

ADK Winter Mountaineering School



Experience Winter in the High Peaks!

When: January 29 - February 4, 2015

Where: The Adirondak Loj

Cost: \$360-\$435

Register online by January 16th

Additional details @ www.winterschool.org

Friend us on FACEBOOK!

Sponsored by the Adirondack Mountain Club

Promoting and Teaching Safe Winter Mountaineering and Camping Techniques, including:

- Hydration and Nutrition
- Winter Ascent Techniques
- Temperature Management
- Efficient Gear Use
- Risk Management
- Winter Backpacking Skills

Choose From Four Programs

- Weekend Day Hike
- 3-Night Weekend Backpack
- Combo Program (Day Hike Program in addition to a 3 Night Backpacking Trip)
- 4-Night Remote/Wilderness Backpack



Experienced, all volunteer staff will help you learn new or practice existing skills in small groups with a low student-instructor ratio



Detailed program descriptions, online registration, gear checklists, FAQ's, and student guide at www.winterschool.org