



MUSA MASALA CHARITY MOUNT BAKER CLIMB



Mount Baker offers an incredible guided ascent on one of North America's most sought after peaks for climbers of all levels. Referred to as Komo Kulshan, or the "Great White Watcher," by the Lummi Indians, Mount Baker is the highest and most heavily glaciated peak in the North Cascades.

It is typically done as either a 2 or 3 day outing, depending on previous experience, and truly offers the complete package for aspiring mountaineers of all levels of experience. The rolling glacial terrain on both sides of the mountain is perfect for training in glacier travel skills.

The north side of the mountain offers excellent terrain for ice climbing practice, and steeper more advanced routes for intermediates to experts.

Regardless of your level of experience, your BBE guides will take you through the training process and on up through glaciated terrain for a classic Northwest mountain ascent.

ROUTES

BBE'S Pick: The Coleman-Deming Glacier (3 days)

- A little steeper and a bit more objective hazard than the Easton Glacier
- A beautiful approach through pristine forest up to the base of the glacier
- Suitable for first time climbers, but good fitness and aptitude is required

Easton Glacier (3 days)

- The easiest way up the mountain
- The best route for first time climbers

North Ridge (4 days)

- A classic technical ridge route
- Previous experience required including ice climbing up to WI 2-3
- Descent via the Coleman-Deming route



BENEGAS BROTHERS EXPEDITIONS INC. WWW.BENEGASBROTHERS.COM
P.O. BOX 17037 - HOLLADAY - UT 84117 - USA PHONE: +1-801-783-3216
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COLEMAN-DEMING GLACIER ROUTE

This famed route on Mt. Baker is the most popular route on the mountain for good reason, and a great way to summit Mt. Baker for the first time. Our route ascends the Coleman Deming Glacier with challenging route finding through icefalls, seracs, and large crevasses. Incredible views of the North Cascades, Mount Rainier to the South and the alluring San Juan Islands to the West await those who reach the summit. Instruction will be provided in use of the ice axes, crampons and roped glacier travel, and, in addition, your guides are there to offer training in steeper cramponing skills and perhaps ice climbing time allowing, to take advantage of the terrain at hand.

The adventure begins hiking the Heliotrop Ridge trail outside the town of Glacier, Washington on the mountain's north side. After a hike of several hours, we will make our high camp near 6000' at the top of the "Hogsback ridge". Our second day is spent covering the necessary skills that will be used to climb the mountain, including efficient snow climbing techniques, correct use of ice axe and crampons, traveling as a roped team and essential self arrest skills. We dine and go to bed early this night, as an alpine start awaits to leave for our summit bid the next morning.

Summit Day typically begins sometime between midnight and 4 am depending on snow and weather conditions. After roping up, we will begin ascending the glacier by headlamp and sometimes by the light of the moon. Viewing the dark night sky and the Milky Way from high on the mountain is an experience you will never forget. We will work our way up the Coleman Glacier, staying well clear of the massive ice cliffs of Colfax Peak and winding through the crevasses on the upper glacier. At approximately 9000' we will ascend Pumice Ridge, which leads us onto the upper Deming Glacier. From here, a slightly steeper climb up the Roman Wall will deliver us to the summit plateau and across to the true summit of Mount Baker, and its extraordinary views. From here we retrace our steps back to our high camp. After a short nap, we will pack up camp and make our way back to the trailhead by mid afternoon.

SKILL LEVEL

We backpack our full load of gear into base camp, therefore all participants must be in very good physical condition. The need to train for this climb cannot be overstressed. Training should include lots of long, slow, distance runs, hikes or bike rides over hilly terrain, an hour or more in duration, later adding additional weekend outings working up to carrying a heavy pack (35-50 lbs.), and hiking up steep hills or stairs. Trail hikes should gain 2-3,000 feet over 3 or more miles. Prior training in roped glacier travel will help with this ascent, but if you are fit and have good aerobic endurance, the training on Day 2 will be sufficient to prepare you for the climb.

FURTHER DETAILS

Landcost: \$850 minimum of 3.

Maximum group size: 9 climbers with 3 guides; BBE guides at a ratio of 3:1 on our regular Mt. Baker glacier climbs.

Extended itineraries are available on request.

Included in your fee are: all group equipment including shared tents, stoves, climbing ropes, hardware and climbing permits. Group programs are guided at a 3:1 ratio.

Not included is: transportation to the trailhead, parking pass, lodging the evening prior to the start of the climb or the last night of the trip, meals during the program.

ITINERARY

Day 1

8 am group orientation and introductions at the USFS ranger station in Glacier, WA. Prior to the trip you will be contacted by our office to make sure you have all the gear you need. At this morning meeting we will conduct a thorough equipment check, distribute group gear, and help each member organize their pack for the hike in.

We will then drive for approximately 20 minutes to the trailhead at 3670' and begin our hike to our camp near the edge of the Coleman Glacier. The hike in is on a well-traveled trail until 4980' at which point we take a climbers trail up to the Hogsback Camp at 5890'. On the hike in your guides will discuss climbing efficiently and will orient you in the latest Leave No Trace (LNT) techniques. We usually camp at the Hogsback Camp, but can also place camps higher if this is the group's preference. We use the evening to cover a few basic skills, have a nice dinner, and enjoy the views.

Day 2

This day will be used to review the basic skills required for a climb of Mt. Baker, including: ice axe self-arrest, use of crampons, rope-travel, team arrest, climbing efficiencies, and making corners. We will also provide an introduction to crevasse rescue, giving you a very basic idea of how we can pull someone from a crevasse if someone ends up in one. This basic introduction involves a demonstration, review of some basic climbing knots and hitches, and a discussion of



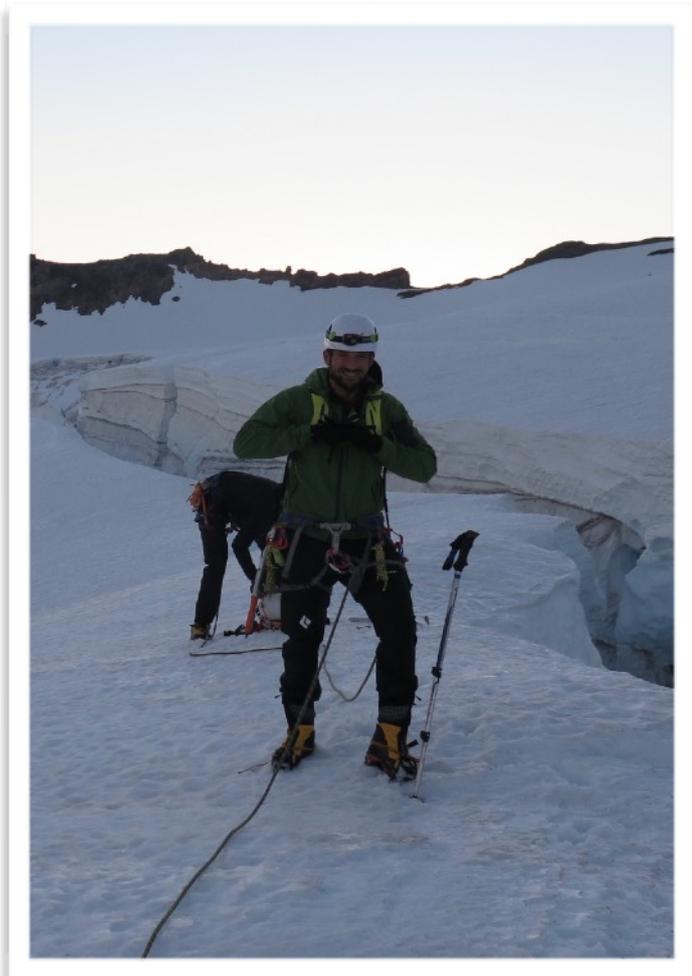
snow anchors. We will plan to get to bed early for a pre-dawn start the next morning. The remainder of the evening is spent making final preparations for the next day's summit attempt.

Day 3

Climbs of the Coleman-Deming route always require an early start. We will be up before the sun and will rope up to climb up the massive and impressive Coleman Glacier until we reach 9100' where we follow the pumice ridge for just over 800 feet before finishing via the Roman Headwall on the Deming Glacier. This last climb is usually the steepest part of the route. Given the length of the hike out and the drive we will work to be back to camp by late morning and headed down by mid-day in order to get everyone back to Seattle that evening.

*Note on Baker North Side Climbs. There may be times when group strength and/or weather forecasts may encourage us to climb on Day 2 instead of Day 3 if we feel it gives us the best chance of getting to the top. In the event that we do this, on Day 3 we will offer other options in the morning such as additional technical training or ice climbing prior to the hike out.

Note on all itineraries: Although we do our very best to follow the schedule listed, the very nature of climbing in an alpine environment requires flexibility. This itinerary is subject to change due to inclement weather, unsafe route conditions, and other reasons beyond our control.



SKILLS CURRICULUM

- Selection and use of personal equipment, ropes, knots and harnesses
- Crampon use and snow climbing techniques, ice axe positioning, and self arrest techniques
- Roped glacier travel, rope team management, route finding, and crevasse navigation
- Hazard assessment including a discussion of objective vs. subjective hazards
- Camp construction, camp management, and cold weather camping skills
- Proper clothing and climbing gear for survival in the high mountains, mountain weather, alpine ecology, avalanche hazard assessment, and Leave No Trace ethics.





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THE NORTH RIDGE ROUTE

Undoubtedly one of the finest alpine routes in the Northwest, the North Ridge is not continuously difficult, but does climb steeply throughout and offers several crux pitches of ice climbing, generally up to 70 degrees. Our route the the base of the ridge is equally taxing, as we weave our way through the Coleman Glacier before gaining the ridge itself. Once up on the ridge proper, the scenery is breath taking from this vantage point, the view is endless and the climbing exhilarating.

SKILL LEVEL

In order to join our North Ridge of Mt. Baker climb you need to have suitable ice climbing skills, including comfort climbing steadily and efficiently for up to 12 pitches of 45-50 water ice with short steps of steeper ice. If you would like to polish your ice climbing skills, we can often schedule a day of ice climbing on the lower Coleman Glacier prior to your climb. You should also be familiar with belaying, removing ice screws and pickets, and have solid rope travel skills. We backpack our full load of gear into base camp, therefore all participants must be in very good physical condition. The need to train for this climb cannot be overstressed.

FURTHER DETAILS

Landcost: \$1250 minimum of 3.

Maximum group size: 9 climbers with 3 guides; BBE guides at a ratio of 3:1 on our regular Mt. Baker glacier climbs.

Extended itineraries are available on request.

Included in your fee are: all group equipment including shared tents, stoves, climbing ropes, hardware and climbing permits. Group programs are guided at a 3:1 ratio.

Not included is: transportation to the trailhead, parking pass, lodging the evening prior to the start of the climb or the last night of the trip, meals during the program.

ITINERARY

Day 1

8 am group orientation and introductions at the USFS ranger station in Glacier, WA. Prior to the trip you will be contacted by our office to make sure you have all the gear you need. At this morning meeting we will conduct a thorough equipment check, distribute group gear, and help each member organize their pack for the hike in. We will then drive for approximately 20 minutes to the trailhead at 3670' and begin our hike to our camp near the edge of the Coleman Glacier. The hike in is on a well-traveled trail until 4980' at which point we take a climbers trail up to the Hogsback Camp at 5890'. On the hike in your guides will discuss climbing efficiently and will orient you in the latest Leave No Trace (LNT) techniques. We usually camp at the Hogsback Camp at 6000 feet, but can also place camps higher if this is the group's preference. We use the evening to cover a few basic skills, have a nice dinner, and enjoy the views.

Day 2

This day will be used to review the basic skills required for a climb of Mt. Baker's North Ridge. We will spend the morning going through ice climbing skills including movement skills and crevasse rescue practice, as well as making snow anchors. In the afternoon we have the option to move our camp to the spectacular camp on Heliotrope Ridge at right around 7000 feet. Either one will put us in a great position for our summit day the next day. As required we also use this day to review: ice axe self-arrest, use of crampons, rope-travel, team arrest, climbing efficiencies, and making corners. The remainder of the evening is spent making final preparations for the next day's summit attempt.

Day 3

It's definitely a pre-dawn start. It takes about two hours to make it across the Coleman Glacier. Depending on the condition of the glacier, this can be very easy or quite adventurous. From the base of the route at around 8000 feet, we ascend the "access slopes" either on the West side of the North Ridge proper or climb up the Roosevelt Glacier until we can access the Mount Baker North Ridge proper between 8300 and 9000 feet. The crux ice pitches are encountered at 9500 feet. Climbing high above the Roosevelt Glacier Cirque in perfect glacial ice is utterly incredible! Above the ice pitches more moderate snow and ice pitches (up to 70 degrees) will provide more entertainment. The slope angle eases off at around 10'000 feet below the summit ice cap. Generally we cruise through this section via the summit slopes of the Roosevelt Glacier, not far from the summit. Our way off the mountain is relatively easy via the standard Coleman Deming Route and we should be back in camp in the middle of the afternoon. The work is done and we can enjoy a beautiful evening from camp. Views include our route, the Puget Sound, and the sprawling nightlights of Vancouver.

Day 4

After a leisurely breakfast we pack up camp, descend down to the Lower Camps and ice climb a couple hours on our way out. Depending on weather conditions we might also switch the order of day two and three.



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EASTON GLACIER ROUTE

For this final option, our route of ascent is via the Easton Glacier, a direct and relatively moderate route up the south side of the mountain with the fewest technical difficulties. However, it should be noted that the summit day is long (a 10 hour round trip) and glaciated (roped glacier travel all the way). The broad expanse of the Easton Glacier provides a moderate ascent at an angle of up to 30 degrees. The summit crater provides a spectacular view of the surrounding Cascade Range.

Mt. Baker is a perfect first introduction to roped glacier travel on snow and ice and one of the classic North Cascades summits. The second day of the program involves training with crampons, use of an ice axe, ice axe arrest, roped glacier travel and a brief review of the principals of crevasse rescue. This is a good introduction to glacier travel for first time climbers or a comprehensive refresher course for those with previous experience looking for a spectacular glacier ascent.

SKILL LEVEL

We backpack our full load of gear into base camp, therefore all participants must be in very good physical condition. The need to train for this climb cannot be overstressed. Training should include lots of long, slow, distance runs, hikes or bike rides over hilly terrain, an hour or more in duration, later adding additional weekend outings working up to carrying a heavy pack (35-50 lbs.), and hiking up steep hills or stairs. Trail hikes should gain 2-3,000 feet over 3 or more miles. Prior training in roped glacier travel is mandatory for this ascent, and all participants must be competent with rope handling, belaying, cleaning ice screws and efficient transitioning at belay stations.

FURTHER DETAILS

Landcost: \$850 minimum of 3.

Maximum group size: 9 climbers with 3 guides; BBE guides at a ratio of 3:1 on our regular Mt. Baker glacier climbs.

Extended itineraries are available on request.

Included in your fee are: all group equipment including shared tents, stoves, climbing ropes, hardware and climbing permits. Group programs are guided at a 3:1 ratio.

Not included is: transportation to the trailhead, parking pass, lodging the evening prior to the start of the climb or the last night of the trip, meals during the program.

ITINERARY

Day 1

8 am group orientation and introductions at the USFS ranger station in Sedro Woolley. Prior to the trip you will be contacted by our office to make sure you have all the gear you need. At this morning meeting we will conduct a thorough equipment check, distribute group gear, and help each member organize their pack for the hike in. We then drive together on to the trailhead at Schreiber's Meadow at 3,200 feet in elevation. We hike up into the alpine zone to camp at approximately 5,500 feet on the edge of the Easton Glacier. This is a good hike with up to 50 lb. packs, approximately 4 hours in duration.

Day 2

Training day. After a leisurely breakfast, we will head out to the nearby slopes for a day of training in crampon skills, ice axe arrest, roped glacier travel, snow anchors and the elements of safe team crevasse rescue. A full and informative day.

Day 3

Summit day. Up before first light, crampons on, harnessed and roped up and then off we go up the rolling slopes of the Easton Glacier. The glacier is generally moderate with some navigation around crevasses required. We'll reach the crater rim and then continue on to the true summit for a breathtaking view of the North Cascades. A full day getting to the summit and back, perhaps 6 hours up and half that time in descent. After a brief rest, the group will pack up camp and head down to the trail head, arriving by late afternoon.

*Note on Easton Glacier Climbs. There may be times when group strength and/or weather forecasts may encourage us to climb on Day 2 instead of Day 3 if we feel it gives us the best chance of getting to the top. In the event that we do this, on Day 3 we will offer other options in the morning such as additional technical training or ice climbing prior to the hike out.



EQUIPMENT LIST

FOR ALL ROUTES

Clothing

- Long underwear top and bottom (light to medium weight)
- Fleece or soft shell jacket
- Stretchy, dense weave synthetic climbing pants
- Waterproof/ breathable shell with hood
- Waterproof/ breathable pants (full to ¾ length side zips preferred)
- Warm, roomy down or synthetic jacket with hood (not an 8,000 meter jacket)
- Wool or fleece hat
- Waterproof Insulated climbing gloves (ski gloves will do)
- Fleece or medium weight climbing gloves
- Wool or wool/synthetic climbing socks (one extra change)
- Baseball or sun cap
- Synthetic T-shirt (white works best for sun reflection)
- Nylon hiking shorts optional for mid-summer warm hikes in to basecamp

Gear

- Full size internal frame pack, 55 to 65 liters (around 4,000 cubic inches)
- Sleeping bag with stuff sack, rated to at least 20 degrees F depending on season.
- Sleeping pad
- Plastic double mountaineering boots or single leather climbing boots- must be rigid soled and insulated
- Gaiters to fit over your boots
- Crampons, fitted to your boots
- Complete block sunscreen and lip balm
- IceAxe, 60 or 70cm in length
- Climbing harness, preferably with gear loops and adjustable leg loops
- Climbing helmet
- 2 carabiners (to include at least one locking pear shaped or HMS carabiner)
- Adjustable ski or trekking poles
- LED headlamp, bring an extra set of batteries
- Dark glasses, UV rated with side protection (wrap around or side shields) Double lens ski goggles
- Two wide-mouth plastic water bottles, 1 liter capacity
- Pocket knife
- Plastic bowl, plastic insulated mug, spoon
- Camera or cellphone
- Personal lunch food for three days. Bring a variety of your favorite foods. Include easy to eat non-perishable snacks for the trail
- Light toiletries: toothbrush and paste, small roll of t.p., ear plugs for sleeping
- Personal First Aid Kit to include moleskin or blister pads, a few Band-Aids, tape, aspirin, Advil, any required personal prescriptions
- 1 or 2 Large heavy duty plastic garbage bags for waterproofing inside of pack

North Ridge Route climbers, add the following items:

- In place of ice axe, bring two 50-60 cm ice tools, one with adze, one with hammer head
- One double length sewn nylon runner (ie, Black Diamond 18mm Nylon Runner, 60cm length)
- Bring a total of four carabiners, 2 locking and 2 non-locking.





SIGNING UP IS EASY!

TO SIGN UP:

1. We require full payment to register you on this expedition
2. Complete the [CGC Online Registration Form HERE](#); in addition to filling out this registration you will be required to fill out a release form in favor of CGC on the day - you can view this form [HERE](#)
3. Purchase backcountry rescue insurance (we also recommend cancellation insurance)
4. Receive our detailed gear list

WHAT IS INCLUDED AND NOT INCLUDED?

Cost Includes:

- Guide
- National Forest or National Park climbing permits
- Tents and group-cooking equipment
- Group-climbing equipment

Cost Does Not Include:

- Guide Travel Expenses such as Airfare
- Food while on the mountain
- Transportation
- Lodging/camping fees
- Parking permits where needed
- Restaurant meals
- Personal camping and climbing equipment

Cancellation and Refund Policy

Benegas Brothers Expeditions Inc. requires full payment of any trip to secure your reservation. Changes/cancellations can be made by phone or email and must be acknowledged by the BBE office, in writing. If you have to cancel **61 or more days** before the trip start date, your full deposit will be refunded and the trip is cancelled. If you have to cancel **31 to 60 days** before the trip start date, 50% of your trip fee will be refunded and the remaining 50% will be credited towards another BBE program if used within 365 days from the original start date. If you cancel **less than 31 days, but more than 5 business days**, before your trip's start date, a credit will be issued for the full amount of your deposit, but no refund is available. Credits must be used within 365 days from the original start date. No date changes or cancellations can be made **within 5 business days** of the start of the trip or course, and in this instance neither credit OR refund will be available. Unfortunately, due to the time-sensitive nature of our business, and the difficulty in re-booking a trip close to departure, we cannot make exceptions to this policy. BBE reserves the right to cancel a trip due to lack of sign-ups, or other factors beyond our control. In this case, you will have the option of receiving a full refund or credit or rescheduling for a later date. BBE is not responsible for additional expenses incurred, including non-refundable airline tickets, equipment, lodging, and other travel-related expenses. Changes to a trip itinerary made by our guides for any reason do not constitute a cancellation, and no refunds will be made in this case. Due to the above policies, we recommend that you purchase travel insurance from a travel agent. Please note also that if you leave a BBE itinerary for any reason, BBE is no longer responsible for you, even if you plan to return to the program.

Land Costs

Our private guiding services do NOT cover land costs as part of the guiding fee. Land costs include hotel rooms (for you AND your guide), all meals during the program (for you AND your guide), porters and/or pack animals, cooks, ground transportation (for you AND your guide), and PERSONAL gear for the duration of the scheduled trip. The rate does include all GROUP camping and climbing equipment: tents, stoves, stove fuel, pots, climbing ropes, and climbing protection. The rate does not include YOUR personal camping and climbing equipment. The cost of delays included but not limited to road or trail conditions, airline delays, government intervention, illness, or any other contingency that our agents or we cannot control, are not covered by BBE.

Travel Costs

You are responsible for your and your guides travel expenses (flights, rental cars, taxis etc.), and your own personal/ travel/ climbing insurance. You are also responsible for any other personal expenses that may be incurred by you, tips for guide(s) and staff, medical costs and/or subsequent prescriptions, and any costs of hospitalization and/or evacuation required by you, including any costs associated with the abandonment of the program and/or subsequent associated costs including (but not limited to) accommodation, meals and transport costs incurred either on their behalf or as a result of your actions.



Food

Rates do not include food for our guests, as we've found there are simply too many differences in tastes and preferences. We normally shop together and split costs, but guests bring their own camping food and packed lunches. Something simple and easy to cook with a stove. Eating well is the key to maintaining your strength while in the mountains, so bring snacks you really like! Lunch and snacks are eaten during short breaks throughout the day while in the mountains. Recommended mountain lunch items: dry salami, smoked salmon, jerky (turkey, beef, fish), individually wrapped cheeses such as Laughing Cow or Baby Bell, crackers, bagels, candy bars, hard candies (Jolly Ranchers, Toffees, Life Savers), Gummy Bears, sour candies (Sweet Tarts), cookies, dried fruit, nuts, energy bars, GORP mixes, and drink mixes (Gatorade/Kool-Aid). Recommended easy to cook dinner items are Mountain House meals or similar.

Fitness and Self-Care

Excellent physical conditioning significantly increases your ability to enjoy the day. Your performance is often related to how well you have taken care of yourself throughout the hours of the day as well. Proper hydration, nutrition, and warmth must be maintained. If you need to stop, just do it! We have plenty of time!

Equipment

The rate does include all group camping and climbing equipment when necessary: tents, stoves, stove fuel, pots, climbing ropes, and climbing protection. The rate does not include personal climbing (skis/snowshoes, avalanche beacon, shovel and probe, harness, boots, helmet, etc) or personal camping equipment (pad, sleeping bag, headlamp etc).

Gratuity

Tipping has become an ingrained part of the American service industry, and guiding isn't an exception. Gratuity is not included in any of our rates. If you have questions or would like suggestions about how to tip your guide, please don't hesitate to get in touch!

At BBE our expeditions reflect the spirit of mountain exploration in an exciting, yet safe and intimate, atmosphere. Our Certified Guides Cooperative Permit allows us to offer the very best climbs that these world-class mountains offer. We are proud to work as cooperative guides with the CGC on this trip.

The USA is blessed with an incredible amount of open space, and some of the most beautiful landscapes in the world protected by city, state and national parks. Many of the popular climbing venues in the U.S. only allow a handful of guide services to legally operate. Therefore if we cannot secure our own permit to guide in a specific venue, we will work through one of the local concession holders as a "guest guide." In doing so, we can offer trips legally to some incredible places that are often very difficult for independent guides to gain access to. Willie is also a co-owner of the Certified Guide CO-OP, giving him the amazing opportunity to guide in the following permitted areas:

- Smith Rocks State Park
- Red Rock Conservation Area
- Moab BLM
- Ouray Ice Park
- Mt. Baker WA
- Eldorado Canyon, Co



LEAD GUIDE: WILLIE BENEGAS, IFMGA

Willie needs no introduction. Himalayan guiding veteran and true expert, he first stood on the summit of Mount Everest on May 12, 1999. Since then, he's summited a total of thirteen times – the second most of any Westerner, in addition to topping out on Makalu, Manaslu, Cho Oyu, first ascents in Pakistan and all but one of the Seven Summits. Amongst the Himalayan climbing community, Willie is known for his service to the mountains: fixing routes to summits, performing rescues, working in disaster relief and supporting cleaning efforts, each and every year. Willie is known for his energy and enthusiasm, teaching skills, and the passion with which he builds his team into a group of strong and independent climbers. Whether Baker is your final goal or you're hoping to pursue further high-altitude mountaineering, Willie will ensure that you return from the summit a stronger, kinder and more passionate climber than when you arrived.

Your Responsibilities

People spend time in the mountains for many reasons, however mountaineering requires a very deep sense of commitment and dedication. So please ask yourself, what are your goals? Our use of conservative, experience-based decision making will help minimize the risks, but ultimately, the mountains can be unforgiving and require serious commitment and reflection.