Surviving Winter

Animals that confront winter have a wide variety of adaptations for survival. Adding fat and gaining heat for hibernation are adaptations. Storing food is a common behavioral adaptation: Beavers stash twigs underwater where they will be available all winter. Pikas, the “haymakers of the mountains,” dry grasses in summer for consumption under winter’s blanket of snow.

Many small animals take advantage of the insulating value of the snow itself. Once the snow cover is about eight inches deep, the temperature at ground level becomes almost constant regardless of how cold it gets above. Voles remain active all winter by living under the snow where their food is still available and they can build warm nests of grass. Unfortunately for voles, weasels will successfully hunt them in their own tunnels, even using the nests as sleeping quarters, and lining the nest with the fur of the previous occupants.

Surviving the winter season can be challenging for not only Lassen’s wildlife, but for park visitors as well. Visitors must be prepared to deal with rigors of winter. The basic survival strategy is the same; stay warm, have plenty of food and water, and recognize your limits in mountain weather conditions.

Update:
Kohm Yah-mah-nee Visitor Center

The construction schedule of Lassen Volcanic National Park’s new Visitor Center has been delayed. The National Park Service was unable to award a contract for the project. The bid process for the project reflected the steep escalation of building costs that exceeded the project’s budget. The park is now working with architects and engineers on a redesign of the building to bring building costs within budget. The goal is to award this contract during 2006.

Welcome!

I would like to welcome you to Lassen Volcanic National Park and all that it has to offer. Whether you enjoy the late fall hikes or a winter full of snowshoeing, cross-country skiing and snow play you will find some of the best of these activities here in Lassen. Please make your visit safe and enjoyable by planning ahead. Our staff can provide details about trails, winter activities, weather, and road and avalanche conditions.

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This fall and winter season will be very special for me as Lassen’s new superintendent. My family has spent many summer vacations camping, hiking and fishing in Lassen and the surrounding area. I have dreamed of coming to this park and am very excited to be here. I have served the past ten years as the Superintendent of Mojave National Preserve where I enjoyed the beauty of the desert. I know I will love the majestic landscapes of Lassen Volcanic National Park.

I am looking forward to working on the new visitor center project and with the employees here at Lassen. We hope to provide you every opportunity to have a safe and wonderful visit.

Mary Martin
Superintendent

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This winter’s park newspaper was made possible by a donation from the Lassen Loomis Museum Association.

www.lassenloomis.info
Fall and Winter Activities

AT THE EDGE OF LASSEN’S WILDERNESS, the solitude can be so deep that your ears ring with the absence of sound. On mornings after snowfall, the landscape glints as if the sky had overturned, spilling the Milky Way across the soaring peaks.

As the sun climbs, things begin to stir in the Park. Clark’s nutcrackers call to each other across the southwest red fir forest. The nightly forays of foxes and pine martens are revealed by prints in the snow. By lunch-time, giddy children are making their own tracks, sliding down the slopes like otters.

Whether you are looking for a contemplative snowshoe trip, family snowplay, or challenging telemark runs, Lassen Volcanic has it all. Although park roads close, the Park is open year-round. Intermittent fall snowstorms usually close the Main Park Road at Sulphur Works near the Southwest Entrance and at the Devastated Area near the North Entrance. The road usually closes for the season by late October to mid-November, providing visitors with auto-free opportunities to see another, quieter side of the Park. Here are just a few suggestions to get you started!

Beginning-Intermediate Ski & Snowshoe Routes abound in the Manzanita Lake area (elevation 6,000 feet). The road usually is plowed from the North Entrance to the Loomis Ranger Station (one mile). Over 15 miles of cross-country ski trails begin at the Loomis Ranger Station. More experienced skiers can access challenging mountainous terrain from this area. See page 5 for suggested routes. The Loomis Ranger Station is open intermittently on weekends and holidays for information, maps and books.

Intermediate-Advanced Skiers and Snowshoers delight in the steep terrain and sweeping views from the snow-covered Park Road. See page 4 for touring routes.

Bringing the Family?

Fall Hiking & Camping: This is a gorgeous time to visit the Park, with fall colors often persisting through early November. Until serious snowfall begins, you can enjoy fabulous hiking throughout the Park without the heat or crowds of summer. Manzanita Lake and Warner Valley Campgrounds are open (without drinking water) until snow covers the ground.

Snowplay: The Park Road is plowed one mile from the Southwest Entrance to the parking area. Tobogganing, sledding, and tubing are allowed near the Southwest parking area (elevation 6,700 feet) and snowboarding is allowed 1½ miles from the parking area.

Snow Camping is available at the Southwest Campground. Vault toilets are available nearby, but there is no water available. Free permits for wilderness snow camping are available at contact stations and the information board in the Southwest Entrance parking area.

Ranger-Led Activities

Snowshoe Walks

Join a park ranger for a one to two mile adventure exploring winter ecology or Lassen’s geologic history. Wear boots and dress warmly. Participants must be at least eight years old and be able to withstand moderate physical exertion at 7000’ elevation. Snowshoe walks are first-come, first-served.

Snowshoe walks are held Saturdays from January 7 through April 1. Meet the ranger at 1:30 p.m. by the Information Station in the parking area near the Southwest Entrance for this 1½ to 2 hour program.

For safety reasons infants and children in carriers are not allowed on snowshoe walks.

Snowshoe Walks and Winter Survival Programs are available at the Southwest parking area.

Group Programs

Snowshoe walks for schools and organized groups of 10 or more persons require reservations well in advance. Reservations can be made as early as November 1 at 8 a.m. for winter school or group programs (dates fill quickly). Programs cover topics such as winter ecology, winter survival, and snow shelters. For more information, please telephone (530) 595-4444 ext. 5133, Monday through Friday.

Snow Camping is available at the Southwest Campground. Vault toilets are available nearby, but there is no water available. Free permits for wilderness snow camping are available at contact stations and the information board in the Southwest Entrance parking area.

Established first as Cinder Cone and Lassen Peak National Monuments in 1907, Lassen Volcanic became a national park in 1916 because of its significance as an active volcanic landscape. Lassen Peak began erupting in 1914, had its most spectacular activity in 1915, and had minor activity until 1921. All four types of volcanoes in the world, plus active hydrothermal areas, are found in Lassen Volcanic’s 106,000 acres. Lassen Peak may be the largest plug dome volcano in the world. It is considered to be active today.

CONTACT INFORMATION

EMERGENCIES
Dial 911

INFORMATION
Park Headquarters (Mon.-Fri.)
(530) 595-4444

Telephone Device for the Deaf (TTD):
(530) 595-3480

Loomis Ranger Station
(Call on Weekends, Winter Only)
(530) 595-4444 ext. 5187

FAX NUMBER
(530) 595-3262

MAILING ADDRESS
Lassen Volcanic National Park
P. O. Box 100
Mineral, CA 96063-0100

LOST & FOUND
(530) 595-4444 ext. 5147

PROTECTION RANGER ASSISTANCE
(530) 595-4444 ext. 5155

Loomis Ranger Station
(Call on Weekends, Winter Only)
(530) 595-4444 ext. 5187

The National Park Service cares for the special places saved by the American people so that all may experience our heritage.

The acquisition and maintenance of the snowshoes has become quite expensive. A $1 donation is requested for each pair of snowshoes used. Snowshoes are provided for the ranger-led walk only.

Chaos Crags touring route at dusk

(Photographed by S. Oda)
You Need To Know

For Your Safety
- Please remember that Lassen Volcanic National Park is a wild area with natural wonders that are also potential hazards
- The National Park Service cannot guarantee your safety
- Bring a first aid kit, high energy food, water, and extra clothing
- Prepare for the unexpected - equipment failure, injury, or illness and wet winter storms can turn a day trip into an agonizing ordeal.
- An emergency phone is available at the Southwest Entrance Station building.

Roads
- Carry tire chains in your vehicle.
- The Loomis Ranger Station is at 6000’ elevation and the Southwest Entrance is at 6700’ elevation
- Be alert for icy road conditions and drifting snow

Park Road Closures
- Call Park Headquarters for current road information at (530) 959-4444
- The Main Park Road usually closes by late October for the season due to snow. Visit the road conditions and spring road opening webpage at http://www.nps.gov/lavo/lassen_roadsandtrails.htm
- Plowing usually begins on the Main Park Road in early April, the road usually opens by mid-June
- The Rutte Lake, Warner Valley and Juniper Lake roads close for the season due to snow by late October and usually reopen by late June

Day Users
- Always sign in/out on trail register stands at the Southwest parking area and at the trailhead by the Loomis Ranger Station in the Manzanita Lake area.
- Registration is helpful should search and rescue assistance be necessary.

Overnight Users
- A wilderness permit is required, ask about areas closed to camping.
- Wilderness permits are available at Park Headquarters in Mineral (open Monday through Friday from 8 a.m. to 4:30 p.m., closed holidays) or by calling (530) 959-4444; permits are available during office hours on weekends at park entrance stations and at the Southwest parking area after hours. An application for a wilderness permit can be found at http://www.nps.gov/lavo
- Park in designated overnight parking area ONLY; vehicles can be damaged by snow removal equipment if parked in other areas.

Pets, Fires, Litter
- Pets are not permitted away from plowed roads or parking areas and must be on a leash.
- Carry tire chains in your vehicle.
- Dig latrines and bury human waste at least one foot deep in snow away from trails and drainages; carry out all waste paper.

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Into the Wilderness

CROSS-Country Skiers and snowshoers who venture into Lassen’s backcountry can expect spectacular vistas and snowy solitude. Adequate preparation and precaution may ensure a safe and enjoyable experience. Call Park Headquarters or the Loomis Ranger Station in advance for information on snow, weather, and backcountry conditions.

Pets, Fires, Litter
- Pets are not permitted away from plowed roads or parking areas and must be on a leash.
- Carry tire chains in your vehicle.
- Dig latrines and bury human waste at least one foot deep in snow away from trails and drainages; carry out all waste paper.

Water, Food, Clothing, Supplies
- Carry water; exercising in dry high-elevation air makes one particularly susceptible to dehydration.
- Purify park surface water and melted snow before drinking by using 2-micron filters (or better) and boiling 5 minutes to avoid Guardia.
- Potable water is not available at the Southwest parking area. Potable water is available near the Loomis Ranger Station (only small containers will fit under the faucets).
- Store food and trash in a canister or hang out of reach of animals.
- Always carry waterproof cold weather gear, even on sunny days.
- Layer clothing to maintain an even temperature; excessive perspiration can lead to hypothermia.
- Carry a topographic map and compass and know how to use them.
- Pack an emergency ski tip, complete extra binding, and repair manuals.

For Your Safety
- Always travel with a partner or a group.
- Select a travel route familiar to at least one member of your party and equal to your experience and ability.
- Be prepared for winter weather extremes (gale winds, subzero temperatures, blowing snow, whitestout conditions) which can kill unprepared travelers.
- Postpone or terminate your trip if a storm is forecasted or appears to be building, weather can be unpredictable and fast changing.
- If caught in a storm, wait it out in a sheltered, avalanche-safe area until conditions stabilize.
- Allow extra travel time during soft snow conditions.
- Be aware that thermal areas may be covered by snow and that the snow may be dangerously thin and could collapse at any time.
- In case of emergency, the nearest telephone or ranger is at the Southwest parking area or Loomis Ranger Station.
- Remember: your best chance of survival is to use your own resources; be prepared and stay alert.

Climate Statistics

MANZANITA LAKE (ELEVATION 5850’)

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Sunrise and Sunset Times for Chester
(times calculated for flat terrain)

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For a complete listing of park rules and regulations, please ask at Park Headquarters or the Loomis Ranger Station.

Lassen Volcanic National Park Peak Experiences
Cross-Country Ski and Snowshoe Routes

Virtually the entire Park is open to the skier or snowshoer. Most routes described below are accessible with snowshoes or skis with climbing skins. Summit conditions on the various peaks may require an ice axe or crampons. These routes provide a variety of terrain and scenery. Sudden storms or avalanche conditions may be encountered.

The wise winter traveler will turn back at any sign of inclement weather.

Visitors exploring Lassen's backcountry in the winter should take special precautions. Heavy snowfall and rugged terrain create serious avalanche conditions throughout the Park. In addition to the ten essentials, it is strongly recommended that all visitors carry avalanche gear. This includes basic knowledge of route finding and snow science, a probe pole, avalanche beacon and a lightweight shovel.

Wilderness permits are available free of charge from a ranger or at www.nps.gov/lassen. No backcountry camping is allowed within one mile of the plowed areas. The Southwest Campground provides easy access for snow camping. All skiers and snowshoers are asked to sign in/out for day and overnight trips. Registers are located near the restrooms. Common courtesy asks that snowshoers and snow players stay out of cross country ski tracks.

Park Road from Southwest Area
Classification: Beginner to advanced
Distance: Southwest parking area to Lake Helen 6.2 mi., to road summit at base of Lassen Peak 7 mi., to Kings Creek Meadows 8.6 mi., to Summit Lake 16.5 mi., to Hat Lake 19 mi., to Manzanita Lake 30 mi.
Elevation: Start (Southwest) 6700', high point 8000'
Average Skiing Time (one way): 1 hr.
To reach this trail, follow the unplowed Park Road from Southwest parking area about 1 1/2 mi., cross the bridge just before reaching Sulphur Works, then turn left (northwest) away from the road and follow the drainage just west of the Sulphur Works thermal basin.

Forest Lake
Classification: Intermediate
Distance: 4 mi.
Elevation: Start 6,400', high point 7,500'
Average Skiing Time: 2 hr.
Description: The ski trail is marked by placards with orange diamonds on a white background. These markers are pointed in the direction of travel. The trail begins at the Southwest parking area and follows the unplowed Park Road 100 yds, then turns left (south) and follows a shallow bowl several hundred yards until another larger bowl is reached. At this point the trail turns right (west) and passes through the bowl to a flat area. Look for a ridge on the right (north). Follow the crest of the ridge toward the west until the trail markers indicate a turn to the left (south) up a steep face. Follow the markers to the southwest, staying above some large open areas to the south. On reaching the next ridge, turn right (west) and follow the ridge to the open bowl area beneath Brokeoff Mountain. Do not travel into the bowl-turn left (south) and follow the markers to Forest Lake.

Brokeoff Mountain
Classification: Advanced
Distance: 4 mi. one way
Elevation: Start 6650', summit 9250'
Average Skiing Time (one way): 4 hrs.
Most skiers access the summit via the southwest ridge. Nevertheless, getting onto this ridge can be difficult as the various routes inevitably take a traveler through hazardous canyons. Traditional routes often use the Forest Lake trail or the summer trail which begins near the park entrance. Numerous avalanche paths exist on all aspects of the mountain. Travelers should use extreme caution. Many skiers reserve travel on Brokeoff Mountain until spring when snow conditions traditionally stabilize.

Summit conditions during inclement weather often include high winds with little or no visibility. Large, overhanging snow cornices at the summit make any approach to the edge extremely dangerous.
**Manzanita Lake Snowshoe Loop**

**Classification:** Beginner  
**This trail is recommended for foot travel only, not skiing.**  
**Distance:** 1.6 mi around lake  
**Elevation:** Start 5800', high point 5850'  
**Average Time (round trip):** 1.5 hr.  
The route starts near the Loomis Ranger Station and circles the lake.

**Nobles Emigrant Trail**

**Classification:** Beginner to Intermediate  
**Distance:** 7 mi.  
**Elevation:** Start 5800', high point 6390'  
**Average Skiing Time (round trip):** 3-4 hrs.  
The trail starts at the Park Road across from the Loomis parking area. The route joins the historic Nobles Emigrant Trail at the base of Table Mountain. The trail then climbs a portion of the southeast flank of Table Mountain and continues through heavy forest at a gradual descent, then rejoins the Park Road at Sundflower Flat. Turn right (north) to follow the Park Road back to make a loop.

**Manzanita Creek**

**Classification:** Intermediate  
**Distance:** 7.5 mi.  
**Elevation:** Start 5800', high point 7400'  
**Average Skiing Time (round trip):** 6 hrs.  
The trail leaves from the Loomis Ranger Station, crosses the footbridge, and turns right onto the Manzanita Lake Campground road. Travel through the campground to the Manzanita Creek trailhead sign. The route is mostly a gradual climb of over 3000 feet. Suitable snow camping sites are found along the upper portion. Make certain to obtain a backcountry permit. Beware of Loomis Peak, which has several avalanche chutes that may reach the trail toward the upper end.

**Near the Park: McGowan Lake & Nanny Creek**

**Classification:** Beginner to intermediate  
**Distance:** 5 mi. to Nanny Creek  
**Elevation:** Start (Highway 89) 6080', end (Highway 36) 7920'  
**Average Skiing Time (one way):** 2 hrs.  
The trail leaves Highway 89 on the unplowed McGowan Lake Road (3.5 miles south of the Southwest entrance). The route is marked with blue and white ski touring signs and proceeds across a flat and slightly descending landscape. Skiers will pass through largely forested areas with some meadow clearings, ending at Highway 36 at Nanny Creek. The trail does not go to McGowan Lake which is on private property. This trail makes for a good one way ski if vehicles are available for shuttle.

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**Be “Avalanche Aware”**

**ALWAYS OBTAIN WEATHER AND avalanche information before entering the Park’s backcountry (see Color Avalanche Danger Descriptors on back page). At times, backcountry travel may not be advised due to high or extreme avalanche conditions.**

**STORMS**  
- 80% of all avalanches occur during or soon after a storm.  
- When new snow falls on top of old snow, the avalanche danger is much higher.

**SNOWFALL**  
- Snow falling at a rate of 1” or more per hour increases avalanche danger rapidly.  
- With high winds, leeward slopes can become dangerously loaded with snow, even with just a few inches of snowfall.

**WEATHER CONDITIONS**  
- Rapidly changing weather conditions (wind, temperature, precipitation) can cause unstable snow.

**SOUNDS**  
- Unstable snow can settle beneath a skier’s weight with a “whumph”

**RECENT AND PRIOR AVAILANCHE ACTIVITY**  
- If you see a new avalanche, suspect dangerous conditions.  
- Avoid old slide paths, steep open gullies/slopes; watch for areas with small trees bent over and trees with broken limbs.

**ROUTE SELECTION**  
- If you must cross a dangerous slope, stay high and near the top, avoid avalanche fracture lines.  
- If you must climb or descend a dangerous slope, go straight up or down, do not traverse back and forth.  
- Areas of dense timber, ridges, or rocky outcrops can be safer, use them for lunch and rest stops.  
- Spend as little time as possible on open slopes.  
- Only one person should cross a dangerous slope at a time.  
- Snow softens as the day grows warmer, this can make a return trip more difficult.  
- Each person should carry a shovel.  
- Carry and learn to use an avalanche transceiver.

**IF YOU ARE CAUGHT IN AN AVALANCHE**  
- Discard all equipment.  
- Make swimming motions and try to stay on top, working your way to the avalanche’s side.  
- If you are pulled beneath the surface, keep your mouth closed.  
- As you begin to slow to a stop, make air space in front of your face with your hands; keep your arms close to your body.  
- Try to remain calm, you will use less oxygen.

**IF YOU ARE A SURVIVOR**  
- Mark the place where you last saw the person buried and search directly downslope.  
- Probe the snow in an even line across the snowfield using ski poles, shovels, or skis.  
- If you can, send someone for help.  
- If you are alone, do not abandon your search and go for help unless it is minutes away, the buried person has less than a 50% chance of survival after 15 minutes.

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**Lake ice is dangerous and unstable. Lake shores may be difficult to recognize due to snow. Please stay off lake ice.**
The Lassen Loomis Museum Association is dedicated to making your visit a memorable learning adventure. The Association publishes and sells books and other items on the flora, fauna, and history of the park. Profits are used to supply books, posters, maps, and videos to the park’s libraries and visitor centers and to support the park’s mission, museum exhibits, and other special projects.

Lassen Park Foundation, a private, nonprofit foundation, was founded in 1984, for the purpose of providing support for projects in Lassen Volcanic National Park and Lassen National Forest. Authorized by the National Park Service and working in cooperation with the U.S. Forest Service, the Foundation is able to assist with park needs such as enhanced interpretive and educational activities, trail restoration, wildlife research, and cultural resource projects.

A portion of your donation may be tax deductible. Please make checks payable to the Lassen Loomis Museum Association. For more information about memberships and publications, please call (530) 595-3399 or visit our web site, www.lassenloomis.info.

Lodging, meals, gifts, and services are available near Lassen Volcanic National Park. Inquiries or reservations should be directed towards the individual business. These businesses’ donations helped pay for this issue of Peak Experiences.

Publishing and selling works. Sierra Leone Art & Gift Shop. www.mineralodge.com

West of Park: Manton

Manton Realty
An affiliate of ERA Consultants
120 North Main St
Manton, CA 96058
phone: (530) 595-1336
fax: (530) 595-4422
www.mantonrealestate.com

Lassen Annual Pass
- Non-profit organizations $5 per person over 16 years of age; minimum $10
- Commercial tour fees based on seating capacity of vehicle
- For more information contact the Fee Office at (530) 595-4444 ext. 5184

Completed Fee Projects
- Bear-proof food storage lockers and trash receptacles are being installed in all the campgrounds to ensure the health and safety of park visitors and bears and other wildlife.
- The plaza and parking lot at the Loomis Museum provides enhanced features to visitors, including a wheelchair-accessible ramp into the museum.
- A water treatment plant has been built to restore potable water to campers at Butte Lake Campground.
- New and improved trail and campground signs have been constructed and installed throughout the Park.
- Permanent museum exhibits in Loomis Museum display Native American baskets, historical objects, and geologic specimens.

Nearby Businesses

South of Park, Highway 36: Mineral

West of Park: Manton

Alger Vineyards & Winery

Touring Room Now Open

6 Lassen Volcanic National Park Peak Experiences
North of Park, Highway 44 & 89: Old Station and Hat Creek

South of Park, Highways 36 & 172: Mill Creek

West of Park, I-5: Red Bluff

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Publication of "Peak Experiences" is made possible by donations from the National Park Foundation and the Lassen Loomis Museum Association. Printed with soy-based ink on 40% recycled newsprint by LyRo Printing of Redding, CA.

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You can make a difference in the protection and preservation of Lassen Volcanic National Park.

The Park has a variety of opportunities for individuals and groups to volunteer their time and talents from four-hour projects to long-term positions and internships.

Perhaps you would like to assist with:

* Clerical Projects
* Recycling
* Vegetation & Wildlife Research
* Camp Hosting
* Non-Native Plant Removal
* Computer Projects
* Visitor Contact Stations
* Search & Rescue
* Trail & Campground Maintenance
* Ski Patrolling
* Visitor & Education Activities

Your volunteer work could provide you with an enjoyable, rewarding experience and at the same time help care for Lassen Volcanic National Park for this and future generations.

---

Be A Volunteer!

For more information about the park volunteer program, please contact:

Park Volunteer Program Manager,
Lassen Volcanic National Park,
P.O. Box 100,
Mineral, CA 96063-0100
Telephone: 530/595-4444 ext. 5133
E-mail: nancy_bailey@nps.gov
Lassen Winter Crossword Puzzle

(All answers can be found in this edition of Peak Experiences.)

Across
2. Lassen Peak is one of the largest plugs _______ volcanoes in the world.
3. Lassen Volcanic became a _______ park in 1916.
5. Many birds _______ during the Lassen winter, relocating to places like Mexico.
7. Black bears burn 15-40% of their body _______ over the winter.
9. _______ trash twigs underwater so they will be available as food during the winter.
10. All four types of _______ in the world are found in Lassen Volcanic National Park.
11. Female black _______ give birth during hibernation.
12. On Saturdays, rangers lead _______ walks exploring Lassen’s geologic history and winter ecology.

Down
1. Snow that starts out hard in the morning can become _______ later in the day.
4. When new snow falls on old snow, danger is much higher.
6. California Tortoise Shell Butterflies can survive the Lassen winter in their adult stage by producing _______, a natural anti-freeze like liquid.
7. Many animals which tolerate Lassen’s winter have a thick coat of _______ to keep them warm.
8. Lassen’s western _______ can fly over 3000 miles between its summer and winter homes.

Did You Know?

Mountain hemlock
If your winter visit takes you to the higher elevations of the park (above 7,000 feet), be sure to look for mountain hemlock. Young trees will be completely covered by snow except for their characteristic drooping tips.

The spread of mountain hemlock into the higher elevations of the park occurred relatively recently. This species is adapted to living in harsh, cold, high-elevation places that other species can not tolerate. It can colonize a new territory after a cooling trend clears other species out of the marginal locations it favors. That is what happened at Lassen. After a cooling trend in the mid-1800s known as the “Little Ice Age” ended, the climate warmed up, the higher elevations around Lassen Peak became survivable again, and mountain hemlocks moved in.

Avalanche Danger Color Coded System

Always plan ahead when traveling into the backcountry. Before leaving home, you can learn more about avalanche safety and check on current conditions in the Lassen area by calling Park Headquarters. The National Avalanche Center’s website, www.avalanche.org/~nac, is an excellent source for safety tips and information on avalanche danger.

Check weather reports and avalanche conditions posted at the Southwest parking area and Loomis Ranger Station. Lassen Volcanic uses the standard color-coded system shown at right.

<table>
<thead>
<tr>
<th>Danger Level</th>
<th>Avalanche Probability and Avalanche Trigger</th>
<th>Degree and Distribution of Avalanche Danger</th>
<th>Recommended Action in the Backcountry</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOW (green)</td>
<td>Natural avalanches very unlikely. Human triggered avalanches unlikely.</td>
<td>Generally stable snow. Isolated areas of availability.</td>
<td>Travel is generally safe. Normal caution is advised.</td>
</tr>
<tr>
<td>MODERATE (yellow)</td>
<td>Natural avalanches unlikely. Human triggered avalanches possible.</td>
<td>Unstable slabs possible on steep terrain.</td>
<td>Use caution in steeper terrain on certain aspects</td>
</tr>
<tr>
<td>HIGH (red)</td>
<td>Natural and human triggered avalanches likely.</td>
<td>Unstable slabs likely on a variety of aspects and slope angles.</td>
<td>Travel in avalanche terrain is not recommended. Safest travel on windward ridges of lower angle slopes without steeper terrain above.</td>
</tr>
<tr>
<td>EXTREME (black)</td>
<td>Widespread natural or human triggered avalanches certain.</td>
<td>Extremely unstable slabs certain on most aspects and slope angles. Large, destructive avalanches possible.</td>
<td>Travel in avalanche terrain should be avoided and travel confined to low angle terrain well away from avalanche path run-outs.</td>
</tr>
</tbody>
</table>

Avalanche Trigger

Natural and human triggered avalanches possible.

Avalanche Probability and Avalanche Trigger

Unstable slabs possible on steep terrain.

Degree and Distribution of Avalanche Danger

Use caution in steeper terrain on certain aspects.

Recommended Action in the Backcountry

Travel in avalanche terrain is not recommended. Safest travel on windward ridges of lower angle slopes without steeper terrain above.

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