

Itinerary: Whitney 2011

Day 1	
9:00 am	Meet up to begin the caravan!
10:00 am	Departure from the San Francisco Bay Area.
1:00 pm	Stop for lunch.
4:00 pm	Arrive in Lone Pine; rent boots & buy last-minute gear needs at local climbing shop.
6:00pm	Grab dinner, and get a good night's rest.
Day 2	
7:00 am	Meet SWS Guides at Elevations Climbing Shop in Lone Pine.
8:45 am	Begin hiking to backcountry base camp.
1:00 pm	Snow School with SWS Guides while hiking.
3:00 pm	Reach base camp (elev. 11,000 feet).
8:00 pm	Hit the sack - big day tomorrow!
Day 3	
2-3:00 am	Wake up and eat breakfast.
3:30 am	Gear up: crampons, helmet, harness, etc.
3:45 am	Begin your summit push via the mountaineer's route on Mt. Whitney's NE side.
12-1:00 pm	Reach your summit!
4:00 pm	Return to base camp.
Day 4	
8:00 am	Wake-up and have some breakfast.
9:00 am	Pack Camp.
12:00 pm	Hike back down to vehicles at Sand Flat on South side of Mt. Whitney.
3:00 pm	Drive into Lone Pine and Celebrate with your Team!
4:00 pm	Stay the night or begin the journey home.
9:00 pm	Arrive in the San Francisco Bay Area if caravanning.
Day 5	
All Day	Rest and Relax. Don't go to work! Get a massage!