



**Shasta Mountaineering School
Standard Mt Shasta Summit Climb via Avalanche Gulch over 3 days.**

This is the planned 3-day itinerary for the Standard 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, Short Hike In, and Establish our First Camp. This is relaxed pace day.

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 5th Season and that you pick it up the night before because the 5th 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>
11am	<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 then begin our hike on low angle slopes up to Horse Camp at 7,900 feet where we'll setup our camp for the night. The hike is approximately 2 miles and 1000 feet of elevation gain, and takes most groups about 2 hours.</p> <p>Address: Bunny Flat Trailhead Everitt Memorial Hwy, McCloud, CA 96057</p>
2pm	<p>We arrive at Horse Camp at 7,900 feet where we will setup our first camp for the night. Your guide will assist you with camp etiquette and how to establish a camp in the alpine environment. The afternoon is spent relaxing at camp while your guide prepares dinner and continues to brief the group on the route and days ahead.</p>
8pm	<p>Everyone to bed by 8pm.</p>

Day 2: Move to High Camp, Establish Camp, and Snow Skills Instruction.

7am	<p>Wake up and enjoy a hot cooked breakfast with coffee/tea. Pack down camp after breakfast.</p>
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9am	We will depart Horse Camp to establish our high camp at approximately 9,500 feet near the area known as 50/50 flat in Avalanche Gulch. The second day is physically more strenuous than the first day and is a good way to gauge how your body will perform on the summit day while at a higher altitude. The distance is approximately 2 miles and 1,500 feet of elevation again, but steeper than the first day over more uneven ground. The average time for most groups from Horse Camp to 50/50 flat is 3 to 4 hours.
1pm	After arriving at our high camp location, we will construct well anchored campsites, often times in the snow. This can be strenuous and often involves leveling a snow platform to construct your tent on, anchoring the tent with snow anchors, constructing a camp kitchen, and constructing a designated privacy barrier to serve as a makeshift place to use our human waste pack out bags.
2:30-4pm	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.
4pm	Your guide will melt snow for water for the group and begin preparing dinner.
7pm	Everyone to bed by 7pm.

Day 3: 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. It is critical we stay on schedule.
11am	Our summit turnaround 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 requisite 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.