



# 75 Hikes in California's Lassen Park & Mount Shasta Regions (100 Hikes In...)

*John R. Soares*

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\*Guidebook features day hikes and extended backpacking trails

\*Includes recommendations on gear, safety, and hiking etiquette

\*Also includes information on Mt. Shasta and Lassen Volcanic National Park history and camping options

This detailed guidebook focuses on popular hiking destinations in the Northern California Cascades.

Experienced hiker and author John R. Soares puts you on trails from the dramatic basalt flows and lava caves of Lassen Volcanic National Park to the majestic beauty of Mount Shasta, and provides all the information needed to explore and enjoy these popular hiking destinations.

The most comprehensive guide to this area, 75 Hikes in California's Mount Shasta & Lassen Volcanic National Park offers both day hikes and extended backpacks, with options to suit every level of expertise, from novice hikers to seasoned trail veterans.



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