



**Shasta Mountaineering School  
Accelerated Mt Shasta Summit Climb via Avalanche Gulch over 2 days.**

This is the planned 2-day itinerary for the Accelerated Mt Shasta Summit Climb via the Avalanche Gulch route. The itinerary and route is subject to change due to weather and route conditions.

**Day 1: Gear Check, Hike In, Establish a High Camp, and Snow Skills Instruction.**

8am	<p>We will meet in Mount Shasta City at Shastice Park at 8am and your guide will conduct very thorough pack check and distribute group gear. Please arrive on time. It is recommended that you reserve your rental equipment ahead of time with the 5<sup>th</sup> Season and that you pick it up the night before because the 5<sup>th</sup> Season doesn't open until 9am. This will help make a smooth start to your trip. Please make sure to fill up your water while at the park, there is no running water at the trailhead.</p> <p>Address: Shastice Park 800 Rockfellow Drive Mt Shasta, California 96067</p>
10am	<p>We drive to the Bunny Flat trailhead at 6,900 feet for a trip briefing. Shasta Mountaineering School does not provide transportation, but everyone is encouraged to carpool because of the sometimes-limited parking availability at the trailhead. There are bathrooms but no running water at the trailhead.</p> <p>We will begin our hike and establish our high camp at approximately 9,500 feet near the area known as 50/50 flat in Avalanche Gulch. This day is accelerated and physically strenuous. The distance is approximately 4 miles and 2,600 feet of elevation gain. The average time for most groups from the Bunny Flat Trailhead to 50/50 flat is 4 to 5 hours.</p> <p>Address: Bunny Flat Trailhead Everitt Memorial Hwy, McCloud, CA 96057</p>
3pm	<p>We arrive at our high camp at 9,500 feet where we will setup our camp for the night. Your guide will assist you with camp etiquette and how to establish a camp in the alpine environment.</p>
4pm	<p>The afternoon is spent conducting a snow skills session. Your guide will teach a snow skills instructional session. We will practice different techniques for walking on snow with an ice axe and crampons. The group will be briefed on what to expect for our summit attempt the following morning. Everyone should prepare their summit equipment for the following morning's early start.</p>

5pm	Your guide prepares dinner and continues to brief the group on the route, and tomorrow's summit attempt.
7pm	Everyone to bed by 7pm.

**Day 2: Summit Attempt and Final Day.**

2am	Wake up time. Quick instant oatmeal breakfast and coffee and use the toilet. Final gear checks.
3am	Strict departure time of 3am. The goal is to depart no later than 1-hour after wake up time.
11am	Our summit turn around time is 11am, most groups summit around 10am. This gives us 7 hours to move 2 miles over approximately 4,500 feet of elevation gain from our High Camp to the summit. We must move efficiently and meet perquisite time objectives. This is to avoid hazards such as rock fall, fatigue, and afternoon convective storms. There is an additional 7 miles and approximately 7,000 feet of elevation descent to get back to the Bunny Flat trailhead where our cars are parked.
5pm	The goal is to be back at the trailhead by no later than 5pm. For safety reasons, it is recommended not to plan a long drive home this same evening.