



Lassen Volcanic National Park

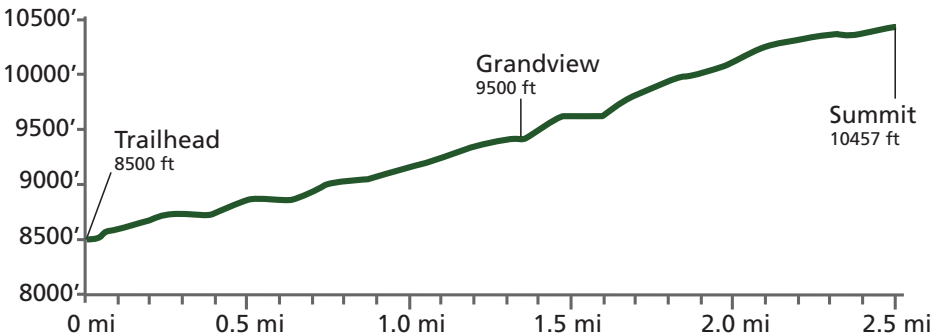
Lassen Peak Trail Guide



Hikers cross a spring snow field on the first summit of Lassen Peak

Level of Difficulty:	Strenuous
Round Trip Distance:	5 mi (8 km)
Round Trip Time:	4-5 hours
Elevation Start/Gain:	8500 ft (2591 m) / 1957 ft (596 m)

The Lassen Peak trail offers hikers the opportunity to climb to the top of one of the largest plug dome volcanoes in the world. Beginning at the Lassen Peak parking area, the trail climbs through twisted mountain hemlock and whitebark pine trees on sand like cinders. As the trees begin to thin and vistas of the park come into view, the trail steepens into series of switchbacks along a rocky ridge to the summit. The maintained trail ends at the first summit where exhibits invite hikers to rest and explore the panoramic view. Hikers may then continue to the second summit or the peak crater where a lingering rotten-egg smell of hydrogen sulfide reminds visitors that Lassen is ever-active.



Special Considerations

Winter Conditions can persist through the summer months. Wear proper footwear and consider using trekking poles to help maintain balance. Travel in the winter months requires winter backcountry travel knowledge and equipment.

Sun Exposure is considerable on the Lassen Peak trail. Tree shade may be found in the first mile after which limited shade is available.

Sudden Changes in Weather occur frequently and snow is possible any month of the year. Get an early start to avoid afternoon storms and lightning. Carry extra layers for warmth.

Hiking at High Elevation can aggravate pre-existing medical conditions. Carry plenty of water, take breaks often, and do not exceed your abilities. If you start to experience any symptoms of altitude sickness (headache, dizziness, shortness of breath, confusion, pain behind the eyes, nausea), **descend immediately**. Seek medical attention from a ranger or doctor.

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

Be prepared for steep and rocky terrain

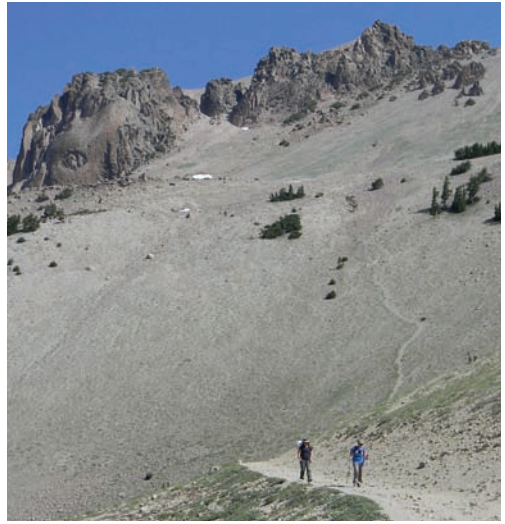


Yield to Uphill Hikers

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

Do Your Part to Preserve this Fragile Landscape

Visitors often see the scar (*pictured right*) from the trailhead and imagine that the trail goes straight up the mountain. Created by hikers who have strayed from the trail, this scar will take decades to heal. You can help speed the healing process by staying on the established trail. And if you see other hikers knowingly or unknowingly straying from the trail, tell them courteously of the damage they are doing and ask them to please return to the trail. Report any flagrant off-trail Lassen Peak hikers to park rangers.



The scar seen behind the hikers will take decades to heal

Please Stay on the Trail
Do Not Cut Switchbacks



Increase the Safety of Yourself and Others

The Lassen Peak trail is getting a facelift! As part of the multi-year *Reach the Peak* project, the historic trail is being restored and rehabilitated to preserve the Lassen Peak experience for visitors in the years to come. Please note the following to ensure your safety and the safety of others:

- Off-trail access to the summit is restricted, please view the off-trail travel restriction map at the trailhead or speak with a ranger for more information.
- Sections of the trail will be closed during construction. Respect these closures; they are for both your safety and the safety of park trail crew.
- Please do not disturb tools or materials along the trail or in the parking area.
- To provide limited access to the summit, the trail will be open to the summit on the following dates only:

JUNE

21 SAT	22 SUN	23 MON Full Moon
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JULY

4 THU	5 FRI	6 SAT	7 SUN
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AUGUST

16 FRI	17 SAT	18 SUN
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AUGUST/SEPTEMBER

30 FRI	31 SAT	1 SUN	2 MON Labor Day
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Reach the Peak

Reach the Peak is a multi-year project to restore and rehabilitate the Lassen Peak trail. The work will maintain the character of the trail while taking steps to improve the visitor experience and accommodate its increasing popularity. Lassen Volcanic National Park, with the help of its partners, is determined to preserve this historic experience for the enjoyment of future generations. Together we can *Reach the Peak*.



In 2010, the largest helicopter flight operation in the park strategically placed 2.4 million pounds of stone along the trail. With materials in place for the project's second year, the park trail crew and the California Conservation Corps cut and placed nearly 5,000 cubic feet of stone on 75 rock retaining walls and landing sites to strengthen the backbone of the Lassen Peak trail. Goals for the project's third year include removing the radio repeater from the summit, widening and reinforcing the middle and upper segments of the trail, and constructing three new interpretive waysides.

