



Snowshoe Routes: Northern California

Marc J. Soares

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Snowshoeing is fun, easy, low-impact, and a great way to get in shape or stay in shape. It's also the perfect way to keep hiking throughout the winter months.

From a moderate 3.6-mile snowshoeing trip to Andesite Peak in the Lake Tahoe region, to a 25-mile backcountry adventure, to meadows on the Lake Helen and Kings Creek Meadow route in Lassen Volcanic National Park-Soares offers winter hikes for showshoers of all abilities. All of the hikes have easy access to Interstate 5 and the main highways in the mountainous regions of Northern California.

Includes an introduction to snowshoeing that explains how to find the right pair of snowshoes , how to layer clothing to stay warm and dry, equipment to bring on an outing, and snow safety. Soares provides information about how to evaluate snow so a snowshoer can make better decisions about where and when to go.

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