

BAKER/RAINIER SEMINAR

WASHINGTON STATE | 7 DAYS | 10,781' & 14,410' | BEGINNER LEVEL



Mt. Baker in the winter (Porter McMichael)

CLIMB MT. BAKER & MT. RAINIER WITH IMG

Our 7 Day Mt. Baker/Mt. Rainier Seminar is one of IMG's comprehensive training programs and includes summit attempts on two of Washington's most iconic peaks. It is designed as an in-depth skills and training seminar for climbers looking to develop a greater breadth of climbing skills. Mt. Baker's Easton Glacier is a perfect warm-up for Mt. Rainier via the Disappointment Cleaver, the most glaciated peak in the Lower 48.

This program provides excellent hands-on training to prepare climbers for any of the big, high-altitude, glaciated, technical peaks in Alaska such as Denali, South America, the Himalayas and elsewhere. We incorporate basic mountaineering training and crevasse rescue into the course curriculum including cramponing, ice axe and ice tool use, ice climbing, belaying and rappelling, glacier travel and rescue, short roping and short pitching, ice and snow anchors and anchor systems, self and team crevasse rescue, route finding and navigation, and ascending and descending fixed lines. The seminar runs mid-summer to capitalize on firmer snow conditions and more exposed crevasses for glacier training. A summit attempt is included on both Mt. Baker and Mt. Rainier.

PREREQUISITES & TRAINING

Both the Easton Glacier & the Disappointment Cleaver Route are novice routes well suited to beginners with no previous mountaineering experience. Prior experience hiking and backpacking is a plus and will allow you to focus on practicing your mountaineering skills.

While this program is suited for novice climbers, Mt. Rainier is still a strenuous climb.

DATES/PRICE

[View on our website](#)

GROUP SIZE

Max: 8 climbers + 4 guides

Guide Ratio: 2:1

QUICK LINKS

[Itinerary](#)

[Gear List](#)

[FAQ](#)

REGISTER

[Click here](#) to get started.

\$500 Registration Fee is due upon registration and applies to total Selected Program price. Remaining balance is due 120 days prior to Scheduled Arrival Date. All fees and payments are non-refundable and non-transferable.

GENERAL INFO

[Directions/Travel to IMG](#)

[Travel Insurance](#)

[Local Ashford Lodging](#)

[Tent Rentals at IMG HQ](#)

[Training](#)

[Food Suggestions](#)

[Mt. Rainier Weather](#)

[Suggested Reading](#)

[Tipping your guides](#)

CONTACT US

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All participants must be in very good physical condition. For several months prior to the start of the climb, training should include many long, slow runs or hikes over hilly terrain, an hour or more in duration. Add additional weekend outings carrying a heavy pack (30-45 lbs.) up steep hills or stairs, ideally gaining 3,000 feet over 3 or more miles. Aim to move consistently at a moderate pace, with breaks approximately every hour.

THE ITINERARY

Day	Mt. Baker & Mt. Rainier Seminar
Day 1	The team will meet their guides at the Sedro-Woolley Ranger Station at 8 AM on Day 1. Here, they will do a final gear check before entering the field. The team will depart for the Schreiber's Meadow trailhead where they will follow a trail through the forest, to a lush alpine meadow, and then cross onto a glacial moraine up to Sandy Camp. This stretch to high camp will take approximately 4 hours with heavy packs. Once in camp, the team will start on their lessons, eat an early dinner, and get off to bed.
Day 2	The team will wake-up early on Day 2 to go for the summit of Mt. Baker. The Easton Glacier is a moderate climb that will include some crevasse navigation. It will be a full day to get back to camp after summiting. If there is time, the team will continue with their training lessons.
Day 3	On Day 3 the team will hike out from Sandy Camp. This day serves as a bit of an active rest day. If time and weather permits, the group will do more skills training in the morning. After getting to the trailhead, the team will depart and plan to meet up in Ashford the following day. Please note that lodging is not provided on the night of Day 3.
Day 4	After meeting back at IMG Headquarters in Ashford, WA at 2 pm, the team will go through a brief gear check for Mt. Rainier. After this the team will utilize the training spaces at IMG HQ to cover more topics such as crevasse self-rescue and anchor building. Please note that lodging is not provided the night of Day 4.
Day 5	Day 5 will start at 8 am at IMG HQ in Ashford. Each team member will receive a small amount of group food to be carried to Camp Muir. After meeting the guides, the team will travel to Paradise in an IMG van. You'll begin your ascent around 9:30 am and will break approximately every hour until reaching Camp Muir (10,080') around 3 pm. Once at Camp Muir, you'll rest and enjoy a burrito dinner in IMG's semi-permanent dining tent. After dinner, it's off to bed for a full night of rest!
Day 6	Pancake breakfast with bacon and French press coffee will be served at 8 am sharp on Day 6. After enjoying breakfast, you will put your learned skills into action, making the two hour climb up and over Cathedral Gap to Ingraham Flats (11,000') nestled in the Ingraham Glacier. At "The Flats", dinner and hot drinks are served early and we head to bed soon thereafter to rest and prepare for our summit push early in the night.
Day 7	On Day 7, you will wake up early to make your summit push. After leaving the Flats, you will climb to the top of Disappointment Cleaver (12,300') before continuing onto the upper mountain and climbing the Ingraham Glacier to the summit. Snap some summit photos and enjoy the views before we descend. Upon reaching The Flats, the team will pack up camp and continue descending to Camp Muir and then to the waiting van at Paradise. From there we travel back to IMG HQ in Ashford together. Here you can return rentals, make retail purchases, and share in a closing ceremony with your guides. Please note that lodging is not provided the night of Day 7.

TRIP INCLUSIONS & EXCLUSIONS

Here is what is included and not included in the cost of your program.

Included

- IMG Guides
- All training curriculum and instruction
- Dinners, breakfasts, and hot drinks during the climb
- Group equipment including tents, stoves, fuel, cookware and group climbing gear (ropes and hardware)
- Climbing permits
- Entrance fee to Mt. Rainier National Park
- Round trip transportation from IMG HQ to Paradise (Mt. Rainier National Park)

Not Included

- Lodging and food the evening prior to the start of each climb

- Lodging on Day 3, Day 4, and the last night of the trip
- Lunches and snack food, meals before and after the program
- Transportation to and from Sedro-Woolley/Ashford
- Personal clothing and climbing equipment found on the Gear List.
- Guide tips

INSURANCE

Due to our strict no refund policy, IMG strongly advises that you protect potential losses with appropriate insurance coverage. Travel Insurance is strongly suggested and should include coverage for trip cancellation, trip interruption, trip delay, baggage loss, emergency medical expenses, emergency evacuation expense, etc. IMG provides no such insurance coverage. Visit the [Travel Insurance page](#) on our website for more information.

LODGING & TRAVEL

You are responsible for your own for lodging the night prior to the start of the trip as well as the night of Days 3, 4, & 7. Plan to return to IMG HQ by 5pm on Day 7. Due to the variable nature of mountaineering, return time can vary significantly. If you are spending the night in Ashford, don't forget to make arrangements for the last night of the program. We do not recommend attempting to fly out of Seattle the same day you get down from the climb.

Local area lodging suggestions can be found on our [website](#), and a limited number of [IMG platform tent rentals](#) may be available as an inexpensive alternative.

GUIDE TIPS

A show of appreciation for a job well done is always appropriate. We think you'll agree that the guides go above and beyond the call of duty to make your climb as safe, successful and enjoyable as possible. Our guides typically pool the tips and share them equally. Your contribution to the guides' tip pool can go directly to the lead guide on your program and will be appreciated by all of them! Cash or Venmo is preferred, please contact your guide directly for Venmo information. The amount of tip is at your discretion, but tips for excellent service normally average 10-15% of the cost of the program.

QUESTIONS?

[Email](#) or call at (360) 569-2609 Ext. 1

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