

Red Lantern Journeys' Climb for Himalaya Children

Mt Rainier

Elevation: 14,410 feet

Mt Rainier is the most coveted climb in the lower 48 states.

Depending on the number of participants, we will climb two different routes on the mountain, with up to 12 climbers total on each route. The two routes are the Camp Muir/Disappointment Cleaver route and the Camp Schurman/Emmons Glacier route. These routes are the two most commonly climbed routes on the mountain.

Physical Conditioning

This climb is extremely rigorous, requiring excellent strength, endurance and the ability to carry a 40-plus pound pack. Climbers need to be in excellent physical condition for both personal enjoyment and to ensure your and the team's safety and success.

Climbing Skill Level

This climb is open to anyone who is physically fit and will commit to a training regimen to prepare themselves for the climb. Prior hiking or mountain climbing experience is not necessary, but is beneficial. One morning of training that covers technical skills needed for glacier travel is included in the climb.

Maximum team size: 12 (9 participants and 3 leaders)

Three-Day Camp Muir/Disappointment Cleaver Climb

Overview The ascent up the Camp Muir/Disappointment Cleaver route on Mt Rainier is the most popular climb on the Mt Rainier. The first day is spent hiking up to camp Muir, which can take anywhere from 4 to 6 hours. The first night is spent in tents at Camp Muir (10,000 feet). The second day consists of training and a 2-hour climb to Ingraham Flats, where we will spend the 2nd night. If for any reason our permit does not allow us to move to the higher camp, we will stay at Camp Muir. The third day begins about midnight, climbing through darkness with headlamps on until sunrise. The summit is usually reached between 7 and 9 am. You'll descend quickly to high camp to pack up the tents and return to the cars by late afternoon or early evening.

Climbers are required to arrive at Paradise at 9:00 am on Friday morning. After checking in at the ranger station, a mandatory gear check is performed to ensure that everyone is fully equipped and prepared. Group gear is also distributed and packed at this time.

What to bring: Please bring your pack fully loaded with all required items from the gear list. Also bring clean clothes and extra water to leave in the cars and change into after the climb.

Day 1: Climb from Paradise (5,400 feet) to Camp Muir (10,080 feet). After donning our packs, we hike Park trails to the snow line, where we continue up the Muir Snowfield to Camp Muir. The hike takes four to six 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 using the rest step and breathing techniques to help you adjust to the higher altitudes.

Day 2: After breakfast, we will begin the technical training. We will cover all aspects of ice-axe self-arrest, crampon and ice axe use as well as proper rope techniques for climbing the Mt Rainier. After lunch, we pack our personal gear with tents and climb across the Cowlitz Glacier over Cathedral gap to Ingraham Flats at 11,000 feet. This relatively short, two-hour climb allows us to train in rope management and glacier travel skills while bringing us to the base of the Ingraham Glacier. Here we establish our high camp by leveling tent platforms, a dining area, and a toilet area, and setting up our tents. We'll then boil

water for meals and discuss the plan for the climb to the next day. We go to bed early so that we can wake up around midnight and prepare for the summit climb. *Note: some years we are not able to get permits for camping at Ingraham Flats, so we may spend 2 nights at Camp Muir.*

Day 3: Summit day! We start our climb between 1:00 and 2:00 a.m. We will ascend the Disappointment Cleaver over the course of two or three hours. Then it takes another 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 slopes of Mt Rainier, clipping into fixed protection with our climbing ropes 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, the true summit.

After celebrating the summit and taking photos, we descend carefully back to Ingraham Flats. Here we pack up our camp; rope up and climb back down to Camp Muir where we can un-rope and take a break before heading on to the cars at Paradise.

Three-Day Emmons Glacier Climb

Overview The Emmons Glacier route is on the east side of Mt. Rainier. It is a bit longer and starts at a lower elevation than Paradise. As a result, it is a less-traveled but still popular route. The first day starts with a hike on trail to the base of the Inter Glacier, then up the glacier to a camp site. The second day consists of training and a 2-hour hike up to either Camp Schurman or Emmons Flats, for our high camp. The third day begins about midnight, climbing through darkness with headlamps on until sunrise. The summit is usually reached between 7 and 9 am. You'll descend quickly to high camp to pack up the tents and return to the cars by late afternoon or early evening.

Climbers are required to arrive at the White River Camp Ground at 9:00 am on Friday morning. A mandatory gear check is performed at this time to ensure that everyone is fully equipped and prepared. Group gear is also distributed and packed at this time.

What to bring: Please bring your pack fully loaded with all required items from the gear list. Also bring clean clothes and extra water to leave in the cars and change into after the climb.

Day 1: We begin at the White River Campground (4,300 feet). The day is spent climbing to about 8,700 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: In the morning, we'll conduct the technical training. After lunch, we'll rope up the hike on the Emmons Glacier to Camp Schurman at approximately 9,500 feet (or possibly continue to Emmons Flats a few hundred feet higher). This relatively short, one to two-hour climb allows us to train in rope management and glacier travel skills. Here we establish our high camp by leveling tent platforms, a dining area, and a toilet area, and setting up our tents. We'll then boil water for meals and discuss the plan for the climb to 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. 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 7 to 9 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 high camp, where we will pack up the tents, have a good rest before descending to the cars—arriving late evening.