



**CLIMBING CENTERS**



## INTRODUCTION TO ICE CLIMBING OPEN ENROLLMENT

**February 5<sup>th</sup> - 7<sup>th</sup>, 2016**

**\$425 Members | \$450 Non-Members**

*No experience necessary; good physical fitness a must.*

Earth Treks' **Ice Climbing Seminar** is designed for beginners and intermediate climbers, those who have climbed indoors, outdoors, or ice. We ask that all participants have passed Earth Treks' Belay Safety Check or equivalent prior to enrolling, as the skill of belaying on ice can be more challenging than on rock, indoor or outdoor.

Contrary to popular belief, climbing ice is not simply kicking and bashing. Ice climbing, much like rock climbing, requires footwork and balance to succeed. As such, we will learn traditional crampon and axe techniques used for ascending lower angled water ice and snow.

Throughout the course of the trip, we will progress to steeper ice, focusing on making solid and efficient placements. Finally, we will bring it all together by testing our new-found knowledge, as well as our calves and arms, on pillars of vertical ice.

### SEMINAR GOALS:

- Each day, climbers will have the opportunity to refine their techniques and challenge themselves to a new level.
- Your instructors will provide you constant feedback, in addition to one-on-one coaching.
- Our goal by the end of the three days is for you to become familiar with ice tools and crampons, as well as to be more comfortable in the outdoor winter environment.
- Students with solid top rope anchor building skills will be ready to venture out on their own at the conclusion of this trip.

### PROGRAM DETAILS:

- Location: Keene, NY – we'll use several climbing areas within 20 minutes of Keene.
- Full payment is required to reserve your spot.
- The cost of the program includes boots, crampons, ice tools, ropes, and professional instruction.
- Travel, lodging, gratuities and food are not included.





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### ITINERARY & LOGISTICS

Earth Treks staff (& participants who chose to stay there) will arrive the evening before Day 1 at the ADK Trail Inn, Keene, NY. If you arrive before 9:30pm the day before the program, feel free to stop by the Guides' room #1. We will leave a note on our door. We may be able to outfit clients with boots & crampons that evening to save time on Day 1.

#### **DAY 1: FEBRUARY 5<sup>TH</sup>**

- 7:30am Breakfast at the ADK Trail Inn's dining room.
- 8:30am Boot, crampons, ice tool distribution, adjustments as needed. Group introduction. Safety briefing.
- 9:15am Head out to the ice.
- 10:00am Climbing!
- 4:00pm Wrap up climbing. This finish time for the day is a rough estimate. We typically choose a place for dinner as a group at one of the local restaurants or brew pubs.

#### **DAY 2: FEBRUARY 6<sup>TH</sup>**

- 7:30am Breakfast.
- 8:15am Head out to the ice.
- 8:45am Ice Climbing!
- 4:00pm Wrap up climbing and meet for dinner (if the team decides Lake Placid, we should take change of clothes in vehicles in the morning).

#### **DAY 3: FEBRUARY 7<sup>TH</sup>**

- 7:30am Breakfast.
- 8:15am Head out to the ice.
- 8:45am Ice Climbing! This 3rd day is a good day to focus on 2-3 efficient and well-focused climbs to finish the seminar.
- 2:00pm Wrap up and hit the road to allow for travel time to the Baltimore/DC areas. Folks are usually pretty wiped out after three days of ice climbing!

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#### **TRAVEL:**

- If you would like your name and contact information to be shared with others on the course in the interest of carpooling and rooming arrangements, please let us know when you sign up.
- Plan on arriving the evening before your course is to begin.
- Adirondacks: Travel North on I-87 to route 73 West towards Keene and Lake Placid. We will base ourselves in Keene (not Keene Valley). The town of Keene is approximately 20 miles from I-87. Travel time: 7-8 hours from Earth Treks Columbia, in good weather, without traffic.
- When making travel plans, keep in mind that the airfare from BWI to Albany can be reasonable. Clients have done this and rented a vehicle for the 3 hour drive from Albany to Keene.





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### ITINERARY & LOGISTICS (continued)

- **Directions:** Do not try to have your phone's GPS direct you here - there is little to no cell phone service in the area (except for Lake Placid). As you're headed north on route 73, when you get to Keene, bear right onto route 9N towards Jay. Travel 4 miles and you will see the ADK Trail Inn on your left.

#### LODGING:

- Earth Treks will be staying at the ADK Trail Inn, (near) Keene, NY. 518- 527-1155, [http://adktrailinn.com/home\\_Page.html](http://adktrailinn.com/home_Page.html).
- We have an arrangement with the owners, Amy & Wayne, to retain rooms for Earth Treks and our clients until approximately 30 days prior to the program. Please make lodging arrangements as soon as you enroll in the course.
- There is limited lodging in the area immediately around Keene.
- **Note:** If you are unable to get a room at the ADK Trail Inn or prefer another lodge in the area, there are a few other options in the Keene/Keene Valley areas. Lake Placid will be your next option. All are 15-35 minutes from the ADK Trail Inn.

#### FOOD:

- **Breakfast.** Your room charge at the ADK Trail Inn includes a filling breakfast that will get us off to a good start. If you must get out there are several breakfast sites available in Keene (15 minutes) or Keene Valley (25 minutes).
- **Lunch.** You should plan to bring along a variety of snacks that will keep you going throughout the day. Quick, easily digested items that are high in sugar, fat and salts are suggested (granola bars, Combos pretzel snacks, chocolate bars, etc).
- **Dinner.** There are several good restaurants locally that serve up menus from pub burgers, etc. to freshly cooked daily homemade delicacies. Generally our group goes out to eat after returning to the motel for a shower, or in the case of Lake Placid, going directly from our climbing day to dinner to save the back and forth and back again.





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### EQUIPMENT LIST

Pay close attention to this gear list. Your choice of clothing will have a direct affect on how much fun you have. If you need advice, please do not hesitate to call us. Earth Treks guides are experts at staying warm and dry and are always happy to help. One last piece of advice: do not cut corners on your choice of gloves and mittens! No cotton! Synthetic materials provide greater warmth, comfort and versatility than cotton.

#### CLOTHING

- Underwear: two pairs of synthetic mid-weight tops and bottoms. Patagonia Capilene is recommended.
- Socks: (2) pair of synthetic liner socks and two pairs of heavy “expedition weight” wool or synthetic socks. ThorLo Mountaineering socks are an excellent choice.
- Hat: one wool or fleece ski hat.
- Balaclava: lightweight fleece or other synthetic. These are lifesavers in bad conditions.
- Pants: one pair of warm insulating pants. Mid-weight fleece or insulating tights are great. (can be ski pants).
- Pants: one pair of wind proof/waterproof pants or bibs. Gore Tex or a similar material is very highly recommended.
- Jacket: one insulating layer of mid-heavy weight fleece. The choices are overwhelming. Keep it simple and warm.
- Shell: one of Gore Tex or a similar material with a good hood.
- Down/Synthetic Coat: A big, warm jacket that can ideally fit over all your other layers to use when belaying/standing around at the base of the ice. If down, at least with a 550 fill. \*\*Keep in mind that the standby heavy ski jacket will do the job (though clunky to drag around).
- Gloves: two pairs of liner/insulating gloves. This is where Gore Windstopper really shines. Worn beneath shell gloves. To be worn while climbing.
- Gloves: a pair of Gore Tex or similar shell gloves. Frequently worn while climbing.
- Mittens: a super warm pair of mittens of either synthetic or down insulation. Synthetics are generally preferred, as they are warmer when wet, and they dry overnight. “Modular” mittens with a heavy removable liner are perfect. These are worn while belaying/in-between climbs.
- Gaiters: Outdoor Research Crocodiles are the standard. Gaiters will keep snow out of your boots & protect your pants from crampon points. Be sure they are designed to fit over mountain boots larger than your regular boots (if you’re a medium size, get Large).
- Sunglasses: one pair of sunglasses with PLASTIC lenses.
- Ski Goggles: It can often be windy and blowing snow. While not REQUIRED, these are good to keep in the top of your pack for foul weather days.
- Chemical heat packs: 1 or 2/day. Available at outdoor stores, pharmacies, etc. Great to stuff in gloves to keep your hands toasty.



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### EQUIPMENT LIST (continued)

#### GENERAL EQUIPMENT

- Daypack: one day pack 2500-4000 cubic inches.
- Water Bottles: two wide-mouth 1 liter/quart Nalgene-type water bottles.
- Insulated covers ( water bottle parka) are almost a necessity. Camelbacks are difficult to monitor during ice climbing, but can be operable under several layers of clothes.
- Sunscreen & Lip balm. SPF 25 or greater.

#### EQUIPMENT PROVIDED BY EARTH TREKS

*If you have any of the following items, please bring them. Otherwise Earth Treks provides these items free of charge to all Ice Climbing Seminar participants.*

- Boots: Earth Treks will provide mountaineering boots suitable for crampons and winter ice climbing. If you intend to use your own boots, be sure that they are fit for climbing vertical ice and will accept step-in crampons. We recommend La Sportiva boots.
- Crampons: Earth Treks will provide crampons.
- Ice Tools: Earth Treks will provide technical ice tools.
- Harness. Be sure that your harness will fit over your winter clothes. If you need a harness, Earth Treks will provide one for you.
- Belay device (no Gri-Gri's).
- Locking carabiners. 2-3. Plus some non-lockers are helpful to have.
- Helmet. UIAA approved climbing helmet, adjustable to allow your winter hat to comfortably fit underneath.

#### EXTRAS *Nice to have, but not essential.*

- Bandanas. For sniffles and runny noses.
- Camera + extra batteries.
- Insulated chair: A "Crazy Creek" type chair or foam sleeping pad will keep you warm & dry during breaks.
- Thermos. A container of hot tea or coffee will often provide a good "warm up."
- Snacks. Clif bars, salty snacks, Clif bloks, Energy Gels (GU, Clif shots or Power Gels) as well as cookies and other easy to eat-on-the-run items will keep your energy going during the day.
- Electrolyte Replacement Tablets (like Nuun tablets). 2-3 "tubes". Some people prefer these to the "sugary" powdered Gatorade drink mixes.

#### BELAYING

- The only prerequisite is solid top rope belay skills. Students will belay each other at most times during these courses. If you feel that you do not have solid belay skills, please enroll in one of our Introduction to Climbing courses, or give us a call.





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### PREPARATION

#### SUGGESTED READING

- ***Mountaineering: Freedom of the Hills*** is a great resource. Must have for the serious climber, rock, alpine, ice or mountain.
- Craig Luebben's ***How to Ice Climb!***
- ***Ice & Mixed Climbing: Modern Technique*** by Will Gadd

#### TRAINING

Ice climbing is a very physical activity. Building endurance is often one of the keys to success.

Some suggestions:

- Doing “laps” (down climbing instead of lowering from climbs) on routes in the gym or on the rock is a great way to build endurance.
- Pull-ups (or assisted pull-ups with a chair or someone helping) and calf raises are also great to develop the muscles used when climbing ice.
- The approaches in the Adirondacks are often steep, therefore, attending the course in good cardiovascular shape will help you to stay fresh and recover quickly. Hat: one wool or fleece ski hat.



#### SAFETY AND RISKS

Due to the nature of climbing in general, and ice climbing specifically, there are inherent dangers and risks involved. It is important that the individual accepts responsibility for their actions and their choice to climb. Please take a moment to read and fill out our waiver and medical form. Bring this form to the course. If you have questions concerning the hazards of ice climbing, or the waiver, please call us.

#### CHANGES OR CANCELLATIONS

Our Ice Climbing Seminars are held in the Adirondacks of New York. Ice conditions are generally reliable in January and February. However, if the ice conditions are poor, Earth Treks will notify you of any changes at least a week before your start date.

If you are unable to attend your seminar, you may reschedule up to (2) weeks prior to the start of the course. Earth Treks reserves the right to cancel or relocate a course due to poor ice conditions. If Earth Treks cancels a course before the start date, we will refund the entire balance. If Earth Treks cancels a course before the start of the second day, we refund the two days' balance.