



Sierra Mountain Guides Newsletter

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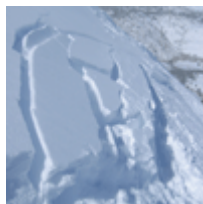
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Did you take your AIARE Level 1 a couple of years ago? Details a little fuzzy? Don't have the time for a full course? Join us on our Level 1 refresher course!

Dates:

December 13, 2008

December 20, 2008

January 3, 2009

January 24, 2009

Issue: #10

September and October/2008



SMG: Doing our part to find a cure for Summit Fever.

Dear Howie,

The seasons, they are a changin'! My morning bike rides are a little chillier, people are starting to climb at the gorge again, and my outdoor retail friends say ice gear is flying off the shelves. I love the way the air smells a little like freshcut firewood as people prepare for winter, I look forward to that first bit of crisp air that hits my skin and tells me that that summer is definitely over, and of course, I think that Bishop is at its most gorgeous as the leaves change color. As my mind tumbles around the idea of powder snow and ice couloirs, my body relaxes a little knowing that November always brings the needed rest after a summer full of outdoor fun and before a winter of rigorous backcountry skiing. Last year, Jed and I went skiing right after the first snow. I loved watching the light snow cover up the green grass leftover from summer and smelling the wet dirt for the last time before the snow blanketed everything.

~The random ramblings of your office manager, Annie

Price:
\$150

Climb Red Rock!



There is still a little time left to reserve your spot in Red Rock this fall. Though space is limited!! Call immediately!

Oct 24-28, 2008

[Click Here](#)

OUR SPONSORS:
A BIG thanks to OR for providing our guides uniforms!



Backcountry Ice Climbing

North Peak, Mt Thompson, U-Notch, V-Notch, the list goes on!!

October and November can be a tricky time of the year for outdoor enthusiasts. The mountains are getting a little chilly for rock climbing, and there is no snow for skiing yet. But there is hope!! October and November are wonderful times to climb ice couloirs! Lets ask IFMGA guide Neil Satterfield a little more about it:

Annie: What is an Ice Couloir?

Neil: Well, a couloir (from the French word meaning "passage" or "corridor,") is a deep gorge or gully formation found on the side of a mountain. An *ice couloir* is a regular couloir filled with ice that is formed during the summer time when the winter snow melts and condenses eventually forming ice.

Annie: What kind of experience do I need?

Neil: It is nice to have some background in swinging ice tools but often times the couloirs are lower angled than winter waterfall ice so they are often easier than some of the winter waterfall ice climbs like lee vining.

Annie: Are there any I can reasonably climb in a day?

Neil: Yes, Mt. Dana and North Peak are reasonable days.

Annie: What type of equipment do I need to own?

Neil: We provide all of the technical equipment that you would need like ice tools, crampons, harness, helmet, rope, etc. You will need to own warm synthetic clothing, and camping equipment if you are doing a multi day trip. Before a trip you will receive a gear list and usually have a chat or two with our office manager and your guide to discuss specifics.

Annie: When should I sign up to get the best ice?

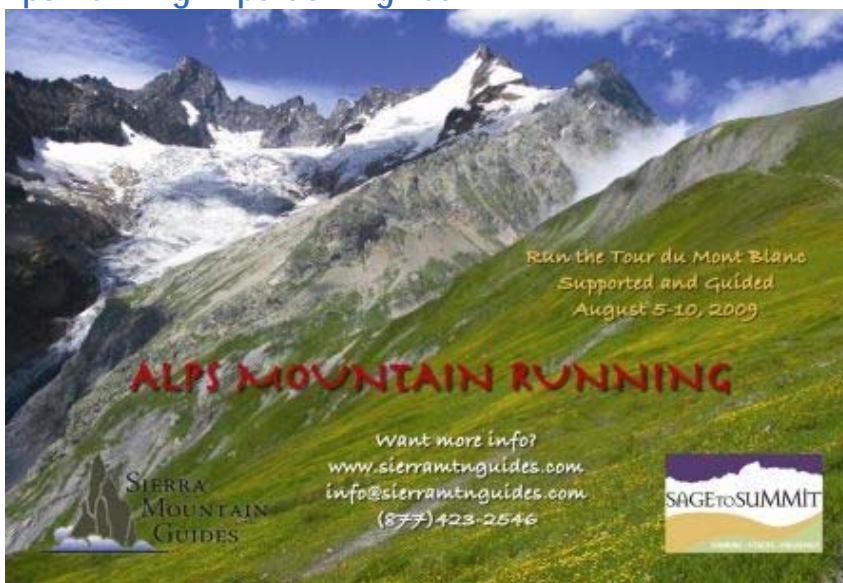
Neil: North Peak and Dana are good right now, and there is still good ice to be found elsewhere.

[More here!](#)



Running Junkie?

Alps Mountain Running Trips Coming 2009



Do you like to run? Do you like to camp out? Do you like to hang out in a warm hit filled with croissants and lattes? Do you like ridiculously beautiful views? Well, this just may be the trip for you. Keep us in mind as you plan your summer, we are going to be getting details up soon about our summer Alps Mountain Running trips.

August 5-10, 2009

[More Info Here!](#)

Be our friend!!

We have a Facebook account!

We have been wanting a forum/blog for quite some time and realized that this could be done in quite an easy way: Facebook! Now you can join our group and post photos and stories about the trips you took as well as see stories and photos put up by other people who have joined us in the mountains. Plus, read stories from our guides adventures too! If you don't have an account, this might be a good excuse to make one!

[Will you be our friend?](#)



Thanks for reading,

Sincerely,
All of us at
Sierra Mountain Guides



Self affirmation in a non-cheesy way



We hope your fall is better than this one.

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