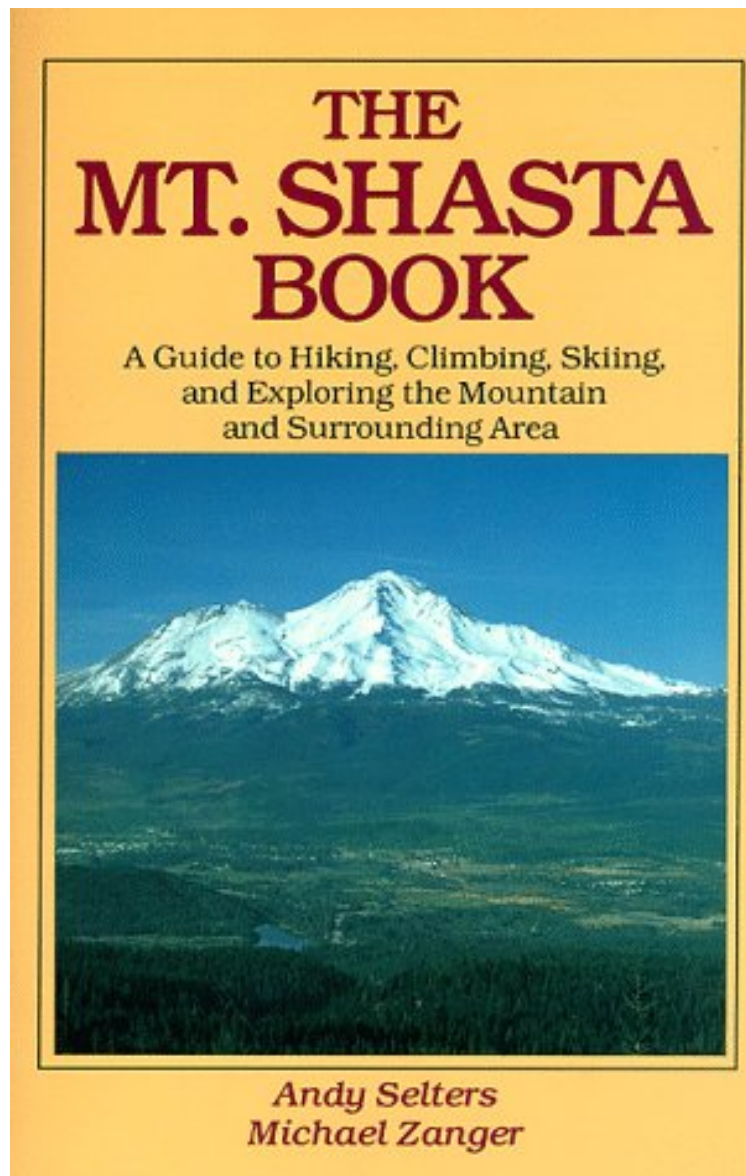


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The Mt. Shasta Book: A Guide to Hiking, Climbing, Skiing, and Exploring the Mountain and Surrounding Area

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Hikers, skiers, snowboarders, and mountain bikers will discover routes through pines and wildflowers on Mt. Shasta's lower slopes, while the glacial upper slopes challenge climbers and ski mountaineers. This new expanded edition of The Mt. Shasta Book includes the challenging circum-Shasta hike, snowboard routes, and details on mountain biking and boating. Veteran mountain guides Andy Selters and Michael Zanger also provide an updated amenities section. Comes with a folded 15-minute map.

.com At 14,162 feet, Mt. Shasta dominates its landscape and provides endless recreation opportunities for outdoors enthusiasts. Although official trails are few, this overview of the surrounding area provides plenty of access routes and trip descriptions to help hikers, climbers, skiers, and mountain bikers make the most out of the diverse terrain. A waterproof, foldout topographic map is included.