



SOMETHING MORE: Through Mt. Shasta

Join us on an adventure hiking/climbing Mt. Shasta. Experience nature up front and close on the slope or atop this majestic and mystical peak. Whether you want to simply meander about the beautiful mountainside, climb part way up the slope, or plan to ascend, information presented will help ensure you have a safe and fun experience achieving your goal. Establish or reaffirm your summer intention. Following are a few topics covered:

- Diet and Nutrition | Endurance pointers
- Intention setting | Mindfulness climbing | Breathing techniques
- Fun Facts and figures, history, ancient and New Age folklore
- Avalanche Gulch Route details of climb to summit
- Health & Safety Awareness pointers | Knowing when is enough

When: Sat – June 20, 10:30 am to 11:15 am
Mon – June 22, 6:30 pm to 7:15 pm

ONLINE

Where: at your place of convenience

Climb Date: (TBD – last week of July or first week of August)

RSVP with Text or email to obtain google meet link

Suggested website to review prior to meeting:

<https://socalhiker.net/climbing-mount-shasta-via-avalanche-gulch>

***** POST EVENT GATHER & SHARE *****

Where: 2051 Hilltop Dr. Suite A-17 C | Redding, CA 96002

For questions email: mdstefanou@gmail.com or call (925) 330-3621

Disclaimer: This event is meant to inspire a nature experience and share with others. Michael is not representing himself as a professional guide or expert and no fees are collected. He is an avid hiker/climber who intends to revisit his Mt. Shasta summit experience of 2011.

