



Climbing Mt. Shasta: Route 1, Avalanche Gulch

Steve J. Lewis

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Climbing Mt. Shasta contains 12 comprehensive chapters and power packed appendices loaded with resourceful information. This book was produced in very high quality paper with an attractive color cover and eight pages with color pictures. Also, there are several black and white pictures along with an aerial map, several maps and charts. The book has a lot of subheadings making it easy for the reader to follow. Chapter One begins by introducing the Volcano's eruptive history, its thick icy glaciers, and the story of the first recorded summit ascent on Mt. Shasta. The next few chapters acquaint the reader, or climber, with the hazards and rewards of mountaineering allowing those of you who know little about the Mountain to become better acquainted with it. You will also be introduced to weather, safety, climbing techniques, and proper use of equipment. Re-live the dramatic story of the climber who survived two lonely, cold nights without sleeping gear at 12,000 feet. Subsequent chapters prepare you for your climb up the mountain. Once you're packed, author Steve Lewis takes you on a step-by-step journey to the summit. Finally, glissade with him 2,000 feet down a snowfield as he takes you safely back to base camp. Enjoy your stay in the Mt. Shasta area with the last chapter titled Camping and Recreation. Appendices include a mountaineering glossary, mountaineering stores, and resourceful phone contacts.



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