



Sierra Mountain Guides Newsletter

IN THIS ISSUE: Its a fatty folks!

Word of the Month

Red Rocks Update

The Palisades Rock!

Trekking Trips!

Get Alpine!

QUICK LINKS

[News Page](#)

[Calander](#)

[Who are we?](#)

[We have a YouTube Account!](#)

Word of the Month:
Corn Snow

Corn Snow: [kawn snoh] *noun*- snow in the form of small pellets or grains produced by the alternate melting and freezing of a snow layer.

Harvest snow:[hahr vist snoh] *verb*- To ski the corn snow and receive shin shots and good tidings.

Shin Shots :[shin shuts] *noun*- the little bit of snow that hits the shins when one harvests corn. Most notable when pants are rolled up.

Issue: #5

April/2008



Dear Howie,

Well folks, it looks like that time of year! The equinox has just passed, our days are getting longer and warmer and my neighbors bulbs have come in. We are wrapping up our ice climbing and avalanche course season and people are starting to call us about trekking and rock climbing trips. These warm days make me think two things, and two things only: what ski tours will I do this spring and what alpine climbs will I do this summer? I would recommend that you start wrapping your minds around where you want to be this spring. The Sierra corn, easy travel, and amazing sun call out to be utilized.

~Annie: SMG Office Manager and Guide

The Palisades baby!

Super-Dooper Classics!

We can't possible describe the Palisades any better than Peter Croft, so we'll let him say it: "Simply put, the Palisades are the most mountainous mountains in the Sierra Nevada. They have the biggest glacier, the biggest rock climb and the biggest traverse in the Sierra



Red Rock Update!!



You should know that we changed the dates a little for our [Red Rock](#) spring trip. Sign up now!

May 16-20
October 24-28

and yes, size DOES matter!" What is contained in the Palisades you ask? How about Mt. Agassiz, Thunderbolt Peak, Temple Crag, North Palisade, Mt. Sill, and Middle Palisade to name a few? What can you do in the Palisades you ask? How about incredible rock climbing (like the longest routes in the Sierra), alpine climbing (like the longest traversing in the Sierra), ice climbing (like long multi pitch opportunities), and skiing (like incredible ski tours)? We have a couple of options for checking out this incredible area: [Palisades 5 days](#), [7 days](#), the infamous [Palisade Traverse](#), and for the skiers out there, the [Palisade Crest Tour](#). All options require a high level of physical fitness and stamina, experience with rock or alpine climbing, experience climbing 5.8-5.9, experience with ice ax and crampon use, and experience with altitudes above 11,000'. The personal requirements are high but not as incredible as the landscape you'll be experiencing. We are offering a 10% discount on any Palisades trip when you mention the coupon in the bottom of this e-mail. Here are the dates:



Palisades Crest Tour: April 12-17
Palisade 5 day: July 16-20
Palisade 7 day: August 1-7
Palisade Traverse: June 12-15 and July 10-13

PLEASE SUPPORT OUR SPONSORS:



Sierra Mountain Guides Offers Backpacking Trips?

Why do you need a backpacking guide?

You might find yourself asking right now, why would I want a guide for trekking? Here are some answers for your curious mind:



- You have never been backpacking before and want to avoid getting lost, cooking, reading books to figure out what gear to bring, and planning your trip.
- You are an experienced backpacker who hates to cook and wash dishes in the backcountry.
- You have an insatiable mind for detail and want to grill a professional backpacking guide on everything from fast and light backpacking to leave no trace ethics.
- You enjoy the company of others.
- You don't have the time to plan an awesome trip but want to go on one.
- You want to learn the nitty gritty of things like map and compass or winter camping skills.

Think about it!
[Check out the trekking trips we offer!](#)

Alpine Courses!

What is alpine climbing?
On our website, it includes mountaineering, snow camping, using an ice axe, and an Alpine Guide Course, can it possibly be all of those things? We're going to ask our AMGA trained alpine guide, Trevor Hobbs, exactly what this elusive sport is:



SMG: OK, the obvious question: What is Alpine Climbing?

Trevor: Recorded Alpine climbing began in the European alps in the 1700's and now people practice Alpinism in areas all over the world, the Sierra being one of the most popular. The technical definition for Alpine climbing happens above the Alpine Biome which is usually around 10,000 feet, though alpine style climbs can happen at and include lower elevations. You might say that Alpine Climbing is using any means necessary to get up a high mountain. Sierra Mountain Guides definition includes any climb you take a rope, axe, or crampons for deep into the mountains. Many of our alpine trips include bivouacs and all of them include one or more of the following: golden sunrises, breathtaking vistas, perfect crisp granite, firm snow and ice, all along with mostly calm California weather.

SMG: What is the difference between Mountaineering and Alpine Climbing?

Trevor: I think at the root they are the same, being with and experiencing the treasures that mountains presents to us. If I had to split them apart I would say Mountaineering might be a less technical ascent of a peak where a rope may be used for slip protection and crampon points are used more for walking traction and Alpine climbing incorporates roped climbing with pitches and technical crampon use.

SMG: Do you usually use ropes when you Alpine Climb?

Trevor: This would depend of the objective and the route taken. Ropes are always used in 5th class terrain, generally in 4th class and occasionally in the 3rd class.



SMG: What is 3rd and 5th class?

Trevor: These are classes created by the Sierra Club to give an estimate of difficulty and exposure over a section of terrain. Starting at the bottom, 1st class terrain would be like a flat hiking trail, we do it every day.



Class 2 picks up the angle a little bit and now it's most like climbing stairs or perhaps walking across low angle talus or scree, there is little danger of slipping. In 3rd class the exposure may become noticed at times and hands may be used for balance, generally easy but a slip may become a fall. A

rope is often used in 4th class terrain as the movement becomes more labored and technical as the footholds become smaller and the hands are continuously used for balance. Terrain that is 5th class would be what most people consider rock and ice climbing. Ropes, protection, and anchors are used, the climb is broken up into smaller sections or pitches, plus agility, fitness and good technique are all important to move through this terrain.

SMG: What other kinds of equipment do you need? Are you always on snow or ice?

Trevor: Harnesses, helmets, ropes, climbing protection, boots, crampons, ice axe(s) are all commonly used tools for alpine climbing. No, there doesn't always have to be snow or ice involved. The Sierra is home to some of the most beautiful and longest granite rock ridges in the States.

SMG: When you alpine climb, do you have to always be cold and thirsty like the people in Alpinist Magazine? Is it ever fun?

Trevor: Of course it's fun. It would be a fib to say that we never get cold or thirsty while out in the mountains. Though following the 6 "P's" of mountain master and NOLS founder Paul Petzl, "Proper Planning Prevents Piss Poor Performance", we can take steps to make sure we have everything needed for a safe and comfortable trip.

SMG: What are some good courses to try out to learn how to Alpine Climb?

Trevor: This would depend on what kind of mountain adventures interest you. If you like the cold stuff, then taking either a ice axe seminar or a ski mountaineering skills course would teach you how to travel over snow and ice. If you're normally cold while at the movies and prefer stretching out on a sunny granite slab, then a rock skills and anchoring course could be your ticket.

SMG: Thanks for clearing that up Trevor any last words on Alpine Climbing?

Trevor: My pleasure, in closing an old alpinist saying that your back will appreciate, "light is right, ounces equal pounds and pounds equals pain". Enjoy!

[Ice Axe and Crampon Seminar:](#)

May 17-18

June 14-15

[Ski Mountaineering Skills Course:](#)

April 19-22
[Rock Skills Courses](#)
Many Dates Available! Check it out!
[Anchoring Clinics](#)
Many Dates Available! Check it out!

Thank you for taking the time to check out our newsletter and programs.
Without you, there would be no us, have a great April!

Sincerely,
All of us at
Sierra Mountain Guides



Escape the Grind

**Save
10%**

Red Rock Canyon Climbing!

Red Rock Canyon is multi-pitch sandstone climbing at it's best: steep, featured, and colorful sandstone, all in striking distance from the Vegas strip. Easy to moderate approaches bring you to incredibly featured sandstone which has been eroding for thousands of years to make for incredible climbing just for you.

[READ MORE HERE!](#)

MAY 16-20

OCTOBER 24-28

Offer Expires: May 15th, 2008

[Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to info@sierramtnguides.com, by info@sierramtnguides.com
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Sierra Mountain Guides | 148 Willow St. | Bishop | CA | 93514