



**DIRECTIONS:** Lassen Volcanic National Park can be accessed via Shingletown (I-5 to 44E at Redding); Mineral (I-5 to 99-36-89 from Red Bluff); and Burney (I-5 to 89 from McCloud).

**GENERAL:** Volkswalks are noncompetitive walking events of ten kilometers (6.2 miles) or longer with usually a five kilometer (3.1 miles) option. The routes of travel are through scenic and historic areas and are hosted by local clubs affiliated with the American Volkssport Association (AVA). Water and rest stops are usually available along the walk but it is also a good idea to carry water with you. All participants must register and turn in their registration cards at the end of the walk so they can be counted. The event is open to everyone. Anyone can walk the course at no charge. This event is eligible for credit toward International Federation of Popular Sports (IVV) Achievement Awards. The event will take place in all weather conditions. No refund.

**DISCLAIMER:** Every reasonable effort shall be made by the sponsors to provide events that are safe, enjoyable and memorable. However, neither the sponsors nor the AVA/IVV can be held responsible for accidents, thefts and material damage.

**STIPULATION:** With registration for these events, the participant accepts the guidelines of the AVA and agrees to observe the principles of good sportsmanship and safety. Every participant must adhere to all directions of the control personnel. Littering is not permitted.

# SHASTA SUNDIAL STROLLERS STROLL LASSEN



2

Walking

Events

## Lassen Volcanic National Park Shingletown CA

August 26-27, 2017

**MISCELLANEOUS:** We will be offering tenting spots as well as a few small RV spots at the group campground for \$10/per person



per night. Please contact me if you are interested. There are other

campgrounds in the park. A KOA Kampground with full accommodation camping cabins is located about ½ hour from the start point in Shingletown.

Pets are allowed in the park but not on the trails. The routes are not suitable for wheelchairs and strollers. Water and restrooms are available at the start point and at each of the trailheads.

**We will also be offering a catered dinner on Saturday evening. Each dinner is \$20.00. Please notify us by August 1<sup>st</sup>.**

**AWARDS AND FEES:** There is a \$3.00 fee if walking for credit, but no fee if not walking for credit. There are no awards for this event. We are encouraging participants to purchase souvenirs at the two Visitors Centers in the park. There is a \$10 visitor fee good for 7 days. You may use any of your national park passes as well.

**PRE-REGISTRATION:** The National Park rules and policies do not allow money to be exchanged within the boundaries of the park. Therefore, it is required that all visitors pre-register for this event. Use the registration form below for this purpose. Other arrangements will be made if you want to attend and have not pre-registered. Make checks out to: **SHASTA SUNDIAL STROLLERS**

**LOCATION:**

Lassen Volcanic National Park; Lost Creek Campground  
Shingletown CA 96088

**CONTACT:**

Cynthia Turbin, 215 Lake Blvd., #524, Redding CA 96003  
Call: (530) 949-2810 or email:  
[ShastaSundialStrollers@yahoo.com](mailto:ShastaSundialStrollers@yahoo.com)

**START/FINISH HOURS:**

Saturday: Start will be open from 8am to 1pm  
Finish by 4pm  
Sunday: Start will be open from 8am to Noon  
Finish by 3pm

**ALPINE LAKE HIKE**

**PA108053**

**Special. Events:** *Co.: Shasta; HP; NP; Vol*

This walk is rated 2C. There are a number of alpine lakes in Lassen Volcanic Nat'l Park. This hike includes some of these pristine lakes. You will hike through the natural landscape of the park while encountering the animals that make the park their home. Pack your bathing suit and a towel to take a dip in the cool waters. 5K and 10K routes available.

**MEADOW HIKE**

**PA108054**

**Special Events:** *Co.: Shasta; HP; NP; Vol*

This walk is rated 2C. There are a wide variety of landscapes in Lassen Volcanic Nat'l Park. One of which is the open meadow. This hike leads you through one of these meadow areas. You will follow a creek and have lots of opportunities to see wildlife. Pack a towel as the waters here are pristine and you will want to dip your feet. 5K and 10K routes available.

<b>Name:</b>	
<b>Address:</b>	
<b>City, State, Zip</b>	
<b>Phone:</b>	(      )
<b>email:</b>	

EVENTS	CREDIT	FREE	TOTAL
	<b>\$3.00</b>		
Alpine Lake Hike			
Meadow Hike			
BBQ/Saturday \$20			
		<b>TOTAL:</b>	