

Acadia Mountain Guides Climbing School

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228 Main Street • Bar Harbor • ME • 207-288-8186

AcadiaMountainGuides.com • ClimbAcadia.org • AlpenglowsGear.com



PRIVATE ICE CLIMBING PROGRAM CONFIRMATION

Thank you for choosing Acadia Mountain Guides Climbing School.

Course Location: Grafton Notch State Park Guide Name, Phone #, Email: **Jeremy Kupferman, 207-664-3947**

Meeting Location:

Time: 9:00 am

___ For courses in Acadia National Park – meet at our office at 228 Main St. in Bar Harbor, ME

___ For courses in Bangor or Clifton - meet at our office at 92 Main St. in Orono, ME

XXX For courses in Grafton Notch – meet at the country store at the intersection of Route 2 and Route 26 in Newry, ME.

___ For courses in Crawford Notch – meet at the FrontSide Grind coffee shop adjacent to Eastern Slope Inn in downtown North Conway. The address is 2760 White Mountain Hwy (Routes 16 & 302).

___ For courses on Mountain Washington – meet at the AMC Visitor Center at Pinkham Notch

Other Meeting Location:

RESERVATION AND CANCELLATION POLICIES FOR PRIVATE MOUNTAINEERING, ICE GUIDING &

INSTRUCTION IN MAINE AND NEW HAMPSHIRE: 100% payment is usually required for registration. Any balance is due at the beginning of program. Cancellations made more than thirty days prior to the event may cancel with no penalty and receive a full refund. Cancellations made 2 - 30 days prior to the start of the course/instruction may put amount toward another date or forfeit 25% of fee. Cancellations made within 2 days of event may reschedule for another program within one year of the scheduled climb or forfeit the entire course fee unless we are able to fill their spot from an available wait list or walk-in. No shows will be charged full price. A full refund will be given if Acadia Mountain Guides Climbing School must cancel the course. A full refund will be given if Acadia Mountain Guides must cancel the course. There is a \$20.00 charge for returned checks.

INCLEMENT WEATHER POLICIES: Generally speaking winter ice climbing and mountaineering programs are not cancelled due to weather variability such as cold or new snow as these are to be expected.

MEALS: You should bring easy to eat lunch foods such as Clifbars, raisins, peanuts, chocolate, etc. Hot refreshments such as tea, coffee, and cocoa will be available throughout the day.

TRANSPORTATION: Participants are responsible for travel – we will be happy to help arrange carpooling.

RISK AND RESCUE: Enjoying the outdoors necessitates an element of risk-taking. **It is our goal to maximize your learning while minimizing the risks. Climbing can be dangerous!** You are participating in this trip and entering the winter backcountry environment at your own risk. Ultimately, it is your responsibility to minimize various hazards through the application of good judgment gained from a foundation of education and experience. Some of the hazards that can lead to injury associated with this trip include but are not limited to extreme cold, demanding physical travel, avalanche, vehicle transportation, falling while climbing and being struck by icefall. Please be sure that you are fully aware of such risks. Self-reliance in the face of adversity is expected on the part of the wilderness traveler entering the wilderness. Cellular phones and radios should not be relied upon in an emergency. While most risks cannot be completely eliminated,

A division of Acadia Mountain Guides, Inc.

Owned by Jon Tierney, IFMGA Certified International Mountain Guide

AMGA Accredited since 1993 PCIA Accredited since 2008

it is our goal to interpret the environmental, situational and group variables and to make educated decisions to minimize dangers to you while at the same time providing you with an enjoyable and memorable experience.

PERSONAL EQUIPMENT FOR A DAY OF ICE CLIMBING

- Sunscreen and lip balm
 - High gaiters
 - Insulating gloves and mittens
 - Thin wicking sock liners
 - balaclava that covers entire head
 - Mid - heavy weight insulating jacket or sweater
 - Waterproof / breathable jacket and pants with side zips
 - Sunglasses
 - Waterproof mitten shells
 - insulating wool blend socks
 - warm hat
 - Wicking innerwear top and bottom
 - Insulated, wide-mouthed, water bottle or thermos
- We provide the following:
- Double Boots (ski boots can work if you have a good fit)
 - Technical Ice Axes
 - Crampons
 - Harness, Helmet, Technical Gear

Additional Equipment Needed:

Please contact us in advance with your shoe sizes and to advise us if you will be using any of your own climbing equipment.

GEAR DISCOUNT: Need Gear??? All clients receive a lifetime **15% discount coupon** on all purchases through Alpenglow Adventure Sports in Bar Harbor, Orono and on-line at alpenglowgear.com. To utilize this discount use coupon code **AMGCLIENT** at [AlpenglowGear.com](http://alpenglowgear.com) or drop by. Discount does not apply to already on sale items.

PRIOR TO THE COURSE: Please complete our Health and Emergency Contact form along with our Risk and Assumption of Risk forms. These are available at <http://acadiamountainguides.com> if you do not already have them. Please bring them to the course.

GETTING THE MOST FROM YOUR COURSE: This is your day. The more you let your guide know what your needs are, the more he or she can help you. If you don't understand, ask questions. If you have special interests, let your guide know. If you feel your guide has done a good job sharing their knowledge of the mountain world with you, a thank-you note or gratuity is always well received.

Again, thank you for choosing Acadia Mountain Guides Climbing School. If you have any remaining question please contact either our office or your guide.

FREQUENTLY ASKED QUESTIONS – ICE

WHO ARE ACADIA MOUNTAIN GUIDES?

Acadia Mountain Guides Climbing School is owned and directed by Jon Tierney. Jon is a fully licensed international IFMGA mountain guide. He is an American Mountain Guides Association (AMGA) certified Rock, Ski Mountaineering and Alpine Guide - one of sixty IFMGA certified guides in the country who has passed a rigorous multi-year peer assessment exam in all disciplines of climbing and ski mountaineering. Jon has been climbing since the 70s and guiding since 1984. Each year AMG employs only guides who have shown a commitment to not only climb well but to guide and teach at a very high standard. We seek guides who have taken AMGA guide training courses and who are pursuing certification or are already certified. You can expect our guides to be professional, offer state-of-the-art instruction and be easy going and fun. We believe you deserve the best and it is our goal is to provide it for you.

WILL I BE SAFE?

Ice climbing and winter mountaineering can be dangerous. However, when compared to activities such as driving and traditional sports, studies have shown that climbing represents less risk and results in far fewer injuries per participant hour. Nevertheless, climbing with a skilled guide is the safest way to learn the sport and will lead you toward years of enjoyable climbing.

WHAT MEDICAL SKILLS DO THE GUIDES HAVE?

AMG guides are well versed in wilderness medical assessment and care. All guides have completed a Wilderness First Responder course as a minimum and participate in annual emergency response staff trainings. The owner of AMG is an experienced flight paramedic who has instructed wilderness medicine for Wilderness Medical Associates since the 80s.

Since opening in 1993, AMG has not had any serious mishaps in any of its programs.

HOW DO I KNOW IF AMG IS REPUTABLE?

Our school is committed to providing high quality, personalized instruction and guiding with state-of-the-art methods and to providing you with the best climbing experience possible. Our guides are veteran climbers with several years of diverse climbing experience who continue to develop their personal climbing and guiding skills. We require all of our guides to participate in formal AMGA or PCIA guide education courses that provide specific training intended to maximize competency and greatly reduce risk. Our internal training keeps everyone up on the latest techniques and current on the best local practices. Acadia Mountain Guides Climbing School insures that each client will be guided not only by a skilled climber but by a guide who has invested a great deal of time into specialized guide training through the American Mountain Guides Association.

ABOUT ACCREDITATION

Our school has been accredited and regularly peer reviewed since 1993 by the American Mountain Guides Association (AMGA). AMGA Accreditation is a review of staffing, permits, field performance and insurance. We have also become a PCIA accredited school as well which requires that all guides have training and evaluation for the terrain they guide on.

PHYSICAL ABILITY

Participants in most programs should have a basic level of fitness such as is needed for cross country skiing. We make every effort to accommodate any individual who desires to try climbing and will seek terrain where each person can find success.

AGE LIMITS

Acadia Mountain Guides encourages people of all ages to participate and strongly suggests that families with very young children sign up for a family program where individual attention can be paid to each family member. In many cases, children can wear their ski boots for a ice climbing day.

GROUP RATIO AND LIMITS

Our client to guide ratio for group programs is typically no more than 6:1.

CAN THE ROPE BREAK / CAN I FALL?

Climbing ropes are rated to over 5000 pounds so that should answer the first question. It is our role to insure that climbers are not dropped if they lose grip with the ice. If new belayers (the person holding the rope) are being used then we utilize backup techniques that insure that participants cannot drop one another.

WHAT IF I WANT TO GO BUT DON'T WANT TO CLIMB

A person can still participate in a climbing activity by learning belaying skills and cheering their peers along, as well as being the adventure photographer.

WHAT IF I GET TIRED

No problem! You just sit back in your harness and get lowered slowly to the ground.

WILL IT BE COLD

Ice climbing is a winter sport. When it's cold we celebrate because the ice is getting thicker. Clients should be well-dressed for a full day outside.

WHAT SHOULD I WEAR / BRING

Dress the same basic way you would for a full day of skiing. Here are some suggestions.

- | | | | |
|--------------------------|--|--------------------------|---|
| <input type="checkbox"/> | wool socks | <input type="checkbox"/> | wicking inner shirt |
| <input type="checkbox"/> | wicking inner pants | <input type="checkbox"/> | hat covering your whole head |
| <input type="checkbox"/> | balaclava or neck-warmer | <input type="checkbox"/> | medium weight jacket / vest is nice too |
| <input type="checkbox"/> | heavyweight jacket (down or synthetic) | <input type="checkbox"/> | Mittens with nylon shells |
| <input type="checkbox"/> | shell gloves | <input type="checkbox"/> | insulating pants with side zips preferred |
| <input type="checkbox"/> | outer jacket and pants (side zips helpful) | <input type="checkbox"/> | day pack |
| <input type="checkbox"/> | Sunglasses or goggles | <input type="checkbox"/> | Sunscreen and lip protection |
| <input type="checkbox"/> | helmet if you have one | | |
| <input type="checkbox"/> | personal ski boots (double boots ** available if you don't have ski boots) | | |

WHERE DO WE ICE CLIMB?

We offer ice instruction in number of locations including: Sugarloaf and Sunday River regions making for a great ski trip add on, Acadia National Park, Camden, Bangor and North Conway/ Mount Washington Valley.

TRANSPORTATION

Typically AMG Guides will meet clients at a pre-determined location and ride with clients to the area.

WHERE ELSE CAN I CLIMB?

Acadia Mountain Guides Climbing School is based on Mount Desert Island, home to Acadia National Park where excellent sea cliffs and vertical granite walls offer some of the best climbing and scenery in New England. We also guide regularly in Clifton (near Bangor) and in the Camden hills. Camden is conveniently located between Portland and Bar Harbor and offers excellent beginner and intermediate terrain. Clifton is Maine's largest climbing area featuring vertical expanses of Lucerne granite - a rock known for its large crystalline structure. Several bluffs offer very distinctive features such as long slabs, challenging cracks, and steep tendon stretching faces! For those interested in alpine climbing, we recommend Katahdin over all other New England areas. Nothing else rivals the approach, setting and quality of routes like Armadillo and Flatiron. We also offer instruction along the Penobscot and Kennebec Rivers for those of you who are rafting or kayaking. Guided climbing is available in New Hampshire and to other areas in North and South America where access can be gained legally. Some of these include: Red Rocks in Nevada, Joshua Tree, the Tetons, the Sierra, and high altitude trips to Ecuador, Bolivia, Argentina and Mexico.

WEBSITE AND E-MAIL?

You bet! Check out our instructional and guiding programs along with gear specials at www.acadiamountainguides.com or e-mail us at climb@acadiamountainguides.com.

WHAT OTHER WINTER OUTDOOR ACTIVITIES ARE AVAILABLE?

All kinds – ranging from backcountry skiing and winter camping backcountry to challenging guided ascents or critical skill instruction courses. We also offer complete training in Avalanche courses and wilderness medicine.

DO I NEED EQUIPMENT?

AMG provides all the climbing equipment for a lesson – harness, helmet and the technical gear. In some cases we may ask what you have available to insure a better fit.

DISCOUNTS ON PURCHASES?

If you are looking to purchase gear, our full service specialty retail store, Alpenglow Adventure Sports, can help you with all your mountaineering and backpacking needs. The shop is staffed by guides who can answer your questions and provide experience-based advice on gear selection. As a client you will receive a 15% discount on all future purchases.

WHAT ABOUT PRICE?

Our prices are competitive but certainly not the lowest on the market. For many people the bottom line is price. Think about it! You would not trust your life to an amateur physician who learned largely by trial and error, so why trust your life to an amateur guide. The professional guide, like other professionals, is committed to providing you the best, most up-to-date service possible.