



Acadia Mountain Guides Climbing School
Director Jon Tierney, internationally licensed IFMGA Mountain Guide
Accredited by the American Mountain Guides Association since 1993



TRIP INFORMATION PACKET
MT WASHINGTON WINTER ASCENT

Thank you for registering for a winter ascent of New England's highest peak (6288'!!) through Acadia Mountain Guides Climbing School. We are looking forward to seeing you.

Trip Dates: Saturday, February 20, 2010
Saturday, March 6, 2010

Trip Description:

Although some reach the summit of Mt. Washington via the auto road, far fewer can lay claim to a winter ascent under their own power. Although primarily a winter hike, some technical sections, where axes and crampons are needed, may be encountered. Harsh winds and changes in weather make Mt. Washington a challenging and exciting venture. This trip is physically demanding but requires no previous winter climbing experience. The trip will be lead by experienced winter mountaineering guides who are also trained in avalanche assessment and wilderness medicine.

Tuition: \$140.00: The fee includes guiding and instruction; technical gear such as crampons, ice axe, transceiver, and double boots as needed. If you have your own gear you are welcome to use it. You are responsible for providing your own cold weather clothing, lunch, snacks, etc.

Reservations, Refunds & Cancellations: A deposit of \$75 per person is required to hold a spot on the course. Remaining balance due three weeks (21) before the beginning of program. Cancellations made more than twenty-one days (21) prior to the start of the course/instruction may put deposit toward another date. Cancellations made within twenty-one (21) days of program forfeit 100% of tuition. A full refund will be given if Acadia Mountain Guides Climbing School must cancel the course.

NOTE: Extreme weather, avalanche conditions, inadequate personal fitness, or difficult terrain may make it impossible to achieve our stated objective of the summit. No refunds will be made in anticipation of inclement weather or for not reaching the summit.

General Itinerary: We will meet on Saturday, March 6th, at the Frontside Grind coffee house, located at 2760 White Mountain Hwy, North Conway, NH. Please arrive at 7:00am, and note that punctuality is key to meeting objectives. After a quick gear check, we will head to the Pinkham Notch Visitors Center, where we begin our ascent of Mt. Washington.

Transportation: Participants are responsible for travel to Pinkham Notch. If space is available, carpooling is encouraged from North Conway.

Directions to North Conway:

From Boston: take I-95 north to Spaulding Turnpike North (at Portsmouth) then Spaulding Turnpike to Route 16 North to North Conway. Be careful not to confuse Conway, Center Conway and North Conway with each other.

From Bangor: I-95 south to Gardiner, follow Maine Turnpike (I-495) to Gray. Follow Route 115 west to Windham. Follow 302 west into North Conway (about 3.5 hours). Be careful not to confuse Conway, Center Conway and North Conway with each other.

Lodging: The AMC Joe Dodge Lodge rents rooms right at Pinkham Notch. Contact them at 603-466-2727 to make a reservation. There is a Youth Hostel in Conway (800-886-4284, about \$20.00) and a bunkroom in North Conway (Mt. Cranmore 800-356-3596, about \$20.00). There are also many hotels and B & Bs in the area. The Dolly Copp Campground (Forest Service) is a few miles north of Pinkham Notch on Route 16 and is open in the winter

Food: Pinkham Notch Visitors Center does have a cafeteria for those looking for a good meal before or after climbing. Participants should bring easy to eat trail lunch foods such as Clifbars, raisins, peanuts, chocolate, etc. and plenty of fluids.

Risk and Rescue: Enjoying the outdoors necessitates a certain degree of risk. You are participating in this trip and entering the winter environment of Mt. Washington 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, high winds, demanding physical travel, and avalanches. 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 backcountry. Cell phones and radios should not be relied upon in an emergency. While most risks cannot be completely eliminated, 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 an enjoyable and memorable experience.

Search and rescue operations are conducted on a discretionary basis, and should not be expected. The level and urgency of the response is determined by field personnel based on their evaluation of the situation. A rescue will be initiated only when necessary and when within the reasonable technical ability of available personnel and provides rescuers with a reasonable margin of safety. Rescue is not automatic. For all practical purposes, a party is alone and must depend upon its own resources for self-rescue and be equipped for an extended emergency.

We ask that you please complete a health statement, and Release and Assumption of Risk Form. These are available on-line at www.acadiamountainguides.com/info/info.html. We suggest completing this in advance. If you are under 18, a parent or guardian signature is required. Please return these forms in advance or bring them with you on the first day of the trip.

Personal Equipment Checklist** = provided if need be

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| <input type="checkbox"/> Sturdy climbing pack – 30l to 40l. | |
| <input type="checkbox"/> Double boots ** | |
| <input type="checkbox"/> Ski poles (suggested) | |
| <input type="checkbox"/> High gaiters to cover boots | <input type="checkbox"/> Sunscreen and lip balm |
| <input type="checkbox"/> Insulating mittens and gloves | <input type="checkbox"/> Sunglasses with side protection and goggles |
| <input type="checkbox"/> Thin wicking sock liners and / or vapor barrier sock | <input type="checkbox"/> Waterproof mitten shells |
| <input type="checkbox"/> balaclava that covers entire head | <input type="checkbox"/> insulating wool blend socks |
| <input type="checkbox"/> Mid - heavy weight insulating jacket or sweater | <input type="checkbox"/> warm hat |
| <input type="checkbox"/> Wicking innerwear top and bottom | <input type="checkbox"/> Expedition weight down or synthetic jacket |
| <input type="checkbox"/> Waterproof / breathable jacket and pants with side zips | <input type="checkbox"/> Insulating pants with side zips |
| <input type="checkbox"/> 2 Insulated, wide-mouthed, water bottles or thermos | <input type="checkbox"/> Crampons ** |
| <input type="checkbox"/> Headlamp with fresh batteries (rentable) | <input type="checkbox"/> Avalanche transceiver ** |
| | <input type="checkbox"/> Ice Axe ** |

If you need to use double boots, ice axe, crampons provide by AMGCS, please call us ahead of time to request your size and to ensure availability.

Gear Discount:

Need Gear? You are entitled to a 10% discount coupon on all purchases at Alpenglow Adventure Sports, our retail store. Also available at AlpenglowGear.com.

References:

- Avalanche Safety for Skiers and Climbers,
Cary, Bob. Winter Camping, Stephen Greene Press, Vermont, 1979.
Powers, NOLS Mountaineering Book.
Cinamon, Climbing Rock and Ice - Learning the Vertical Dance.
Peters, ed. Mountaineering: Freedom of the Hills. The Mountaineers, Seattle, 1982.
Houston, Mark, Alpine Climbing, The Mountaineers.

Thanks for your interest in this trip. If you have any remaining questions, please call us at 207-866-7562 or visit our store and office.