

# American Alpine Institute<sup>Ltd.</sup>

## - Program Itinerary -

### **Waterfall Ice Climbing – Sierra, CA**

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As a reminder, this itinerary can and will change from trip to trip. Climbing days and rest days are often dictated by weather and conditions. This day-to-day plan is rough and should be used for general reference only.

**Meeting Location:** One of the hotels in Lee Vining, CA. AAI recommends Murphy's, but there are a few other options in the area including a Best Western and the Yosemite Gateway Inn. Your guide will be in contact prior to the start of your program to coordinate the meeting time and exact location.

**Meeting Time:** Our standard rendezvous time for this program is 8am on the morning of day 1. Your guide may schedule a meeting time that is earlier or later based on local factors

#### **Day 1**

Meet at the hotel in Lee Vining at 8am for a quick gear check and pre-trip orientation.

Drive minutes to the trailhead and approach. If you are climbing in Lee Vining Canyon, the drive is about 10 minutes and the hike take about 30 minutes, depending on the snow pack. The drive to June Lake is about half an hour and the hike take about 20 minutes.

#### Review

- Knots
- Harnesses
- Belaying
- Rapelling
- Hand and foot techniques for climbing.

For intermediate and advanced courses, we will spend very little time on review and move on quickly to skill development and climbing.

#### **Day 2**

- Protective systems
- Climbing techniques
- Anchor building

-Climbing practice.

We will shoot for getting back to the trailhead at about 4:30 or as the amount of light dictates.