



**Shasta Mountaineering School**  
**Private – Extreme One Day Climb and Ski of Mt Shasta via West Face**

This is the planned itinerary for the Extreme One Day Climb and Ski of Mt Shasta via West Face route. The itinerary and route are subject to change due to weather and route conditions.

This trip is only offered as a private trip with one guest. Even though, we will climb the mountain a single day, it is actually 2-day trip. On Day 1, we will do a ski tour half up the mountain to acclimatize and so your guide can assess your downhill skiing ability. We'll then return to town where we'll sleep in the comfort of a bed before attempting the summit in a single day. Excellent physical fitness is required.

**Day 1: Gear Check, Ski Tour Up to 10,000 feet on the mountain, and Snow Skills Instruction.**

7am	<p>We will meet in Mount Shasta City at Shastice Park at 7am and your guide will conduct very thorough pack check. Please arrive on time.</p> <p>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>
8am	<p>We drive to the Bunny Flat trailhead at 6,900 feet for a trip briefing. Shasta Mountaineering School does not provide transportation. There are bathrooms but no running water at the trailhead.</p> <p>We'll then begin ski tour for the day to the upper mountain near 10,000 feet looking for the good skiing. We'll practice using our ski crampons and discuss skinning techniques. Your guide will also instruct a snow skills course on the proper use of ice axe and crampons.</p> <p>Address: Bunny Flat Trailhead Everitt Memorial Hwy, McCloud, CA 96057</p>
1pm	<p>The goal is to back at the Bunny Flat trailhead by 1pm. Your guide will brief you on what to expect for our summit attempt the following morning.</p>
2pm	<p>You and guide will go separate ways and reconvene at the Bunny Flat trailhead the following morning at 1:30am for the summit attempt.</p>

**Day 2: Summit, and Ski the West Face both in a single day.**

1:30am	Trip briefing and final gear checks.
2am	We have a strict departure time of 2am from the Bunny Flat trailhead.
11am	Our summit turnaround time is 11am. This gives us 9 hours to move 6 miles over approximately 7,000 feet of elevation gain. We must move efficiently and meet requisite time objectives. This is to avoid hazards such as rock fall, fatigue, and afternoon convective storms.
12pm	We make our way from the summit to the top of the West Face where we clip into our skis and ski 7,000 feet of corn snow back to the Bunny Flat trailhead.
3pm	The goal is to be back at the trailhead by no later than 3pm. For safety reasons, it is recommended not to plan a long drive home this same evening.