

## ICE CLIMBING



Ice, ice baby! Like life on the rocks? Take it to the top with an introduction to ice climbing. Discover the excitement and adventure of the exhilarating winter sport where Yvon Chouinard, one of the pioneers of modern vertical ice climbing, learned and practiced. Learn the basics including belay skills and the techniques of one and two ice axe skills, cramponing, and equipment selection and use. Then, spend time practicing what you've learned in frozen Lee Vining Canyon. Discover some of the best ice climbing in the region.

- Meet up with your guide, gear up and head out for the 1 hour hike to the climbing location
- Learn ice climbing fundamentals such as tool placement and crampon footwork
- Put your skills to the test and climb on frozen icefalls and waterfalls, through canyons and up steep slopes
- Enjoy the breathtaking views of the area as you hike back
- Includes all instruction and use of equipment

### Your Gift Locations\*

Bishop, CA

### Availability

November through March, 7 days a week

### Duration

Full day (9 hours)

### Essential Information

Recommended for ages 16 years and above; all participants should be in good health and must complete waivers (by parent/guardian for those under 18)

### Numbers

Experience for 1 person in group of up to 8



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-07-1497-A