



MOUNT SHASTA 2 DAY CASAVAL RIDGE ITINERARY

CASAVAL RIDGE – 2 DAY ALPINE STYLE ITINERARY

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'. Expect a moderate day of hiking to camp with roughly 1,000' of vertical gain, the following day will be the big one!
- **Afternoon:** Upon your arrival to camp we will take a leisurely break and refuel, set up camp and take in the beautiful views Horse Camp has to offer. After the group or individual has settled in, we'll review the below mountaineering topics for a couple of hours in preparation for your big day out on Casaval Ridge the following day.
 - Snow travel and best techniques to use while using crampons on slopes greater than 45 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 reviewing the mountaineering topics listed above, you'll head back to camp, discuss the game plan for your summit bid of Mount Shasta via Casaval Ridge, 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

- **2:00 am:** Alpine start! You'll rise no later than 2:00 am for your summit bid and we will be heading up towards Casaval Ridge no later than 3:00 am.
- **3:00 am:** You'll begin moderate snow climbing around 8,400' and the climbing will progressively get more difficult and steeper as you ascend higher towards the ridge. After a few hours of moderate snow travel you'll reach Casaval Ridge proper around 10,200'. From here we'll take a short break, refuel with some snacks, hydrate, and continue up Casaval Ridge, passing through the exposed Catwalk section of the climb which will eventually land you at the base of Misery Hill at 13,200'.
- **Late morning:** Misery Hill is exactly that! A small, snow covered hill rising 1,000' feet above the West Face and 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 Avalanche Gulch route. 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 feed your calorie-depleted body the nutrients it deserves, pack up camp, and head back toward the Bunny Flat Trailhead.
- **Early evening:** 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).

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.****

