

An Historic Challenge

Every individual that resolves to climb Lassen Peak faces his or her own unique set of challenges and rewards. From jaw-dropping panoramic views to that well-deserved sense of accomplishment, the rewards continue to entice hikers to overcome thigh-burn, unpredictable winds, and slippery snow fields.

Completed in 1931, the Lassen Peak Trail was immediately popular, with about 15 percent of visitors making the climb. Today, about 8 percent of visitors climb the trail with up to 600 people making the hike on a typical Sunday.

Prior to Lassen Volcanic National Park's establishment in 1916 and the development of an official trail, Lassen Peak lured spiritual seekers, scientists, and explorers to its towering summit.

1863 William H. Brewer led a US Geological Survey team to the summit in 1863. He later wrote, "We anticipated a grand view, the finest in the state, and it fully equaled our expectations."

1884 Under the advice of his physician, Auerlius Brodt made the trek to Lassen to recover from illness in the open air. He and his wife, Helen Tanner Brodt, summited Lassen Peak with a party lead by Major Pierson B. Reading in 1884.

1914 A few daring souls elected to climb Lassen Peak during one of its eruptions in 1914. Sawmill worker Lance Graham was rescued from under a pile of ash after he was struck by a rock from a steam explosion.

Did You Know? Lassen Peak is also known as **Kohm Yah-mah-nee in Mountain Maidu, which means *snowy mountain*.**

Staying Safe

As you enjoy your hike, keep in mind that it involves certain risks. You can help ensure your safety and the safety of others by making sure you are prepared for both the hike and current conditions.

A few suggestions to help you stay safe:

- Bring water and extra food
- Wear sturdy boots
- Use sunscreen
- Take breaks often
- Carry extra layers for warmth or sun protection
- Bring a flashlight or headlamp
- 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



Be Courteous and Have Fun

Climbing Lassen Peak is all the more enjoyable in the company of fellow hikers. Seasoned hikers know that a great shared experience involves:

- Yielding to uphill hikers.
- Preserving the natural soundscape by not playing music out loud or yelling and shouting.
- Staying on the trail at all times to prevent erosion.
- Packing out your trash.

National Park Service
U.S. Department of the Interior

Lassen Volcanic National Park



Lassen Peak Fitness Challenge



Congratulations on taking the Lassen Peak Fitness Challenge! With a 2,000 foot elevation gain over five miles round-trip, this historic trail puts hikers to the test. Take this guide with you on your hike and discover the many benefits of outdoor fitness.

Take Inventory

Before you begin your hike, take inventory of how you feel. Consider both your body and mind. Do you feel: strong, tired, sluggish, energetic, tight, stressed, relaxed, or nervous?

Your current condition will serve as a baseline against which you can compare how you feel after your hike. How do you anticipate this will change?

Record It Note the time you begin your hike. You can use it later to estimate your calories burned.

My Hiking Time	
Start	End



Hike for Fitness

Hiking is a great way to enjoy the beauty and wonder of the outdoors with the added benefit of improving your fitness! Hiking is easy to adjust to any fitness level, can be as social as you like, and allows for a different workout and landscape every time. To top it all off, hiking uses almost every part of your body: legs, knees, ankles, arms, hips and glutes, abdominals, shoulders and neck.

Check It Hiking offers numerous benefits. Check the benefits that are important to you.

My Benefits	
<input type="checkbox"/>	Reduced stress
<input type="checkbox"/>	Improved brain function
<input type="checkbox"/>	Increased sense of well-being
<input type="checkbox"/>	Improved vitamin D levels
<input type="checkbox"/>	Weight loss
<input type="checkbox"/>	Lower blood pressure
<input type="checkbox"/>	Diabetes management
<input type="checkbox"/>	Lower risk for heart disease and other chronic diseases
<input type="checkbox"/>	Osteoporosis prevention
<input type="checkbox"/>	Increased overall fitness
<input type="checkbox"/>	Improved muscle tone
<input type="checkbox"/>	Sense of achievement
<input type="checkbox"/>	Reduced insomnia

What Does Your Heart Tell You?

Fitness is all about getting your heart pumping and hiking is a great way to do the job! The number of times your heart beats per minute is called your heart rate.

Your **resting heart rate** is the heart pumping the lowest amount of blood you need because you're not exercising and is normally between 60 and 100 beats per minute.

A **target heart rate** helps you make sure you're getting enough exercise, but not over-exercising.

Try It Record your heart rate before you begin hiking (resting) and again once you've been moving. Place your index and middle finger on the thumb side of your wrist. Count the number of beats for 10 seconds, then multiply this by 6. Then use the table below to find your target heart rate by age.

My Heart Rate		
Resting	Target	Moving

Age	Target Heart Rate
20	100-170
30	95-162
35	93-157
40	90-153
45	88-149

Age	Target Heart Rate
50	85-145
55	83-140
60	80-136
65	78-132
70	75-128

Burning Calories

Hiking is a great way to burn calories. In just 15 minutes, you can burn 100 calories or more—all while enjoying the spectacular sights of Lassen Volcanic National Park.

Calculate It Use the table below to find your approximate calories burned based on your weight and hiking time. You can calculate your hiking time from the start and end times you noted on the front of this brochure.

My Calories Burned

		Duration (Hours)					
		2.5	3	3.5	4	4.5	5
Weight (lbs)	70	478	573	669	764	860	956
	100	683	819	956	1092	1229	1365
	130	887	1065	1242	1420	1597	1775
	150	1024	1229	1433	1638	1843	2048
	170	1160	1392	1624	1856	2088	2321
	200	1365	1638	1911	2184	2457	2730
240	1638	1966	2293	2621	2948	3276	

Did You Know? 3,500 calories burned is equal to about one pound of fat.