

Mt. Rainier Three-Day Muir Climb

Details below provided by AAI

Elevation: 14,411 feet

Guide Service: Alpine Ascents International (AAI)

Fundraising minimum: \$5,500.00 USD

Muir Three-Day Overview

Our three-day ascent up the Ingraham Glacier/Disappointment Cleaver route on Mt. Rainier is the most popular climb on the mountain. It provides an extraordinary expedition experience while allowing you to reach the summit with the greatest ease and enjoyment. Our first night is spent in a private hut at Camp Muir (10,000') already stocked with climbing gear, allowing for lighter packs on the approach. Our second night in a remote tent camp at 11,000 feet gives us better acclimatization, a shorter summit day and a wilderness experience as we are able to climb ahead of the larger groups leaving Camp Muir. All necessary training takes place on the mountain, giving you more time to enjoy the wondrous beauty of Mt. Rainier. This is our signature climb on Mt. Rainier. **Maximum team size: eight climbers and four guides**

Climbing skill level

This climb is open to any physically fit enthusiastic novice, beginner or advanced beginner. One day of training is included in the climb. Prior experience with backpacking and camping is recommended.

Physical conditioning: 40 pound pack required

In the best interest of personal safety, success and team compatibility, adequate training and excellent physical condition are required. Prior experience with backpacking and camping is recommended. Climbers must be able to carry an average of 40 pounds or more. Climbers need to be in excellent physical condition for both personal enjoyment and for the safety of the team. We encourage you to contact AAI so that we may assist you in developing a training program that meets your particular needs.



Three-Day Muir, Mt. Rainier Climb Itinerary

Climbers are required to arrive in Seattle the afternoon before our trip begins for a mandatory gear check. A thorough gear check ensures everyone is fully equipped and prepared to depart the next morning. Rental gear is fitted and packed at this time. The guide will also instruct you in Leave No Trace (appropriate wilderness practices) and discuss the National Park Mission Statement. You will then return to your home or hotel after the gear check.

Location: Alpine Ascents International office, Seattle

Duration: Approximately 2 hours.

A guide and our gear manager will give you an overview of the climb, answer all your questions and make sure you have all the necessary equipment or rental gear.

What to bring: Please bring your pack fully loaded with all required items from the gear list.

Day 1: On the first day of the climb, meet at the Alpine Ascents Office at 6:00 a.m., pack up the van and drive to Mt. Rainier. There we will meet the rest of the Alpine Ascents guide team. After breakfast we drive into Mt. Rainier National Park to a destination known as Paradise (5,400'). This beautiful area is the base for many nature hikes and is the starting point for our climb to Camp Muir (10,080'). After donning our packs, we hike Park trails to the snow line, and continue up to Camp Muir. The hike takes four to five hours, and we will stop to rest several times along the way. You will receive instruction on many topics such as moving efficiently on snow, glaciology and vulcanology. That night we sleep in our private hut at Camp Muir. The hut allows us to have further discussions on mountain topics and eat dinner in a private environment.

Day 2: After breakfast, we begin our training. We cover all aspects of self-arrest, crampon and ice axe use as well as proper rope techniques for climbing the mountain. After lunch, we pack our personal gear with tents and climb across the Cowlitz Glacier over Cathedral gap to Ingraham Flats (11,100' to 11,200' depending on where we camp). This two-hour climb allows us to train in rope management and glacier travel skills while bringing us to a beautiful and remote location at the base of the Ingraham Glacier, where we establish our high camp. Our guides will prepare the dining tent, boil water for our meals and give a detailed account of what will be required the next day. We go to bed early so that we can wake up around midnight and prepare for the summit climb.

Day 3: Summit day! We start our climb between midnight and 2 a.m. After getting dressed, we jump into the dining tent for breakfast and top off our water bottles. Our route depends on the time of year and



conditions. We will either ascend the Disappointment Clever or the Ingraham Glacier Direct Route. As we are far ahead of those climbers coming from Camp Muir, we will have the mountain to ourselves. It takes four to five hours to ascend to the crater rim and then another half-hour to Columbia Crest, the main summit of Mt. Rainier. Along the way, we find routes around crevasses and seracs and make our way up the mountain, clipping our climbing ropes into fixed protection when necessary. We take short rests to hydrate and eat. As it is often cold, these rest stops are frequent but short in duration. Our goal is to keep a moderate yet steady pace, which allows us to keep warm during the early morning hours. After reaching the Crater Rim, we take a longer break and, if all is good, head across the crater itself to Columbia Crest.

After celebrating and taking photos at the summit, we descend carefully back to Ingraham Flats. Here we pack up our camp, rope up and climb back down to Camp Muir. Much of our gear will be left here for other future expeditions. From Camp Muir, we carry our personal gear back to Paradise and then drive back to Seattle for an evening of dining and fun.

Mt. Rainier Muir Climb Gear List

For a current list of required gear please visit: <https://www.alpineascents.com/climbs/mount-rainier-climb-muir/gear-list/>



Mt. Rainier Four-Day Climb of Emmons Glacier

Details below provided by AAI

Elevation: 14,411 feet

Guide Services: Alpine Ascents International

Fundraising minimum for this climb: \$5,000.00 USD

Overview

Our Emmons glacier climb offers experienced alpinists a unique opportunity to climb America's most distinguished mountain via a less-traveled route. Climbing expedition-style with groups of eight climbers and four guides, we move up the mountain as a team, over a four-day period. Climbers should have prior glacier experience and the ability to carry 65 pounds. Alpine Ascents has been leading climbs via the Emmons Glacier since 1998 with an 85 percent success rate, largely due to requiring a prerequisite and offering a patient climbing approach. We look forward to having you join our team of expert guides on this extraordinary climb. **Maximum team size: eight climbers and four guides.**

Climbing skill level

This climb is open to advanced beginners. A prior glacier climb is required. ([Three-Day Mt. Baker Climb or equivalent training that includes a significant glaciated ascent and a day of snow school](#)). This is an extremely rigorous four days and being in excellent physical condition is mandatory. Please note: The guide retains the right, at any point, to determine whether a climber is sufficiently fit to continue the climb.

Physical conditioning: 60 pound pack required

In the best interest of personal safety, success and team compatibility, adequate training and excellent physical condition are required. Climbers must be able to carry an average of 60 pounds or more. Climbers need to be in excellent physical condition for both personal enjoyment and for the safety of the team. We encourage you to contact AAI so that we may assist you in developing a training program that meets your particular needs.



Four-Day Emmons Glacier, Mt. Rainier Climb Itinerary

Climbers are required to arrive in Seattle the afternoon before our trip begins for a mandatory gear check. A thorough gear check ensures everyone is fully equipped and prepared to depart the next morning. Rental gear is fitted and packed at this time.

Location: Alpine Ascents International office, Seattle

Duration: Approximately 2 hours.

A guide and our gear manager will give you an overview of the climb, answer all your questions and make sure you have all your equipment or rental gear necessary.

What to bring: Please bring your pack fully loaded with all required items from the gear list

Day 1: On the first day of the climb, we meet at the AAI office at 6 a.m., where we pack up the van and drive to Mt. Rainier. We begin at the White River Campground (4,300'). The day is spent climbing to our first camp at about 8,500 feet on the Inter Glacier, where we set camp and enjoy stunning and expansive views. This allows us to acclimatize a little and have an easy move the following day. We will review walking on snow and ice, glacier travel skills, ice axe use, and learn breathing techniques that will assist us on our ascent.

Day 2: Snow skills seminar. We make a short move past Camp Schurman (approx. 9,500') and establish a camp at a comfortable pace at Emmons Flats. This short day allows us to relax and get as much rest as possible before our summit attempt early the next morning.

Day 3: Summit day. For safety and better traveling conditions on the glacier, we begin with an early morning wake-up to get us very near the summit by sunrise. The summit climb should take nine to 12 hours depending upon the speed of the group. Our pace is moderate and leads to a spectacular summit day. Weather permitting, we will take a brief break at the summit to enjoy the view, snap photos and eat and drink to fortify ourselves for the descent back to Emmons Flats.

Day 4: Descend to the trailhead. We trade climbing boots for tennis shoes and drive back to Seattle for a shower and a night of dining and celebrating.

This is an extremely rigorous four days and being in strong physical condition is mandatory. One day of skills review is included in the climb. Please note, the guide retains the right, at any point, to determine whether a climber is sufficiently fit to continue the climb.



Mt. Rainier Emmons Climb Gear List

For a current list of required gear please visit: <http://www.alpineascents.com/rainier-climb-emmons-g.asp>

