

## Itinerary: Shasta 2011

Day 1	
6:00 pm	Arrive in Mt. Shasta City and meet group for boot-fitting at The Fifth Season.
8:00 pm	Dinner in Shasta City with group.
9:30 pm	Drive to Sand Flat (elev. 6,500') and get to bed.
Day 2	
7:00 am	Wake up and eat some breakfast.
8:00 am	Meet guides at SWS Mt. Shasta Office for complete pack check and group gear division.
9:00 am	Hit the trail and hike to base camp in Avalanche Gulch (elev. 9,700').
1:00 pm	Arrive in Avalanche Gulch and practice the basics of Alpine Mountaineering.
8:00 pm	Acclimatize and settle in for a good night's rest.
Day 3	
7:00 am	Wake up, get breakfast, and prepare for snow school.
9:00 am	Begin ascent to high camp.
1:00 pm	Lunch and relax.
5:00 pm	Dinner and summit talk with guides.
7:00 pm	Prep packs for the morning. Hit the sack! Big day tomorrow!
Day 4	
2:00 am	Wake up and have a bite to eat.
2:30-3:00 am	Begin your summit push.
6:00 am	Reach the Red Banks (elev. 12,500').
9:00 am	Reach the base of Misery Hill (elev. 13,000').
10:00 am	Final push to the summit (elev. 14,179').
11:00 am	Begin your descent and stop for a snack at high camp.
3:00 pm	Arrive back at Avalanche Gulch.
6:00 pm	Arrive back at vehicles and head to town for a group meal and celebration.
7:30 pm	Stay the night in Shasta City or begin the journey home.
Day 5	
All day	Rest and relax. Get a massage! Don't go to work.