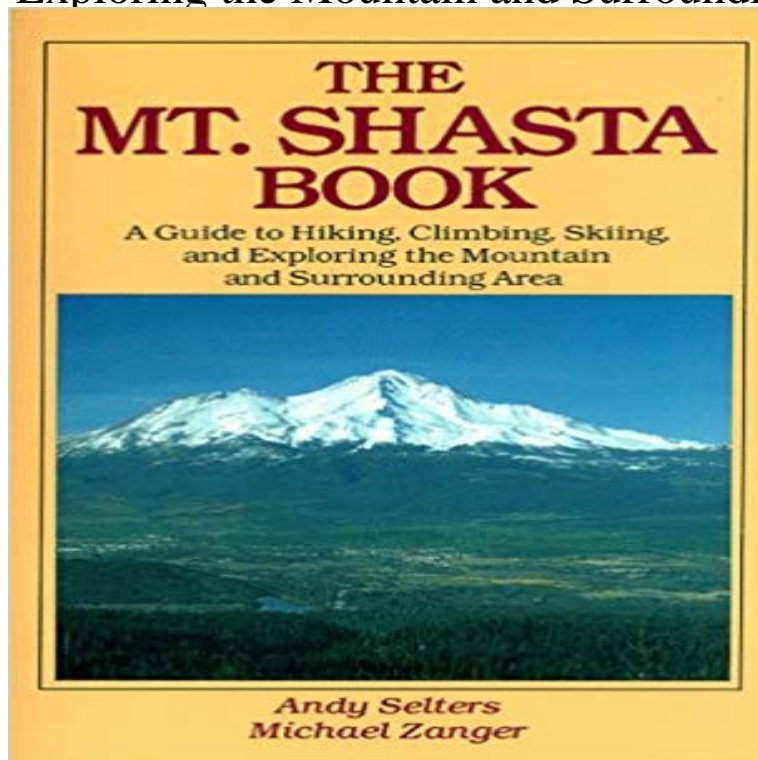


# The Mt. Shasta Book: A Guide to Hiking, Climbing, Skiing, and Exploring the Mountain and Surrounding Area



Hikers, skiers, snowboarders, and mountain bikers will discover routes through pines and wildflowers on Mt. Shastas 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.

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