



Multi-pitch Climbing Weekend

Longer multi-pitch climbing is where it is at for us! We love getting up high and the sense of commitment that comes with being hundreds of feet above the horizontal. For experienced climbers this is the best part of climbing with commitment and the flow of pitch after pitch and the opportunity to climb long classic climbs. But there are a lot more things to consider: rope management to avoid tangles, arranging comfortable stances and safe belays, conserving mental and physical energy and simply getting comfortable in the vertical environment. So we will smooth all of these aspects out and get up a couple of great routes.

Itinerary: We have selected two of the finest local climbs for this outing.

Premier Buttress at Whitney Portal is a great warm up and is rated 5.7 /A0. The A0 part means a short 20 foot bolt ladder through a steep slab where you can swing from bolt to bolt easily and then get back onto the rock as the angle eases off. Great climbing, perfectly framed views of Mt. Whitney and oceans of white granite everywhere. The route is five pitches long and has an easy rappel route to a few feet away from our gear.

We plan to get done early enough to retire to the Portal Store where our friend Doug will feed you the best burger and fries in the eastern Sierra.

For Day two we return to the Bishop area and Cardinal Village just west of Bishop. This blocky tower offers several great routes to choose from. The four pitch Regular Route is rated 5.6 and has a short, but stellar crack up high. A little harder is Red Bush with some technical hand jamming, but our favorite is the 5.9 West Face link-up. Local hardman Peter Croft popularized this route and hasn't stopped raving about it since (But then every route Peter does is the best he has ever done). Each pitch has a little 5.9 on it. Not long and not sustained, but certainly enough to get you thinking and working. Finger cracks, perfect jams and wide stemming. Some of every type of climbing you can think of.

Meeting place and time: We will meet the first day at 8.00 a.m. at the world headquarters of Sierra Mountain Center, 174 W. Line Street, in Bishop. Line Street is an east/west street marked by the southern-most traffic light on Main Street/Highway 395, in town. We're west of the light, on the south side of the street next to the health food store. A large parking lot is located on the south side of the building. Plan on already having had a good breakfast. We will have a thorough pack check so don't finalize your packing until then.

Dates and Prices: Check the latest brochure, call us or go to our web site for dates and rates. Should minimum participant numbers not be reached you will be given the option of paying our private rate, rescheduling, or cancelling. Price includes guiding and all necessary group climbing gear. We can assist with hotel reservations should you require them.

Ratios: These are technical climbs so we undertake it at a 1:2 maximum ratio.

Prerequisites: Our Rock II or equivalent. You need to have had some multi-pitch experience before and be comfortable climbing at a 5.7 to 5.9 level.

Instructors: Our lead guides are American Mountain Guides Association certified so you can expect the highest level of climbing and safety knowledge combined with solid instructional skills.

Equipment for the Multi-Pitch Climbing Weekend

The following list is a general guide and will assist you in packing for the program. Please do not hesitate to contact us if you have specific questions regarding equipment and if you need assistance prior to making a purchase. The following list will vary according to the time of year, and your individual requirements.

Items on the list with an * may be rented from SMC

Climbing equipment

- Harness*. An adjustable leg loop type such as the Black Diamond Bod or Wild Things Espresso will accommodate layer changes.
- Helmet. New models such as the Petzl "Helios" or the Black Diamond Half Dome are comfortable and light weight. We provide these for the program.
- Carabiners.* Two locking carabiners (Screwgates are more secure than twist lock style and easier to manipulate).
- Belay/rappel device*. An ATC type is preferred.
- Rock climbing shoes*. These should be sized large enough to wear comfortably all day. We have a selection of rental rock shoes available or can help arrange rentals from Wilson's Eastside Sports or Mammoth Mountaineering Supply.

Other essentials

- Footwear. The approaches to the climbs are rough so you need a pair of sturdy approach shoes.
- Day Pack. Enough to hold everything for the day. About 1200 cu in.

Clothing

Days will probably be warm and sunny, but be prepared for anything. A long pair of climbing pants rather than shorts will avoid scraping up the legs too much and prevent sunburn. Bring a windjacket in case the wind picks up and remember a sun hat.

Etc.

- Sunglasses. Good quality.
- Water Bottles. Two quart (1 liter) wide mouth bottles and or a hydration system holding up to 50oz. (2 liters).
- Camera. Bring film and a spare battery to record those moments.
- Lunch and snacks for during the day.
- Personal toiletries. Include some TP and a bag to pack out the used from the crags.
- Sunscreen and lip screen. SPF 30+. Make sure the lip stuff actually contains a sunscreen. A 1oz. bottle will be enough.
- Bug repellent. Only needed in the early season.
- Food. You will probably eat in town in the evenings, so bring some breakfast foods, lunch and snacks for during the day.