ascents in the Pacific Northwest

### *The Finest Glacier and Alpine Rock Climbing in North America*

**Location:** Cascades, WA  
**Season:** April - October  
**Length:** 1 day and up  
**Max Ratio:** Varies with difficulty  
**Trip Dates:** Contact AAI for info.  
**Cost:**  
 5:1 \$150; 4:1 \$170; 3:1 \$190; 2:1 \$250;  
 1:1 \$350 (prices are per person, per day)

The Cascade Range of Washington State is the premier setting for alpine climbing in North America. No other range on the continent has the complexity, the relief, and the diversity of climbing that the Cascades are famous for. In the beautiful summer months, glacier and snow climbs are in perfect condition, while alpine rock routes are dry and warm. With hundreds of glaciers on the pristinely beautiful coastal side of the range and a granite playground with some of North America's finest long rock routes on the drier eastern side, the quality and variety are unmatched. There is also an abundance of mixed climbs on which you can combine these mediums.



Belaying down after a successful summit via the West Ridge of North Twin Peak. Shawn Olson

Whether you are a beginner, an intermediate, or an advanced climber, we can help you accomplish great climbing goals on some of America's classic routes or on some hidden gems that we know well. You may also want to consider joining us for the adventure of completing a range traverse, such as the Ptarmigan Traverse or Pyramid-Inspiration Traverse, on which you can combine a technical through-hike with a series of climbs along the way. Whatever your climbing interest, there's no doubt that the Cascades have many rich rewards to offer you.

The technical resources and margin of safety provided by AAI's professional guides make these ascents very enjoyable, and they give you the opportunity to further develop your climbing and rope skills, your ability to assess and respond to hazards, and your route finding skills. Safety is our number one priority, but our second one is not to simply to get you to the summit and back again. We regard every trip as a learning experience, and on each guided climb you do with us we'll help you further develop your skills, efficiencies, and mountain judgment.

You may want to precede your guided ascents with one or several days of skills review for glacier climbing, ice climbing, or rock climbing (or all three). On any ascent, you can climb one-on-one, have us match you up with one or more other climbers with similar interests and abilities, or set up a program for you and a group of your friends. Such a trip can be a series of climbs, a skills course concluding with an ascent, or a trip that combines skills development or review with an exciting series of climbs. Fees are based on the ratio of climbers to guide, and each technical level has a maximum ratio. Please see our web site for route details and additional climbs and call or e-mail us to set discuss the climbs or design an itinerary. [www.aai.cc/programdetail/cascades\\_ascents](http://www.aai.cc/programdetail/cascades_ascents)

#### LEVEL 1: NON-TECHNICAL ASCENTS

The climbs at this level are not technical, and they only require previous backpacking experience when climbing with a guide. These routes offer beginners the opportunity to climb rock, cross glaciers, and experience the enchantment of the North Cascades from a beautiful summit.

- North Twin, West Ridge - Rock, 1 day (4th and low 5th class) See cover photo
- Ruth Mountain, Ruth Glacier - Glacier Travel, 2 days (3rd class rock, 30°)
- Sahale Peak, South Ridge - Rock, Snow, and Ice, 2-3 days (3rd class rock, 30° snow) Photos: pp. 5-6

#### LEVEL 2: MODERATE ASCENTS

The ascents at this level are not highly technical, but the snow and ice routes cross major glaciers, while the rock ascents involve multiple pitches. Participants should have some backcountry experience and basic glacier travel, ice axe, and cramponing skills for the snow and ice routes and basic rock experience for the rock ascents.

- Mt. Baker, Coleman-Deming - Snow and Ice, 3 days (Grade II, 40°)
- Mt. Shuksan, Sulphide Glacier - Rock, Snow and Ice, 2 or 3 days (rock to 5.0, 30°)
- Eldorado Peak, East Ridge - Snow and Ice, 2 or 3 days (35°)



A beautiful morning on the way up to the summit of Mt. Shuksan. Jermey Ellison.

## LEVEL 2: MODERATE ASCENTS cont.

### WASHINGTON PASS ALPINE ROCK CLIMBS

South Early Winter Spire, South Arête - Rock, 1 day (5.4)

Liberty Bell, Beckey Route - Rock, 1 day (5.6 - 5.7)

## LEVEL 3: INTERMEDIATE ASCENTS

These ascents call for more technical skill than the moderate level climbs. Fisher Chimneys and Frostbite Ridge challenge climbers who are still developing their technical skills, but who are thoroughly versed in the fundamentals of alpine technique. The rock routes on Forbidden and Triumph are more sustained, physically demanding, and exposed than either of the first two ascents listed here. All are exhilarating ascents of North American classics. For all these routes, you need to be able to perform well in a team, handle a rope with skill, and employ varied climbing techniques.

Mt. Shuksan, Fisher Chimneys - Rock, Snow and Ice, 3 days (5.2 rock, 40°)

Glacier Peak, Frostbite Ridge - Snow and Ice, 5-6 days (55°)

Forbidden Peak, West Ridge - Rock, Snow and Ice, 3 days (5.6 rock, 50°)

Mt. Triumph, Northeast Ridge - Rock, Snow and Ice, 3 days (5.6 rock, 30° snow)

Mt. Goode, NE Buttress - Rock, Glacier Travel, 3 days (Grade III+, 5.5 rock with glacier approach)

### WASHINGTON PASS ALPINE ROCK CLIMBS

North Early Winter Spire, NW Corner - Rock, 1 day (Grade III, 5.9+ rock)

Burgundy Spire, North Face - Rock, 2 days (Grade II+, 5.8 rock)

## LEVEL 4: DIFFICULT ASCENTS

Level 4 climbs require a complete repertoire of snow and ice or rock climbing skills and the ability to perform them consistently without error, as well as excellent physical condition. Climbers who have completed AAI's Alpine Ice Climbing course or others who have similar experience and who have all the skills listed in the curriculum for that course should be qualified for these ascents. Technical requirements for rock climbs are listed individually.

Mt. Baker, North Ridge - Snow and Ice, 2 or 3 days (50° ice, plus 2 pitches up to 70-80° ice)

Dragontail Peak, Serpentine Arete - Rock, 2 or 3 days (5.8 rock, 35° snow)

Dragontail Peak, Triple Coulior - Snow and Ice, 2 or 3 days (Grade IV, 75° ice)

Forbidden Peak, NW Face of North Ridge - Rock, Snow and Ice, 3 days (5.5 rock, 45°)

Forbidden Peak, NW Face - Rock, Snow and Ice, 3 days (5.7 - 5.8 rock, 50°)

Mt. Stuart, North Ridge - Rock, Glacier Travel, 3 days (5.6 or 5.9 rock, 35°)



Enjoying the perfect granite of South Early Winter Spire. Justin Wood



Descending to Asgard Pass after a successful climb of Dragontail Peak. Coley Gentzel



Several of the peaks we climb regularly in the North Cascades are visible from the summit of Mixup Peak. Dan Millikan





On the Northeast side of Mt. Stuart. Kevin Newell



A view of the spires and towers of Washington Pass. From left to right: South and North Early Winter Spires, Lexington Tower, Concord Tower, and Liberty Bell. Kurt Hicks



Approaching the summit on the Kain Route of Bugaboo Spire, with Snowpatch spire in the distance. Dawn Glanc

**LEVEL 4: DIFFICULT ASCENTS cont.**

WASHINGTON PASS ALPINE ROCK CLIMBS

- South Early Winter Spire, East Buttress Direct - Rock, 1 day (Grade IV, 5.10+)
- North Early Winter Spire, West Face - Rock, 1 day (Grade III, 5.10, A1)
- Chianti Spire, East Face - Rock, 1 day (Grade III, 5.10)

**LEVEL 5: VERY DIFFICULT ASCENTS**

These routes include some of the most exciting and challenging ascents in North American mountaineering. Climbers must be in excellent physical condition, possess advanced technical skills, and have significant previous alpine experience.

- Mt. Baker, Coleman Headwall - Snow and Ice, 2 days (55° snow and ice with pitches to 80°)
- Dragontail Peak, Backbone Ridge - Rock, 2 or 3 days (Grade IV+, 5.9)
- Mt. Stuart, Complete North Ridge - Rock, 3-4 days (Grade V, 5.8 or 5.9)

**LEVEL 5: BIG WALL ASCENTS**

- Liberty Bell, Liberty Crack - Rock, 2 or 3 days (Grade V, 5.10, A2)
- Liberty Bell, Thin Red Line - Rock, 2 or 3 days (Grade V, 5.9, A3)
- Grand Wall (Squamish, British Columbia) - Rock, 2 days (Grade V, 5.10b, A1)
- University Wall (Squamish, British Columbia) - Rock, 2 days (Grade V, 5.10, A2)

**ALPINE TRAVERSES AND OTHER ASCENTS**

- Ptarmigan Traverse, 7 days; Ratios up to 4:1. Considered North America's most beautiful alpine traverse.
- Pyramid - Inspiration Traverse, 7 days; Ratios up to 3:1. This is a more remote and physically demanding trip than the Ptarmigan, and it is equally beautiful.
- Picket Range Traverse, 7-9 days. Ratios up to 3:1. The most remote traverse in the lower 48-states.
- Pacific Northwest Volcanoes (Mt. Adams, Glacier Peak, Mt. Baker); Ratios up to 5:1

[www.aai.cc/programdetail/cascades\\_ascents](http://www.aai.cc/programdetail/cascades_ascents)

## Bugaboos, British Columbia

The Bugaboos are North America's answer to the French Alps, offering the same high quality granite above beautiful glaciers like those found near Chamonix, but with one big difference – there are no telepheriques or crowds here, only the isolation and grandeur characteristic of the mountains of Canada.

Bugaboo Glacier Provincial Park encompasses scores of beautiful spires, all providing classic alpine routes on sweeping faces and elegantly defined ridges of high quality granite. The spires rise from the midst of large glaciers, and all approaches and descents involve a combination of rock, snow, and ice, as well as crevasse field travel. The beauty of these mountains is rivaled only by a few of the world's ranges, and both their challenge and their aesthetics are augmented by their wilderness setting.

Access to the mountains is by a two-hour drive south and then west of Golden, British Columbia, half on a paved and half on a dirt road. A short but steep hike brings us to the Alpine Club of Canada's hut. After an additional 45 minutes, we arrive at Applebee, a beautiful granite and meadow-covered knob much closer to the spires and surrounded by excellent bouldering. From this 8000-foot camp, climbs ranging from non-technical, to mid fifth-class, to Grade V, 5.10's are all within reach. There are lots of options, and it's easy to choose a series of ascents to match skills at any level.

Pigeon Spire, South Howser Tower, Bugaboo Spire, and Snowpatch Spire all conjure up some of the great moments in the history of North American alpine climbing. They deserve a place high on the priority list of anyone with an attraction to wilderness settings and a love of the classic alpine environment.

[www.aai.cc/programdetail/bugaboos](http://www.aai.cc/programdetail/bugaboos)

**Location:** Bugaboos, BC     **Season:** July - August     **Length:** 7 days  
**Skill Level:** Intermediate & Advanced     **Max. Ratios:** 2:1  
**Trip Dates:** Call for AAI dates     **Cost:** 2:1 \$1950; 1:1 \$2800

The Mont Blanc Massif as seen from the Aiguille du Plan. The Aiguille du Midi is the rocky outcrop on the right side of the mountain. Daniel Sutter



## Guided Ascents in the French Alps

The French Alps in the area near Chamonix encompass the highest concentration of quality alpine routes in the world. There are classics here at every technical level, and at each level there's a choice of rock, snow, ice, or mixed climbing. Of the countless fine routes in the massif, we have room to list only a sampling of the possibilities, but they represent some of the very best in the region. Although listed singly, many climbs are accessible from the same hut and can be efficiently combined. Please give us a call to discuss the design of your itinerary or to request being paired up with another climber with similar skills and interests. Most of our Alps trips are led by Michael Powers and Tim Connelly. Michael was the previous director of the U.S. guide certification program and is regarded by many as the top trainer in the U.S. Tim was named "Guide of the Year" by the American Mountain Guide Association in 2006. [www.aai.cc/programdetail/alps](http://www.aai.cc/programdetail/alps)

### LEVEL 1: NON-TECHNICAL ASCENTS

These ascents only require previous backpacking experience. A great intro to climbing and glacier travel.

Vallée Blanche - Snow and Ice, 1 day, Maximum ratio 4:1

Traverse of the Crochues - Alpine Rock, 1 day, Maximum ratio 3:1

### LEVEL 2: MODERATE ASCENTS

You should have basic glacier travel, ice axe, and cramponing skills for these climbs. The snow and ice routes cross major glaciers, and the rock ascents involve multiple pitches.

Mont Blanc, Gôûter Route - Rock, Snow, & Ice, 2 days, Maximum ratio 2:1

Aiguille des Entreves - Alpine Rock, 1 day, Maximum ratio 2:1

Tour Ronde, Southeast Ridge - Rock, Snow, & Ice, 2 days, Maximum ratio 2:1

### LEVEL 3: INTERMEDIATE ASCENTS

For these ascents you should have solid intermediate alpine skills for rock, snow, and ice. Rock ascents are multi-pitch climbs up to 5.6 in difficulty, and snow and ice routes may have sections up to 60 degrees.

Mont Blanc via traverse of Mont Blanc du Tacul & Mont Maudit - Rock, Snow & Ice, 2 days, Max ratio 2:1

Pyramide du Tacul, East Arête - Alpine Rock with glacier approach, 2 days, Maximum ratio 2:1

Midi-Plan Traverse - Rock, Snow & Ice, 1 day, Maximum ratio 2:1

Aiguille de Rochefort, Rochefort Arête - Rock, Snow & Ice, 2 days, Maximum ratio 2:1

Chapel de la Gliere - Alpine Rock, 1 day, Maximum ratio 1:1

### LEVEL 4: DIFFICULT ASCENTS

These climbs require a complete repertoire of snow and ice as well as rock climbing skills. The rock ascents are up to 5.9 in difficulty, and the ice routes are as steep as 60 degrees.

Mont Maudit, Knuffner Arête - Rock, Snow & Ice, 2 days, Maximum ratio 1:1

Aiguille du Chardonnet, Forbes Arête - Rock, Snow & Ice, 2 days, Maximum ratio 1:1

### LEVEL 5: VERY DIFFICULT ASCENTS

These routes require advanced climbing skills, extensive previous experience in the alpine environment, ability to climb difficult rock (5.8) in mountaineering boots, and excellent physical condition.

Mont Blanc du Tacul, Gervasutti Pillar - Rock, Snow & Ice, 2 days, Maximum ratio 1:1

Aiguille du Midi, Frendo Spur - Rock, Snow & Ice, 2 days, Maximum ratio 1:1

Grand Capucin, Swiss Route - Rock, Snow & Ice, 2 days, Maximum ratio 1:1



A climber negotiates the Aiguille du Midi.  
Dylan Taylor

**Location:** Chamonix, France

**Season:** June - September

**Length:** 1 day and up

**Max Ratio:** Varies with program

**Trip Dates:** Contact AAI for info.

**Cost:** 4:1 \$350; 3:1 \$430; 2:1 \$540;  
1:1 \$820 (per person per day)





# Introduction to the Great Alpine Classics:

## MONT BLANC, THE MATTERHORN, AND THE EIGER

Since the birth of mountaineering, these three peaks have fascinated the climbing public like no others: Mont Blanc because its ascent heralded the dawn of alpine climbing and because its 15,771-foot summit is the highest point in Western Europe; the Matterhorn because of its appearance as an unclimbable rock tower; and the Eiger, with its dark, brooding North Face, because it was the last of the “Three Great Problems” to be conquered.

Though now climbed regularly, these peaks still offer a unique and unmistakable alpine challenge, and the character of the climbing encountered on them is as diverse as the peaks themselves. On Mont Blanc the primary challenge is high altitude glacier climbing, where weather, snow and ice conditions, acclimatization, and personal fitness all combine to provide the key to a successful summit climb. In contrast, the ascents of the Eiger and Matterhorn call upon technical rock skills and the ability to move quickly and efficiently along the spiny crests of their exposed alpine ridges. Because the three peaks are located in very different parts of the Alps, each gives the climber an unusual opportunity to explore the cultural and environmental diversity of this magnificent mountain range.

AAI offers a seven-day program to climb Mont Blanc and the Matterhorn and a three-day optional extension to climb the Eiger. We also can make the spectacular traverse of the Breithorn or climb other peaks in the area if conditions at the time of our climb keep us off the Matterhorn, and we can make the classic ascent of the Jungfrau if the Eiger goes out of shape. Most of the routes are done at a 2:1 ratio, with the exception of the Matterhorn and the Eiger, which are both done at a 1:1 ratio. As described below, the peaks can be climbed individually, but warm-up climbs are required both for technical review and for acclimatization.

[www.aai.cc/programdetail/alps\\_trilogy](http://www.aai.cc/programdetail/alps_trilogy)



Climbers descending Bosses Ridge on the Goûter Route, Mont Blanc. Dylan Taylor

### Note on Prerequisites:

For any of these challenging climbs, you need to be in excellent physical condition and be able to climb 4000 feet in 4 hours (including rest stops) while carrying a 25-pound pack. You should also have experience with glacier travel and the use of crampons and ice axe in all fundamental techniques. For the Matterhorn and the Eiger, you need to have multi-pitch Class 5 rock climbing experience, be comfortable following at least 5.7, and have made 5th class ascents in mountaineering boots.



Climbers descending the Aiguille du Midi, with the Grandes Jorasses and Dent du Géant (left to right) in the background. Michael Powers

**Location:** French Alps      **Season:** June - September  
**Length:** 4 days or 6 days      **Max Ratio:** 2:1 (4 day); 2:1 (6 day)  
**Trip Dates:** Contact AAI for info.  
**Trip Cost:** 4-Day: 2:1 \$2160; 1:1 \$3280  
                   6-Day: 2:1 \$3240; 1:1 \$4920

## Mont Blanc & Chamonix Climbs

The beautiful summit of Mont Blanc (15,771') is considered one of the world's great climbing prizes, and our routes to the top include varied snow and ice climbing on immense glaciers as well as a dramatic finish on a ridge crest that leads us to Western Europe's highest summit. The route we choose will depend on conditions. On the Goûter Route we use a téléphérique to gain elevation, then scramble up steep terrain to a high hut. The next day we climb over the Dôme du Goûter, then up steeper snow, and finally up an exposed arête to the summit. Our alternative route is a traverse via Mont Blanc du Tacul and Mont Maudit.

After an orientation in Chamonix, France, our four-day itinerary begins with a one-day ascent of the Cosmiques Arête on the Aiguille du Midi (12,602'). This classic mixed route gives us a chance to become acquainted with the Mont Blanc Massif and to begin the process of acclimatization. In addition to climbing the Aiguille du Midi, we review glacier skills or make a second ascent before tackling Mont Blanc (possibilities are the East Arête of the Pyramide du Tacul or the Midi-Plan Traverse).

In our six-day itinerary, we will also climb one of the classic routes on the beautiful Tour Ronde, either the Southeast Ridge (mixed route) or the North Face (ice). We highly recommend this itinerary because of the additional acclimatization that is gained and the high quality of these routes. The summit of the Tour Ronde is one of the finest viewpoints in the massif, with an incredible face-to-face look at the Peuterey Ridge and Brenva Spur on Mont Blanc. It's truly spectacular!

[www.aai.cc/programdetail/alps\\_trilogy](http://www.aai.cc/programdetail/alps_trilogy)

## Zermatt - Matterhorn

Rising 9500 feet above the valley, the Matterhorn, like Mont Blanc, stands as one of the great symbols of mountaineering achievement. Made easier by the presence of fixed ropes and other anchors, today the climb does not appear so fearsome as it did a century ago, but it still remains a long and very exposed route that offers a significant climbing challenge.

We meet in the alpine village of Zermatt, Switzerland, and begin our climbing and acclimatization with a two-day ascent of the photogenic Rothorn. We cross a beautiful alpine valley and gorge to a hut, and on summit day we climb moderate glacial terrain and a snow face to reach a ridge, and then climb spectacular mid-fifth class rock on a sharp arête that takes us right to the summit. Our second ascent is on the famous Breithorn, which rises between Monte Rosa and the Matterhorn. We make an airy traverse of this peak on snow, ice, and rock, climbing and rappelling a series of horns on our way to the summit.

We then have an easy day as we move to the Matterhorn's Hörnli Hut. We ascend the Hörnli Ridge, which rises in a nearly straight line to the 14,691-foot summit astride the Swiss and Italian border. The route is almost entirely on rock with only occasional snow patches where we leave the sharp ridge crest and climb gullies and chimneys on its flanks. You'll see why this climb is one of the most famous in the world!

## Mont Blanc & the Matterhorn

If you would like to make ascents of two of the finest alpine routes in France and Switzerland, consider Mont Blanc and the Matterhorn in a single, seven-day program. We begin with four days of climbing in the Chamonix area, then travel by train to Zermatt. This program offers a great deal of flexibility (as well as a skills review and thorough acclimatization), a great overview of the finest terrain in the Alps, and a chance at two of the world's most sought-after summits.

[www.aai.cc/programdetail/alps\\_trilogy](http://www.aai.cc/programdetail/alps_trilogy)



The Matterhorn. Dylan Taylor

### MATTERHORN, ROTHORN, & BREITHORN

**Location:** Swiss Alps      **Season:** July - September  
**Length:** 5 days      **Max Ratio:** 2:1 (first 2 climbs); 1:1 (Matterhorn)  
**Trip Dates:** Contact AAI for info.      **Cost:** 2:1/1:1 \$3990; 1:1 \$4600

### MONT BLANC & THE MATTERHORN

**Location:** French & Swiss Alps      **Season:** July - September  
**Length:** 7 days      **Max Ratio:** 2:1 (Mont Blanc); 1:1 (Matterhorn)  
**Trip Dates:** Contact AAI for info.      **Cost:** 2:1/1:1 \$4920; 1:1 \$6040  
*Matterhorn requires 1:1*



Nearing the summit of the Eiger. Michael Powers

## Mont Blanc, the Matterhorn, & the Eiger

For experienced alpinists, AAI offers a ten-day program to climb these three classics, beginning in Chamonix, France and ending in Grindelwald, Switzerland. After completing the seven-day Mont Blanc-Matterhorn itinerary described above, we travel to Grindelwald and then spend two days on an ascent of the spectacular Mittellegi Ridge on the Eiger.

The Mittellegi Ridge draws a fine dividing line between the mile-high North Face and the Fiescher Glacier. Our approach to this seemingly remote ridge is via the incredible Jungfrau Railway, which enters on the west side of the Eiger, tunnels through the peak, passes the infamous North Face "windows" (often used as routes of retreat for storm-battered Eigerwand climbers), then stops at the Eismeer Station high on the Eiger's southeast face at 10,364 feet.

We disembark inside the mountain and follow a tunnel that opens onto the Fiescher Glacier, then traverse the upper reaches of the glacier and climb the final slopes to the Mittellegi Hut, which stands on the ridge at just over 11,000 feet. From here the route climbs steadily along the exposed ridge to the Eiger's summit, mixing third, fourth, and fifth class rock climbing and offering significant exposure.

With only two days dedicated to rest and beautiful journeys between alpine villages, you will enjoy eight days of spectacular climbing in three distinct areas of the region that fostered the birth of alpine mountaineering.

[www.aai.cc/programdetail/alps\\_trilogy](http://www.aai.cc/programdetail/alps_trilogy)

**Location:** French & Swiss Alps      **Season:** July - September  
**Length:** 10 days      **Max Ratio:** 2:1 (Mont Blanc); 1:1 (Matterhorn, Eiger)  
**Trip Dates:** Contact AAI for info.      **Cost:** 2:1/1:1 \$7680; 1:1 \$8800  
*Matterhorn, Eiger require 1:1*



**Location:** Alaska Range

**Season:** May - July **Length:** 21 days

**Max Ratio:** 9:3

**Prerequisites:** Intermediate technical snow and ice climbing ability; glacier travel skills; experience with backcountry winter camping; excellent cardiovascular condition; ability to carry a 60-lb pack while pulling a sled.

**Follow-up Programs:**

West Rib; Alaska Range Ascents; Bolivia's Illimani (21,201') or Ancohuma (21,095'); expeditions in Peru's Cordillera Blanca; Aconcagua (22,835'); China Expeditions; Cho Oyu (26,906').

**Trip Dates:**

2009	2010
May 3 - 23	May 2 - 22
May 10 - 30	May 9 - 29
May 17 - Jun 6	May 16 - Jun 5
May 24 - Jun 13	May 23 - Jun 12
May 31 - Jun 20	May 30 - Jun 19
Jun 7 - 27	Jun 6 - 26
Jun 14 - Jul 4	Jun 13 - Jul 3
Jun 21 - Jul 11	

**Cost:** \$5800



Denali from the southwest with the West Buttress, West Rib, and Cassin routes marked. Alasdair Turner

## Denali Expeditions • West Buttress

Denali offers one of the world's greatest expedition challenges. No peak in the world has more geographical relief, and its arctic environment and enormous height above the Alaskan plain make it a major test of personal strength, teamwork, and logistics. Neither a mountain like Denali nor AAI's skillfully crafted approach to expeditions on it can be fully described in a single page of text. After reading this introduction, we encourage you to visit our website where we explain virtually every aspect of our philosophy and strategic approach to safety and success on Denali. You'll also find a number of planning tools that will be useful to you in your preparation. As part of your research on the climb, we hope you will use those tools and call or email our Alaska Expedition Coordinator for personal consultation.

### WHY AAI

AAI has been guiding Denali expeditions since 1980, and our thorough screening process and assistance to climbers in their preparation has resulted in the safest and most successful expeditions on Denali. While this history and statistics like our high success rate are "selling points" for some, we always encourage climbers to look beyond numbers and be sure to find other climbers or a guide service that aligns with their personal climbing philosophy and style. **On Denali, our goals for every expedition team member are prioritized as follows:** 1) return safely with all fingers toes intact; 2) return without having negatively impacted the environment or other climbers; 3) return having become a better and more knowledgeable climber; and 4) and have had a good time in the process. If those goals align with your own, please read on.

Denali National Park operates with a concession system for mountaineering guide services, and the concessions are awarded in a competitive process. In the most recent permit renewal process, AAI was once again found to be the top applicant. Each year the National Park Service presents "Denali Pro" awards to individuals who have made major contributions in rescue or resource protection. Twenty AAI guides and climbers have had the honor of receiving this highest Denali National Park award since its inception.

AAI expeditions in Alaska and elsewhere, are run with personally interviewed, carefully prepared groups of climbers. As an AAI team member, our Alaska Program Coordinator will be readily available to support your pre-expedition preparations. Briefly stated, our strategy on the West Buttress is to get into a position at high camp as quickly as thorough acclimatization allows, with enough food and fuel to wait, if necessary, for a weather window in which to summit. From our 29 years of experience on Denali, we know that a well prepared team, carefully crafted itinerary and strategy, and guides' experience and familiarity with the mountain are the biggest factors in whether or not the team is able to safely summit. The Institute's success rate for expeditions for the last twelve years is 85%; in the 2008 season it was 100%.

### THE ROUTE

Our web site includes a day-to-day itinerary and a detailed virtual tour of our 16-mile, 13,000-foot route. In summary, given good flying weather on Day 1, we begin the expedition with a ski plane flight to base camp at 7200 feet on the Kahiltna Glacier and then begin ferrying loads to Camp 1. AAI utilizes four camps along the West Buttress route, Camp 1 (7800-feet), Camp 2 (11,200-feet), Camp 3 (14,200-feet) and High Camp at 17,200-feet. The highlights of the route for most climbers are: the section below Kahiltna Pass between Camp 1 and Camp 2 where we start gaining elevation and get expansive views of the range; the move from Camp 2 to Camp 3 around Windy Corner for our first views of the upper mountain; the traverse from the top of the fixed lines at 16,200-feet to high camp which is along the narrow crest of the West Buttress proper; and, of course, the summit, with steady drops on all sides, including the 8000-foot precipitous South Face to our right. The final steps to 20,320-foot summit of North America provide a truly impressive finish to a beautiful route. We hope you consider joining us for the experience of a lifetime. [www.aai.cc/programdetail/denali](http://www.aai.cc/programdetail/denali)



Unloading supplies on the Kahiltna Glacier. Kevin Cannon



Relaxing at 14,200' camp with Mt. Foraker in the distance. Alasdair Turner



Cresting Ski Hill with the Kahiltna Glacier in the distance. Kurt Hicks



A beautiful day for the final push to the summit. 17,400-foot Mt. Foraker is in the distance. Pete Weidler

## Denali • West Rib

The West Rib is a beautiful, three-mile long ridge that rises dramatically from an 11,000-foot base. In its 9000-foot vertical rise it offers a full range of snow and ice climbing challenges, from ascents and traverses of narrowly winding crests, to sustained technical challenge on 55-degree ice faces. In addition to its variety, the route's dramatic outline and nearly direct rise to the mountain's summit add to its appeal. An ascent of Denali by any route is a complex and arduous undertaking. The West Rib combines high altitude, arctic conditions, consistently cold temperatures, and technical climbing with heavy loads. The West Rib of Denali is perhaps the most difficult alpine route that is regularly guided in mountaineering today.

If you are considering our West Rib trip, we ask you to read about our approach to expeditions on Denali on the previous West Buttress page. AAI has been guiding on Denali's West Rib since 1981, and with teams composed of skilled and carefully prepared climbers, we have enjoyed a remarkably high success rate compared to other guided and private groups on the route. In the early years of climbing this route, teams used a capsule-style expedition strategy, in which climbers acclimated on the route, carrying all of their food and gear along the way. This required double carries wherein the route was essentially climbed twice: for each new camp, climbers first ascended to establish a cache at the site and then climbed it a second time to occupy the camp.

While those expeditions were successful, we evolved to a more modern style of climbing, acclimatizing on the West Buttress in preparation for the more technical challenge of the West Rib. We have found that the Buttress offers our team members an easier way to get used to the altitude and wait for the coveted "window" of good weather and conditions in which to attempt the route. Our strategy includes making a cache at what will be our high camp at 16,200 feet, climbing to it from the 14,200-foot plateau camp on the West Buttress before descending to the base of the Rib and climbing the route in "alpine style."

Our 4:2 ratio allows lighter loads and the elimination of fixed lines, and it reduces our space requirements for campsites along the exposed Rib. All of these factors combine to create what we feel is a team's best chance for a safe and successful ascent of Denali's complete West Rib. For details on our strategy, a complete itinerary, and a virtual tour of the route, please visit our web site. [www.aai.cc/programdetail/denali\\_west\\_rib](http://www.aai.cc/programdetail/denali_west_rib)

## Denali • Cassin Ridge

The Cassin Ridge has become one of the most sought-after big mountain alpine climbs in the world. There are few routes that follow such a beautiful and continuous line - 9000 feet of challenging granite and ice. As with the West Rib, we will acclimatize on the West Buttress before climbing the route alpine style. Our approach takes us past the toe of the West Rib to the base of the Cassin Ridge at 12,000 feet. Our first technical challenge is the Japanese Couloir, considered the most sustained technical section of the route: 12 full pitches of 60 to 65-degree hard ice with occasional mixed climbing that leads to the crest of the ridge at 13,400 feet and the first bivouac on the narrow Cassin Ledge.

The coming days include: mixed climbing to reach the base of a 1500-foot ice rib, which we ascend in nine pitches of steep, rising traverses on ice and snow; camps in a large crevasse and in a narrow bergschrund; a first rock band (5.7); and then a second band that offers challenging mixed terrain and the technical crux of the route ending at about 17,000 feet. Above that we alternate over moderate and easy terrain until we eventually reach our final challenge, a 400-foot, 65-degree ice face. As this summary suggests, this route is one of the world's classics, offering technical and aesthetic rewards from beginning to end. Please see our web site for more details.

[www.aai.cc/programdetail/denali\\_cassin](http://www.aai.cc/programdetail/denali_cassin)

### WEST RIB

**Location:** Alaska Range

**Season:** May - June **Length:** 22 days

**Max Ratio:** 4:2

**Prerequisites:** Completion of technical alpine snow and ice routes to Grade 4 to 5 (TD,TD+) including glacier travel and crevasse rescue, successful climbing experience at altitude's above 16,000 feet, winter camping and climbing experience, and outstanding physical condition. Previous experience in the Alaska Range is highly recommended.

**Trip Dates:** 2009: May 10 - 31

2010: May 9 - 30

**Cost:** \$7800 (4:2)

### CASSIN RIDGE

**Location:** Alaska Range

**Season:** May - June **Length:** 21 days

**Max Ratio:** 2:2

**Prerequisites:** Same as for West Rib plus ability to climb 80° ice, consistently follow 5.8 rock, and previous high altitude climbing experience to 20,000 feet; previous Denali experience

**Trip Dates:** Call AAI for info.

**Cost:** \$17,400 (2:2); \$25,600 (1:2)



Acclimatizing on the West Buttress before attempting the West Rib. Kevin Cannon



The West Rib offers thousands of feet of climbing on 45° to 60° snow and ice. Steve House



Above the Cassin Ledge. Andrew Wexler



## St. Elias Range: Alpine Mountaineering and First Ascents Program

Alaska's Wrangell-St. Elias National Park is America's largest and most rugged parkland. Bordering Canada's Yukon, this vast area is filled with immense ice fields, hundreds of unclimbed mountains, and North America's second and fourth highest summits, Mt. Logan and Mt. St. Elias.

AAI leads programs in the Wrangell-St. Elias Range that combine training in climbing skills and leadership with an expeditionary experience and a very unusual First Ascents Program. The skills training makes the program suitable for backpackers with no technical experience and for mountaineers who want to review and advance their glacier climbing skills. If you have never been on a true expedition before, this is an excellent choice for your first one. Join us if you would like the experience of climbing in one of the world's most pristine wildernesses and of attempting summits never before climbed - a rare opportunity in modern alpinism.

After an orientation in Anchorage, we drive east to the Matanuska Glacier where we spend two days working on snow and ice climbing skills, glacier travel technique, and crevasse rescue skills. We then drive to an airstrip and meet our pilot for the flight into the heart of the Wrangell-St. Elias Range. We enjoy expansive views as we pass over hundreds of beautiful peaks on our way to the 1000-square-mile Bagley Icefield. Our plan is to land on the Bagley or on one of the scores of glaciers in the area. From our base camp we make a series of ascents on peaks that rise above the ice plateau. Depending on the mountains we choose, we also may establish high camps to put us in position for summit bids. By the end of this program you will have significant expedition experience (which will be an excellent foundation for climbs such as Denali and Aconcagua) as well as abilities in terrain analysis, hazard evaluation, and route finding. [www.aai.cc/programdetail/st\\_elias](http://www.aai.cc/programdetail/st_elias)



With hundreds of unclimbed peaks in the range, we typically make several first ascents. Paul Valiulus

**Location:** St. Elias Range, Alaska      **Season:** May - July  
**Length:** 14 days      **Max Ratio:** 4:1  
**Prerequisites:** Backpacking; basic mountaineering is helpful; excellent physical condition  
**Primary Goal:** Develop skills to be a rope team leader on moderate glacial terrain (including technical skills, rescue techniques, hazard assessment, and route finding) and make a series of climbs that include first ascents.  
**Trip Dates\*:** 2009: June 1 - 14      2010: May 31 - June 13  
 \* Other dates by arrangement  
**Cost:** 4:1 \$3850, 3:1 \$4240

## Alaska Range Ascents

When most people think of the Alaska Range, mountains like Denali, Hunter, and Foraker come first to their minds, but surrounding these immense mountains is a vast sea of ice-covered granite peaks that make up the majority of the central part of the range.

Alpinists from throughout the world are drawn here to test their skills and endurance on some of the most challenging and aesthetic alpine routes in the world. While having an allure to alpinists, these mountains have as much to offer to mountaineers interested in moderate to intermediate glacier climbs. Whether you want to advance your skills while making ascents or apply the basic, intermediate, or advanced skills that you already have to impressive objectives, you will find this to be a remarkably rewarding range in which to climb. You will be pleased with the high quality of the routes, and you will be moved by the beauty and scale of the setting.

The peaks and routes listed below represent just a few of the almost limitless possibilities available to climbers at all skill levels. We have handpicked a few routes to highlight the exciting possibilities at each level of difficulty. Because the routes are so numerous and the composition of each is unique, so we urge you to use us as a resource to select objectives that will be the most rewarding for you. Also, we would like you to know that there are still possibilities for first ascents in the range, and AAI has great resources among its guides for exploring such objectives. Give us a call if you'd like to consider joining us for some superb climbing in Alaska. [www.aai.cc/programdetail/alaska\\_ascents](http://www.aai.cc/programdetail/alaska_ascents)

**Moderate Ascents:** Explorer's Peak (8540'), Consolation Peak (7272'), Kahiltna Dome (12,525'), Mount Crosson (12,800'), the Radio Control Tower (8670').

**Intermediate Ascents:** Mount Barill, Japanese Couloir (7650'), Peak 11,300' SW Ridge (11,300'), Mount Frances, SW Ridge (10,450'), Mount Foraker, Sultana Ridge (17,001'), Mount Russell, North Ridge (11,670'), Little Switzerland Alpine Rock.

**Advanced Ascents:** Moose's Tooth, Ham and Eggs Couloir (10,335'), Mount Hunter, West Ridge (14,570'), Mount Huntington, West Face Couloir (12,240'), Kahiltna Queen, West Face (12,380').



The Southwest Face of the Moose's Tooth (showing Ham and Eggs) and the Bears Tooth (right) from the summit of Mt. Barill. Coley Gentzel

**Location:** Alaska Range      **Season:** April - July  
**Length:** varies with climb, 5 - 22 days      **Prerequisites:** Varies with climb  
**Follow-up Programs:** Varies with climb; Guided alpine ascents in the Cascades (WA), Sierra (CA), the Alps, Bolivia, China, and Nepal  
**Trip Dates:** Call to schedule; by private arrangement  
**Cost\*:** 3:1 \$290 per day; 2:1 \$390 per day; 1:1 \$570 per day  
 \* Prices include guide fee, group gear, and food.

# Andean Programs - Introduction

The Andes are the world's longest mountain range and second highest after the Himalaya, running the entire length of South America and offering an unmatched diversity of hiking, trekking, and climbing opportunities. With a length of 4400 miles, the Andes encompasses a remarkable array of climates (from desert to arctic), and in any given month, you can find what we would consider summer, winter, spring, or fall seasons somewhere in the range.

AAI has been guiding the high Andean peaks since 1977 and is the longest operating mountain climbing guide service on the continent. AAI pioneered much of the guiding in the Andes, with scores of first ascents and first guided ascents. While the accomplishments are many, the richest reward of all for us has been the long-term relationships we have developed with families in each of the countries where we guide. We have worked with some families for nearly thirty years, and in Bolivia, for example, children who were born to our arrieros and porters in the early years are now themselves working for us as staff members. Relationships are so close in some instances that a number of AAI guides are god-parents to Andean children of these families.

Our knowledge of the Andean mountains is great and our care and enthusiasm for the native cultures is enormous. We hope you will join us and make both the beautiful peaks and people there a richly rewarding part of your life.

### PRIVATE GUIDING OPPORTUNITIES

We offer treks and climbs in many regions that aren't listed here. They include 5-day treks to Machu Picchu; treks and climbs in Peru's Vilcanota, Vilcabamba, and Huayhuash; Bolivia's Apolobamba and Sajama; Argentina's Bariloche area; and Chile's Torres del Paine. Call for info.

*With over three decades of expeditions and treks from one end of the continent to the other, AAI is by far the most experienced mountain guide service in the Andes."*

— Adventure Travel



Ancient and remarkable Machu Picchu. Dunham Gooding

**Location:** Southeastern Peru

**Season:** Year round **Length:** 3 days

**Prerequisites:** Though this trip is not strenuous, good physical condition is helpful.

**Primary Goals:** Tour the major Inca sites of Cuzco and the Urubamba River Valley as well as visit Machu Picchu

**Trip Dates\*:**

2009: May 27- 29; Jun 24 - 26;

Jul 22 - 24; Aug 19 - 21

2010: May 26- 28; Jun 23 - 25;

Jul 21 - 23; Aug 18 - 20

\*Other dates by request



**Cost:** \$890 with 4 or more participants

### JUNE – SEPTEMBER PROGRAMS

**Bolivia** – These programs provide a great cultural experience in a spectacular mountain range, with ascents of all skill levels from beginner to advanced. Because of thorough acclimatization, these expeditions offer one of the best opportunities to reach 21,000ft/6400m. Be leery of shorter trips on the same peaks. You can't take shortcuts to this altitude and still be safe and successful. Our approach is thorough acclimatization and skills practice so we are totally ready. Join us for one, two, or all three parts of this program.

**Peru** – If you have basic or intermediate alpine skills, join this program to advance your technique and summit either 3 or 4 moderately challenging peaks up to 20,000ft /6300m. We also lead classic hard routes on Alpamayo (see our web site) and Artesonraju. The base of our operations is in Huaraz, a very international mountaineering scene.

### MAY – JUNE AND NOVEMBER – FEBRUARY

**Ecuador** - Another great introduction to high altitude climbing combined with great cultural experiences. Two acclimatization peaks plus two 19,000ft /5800m summits in 10 days. Also the more technical Illiniza/Antisana Expedition in 10 days. Both can be followed with a 5-day extension to climb 20,703ft /6309m Chimborazo—you'll be very well acclimatized and ready.

### NOVEMBER – FEBRUARY

**Aconcagua** – The best intro to classic expedition climbing without the skills needed for a peak like Denali. One of the least technical ways to 7000m on earth and great prep for Denali or Himalayan climbing.

**Patagonia** – Two trips, one a trekking and climbing program that includes two ascents (optional for trekkers) and close-up views of Cerro Torre and Fitzroy. The other, a traverse of part of the Patagonian Ice Cap with an ascent included. At 12 and 13 days each, these are among the shortest trips we offer that will take you to world-class scenery and adventure.



EXPEDITIONS • PERU

## Cuzco Tour • Cuzco, Machu Picchu, and the Urubamba Valley

AAI offers several cultural and natural history programs that are rewarding trips in and of themselves, but which also provide important **acclimatization for high altitude climbing in Peru and Bolivia**. Many climbers have friends or family join them on these trips before climbing begins.

We begin the Cuzco Tour at a moderate pace as we start adjusting to the 10,500-foot altitude. On our first morning we do some easy walking as we visit several colonial buildings and examine some of the finest examples of the Inca's precise stonework. In the afternoon we travel by van up through eucalyptus groves to the magnificent fortress of Sacsayhuaman which is 1200 feet long and exhibits some of the world's most precise large-scale stonework.

The next day we drive to the town of Chincheros, where we can see distinctly dressed Quechua groups from surrounding villages. We visit the market and then descend into the Sacred Valley of the Urubamba where we visit Ollantaytambo, a Quechua town of narrow cobbled streets and extensive Inca ruins. Above town we hike up Inca stone stairways and explore remarkable rooms and passageways built into the mountainside.

In the morning we travel by train to Machu Picchu, the most magnificent of Inca ruins and considered by many to be the most awe-inspiring architectural accomplishment of all ancient civilizations. We explore the ruins thoroughly and in the afternoon we return to Cuzco for our final night before flying onto La Paz or Lima the next morning. [www.aai.cc/programdetail/cuzco](http://www.aai.cc/programdetail/cuzco)

**5-day Inca Trail & 5-day Vilcabamba Range Treks** - Remote ruins, diverse ecology, spectacular mountains, Machu Picchu. See our website or call us about these two rewarding journeys through the heart of the Inca Empire.



**Location:** La Paz and Cordillera Real, Bolivia

**Season:** May - August

**Length:** 7 days (4 trekking)

**Prerequisites:** Good physical condition & backpacking experience

**Primary Goals:** Tour the historical and market centers of La Paz and trek across the Andes visiting Inca sites, remote and traditional villages, and diverse ecological zones

**Trip Dates:**

**2009:** May 30 - Jun 5; Jun 27 - Jul 3; Jul 25 - 31; Aug 22 - 28

**2010:** May 29 - Jun 4; Jun 26 - Jul 2; Jul 24 - 30; Aug 21 - 27

**Cost:** \$1120 or \$1020 if combined with Part 2



Aymara women are the primary sales people in Bolivian markets. Peter Dwork



Climbers negotiate the Direct Route on Piramide Blanca. Andrew Wexler



An AAI group takes a moment for a photo with Cerro Condoriri in the distance. Andrew Wexler



High on Huayna Potosi with 21,201-foot Illimani in the distance. Andrew Wexler

## Bolivia 1 • La Paz and Remote Trek

Join us on this program to visit the heartland of South America's most traditional country, have direct and daily contact with its Aymara people, trek amidst the vestiges of the Inca Empire, and climb some of the most beautiful peaks on the continent. Outside magazine says, "this combined trekking and climbing program is the perfect introduction to high altitude." We agree, and having guided here since 1977 (and throughout the Andes since that first year), we believe it provides the richest cultural experience and highest quality glacier climbing in the entire range. Start with us in La Paz or join this program to trek only in Part 1, for Parts 1 and 2, or all three parts.

La Paz is the highest capital in the world (12,300'), and we keep our pace moderate on our first day of activity, visiting historical sites and the city's busy traditional markets, run by bowler-hatted Aymara women. Native handicrafts, especially weaving, are the finest of their type in South America. The next morning we drive east into the Cordillera Real, gaining beautiful views of the immense, triple summited Illimani (21,201'). Crossing very rugged terrain, we move steadily higher, enjoying expansive views of the 13,500-foot altiplano and the spectacular string of 18,000 to 20,000-foot alpine peaks that rise above it. At the trailhead we meet our Aymara arriero with his pack animals who will carry our gear on our mountain journey.

We walk through the countryside and occasionally up cobbled roads through small Aymara villages, eventually reaching a group of small lakes. We establish our camp there and enjoy beautiful views of glacier-clad Mururata. The next day we cross the Andes via 15,420-foot Taquesi Pass, and embark on a five-mile-long section of Inca road, the most perfectly preserved in the Inca Empire. This remarkable road seems to take us back in time, and the Aymara settlement of Taquesi that we visit has a striking, medieval quality about it. The terrain below Taquesi begins to take on an "Amazon feel." We later reach the mining settlement of Chojlla, where we meet our vehicle for the return to La Paz. Those participating only in Part 1 can join us for the first day of Part 2 during which we make a trip by motor launch on Lake Titicaca and drive up to our trailhead in the mountains. [www.aai.cc/programdetail/bolivia\\_mountaineering](http://www.aai.cc/programdetail/bolivia_mountaineering)

## Bolivia 2A • Alpine Mountaineering and Ascents

The Cordillera Real is one of the world's major ranges, but because Bolivia has remained off the beaten path of international tourism, it is probably one of the least climbed-in ranges of such exceptional quality. After acclimatizing on the Bolivia 1 Trek, join this program for some high quality snow and ice climbing, either in Part 2A if you have limited or no alpine experience, or Part 2B if you are an intermediate or advanced climber.

We spend the first day of Part 2 traveling by boat on Lake Titicaca to visit Suriqui Island, where reed boats are made, and driving across the altiplano to our trailhead, enjoying great views of the entire range. We meet our Aymara arriero and his llamas, and the next morning make an easy trek to our 15,000-foot basecamp in the Condoriri Lake District, one of the Andes' most beautiful sub-ranges. We tailor our schedule of instruction and climbing to suit individual needs, working on glacier climbing technique near our camp and then continuing instruction while making summit climbs. The initial ascents we make are on peaks in the 17,000-18,000-foot range such as Illusion and Wyoming. We then make our first major climb, most likely the beautiful Piramide Blanca. After a day of rest, we tackle our primary goal in this group, Pequeño Alkamayo, a hidden peak with an impressive pyramidal summit.

Leaving the Condoriri area, we drive to Zongo Pass where we camp at the foot of Huayna Potosi (variously calculated from 19,996 to 20,011 feet) and the next day establish a high camp at 18,000 feet. With a dramatic sunrise over the Amazon Basin, we set off on summit day for interesting glacier travel and intermittent sections of moderately steep ground – great climbing that is



well within the skill level developed during the preceding days. Views from the top are tremendous and include Lake Titicaca and the entire Cordillera Real. Throughout this program you'll enjoy excellent climbing, remarkable exposure to traditional Aymara culture, and superb high altitude summits.

## Bolivia 2B • Ice Climbing Technique and Ascents



This program includes a review of basic and intermediate techniques and helps experienced climbers further advance their technical climbing, route finding, hazard evaluation, and Leave No Trace climbing skills. During the program we cover a hybrid technique, which combines the best aspects of American, German, and French approaches to snow and ice climbing with the goals of perfecting technique and developing consistency within the climbing team.

We follow the same basic itinerary as described for Part 2A, with ascents made from the same basecamps but on different routes or peaks. In our initial practice climbing, we cover the use of second ice tools, adjustment in technique in response to different snow and ice types, protective systems, establishment and operation of belays on steep ground, belay change-over sequences, and free climbing technique on steep snow and ice. We also review prusiking and crevasse rescue procedures.

We normally ascend two or three 17,000 to 18,000-foot summits in the Condoriri Lake District. With strong teams, this may include an ascent of Cerro Condoriri - a sustained climb on steep faces and an exposed ridge and, without question, one of the most beautiful summits in the Andes.

Our climbing team then moves to Zongo Pass and establishes an 18,000-foot high camp on 20,000-foot Huayna Potosi. From there we climb to the summit either via the North Ridge or steep East Face; both offer challenging glacier travel and intermittent sections of moderately steep ground. With Huayna Potosi's summit a well-defined point at the end of a beautifully sculptured ridge, the last few steps to the top provide an exhilarating finish to a great series of climbs. [www.aai.cc/programdetail/bolivia\\_mountaineering](http://www.aai.cc/programdetail/bolivia_mountaineering)

## Bolivia 3 • Illimani Expedition • 21,201 ft / 6461 m



Nevado Illimani is the highest peak in the Cordillera Real. It is a massive mountain with three high points over 20,000 feet and with a profile visible from hundreds of miles out on the altiplano to the west and from far out into the Amazon Basin on the east. Nearly a thousand feet higher than Denali, Illimani offers a serious, high altitude challenge without the continuous hardships of extremely low temperatures. It is noteworthy that because of their thorough acclimatization during Parts 1 & 2, participants joining this short expedition have enjoyed a nearly perfect rate of success.

Following our ascents in Part 2, we return to La Paz and have a day to prepare for this expedition. We leave the city and travel over rugged roads to a small settlement where we meet our arriero. After loading our gear on the animals, we climb gradually higher while enjoying brilliant views of Illimani, and eventually pass through the isolated village where the arriero and his family live. Here Aymara life is very traditional, with thatch-roofed homes constructed of mud brick and stone and villagers busy attending to the soaking, drying, and freezing of their potatoes (in the world's original freeze-drying process). We climb above the village and establish basecamp at 15,000 feet.

With the help of porters, we establish our high camp at 18,000 feet. From that camp we get great views into the enormous, steep-walled cirque of Illimani and across Lake Titicaca into Peru. The next morning we begin our ascent of the peak's steep southwest buttress. We ascend a glacier broken by large crevasses, and eventually climb a 40 to 45-degree glacial face and gain the final ridge to the summit - a gently rising, exposed, and very photogenic finish that provides some of the finest views in the Andes. Always scenic and offering excellent alpine climbing, this is an exciting expedition on one of South America's greatest peaks.

[www.aai.cc/programdetail/bolivia\\_illimani](http://www.aai.cc/programdetail/bolivia_illimani)



On the summit ridge of Bolivia's 21,201' Illimani with the north summit in the distance. Dave Bishop

### BOLIVIA 2A AND 2B

**Location:** Cordillera Real, Bolivia

**Season:** June - Sept **Length:** 10 days

**Max Ratio/Capacity:** 4:1, 9 climbers

**Prerequisites:** Bolivia Part 1 or equivalent acclimatization. 2A: backpacking skills; any previous mountaineering experience is helpful. 2B: Snow and ice climbing experience and proficiency with fundamental skills.

**Primary Goals:** Advance personal climbing skills; make ascents on routes of intermediate and advanced difficulty on 17,000 to 20,000-foot peaks.

#### Trip Dates:

<b>2009:</b>	<b>2010:</b>
Jun 6 - 15	Jun 5 - 14
Jul 4 - 13	Jul 3 - 12
Aug 1 - 10	Jul 31 - Aug 9
Aug 29 - Sep 7	Aug 28 - Sep 6

**Cost:** \$2380 or \$2280 if preceded by



South Ridge of Huayna Potosi. Geof Bartram



Illimani base camp. Andrew Wexler

### BOLIVIA 3

**Location:** Cordillera Real, Bolivia

**Season:** June - Sept **Length:** 5 days

**Max Ratio/Capacity:** 3:1, 9

**Prerequisites:** Bolivia Part 2

**Primary Goal:** Establish camps at 15,000 and 18,000 feet, then climb to the summit of Illimani at 21,201'

#### Trip Dates:

<b>2009:</b> Jun 16 - 20, Jul 14 - 18, Aug 11 - 15, Sep 8 - 12
<b>2010:</b> Jun 15 - 19, Jul 13 - 17, Aug 10 - 14, Sep 7 - 11

**Cost:** \$1040 (\$4340 for all three parts)

**NOTE:** Please see our web site for details about another expedition we run in the Cordillera Real, the **Ancochuma-Illampu Expedition.**



## ISHINCA - TOQLLARAJU

**Location:** Cordillera Blanca, Peru

**Season:** June, July, August

**Length:** 15 days

**Max Ratio/Capacity:** 4:1, 8

**Prerequisites:** Fundamental alpine and glacier climbing skills; very good physical condition

**Primary Goals:** Ascents of Nevado Urus Este (17,783 ft.), Ishinca (18,143 ft.), Toqllaraju (19,790 ft.) plus review of alpine climbing and glacier travel skills.

### Trip Dates:

<b>2009:</b>	<b>2010:</b>
May 30 - Jun 14	May 29 - Jun 13
Jun 27 - Jul 12	Jun 26 - Jul 11
Jul 25 - Aug 9	Jul 24 - Aug 8

**Cost:** \$3490 for Peru I



Beautiful Toqllaraju. Andrew Wexler

## Peru 1 • Skills Training & Urus - Ishinca - Toqllaraju Expedition

Peru's Cordillera Blanca is one of the most rugged and heavily glaciated ranges in the Andes. With hundreds of peaks rising to elevations between 17,000 and 22,000 feet (5200-6700m), the area encompasses a remarkable array of climbing challenges. This program is designed for those who have fundamental alpine and glacier travel skills who would like to review climbing and self-rescue techniques and then make a series of climbs of aesthetically pleasing, high altitude peaks.

After arriving in Lima, we travel north to the town of Huaraz where we begin our acclimatization by spending two nights at just over 10,000 feet. We hike in the vicinity of Laguna Churup (14,500') for a day, and do another hike to 16,000 feet before moving to our 14,000-foot basecamp in the Ishinca Valley. We gain additional acclimatization here, take a full day to review cramponing and glacier travel skills, and then tackle our first climb, Nevado Urus Este (17,783 ft/5420m). This is a moderate glacier ascent (up to 45 degrees) which provides spectacular views of Nevados Ishinca and Toqllaraju, as well as of Ranrapalca and Nevado de Copa.

We then establish our high camp for Ishinca and take another day for review and further development of snow and ice climbing, hazard assessment, and route-finding skills. Our summit climb of Ishinca is more challenging than Urus, with major crevasses to skirt, steeper slopes, and a dramatic belayed finish on a 40 to 45-degree headwall just below the 18,143-foot (5530m) summit. After a rest day we establish a high camp for Toqllaraju at 17,389 feet (5300m). On this climb we enjoy quite varied glacier travel, with gradually steepening faces, large crevasses, bergschrunds, and short, steep steps that we belay intermittently. This is an extremely scenic climb, and the views from the 19,797-foot (6033m) summit are tremendous. Following this climb many team members will stay for the Chopicalqui Expedition described below. [www.aai.cc/programdetail/toqllaraju\\_chopicalqui](http://www.aai.cc/programdetail/toqllaraju_chopicalqui)

## Peru 2 • Chopicalqui Expedition • 20,846 ft / 6353m

Higher than five of the Seven Summits, Chopicalqui is a spectacular peak situated northeast of and connected to Peru's highest summit, Huascarán. With Huascarán Norte and Sur, it is the third mountain to complete the encirclement of the Llanganuco Glacier and the immense and dramatic Angosh Cirque. This is a six-day expedition to climb to Chopicalqui's beautiful 20,846-foot summit via a complex and very high quality route.



Following the Urus-Ishinca-Toqllaraju Expedition, we enjoy a rest day and two nights at our hotel in Huaraz before setting up our basecamp in Quebrada Angosh. From there we move to our high camp at either 17,000 or 18,000-feet, and that puts us in excellent position to climb the peak's classic southwest ridge. Our route begins with travel up a major glacier, followed by gradually steepening terrain on a broad ridge. There we enjoy some intricate route finding to avoid crevasses and seracs. As we move higher, the ridge narrows and steepens. While the finish to our ascent is not highly technical, the exposure to either side is striking, and it is one of the characteristics that makes this route so remarkably photogenic.

We have spectacular views of Huascarán Norte and Huascarán Sur, including the latter's impressive and seldom climbed Northeast Face. From the summit we enjoy what many consider to be the best view in the Cordillera Blanca, including the south faces of the Huandoy, Chakraraju, Alpamayo, and Taulliraju. This is an excellent high altitude expeditionary experience for climbers with fundamental alpine climbing and glacier travel skills. Because the Chopicalqui ascent follows the Urus-Ishinca-Toqllaraju climbs, expedition members are extremely well acclimatized and should find this a comfortable and pleasurable ascent despite its very high altitude.

[www.aai.cc/programdetail/toqllaraju\\_chopicalqui](http://www.aai.cc/programdetail/toqllaraju_chopicalqui)



High camp on Toqllaraju. Andrew Wexler



Nearing the summit of Toqllaraju. Andrew Wexler



Heading up Ishinca. Hans Otto-Meyer



## Artesonraju Expedition • 19,768 ft / 6025m

Classic, aesthetic, pure: the line up the Southeast Face of Artesonraju quickly becomes a captivating objective for anyone who sets eyes on the mountain. Often compared to Alpamayo because of its near perfect pyramidal shape, Artesonraju is a “must-do” in Peru’s Cordillera Blanca, combining technical challenge with jaw-dropping scenery.

The approaches on this expedition are themselves world-class treks, making the ground covered in the acclimatization process enjoyable in its own right. In addition to some trekking, to fully develop our acclimatization we climb a beautiful and moderate route on Pisco at 18,872 feet. Combined with the ascent of Artesonraju, this trip offers excellent climbing for intermediate and advanced climbers desiring to take their technical skills to high altitude.

After flying into Lima and traveling to the climbers’ mecca of Huaraz, we spend a couple days carefully pacing our acclimatization by hiking to nearby sites, including Lago Churup. We then spend four days hiking in, making the glaciated ascent of Pisco, and coming back to Huaraz where we spend one night relaxing and organizing before tackling our final objective. With the bulk of our gear on animals, we approach Artesonraju through an awe-inspiring valley beneath some of the famous peaks of the Cordillera Blanca, including Santa Cruz, Alpamayo, and Kitaraju.

The Southeast Face of Artesonraju will test your stamina and technical ability with over 3000 feet of gradually steepening terrain up to 60 degrees. It is extremely high quality climbing and the route is considered one of the world’s most aesthetic ice face ascents. The summit marks the true halfway point of this climb, as the descent involves down climbing and rappelling to retrace our steps. It is a long and rewarding day amidst some of the most beautiful mountain scenery in all the Andes. [www.aai.cc/programdetail/artesonraju](http://www.aai.cc/programdetail/artesonraju)

## Alpamayo & Huascarán Expeditions

The AAI led the first guided ascent of Alpamayo via the North Ridge back in 1979. Since then we have repeated that route several times and led many ascents of the South West Face. In the same year we also began guiding Huascarán Norte and Huascarán Sur, Peru’s highest peak, and have enjoyed those mountains as well through many seasons.

During the past six years, there have been a number of seasons where we found route conditions unsuitable for ascents. On Alpamayo the problem can be massive cornices overhanging the SW Face and on Huascarán it can be unsafe conditions in the icefall or a prohibitively large crevasse (with an overhanging upper wall) circumscribing the north face of Huascarán Sur. If these peaks are of interest to you, please contact us for current news on route conditions. They are two great climbs, and we always enjoy getting back to these mountains whenever it is feasible to do so safely.

[www.aai.cc/programdetail/alpamayo-kitaraju](http://www.aai.cc/programdetail/alpamayo-kitaraju) • [www.aai.cc/programdetail/huascarán](http://www.aai.cc/programdetail/huascarán)



Two of the world’s most elegant mountains: Alpamayo (left) and Artesonraju (right) from the summit of Pisco. Marco Gabbin

### PERU 2: CHOPICALQUI

**Location:** Cordillera Blanca, Peru

**Season:** June, July, August

**Length:** 6 days

**Max Ratio/Capacity:** 4:1, 8

**Prerequisites:** Completion of Peru 1, excellent physical condition

**Primary Goal:** Climb the Southwest Face of Chopicalqui (20,846')

**Trip Dates:**

**2009:** Jun 14 - 19; Jul 12 - 17; Aug 9 - 14

**2010:** Jun 13 - 18; Jul 11 - 16; Aug 8 - 13

**Cost:** \$1300 for Peru 2



Moraine camp at 5000m on Chopicalqui. Hans Otto-Meyer



The sharply etched summit of Chopicalqui provides what many consider to be the best view in the Cordillera Blanca. Andrew Wexler

### ARTESONRAJU

**Location:** Cordillera Blanca, Peru

**Season:** June - August

**Length:** 14 days **Max Ratio:** 2:1

**Skill Level:** Advanced

**Prerequisites:** Experience climbing successfully above 19,000 feet, significant alpine climbing experience on technical terrain.

**Primary Goals:** Ascents of Pisco (18,870') and Artesonraju (19,768') via the Southeast Face.

**Trip Dates:**

**2009:** Jul 25 - Aug 8; Aug 15 - 29

**2010:** Jul 24 - Aug 7; Aug 14 - 28

**Cost:** \$4400



**PART IA: CAYAMBE–COTOPAXI****Location:** Ecuadorian Andes**Season:** November–March, May–July**Length:** 10 days **Max Ratio:** 3:1**Skill Level:** Beginner**Prerequisites:** Backpacking experience; very good physical condition; some climbing experience is preferred but not required**Goals:** Acclimatize on Cerro Pasochoa (13,776') and Guagua Pichincha (15,670'); Ascend Cayambe (18,997') and Cotopaxi (19,348')**Follow-up Programs:** Bolivia Alpine Mountaineering or Ice Climbing; Illimani; Peru Alpine Mountaineering; Chopicalqui; Denali; Aconcagua; Ecuador Part 2 Chimbo**Trip Dates:**

2009	2010
May 15 - May 24	Jan 8 - Jan 17
Jun 5 - Jun 14	Jan 29 - Feb 7
Jun 26 - Jul 5	Feb 19 - 28
Nov 6 - Nov 15	May 14 - May 23
Nov 27 - Dec 6	Jun 4 - Jun 13
Dec 18 - 27	Jun 25 - Jul 4
	Nov 5 - Nov 14
	Nov 26 - Dec 5
	Dec 17 - 26

**Cost:** \$2260

## Ecuador High Altitude Expeditions

Many people have said, “these trips have it all.” Whether you join us for the ten days of Part 1 or also add the five days of Part 2, the rewards are enormous. They range from rich cultural experiences, great hikes, and aesthetic landscapes, to high quality snow and ice climbing and an ideal introduction to high altitude climbing. The itineraries also encompass beautiful haciendas, excellent food, instruction in glacier climbing skills, and amazing summit views that stretch from the Amazon Basin to the Pacific lowlands. In sum, the variety and beauty on this trip are awe-inspiring and the personal rewards are of such variety and depth that this is commonly an experience that people describe as “a trip of a lifetime.”

### PART IA: CAYAMBE–COTOPAXI EXPEDITION – 10 DAYS

As in all of our high altitude programs, we take a conservative approach to acclimatization, and the wisdom of our itineraries is seen every year in the safety and tremendous success rate of our climbers. We have been guiding the high peaks of Ecuador since 1977, and our acclimatization schedule is based on those three decades of experience. Originally we allocated nine days for the ascents of Cayambe and Cotopaxi. But early on when we changed to a ten-day itinerary for more thorough acclimatization, our success rate went up over 30%. You will find other guide services that offer eight and nine-day trips. If you choose them, you will save a little money and vacation time but cut your summit success rate by 30% to 40%. Climbing at altitude is very challenging, and it is important to stack the odds for safety and success in your own favor.

You'll enjoy our acclimatization itinerary as we explore beautiful Quito (South America's second highest capital at 9500'), visit the traditional market at Otavalo, and do some very scenic hiking. Our first acclimatization hike is on 13,776-foot Pasochoa. We establish a very easy pace on this day hike as we begin to get our bodies used to altitudes above 10,000 feet. Our second hike is on Guagua Pichincha (15,670'), a perfect next step after our time in Quito, Otavalo, and on Pasochoa. These rocky ridges, high grasslands, and summits also provide great views of the entire cordillera and an excellent orientation to Ecuador's geography.

#### ASCENT OF CAYAMBE (18,997 FT • 5790 M)

After our hike on Guagua Pichincha, we move to a beautiful hacienda situated below Cayambe, Ecuador's third highest summit. The next day we drive to a hut near a glacier at 15,256 feet and spend the following day on the lower glacier working on climbing techniques, safety procedures, and glacier travel skills. The route we will take is not technical, but the number and size of crevasses make the route a perfect one on which to apply our range of skills on moderate ground. On summit day, we leave before dawn, climbing with headlamps. We begin by ascending a steep trail for about an hour and a half, after which we gain the glacier and move up a series of moderate snow and ice slopes that gradually steepen. The final 1500 feet is the steepest with a lot of 35-degree ground and occasional sections up to 45 degrees. We pass large crevasses and some spectacular seracs before arriving on a broad summit plateau. We traverse that and then climb a short, steep face which puts us directly on the true summit, providing a dramatic finish to an ascent that is varied and scenic throughout.

#### ASCENT OF COTOPAXI (19,348 FT • 5897 M)

After our ascent of Cayambe, we drive south and stop for two nights and a full day of rest at a 17th century hacienda. We enjoy great views of Illiniza Norte and Sur, as well as Cotopaxi, and have options for biking and horseback riding. The next morning we drive to Cotopaxi National Park and the Jose Ribas Hut on Cotopaxi's flank at 15,729 feet. On summit day we leave the hut before dawn and ascend 30 to 35-degree snow and ice ramps to 17,000 feet. From here we enjoy one of the most spectacular sunrises in the Andes as the sun gradually lights the low-lying clouds that slowly drift in below us from the Amazon Basin. We then belay across occasional



Acclimatization begins in Quito with a day of exploring the regional markets of Otavalo. Richard Riquelme



An AAI team pauses for a group shot during an acclimatization hike. Richard Riquelme



Cayambe and the hut. The icefall in the bottom right is where we practice skills before the ascent. Scott Schumann

#### GALAPAGOS ISLANDS:

Join us before or after your climbing trip for a 5 or 7-day itinerary of boat-based exploration.

bridges, skirt large crevasses, climb a bergschrund, and belay up some of the most enjoyable snow and ice climbing pitches in Ecuador. The gradient eases off as we reach the crater rim, and from there it is an easy ten minute climb to Ecuador's second highest summit. From the top we enjoy views of nine major equatorial peaks, the Amazon Basin, and Cotopaxi's 1000-foot deep crater. After the climb we return to the hacienda in the central valley for a celebratory dinner before those climbers ending with Part 1 head back to Quito.

### PART 1B: ILLINIZA-ANTISANA EXPEDITION (18,714 FT/5704 M) – 10 DAYS

Illiniza Sur and Antisana constitute two of the world's most prized equatorial alpine climbs. Illiniza Sur presents one of the most sharply defined summits in the Northern Andes, and with its easy access and attractive snow and ice routes, it provides a rare opportunity for a short, high altitude climbing expedition on moderately challenging terrain. We warm up on Illiniza Norte (16,818 ft/5126m) before climbing Sur (17,268 ft/5263m).

Antisana's position northeast of Cotopaxi National Park brings it the deepest annual snowpack of all Ecuadorian peaks. As a result, it supports very large, active glaciers and the greatest equatorial snow and ice mass in the world. The varied routes it offers and the high quality of the snow and ice climbing found on them make this one of the most attractive and rewarding ascents of all the northern Andes.

This expedition is an excellent choice for intermediate climbers wishing to apply their skills to moderately challenging, high altitude routes on peaks that are often admired and seldom climbed. The complexity of the routes also makes them a perfect "next step" for those who have learned the fundamental skills of glacier travel and snow and ice climbing, and who now want to further develop their route finding abilities, technical skills, and mountain judgment. [www.aai.cc/programdetail/ecuador\\_antisana](http://www.aai.cc/programdetail/ecuador_antisana)

### PART 2: CHIMBORAZO (20,703 FT/6310 M) – 5 DAYS

The highest summit of the northern Andes and higher than any peak in North America or Europe, Chimborazo is a massive mountain that rises nearly 11,000 feet above Ecuador's central valley. Almost all climbs of it have been by one of four routes on its southeast side: the Whymper Route, the South Ridge, the Thielman Glacier direct, and the Thielman Glacier approach to the South Ridge route (the last two pioneered by AAI guides in the late 1970s). In low snow periods (which have come more frequently in recent years), these routes can fall out of shape and be subject to rock and ice fall. In May of 2007, AAI staff scouted and established a new route and great alternative on Chimborazo's north side and made the first guided ascent of it a few months later. Now for each program, we choose whichever route on the mountain offers us the greatest safety and opportunity for success.

After a night at a small lodge at 13,200 feet on Chimborazo's flank, we drive either to the Whymper Hut on the SE side or to a remote location at 13,700 feet on the north side where we meet our arrieros and their horses, and from which we hike with day packs to 16,200 feet and then with full gear to our camp at 16,500 feet. Each of these routes offers time on glacial ice, névé, and snow, with the SE routes route offering slopes up to 40° and the north face up to 45°.

Of our ten days spent in Ecuador prior to our Chimborazo summit climb, seven are normally at 15,250 feet or above, and by this point you should be well acclimatized. That acclimatization, plus the additional conditioning that has occurred while on the other peaks, should make this a very enjoyable climb and provide a high likelihood of success. This mountain's great height combined with our routes' requirements of diverse climbing techniques make this ascent a very rewarding and significant accomplishment. Join us for a superb high altitude climb!

[www.aai.cc/programdetail/ecuador\\_volcanoes](http://www.aai.cc/programdetail/ecuador_volcanoes)

### PART 1B: ILLINIZA-ANTISANA

**Location:** Ecuadorian Andes

**Season:** November - March, May - July

**Length:** 10 days **Max Ratio:** 3:1

**Skill Level:** Intermediate

**Prerequisites:** Intermediate glacier climbing skills; excellent physical condition

**Goals:** Ascend Illiniza Norte, Illiniza Sur, and Antisana

#### Follow-up Programs:

Ecuador Part 2 - Chimborazo\*; St. Elias Range First Ascents Expedition (AK), Bolivia Expedition, plus expeditions to Alpamayo, Huascaran, Denali, Aconcagua, and courses for technical advancement in the Cascades, Alaska, and the Alps.

#### Trip Dates:

**2009:** May 15 - 24, Jun 5 - 14, Jun 26 - Jul 5  
Nov 6 - 15, Nov 27 - Dec 6, Dec 18 - 27

**2010:** Jan 8 - 17, Jan 29 - Feb 7, Feb 19 - 28,  
May 14 - 23, Jun 4 - 13, Jun 25 - Jul 4,  
Nov 5 - 14, Nov 26 - Dec 5, Dec 17 - 26

**Cost:** \$2480

\* a 5-day extension to Part 1B is available for those who want to climb Chimborazo



Climbers nearing the summit of beautiful 18,714-foot Antisana. Dylan Taylor

### PART 2: CHIMBORAZO EXPEDITION

**Location:** Ecuadorian Andes **Season:** November-March, May-July

**Length:** 5 days **Max Ratio:** 10:3 **Skill Level:** Intermediate

**Prerequisites:** Parts 1A or 1B; excellent physical condition

**Follow-up Programs:** Bolivia Alpine Mountaineering or Ice Climbing; Illimani; Peru Alpine Mountaineering; Chopicalqui; Denali; Aconcagua

#### Trip Dates:

<b>2009:</b>	<b>2010:</b>
May 25 - 29	Jan 18 - 22
Jun 15 - 19	Feb 8 - 12
Jul 6 - 10	Mar 1 - 5
Nov 16 - 20	May 24 - 28
Dec 7 - 11	Jun 14 - 18
Dec 28 - Jan 1, 2010	Jul 5 - 9
	Nov 15 - 19
	Dec 6 - 10
	Dec 27 - 31

**Cost:** \$1280



The north side of Chimborazo with our route marked. Javier Herrera

**NOTE:** See our web site for a six-day El Altar Expedition that can be added to any other program in Ecuador.



## Patagonia Icefield Expedition

The expansive icefield of southern Patagonia remains one of the least explored mountain areas in the world. Encompassing vast glaciers, hundreds of peaks, and some of the world's most beautiful summits, the area exerts an intense draw on our instinct for exploration and adventure. This expedition covers terrain previously visited by relatively few people and includes one or two climbs, spectacular views of Cerro Torre's West Face, and a short traverse of a section of the Patagonian Icefield.

After our flight to El Calafate in Argentine Patagonia and our drive to El Chalten, we will backpack through a forest of lengas into an open valley that affords excellent views of the North Face of Fitzroy. The next day we climb a glacier to Marconi Pass and establish a camp from which we will make attempts on Cerro Marconi Sur and/or Gorra Blanca. These summits can provide some of the most impressive views in the range, reaching from the pampas in the east, to awe-inspiring Fitzroy and needle-like Cerro Torre to our south, to the vast Patagonia Icefield stretching west towards the Pacific Ocean.

After our climbs we will move onto the ice cap and travel south to establish a camp below Cerro Torre's 5,000-foot West Face (considered by the few who have been there as the most scenic camp in the world). We will follow the immense Viedma Glacier south, and then after leaving the ice, travel along beautiful mountain streams, cross flowering alpine meadows, camp by several small lakes, and enjoy sightings of a variety of Andean wildlife. We end our circuit with a descent to Lago Viedma where we will meet a boat that will take us back to road access. This journey is a spectacular one from beginning to end, providing excellent sightings of wildlife, travel through remarkably varied ecosystems, a climb onto one of the world's largest ice masses, and close-up views of truly awe-inspiring peaks.

[www.aai.cc/programdetail/patagonia\\_icecap](http://www.aai.cc/programdetail/patagonia_icecap)



An AAI team enjoys views of Fitzroy and Cerro Torre while moving over the ice. Alberto del Castillo

**Location:** Chilean & Argentine Patagonia **Season:** November - February

**Length:** 12 days **Ratio:** 4:1 **Skill Level:** Intermediate

**Prerequisites:** Familiarity with glacier travel technique; fundamental snow and ice climbing skills; very good physical condition

**Primary Goal:** Ascend Cerro Marconi Sur and Gorra Blanca; traverse an eastern portion of the Patagonian Ice Cap

**Follow-up Programs:** St. Elias Range First Ascents Expedition (AK); Ecuador High Altitude Expedition; Bolivia Alpine Mountaineering; Peru Alpine Mountaineering; Denali Expedition; Aconcagua (with altitude experience); and courses for technical advancement in the Cascades, Alaska, and the Alps

**Trip Dates:**

**2009:** Nov 22 - Dec 3, Dec 9 - 20, Dec 20 - 31

**2010:** Jan 10 - 21, Jan 24 - Feb 4, Feb 14 - 25, Nov 21 - Dec 2, Dec 8 - 19, Dec 19 - 30  
(Private trips anytime from November - February)

**Cost:** \$4100



Ascending the lower glacier of Cerro Velluda, with the East face of Fitzroy in the background. Dunham Gooding

**Location:** Southern Argentine Patagonia **Season:** November - February

**Skill Level:** Beginner **Length:** 13 days **Ratio:** 5:1

**Prerequisites:** Basic alpine mountaineering skills for the climbs; backpacking experience for those who wish to trek only.

**Primary Goals:** Explore the Cerro Torre and Fitzroy massifs & Glacier Torre; climb Cerro Velluda, Cerro Marconi Norte, and Punta Fina.

**Trip Dates\*:**

**2009:** Nov 15 - 27, Nov 22 - Dec 4, Dec 6 - 18, Dec 13 - 25, Dec 20 - Jan 1

**2010:** Jan 10 - 22, Jan 24 - Feb 5, Feb 7 - 19, Feb 14 - 26, Nov 14 - 26, Nov 21 - Dec 3, Dec 5 - 17, Dec 12 - 24, Dec 20 - 31

\* Private trips anytime from November - February

**Cost:** \$4200

[www.aai.cc/programdetail/patagonia\\_fitzyoy](http://www.aai.cc/programdetail/patagonia_fitzyoy)

## Patagonia Climbing & Trekking: Fitzroy & Cerro Torre Area

Fitzroy and Cerro Torre rise in Argentine territory between the western edge of the pampas and the Patagonian Icefield. This is a land of massive glaciers, dramatic towers, and intriguing wildlife where you can enjoy trekking only or include the rewards of non-technical alpine climbing on glaciers. After arrival and a night in Calafate, Argentina, we drive to the immense Perito Moreno Glacier where we have excellent lake, glacier, and condor photo opportunities.

We then travel north to El Chalten, for a night a hosteria where we do an orientation and gear check before heading for our first camp in the morning. Our first close-up views of Cerro Torre are stunning. The size of the tower, the sheerness of its walls, and the incredible summit ice mushroom combine to make it one of the most inspiring and captivating mountains in the world. We spend a day on the Torre Glacier between Cerro Torre and Fitzroy working on glacier travel skills and exploring what is probably the most impressive glacier "classroom" to be found. The next morning we photograph the alpenglow of sunrise on Cerro Torre, and then trek to the east side of Fitzroy. From there we make our first ascent, climbing the Innominata Glacier to the summit of Cerro Velluda, from which we enjoy some of the best views in the southern Andes.

The next day we walk through the beautiful beech forest that borders Rio Blanco, past the Piedras Blancas Glacier, and spend the night at a luxury camp (chef, cabins, showers). In the morning we backpack up the dramatic valley of the Rio Electrico, and then ascend a glacier to Marconi Pass. From a camp there, we make an ascent of Cerro Marconi, gaining views far out onto the vast icefield. When we descend from the pass we return to the luxury camp for a celebratory dinner. At least once in a lifetime, everyone should journey to Patagonia. Whether you trek or climb, this trip will introduce you to the best that Patagonia has to offer in awe-inspiring beauty.



Returning to camp after an acclimatization hike with views of Aconcagua's East Face in the left background. The Polish Glacier flows from the summit diagonally right. Jim Ledvinca

## Aconcagua Expedition • 22,841 ft / 6962m

Aconcagua is the world's highest mountain outside of central Asia. At 22,841 feet, it stands just a few miles east of Argentina's border with Chile. The peak was first climbed by Matthias Zurbriggen on an 1897 British expedition, but it did not start receiving regular ascents until the 1960's. In both past and present times, most ascents have been made by way of the Horcones River Valley and the west side of the mountain. The first exploration of the east side of the massif was made in 1934 by a Polish expedition, which explored the Relinchos valley. Now referred to as the Polish Glacier route, this line of ascent involves a gradual approach, an initial stage on glacial moraine, and a very attractive climb the rest of the way by one of two routes. Both avoid the current congestion and waste problems of the west side.

### CHOOSE A NON-TECHNICAL OR MORE ADVANCED ROUTE

The Upper Guanacos is an excellent route that includes an ascending traverse of the spectacular upper peak on easy rock and occasional snow and a finish on the less technical, upper north side of the mountain. On the Polish Direct, we tackle 35 to 45-degree snow and ice climbing on the upper glacier. This route involves belayed climbing with exposure. Most climbers on our expeditions prefer to climb the Upper Guanacos, since the challenge of climbing at such high altitude is so great without adding a technical element.

You can join us for the Upper Guanacos if you have basic level alpine mountaineering skills and experience with cold weather camping. Consider joining us for the Polish Direct if additionally you are a solid snow and ice climber on 45-degree faces or steeper and have climbing experience at or above 19,000 feet. Both routes offer a significant high altitude and physical challenge on a major expedition, and to have a good chance for success, you must be in excellent physical condition. The combined challenges of altitude, distance, cold weather, and varied terrain make this a great expeditionary climbing experience, and the aesthetics of both routes place them among the most sought after in the Western Hemisphere. Please note that we do not offer the Polish Direct as an add-on following a summit climb via the traverse.

### THE ITINERARY - MENDOZA, PENITENTES, & THE SUMMIT

We meet in Mendoza, Argentina, and then drive west to Penitentes, near our trailhead, where we spend two nights to begin our carefully structured schedule of acclimatization. There we pack gear and food that will be carried by mules on our three-day trek to basecamp. We establish three camps beyond our base, and as part of our program of acclimatization, we make double carries to each camp and allow for a full day of rest after each initial carry. Over AAI's 28-year history of guiding Aconcagua, this pattern of ascent has allowed our expedition members to acclimatize thoroughly, to maintain their health and strength, and to maximize their chances for success on summit day. The Institute's unmatched expedition success rate of 95.4% over twenty-eight years bears out the wisdom of this approach.

This is a very enjoyable expedition, from our preparations in beautiful Mendoza to the moment we step onto the summit ridge and gain a stunning view down Aconcagua's famous 9000-foot south face. Our ascent takes us over some remarkable alpine terrain, and the panoramic views we enjoy as we approach the summit of the Western Hemisphere create a fittingly dramatic finale to this major expeditionary climb.

[www.aai.cc/programdetail/aconcagua](http://www.aai.cc/programdetail/aconcagua)

**Location:** Argentine Andes

**Season:** Dec - Feb **Length:** 21 days

**Group Size, Max Ratio:**

**Traverse:** Max 8, 4:1 **Direct:** Max 4, 2:1

#### Prerequisites:

**Traverse (Upper Guanacos):** Basic level alpine mountaineering skills, plus experience with cold weather camping

**Polish Direct:** Solid ice climbing ability on 50-degree faces or steeper, plus climbing experience above 19,000 feet

#### Follow-up Programs:

**Traverse:** Bolivia Alpine Mountaineering Part 2A; Ishinca, Toqllaraju, Chopicalqui; Denali West Buttress

**Polish Direct:** Denali West Buttress or West Rib; Huascarán; Ancohuma-Illampu; Bolivia Ice Climbing/Ascents Part 2B

#### Trip Dates:

**2009:** Dec 30 - Jan 22, Jan 9 - 31, Jan 29 - Feb 21

**2010:** Dec 12 - Jan 3, Dec 29 - Jan 20, Jan 28 - Feb 19

**Cost: Traverse:** \$4300

**Direct:** \$10,900



Steadily gaining altitude high on Aconcagua. Dylan Taylor



High camp at 19,350 ft. Tim Connelly



**Location:** Eastern Tibet & SW China

**Season:** October - November

**Length:** *Siguniang Trek:* 10 days,  
*Lamoshe Expedition:* 12 days,  
*Reddomaine Expedition:* 17 days

**Max Ratio:** *Siguniang:* 10:2, *Lamoshe:* 6:2,  
*Reddomaine:* 4:2

**Skill Level:** Beginning to Advanced

**Prerequisites:**

*Siguniang Trek:* backpacking skills, good fitness; *Lamoshe:* backpacking skills, cold weather experience, excellent fitness; *Reddomaine:* Intermediate glacier and ice climbing skills, excellent fitness

**Goals:** Explore diverse, seldom visited geographical areas. Make ascents of seldom climbed 6000 meter peaks. Experience Tibetan and Chinese cultures

**2009 Trip Dates:** **Cost:** TBA

*Siguniang Trek:* Sep 26 - Oct 5

*Lamoshe:* Oct 9 - 20

*Reddomaine:* Oct 24 - Nov 9



We pass Luo Tuo Feng (Camel Back Peak,) as we trek to the head of the Changping Valley. Andy Bourne

## Trekking and Climbing Expeditions in China

Southwest China and eastern Tibet have one of the largest concentrations of the world's remaining un-climbed mountains. Ranges of young, sharply etched peaks with beautiful rock faces and pristine glaciers still await their first exploration. This region is called Kham by its Tibetan inhabitants, and was only recently opened by the Chinese government to outside visitors.

Building on our experience and accomplishments from a series of explorations to this area in the past four years (including the first ascent of Dogonomba and second ascent of Reddomaine), we are again leading expeditions into the Hengdaun Mountain Range. This immense group of beautiful, high altitude peaks stretches from Tibet's eastern border to the northern part of China's Sichuan Province. All three trips include significant interaction with both Chinese and Tibetan cultures, carefully structured acclimatization, and opportunities to trek among and climb truly elegant mountains.

### SIGUNIANG TREK

This is a circle trek through remarkably beautiful landscapes in remote western Sichuan. The region is characterized by elegant granite towers that are surrounded by thousands of acres of pristine meadowlands. Westerners have only recently been allowed into this area, and with it still largely "off the map" for the Chinese, the Tibetan culture here remains unchanged by the political upheavals of the last century. Beginning near the perfectly pyramidal Celestial Peak, we ascend the Changping Valley, and trek over two 15,000 and 16,000-foot passes before descending the Shuangqiao Valley. At the close of the trip we visit the the Wolong Panda Reserve, the animals' most important protectorate.

### LAMOSHE • 19,915 FT / 6070 M • INTRO TO HIGH ALTITUDE MOUNTAINEERING

This program combines a cultural exploration of western Sichuan with skills training in high altitude alpine mountaineering, and it finishes with an ascent of beautiful Lamoshe (Goddess Peak). We travel through Kangding, a "cultural border town" for Tibet and China and drive beyond it to a 14,000-foot pass where we begin our trek into the mountains. Working out of a base camp, we'll train in all the skills needed for climbing in alpine terrain. We'll cover snow and ice climbing techniques, rappelling, glacier travel, anchor construction, route finding, and hazard assessment. You'll apply all your new skills when we tackle Lamoshe, first establishing a high camp and then making our bid for the 19,915-foot summit. You'll come away from the training and the climb with proficiency in basic and intermediate alpine mountaineering skills, with an understanding of the special considerations made when climbing at altitude, and with the skills used in protecting the fragile alpine environment.

You may choose to continue on to the Reddomaine expedition after completing this course and climb.

### REDDOMAINE • 20,050 FT / 6111 M • EXPEDITION AND CULTURAL TREK

The second trip will be AAI's fifth expedition exploring the Daxue Shan, meaning "big snow mountains." This range is famous for the towering pyramid of Minya Konka, southwest China's highest peak at 24,790 feet (7556 meters). From Chengdu, we will drive to the Tibetan town of Kangding. On our trek into the heart of the range, we'll pass several beautiful 16,000 to 19,000-foot peaks, and our plan is to make the third ascent of 20,050-foot Reddomaine. The approach to our 14,500-foot basecamp is via open sub-alpine terrain and beautiful glacier-carved valleys. After getting to highcamp by 2000 feet of steep scrambling, our route will first involve gaining the west ridge via a 1800 foot steep couloir. From the top of the couloir, the route to the summit will be 2000-2500 feet of steep snow and ice on an exposed ridge. As with the journey to Lamoshe, both programs will be amidst ancient traditional cultures, beautiful scenery, and pristine mountain landscapes that have barely been visited. Join us for a truly exploratory adventure. [www.aai.cc/programdetail/china\\_sichuan](http://www.aai.cc/programdetail/china_sichuan)



Lamoshe looms farthest to the right in the distance, as our horsemen prepare to continue on. Aidan Loehr



From a local monastery, Reddomaine is visible in the distance. Aidan Loehr



Young monks of the Litang Monastery. Aidan Loehr





High on Everest with Makalu in the background. Guy Cotter

## Everest Expedition • 29,035 ft / 8,850 m

Mount Everest is still the ultimate mountaineering adventure. As the highest mountain in the world, Everest has immense appeal to mountaineers and fascinates non-climbers. It also has tremendous allure because of its position in Nepal's Khumbu, one of the world's most beautiful mountain regions, and because of its remarkable climbing history. An ascent of Everest provides immense personal challenge, a rewarding cultural experience on approach, and a personal connection with a rich history of exploration.

An attempt on Mt. Everest is a major undertaking which requires significant climbing experience, solid alpine skills, good mountain judgement, excellent physical conditioning, and a huge amount of dedication and determination. If you see Everest as a definite or possible climbing goal for yourself, we can assist you with all the stages of your preparation. We can help you develop your technical skills, train in cold weather climbing and survival skills, and gain experience at steadily higher altitudes from 17,000 to 27,000 feet.

Because it offers the best chance for success, we climb Everest via the South Col route from Nepal rather than routes from the north, which are technically more difficult, especially high on the mountain. We choose the spring season because with it we gain the dual advantages of getting progressively milder weather as we move closer to the summit and of climbing more stable slopes because the winter winds have scoured away much of the snow, significantly reducing the avalanche hazard.

This expedition is a joint American Alpine Institute/Adventure Consultants undertaking. The Institute has the most extensive and successful high altitude guiding record in the world, and Adventure Consultants has the highest success rate guiding on Mt. Everest (with 152 climbers reaching the summit). Both companies are committed to meticulous preparation. From expert Sherpas and support staff, to careful menu planning, oxygen support, satellite communication, environmental protection, and a mountain clean-up plan, our expedition is finely tuned to Leave No Trace while offering you the highest possible chances for success.

By the time you arrive at Base Camp at the foot of the Khumbu Icefall, a route will already be established with ropes and ladders through the icefall to Camp 1, and our strong Sherpa team will be ferrying loads of equipment up the mountain. On our first move up the route for acclimatization, we'll spend several days at and above Camp 2. On our second foray, we'll spend several days and nights at Camp 3, and on our summit attempt, we will climb through the established camps with lightweight packs to Camp 4 on the South Col. You will be sleeping on bottled oxygen before setting out for the summit, and on the climb to the top you'll be carrying only very lightweight oxygen bottles.

The expedition will be organized in such a way to allow you to concentrate largely on your own health and performance, without the burden of load carrying or dealing with logistics. A doctor, who is experienced in high altitude medicine, will be resident at base camp throughout the expedition to monitor your acclimatization and provide for your health care.

To gain a full understanding of your body's response to altitude and to gain experience with Himalayan conditions, we recommend you join us for two expeditions prior to Everest (Alaska's Denali and Tibet's Cho Oyu are our top choices for your preparatory steps to the summit of Everest). Please see our web site for more details on all these expeditions or call us to discuss our high altitude programs.

**Everest:** [www.aai.cc/programdetail/everest](http://www.aai.cc/programdetail/everest) • **Khumbu Trek:** [www.aai.cc/programdetail/everest\\_trek](http://www.aai.cc/programdetail/everest_trek)

**Location:** Khumbu Himal, Nepal

**Season:** March - May

**Length:** 8 - 9 weeks

**Group Size and Max Ratio:**

9 climbers with 3 Western guides plus Sherpa support; we typically climb with a 1:1 climber-to-staff ratio on summit day; basecamp is staffed by seven people including a physician; Camp 2 is staffed throughout the expedition

**Prerequisites:**

Multiple ascents to 20,000 feet, experience in cold-weather expedition climbing, and a full repertoire of alpine climbing and glacier travel skills

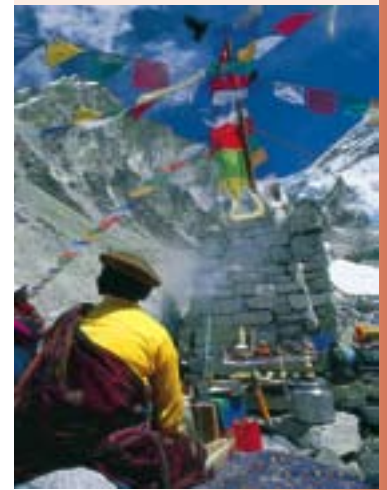
**Follow-Up Programs:**

Broad Peak, Gasherbrum 1, Gasherbrum 2, Denali's Cassin Ridge

**2009 and 2010 Trip Dates:**

March 30 - June 2

**Cost:** \$65,000 including oxygen



Everest base camp. Guy Cotter

### KHUMBU TREK (EVEREST & AMA DABLAM)

Join us as we explore several of the largest mountain valley systems in the Khumbu Himal. This is a highly enjoyable trek that takes us through the heart of Sherpa country and allows us superb views of Ama Dablam, Taweche, Kangtega, Tamsarku, Lhotse, and, of course, Everest. We visit the famous Everest Base Camp, as well as Ama Dablam Base Camp, and tour two elaborate monasteries. The trek takes us over high mountain passes up to 18,160' and includes several scrambles, and provides an extraordinary combination of high altitude trekking, aesthetic grandeur, and rich cultural experience.

**2009 & 2010 Trip Dates:**

Oct 15 - Nov 7

**Cost:** \$3400



## Three Peaks of Nepal

**LOBUCHE EAST (20,076'/6119m) • ISLAND PEAK (20,306'/6189m)  
PARCHAMO (20,581'/6273m)**

Join us on this post-monsoon expedition to climb three beautiful peaks in the heart of Nepal's famous Khumbu region. Ascents of these three summits form a perfect introduction to Himalayan and high altitude climbing and an opportunity to climb three 20,000-foot peaks in a relatively short time. This joint AAI/Adventure Consultants program offers high quality climbing at an intermediate level with stunning views of many Himalayan giants including Everest, Cho Oyu, Nuptse, Lhotse, and Makalu.

Island Peak (Imja Tse) is our starting point. We acclimatize gradually, trek into the Khumbu and then climb an 18,000-ft warm-up peak. We work on skills at Island Peak base camp before climbing the peak in two days. The glacier climb is beautiful and the summit offers us awe-inspiring views of Nuptse and Lhotse's south faces. In an ideal progression, we then step from Island Peak to Lobuche East where we climb on steeper ground and use fixed ropes for parts of this incredibly photogenic climb. Though summit views are even more panoramic, the high camp – with its dramatic views of Ama Dablam – may be one of the most beautiful you ever occupy!

Our third peak, Mt. Parchamo, is located deep in the Himalayas, and we'll cross two spectacular passes to get there, Cho La and Renjo La, as we move to the village of Thame (12,533'/3820m), our base for this ascent. We'll climb the peak in three days, using two camps. Summit day is a big one, but you'll be thoroughly acclimatized and the climbing should be very enjoyable. After Parchamo Peak the expedition returns down the valley to Namche Bazaar, where we utilize the great lodges there rather than camping, before heading to Lukla for the flight back to Kathmandu. This trip is characterized by great food, the excellent company of our guides and Sherpa staff, and some of the best views in the world! [www.aai.cc/programdetail/three\\_peaks\\_of\\_nepal](http://www.aai.cc/programdetail/three_peaks_of_nepal)



South Ridge of Island Peak, with the North Ridge of Ama Dablam in the distance.  
Colin Monteath. Hedgehog House

**Location:** Khumbu Himal, Nepal

**Season:** Nov - Dec

**Length:** 31 days

**Group Size and Max Ratio:**

12 climbers with 2 AAI/AC guides, and 2 or 3 Sherpa guides

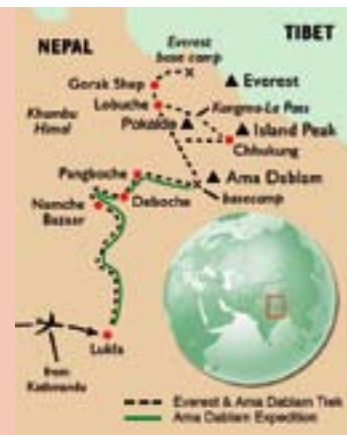
**Prerequisites:**

Basic alpine mountaineering skills are helpful but not required; excellent physical condition

**Trip Dates:**

Nov 11 - Dec 11, 2009, 2010

**Cost:** \$5950



## Ama Dablam Expedition

22,402 ft / 6828m

Ama Dablam is one of the most beautiful mountains in the world, and our route on its Southwest Ridge has a technical quality that matches its aesthetics. This is a fairly steep line on very high quality rock, snow, and ice, and both the route itself and the remarkable scenery surrounding us make the climb extremely photogenic from beginning to end. This is a joint AAI/Adventure Consultants expedition in the heart of the Sherpa homeland.

We fly from Kathmandu to Lukla and then make a six-day trek to our 14,000-foot base camp (in a grassy meadow with amazing views), acclimatizing along the way visiting monasteries and traditional villages. We then move loads to Camp 1 at 17,400 feet via easy terrain to the base of the SW Ridge. From that point our route follows the spine of the rock ridge, exposed but not extremely steep or difficult. From Camp 1 to Camp 2, we use fixed lines as we move over steep and exposed rock. The guides and Sherpas will fix rope on the route and carry all group equipment, while expedition team members carry their own personal gear.

The final climb to the summit above Camp 2 involves very steep snow and ice, with short sections up to 80 degrees. Because of this terrain, team members need to have 5.8 rock climbing ability and be comfortable climbing at least half-pitches of near-vertical ice with a small pack. The summit rewards equal the great effort put into our climb, with tremendous views of the heart of the Himalaya stretching from Everest, northwest to Cho Oyu on the Tibetan border, and east to Makalu. If you've enjoyed climbing at altitude before and would like to apply your skills and experience to this great mountain, give us a call to discuss joining our expedition.

[www.aai.cc/programdetail/ama\\_dablam](http://www.aai.cc/programdetail/ama_dablam)



On the Southwest Ridge of Ama Dablam. Guy Cotter

**Location:** Khumbu Himal, Nepal      **Season:** October - November

**Length:** 28 days      **Max Ratio:** 6 climbers with 2 guides, plus local staff

**Prerequisites:** Ability to climb 5.8 rock and sections of vertical ice with a small pack; experience climbing at 20,000 feet or higher; excellent physical condition

**Trip Dates:** Oct 15 - Nov 11, 2009, 2010

**Cost:** \$8900

## Cho Oyu • 26,906 ft / 8201m

Cho Oyu stands along the Nepali-Tibetan border about 18 miles west of Everest. It is the world's sixth highest peak but has the highest success rate of all the 8000-meter peaks because of the quality of its route, the good conditions typically found there, and its ease of access. This is a joint AAI/Adventure Consultants annual expedition.

Expedition team members meet in Kathmandu, Nepal, and then fly to Lhasa, Tibet, where we do our final gear organization and enjoy sightseeing while acclimatizing to the 11,320-foot altitude. We drive across the Tibetan Plateau, and then with yaks carrying supplies, we trek to our base camp (18,375') in a spectacular spot below the famous Nangpa La Pass, the ancient trade route between Tibet and the Indian sub-continent.

Our route is the West Ridge - Northwest Face, and we begin with a climb up moraines of the Gyabrag Glacier and another tributary glacier to Camp 1 (20,340'). Our route then offers excellent climbing (front pointing while using fixed ropes) on a ridge before reaching a small icefall that we pass to gain a plateau (the "football field") where we place Camp 2 (23,625'). Above that point the climbing is on 30-degree snow and ice to reach Camp 3 at 24,935 feet. It is from this camp that we will mount our summit bid. The climb to the top takes at least twelve hours round trip and involves a rock band just above camp (more fixed ropes), varied snow and ice climbing, and a final snow couloir to the summit plateau.

Our climbing plan involves several trips up the mountain as far as Camp 2 for acclimatization, the use of oxygen on summit day, and assistance from a small team of our Sherpas for carrying power and to stock the camps. This is a strenuous ascent requiring solid alpine skills and excellent fitness. Like most big climbs, the rewards match the effort required, and being able to stand on Cho Oyu's 8000-meter summit is a tremendous accomplishment.

[www.aai.cc/programdetail/cho\\_oyu](http://www.aai.cc/programdetail/cho_oyu)



AAI/AC guide Mike Roberts on the mountain, heading up to Camp 2. Ana Boscaroli

**Location:** Mahalangur Himal, Nepali-Tibetan border near Everest

**Season:** September - October

**Length:** 39 days

**Prerequisites:** Solid snow and ice climbing skills (including the ability to climb short sections of steep ice with a small pack), plus excellent glacier travel technique; experience with cold weather climbing, and ascents at 20,000 feet or higher; excellent physical condition

**Trip Dates:**

Sep 13 - Oct 21, 2009, 2010

**Cost** \$18,550 including oxygen



The breathtaking majesty of the Antarctic interior is visible on the approach to Vinson Massif, in the heart of the Ellsworth Mountains. Guy Cotter

## Mt. Vinson • 16,067 ft / 4897m

Mt. Vinson rises in the heart of the Ellsworth Mountains about 800 statute miles from the South Pole, the most remote and pristine of the 7 summits. It was first climbed by an American expedition in 1966 and was not ascended a second time until 1979. This ascent is not a technical one, and its altitude is moderate; but because of its position in the Antarctic, it can be extremely cold. In addition to having sound snow, ice, and glacier travel skills, when you join us, it is important that you also have winter mountaineering experience.

This is a joint AAI-Adventure Consultants expedition, and the 2009 ascent follows an uninterrupted series of ten successful climbs. We meet in Punta Arenas, Chile, and then fly to a base by Antarctica's Patriot Hills at 80° south. From there we fly one hour north in our Twin Otter aircraft to our 7874-foot base camp on the Branscomb Glacier at the base of Vinson. There we review Leave No Trace techniques, go over crevasse rescue and glacier travel procedures, and do the final organizing of our gear.

The climb involves glacier travel on moderate slopes as we establish three camps at approximately 8850, 9850, and 12,150 feet. When moving to both of our first two camps, we skirt crevasses on the broken glacier while ascending slopes of moderate enough angle that we will be able to climb with roughly half our gear on our backs and the rest in sleds. Moving to Camp 3 at 12,150 feet, we travel through a fairly simple icefall, and establish camp in a sheltered position just below the windy summit plateau.

We cross the plateau and then ascend to the summit via a snow face that gradually steepens to 45 degrees and provides a dramatic finish to our expedition. From the summit we look out over the ice cap stretching to the horizon, broken only by mountain summits rising through the ice. This unique view from the top of Vinson provides a major, additional reward to our achievement of reaching the summit of Antarctica.

[www.aai.cc/programdetail/vinson](http://www.aai.cc/programdetail/vinson)

**Location:**

Ellsworth Mountains, Antarctica

**Season:** December - January

**Length:** 16 days

**Max Ratio:** 3:1

**Prerequisites:** Basic alpine and glacier travel skills; cold weather camping experience; excellent physical condition and ability to carry a 60lb. pack at 12,000 feet

**2009 Trip Dates:**

Call for dates

**Cost** \$31,450





**Location:** Tanzania, East Africa  
**Season:** Year round  
**Length:** 9 days, optional 3 to 7-day safari  
**Prerequisites:** Backpacking experience and good physical condition  
**Goals:** Climb one of the Seven Summits and Africa's highest peak; experience East Africa's culture and explore its varied ecology; enjoy some of the best game viewing on the continent while on safari

**Trip Dates:**  
**2009:**  
 Mar 14-23            Sep 6-14  
 Jun 29-Jul 7        Oct 11-19  
 Jul 8-16             Nov 8-16  
 Aug 28-Sep 5        Dec 26-Jan 3  
**2010:**  
 Jan 6-14             Jan 31-Feb 8  
 Jan 15-23            Mar 13-22

**Cost:**  
**Climbs:** \$5150 with Everest guide (Jun-Sep)  
 \$3760 with Western guide (Oct-Jan)  
 \$2920 with African guide (any mo.)  
**Safaris:** Trips run 3-7 days.  
 Cost depends on program.



Kilimanjaro is the highest free-standing mountain in the world, is visible from hundreds of miles away, and is an elegant backdrop to the African planes below it. Harrison Brooke



## Kilimanjaro • 19,340 ft / 5895m

Kilimanjaro is an immense island of alpine rock and ice, surrounded by the dry plains of Africa. It is one of the best-known mountains in the world and has been an alluring destination for adventurers for more than a century. The peak has remarkable power to elicit a sense of adventure and exotic travel, and as one of the Seven Summits, it remains a strong draw for climbers throughout the world. This expedition is a very enjoyable, non-technical climb that encompasses expansive views across Africa, passage through diverse cultural areas and ecosystems, and the experience of climbing at high altitude without the need for technical skill. Kilimanjaro stands in Tanzania just a few miles from Kenya's southern border, and is just 250 miles south of the Equator. As the tallest free-standing mountain in the world, it dominates thousands of square miles.

The expedition is nine days long, including the arrival and departure days. We climb the mountain by the Machame Route, considered by many to be the most aesthetic route on the mountain. Besides its beauty, a benefit of the Machame Route is two days of "hiking high and sleeping low," a strategy proven to help with acclimatization. We use five camps, established by the Tanzanian National Park Service, as we gradually move up the mountain. Camp elevations range from 9,843 to 15,100 feet, which will also help us acclimatize gradually before making our summit bid.

Most of the climb itself is actually trekking on well-formed tracks, though there are a few sections of steeper terrain. A typical day includes three to six hours of hiking. Summit day is typically between 5 and 8 hours and begins just after midnight as we plan to enjoy the magnificent colors of sunrise near the summit. Much of the pleasure of climbing this peak is its variety of landscapes, with great contrasts ranging from grasslands to rain forest and including a rugged alpine zone of cliffs and glaciers. We descend via a different route, which adds yet another component of variety.

Porters, cooks, and local guides accompany the group, enriching the experience and offering their expertise from years of climbing on the mountain. Your AAI guide assists you with the climb, monitors your acclimatization, and oversees our local staff of Mjitta and Chagga tribesmen. Climbs are also available under the leadership of our senior African guide, one of the most experienced and respected guides on the mountain.

[www.aai.cc/programdetail/kilimanjaro](http://www.aai.cc/programdetail/kilimanjaro)

### SAFARI OPTIONS

Tanzania offers some of the best game-viewing on the continent. Places to visit include Lake Manyara National Park, where thousands of elephants roam in herds of up to three hundred; the wonders of the Serengeti, Rift Valley, and the Ngorongoro Conservation Area; as well as the market of Mto Wa Mbu, where Maasai sell their crafts. A safari is also a great way to unwind after the rigors of climbing Kilimanjaro.

Safari options include three- to seven-day itineraries, ranging from driving safaris to walking safaris, with many options for overnight accommodation, including both game lodges and tented camps. Please visit our website for more information on options and the places we visit on safari.

[www.aai.cc/programdetail/africa\\_safari](http://www.aai.cc/programdetail/africa_safari)



Shawn Olson



Approaching Barafu Camp, the last before the summit attempt. Shawn Olson



It's chilly on top! On the summit of Africa a little before dawn. Shawn Olson



## Mount Elbrus • 18,510 ft / 5633m

Reaching well over 18,000 feet on the divide between Europe and Asia, Mt. Elbrus has become one of the world's coveted "Seven Summits." The mountain is heavily glaciated, but its slopes are of moderate angle, making it a suitable climb for those with basic alpine skills and an interest in high altitude climbing. Added attractions on this expedition are visits to St. Petersburg and Moscow and cultural experiences in the Caucasus.

The great chain of the Caucasus Mountains rises up between the Black and Caspian Seas as one of the world's great geological divides. In addition to forming part of the line dividing Europe from Asia, it also separates Russia in the north from the greater Turkish, Armenian, Azerbaijan, and Arabic lands to the south.

This joint expedition with Adventure Consultants begins with travel to either Moscow (12-day) or St. Petersburg (14-day) for some sightseeing and both trips finish in Moscow. We then fly south to Mineralnye Vody and make a three-hour drive to the beautiful Baksan Valley and our base at a lodge in Cheget. We enjoy the spectacular scenery while spending the next four days acclimatizing. To complete our preparations for the summit climb, we hike and climb at elevations ranging from 11,000 to 15,400 feet and spend one night in a hut at 12,300 feet.

Having previously climbed to the Pastuhova Rocks, on summit day climbers have the option to take a snow cat to that point to begin the climb. From the rocks we climb directly up on hard snow at a 30-degree angle towards the east summit. The route turns to the west as we approach the saddle between Elbrus's east and its higher west peak. At the saddle we find remnants of a derelict hut that could not withstand the elements at this altitude.

Now only 500 feet from the summit, we ascend a snow slope which brings us part way around the west peak and onto the summit ridge of Elbrus. We enjoy the tremendous sight of hundreds of peaks in the Caucasus reaching far to the north and south, views out towards the Black Sea to the west, and beautiful wooded valleys far below. The setting adds to the excitement as we take our final steps to the summit of Europe. [www.aai.cc/programdetail/elbrus](http://www.aai.cc/programdetail/elbrus)



Elbrus from Mt. Cheget. The point on the left is the higher west summit. Guy Cotter

### Location:

Caucasus Range, Russia

### Season:

July

### Length:

12 or 14 days

### Prerequisites:

Basic alpine mountaineering skills

### Primary Goals:

ascend one of the 7 Summits, plus enjoy the history of Moscow and the culture of southern Russia

### 2009 & 2010 Trip Dates:

Trip 1: Jul 13 - 26 (14 days)

Trip 2: July 28 - Aug 8 (12 days)

### Cost:

\$5150 (14 days), \$4500 (12 days)



North side of Carstensz Pyramid from the air. Hall and Ball archive - Hedgehog House

## Carstensz Pyramid • 16,024 ft / 4884m

Rising like a shark's fin out of the mist of the jungle far below, 16,023-foot Carstensz Pyramid is the highest peak in Australasia and one of the most remote of the Seven Summits. It stands in the Jayawijaya Mountain Range, a limestone protrusion that spans the equatorial island of New Guinea from the Indonesian province of Papua in the west, through to Papua New Guinea in the east. The mountain was first climbed in the 1960s and has seen relatively few ascents since then.

This joint expedition with Adventure Consultants begins with a meeting and orientation in Bali. After a night there we fly to the town of Timika in Western Papua and then on to Sugapa. We meet our porters there and begin the six day trek to base camp on which we enjoy surrounding of lush tropical vegetation and limestone cliffs. We move to steadily higher camps, acclimatizing gradually and thoroughly before we reach Larson Lake, cross New Zealand Pass (14,436 ft) and establish base camp at 13,944 ft.

We will climb the mountain via its north face following a route that offers excellent climbing on coarse limestone while varying from easy scrambling to a few steeper pitches up to 5.8 (which can be either climbed free or jumared). Additionally, while the razorback summit ridge is technically straightforward, it is very exposed in places. Expedition guides will fix ropes to provide good security on the ascent and to speed our descent before the typical afternoon precipitation reaches us. If time and weather permit, we will also climb Naga Pulu, the second highest summit of Australasia. This is a day-climb which includes a little snow and ice, a short section of easy rock climbing, and a finish on easy snow slopes to the summit. [www.aai.cc/programdetail/carstensz](http://www.aai.cc/programdetail/carstensz)

### Location:

Jayawijaya Mountain Range New Guinea

### 2010 Trips Dates:

Jan 15 - Feb 1, Mar 15 - Apr 1, Aug 9 - Aug 26

### Length:

18 days

### Prerequisites:

Intermediate rock climbing skills with the ability to rappel, plus ability to jumar or to follow 5.8

### Primary Goals:

Ascent of one of the 7 Summits, plus enjoyment of the cultural and natural environment of Papua New Guinea

### Cost:

\$18,500





# Institute Staff

## Administrative & Equipment Services



### DUNHAM GOODING, DIRECTOR

Dunham has led courses and guided climbs in the Cascades, Canada, Ecuador, Bolivia, and Patagonia and has made ascents throughout North and South America with new routes in the Cascades and first ascents in Bolivia and Alaska. He oversees program and staff development for the Institute. Dunham has served as president of the American Mountain Guides Association, the Outdoor Industry Association, and the North Cascades Institute.



### GUY COTTER, AC DIRECTOR AND GUIDE

The director of Adventure Consultants in New Zealand, our southern hemisphere alliance partner, Guy also enjoys his extensive work as a mountain guide. An IFMGA certified guide, Guy has 30 years of experience and has led over twenty-three major expeditions around the globe including three ascents of Mt. Everest. His recent exploits include Everest, Makalu, and new routes on Mt. Aspiring in NZ.



### MICHAEL POWERS, ASST. DIR. FOR STAFF DEVELOPMENT

Michael oversees the hiring, training, and continuing education of guides at the Institute and leads AAI's trips in the French and Swiss Alps. He has also led programs in the Cascades, Ouray, Joshua Tree, Red Rock, Alaska, Canada, Ecuador, Chile, and Ecuador. He is an IFMGA certified guide, LNT Master Educator, past-chairman of the AMGA Technical Committee and director of America's national guide certification program. Speaks French & Spanish.



### JASON MARTIN, PROGRAMS AND EXPEDITIONS COORDINATOR AND GUIDE

Jason advises climbers on program selection and expedition preparation. Guides in Alaska, the Cascades, Red Rock, Joshua Tree, Canada, Peru, Bolivia, and Ecuador. Jason is a playwright, film critic and outdoor adventure writer. He has authored *Washington Ice: A Climbing Guide* and *Fun Climbs Red Rocks: Topropes and Moderates*. AMGA Certified Rock Guide and LNT Master Educator. Speaks Spanish.



### RUTH HENNINGS, PROGRAM COORDINATOR

Ruth advises climbers on trip selection and registration, writes for and edits AAI's e-newsletter, website, and blog. She enjoys climbing, hiking, snowboarding, running, cross-country skiing, and biking. Ruth has traveled several times to South America, most recently to Peru's Cordillera Blanca. Her academic background is in demography and Spanish.



### EMILY ZNAMIEROWSKI, PROGRAM COORDINATOR

Emily assists director, Dunham Gooding, and also works on coordinating international programs, website development, and marketing. She is passionate about being outdoors, and enjoys climbing, hiking, outrigger paddling, and snowboarding. Her academic background is in literature, history, and entrepreneurship.



### DANA HICKENBOTTOM, PROGRAM COORDINATOR

Dana advises climbers on trip selection and assists with the registration and coordination of domestic courses and our Alaska programs. He grew up climbing in the Cascades and pursues many outdoor activities including rock climbing, mountaineering, biking, surfing, and snowboarding. His academic background is in recreation and leisure studies.



### KIM CARSON, ART AND GRAPHIC DESIGN MANAGER

Kim brings her creative passion for all things visual to the design and layout of the Institute's printed and web-based promotional materials, including its web site. An accomplished drummer, Kim is a studio recording artist and also performs with a variety of regional bands and touring national artists. Her academic background is in psychology and graphic design.



### LISA GREIF, TRAVEL COUNSELOR

Arranges travel itineraries for AAI clients on both domestic and international programs. Lisa works with the hotels and transportation providers in the foreign countries where AAI operates, and makes travel arrangements for the Institute's staff members. Her formal training is in tourism and travel administration.



### NANCY NEWSTROM, BOOKKEEPER

Nancy oversees all of AAI's accounting needs both in the guide service and in the Equipment Services area. Though she is not a climber, she thoroughly enjoys climbing tales and is well read in expedition literature. She spends her spare time gardening, reading, and volunteering with Bellingham Friends of the Library.



### RICHARD RIQUELME, EQUIPMENT SERVICES MANAGER AND GUIDE

Oversees guide service, retail, and rental equipment services and personally advises climbers on gear selection. Richard's climbing and skiing has taken him throughout the US, Canada, Europe, Chile, Peru, and Argentina. He guides in the Cascades, Red Rock, Alaska, Canada, and Ecuador. He teaches AIARE avalanche courses and is a LNT Master Educator. His academic training is in metallurgical engineering. Richard is a native speaker of Spanish, fluent in English, and proficient in German.



### GRAHAM HAMBY, EQUIPMENT SERVICES ASST. MGR

Graham advises climbers on their selection of equipment for domestic and foreign programs. He enjoys climbing and skiing and he has pursued these interests in the North Cascades, the Olympics, British Columbia, the Sierra, and Red Rock. Graham's academic background is in international political economy and documentary film. While not climbing or skiing he enjoys birding.



### JEFF VOIGT, EQUIPMENT SPECIALIST

Jeff advises climbers on selection of equipment for domestic and international programs. He also teaches rock climbing classes. Jeff enjoys climbing throughout the Northwest, California, and the Southwest. Many of his ascents include technical glaciated peaks such as Rainier and Mt. Hood. He enjoys backcountry snowboarding, skiing, and is working towards a degree in Geology and Earth Studies.

All members of the AAI field staff listed here are full alpine guides and rock guides as well as climbing instructors. In addition to extensive and very diverse personal experience, they have received professional training in advanced guiding techniques and rescue. Collectively they have one of the highest levels of wilderness first aid and avalanche training among the world's international guide services. All have been trained in avalanche skills to AIARE Level 2 and as Wilderness First Responders, Emergency Medical Technicians, or the equivalent.

## Instructors and Guides



### PETER ALVARADO, INSTRUCTOR AND GUIDE

Guides in Peru and Ecuador. Peter is an IFMGA guide who grew up in the Cordillera Blanca in Peru. He is among the most accomplished guides and climbers in the range, with guided ascents of both classics and hard, seldom climbed routes. He enjoys doing speed-record ascents for fun. His father Emilio is the "Best Mountain Chef in Peru" and has been working with AAI since 1980.



### JAIME AVILA, INSTRUCTOR AND GUIDE

Guides in Ecuador, Bolivia, and Argentina. Jaime has successfully guided expeditions in every country of the Andes, including ascents of Aconcagua, multiple peaks in Bolivia, Alpamayo and Huscaran in Peru, several other lesser-known peaks in the Andes, and numerous ascents of all the summits of Ecuador. He has also guided Denali and made a successful ascent of Ama Dablam. Speaks Spanish.



### CHANTEL ASTORGA, INSTRUCTOR AND GUIDE

Guides in Cascades, Red Rock, and Alaska. Chantel's wide range of life experiences include kayak guiding in Alaska, leading river rafting trips in Colorado, and working ski patrol in Utah. Her climbing has taken her to Alaska, the Sierra, Cascades, and the Tetons. She's also enjoyed exploring the Himalaya and Patagonia and climbing in Canada.



### ANDY BOURNE, INSTRUCTOR AND GUIDE

Guides in the Cascades, Sierra, Red Rock, Canada, and China. Andy has high altitude experience in Ecuador, Argentina, and China, and numerous ascents throughout the U.S., Canada, Australia, and Asia. Andy is an avid skier and splitboarder. His academic background is in marketing and solar energy. Speaks Spanish and some Mandarin Chinese. He is an AIARE Avalanche Level 1 instructor.



### TIM CONNELLY, INSTRUCTOR AND GUIDE

Guides in the Sierra, Alaska, Cascades, Red Rock, Joshua Tree, Canada, Ecuador, Peru, Bolivia, Argentina, Chile, France, and Switzerland. He has climbed extensively in New Zealand, the Tetons, Wind Rivers, Chugach, and Cascades. Tim is an IFMGA Certified Guide. He has an extensive background in search and rescue. Speaks Spanish.



### JEREMY ELLISON, INSTRUCTOR AND GUIDE

Guides in the Cascades, Alaska, Canada, and China. Jeremy's climbing has taken him throughout the western U.S., the Himalayas, New Zealand, and Ecuador. Jeremy is a certified Leave No Trace Trainer. He has worked in Antarctica and joined the AAI staff after six seasons guiding on Mt. Hood.



### MAT ERPELDING, INSTRUCTOR AND GUIDE

Guides in the Cascades, Sierra, Alaska, and Red Rock. Matt enjoys climbing on both rock and ice in the Western US, Alaska, and South America. Matt has extensive training and experience in outdoor education, works independently as a consultant for outdoor programs, teaches our wilderness medicine and Wilderness Education Association programs, and is an LNT Master Educator Instructor.



### DAWN GLANC, INSTRUCTOR AND GUIDE

Guides in the Cascades, Sierra, Ouray, Red Rock, Joshua Tree, Alaska, and Canada. Dawn has climbed rock and waterfall ice in the Alps and extensively throughout the western U.S., with numerous waterfall ice ascents in Montana, Colorado and Wyoming. Her academic degree is in outdoor education. She is an LNT Master Educator and a certified AMGA Rock Instructor.



### MARY HARLAN, INSTRUCTOR AND GUIDE

Guides in the Cascades, Sierra, Red Rock, Joshua Tree, and Alaska. Mary has spent much of her time desert rock climbing in Nevada, Utah, and Arizona, but her climbing has included additional trips in the southern and eastern US. Her academic degree is in international politics, and she has formal training in environmental education. Speaks French and Spanish.



### LYLE HAUGSVEN, INSTRUCTOR AND GUIDE

Guides in Alaska, the Cascades, Canada, and Bolivia. Lyle is an AIARE Avalanche Level 1 and 2 instructor. He has a broad background in cold weather climbing and has climbed and sailed in Chile, Argentina, Mexico, Polynesia, and Europe. Lyle's academic training is in English, foreign literature, and communications. Speaks French and Spanish.



### KURT HICKS, INSTRUCTOR AND GUIDE

Guides in the Cascades, Red Rock, Sierra, Alaska, and Canada. Kurt enjoys climbing in Washington's North Cascades and has completed difficult ascents throughout the range. His academic background is in land management and conservation, and he is currently finishing his master's degree in environmental science. He is a Leave No Trace Master Educator.



### PAUL IVASKA, INSTRUCTOR AND GUIDE

Guides in Alaska, the Cascades, Sierra, Red Rock, and Canada. Paul has enjoyed numerous routes in the Cascades, Colorado Rockies, and the Sierra. His formal education is in the medical field, and he worked for many years as a medic. Paul also enjoys ski mountaineering and ski touring. He is an LNT Master Educator. Speaks Lithuanian and Russian.



### ALAN KEARNEY, INSTRUCTOR AND GUIDE

Guides in Alaska, the Cascades, Sierra, Joshua Tree, Red Rock, and Canada. Alan is an AMGA Certified Alpine Guide, a widely published mountain photographer and author. He has major routes and numerous first ascents to his credit throughout the U.S. and Canada as well as in Nepal, Pakistan, Peru, Patagonia, and Papua New Guinea.



### TOM KIRBY, INSTRUCTOR AND GUIDE

Guides in the Cascades and Alaska. Tom has been climbing since 1980, first on crags in New Hampshire and Virginia, then all over the western U.S. He gradually added ice climbing and backcountry skiing to his repertoire. He has worked as a software developer, a teacher, and a timber framer. His academic background is in English.



### ERIC B. LARSON, M.D., M.P.H. AND MEDICAL ADVISOR

Oversees AAI's research in high altitude physiology and response to high altitude illness and serves as the Institute's lead medical advisor. He is the author of *Mountain Illness: Medical Problems of Altitude and Exposure*. Eric is executive director of Group Health Center for Health Studies; on the Board of Regents, American College of Physicians; and a member of the Institute of Medicine. He is an accomplished ski mountaineer and climber with ascents throughout the U.S. and Canada.



### LEE LAZZARA, INSTRUCTOR AND GUIDE

Guides in the Cascades, Alaska, and Canada. Lee has climbed extensively in the US and Canada, including numerous routes in the North Cascades, and has also climbed in the French Alps. Lee works in the winter on avalanche control and as a ski patroller at Utah's Snowbird Ski Resort. He is a certified Leave No Trace Trainer, and his academic degree is in English.





#### Aidan Loehr, Instructor and Guide

Guides in the Sierra, Alaska, Cascades, Red Rock, Canada, Argentina, and China. Aidan came to AAI after ten years of working as a pilot in Alaska. He has enjoyed rock and ice climbing as well as doing big alpine routes in the Cascades, Alaska, and the Bugaboos. He also enjoys setting speed records for ascents and has made first ascents in China. His academic background is in pilot training and photography. Leave No Trace Master Educator.



#### Kristen Looper, Instructor and Guide

Kristen guides in the Cascades and Red Rock. She grew up in Idaho, climbing the Sawtooths and since then has spent time climbing mountains in Alaska, New Zealand, Costa Rica, and the ice of Canada and Ouray. She studied at Depaul University where she focused on Shakespeare and Classical Theatre.



#### Forest McBrien, Instructor and Guide

Guides in the Sierra, Cascades, Red Rock, Alaska, Canada, and the French Alps. Forest has enjoyed climbing the most renowned and imposing routes in the Cascades as well as living and climbing for three years in the French Alps. His degree is in Communications. He is fluent in French and a Leave No Trace Master Educator and an AIARE Avalanche Level 1 instructor.



#### Ian McEneaney, Instructor and Guide

Guides in the Cascades, Red Rock, Joshua Tree, and the Sierra. Ian has climbed throughout the United States including rock, water ice, alpine, and big wall ascents. His academic training is in elementary education and history. He is a Leave No Trace Trainer.



#### Steve Moffat, Instructor and Guide

An IFMGA certified climbing and ski guide, Steve has many years of climbing and guiding experience in New Zealand, Argentina, Canada, the Andes, and Nepal. In the Himalaya he has guided and climbed Island Peak, Cholu East, Ama Dablam, and Everest. Between expeditions, Steve enjoys guiding ascents and ski tours in New Zealand.



#### Viren Perumal, Instructor and Guide

Guides in the Cascades, Sierra, Red Rock, Joshua Tree, Alaska, and Canada. Viren has climbed throughout the Sierra, Rockies, Tetons, Cascades, and Wind River ranges, as well as in the eastern United States and on big wall routes in Yosemite. In addition to climbing, he has taught kayaking, rafting, caving, skiing, and field science. He is certified as an adventure-based counselor and as a Leave No Trace Trainer, and he has a master's degree in biology.



#### Mike Pond, Instructor and Guide

Guides in Ouray, Red Rock, and the Cascades. Mike grew up in New York and learned to climb and ski in the Adirondacks. His passion for rock, ice, and alpine climbing has taken him to the Canadian Rockies, the Cascades, the Colorado Rockies, and the desert Southwest. He has a degree in expeditionary studies and Spanish.



#### Mike Roberts, Instructor and Guide

Mike guides in Alaska, Argentina, Antarctica, Nepal, China, and Pakistan. He is an IFMGA mountain and ski guide, with extensive expedition experience which includes Denali, Everest, Vinson, Gasherbrum I & II, Tibet's Cho Oyu, and Muztagh Ata in Western China. He has also worked in Antarctica as a Field Leader/Guide and has worked as a professional ski patrol/avalanche forecaster.



#### Beno Schlauri, Instructor and Guide

Guides in Ecuador. Beno is a Swiss guide who has been living and guiding in Ecuador since 1994. He climbed extensively in the Alps throughout his teenage and early adult life. Since his arrival in Ecuador, he has continuously been guiding in most of the Andean countries. Benno is an instructor for the Ecuadorian Association of Mountain Guides. Speaks Spanish, English, French, and German.



#### Angela Seidling, Instructor and Guide

Guides in the Cascades and Alaska. Though the mountains of Montana are Angela's home turf, her climbing adventures have taken her throughout the mountain ranges of the western US, as well as on Denali and in Peru's Cordillera Blanca. Her academic degree is in elementary education. Speaks Spanish.



#### Dylan Taylor, Instructor and Guide

Guides in the Cascades, Sierra, Red Rock, Alaska, Canada, Argentina, Ecuador, Bolivia, Chile, France, and Switzerland. Dylan's climbing has taken him from the rock and glacier environments of the Cascades to the sandstone towers in the Southwest, the Alps, and the remote alpine walls in Patagonia. He is an IFMGA Certified Guide. Dylan has a masters degree in geology. Speaks Spanish.



#### Ben Traxler, Instructor and Guide

Guides in the Cascades, Ouray, Red Rock, Alaska, and Canada. Ben has made numerous rock, ice, and ski ascents in the Canadian Rockies and Bugaboos and throughout the western United States, including big wall routes in Yosemite. He is a certified Leave No Trace Trainer, and his academic degree is in wilderness leadership and natural history.



#### Alasdair Turner, Instructor and Guide

Guides in the Cascades, Red Rock, Alaska, and Canada. Alasdair has climbed extensively in the Washington Cascades. He has ventured onto big walls and into mountain ranges outside Washington as well, making difficult ascents throughout Canada, Alaska, Wyoming, California, and Utah. His degree is in Chemistry. LNT Master Educator.



#### Danny Uhlmann, Instructor and Guide

Guides in the Cascades, Sierra, Red Rock, Alaska, and Bolivia. Danny has climbed alpine rock throughout the Sawtooth, Bridger, Teton, Sierra, and Cascade ranges and, in the winter, he pursues water ice in Maine, New Hampshire, and Montana. He has also climbed in Argentina and New Zealand's Mount Cook range and has worked in Antarctica. He has a degree in English, and Danny is also a Leave No Trace Master Educator.



#### Andrew Wexler, Instructor and Guide

Guides in Canada, Ecuador, Bolivia, Peru, Argentina, and Nepal. Andrew has done numerous big wall routes in Yosemite, Colorado, the Cascades, and the Bugaboos. He is also an avid skier and has skied extensively in the Canadian and Alaskan backcountry. His academic background is in international political economy. Speaks Spanish.



#### Justin Wood, Instructor and Guide

Guides in the Sierra, Alaska, Cascades, Red Rock, and Canada. Justin has climbed extensively in the Cascade and Olympic Ranges and has also made ascents in the French Alps, Sierra, and at a variety of West Coast rock climbing sites. He has a degree in forest ecology, and he is an LNT Trainer and an AIARE Avalanche Level 1 instructor. Speaks Spanish and some French.



# AMERICAN ALPINE INSTITUTE, LTD.

## CLIMBING AND TREKKING EXPEDITION APPLICATION

**TO REGISTER:** Complete all four pages of this form and submit it along with a registration fee of \$300 for continental U.S. programs, a \$500 registration fee for programs in Alaska (except Denali) and outside the U.S., a \$1000 registration fee for Denali, or full payment for the Rainier program to: American Alpine Institute, Ltd., 1515 - 12<sup>th</sup> Street, Bellingham, Washington, 98225. We will hold telephone reservations for six days while awaiting your mailed registration form and check. Call 360-671-1505, 9am to 5:30pm Pacific time, Monday through Friday. You can also register online at <https://www.aai.cc/register.asp>. Note: This form is for programs costing less than \$10,000.

**WHEN YOU REGISTER:** We will email or mail to you a registration packet that contains all the necessary information for your trip, including a detailed equipment list, recommendations on background reading, information on Leave No Trace ethics and more.

In an effort to cut down on paper consumption, AAI now sends registration handbooks via email in PDF format. If you DO NOT wish to receive an electronic registration packet, please check the box below.

I cannot receive an electronic registration packet, please send me a paper copy of the materials.

Name of Trip \_\_\_\_\_ Trip Dates \_\_\_\_\_

Applicant's Name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Weight \_\_\_\_\_ Height \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-Mail: \_\_\_\_\_ Occupation: \_\_\_\_\_

In case of emergency notify: \_\_\_\_\_ Relationship: \_\_\_\_\_

Emergency contact's home phone: \_\_\_\_\_ Business phone: \_\_\_\_\_

INTERNATIONAL TRIPS ONLY	
Passport Number: _____	Citizenship: _____
Date of Issue: _____	Place of Issue: _____
Birthdate: _____	Birthplace: _____

How did you hear about us (e.g. Climbing magazine, web search, friend): \_\_\_\_\_

On a separate sheet of paper please provide the following information (without this information, your registration is not confirmed):

- 1. OUTDOOR EXPERIENCE:** Please describe your outdoor and/or mountaineering experience, particularly as it is relevant to the program for which you are registering. This information will help your instructor and guide address your individual interests and goals as effectively as possible.
- 2. PHYSICAL CONDITION:** What physical activity do you have during a normal week? What special things will you be doing to get ready for your program?

**IMPORTANT:** Please fill out the Medical Information form, located on page 4 of this application. Without this information, your registration is not confirmed.

I have enclosed \$ \_\_\_\_\_ Make checks or money orders payable to: American Alpine Institute, Ltd.

\*Visa/MasterCard: \_\_\_\_\_ Expires: \_\_\_\_\_

\*A 2.5% bank charge will be added to any credit card tuition payment.

Signature: \_\_\_\_\_



# TERMS AND CONDITIONS

## POLICIES ON CANCELLATION, TRIP OPERATIONS, & PERSONAL RESPONSIBILITY

### DOMESTIC TRIPS (except Mt. Rainier and Alaska):

I understand and agree to the following schedule of payments, refunds, and non-refundable cancellation fees. **Payments:** Final payment is due 60 days prior to the beginning of the program. My non-payment of fees on the date they are due shall constitute my cancellation, subject to the normal cancellation policy. **Cancellation Policy:** Except for a \$100 non-refundable registration fee, tuition payments will be fully refunded if I need to cancel or reschedule so long as I give American Alpine Institute, Ltd. (AAI) 60 days written notice. The same refund policy applies with less notice if the program is full and someone takes my place. If not, half the program fee is forfeited with 30 to 59 days written notice and the full program fee is forfeited with less than 30 days written notice. Additional conditions are described below in the section "All Trips." **[Note:** If registering less than 60 days before the beginning of your program, confirm your place by telephone and then submit this form and the full fees.]

### RAINIER TRIPS:

I understand and agree to the following schedule of payments, refunds, and non-refundable cancellation fees. **Payments:** I understand that full fees are due upon registration. **Cancellation Policy:** I understand that in the event I cancel, except for a \$100 non-refundable registration fee, the remainder of my payment will be refunded only if the trip is full and someone takes my place. Otherwise, the full fee is non-refundable. Additional conditions are described below in the section "All Trips".

### TRIPS OUTSIDE THE U.S. AND IN ALASKA:

I understand and agree to the following schedule of payments, refunds, and non-refundable cancellation fees for programs costing less than \$10,000 (for trips costing more, do not use this form). **Payments:** Half the balance of the program fees are due 120 days prior to departure. The final payment is due 60 days prior to departure. My non-payment of fees on the date they are due shall constitute my cancellation, subject to the normal cancellation policy. **Cancellation Policy:** If cancellation is received 120 days or more prior to the date of departure, the registration fee will be refunded except for a \$250 non-refundable registration fee for all programs in this category except Denali. For Denali the non-refundable registration fee is \$1000. The same refund policy applies with less notice if the program is full and someone takes my place. With 60 to 119 days written notice, the cancellation fee is 50% of the program fees; with less than 60 days written notice, all program fees are forfeited. Additional conditions are described below in the section "All Trips."

### ALL TRIPS:

I understand that most American Alpine Institute, Ltd. (AAI) groups range in size from seven to ten participants down to just a few participants depending on the program and climber to guide ratios, that with such small groups individual cancellations can seriously affect the finances of the program, and that these policies have been established to protect the participants from the cancellation of their trip because of late withdrawal by others and to cover the planning, administration, logistical, and other costs experienced by AAI. I understand that in the unlikely event AAI is unable to operate this program because of inadequate participation, I will receive a refund of all land fees paid for it. I understand that AAI encourages the purchase of trip cancellation insurance that covers losses in the event that illness or injury prevents participation in my chosen program.

I understand and agree that AAI retains the discretion both prior to and after departure to cancel any tour, trip, course, expedition, or program (collectively the "program"), and to alter or omit any part of an itinerary, to substitute hotels, to change leaders, and to change any means of conveyance without notice. I understand and agree that in the event of cancellation of a program, AAI is not responsible for expenses incurred in preparation for the program (including but not limited to airfare and travel insurance). I further understand and agree that if programs are canceled due to acts of insurrection, strikes, acts of God, or any other cause beyond the control of AAI, AAI may issue partial refunds, at its sole discretion, either based on a pro-rating of program fees (program days used in relation to total program length) or based on the difference between original and revised program budgets.

I understand that it is my responsibility to select a program appropriate to my physical abilities, mental preparedness, and interests and that I am responsible for being in sufficiently good health to undertake the program. I understand that I am responsible for studying all pre-departure information, for bringing all the clothing and equipment included on the program's equipment list, for conforming to standards of personal hygiene to minimize the risk of illness to myself and fellow program members, and for acting in a manner considerate of fellow program members and the cultures and natural regions visited. I understand and agree that if in the opinion of AAI I fail to fulfill these obligations, AAI, at its sole discretion, may terminate my participation in the program without refund of fees. I understand that these conditions are set forth to protect the safety, health, integrity, and success of the program.

I, (print name) \_\_\_\_\_, have read, understand, and agree to the terms of the policies on cancellation, trip operations, and personal responsibility described above.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent's signature if under 18 years of age: \_\_\_\_\_



AMERICAN ALPINE INSTITUTE, LTD.

**Recognition of Hazards, Assumption of Risk, & Release from Responsibility & Liability**

**DO NOT INITIAL OR SIGN THIS FORM WITHOUT READING IT CAREFULLY.  
IF YOU DO NOT UNDERSTAND IT OR HAVE ANY QUESTIONS, PLEASE INQUIRE.**

**I. Purpose of this form:**

As used in this release "AAI" means American Alpine Institute Ltd., its directors, officers, instructors, guides, employees, medical advisors, and agents.

This is an agreement to comprehensively release and hold harmless AAI from any claims arising out of your participation in one or more of its climbing programs and/or climbs attempted by you thereafter.

This form makes your assumption of risk complete and your release of AAI from liability comprehensive, since it applies to all your activity with and related to AAI, including instruction; practice climbing; skiing; snow shoeing; belaying; ascending, descending and traversing terrain; camping; rescues; and the learning, practice, and application of other climbing and protective system skills, as well as travel to and from particular destinations, whether on foot or otherwise.

I UNDERSTAND THE ABOVE DESCRIPTION AND THAT THIS FORM IS A COMPREHENSIVE RELEASE OF ALL CLAIMS I MIGHT HAVE AGAINST AAI.

Initial \_\_\_\_\_

**2. Recognition of Hazards:**

All climbing involves hazard and the risk of injury and/or death. The climbing you will do with AAI is no exception. Your climbing will involve objective hazards that may include the movement or fall of rock, snow, ice, and water, none of which can necessarily be controlled or accurately predicted. There is always the possibility of rapid weather deterioration with rain and snow and sub-freezing temperatures.

There are additional risks involved in your climbing because of the potential of falling and being injured. Especially in rugged terrain or in any terrain with crampons on and/or an ice axe in hand, even a slip or short fall can cause a serious injury.

There is additional potential hazard due to failure of equipment, failure of belays, failure of anchors, and failure of other climbers to take needed actions or perform certain skills.

Because this is a physically intense sport, it includes the possibility of exercise-induced or sport-induced injuries, including but not limited to fracture, sprain, dislocation, muscle pull, altitude sickness, snow blindness, general or specific strain. You may experience negative psychological and/or physical effects from the stresses inherent in multi-day group travel and climbing.

In the case of injury or illness in the mountains, there may be a need for evacuation or medical treatment when none is available on a timely basis. Because evacuation and/or medical treatment may not be available, there may be a need for your guide or instructor to give you such treatment as the cleaning and closure of wounds; the splinting of strains, sprains, or breaks; the dispensing of prescription medicines; and other medical practices or first aid without the direction or supervision of a physician.

I UNDERSTAND AND RECOGNIZE THESE HAZARDS, AND I ACCEPT THEM AS A PART OF THE TRAVEL AND CLIMBING THAT I AM UNDERTAKING WITH AAI.

Initial \_\_\_\_\_

**3. Authorization and Release (this includes a complete release from responsibility and liability)**

I understand and recognize that there is a significant element of danger and risk in climbing, and I accept and assume those risks. Knowing the inherent dangers and risks involved in this activity, I certify that I and all my family members who are participating, including any minor children, are fully capable of participating in the activities, both mentally and physically. I assume full responsibility for myself and my family, including any minor children, for bodily injury, death, loss of personal property, and expenses thereof.

In the event that injury or illness renders me unconscious or if I am otherwise unable to make judgments or decisions on my own about whether to accept first aid treatment, I hereby authorize my instructor, guide, and other AAI personnel to administer first aid to me without the supervision of a physician and according to their own judgement, and including but not limited to any or all of the following: the dispensing and administration of prescription drugs; the cleaning, closure, and bandaging of wounds; the splinting and bandaging of strains, sprains, and breaks; the administration of cardio/pulmonary resuscitation; the administration of artificial respiration; the application of tourniquets; and moving me to another place in hopes of improving my safety and/or that of the person(s) helping me, notwithstanding my injured condition.

In consideration of the services I am to receive from AAI, I assume the risks indicated above and release AAI from any and all claims, damages, liability, expense, or cost of any kind that may arise out of the services and/or other arrangements provided for me. I hereby voluntarily release, hold harmless, and agree to fully indemnify and defend AAI from any claims or demands arising from my actions or omissions in connection with the activities described here and/or with the other arrangements provided for me, whether negligently or otherwise. In defending against any such claims, I will employ competent lawyers of my choosing on behalf of AAI, subject to AAI's consent (which will not be unreasonably withheld), and I will keep AAI apprised of all significant developments regarding such claim. The terms hereof serve also as a release of liability and an assumption of risk by my heirs, executors, administrators, assigns, and members of my family.

I understand that AAI acts not as agent but only as co-ordinator between myself and the companies providing transportation, accommodations, and other services used in conjunction with my program, and that all these services are subject to terms and conditions set by those companies. In accepting such services I agree that AAI shall not be held responsible or liable for any claims, damages, liability, expense, or cost of any kind that may arise out of those services.

Over →



If AAI incurs attorney's fees or costs to enforce this agreement (whether or not suit is brought), I agree that AAI shall be entitled to recover from me all such fees and costs.

I agree that in the event any part or portion of this agreement is found to be void or unenforceable, then such part or portion will be stricken but the rest of the agreement will be given full force and effect.

In any legal action arising out of this Release and/or my participation in this program (including all supervised or unsupervised activity in preparation for, during, following, or resulting from it), I agree irrevocably to submit to the exclusive jurisdiction and venue of the Superior Court of the State of Washington for Whatcom County. Any such action shall be governed by the laws of the State of Washington.

I HAVE READ AND UNDERSTOOD ALL OF THE FOREGOING BEFORE SIGNING. I HAVE RECEIVED NO OTHER PROMISE, AGREEMENT, OR EXPLANATION REGARDING THE POTENTIAL LIABILITY OF AAI.

_____		_____	
Signature		Name (please print)	
_____			
Date	Emergency phone	Person to contact	

### MEDICAL INFORMATION

Name \_\_\_\_\_ Today's Date \_\_\_\_/\_\_\_\_/\_\_\_\_

Program Name \_\_\_\_\_ Program Dates \_\_\_\_\_

Please answer each of the following health questions by providing detailed information that includes dates and medical response. Please let us (or your guide/instructor) know of any changes that occur prior to your course!

Have you ever had frostbite or any other form of cold weather injury? No \_\_\_ Yes \_\_\_ Describe:

Have you ever experienced any form of altitude sickness? Please provide detailed information on rate of ascent, altitudes, medications taken, and how the illness was dealt with. No \_\_\_ Yes \_\_\_ Describe:

In the past two years, have you had any major accidents or illnesses? No \_\_\_ Yes \_\_\_ Describe:

Do you have any physical limitations or medical conditions that might restrict your full participation in this program? No \_\_\_ Yes \_\_\_ Describe:

Specifically, have you ever dislocated a shoulder? No \_\_\_ Yes \_\_\_ Describe:

Do you have any knee problems? No \_\_\_ Yes \_\_\_ Describe:

Will you be taking any medications during this trip? No \_\_\_ Yes \_\_\_ Describe:

Do you have any known allergies? To food: No \_\_\_ Yes \_\_\_ Describe:

To medications: No \_\_\_ Yes \_\_\_ Describe:

To bee stings: No \_\_\_ Yes \_\_\_ Describe:

Do you have any specific dietary needs (e.g. vegetarian)?

Do you wear contact lenses? No \_\_\_ Yes \_\_\_

Are you familiar with standard first-aid and CPR techniques?

# Course Calendar and Planner

To register, call us at  
800-424-2249 or 360-671-1505

Guide to Levels: NT = Non-Technical, B = Beginner, I = Intermediate, A = Advanced

ALPINE CLIMBING	PAGE	LEVEL	LOCATION	# DAYS	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Alpinism 1 - Intro	4-5	B	North Cascades, WA	6					•	•	•	•	•			
Alpinism 2 - Intermediate	5	I	North Cascades, WA; BC	6					•	•	•	•	•	•		
Alpine Mountaineering & Leadership, Parts 1-3	6-7	B,I,A	North Cascades, WA	12, 24, 36					•	•	•	•	•	•		
Alpine Ice Climbing	8	I	North Cascades, WA	6					•	•	•	•	•	•		
Denali Prep - Cascades	9	I	North Cascades, WA	7			•	•								
3-Day Glacier Skills and Crevasse Rescue	9	B	North Cascades, WA	3					•	•	•	•	•			
Alaska Mountaineering - Denali Prep	10	B,I	Alaska Range	7				•	•	•						
Mt. Baker Ascent	11	B,I,A	North Cascades, WA	3					•	•	•	•	•			
Mt. Whitney Skills and Ascent	12-13	B,I	Eastern Sierra, CA	3-4	•	•	•	•	•	•	•	•	•	•	•	•
Sierra Intro to Mountaineering	14	B	Eastern Sierra, CA	5					•	•	•	•	•			
Sierra Alpine Mountaineering & Leadership	15	B	Eastern Sierra, CA	9					•	•	•	•	•			
Wilderness Education Association Programs	16	B,I,A	North Cascades, WA	14, 30							•	•				
Leaders of Tomorrow	16	B	North Cascades, WA	14-28						•	•	•				
Backpacking and Trekking Programs	17	NT	Cascades, Sierra, Alps	5-11							•	•	•			
<b>ROCK CLIMBING</b>																
Mount Erie Intro to Rock Series	18	B	Mt. Erie, WA	1						•	•	•	•			
Intro to Traditional Rock Leadership	18	I	WA, BC, CA, NV	4			•	•	•	•	•	•	•			
Pacific Northwest Rock	19	B,I,A	WA, BC	1 and up	•	•	•	•	•					•	•	•
Red Rock Canyon	20	B,I,A	Red Rock, NV	1 and up												
Desert Rock • Joshua Tree	21	B,I,A	Joshua Tree, CA	1 and up	•	•	•	•	•					•	•	•
Intro and Advanced Rock Rescue	21	B,I,A	WA, BC, CA, NV	2-3	•	•	•	•	•	•	•	•	•	•	•	•
Single Pitch Instructor (SPI) Course	22	B,I,A	Cascades, WA; Red Rock, NV	5	•	•	•	•	•	•	•	•	•	•	•	•
<b>WINTER CLIMBING / SKIING</b>																
Winter Mountaineering	23	B,I	Eastern Sierra, CA; San Juan, CO	4, 6, 8	•	•	•	•								•
Water Ice Climbing	23	B,I,A	Sierra, CA; San Juan, CO; Canada	2, 4, 6	•	•	•	•								•
Backcountry Skiing	24	B,I	Sierra, CA; San Juan, CO	2, 5	•	•	•	•								•
Ski Mountaineering Clinic	24	I,A	North Cascades, WA	3, 6					•	•	•	•				
Avalanche Training	25	B,I	North Cascades, WA	3, 4	•	•	•									•
Guided Ski Ascents and Tours	25	B,I,A	WA	1 and up	•	•	•	•	•							•
<b>GUIDED ASCENTS</b>																
Guided Ascents in the Eastern Sierra	26-27	B,I,A	Eastern Sierra, CA	1 and up	•	•	•	•	•	•	•	•	•	•	•	•
Guided Ascents in the Pacific Northwest	28-30	B,I,A	Cascades, WA	1 and up				•	•	•	•	•	•	•	•	•
Guided Ascents in the Bugaboos	30	I,A	British Columbia, CA	7							•	•				
Guided Ascents in the French and Swiss Alps	31-33	B,I,A	French and Swiss Alps	2 to 10						•	•	•	•			
<b>EXPEDITIONS AND TREKS</b>																
Denali Expeditions - West Buttress	34	I	Alaska Range	21					•	•	•					
Denali Expeditions - West Rib, Cassin Ridge	35	A	Alaska Range	22, 21					•	•						
St. Elias: Skills Training & First Ascents Expedition	36	B,I	St. Elias Range, Alaska	14					•	•	•					
Alaska Range Ascents	36	B,I,A	Central Alaska Range	5-22				•	•	•	•					
Cuzco-Machu Picchu Tour	37	NT	Cuzco, Peru	3	•	•	•	•	•	•	•	•	•	•	•	•
Bolivia 1: La Paz & Remote Trek	38	NT	La Paz/Cordillera Real, Bolivia	7							•	•	•			
Bolivia 2A: Alpine Mountaineering & Ascents	38	B,I	Cordillera Real, Bolivia	10						•	•	•	•			
Bolivia 2B: Ice Climbing & Ascents	39	I,A	Cordillera Real, Bolivia	10						•	•	•	•			
Bolivia 3: Illimani Expedition	39	I	Cordillera Real, Bolivia	5						•	•	•	•			
Peru 1: Skills Training & Ishinca - Toqllaraju Exped.	40	B,I	Cordillera Blanca, Peru	15						•	•	•				
Peru 2: Chopicalqui Expedition	40	I	Cordillera Blanca Peru	5						•	•	•				
Artesonraju Expedition	41	A	Cordillera Blanca, Peru	14						•	•	•				
Cayambe-Cotopaxi Expedition	42	B	Ecuadorian Andes	10	•	•	•			•	•					•
Illiniza-Antisana Expedition	43	I	Ecuadorian Andes	10	•	•	•			•	•					•
Chimborazo Expedition	43	I	Ecuadorian Andes	5	•	•	•			•	•					•
Patagonia Icefield Expedition	44	I	Chilean/Argentine Patagonia	12	•	•										•
Patagonia Trekking & Climbing	44	B	S. Argentine Patagonia	13	•	•										•
Aconcagua Expeditions	45	I,A	Argentine Andes	23	•	•										•
Trekking and Climbing Expeditions in China	46	B,I,A	E.Tibet, SW China	10-17											•	•
Asia Expeditions (Everest, Ama Dablam, Cho Oyu)	47-49	A	Khumbu Himal, Nepal				•	•	•					•	•	•
Three Peaks of Nepal	48	B	Khumbu Himal, Nepal	29												•
Kilimanjaro Expedition - Climb and Safari	50	NT	Tanzania, E. Africa	9-14	•	•	•	•	•	•	•	•	•	•	•	•
Other 7 Summit Expeditions	49, 51	I					•	•	•		•	•	•			•





**American Alpine Institute, Ltd.**

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AAI is AMGA's longest  
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