

Itinerary: Shasta June 3-7, 2010

Day 1: Thursday, June 3, 2010	
5:00 pm	Arrive in Mt. Shasta City and meet group for boot-fitting at The Fifth Season.
6:00 pm	Walk over to SWS Office for pre-trip meeting with guides.
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: Friday, June 4, 2010	
7:00 am	Wake up and break camp. Drive to Bunny Flat parking lot (elev. 6,700') to meet guides.
9:00 am	Hit the trail and hike to base camp at Helen Lake (elev. 10,400').
1:00 pm	Arrive at Helen Lake and set up camp. Rest and settle in.
Day 3: Saturday, June 5, 2010	
7:00 am	Wake up, get breakfast, and prepare for snow school.
9:00 am	Hike to nearby slopes for snow school. Practice crampon technique, self-arrest, and roped teamwork.
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: Sunday, June 6, 2010	
12:00 am (Midnight)	Wake up and have a bite to eat.
1:30 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.
3:00 pm	Arrive back at Helen Lake. Rest a bit, then break camp.
6:00 pm	Arrive back at Bunny Flat 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: Monday, June 7, 2010	
All day	Rest and relax. Get a massage! Don't go to work.

