



Cathedral Mountain Guides
Ladies Only: *Mix It Up!* Mixed
Climbing Clinic
February 17, 2018

New England's wet weather and mossy cliffs make for some of the best mixed climbing in the country! Join us in North Conway for a full day learning how to efficiently move on steep ice and twist and torque your way up mixed terrain. Ever wondered how to transition onto a hanging icicle? Here is your chance! We'll outfit you with the proper equipment and spend the day scratching around with ice tools, swinging and kicking.

This clinic is designed for intermediate climbers. It would be a great fit for experienced rock climbers looking to jump right into challenging winter terrain or an avid ice climber thinking about venturing into mixed terrain. The venue will have a variety of terrain to meet everyone's needs. Workshop limited to 8 participants.

Skills you'll leave with: use and care of crampons, ice tools and other ice climbing equipment, techniques for vertical water ice, methods tackling mixed terrain, techniques for anchor and rope use, route finding, staying warm and dry, having a lot of fun.

Participant information:

- **Gear:** The workshops include hardware outfitting (boots, crampons, ice tools, harness, helmet) and limited soft goods availability. You'll need to bring your own personal gear, [check out the full list](#).
- **Schedule:** We'll meet at the CMG office at 8 am Saturday to start. We'll be outside climbing from 8:30ish-4ish
- **Our office location:** Note GPS does not work, [use these directions](#).
- **Nutrition:** Be sure to bring plenty of food for the day and at least a liter of liquid (thermos of hot drink is nice!)
- **Payment:** The cost of the workshop is \$150 per person. Gratuity is not included, but always appreciated. 10% discount if you sign up for more than one Ladies Only course. \$100 deposit is required to secure a spot (refundable up to two weeks before the workshop) and payment in full must be received before the workshop begins. [Payment options here](#).
- **Questions?** Email us at ladiesonly@cathedralmountainguides.com or call 603 730 9007. Hope to see you soon!