

# Sport & Basic Alpine Climbing Courses

## Seattle Branch, The Mountaineers

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Solid arrows represent paths commonly taken between courses (or equivalent experience.)  
Dotted arrows represent recommended, but not strictly required, experience.  
If you already have the complete skill-set taught by a specific course, you may be able to test out and be granted “Equivalency” status. See [Click here for more information on how to connect with evaluators.](#)


### The courses or skills I need...

### ...as I want to...

## Sport Climbing




Cragging focuses on rock climbing on cliffs or rock faces that aren’t distant from civilization (typically along the roadside or very very short hike away).

**Top Rope Belay Certification**  
(There is no standalone course teaching only this skill but you will see this badge listed and taught along with other skills in courses below.  
For those who have belay card at your favorite climbing gym, reach out to [info@mountaineers.org](mailto:info@mountaineers.org) for this badge.)



recommended path, but not strictly required

**Introduction to Rock Climbing**  
(Teaches belaying and lead-belaying, climbing on top-rope, cleaning sport anchors and rappelling.)



commonly taken path (or equivalent experience)

**Sport Climbing: Leading Bolted Routes**  
(Requires experience belaying and climbing on top-rope. Teaches belaying if needed for the applicant, climbing as the lead climber clipping bolts, cleaning and lowering from sport anchors)



Go climbing in the gym or at similar facilities on top-rope with a group.

Indoor / Outdoor Wall Climb

Go rock climbing outside on top-rope with a group. (e.g. Exit 38, Vantage)

Top Rope Rock Climb

Go rock climbing outside, leading on bolts, single pitch. (e.g. Exit 38, Vantage)

Crag Rock Climb

## Alpine Climbing / Mountaineering

Alpine climbing is remote, in wild and rugged places, with a summit as the goal. The hike in and out is long, and help is far away.

All alpine courses also require:

Wilderness First Aid certification

Basic Navigation Course

Low Impact Recreation Learning

Adequate Fitness/Conditioning

a day of Stewardship volunteering

**Alpine Scrambling**  
(Teaches safe movement on steep snow and 3rd or 4th class rock, and use of ice axe & crampons.)



commonly taken path (or equivalent experience)

**Avalanche Awareness**  
(an introduction to understanding and avoiding avalanches)



**Basic Glacier Travel**  
(Requires scramble skills. Teaches how to walk on glaciers.)




**Introduction to Rock Climbing**

**Top Rope Belay Certification**

**Following Alpine Rock**  
(Requires experience lead-belaying, cleaning, rappelling, scrambling, and using an ice axe & crampons. Teaches how to follow on multi-pitch alpine rock.)



**Basic Alpine Climbing**  
(Teaches all the skills, badges not shown for space restrictions, covered in Basic Glacier Travel and Following Alpine Rock courses. This course typically starts in December and runs through May each year. We also offer **Intensive Basic Alpine Climbing Course** in May & June with optional and encouraged activities starting in March.)



Note: The Basic Alpine Climbing Course is equivalent to the combination of: Alpine Scrambling + Following Alpine Rock + Basic Glacier Travel.

Travel off trail to reach non-technical alpine summits. (e.g. Guye Peak, Mt Adams)

Alpine Scramble

Travel off trail to reach non-technical alpine summits in winter conditions. (e.g. Granite Mountain, Mt St Helens, Ellinor)

Winter Scramble

Reach alpine summits by walking across glaciers. (e.g. Mt Baker, Mt Rainier, Clark Mountain, Eldorado Peak, Sahale, Glacier Peak, Little Tahoma, Olympus, Mt Shuksan, Sloan Peak, Snowfield Peak, Whitman Crest, Mt Daniel, Garibaldi, Hood, Ruth, Sherman Peak, Colfax Peak)

Basic Glacier Climb

Reach alpine summits via easy multi-pitch rock climbing routes as the follower on a rope team. (e.g. The Tooth, Ingalls, Kangaroo Temple, Lundin Peak, Molar Tooth, Slippery Slab, South Early Winter Spire, The Fin, Pinto Rock)

Basic Rock Climb

Also be part of...

Indoor / Outdoor Wall Climb

Top Rope Rock Climb

Reach alpine summits via easy scrambling or easy rock climbing followed after walking across small glaciers. (e.g. Whitehorse Mountain)

Basic Alpine Climb

Also be part of...

Indoor / Outdoor Wall Climb

Top Rope Rock Climb

Alpine Scramble