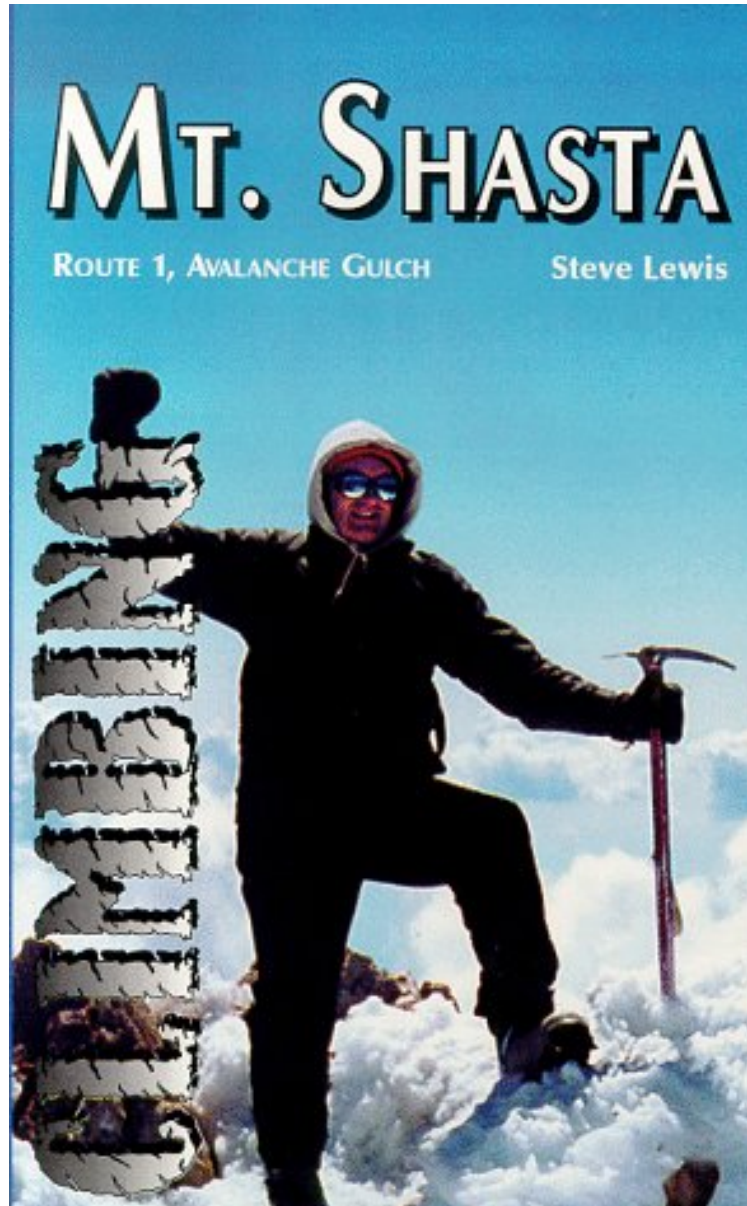


[Download pdf] Climbing Mt. Shasta: Route 1, Avalanche Gulch

## Climbing Mt. Shasta: Route 1, Avalanche Gulch

*Steve J. Lewis*

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#1186919 in BooksColor: 9781888740059 Steve Lewis 1996-10PDF # 1 #File Name: 1888740051170 pagesAlpenbooksIncludes an aerial map, several other maps and chartsRe-live the dramatic story of the climber who survived two lonely, cold nights without sleeping gear at 12,000 feetWritten specifically for novice climbers who are motivated to climb Mt Shasta for the first timeOutlines Route 1: Avalanche Gulch and no other climbs | File size: 67.Mb

**Steve J. Lewis : Climbing Mt. Shasta: Route 1, Avalanche Gulch** before purchasing it in order to gage whether or not it would be worth my time, and all praised Climbing Mt. Shasta: Route 1, Avalanche Gulch:

0 of 0 people found the following review helpful. Climbing mt. Shasta has been on my to do ...By S. Eddyww  
123Climbing mt.Shasta has been on my to do list for several years. In addition to a descriptive tip of the avalanche  
gulch hike, lists of day hikes and information about the area is presented, making this a valuable reference to anyone  
interested in exploring Mt. Shasta.0 of 0 people found the following review helpful. I enjoyed the authors writing  
styleBy celnavlts an older book but the route info is helpful. I enjoyed the authors writing style.0 of 0 people found the  
following review helpful. Perfect Primer for a Shasta ClimbBy 8each8umThis short and simple little book covered all  
the basics and more. It's a great little primer for the amateur hiker thinking about basic mountaineering.

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.

His book is more than a guide book; it's well organized and loaded with comprehensive information written for anyone  
planning to climb the mountain. You should hurry out and buy a copy immediately. -- Marvin Tolbert, Extreme skier,  
and fellow climberI've found Steve Lewis's book to be an excellent resource for preparing anyone to climb Mt. Shasta.  
It contains much needed information that should prevent the type of incidents and injuries that the Search and Rescue  
team deals with on the mountain. A better prepared climber saves time, money, and unnecessary dangerous exposure  
to SAR team members. I highly recommend reading the book! -- Sgt. Dave Nicholson, Siskiyou Co. Sheriffs Dept.I've  
found Steve's book to be the best reference available for preparing anyone to safely and successfully climb to the  
summit of Mt. Shasta using the Avalanche Gulch Route. -- Robin Kohn, Outdoor Recreation Specialist, Mt Shasta,  
CAIt is one thing to receive the many gifts the mountain can give, as my friend Steve has. An even greater thing is to  
share and teach that knowledge to others. Keep up the good work. -- Lou Whittaker, Expedition Leader Rainier  
Mountain Guide Author, "Memoirs of A Mountain Guide" This is a great book for the Mt. Shasta adventure. Steve's  
love of Mt. Shasta and his enthusiasm for climbing, makes the book easy reading and a great resource. -- Leif Voeltz,  
The Fifth Season Store, Mount Shasta, CA This is unique for it is the most complete guide book I have seen anywhere.  
The information presented includes climbing techniques, weather, geography, flora, fauna, history safety, gear, and, of  
course, the route itself. Climbing Mt. Shasta is not so much a guide book as it is an introduction to mountaineering. I  
hope other guide book writers will pick up on Steve's idea, and write books that are as complete as this one. --  
Northern California Trail Magazine; Chico, CA What an exciting book Steve Lewis from Mt. Shasta has written! This  
book was written specifically for those who are motivated to climb Mt. Shasta for the first time. It contains detailed  
information for novice climbers and for experienced mountaineers who dream of reaching the Summit using the  
Avalanche Gulch route. But for those of us who don't feel the desire to go to the top, this book is packed with loads of  
information about the mountain's legends, lore, fact and fiction. Steve's really done his homework. There are maps,  
charts and exact guidelines for your trek to the top. The hazards of mountaineering are thoroughly stressed. Everything  
you may need to reach the "Summit" is explained in detail. I enjoyed some of the quotes used, such as, "Concentrate  
on your footing, not on your fear." Also, "Only conquer on foot what you feel you can conquer in your mind." Good  
advice for just walking on flat ground!!!! Climbing Mt. Shasta is an absolute hit!! Well done, Steve, and  
congratulations on going even farther than the "Summit." -- Dyana Wings of Wings Bookstore; Mt, Shasta City,  
CA From the Author An average of 20,000 Wilderness (Visitors) permits are filled out annually, with more than 10,000  
of these people having attempted to reach the Mountain's summit, most of them using the Avalanche Gulch route, and  
only a third whom actually make it. My book is the best written resource available for preparing anyone to safely and  
successfully climb to the summit of Mt. Shasta. This book will benefit climbers and admirers on Mt. Shasta for many  
years to follow and hopefully decrease some of the mountaineering accidents, or better yet, eliminate them. Mt.  
Shasta, unlike any other mountain, has a spiritual appeal that seems to attract people from all over the world. Everyone  
that sees Mt. Shasta wonders what the view is like from the summit and quite often they wonder what steps these  
climbers must take to stand on top of this mighty giant. This book is the closest you'll ever get to climbing to the  
summit without actually being there. Even if you don't climb the Mountain, it is written in such a way that you can sit  
home in your chair and imagine you are climbing to the summit. From the Back Cover Majestic Mt. Shasta seems to

have a memorable impact on everyone who comes within sight of the massive, snow-capped volcano. The Mountain inspires thoughts of walking through luscious meadows, hiking on alpine trails, or climbing the summit to experience breathtaking views. Climbing Mt. Shasta was written and designed specifically for those of you motivated to climb Mt. Shasta for the first time. It contains detailed information for novice climbers and for experienced mountaineers who dream of reaching the Summit using the Avalanche Gulch route. For you nonclimbers, get comfortable, open this book, and let me take you on a step-by-step journey to the Mountain's Summit and back again.