

Reach the Peak

The four-year *Reach the Peak* project restored and rehabilitated the 70-year-old Lassen Peak trail. Improvements implemented by Lassen and California Conservation Corps trail crews will help preserve this trail and experience well into Lassen Volcanic National Park's second century.



The *Reach the Peak* project was successful in large part thanks to donations from the Lassen Park Foundation, the McConnell Foundation, the Ben B. Cheney Foundation, and the Federal Highway Administration Recreational Trails Program through the California Department of Transportation and Department of Parks and Recreation. Significant funding was also provided by visitors like you through the park fee program, which provides funding to projects that enhance the visitor experience.

Complete Trail Improvements Include:

- Quarrying, washing, and relocation of 2.4 million pounds of stone.
- Transportation of thousands of stone blocks by highline system.
- Construction of more than 10,000 linear feet of stone retaining walls.
- Construction of dozens of rock steps plus expansion of rest areas.
- Addition of eight new interpretive waysides about Lassen Peak plants and animals.



Lassen Volcanic National Park

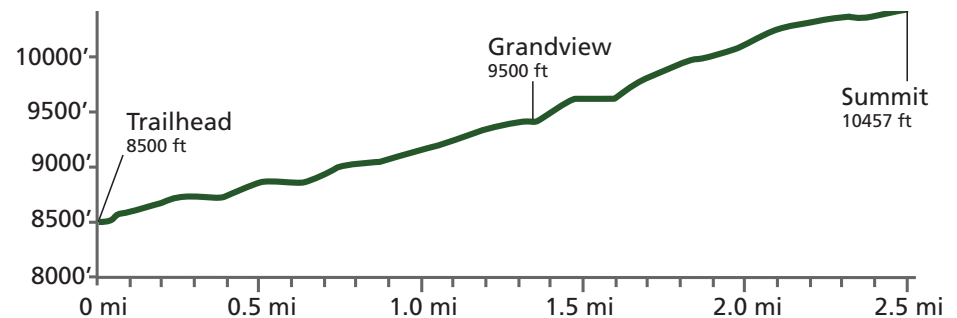
Lassen Peak Trail Guide



Hikers celebrate on Lassen Peak's snowy summit.

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.

Removing Rocks from the Park is Unlawful. Feel free to study them, but please put them back when you're done. Consider those who come after you.



Are You Ready to Hike? Your 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

Wear appropriate footwear • Be prepared for steep and rocky terrain

Watch your footing • Consider using trekking poles for balance

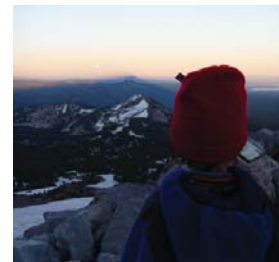
Lassen Peak Trail Open to Summit

The Lassen Peak trail restoration project is complete and no further major restoration-related closures are expected. Despite significant trail improvements including stone retaining walls and steps, this popular trail will require ongoing maintenance. Park trail crews will continue to complete minor trail work to help preserve the Lassen Peak experience for visitors well into Lassen Volcanic National Park's second century. Learn more about the *Reach the Peak* project on the next page.



Full Moon Hiking

Lassen Peak's panoramic views make it a popular full moon hike. There are no full moon guided hikes; plan your hike carefully. Consider beginning your hike with enough time to see the sunset and watch the moon rise from the summit. Night hikers should carry a flashlight, warm layers, gloves, and a hat.



Increase the Safety of Yourself and Others
Please Stay on the Trail · Do Not Cut Switchbacks

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 sign will take decades to heal