

Ice Climbing Review and Ice Climbing Progression Course Dec 7-8, 2019

\$140/day/person Contact karlakuharic@hotmail.com for more info



The ACC Columbia Mountains Section is holding its first Ice Climbing Course based out Lake Louise. Climbing areas will most likely be on Hwy 93 Columbia Icefields Parkway.

6:1 participant to guide ratio for instruction. We need a minimum of 4 participant's maximum 6 for the course to run. **Registration date will close Nov 23rd.**

Jeff Bullock, Rocky Mountain Local is ACMG, IFMGA, CAA certified and has many years of climbing experience. You're in good hands!

Day 1 Ice Review course will be an Introduction to Ice condition analysis and avalanche safety as an ice climber, as well as building ice screw anchors, belaying, rappelling, efficient movement skills, introducing and reviewing skills and techniques, course will be catered to the group's ability level.

Note: Prerequisite for this course is suited for ice climbers that have taken an Intro to Ice Climbing course and is at a Beginner/Intermediate level.

Day 2 Ice Progression is an excellent early season course suited for Beginner/Intermediate climbers that are looking to advance their learning in the many facets of Ice Climbing. This will progress your level and boost your knowledge which in turn increases confidence for the upcoming Ice Climbing Season. Day 2 will be a short review of Day 1 and will be focused more on intermediate movement skills, ice screw placements as a leader, along with progressing your climbing grade under guides supervision. Lots of practice climbing and having a good time!

Note: Prerequisite for this course is suited for Beginner/Intermediate level and has taken an Intro to Ice Climbing or participated in Day 1.

What is included:

- Certified Mountain Guide
- Use of Technical Gear

What is not included:

- Transportation
- National Park Pass
- Accommodation
- Recommend booking at the HI Lake Louise
- Avalanche Gear depending on location

Gear List

- MOUNTAINEERING BOOTS: You will need proper mountaineering boots designed specifically for this use.
- BACKPACK: Large enough to carry spare clothing, lunch, water and climbing gear. 40-55 litres
- 2 TECHNICAL ICE CLIMBING TOOLS
- Helmet, Harness, Belay Device, Crampons, Locking Carabiners
- Lots of warm layers, Down Jacket, Warm Gloves, Hand and Foot Warmers, Hot drinks, and anything you need to be comfortable for a full day out in the Canadian Rockies
- Jeff May have gear to rent or you can rent in Banff or Canmore
- Possibly Avalanche gear, Transceiver, Probe and Shovel will be discussed prior to the Course locations