



MOUNT SHASTA 2 & 3 DAY ITINERARIES

AVALANCHE GULCH – 3 DAY SKI & SPLITBOARD ITINERARY

NOTE: One advantage of our 3 day program is the flexibility it allows with weather windows if attempting the summit of Mount Shasta. We have the option to attempt the summit on either day 2 or 3. The below 3 day itinerary outlines a summit attempt on day 2.

Day 1 – Approach to Horse Camp

- **8:00 am:** Meet at the Bunny Flat Trailhead (6,950') at approximately 8:00 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.
- **9:00 am:** We expect to hit the trail no later than 9:00 am. Your designated campground for the trip will be Horse Camp residing at 7,900'.
- **Afternoon:** Upon your arrival to camp we will take a break to refuel, set up camp, take in the beautiful views Horse Camp has to offer, and go for a quick ski tour up towards Avalanche Gulch. We typically look to gain and descend 1,000' vertical feet on this ski tour.
- After our afternoon tour, 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)
 - Snow anchors and belay systems
- After your Intro to Mountaineering Course, you'll head back to camp, discuss the game plan for your summit bid or day of skiing and riding in Avalanche Gulch, eat dinner, hydrate, pack your bag for the following day, and enjoy the beautiful sunset while in the company of your fellow skiers and splitboarders. Make sure to get a good night's sleep because you'll be waking up early the following morning!

Day 2 – Summit Bid or Ski/ Ride day

- **3:00 am:** Alpine start! If attempting the summit 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. If you're skiing or splitboarding below the Red Banks we can sleep in a bit longer.
- **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.

- *****Note:** conditions vary above the Red Banks. There is a high probability you will stash your skis or splitboard above the Red Banks if going for the summit.***
- **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

- **7:00 am:** For those interested, we can do one more lap up Avalanche Gulch if you have the energy! If not, we'll have a leisurely morning where you will cook breakfast, pack up your bags, and begin the descent 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 ski/ splitboard boots and slip into some comfy clothes, and debrief with your Guide(s).

AVALANCHE GULCH – 2 DAY SKI & SPLITBOARD ITINERARY

Our 2 Day Ski and Splitboard ascent of Avalanche Gulch is the same itinerary as the 3 day outlined above with the only difference being that you will pack up camp on day 2 and head back to Bunny Flat Trailhead.

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.****

