

## Mt Rainier

### Emmons Glacier Route and Camp Muir/Disappointment Cleaver

Elevation: 14,411 feet

Guide Service: Alpine Ascents International (AAI)

Fundraising minimum: \$5,000.00 USD

Mt Rainier is a beautifully sculpted dormant volcano offering one of the United States' historic and distinguished climbs on the highest peak in Washington state. Rainier remains the most coveted and sought after summit climb in the lower 48. The mountain is surrounded by lush subalpine meadows and glorious old growth forests.

#### Physical conditioning

This is an extremely rigorous climb, requiring excellent strength, endurance and the ability to carry a 40 plus pound pack on the Camp Muir Route and a 60 plus pound pack on the Emmons Glacier Route. For the Emmons Glacier Route, climbers are required to have technical knowledge and skills in all aspects of snow and alpine climbing including: glacier travel in crampons, rope/belay techniques, crevasse rescue, route finding and self arrest.

### Three-Day Muir/Disappointment Cleaver Climb *Details below provided by AAI*

#### Overview

Our three-day ascent up the Ingraham Glacier/Disappointment Cleaver route on Mt Rainier is the most popular climb on the Mt Rainier. It provides an extraordinary expedition experience while allowing you to reach the summit with the greatest ease and enjoyment. Our first night is spent in a private hut at Camp Muir (10,000 feet) already stocked with climbing gear, allowing for lighter packs on the approach. Our second night in a remote tent camp at 11,000 feet gives us better acclimatization, a shorter summit day and a wilderness experience as we are able to climb ahead of the larger groups leaving Camp Muir. All necessary training takes place on the Mt Rainier, giving you more time to enjoy the wondrous beauty of Mt Rainier. This is our signature climb on Mt Rainier. **Maximum team size: eight climbers and four guides**

#### Climbing skill level

This climb is open to any physically fit enthusiastic novice, beginner or advanced beginner. One day of training is included in the climb. Prior experience with backpacking and camping is recommended.

#### Physical conditioning: 40 Pound Pack required

In the best interest of personal safety, success and team compatibility, adequate training and excellent

physical condition are required. Prior experience with backpacking and camping is recommended. Climbers must be able to carry an average of 40 pounds or more. Climbers need to be in excellent physical condition for both personal enjoyment and to team integrity. We encourage you to contact AAI so that we may assist you in developing a training program that meets your particular needs.

## Three-Day Muir Itinerary

Climbers are required to arrive in Seattle the afternoon before our trip begins. A mandatory gear check is performed on this day. A thorough gear check ensures everyone is fully equipped and prepared to depart the next morning. Rental gear is fitted and packed at this time. The guide will also give you instruction in Leave No Trace (appropriate wilderness practices) and discuss the National Park Mission Statement. You will then return to your hotel after the gear check.

Location: 172 Mercer St., Seattle, WA 98109

Duration: Approximately 2 hours.

A guide and our gear manager will give you an overview of the climb, answer all your questions and make sure you have all the necessary equipment or rental gear.

**What to bring:** Please bring your pack fully loaded with all required items from the gear list.

**Day 1:** On the first day of the climb, meet at the Alpine Ascents Office at 6:00 a.m., pack up the van and drive to Mt Rainier. There we will meet the rest of the Alpine Ascents guide team. After breakfast we drive into Mt Rainier National Park to a destination known as Paradise (5,400 feet). This beautiful area is the base for many nature hikes and is the starting point for our climb to Camp Muir (10,080 feet). After donning our packs, we hike Park trails to the snow line, where we continue up on snow to Camp Muir. The hike takes four to five hours and we will stop to rest several times along the way. You will receive instruction on many topics such as moving efficiently on snow, glaciology and vulcanology. That night we sleep in our private hut at Camp Muir. The hut allows us to have further discussions on Mt Rainier topics and eat dinner in a private environment.

**Day 2:** After breakfast, we begin our training. We cover all aspects of self-arrest, crampon and ice axe use as well as proper rope techniques for climbing the Mt Rainier. After lunch, we pack our personal gear with tents and climb across the Cowlitz Glacier over Cathedral gap to Ingraham Flats. (11,100 to 11,200 depending on where we camp). This two-hour climb allows us to train in rope management and glacier travel skills while bringing us to a beautiful and remote location at the base of the Ingraham Glacier. Here we establish our high camp. Our guides will prepare the dining tent, boil water for our meals and give a

detailed account of what will be required the next day. We go to bed early so that we can wake up around midnight and prepare for the summit climb.

**Day 3:** Summit day! We start our climb between midnight and 2 a.m. After getting dressed, we jump into the dining tent for breakfast and top off our water bottles. Our route depends on the time of year and conditions. We will either ascend the Disappointment Clever or the Ingraham Glacier Direct Route. As we are far ahead of those climbers coming from Camp Muir, we will have the Mt Rainier to ourselves. It takes four to five hours to ascend to the crater rim and then another half-hour to Columbia Crest, the main summit of Mt Rainier. Along the way we find routes around crevasses and seracs and make our way up the Mt Rainier, clipping into fixed protection with our climbing ropes when necessary. We take short rests to hydrate and eat. As it is often cold, these rest stops are frequent but short in duration. Our goal is to keep a moderate yet steady pace, which allows us to keep warm during the early morning hours. After reaching the Crater Rim, we take a longer break and, if all is good, head across the crater itself to Columbia Crest.

After celebrating the summit and taking photos, we descend carefully back to Ingraham Flats. Here we pack up our camp; rope up and climb back down to Camp Muir. Much of our gear will be left here for other future expeditions. From Camp Muir we carry our personal gear back to Paradise and then drive back to Seattle for an evening of dining and fun.

## **Four-Day Climb of Emmons Glacier** *Details below provided by AAI*

### **Overview**

Our Emmons glacier climb offers experienced alpinists a unique opportunity to climb America's most distinguished Mt Rainier via a less-traveled route. Climbing expedition-style with groups of eight climbers and four guides, we move up the Mt Rainier as a team, over a four-day period. Climbers should have prior glacier experience and the ability to carry 65 pounds. Alpine Ascents has been leading climbs via the Emmons Glacier since 1998 with an 85% success rate, largely due to requiring a prerequisite and offering a patient climbing approach. We look forward to having you join our team of expert guides on this extraordinary climb. **Maximum team size: eight climbers and four guides.**

### **Climbing skill level**

This climb is open to advanced beginners. A prior glacier climb is required. ([Three-Day Mt Baker Climb or equivalent training that includes a significant glaciated ascent and a day of snow school](#)). This is an extremely rigorous four days and being in excellent physical condition is mandatory. Please note: The guide retains the right, at any point, to determine whether a climber is sufficiently fit to continue the climb.

### **Physical conditioning: 60 pound pack required**

In the best interest of personal safety, success and team compatibility, adequate training and excellent physical condition are required. Climbers must be able to carry an average of 60 pounds or more.

Climbers need to be in excellent physical condition for both personal enjoyment and team integrity. We encourage you to contact AAI so that we may assist you in developing a training program that meets your particular needs.

## **Four-Day Emmons Glacier Itinerary**

Climbers are required to arrive in Seattle the afternoon before our trip begins. A mandatory gear check is performed on this day. A thorough gear check ensures everyone is fully equipped and prepared to depart the next morning. Rental gear is fitted and packed at this time.

Location: 172 Mercer Street, Seattle, WA 98109

Duration: Approximately 2 hours.

A guide and our gear manager will give you an overview of the climb, answer all your questions and make sure you have all your equipment or rental gear necessary.

**What to bring:** Please bring your pack fully loaded with all required items from the gear list

**Day 1:** On the first day of the climb, we meet at the AAI office at 6 a.m., where we pack up the van and drive to Mt Rainier. We begin at the White River Campground (4,300 feet). The day is spent climbing to our first camp at about 8,500 feet on the Inter Glacier, where we set camp and enjoy stunning and expansive views. This allows us to acclimatize a little and have an easy move the following day. We will review walking on snow and ice, glacier travel skills, ice axe use, and learn breathing techniques that will assist us on our ascent.

**Day 2:** Snow skills seminar. We make a short move past Camp Schurman (approx. 9,500 feet) and establish a camp at a comfortable pace at Emmons Flats. This short day allows us to relax and get as much rest as possible before our summit attempt early the next morning.

**Day 3:** Summit day. For safety and better traveling conditions on the glacier, we begin with an early morning wake-up to get us very near the summit by sunrise. The summit climb should take nine to 12 hours depending upon the speed of the group. Our pace is moderate and leads to a spectacular summit day. Weather permitting, we will take a brief break at the summit to enjoy the view, snap photos and eat and drink to fortify ourselves for the descent back to Emmons Flats.

**Day 4:** Descend to the trailhead. We trade climbing boots for tennis shoes and drive back to Seattle for a shower and a night of dining and celebrating.

This is an extremely rigorous four days and being in strong physical condition is mandatory. One day of skills review is included in the climb. Please note, the guide retains the right, at any point, to determine whether a climber is sufficiently fit to continue the climb.

## Mt Rainier Climb Gear List

Special Notes:

- Pre/post-climb lodging not included.
- Transportation to Rainier trailhead provided by AAI.
- Climbers will be responsible for all items on the AAI gear list ([Emmons glacier gear list](#) and [Camp Muir gear list](#)), with the exclusion of group climbing equipment (climbing ropes, technical hardware, and tents) which will be provided by AAI.
- Breakfasts and dinners will be provided by AAI. Participants responsible for lunches and snacks.

For a current list of required gear please visit:

For Muir route: <http://www.alpineascents.com/rainier-climb-muir-g.asp>

For Emmons route <http://www.alpineascents.com/rainier-climb-emmons-g.asp>