



MOUNT SHASTA 2 & 3 DAY ITINERARIES

AVALANCHE GULCH – 3 DAY CLASSIC MOUNTAINEERING ITINERARY

Day 1 – Approach to Helen Lake Camp

- **7:00 am:** Meet at the Bunny Flat Trailhead (6,950') at approximately 7:00 am. Introductions will be made and your Guide(s) for the trip will do a gear check with everyone which includes laying out your equipment for the trip to ensure nothing has been forgotten or left behind. If any climbing gear is being provided by GSG we will distribute it at this time.
- **8:00 am:** We expect to hit the trail no later than 8:00 am. Your designated campground for the trip will be Helen Lake residing at 10,000'. Expect a big day of hiking to camp with roughly 3,500' of vertical gain.
- **Afternoon:** Upon your arrival to camp we will take a short break to refuel, set up camp and take in the beautiful views Helen Lake has to offer. After the group or individual has settled in, we'll head out to some low angle snow slopes and facilitate an Intro to Mountaineering Course for a couple of hours. In the IMC course you will cover the below topics.
 - Snow travel and best techniques to use while using crampons on slopes greater than 35 degrees.
 - Self-arrest techniques using your ice axe.
 - You'll learn the fundamental rope systems we use when traveling in a roped-up group which will include how to tie a Kiwi Coil and what to expect when being short-roped by your Guide(s)
- After your Intro to Mountaineering Course, you'll head back to camp, discuss the game plan for your summit bid of Mount Shasta the following day, eat dinner, hydrate, pack your bag for the following day, and enjoy the beautiful sunset while in the company of your fellow climbers. Make sure to get a good night's sleep because you'll be waking up early the following morning!

Day 2 – Summit bid on Mount Shasta

- **3:00 am:** Alpine start! You'll rise no later than 3:00 am for your summit bid and we will be heading into Avalanche Gulch no later than 4:00 am.
- **4:00 am:** You'll ascend Avalanche Gulch for a couple hours until you reach the Red Banks at 12,800'. From here we'll take a short break, refuel with some snacks, hydrate, and continue on towards Misery Hill.
- **Late morning:** Misery Hill is exactly that! A small, snow covered hill rising 1,000' feet above the Red Banks. It's a slow and arduous climb as we are now over 13,000' but the views are incredible at this point and the nearby summit keep's the dedicated climbers interest peaking as they ascend Misery Hill.
- **Early afternoon:** Once atop Misery Hill the true Mount Shasta Summit is within sight and resides just across the flat Football Field you must cross. As you near the summit of Mount Shasta you will notice a peculiar smell as you get closer, this is sulfuric acid as Shasta is a relatively young volcano.

- **Summit time!** Congratulations, you've just summited one of the classic volcanos in North America and are standing proud and tall at 14,179' feet! We'll enjoy the views on the summit for as long as the weather permits, snap those important summit photos and selfies, refuel and hydrate, then eventually make our way back down to camp, descending the same path we climbed. Please keep in mind you're only halfway there and more accidents occur on the descent so take your time, watch your steps, and enjoy the views.
- **Late afternoon:** Once back to camp you'll fire up the stove, feed your calorie-depleted body the nutrients it deserves, and reminisce on the incredible day you just had with a great group of people!

Day 3 – Descend back to Bunny Flats Trailhead

- **9:00 am:** On your third and final day you will have a leisurely morning where you will cook breakfast, pack up your bags, and begin the descent no later than 9:00 am towards the Bunny Flat Trailhead where you began your adventure.
- **Early afternoon:** Upon your arrival back to the Bunny Flat Trailhead you will return any climbing equipment that was provided by GSG, kick off those mountaineering boots and slip into some comfy clothes, and debrief with your Guide(s).

AVALANCHE GULCH – 2 DAY ALPINE STYLE ITINERARY

Our 2 Day Alpine Style ascent of Avalanche Gulch will consist of a nearly identical itinerary as the 3 day program with the only difference being an earlier start time on your summit bid day and upon your arrival back to camp at Helen Lake after your summit attempt you will refuel and hydrate, pack up camp and head back towards the Bunny Flat Trailhead all in the same day so get ready for a BIG day out!

Please note the above itinerary is subject to change depending on the general fitness level of the group or individual and the weather encountered on Mount Shasta during your trip.

*****Disclaimer:** *It's important to note not every party we Guide on Mount Shasta will make the summit as we are at the mercy of the mountain and on her flanks. Mount Shasta often has weather events that can create dangerous climbing conditions on the mountain, specifically as you near the Red Banks and beyond this point. Please keep in mind we have our Guests best interests and well-being at heart and our professionally trained Guides have had to make the tough call in the past to forgo any summit attempt due to dangerous conditions. Please respect our Guides decisions on the mountain as they are only looking out for you and the rest of the party. As we like to say in this industry, Guides are not Gods. Thank you in advance.****

