



Lassen Volcanic National Park

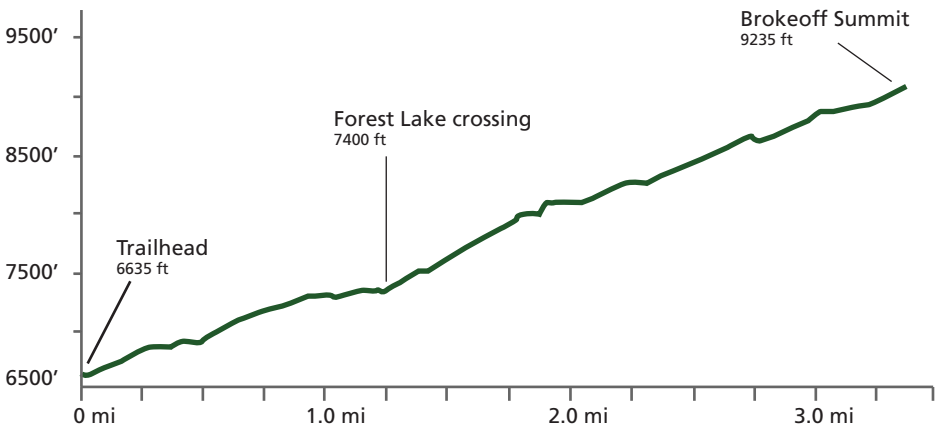
# Brokeoff Mountain Trail Guide



Hikers enjoys views of Lassen Peak on the descent from Brokeoff Mountain summit

<b>Level of Difficulty:</b>	Strenuous
<b>Round Trip Distance:</b>	7 mi (11.3 km)
<b>Round Trip Time:</b>	5 - 7 hours
<b>Elevation Start/Gain:</b>	6635 ft (2022 m) / 2600 ft (792 m)

Enjoy spectacular panoramic views of Mt. Shasta, the rim of ancient Brokeoff Volcano, and Lassen Peak. The beginning of the trail traverses alder patches and seasonal creek crossings before entering into dense forest. At the foot of Forest Lake, the trail crosses a marshy area just before Brokeoff rises into view. From here, steep switchbacks wind through lush meadows before the trail climbs over the mountain's west shoulder. The last mile rises above the tree line along the exposed west face of Brokeoff Mountain before arriving at a small summit area.



## Directions to Trailhead

The trailhead is located 0.5 mile south of the Southwest Entrance Station and the Kohm Yah-mah-nee Visitor Center. Parking is available in a turnout on the east side of Highway 89. Use the crosswalk to access the trailhead on the opposite side of the road. Hikers who do not plan to continue through the Southwest entrance station may pay their park fee at the fee station in the Brokeoff Mountain trail parking area.

### Are You Ready to Hike? Safety is *Your* Responsibility

#### A few suggestions to help you stay safe:

- Bring water and extra food
- Wear sturdy boots
- Bring a flashlight or headlamp
- Use sunscreen
- Carry extra layers for warmth
- Take breaks often
- Tell someone where you are going and when you will return
- Check the weather forecast on-line or at the visitor centers
- Finish your hike before dark



### **Knee and ankle injuries are the most common visitor injury**

Watch your footing • Consider using trekking poles for balance • Wear appropriate footwear

## Special Considerations

**Creek Crossings** can be hazardous during the spring snow melt season. Use caution when crossing, wear proper footwear, and carry extra clothing.

**Winter Conditions** can persist through the summer months, especially in the forested sections of the trail. Wear proper footwear and consider using trekking poles to help maintain balance.

**Hiking at High Elevation** can aggravate preexisting medical conditions. Know the effects of altitude. Carry plenty of water, take breaks often, and do not exceed your abilities.

# Am I at Risk of Altitude Sickness?

You gain a lot of altitude on this hike—2,600 feet (792 m) to be exact. That is approximately the same elevation gain as climbing a 260 story building! Altitude sickness occurs when you cannot get enough oxygen from the air at high altitudes. It occurs most often when people go quickly from lower altitudes, say Red Bluff at 305 feet (93 m), to 8,000 feet (2438 m) or higher. Hikers may experience symptoms of altitude sickness including fatigue, headache, and nausea. If you experience these symptoms or suspect altitude sickness, descend immediately. You may be able to prevent altitude sickness by taking your time when traveling at high altitudes or spending a night at altitude before going higher.

Brokeoff Mountain, 9235 ft  
72% Oxygen Level

Red Bluff, CA, 305 ft  
99% Oxygen Level

Sea Level, 0 ft  
100% Oxygen Level



## Pets Are Not Permitted on Hiking Trails

For the protection of wildlife and the safety of your pet, pets are allowed only in paved areas such as campgrounds and the park road.



## Yield to Uphill Hikers

Please carefully step off to the side of trail to allow uphill hikers to pass or when taking a break.



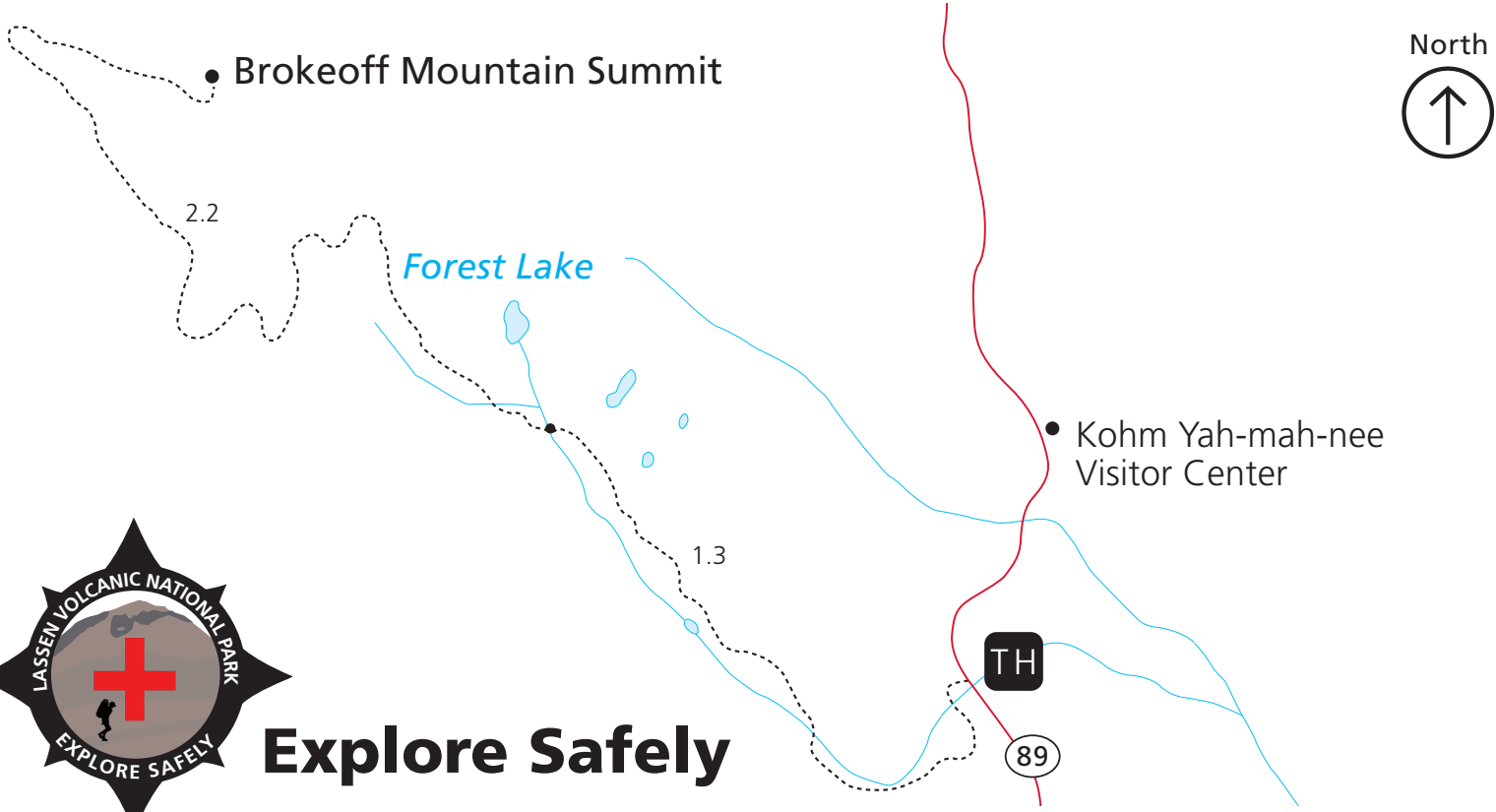
## In Case of Emergency, Dial 911

Closest emergency phone is at the Kohm Yah-mah-nee Visitor Center.



Hikers enjoy the spectacular panoramic view from Brokeoff Mountain summit

# Brokeoff Mountain Trail Map



**Explore Safely**