



Sierra Mountain Guides Newsletter

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Last Chance:
Corn Harvest Basecamp!



What comes to mind when you think of Harvesting Corn? Here is what comes to our minds:

- 1.) Seeing the sun rise
- 2.) Skiing buttery sierra corn
- 3.) Fatty basecamping

Issue: #5

May/2008



Dear Howie,

Breaking News!!!

Just as we were about to send out this newsletter we got word that **Neil Satterfield** passed his Ski Mountaineering Guide Exam which elevated him to the prestigious status of:
Internationally Certified IFMGA/UIAGM Mountain Guide!!!

Please feel free to e-mail him to congratulate him, and better yet, hire him to take you out!!!

neil@sierramnguides.com

Neil Satterfield!

IFMGA Guide:

Neil was born in Jackson Hole Wyoming and moved to June Lake, California as a young child where his parents opened, owned, and operated a local guide service. Neil's parents, obviously taught him the in's and out's of mountaineering at a young age. Neil guided his first trip around 1999 and has been filling his world with everything guiding



4.)Camping in the sweet smelling sage

5.)Beer

Sign up now!!
You have no reason not to!

Phrase of the Month:

Annie's Quote:

"When your leg becomes an Elvis fan when you are on the Sharp End"

This occurs when the body gets tired and the legs begin shaking rapidly mimiking an Elvis dance moove (also referred to as "the Singer"). This happens while top roping but is more notably scary when on lead as it is rarely controllable.

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and alpine ever since. He passed the AMGA alpine exam in 2004 and the rock guide exam in



2006 where he was said to have been the best prepared candidate. We hear from a reliable source that he passed his ski mountaineering exam yesterday with flying colors and was given many compliments during his debrief. Neil lives in June Lake with his wife Tricia and their 4 year old twins, Laurel and Nathan. At any given time you might find Neil short-roping his kids around the living room furniture or patrolling the slopes of June Mountain.

Congratulations Neil!!



Dear Howie,

Now back to our regularly scheduled programming: Well, June Mountain is closed, and the Canyons at Mammoth closed a week ago. Local pheasant eggs are available at Manor Market, and the ducks are starting to be born in town. The Virginia Lakes road is open as well as the Onion Valley road and Rock Creek. Last Friday Jed and I skied soft groomed corn at Mammoth Mountain and hit up the Bachar Boulders in the afternoon: Primavera: Que Bien!

~Annie

Backpacking!

Guiding Trekking in the Sierra.

Normally in this space I would interview the most qualified guide to get us some answers about the topic at hand. Since I write the newsletters and I am also the head backpacking guide for SMG it really only makes sense to interview myself (or have I been sitting in the office alone for too long?) I have been backpacking since I was a teenager and guiding backpacking for 3 years now having taken out over 200 people into the backcountry of California and Patagonia. I have cooked





thousands of backcountry meals, repaired hundreds of blistered feet with my bare hands, and set up a trillion tents (ok, now I'm exaggerating). Here are some common questions given to me by a common guy (Jed):

Questions: Why should I go backpacking with a guide?

Annie: Totally reasonable questions that we pretty much answered in the last newsletter, here it is again:

- You have never been backpacking before and want to avoid getting lost, cooking, reading books to figure out what gear to bring, and planning your trip.
- You are an experienced backpacker who hates to cook and wash dishes in the backcountry.
- You have an insatiable mind for detail and want to grill a professional backpacking guide on everything from fast and light backpacking to leave no trace ethics.
- You enjoy the company of others.
- You don't have the time to plan an awesome trip but want to go on one.
- You want to learn the nitty gritty of things like map and compass or winter camping skills.

Questions: What and how much will I carry?

Annie: Well, we provide all the group gear that you would need for the trip. The weight of your pack will really have to do with how long your trip is and if we will have a food drop off or pick up during the trip. For a 1 night 2 day trip you can usually get your pack around 25-35 pounds depending on what type of sleeping bag and other gear you have. For each additional night you can generally add 2 pounds for your share of food and fuel. The main weight in your pack will be water, food, sleeping bag, clothes, sleeping pad, and the weight of the pack while its empty.

Questions: What kind of shape do I need to be in?

Annie: Lucky for you we have backpacking trips for all fitness levels. We offer overnight trips with short hikes into camp and we offer 10 day gruel-fests that are sure to get your heartbeat up. Trying to get in shape or have a specific trip you would like to try out: hire us privately to take you out!

Questions: You've mentioned food, what's so special about our food?

Annie: Most people who do backpacking trips on their own eat freeze dried food which is super lightweight and high in calories and perfect for the trips that you really want to cut on weight, like alpine climbing trips. On our backpacking trips we treat you to delicious selections like sun dried tomato pesto with raviolis and fresh Parmesan cheese or tacos with crispy fired tortillas and fresh lettuce. These meals would taste great in your house, just imagine how good they will be after hiking 8 miles!



Questions: You do any trips with peaks?

Annie: Absolutely! These are the most fun trips! The most obvious one that comes to mind is the [White Mountain Traverse](#) in which you hike for 30 miles



above 11,000 feet
and summit up to
four peaks.

JMT?

Annie: Yes! The best way to do this one is to get your friends or coworkers together and schedule a trip with us.

Check out these awesome trips we offer:

[Cathedral Lakes to Yosemite Valley](#)

This trip was my first backpacking trip and uber classic!

[Grand Canyon of the Tuolumne and/or Ten Lakes!](#)

This is a link up of my two favorite trips of all times- please join us for part of or the whole trip!

[White Mountain Traverse](#)

I mentioned this above- amazing country

[Onion Valley to Whitney and Beyond](#)

What more can I say?

[Mammoth Lakes to Yosemite Valley](#)

The best entry level trekking vacation in California!

[Check out the Website!](#)

Rock Climbing is Cool

Learn from a pro:

As rock climbing gains in popularity and rock gyms sprout up all over the country we are reminded of the importance of learning from a professional. One of my first climbing partners was a tall, good looking, and hugely talented climber that only after a few months of climbing was bouldering V6's and climbing 5.11 trad. We went to lovers leap to climb an exposed difficult arete. Half way up the wall, I got to the belay, we re-stacked the rope, swapped gear, and he's off. Once he left, I took the time to look at the belay and see that I am hanging over hundreds of feet

of air by a single #1 Camelot which was loosely tied to a small poorly placed cam. As the bile rose in my throat I realized that this was not a person I wanted to teach me how to climb. I meet climbers today who have been climbing for years who should not teach beginners



to climb. The way I see it is many people get very lucky when learning how to climb and your experience doesn't have to be like mine. I say, get the skills you need from the professionals and save your luck for rock fall

and weather when you really get into climbing. There is no reason to rely on luck instead of skills when you've got access to all the courses we are offering this summer. Heres what we've got going on:

[Discover Rock Climbing:](#)

This course is perfect for those who have never climbed before or for the seasoned gym climber who is making their way into the great outdoors.

[Protection and Anchors:](#)

An essential course for the beginner to the advanced climber. There is always something new to learn about anchor building.

[Rock Climbing 2:](#)

Learn some advanced movement skills and get more time on the rock, get on some harder climbs too.

[Learn to Lead:](#)

It's amazing how professional instruction for lead climbing can really speed up the learning curve both in safety and efficiency.

[Crack Climbing Clinic:](#)

This is my favorite! Learn what the heck ring locks, cupped hands, chicken wings, and stacks mean. And do them!

[Self Rescue:](#)

An essential course for anyone doing leading their own climbs. You'll be surprised at how often rescue skills can come in handy during non-emergency situations too!

[Aid Climbing Skills:](#)

A great skill for your future big wall or for when your legs become Elvis Fans when you are on the sharp end!

[Big Wall Seminar:](#)

For when your eyes get fixed on a big piece of rock.

~Annie (again)

Custom Trips

Hire us privately!

Don't see anything that interests you in these newsletters? Have a specific objective in mind? Have a favorite guide? We'll do anything you want in the Sierra for the following custom rates per person per day:

One of you and one of us \$340

Two of you one of us \$250

Three of more of you and one of us \$175



Thanks for reading,

Sincerely,



All of us at
Sierra Mountain Guides



Have no shame.

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read this e-mail and the end of June!

Offer Expires: July 1

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