

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

| 5pm | Your guide prepares dinner and continues to brief the group on the route, and |  |
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|     | 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.  |
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| 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.<br>This gives us 7 hours to move 2 miles over approximately 4,500 feet of<br>elevation gain from our High Camp to the summit. We must move<br>efficiently and meet perquisite time objectives. This is to avoid hazards<br>such as rock fall, fatigue, and afternoon convective storms. There is an<br>additional 7 miles and approximately 7,000 feet of elevation descent to<br>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.   |