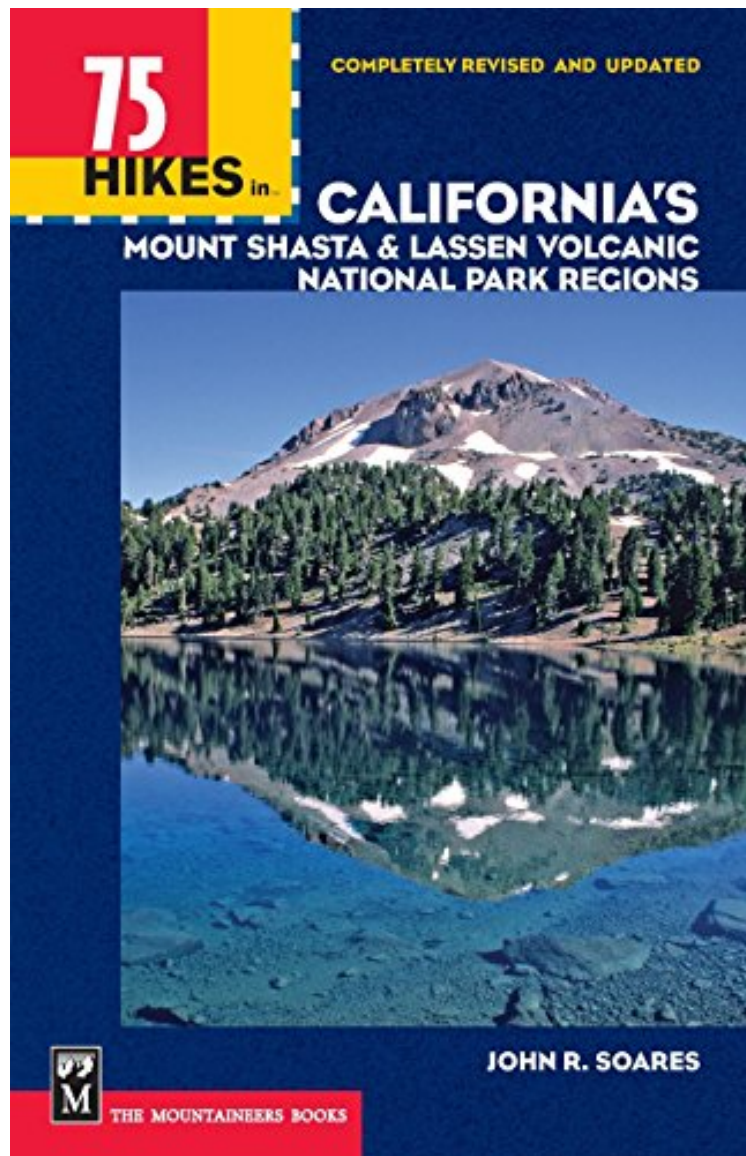


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John Soares

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before purchasing it in order to gage whether or not it would be worth my time, and all praised 75 Hikes in California's Mount Shasta Lassen Volcanic National Park Regions (100 Hikes In...):

16 of 17 people found the following review helpful. Mostly in and About Mt. Lassen By Fritz R. Ward The old saying "You can't judge a book by its cover" simply does not apply to this new edition of '75 Hikes' by John R. Soares. Indeed, the cover photo of Mt. Lassen reflected in the pristine waters of Lake Helen is almost worth the price of the book itself. If that photo doesn't sell you on the joys of the southern Cascade range, nothing will. As soon as I saw the cover, I was already dreaming about another visit. Just as Mt. Lassen dominates the cover of this book, trails in and around Mt. Lassen Volcanic National Park dominate the text. Although the book has 5 chapters, each corresponding to a specific area, the first two make up almost 2/3 of the hikes described here. This is as it should be. Mt. Lassen is probably the most accessible of the major peaks in the Cascades. The rest of the park is also heavily geared towards hikers: numerous lakes, peaks, meadows, cinder cones, waterfalls, and thermal features invite hikers to linger in this remarkable place and Soares does an excellent job of describing short and long hiking opportunities for these destinations. Most of the routes he suggests make for pleasant day hikes but he also includes numerous backpacking options. The material for Mt. Shasta and Lava Beds National Monument is understandably more limited. The main thing I got out of this section is that if I want to climb Mt. Shasta I should sign up with a guided expedition. I have lots of hiking and backpacking experience at high elevations, but none with ice axes and crampons on glaciers. Judging by Soares's descriptions, this is an absolute necessity for a successful climb on Shasta. Soares does list several options for hikers not intent on bagging the summit. On the whole, this is an excellent guidebook. If you are interested in hiking northeastern California, '75 Hikes' is a good starting point. All the classics are included: Burney Falls, Captain Jack's Stronghold, Bumpass Hell Thermal Works in Lassen Park, and many others. Nice black and white photos accompany the text which is well written and moderately humorous in places. In all, this book is a worthy investment for any vacation in the region. 0 of 0 people found the following review helpful. Very complete hiking companion! By marshmell As I live in the area I am always looking for places to hike. This book is a great find. Not only does it deal with the more known hikes in Lassen Nat'l Park but it covers some obscure areas only the locals would know about. What a resource! 0 of 0 people found the following review helpful. Indispensable for Lassen Volcanic Nat'l Park By David Shadovitz We did four of the hikes in this book, and relied on it for guidance in Lassen. Directions, length, hiking time were spot on.

* Guidebook features day hikes and extended backpacking trails* Includes recommendations on gear, safety, and hiking etiquette* Also includes information on Mt. Shasta and Lassen Volcanic National Park history and camping options This detailed guidebook focuses on popular hiking destinations in the Northern California Cascades. Experienced hiker and author John R. Soares puts you on trails from the dramatic basalt flows and lava caves of Lassen Volcanic National Park to the majestic beauty of Mount Shasta, and provides all the information needed to explore and enjoy these popular hiking destinations. The most comprehensive guide to this area, 75 Hikes in California's Mount Shasta Lassen Volcanic National Park offers both day hikes and extended backpacks, with options to suit every level of expertise, from novice hikers to seasoned trail veterans.

John Soares' guidebook for the Lassen and Mount Shasta regions is like a carefully filled daypack: it holds everything that is essential to the hiker, and nothing that is not. (San Francisco Chronicle) About the Author JOHN SOARES is a writer living near Mount Shasta in Northern California. He began walking the hills near Redding, California at the age of 5. He later did extensive hiking and backpacking in the Trinity Alps, the desert Southwest, and Europe, in addition to extensive exploration of backwoods Northern California. He is co-author of 100 Classic Hikes in Northern California, third edition (The Mountaineers Books, 2008), author of 75 Hikes in California's Mount Shasta and Lassen Volcanic National Park Regions, revised edition (The Mountaineers Books, 2006), and he has written numerous newspaper and magazine articles about outdoor travel. He is a member of the board of directors of the Mount Shasta Trail Association. He is also an avid tai chi practitioner and loves to read and write haiku. You can read more about John at www.GoJohnSoares.com or on his blog Northern California Hiking Trails. His latest work is an ebook on how to write supplements for college textbooks.