

Climbing Mount Rainier

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I am planning a trip to Mount Rainier. The trip has now been booked, we are going with Alpine Ascents on July 5 - 7, 2007. The itinerary is:

- Day One Climb to Camp Muir
- Day Two Climb to the Ingraham Glacier

- Day Three Climb to the Summit

First I will need to learn some of the basics, how long it takes, what are the physical demands it will require, approximately how much money will be needed, and which companies have expeditions to the top.

Mount Rainier Climbing Basics.

In my research about Mount Rainier, I came across a great article about the addition of two new guide companies. For more than 30 years Rainier Mountaineering has been the only sanctioned company to guide on Mount Rainier.

The companies that are allowed to guide on Mount Rainier are:

- Alpine Ascents International 206-378-1927
- Rainer Mountaineering, Inc. 360-569-2227
- International Mountain Guides, LLC 360-569-2609

Another Excellent Rainier Website is the National Park Service for Rainier

<http://www.nps.gov/mora/>

<http://www.nps.gov/archive/mora/climb/climb.htm>

More to come as I fill in the details