



LASSEN VOLCANIC EXPLORE SAFELY TRAIL CHALLENGE



LASSEN ASSOCIATION

Trails are one of the best ways to connect with park's unique landscapes, wildlife, and vistas. The Explore Safely Trail Challenge is made possible with support from the Lassen Association. In partnership with Lassen Volcanic National Park, the association strives to enrich the experience of visitors and support the preservation and protection of the park for future generations. Learn more at www.lassenassociation.org.



PREPAREDNESS CHECKLIST

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



go.nps.gov/exploresafely



EXPLORE SAFELY
encourages preparedness,
awareness of risk, and
safe outdoor adventure.

TAKE THE CHALLENGE

Celebrate Lassen’s annual Explore Safely challenge on over 150 miles of trails. Explore Safely encourages preparedness, awareness of risk, and safe outdoor adventure!

To participate in the Explore Safely Trail Challenge, complete the number of the hikes at the challenge level that is best for you. For each hike, note the date completed and list at least one safety note. Once you have completed your challenges, share your challenge log with a park ranger or volunteer. Be prepared to share and explain your safety notes.

HIT THE TRAILS

1. Select your challenge level.
2. Hike any park trail that meets the challenge specifications.
3. Record the date and a safety note for each hike completed.
4. Present your challenge log to a park ranger.



Explorer
Complete any
3 challenges



Adventurer
Complete any
5 challenges



Trail Master
Complete all
7 challenges

IMPROVE YOUR SAFETY

A **safety note** may include a step you took to prepare for your hike, a safety concern you identified and addressed, or an action you took to improve your safety while hiking.

CHALLENGE LOG

Challenge	Date	Safety Notes
1: Take an Interpretive Hike Learn more about Lassen on the Lily Pond Nature Trail, Devastated Interpretive Trail, Cinder Cone Trail or join a ranger-led hike.		
2: Explore a Meadow Spot wildflowers and wildlife on a trail to any one of the parks many meadows including Paradise Meadow via the Hat Lake trail or Corral Meadow via Summit Lake South.		
3: Loop around a Lake Enjoy a stroll around one of Lassen’s lake loop trails including Manzanita Lake and Summit Lake among many others.		
4: Walk about a Watershed Lassen Volcanic is home to four watersheds! Wander about any water source in the park ranging from Mill Creek Falls to Manzanita Creek.		
5: Hike to a Hydrothermal Area Explore one of the Lassen’s eight hydrothermal areas. Stop for a sight at Sulphur Works before choosing one of the park’s hydrothermal area trails.		
6: Discover a Hidden Gem Sometimes the lesser known spots are the best! Take the opportunity to explore a new, lesser known spot such as Inspiration Point, Cliff Lake or Widow Lake.		
7: Climb a Volcano Did you know Lassen is home to more than 30 volcanoes? It’s time to climb one of them! Go big with Lassen Peak or Brokeoff Volcano or take a milder climb on Mt. Harkness or Cinder Cone.		