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## Mt Shasta 2 Day Ski Descent via Avalanche Gulch



**General Description:** Mt. Shasta has been referred to as the "Finest Ski Descent in California" and is listed as one of the "50 Classic Backcountry Ski Descents in North America". A Mt. Shasta ski descent is considered a must do for any real backcountry skier. It can offer the Advanced to Expert Alpine Skier a descent of over 7,000 vertical feet from the summit down on a variety of routes including the "Classic" Avalanche Gulch Route.

### Itinerary

This ambitious two-day itinerary is not for the faint of heart and follows much the same itinerary as our 2-Day Shasta Summit Climb.

**Day 1** - After meeting at 8:00 am on the first day at our Mt. Shasta office, we will conduct a complete pack check and divide up the group gear. We will then carpool to the trail head at Bunny Flat (6,860 feet) on Mt. Shasta's south side. From here our group will tour up and establish a high camp approximately around 9500 feet after which we will review and hone your climbing skills as well as taking time for everyone to grab a short ski run next to our camp as a warm-up for the next day's descent as well as allowing your guide to do a quick ski assessment. Skill development and review include: ice ax arrest, crampon techniques, rope team travel, team self-arrest, ski mountaineering techniques, and downhill guide tactics. We will have an early dinner so that everyone can get a little sleep before we wake up early for our summit push.

**Day 2** - We are up early (1-2am) and heading for the summit. The summit is approximately 3 miles/4500 vertical feet away. Our summit turnaround time is between 11-12am due to safety concerns. We should be back to camp around 2-3pm and back to the trail head around 5pm.

**PLEASE NOTE:** This is a best-case scenario. This itinerary is subject to change at the guide's discretion and depends on mountain conditions/weather, group fitness/experience/expectations, and other factors we cannot anticipate.

**Location:** Mount Shasta Wilderness, Mt Shasta, CA.



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**Experience Level Requirement:** Advanced-Expert Alpine Skier/Snowboarding skills are required. Previous Ski Mountaineering experience in variable snow conditions is required as well. We highly recommend taking our 1 Day Backcountry Ski Clinic for Skier/Snowboarders who do not have extensive ski mountaineering experience.

**Physical Conditioning:** Participants **MUST** be in excellent physical condition to achieve the goals of this aggressive itinerary. As a baseline you need to be able to tour 3000-4000 feet with a 35-40 pound pack. Please refer to Physical Conditioning pdf on our resource page for more info.

**Food:** Breakfast & Dinners are included with the cost of the course. Dinners are a freeze dried meal (Mountain House, Backpackers Pantry style). While we try to have a variety of options for meals, we can never guarantee what specific meals we will have. We will have meals to meet dietary restrictions, but if you are particular about which freeze dried meals you eat, then we recommend you bring your own. Hot beverages are also included (coffee, tea, hot chocolate). You will need to bring your own favorite, high-calorie, high-carbohydrate lunches and snacks. Examples: bagels, cheese, dried fruit, trail mix, Clif bars, chocolate, etc. A thermos is also nice for hot drinks.

**Getting Here and Away:** The Sacramento Airport (SMF) and Medford International Airport (MFR) are great jumping off points.

**Where to Stay:** Mt. Shasta is a great mountain town with several options on where to stay. Please feel free to contact us if you have questions or want recommendations.

**Group Size:** 4-6 Total Guests (Guide to Guest Ratio is 1:3/4).

**What is Included:** Professional instruction/guide, breakfast(s), Freeze dried dinner(s), ice axes, helmets, harness, group climbing equipment including ropes and safety equipment, group camping equipment including tents and stoves, permits, and permit fees including Mt. Shasta summit fees.

**What is NOT Included:** Skis or Snowboards, Poles, Ski Mountaineering Boots, and Crampons are NOT included but are available for rent either from SWS Mountain Guides (crampons) or locally (skis, poles, boots). For more details about equipment, please see our equipment list for this course or give us a call for rental options.

**Ski Mountaineering Rentals are available** at the Fifth Season 530-926-3606 or give the SWS Mountain Guides office a call at 888.797.6867 for additional rentals options in the San Francisco Bay Area.

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