



Backcountry Snowshoe Day Tour

Avid hikers and snowshoers alike will enjoy this full day snowy adventure. A major goal for the day is to get outside in the winter environment and enjoy the beauty of the High Sierra. Packs will be light to enable greater freedom while traveling on the snow in snowshoes. M.A.S. guides will lead participants into the wilderness to learn, experience and wander about the bowls and ridges of the Mokelumne Wilderness.

This program starts at 9 AM in the BaseCamp Lodge in Bear Valley, CA. After introductions a thorough overview of the day's agenda will be covered as well as a "pack-check" to ensure that everyone is properly prepared. Any group gear that needs to be distributed from M.A.S. will be done so at this time.

The trailhead is 3 miles up Highway 4 at the Lake Alpine Snowpark. Carpooling will be encouraged since parking spaces are limited. Within minutes on the trail the "hustle and bustle" of the trips preparation will ebb and the group will start to break trail into the backcountry. During the day you guide will draw attention to snowshoe techniques, route finding skills and general winter ecology as they related to the conditions of the day. Avalanche avoidance will be covered briefly to help participants become aware of the potential hazards.

Please pack light but thorough. Participants are responsible for their own lunch which is held in the backcountry. People are often most comfortable snacking on the trail therefore only needed a light lunch. Try and pick foods that you are familiar with and comfortable digesting while on the move.

LOCATION:

Bear Valley (elevation 7073 feet), CA, in the Central Sierra between Lake Tahoe and Yosemite along Highway 4.

PREREQUISITES:

- Good physical condition with the ability to hike 4-6 miles with a 20 pound backpack
- Appropriate clothing and equipment winter alpine environment (see reverse side for details)
- Fun loving disposition.

TRIP OBJECTIVES:

- Enjoy the beauty of the high Sierra.
- Improve snowshoeing technique.
- Learn and practice skills relevant to backcountry travel (e.g. avalanche avoidance & route selection).

MEETING TIME & PLACE:

This program begins at 9 AM in the BaseCamp Lodge in Bear Valley, CA. From BaseCamp, your group will carpool 3 miles to the Lake Alpine SnowPark trailhead and enter the backcountry bowls and ridges of the Mokelumne Wilderness.

•EQUIPMENT LIST ON THE REVERSE SIDE•

To register please call (209) 753-6556 or email to mail@mtadventure.com

Backcountry Snowshoe Day Tour Equipment List

Please try to pack in a light and compact manner. If you have any questions about equipment on this list please don't hesitate to call the M.A.S. office.

GEAR:

- **Sturdy waterproof hiking boots**
- **Snowshoes** (modern 22-32 inch snowshoes are best). MSR Denali snowshoes are provided by M.A.S. if needed
- **Poles***: telescoping probe poles are the best, but regular ski poles are adequate. M.A.S. can provide.
- **Day pack**: Able to carry water, lunch, snow shovel and extra clothing. (no more than 2,500 cu. in.)
- **Avalanche safety equipment is provided**. If you have your own shovel, probe, or avalanche beacon (457 MHz) please feel free to bring along.

CLOTHING:

Note: Cotton is inappropriate for winter backcountry use as it loses 80% of its insulation properties when wet.

- 1 pair heavier **synthetic or wool blend socks**, hiking style. An additional pair of synthetic liner are nice.
- **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 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 (optional)
- Bandana (optional)
- Spring gloves (optional)
- Neck gaiter or balaclava (optional)

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- **Sunglasses**
- **Goggles**
- **Sunscreen and lip protection**
- Minimum **1 liter water** carrying capacity. Wide-mouth bottles preferred. Camelback type water systems should have an insulated tube and mouth piece.
- **Headlamp with extra batteries and bulb**
- Camera and film (optional)
- **Lunch and snacks** (please no hot lunches requiring stove and hot water)

M.A.S. PROVIDES:

- Snow shovels and avalanche beacons as needed
- First aid kit
- Repair and contingency supplies
- Permits and fees
- Professional guiding and instruction

For more information:

Fredston, Jill & Fesler, Doug. *Snow Sense*, Alaska Mountain Safety Center, Inc., 1994
Mountaineering, The Freedom of the Hills, The Mountaineers.

* gear rentable at a mountaineering shop