

Mountain Ascent Association Training Courses

ROCK CLIMBING TRAINING COURSES			Prices			
DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Peak	Base	Free
ROCK 1	INTRODUCTION TO ROCK CLIMBING	Full day orientation and instruction in basic rock climbing. Safety, commands, knots, tying in, climbing gear, fitting, belaying methods and technique, easy scrambling practice, spotting, foundational footwork, handholds and body position, lowering, slab climbing, crack climbing and face climbing technique and practice.	Included	\$90	\$120	\$135
ROCK 2	ROCK CLIMBING TECHNIQUE AND RAPPELLING	Full day of next-level climbing technique, with introduction to rappelling. Review knots, continue belay technique, anchoring the belayer, in-depth face and crack climbing technique, coaching each participant on advanced techniques, and instruction on rappelling with a back-up system.	Included	\$90	\$120	\$135
ROCK 3	SPORT LEAD CLIMBING AND BOLTED ANCHORS	Full day introduction to sport lead climbing. Instruction and practice building a bolted top-rope belay anchor, bolt assessment, racking draws, flaking rope, lead belaying, catching a lead fall, placing draws on lead, clipping the rope, resting on lead, falling on lead, and cleaning the anchor. Simulated and full sport lead climbing practice.	Included	\$90	\$120	\$135
ROCK 4	TRADITIONAL ROCK CLIMBING PROTECTION AND BELAY ANCHORS	Comprehensive protection and anchors instruction. Introduction to trad climbing gear, protection (natural, active & passive artificial, fixed), placing protection, assessment of single-point anchors, concepts of SRENE, equalization, v-angle, instruction and practice in all varieties of multi-point and multi-directional belay anchors and associated belay methods.	Included	\$100	\$130	\$145
ROCK 5	TRADITIONAL ROCK LEAD CLIMBING AND FOLLOWING PREVIEW	Full day of simulated trad lead climbing (up to 5.9) from the safety of an established top-rope. You will get instruction and practice in following a leader, racking gear, flaking rope, lead belaying, catching a lead fall, placing and assessing gear on lead, clipping the rope, resting on lead, bailing from a route, falling on lead, route finding and strategy.	Included	\$100	\$130	\$145

Mountain Ascent Association Training Courses

ROCK 6	TRADITIONAL LEAD ROCK CLIMBING	Single pitch, from-the-ground-up lead climbing course. We start on conservative terrain and will coach you through your first trad lead move by move to build your confidence and expertise. You'll practice and learn how best to select, place (when, where, how) and assess gear on lead, as well as belaying a leader, belaying followers, strategic racking, clipping, cleaning, and review building multi-point belay anchors.	Included	\$110	\$140	\$155
ROCK 7	MULTI-PITCH ROCK CLIMBING	Basic multi-pitch lead climbing instruction and practice. Using shorter pitches, we'll focus on efficient transitions, multi-point belay anchor building, belaying options and considerations, planning and pacing for multi-pitch days, hanging belay, review rappelling, rapelling anchors, options for descending a route.	Included	\$110	\$140	\$155
ROCK 8	ADVANCED MULTI-PITCH ROCK CLIMBING	Next-level multi-pitch lead rock climbing instruction and practice. Principles of climbing at altitude, approach and descent, planning, route finding, climbing with boots/bivy/packs, climbing and belaying technique for twin ropes and half ropes, rappel anchors, review multi-pitch and transitions, running belay, terrain belays, general strategy, and options for descent.	Included	\$110	\$140	\$155
ROCK-R	ROCK CLIMBING RESCUE	Comprehensive self and team rock rescue training. Includes escaping the belay, tandem rappel, counterbalanced rappel, ascending the rope, assisted lowering, raising using mechanical advantage, patient care and assisting injured climbers.	Included	\$110	\$140	\$155

SNOW CLIMBING TRAINING COURSES

Prices

DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Peak	Base	Free
SNOW 1	INTRODUCTION TO SNOW CLIMBING	Full day of orientation for snow climbing. Safety, snow and ice climbing clothing and gear, assessing snow and avalanche conditions, digging a snow pit, fitting crampons and ice axe, breaking trail in a team, easy unroped climbing and downclimbing practice on snow slopes, with and without crampons.	Included	\$90	\$120	\$135
SNOW 2	BASIC SNOW CLIMBING & SELF ARREST	Steeper snow climbing and safety. Self-belay, extensive practice of all four positions of self arrest, in both hands, with and without crampons, steeper downclimbing, spotting, and short belay.	Included	\$90	\$120	\$135

Mountain Ascent Association Training Courses

SNOW 3	SNOW AND ALPINE ICE CLIMBING PROTECTION AND ANCHORS	Comprehensive protection and anchors instruction. Orientation to snow and ice lead climbing, care and use of ropes, placing and assessing natural and artificial snow and ice anchors, multi-directional anchors, multi-point anchors, SRENE, equalization, v-angle, snow seats, belay options, team running belay, and team self-arrest practice.	Included	Not available	Not available	Not available
SNOW 4	SNOW AND ALPINE ICE LEAD CLIMBING	Snow and alpine ice lead climbing practice and alpine ice climbing technique. Assessing snow and ice conditions, choosing route, flaking rope, racking gear, climbing with two tools, lead belaying, belaying a second, clipping, running belay review, and climbing in teams of three or four.	Included	Not available	Not available	Not available
ICE CLIMBING TRAINING COURSES			Prices			
DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Peak	Base	Free
ICE 1	WATER ICE CLIMBING	Top-rope ice climbing instruction and practice. Top-rope belaying, communication, lowering on top rope, review knots, parallel and alternating progression techniques, resting, crampon footwork technique, ice tool technique, top rope steep water ice.	Included	Not available	Not available	Not available
ICE 2	WATER ICE LEAD CLIMBING	Single-pitch water ice lead climbing instruction and practice from the ground up. Lead belaying, route planning, racking, ice climbing tips and techniques, placing, assessing and clipping ice screws, following and cleaning, building and assessing multi-point ice anchors.	Included	Not available	Not available	Not available
ICE 3	MULTI-PITCH AND MIXED ICE LEAD CLIMBING	Instruction and practice in water / glacier ice, mixed and multi-pitch lead climbing, using micro-pitches. Focus on efficient transitions, gear and racking for multi-pitch, climbing in teams of three, using twin ropes and half ropes. Principles of climbing snow and ice at altitude, with bivy packs, belaying considerations, V-thread and A-thread rappell anchors, lowering in guide mode, kiwi coil, and climbing rock with crampons and ice tools.	Included	Not available	Not available	Not available

Mountain Ascent Association Training Courses

ICE-R	BASIC GLACIER CLIMBING AND RESCUE	Glacier travel and crevasse rescue instruction and practice. Orientation to glaciers, roping up for glacier travel, rescue coil, reading and navigating glaciers, team self-arrest, knots, gear, rescue sequences, ascending the rope (self rescue), 3:1 Z-drag crevasse rescue, C-pulley or dropped loop, and piggybacking systems to get maximum mechanical advantage.	Included	Not available	Not available	Not available
MOUNTAINEERING TRAINING COURSES			Prices			
DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Peak	Base	Free
MTN 1	BASIC MOUNTAINEERING (2 DAYS)	Day 1: Basic Mountaineering. Mountain camping and travel skills, map and compass navigation and route finding, extensive overview of clothing, equipment and gear, backcountry and off-trail travel, white gas and canister stoves, sleep system considerations, water, food, knots, shelter options and considerations, and making an effective basecamp.	Included	\$180	\$240	\$270
		Day 2: Peak ascent. Itinerary, gear selection, packing, pacing, efficient movement with boots and pack, rock scrambling, moving a team through terrain with loose rock, spotting, short belay, climbing easy fixed lines, lowering or rappelling, and making the descent.				
MTN 2	WINTER MOUNTAINEERING (2 DAYS)	Day 1: Winter Mountaineering. Winter climbing, camping and travel skills, advanced map and compass navigation in winter or glacier terrain, review prior navigation techniques, snow camping skills, snow shelters including caves, quinzhees, hybrid shelter and tents, winter sleep system considerations, drying out gear, preventing cold injuries, food and nutrition for winter, obtaining water in winter, physical training tips, and winter mountaineering gear, clothing and equipment.	Included	\$200	\$260	\$290
		Day 2: Winter mountaineering peak ascent. Scrambling mixed, snowy terrain with boots and pack, staying dry, fueled and hydrated in challenging conditions, climbing steep fixed lines, rappelling, rappell anchor options, practice winter navigation to and from a peak, snowshoes or skis may be needed.				

Mountain Ascent Association Training Courses

MTN 3	EXPEDITION MOUNTAINEERING (2 DAYS)	Day 1: Expedition climbing. Planning, training, altitude considerations and acclimatization, advanced navigation on glaciers and adverse conditions, using GPS, review all prior navigation techniques, "light and fast" climbing tips, gear and principles, bivouacking in snow, planning a traverse, predicting mountain weather, medical skills, expedition behavior.	Included	\$220	\$280	\$310
		Day 2: Technical peak circumnavigation or ascent. Climbing in running belay, fixed lines or lead climbing in moderate mixed terrain in multiple teams completing a circumnavigation of a peak including a snowy bivouac during 24 -36 hours, utilizing advanced navigation techniques and team decision making.				
SKI MOUNTAINEERING TRAINING COURSES			Prices			
DAY	TITLE	SKILLS DESCRIPTION FOR THIS LEVEL	Apex	Peak	Base	Free
SKI 1	SNOW TRAVEL	Prerequisites: Prior experience with your equipment, fitness to handle up to 5 miles snow travel.	Included	Not Available	Not Available	Not Available
		Full day of orientation to backcountry snow travel on low-exposure peaks and/or traversing snowy trails using various snow travel methods: overview skiing, snowshoeing and snowboarding options, clothing, gear and equipment overview, basic avalanche awareness and assessment such as digging and assessing a pit, estimating slope angles, route planning, uphill and downhill trail travel techniques, monitoring weather, and group dynamics				
SKI 2	BACKCOUNTRY SKIING	Prerequisites: SKI 1, off-piste proficiency on black diamond terrain, prior Level 1 avalanche certification, and have beacon, shovel, probe.	Included	Not Available	Not Available	Not Available
		Full day of travel and skiing on moderate peaks: checking avalanche and weather reports, off trail route planning, monitoring weather, skiing with a pack, beacon check procedures, uphill techniques, ski crampons, transitioning to downhill, backcountry ski technique and tips review, maintaining a log book, and side country skiing				

Mountain Ascent Association Training Courses

SKI 3	SKI MOUNTAINEERING	Prerequisites: SKI 2, off-piste proficiency on steep terrain, prior Level 1 avalanche certification, and have beacon, shovel, probe.	Included	Not Available	Not Available	Not Available
		Full day of ski mountaineering of a steep peak: advanced ski gear, choosing a line, technical ascending and/or descending, climbing with crampons on ski boots, ice axe technique, self-arrest on skis, dropping in, jump turns, comprehensive steep skiing tips and technique, glacier terrain considerations				