

The Masters Challenge

Designed for mature athletes seeking a new height.

18-months of Intentional Training

Phase 1 → Off-Season Strength & Cardio

(April - June) your challenge includes an off-season strength and cardio training plan featuring endurance, stair stepper and max strength.

Phase 2 → Trail Season Activation

Hiking trails with progressive pack weight.

Phase 3 → First Alpine Climb

(July - Sept) Guided 2-3 day summit trip with Beartooth Mountain Guides. Backpacking and moving in bear country, alpine movement, route-finding. OR First Alpine Climb 3-day guided ascent of Spirit Mountain, Metcalf North Rib, or Storm Tower.

Phase 4 → Off-Season Strength & Cardio

(October - April)- Off-season strength and cardio training plan. Endurance, stair stepper and max strength. Start trail season depending on your location.



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Phase 5 Alpine Skills Course in Red Lodge

(May - June) Pick your dates for an essential 2-day rock and multi-pitch climbing practice in Red Lodge, MT. You'll iron out core skills for the summit.

Phase 6 Pre-Trip Alpine Climb

(July) - 3-day guided ascent of Spirit Mountain, Metcalf North Rib, or Storm Tower.

Phase 7 Climb Granite Peak

(Aug - Sept)- 5-day Ascent of Granite Peak, Montana's Highpoint,

Price: \$8525

Duration: 18 months

Basecamp Location: Red Lodge, MT (Airport Billings Logan)

Included: 11 days of guided alpine climbing, 2 days skills course, 1 training plan, curated gear list, priority booking, 2 planning calls with a guide, trip planner

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