

# Alpine Leadership 1 Itinerary

## **Day 1: Ground School**

Meet at Little Si Trailhead in the morning (exact time TBD by instructor). A Discover Pass is required for parking. Following introductions and a thorough gear check, we will do a short hike to the British Isles/Repo Rocks area to learn and practice fundamentals in a single pitch trad environment and allow participants to get in some climbing. Skills covered will include:

- Proper cam and nut placement (including cleaning gear as a follower)
- Constructing 3-piece gear anchors
- Belay techniques and review of multi-pitch transitions

We will allot time for each participant to mock lead a route, belay a second climber from above and anchor them in (to simulate a multi-pitch climbing scenario), then lower the second climber back to the ground.

The evening will be spent at a nearby campground in the Snoqualmie Pass area (TBD). Other skills (such as rope coiling, general rope management, using monolithic, natural anchors) can possibly be practiced depending on the capacity of the group at the end of the day.

Camping with the group is not required for this course. Those who prefer to seek out their own lodging and sleep indoors can do so. Accommodations outside of the group campsite will be the responsibility of individual participants.

We will plan to debrief as a group either at the trailhead or at the campground and discuss a plan for the second day.

## **Day 2: More Ground School or Easy/Moderate Alpine Climb**

Depending on the skills covered and practiced the first day, we may choose to do another ground school day at British Isles/Repo Rocks or another crag to refine certain techniques or teach other skills.

The other option will be to start very early in the morning and attempt our first alpine rock climb in the area (likely the South Face of The Tooth or the West Ridge of Lundin Peak). A Northwest Forest Pass or America the Beautiful Pass is required to park at the trailheads for these climbs.

Participants who are ready will be given the opportunity to lead a pitch or part of the route within their skill level.

At the end of the day, we will plan to debrief as a group either at the trailhead or at the campground and discuss a plan for the third day.

### **Day 3: Easy/Moderate Alpine Climb**

We will make an attempt at our first (or second, if climbed the previous day) alpine rock route of the course starting early in the morning to give ourselves plenty of daylight to complete the climb and descend safely.

Participants who are ready will be given the opportunity to lead a pitch or part of the route within their skill level, as well as lead some of the descent (under the supervision of an instructor).

At the end of the day, we will plan to debrief as a group either at the trailhead or at the campground and discuss a plan for the final day.

### **Day 4: Easy/Moderate Alpine Climb or Ground School/Skills Review**

Depending on the itinerary of the previous two days and the energy level of the group, we may choose to attempt another alpine rock route (if only one route has been attempted by the last day) or spend the morning at the crag refining techniques that maybe did not get utilized as much on our alpine routes (such as terrain belays and natural anchors, constructing gear anchors, specific rope management techniques, etc.).

On the way back into town, we will plan to debrief and celebrate with a group meal.