



**Cathedral Mountain Guides  
Ladies Only Workshops: Winter Mount  
Washington Attempt  
Saturday March 10, 2018**

Cold temperatures, high winds, and low visibility can make summiting the northeast's highest peak a challenging feat - and a perfect introduction to mountaineering. We'll meet on Friday night to pack and outfit you with proper gear, and then spend the day Saturday attempting the highest peak in the northeast with an all-women team!

This workshop will be physically and mentally demanding. It is designed for those looking to have a big day in the mountains while learning winter mountaineering techniques. Workshop limited to 8 participants.

Skills you'll leave with: properly packing for a winter day above tree line, use and care of crampons, ice axe use and techniques, terrain assessment, route finding and navigation skills, techniques for anchor and rope use, route finding, staying warm and dry, having a lot of fun.

**Participant information:**

- **Gear:** The workshop includes hardware outfitting (boots, crampons, ice axe) and limited soft goods availability. You'll need to bring your own personal gear, [check out the full list here](#).
- **Schedule:** We'll have a Friday evening packing and outfitting session from 6:30-8pm at our office in North Conway. We'll meet at the CMG office at 7 am Saturday to start. We'll be outside climbing from about about 8-4 on Saturday.
- **Nutrition:** Be sure to bring plenty of food for the day and at least a liter of liquid (thermos of hot drink is nice!)
- **Our office location:** Note GPS does not work, please [use these directions](#).
- **Payment:** The cost of the workshop is \$160 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 info here](#).
- **Questions?** Email us at [ladiesonly@cathedralmountainguides.com](mailto:ladiesonly@cathedralmountainguides.com) or call 603 730 9007. Hope to see you soon!