



### Overview

Ascend Mount Baker (elevation 10,781 ft), the second most heavily glaciated peak of the Cascade Range volcanoes, and another classic peak in the North Cascades for the challenge of a lifetime on this mountaineering course. Designed for students with previous backpacking, rock climbing or mountaineering experience, this course is also well suited for Outward Bound alumni who want to continue their technical and personal skills development.

Dive into an intensive curriculum that focuses on leadership, character development and an ethic of service as you explore high mountain meadows and some stunning alpine climbing and backpacking routes. Learn technical mountaineering skills and practice communication, conflict resolution, and decision-making strategies. Build upon your existing skill set and test your teamwork against challenging technical objectives. As you work toward a common goal with the other members of your crew, discover who you are and what you are capable of.

### Course Area

**THE NORTH CASCADES, WASHINGTON –** The North Cascades are called the “American Alps” for their rugged beauty and glaciated peaks; they remain some of the wildest and most untrammelled wilderness in the United States. The North Cascades host the greatest concentration of glaciers in the “Lower 48” and are full of high mountain meadows peppered with wild flowers. Mount Baker offers some of the most spectacular mountaineering in Washington, with views of jagged, snow-covered peaks, alpine waterfalls, and remote mountain flora and fauna. Mount Baker is an active glaciated andesitic stratovolcano in the Cascade Volcanic Arc and the North Cascades of Washington in the United States.



Our mountaineering courses operate primarily on the east side of the Cascade Range and receive significantly less rainfall than the western coast of Washington. Temperatures typically range from freezing to 80 degrees Fahrenheit. Early-season courses (May, June) may spend time camping on snow, while mid-summer courses tend to have more moderate temperatures.

### Course Activities

**MOUNTAINEERING –** On this classic Outward Bound course, our expert climbing and mountaineering instructors will demonstrate safe and efficient travel techniques for the mountains. In order to explore remote technical terrain, much of the course will be spent backpacking through the wilderness learning and practicing skills for peak attempts.



Activities include: leadership and communication skill seminars, rock climbing and mountaineering, peak ascents and traveling through mountainous terrain both on and off trail. Leave No Trace® ethics, navigation and first aid are additional skills students will learn.

The course will include at least one and potentially multiple peak attempts depending upon the weather, the group's physical preparedness, and ability to work together as a team. Peak attempts are day-long ventures often entailing pre-dawn starts. Your course will include at least one peak attempt depending upon the weather and the student's physical preparedness. Successful peak climbs require patience, efficiency, and teamwork to reach the summit. Summit attempts will frequently involve roped climbing on snow and/or rock, utilizing technical mountaineering skills. Note that there will be other peak objectives other than Mt. Baker to give offer more venues to learn and practice mountaineering skills.

**SERVICE** – Service to others and the environment is a core value of Outward Bound and is integrated into each course. Groups follow Leave No Trace ethics as service to the environment and engage in acts of service while leading and supporting fellow students. Students develop a value of service, seeing the impact of their actions firsthand, and transfer this desire to serve their communities back home.

**SOLO** – In order for profound learning to take place, there must be time to reflect on the experience. The Solo Experience provides this opportunity to reflect, rest and practice the campcraft skills you have been learning throughout the course. Solo length is based on length of course, weather, student condition, age and instructor preference. You will not travel during this time and your instructors will check on you occasionally, but you will be mostly alone for the duration of your solo. Instructors will choose your solo site to offer as much solitude as possible, within a safe distance for emergency contact with them, and you will be provided with sufficient water, food, and equipment. Most students spend their Solo time journaling, drawing, reflecting, thinking and resting as they process lessons of the course to focus on their goals for the future.

**FINAL CHALLENGE EVENT** – We typically end our courses with a Final Challenge Event—an individual final physical push. This might take the form of a run or a triathlon-style challenge.

**OUTCOMES** – This course provides an opportunity for students to learn and practice the ideas of leadership, character development, and service that are integral to Outward Bound. Students will develop and apply these skills in an expedition setting so that they can continue to grow once they return home. As a team, each group will work together to complete difficult tasks necessary



for backcountry travel and expedition living. Instructors will work to challenge each student to try new things and step outside their comfort zones, as well as provide feedback that can be acted upon before course end.

### Sample Itineraries

The following is an example of what your itinerary may look like. Your actual course plan will vary according to weather, student skills and abilities, and instructor preferences.

Day 1	Course Start
Day 2-4	Camp craft skills and basic mountaineering skills
Day 5	Summit Attempt of Mount Baker
Day 6	Solo, Final Expedition
Day 7	Course end and transport home