



# MT. LASSEN SKI/BOARD BLITZ

This two day adventure explores the seldom visited backcountry skiers and riders paradise of [Mt. Lassen Volcanic National Park](#). The focus of this trip will be skiing and riding amazing descents with only daypacks while returning to either a hotel or campsite in the evening. Discussions and exercises on avalanche awareness, safe route selection, and backcountry traveling techniques will be intermingled throughout this exciting weekend.

Each day begins at 7 AM at the Southwest Entrance on Highway 89. Depending on the road conditions we will either start hiking immediately (early season) or organize carpools to move further into the Park (late spring/early summer). Regardless the skiing and riding opportunities are virtually limitless and of high quality.

One scenario that we always look forward to is when the road opens to the Summit Parking Area at the foot of Mt. Lassen. This provides immediate access to the flanks of Mt. Lassen and the "classic" southeast face is right in front of us and ripe for the picking.

Another great plan is to climb and descent the southeast and southwest face on Day 1, the follow-up on day two by descending the northeast face with a car shuttle pick-up at the end of the day. This is what backcountry skiing and riding dreams are all about; we hope to see you there!

## **PREREQUISITES:**

- Very good physical condition.
- Advanced skiing or snowboarding skills
- [AIARE Avalanche Level I Seminar](#) or equivalent recommended

## **TRIP OBJECTIVES:**

- Climb peaks and link sweet turns with light daypacks!
- Practice skills relevant to safe backcountry travel such as good route selection and avalanche avoidance.

## **MEETING TIME & PLACE:**

Meet at 7 AM on the first morning at the Southwest Area Entrance at the winter terminus of Highway 89. Camping and lodging can be arranged at the [Mineral Lodge](#) only 10 minutes from the Park entrance. We recommend staying in at least Red Bluff the night before to ensure a good nights' sleep. There is a \$10 entrance fee to Mt. Lassen National Park unless you have a National Park Pass.

## **DIRECTIONS:**

From Sacramento, take Highway 5 north 130 miles to Red Bluff. Then take 36 East to 89 North in Mount Lassen National Park. The winter terminus of Highway 89 is the Old Ski Chalet Parking Area. The Chalet is no longer in operation and there are few services east of Red Bluff. Expect a 45 minute drive from Red Bluff with favorable weather conditions. ([more info.](#))

## **COURSE REGISTRATION:**

Preregistration is required and a 50% deposit reserves your spot. [Secure online registration](#) is available through the MAS web site. Participants can also [email](#) or call the MAS office at (209) 753 6556 ext. 1.

•PLEASE SEE EQUIPMENT LIST ON REVERSE•

## MT. LASSEN SKI & BOARD BLITZ EQUIPMENT LIST

Please try to pack in a light and compact manner. Be prepared to save some room in your backpack for group gear (approximately the size of a basketball). If you have any questions about equipment on this list please don't hesitate to call the M.A.S. office. You may be asked to show the contents of your pack to your guides prior to leaving the trail head.

### SKIERS:

- Skis\*: metal edged and waxable skis required
- Bindings\*: either 3-pin, cable, or randonee. Make sure bindings are secure and boots fit properly.
- Climbing skins\*: close to the width of the skis' waist. Make sure glue is in good shape.
- Boots\*: stiff high top leather or plastic boots in good condition and waterproof

### SNOWBOARDERS:

- Snowboard\* and bindings (check all your screws and bring any lightweight spare parts you may need)
- Snowboard Boots\*: comfortable enough for hiking several miles.
- Snowshoes : Available to rent through MAS (\$5/day)

### BOTH:

- Poles\*: telescoping probe type are the best, but regular ski poles will suffice
- Day pack: Able to carry water, lunch, snow shovel, probe and extra clothing (2500-3500 cu. in.)
- Avalanche safety equipment: beacon, probe, & shovel. If you need MAS will provide with advanced notice.

### CLOTHING:

- 1 pair heavier synthetic or wool blend socks, hiking style
- 1 pair synthetic liner socks (optional)
- Gaiters depend on your boot system. If in doubt, please ask.
- Long underwear top and bottom. Polypropylene or some other synthetic is most desirable.
- Warm pants: tights or expedition polypropylene or similar weight
- Warm shirt: expedition polypropylene or light fleece type
- Fleece jacket or equivalent
- Light down or synthetic fill jacket. This item would replace above item.
- Good quality rain/wind waterproof/breathable jacket and pants. This is one of your most important pieces of gear. Don't compromise! Jacket should have a hood.
- Warm hat & warm winter gloves
- Sun hat & bandana (optional) & spring gloves (optional)
- Neck gaiter or balaclava (optional)

### ETC...

- Sunglasses
- Goggles
- Personal medications & first aid supplies you know you might need (e.g. moleskin, ibuprofen)
- Heavy-duty sunscreen and lip protection
- At least 1-liter plastic water bottles (wide-mouth preferred)
- Headlamp with extra batteries and bulb
- Camera and film (optional)
- Two lunches & snacks.

\* gear rentable at a mountaineering shop

