

# Alpine Scrambling Trip Report

Everett Mountaineers

Destination: <b>Mt. Shasta</b>	Date of Trip: <b>5/31/2004</b>
Map(s): <b>USGS McCloud, USGS Mt Shasta</b>	Scramble Rating: <b>S-5-5</b>
Guidebook: <b>Shasta-Trinity National Forest website</b>	Summit Height: <b>14,162'</b>
Trailhead: <b>Bunny Flat</b>	Elevation Gained: <b>7,300'</b>
Miles Round Trip: <b>11</b>	

Leader: **Jack LaMont**

Phone #

Email

Driving Instructions: **South on I-5 from north Marysville to Shasta City ,CA (8-9 hours) then on to Bunny Flat trail head via Everitt Memorial Hwy.**

Ascent Route: **Bunny Flat to Avalanche Gulch, left of Thumb Rock along Red Banks, up Misery Hill then leftward traverse to summit block**

Descent Route: **Reversed**

Weather conditions: **Clear skies with 45-50 MPH winds above Helen Lake (10,7443')**

Trip Summary	From	To	Elapsed Times
	Carpool:5:30 am	Trailhead:3:30 pm	10 hours
	Trail head: 12:42 am	Summit: 9:35 pm	9 hours
	Summit: 10:30 pm	Trailhead:4:00 pm	5.5 hours

Overall Pace of Party:     Leisurely     Moderate     Intense  
 Steepness                     Can't Fall     Could Fall     Don't Fall  
 Terrain Encountered:     Rock             Snow/ice     Brush         Other:  
 Equipment Recommended:  Hardhat     Crampons     Rope         Snowshoes  
 Was a handline used: **No**    (If yes, describe circumstances):  
 Accident Involved: **No**    (If yes, submit an accident report):

Trip Comments: \_\_\_ and I drove down to Bunny Flat Friday after stopping off at Shasta City for the permits and collecting beta from the rangers. Weather was warm with sunny skies. Saturday, \_\_\_ and I climb peak 9365' from Bunny Flat (start of the R4 route) and skirted over to Green Butte (9193') for some acclimitizing. \_\_\_, \_\_\_ and \_\_\_ (this year's scrambling student) pulled in to the "packed" parking area around 6:00 pm Saturday. We left the Bunny Flat parking area (6,950') at 12:42 Staurday night with clear skies and a 3/4 bright moon. The weather was great! One hour in to the approach via Avalanche Gulch \_\_\_ We took several rest stops along the way before Helen Lake. The wind (45-50 MPH) started to pick up just before Helen Lake so we stopped and put on our extra clothing, crampons and helmets. The route up on the right side of the "Heart" was crowded with a lot of people. Gusts of wind carrying ice crystals blasted us numerous times. It took over two hours to reach the top of the "Red Banks". \_\_\_ did not have a balaclava and goggles to protect him from the cold blasts so \_\_\_ turned around. I was cold waiting for \_\_\_ and \_\_\_ on several occasions. I reached the summit at 9:35 am, signed the register, took pictures and visited with numerous folks while waiting for \_\_\_ who showed up 45 minutes later. We left the summit at 10:30 am and met \_\_\_ at 11:00 am as he was half way up "Misery Hill" with a large crowd. I told \_\_\_ we would wait for him at Helen Lake before descending. \_\_\_ and I reached Helen Lake at 12:30 pm. \_\_\_ reached the summit at 12:30 pm and finally showed up (Helen Lake) at 2:30 pm. All three of us reach the

parking lot at 4:00 pm, thanks to the long and numerous glisades. I will say this was a challenging "one-day" climb. I believe the extra day helped \_\_\_ and I to acclimatize. All five of us stayed at a hotel in Shasta City Sunday night before driving back home Monday. Strongly recommend spending an extra day prior to attempting a one-day climb. Also bring along a balaclava and ski goggles to protect your face from the blown ice crystals above Helen Lake. Warm clothing (at least five layers), crampons, helmet and ice axe a must. Bring along 2-3 quarts of liquid.