



Shasta Mountaineering School
Mt Shasta Summit Ski Descent via West Face over 3 days.

This is the planned 3-day itinerary for the Mt Shasta Summit Ski Descent via the West Face route. The itinerary and route is subject to change due to weather and route conditions.

Day 1: Gear Check, Ski to Horse 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 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>
10am	<p>We drive to the Bunny Flat trailhead at 6,900 feet for a trip briefing.</p> <p>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 begin our ski in and establish our camp for the night in Hidden Valley at approximately 9,300 feet. The average travel time for most groups from the Bunny Flat Trailhead to Hidden Valley on skis is about 4 hours.</p> <p>Address: Bunny Flat Trailhead Everitt Memorial Hwy, McCloud, CA 96057</p>
2pm	<p>We arrive at Hidden Valley at 9,300 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>
5pm	<p>Your guide prepares dinner and continues to brief the group on the route, and tomorrow's day.</p>
9pm	<p>Everyone to bed by 9pm.</p>

Day 2: Ski Tour and Snow Skills Instruction

7am	<p>Wake up and enjoy a hot cooked breakfast with coffee/tea.</p>
9am	<p>We'll leave camp for a ski tour to one of the many options for skiing around Hidden Valley. We'll practice using our ski crampons, discuss skinning</p>

	techniques, and find the good skiing. Your guide will also instruct a snow skills course on the proper use of ice axe and crampons.
2pm	Return to camp.
4pm	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 3: Summit Attempt, Ski the West Face, 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 8 hours to gain approximately 5,00 feet of elevation gain from Hidden Valley to the summit. We must move efficiently and meet prerequisite 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 4,000 feet of corn snow back to our tents at Hidden Valley. We'll collect our camp and continue to the Bunny Flat trailhead.
4pm	The goal is to be back at the trailhead by no later than 4pm. For safety reasons, it is recommended not to plan a long drive home this same evening.