



Peak Experiences

May - November 2008
The official newspaper of
Lassen Volcanic National Park



Artist Rendering



It's Easy Being Green

Take a moment, close your eyes, and imagine what a green building might look like. Did you see something painted green? Did it have straw bale walls and grass growing on the roof, or was it a complex modern structure with angular metallic walls and a shiny finished surface? Did a picture even come to mind? Do you need some help? The new Kohm Yah-mah-nee visitor center (pictured above under construction in November 2007) has met the high environmental standards for a Leadership in Energy and Environmental Design (LEED) certification from the U.S. Green Building Council. The visitor center is a platinum-targeted green building, the highest LEED rating that can be bestowed upon a building. When completed, the building will simply look like most of the buildings in the park. But, it will showcase a multitude of energy conservation strategies and be the product of a long string of sustainable design, construction, and operational practices.

“Is this the most sustainable way to do this?” Project Manager Ric Alesch of the National Park Service Denver Service Center and Chief of Maintenance Dan Jones, asked that question before they made any decision about the design and construction of the visitor center. Ric and Dan were both aware that in the United States, buildings account for 39% of total energy consumption, 30% of raw materials use, and 39% of total CO₂ emissions. “We wanted to do better,” said Dan Jones. “The National Park Service has a rare opportunity to reach many

visitors and spread the word on building green and operating in a more sustainable way,” said Ric. With sustainability on their minds, Dan and Ric “reduced, reused, and recycled” their way to create a building that required less raw materials, used local raw materials when possible, and will operate using less water and energy than a standard building of its size.

With plenty of forethought, the removal of the Lassen Chalet from the current visitor center site yielded 1,500 tons of reusable concrete, asphalt, and gravel, saving 60 dump-trucks from driving 60 miles round-trip from Chester. Over 50 tons of steel removed from the old chalet were diverted from the landfill and recycled at a local scrap yard at no cost to the park. The new visitor center will have 90% recycled glass counter tops, will be built almost entirely out of local lumber from sustainable forests certified by the Forest Stewardship Council, and will use decorative stone trucked in directly from local sources near Red Bluff. The visitor center is sited on previously disturbed land with an existing utilities infrastructure, reducing the environmental impact and the need for new support infrastructure. (Continued on page 2)



**Lassen
Association**

This newspaper is made possible by a donation from the Lassen Association.
www.lassenassociation.org

Welcome to Lassen Volcanic National Park!

Thank you for choosing to visit your national park. I invite you to stay a little longer and really get to know Lassen Volcanic National Park on a deeper level. The landscape of the park is as diverse as the ways you can enjoy it. Here you will find opportunities to visit over fifty tranquil mountain lakes, hike trails that have sweeping vistas or go deep into old-growth forests, explore active hydrothermal areas, camp under the brilliant night sky, fish in slow-rolling mountain streams, and experience a peace and quiet that only Lassen Volcanic can provide.

Many of my fondest childhood memories involve my family and the great outdoors. It is amazing how simple activities such as picnicking along the shore of Lake Helen or hiking to Bumpass Hell can transform into lasting memories that you and your family will cherish for years to come. This summer, look for a variety of in-park activities designed to connect kids with nature. From an expanded Junior Ranger program to a “Sense of Wonder” activity that promotes nature awareness through the use of the senses, we are here to help create those special memories. Ask a ranger or read about these activities and more on page three of this newspaper.

I know you will enjoy your visit to the park. This will be my first summer since arriving here last fall; maybe we will see each other on the trails.

Darlene M. Koontz
Superintendent

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National Park Service
U.S. Department of the Interior

Lassen Volcanic National Park
P.O. Box 100
Mineral, CA 96063

Welcome to Lassen Volcanic National Park



National Park Service
U.S. Department
of the Interior

Fees at Work in Your Park!

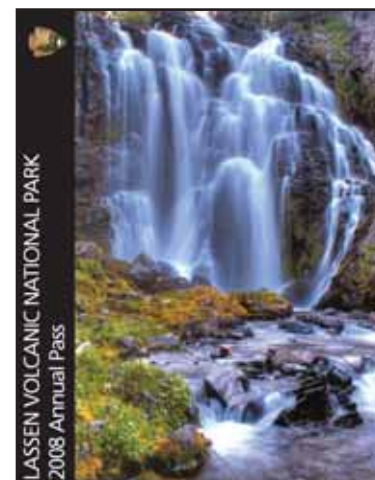
We put your fee dollars to work. Eighty percent of your entrance and campground fees fund vital projects right here at Lassen Volcanic National Park.

Fees have funded the installation of exhibits at the new visitor center, Loomis Museum, and wayside exhibit panels throughout the park. They have paid for construction of the new Southwest Entrance Station, and the repair and upgrade of roads, campgrounds, trails, picnic areas, and restrooms.

Welcome
Bienvenue
Bienvenidos
Wilkommen
Benvenuti

Entrance Fee Options

- **7-day pass** for Lassen Volcanic National Park: \$10 per vehicle/motorcycle or \$5 per person on foot, bicycle, or bus.
- **Annual pass** for Lassen Volcanic National Park and Whiskeytown National Recreation Area: \$25 admits all passengers in a private vehicle for one year from month of purchase.
- **America The Beautiful pass: \$80:** Provides access to, and use of, Federal recreation sites that charge an entrance or standard amenity fee for a year, beginning from the date of sale. The pass admits the pass holder/s and passengers in a non-commercial vehicle at per vehicle fee areas and pass holder plus 3 adults, not to exceed 4 adults, at per person fee areas (children under 16 are admitted free). The pass can be obtained in person at the park, by calling 1-888-ASK-USGS, ext. 1, or via the Internet at <http://store.usgs.gov/pass>.
- **Lifetime Interagency Passes:** Senior (62 years old and over) \$10.00; Access (Permanently disabled) Free



Contact Information

Information

Park Headquarters (year-round)

(530) 595-4444

Loomis Museum (summer only)

(530) 595-4444 ext. 5180

Fax Number

(530) 595-3262

Website

www.nps.gov/lavo

Email Address

lavo_information@nps.gov

Mailing Address

Lassen Volcanic National Park
P.O. Box 100
Mineral, CA 96063-0100

Park Profile

Lassen Volcanic National Park was first established as Cinder Cone and Lassen Peak National Monuments in 1907. Lassen Volcanic became a national park in 1916 because of its significance as an active volcanic landscape.

Lassen Peak began erupting in 1914, had its most spectacular activity in 1915, and experienced minor activity until 1917. All four types of volcanoes in the world plus active hydrothermal areas are found in the park's 106,000 acres. Lassen Peak is one of the largest plug dome volcanoes in the world. It is considered to be active today.

Elevations above sea level -

- Manzanita Lake: 5,900 feet (1,798 meters)
- Lassen Peak: 10,457 feet (3,187 meters)
- Butte Lake: 6,100 feet (1,859 meters)
- Warner Valley: 5,600 feet (1,707 meters)
- Juniper Lake: 6,800 feet (2,073 meters)
- Southwest Area: 6,700 feet (2,042 meters)
- Road's Summit: 8,512 feet (2,595 meters)

(Continued from front page)

In addition to reducing, reusing, and recycling raw materials, the LEED certification assesses how the facility performs and the ways in which it meets environmental sustainability goals. Additional green enhancements to the visitor center include:

- The landscaping design, including species selection, placement and distribution, is modeled after natural vegetation in the adjacent red fir forest. The plantings will consist of native species and groupings that require no irrigation and serve important ecological functions such as soil stabilization, improving the fertility of disturbed soils, reducing the likelihood that exotic species will establish in disturbed areas, and facilitating natural succession and attraction of additional native species to the re-vegetated areas.
- Water conserving fixtures such as waterless urinals, dual flush and ultra low flush toilets, and low flow faucets with automatic sensors have been installed.
- Finish materials with a high recycle content, such as countertops, carpet, and restroom tiles, were selected when possible.
- The roof's overhangs were designed to shade windows during the summer months to prevent unwanted heat gain. During the winter months when the sun angle is low, direct light will help heat the building.
- The building is cooled by natural

ventilation and an earth-friendly cooling and partial heating system using the natural temperature of the earth via a ground loop heat pump system with pipes buried underground in a revegetated area just north of the visitor center.

- An off-site solar panel grid was installed as part of this project, and generates about 40% of its electricity during the year.
- A computer-controlled daylight harvesting system, with no incandescent-based lamp fixtures, dims the lights when natural daylight provides enough light to meet all or part of what is required.
- The first exhibit lighting system in the National Parks to use only ultra long-lasting and energy-efficient LED lamps.

The National Park Service is committed to demonstrate how these new technologies, products, and practices can balance the needs of our visitors with energy efficiency and stewardship of the environment well beyond park boundaries. A lot of hard work resulted in the many sustainable design, construction, and operational practices built into the Kohm Yah-mah-nee visitor center. However, it is easy being green. Just start with the simple question: "Is this the most sustainable way to do this?" The future of the earth is in your hands. To learn more about simple energy saving things you can do, see page 11.

Get Involved!

Keeping active, meeting new people, learning new skills, or teaching others is not only fun and healthy, but a way to help accomplish work important for the resource preservation and visitor services at Lassen Volcanic National Park.

Contribute a few hours or a few months and assist park visitors and staff. Your time, energy, and talents would be very much appreciated. Perhaps you would like to assist with:

- * Campground Hosting
- * Visitor Contact Stations
- * Visitor and Education Activities
- * Natural Resource Field Surveys
- * Non-Native Plant Removal Projects
- * Groundskeeping
- * Trail, Campground, & Building Maintenance
- * Clerical & Library Work
- * Computer Projects



- * Photography
- * Search & Rescue
- * Ski Patrolling

For more information contact the Park Volunteer Program Coordinator, Lassen Volcanic National Park, P.O. Box 100, Mineral, CA 96063-0100, telephone (530) 595-4444 ext. 5133, e-mail nancy_bailey@nps.gov.

Ranger Programs

SUNDAY

9:30 a.m. - Sense of Wonder

Meet outside the Manzanita Lake Camper Store.

A special program for young children ages 4 to 6. Emphasis on outdoor activities that promote nature awareness through the use of the senses. Parents are welcome but not required to attend. (90 minutes)

9:30 a.m. - Junior Rangers

Meet at the Manzanita Lake Amphitheater.

Become a Junior Ranger. If you are 7 to 12 years old join this fun adventure and learn about the park through games, activities, and observations. (Two hours)

1:00 - 4:00 p.m. - Discovery Center

Check out the hands-on exhibits and join a park ranger for ongoing short programs and demonstrations on various natural history subjects. Inquire at the Loomis Museum for directions to the Discovery Center.

1:00 p.m. - Predator and Prey

Meet outside the Loomis Museum.

Learn about the park's predator and prey animals and hear stories about their amazing lifestyles.

2:30 p.m. - Fault Talk

Meet at the Seismograph Station by the Loomis Museum.

A talk and demonstration on how geologists monitor the park's volcanic hazards and measure Lassen's seismic activity.

MONDAY

10:30 a.m. - On the Wild Side

Meet outside the Loomis Museum.

Discover some of the "wilder sides" of the park. Topics vary from the natural to the cultural history.

1:30 p.m. - Cougar: The American Mountain Lion

Meet outside the Loomis Museum.

This majestic member of the cat family personifies strength, grace, mystery, and the wilderness spirit. Join a park ranger and discover little known secrets about the cougar and its lifestyle.

TUESDAY

9:30 a.m. - Junior Rangers

Meet at the Manzanita Lake Amphitheater.

Become a Junior Ranger. If you are 7 to 12 years old join this fun adventure and learn about the park through games, activities, and observations. (Two hours)

2:30 p.m. - Pioneers

Meet at the Manzanita Lake Amphitheater.

It's 1853 along the wagon road called the Noble's Emigrant Trail. You will visit a pioneer camp and meet some rugged travelers who tell about their journey to California.

WEDNESDAY

10:30 a.m. - Predator and Prey

Meet outside the Loomis Museum.

Learn about the park's predator and prey animals and hear stories about their amazing lifestyles.

2:00 p.m. - Bear Necessities

Meet outside the Loomis Museum.

Learn about black bears and how you can help keep them wild in Lassen Volcanic National Park. Join us for this fun-filled program.

7:30 p.m. in July. 7:00 p.m. in August - Summit Lake Evening Program

Meet at the Summit Lake Amphitheater.

Join a park ranger for a lively program about the park's natural or cultural history.

9:00 p.m. - Starry Nights

Meet at the Devastated Area parking lot.

View and learn about the stars, planets, galaxies, and ancient myths under a brilliant night sky with a park ranger.

THURSDAY

9:30 a.m. - Junior Rangers

Begins July 3 - Meet at the Summit Lake Amphitheater.

Become a Junior Ranger. If you are 7 to 12 years old join this fun adventure and learn about the park through games, activities, and observations. (Two hours)

11:30 a.m. - Junior Firefighters

Meet outside the Loomis Museum.

Become a Junior Firefighter. If you are 7 to 12 years old, participate in an exciting program and explore the role of wildfires in our national parks.

1:30 p.m. - Stories in Stone

Meet outside the Loomis Museum.

Learn about the fascinating stories in stone that can be seen from the Manzanita Lake area. Examine the rocks that have shaped the volcanic landscape.

Programs run from June 20 to August 17, 2008 and are 45 minutes long unless otherwise noted. Check bulletin boards for a program schedule from August 18 to September 1, 2008.

FRIDAY

10:00 a.m. - Blown from a Volcano

Meet outside the Loomis Museum.

Did you know that every mountain in the park is a volcano or part of one? Learn about the geology and volcanic history of the park through this interesting program.

1:00 - 3:00 p.m. - Discovery Center

Check out the hands-on exhibits and join a park ranger for ongoing short programs and demonstrations on various natural history subjects. Inquire at the Loomis Museum for directions to the Discovery Center.

1:30 p.m. - On the Wild Side

Meet outside the Loomis Museum.

Discover some of the "wilder sides" of the park. Topics vary from the natural to the cultural history.

7:30 p.m. in July. 7:00 p.m. in August. - Summit Lake Evening Program

Meet at the Summit Lake Amphitheater.

Join a park ranger for a lively program about the park's natural or cultural history.

9:00 p.m. in June and July. 8:30 p.m. in August. - Evening Slide Program

Meet at the Manzanita Lake Amphitheater.

Join a park ranger for an evening slide program about the park's natural or cultural history.

SATURDAY

8:00 a.m. - Early Birds

Meet outside the Manzanita Lake Camper Store.

Take an easy walk and discover the birds of Manzanita Lake. (One hour)

9:30 a.m. - Junior Rangers

Meet at the Manzanita Lake Amphitheater.

Become a Junior Ranger. If you are 7 to 12 years old join this fun adventure and learn about the park through games, activities, and observations. (Two hours)

1:00 p.m. - Skins and Bones

Meet outside the Loomis Museum.

Examine the skins and skulls of animals and hear stories about their amazing lifestyles in this program.

2:30 p.m. - Pioneers

Meet at the Manzanita Lake Amphitheater.

It's 1853 along the wagon road called the Noble's Emigrant Trail. You will visit a pioneer camp and meet some rugged travelers who tell about their journey to California.

7:30 p.m. in July. 7:00 p.m. in August. - Summit Lake Evening Program

Meet at the Summit Lake Amphitheater.

Join a park ranger for a lively program about the park's natural or cultural history.

9:00 p.m. in June and July. 8:30 p.m. in August. - Evening Slide Program

Meet at the Manzanita Lake Amphitheater.

Join a park ranger for an evening slide program about the park's natural or cultural history.

Kids - Become Junior Park Rangers!

Are you between ages 7 and 12? Do you want to learn and have fun while exploring Lassen Volcanic National Park? Follow these 3 steps to earn your official Junior Ranger badge.

1. Pick up an activity book from the Loomis Museum or Park Headquarters.
2. Attend a Junior Ranger Program listed on this page.
3. Complete the rest of your activity guide and bring it to the Loomis Museum or Park Headquarters to get your badge.



Services and Facilities

Accessibility

Accessible facilities include the Loomis Museum, Manzanita Lake Camper Store, the new Kohm Yah-mah-nee Visitor Center, and Park Headquarters. Wheelchair-accessible restrooms are located at the Loomis Plaza, Summit Lake and Kings Creek picnic areas, Bumpass Hell parking area, Devastated Area Trail, and Sulphur Works. Campgrounds with accessible sites include Manzanita Lake, Summit Lake South, and Butte Lake. Wheelchair accessible paths include the Devastated Area Interpretive Trail, the Sulphur Works Area, and the Lassen Crossroads Information Area. Multiple scenic pullouts on the Main Park Road have wheelchair accessible wayside exhibits, as well as the Loomis Museum and new visitor center. All ranger programs at the Loomis Museum are wheelchair-accessible.

ATM

The Manzanita Lake Camper Store has an ATM.

Emergencies

Dial 911 to report any emergency, 24 hours a day.

Gasoline

Gasoline is available at the Manzanita Lake Camper Store during operating hours.

Lost and Found

If you lose or find an item, contact a ranger and report the item.

Phones

Cell phone coverage in the park is spotty at best. Pay phones are located outside the Manzanita Lake Camper Store and the Loomis

Museum.

Picnic Areas

Picnic areas are found throughout the park (see the map on page 12).

Showers and Laundry

Coin-operated showers and laundry machines are available 24 hours a day at the Manzanita Lake Camper Store.

Manzanita Lake Area

5900' (1798 m.) elevation. 1 mile beyond the northwest park entrance.

INFORMATION

- Loomis Museum Visitor Center:
5/23 - 6/15 (Fri/Sat/Sun) 9 AM - 5 PM
6/15 - 9/1 (Daily) 9 AM - 5 PM
9/3 - 9/28 (Wed - Sun) 9 AM - 5 PM
- Wilderness Permits: Required for overnight backcountry trips. Provided during operating hours.

FOOD AND GIFTS

- Loomis Museum Visitor Center:
Gifts and bookstore.
- Manzanita Lake Camper Store:
Supplies, gifts, sandwiches, ice cream.
5/23 - 6/13 (Daily) 9 AM - 5 PM
6/13 - 9/1 (Daily) 8 AM - 8 PM
9/1 - 10/13 (Daily) 9 AM - 5 PM

Drakesbad

5600' (1707 m.) elevation. 17 miles north of Chester, see map on back page.

FOOD AND LODGING

- Drakesbad Guest Ranch:
6/7 - 10/8 (Daily). For reservations call (530) 529-1512.
6/13 - 9/1 (Daily) 9 AM - 6 PM
9/1 - 9/14 (Daily) 9 AM - 4 PM

Peak Parking Area

8500' (2591 m.) elevation. 7 miles beyond the southwest park entrance, 22.6 miles beyond northwest park entrance.

INFORMATION

- Peak Information Station:
6/21 - 9/1 (Sat/Sun) 9 AM - 3 PM
- Wilderness Permits: Provided at Peak Information Station during operating hours.

FOOD AND GIFTS

- Peak Necessities: Gifts, supplies, snacks, sandwiches, and bookstore.
*5/23 - 6/13 (Daily) 9 AM - 4 PM
*weather permitting

Park Headquarters - Mineral

4900' (1493 m.) elevation. 42 miles east of Red Bluff on Highway 36.

INFORMATION

- Park Headquarters Information Desk
Year-round (Mon. - Fri.) 8 AM - 4:30 PM
- Closes 9/15 for move to new visitor center
- Wilderness Permits: Provided at Information Desk during operating hours and front porch after hours.

BOOKSTORE

- Booknook: Gifts, books.

Kohm Yah-mah-nee Visitor Center

6700' (2042 m.) elevation. 50 miles east of Red Bluff on Highway 36, then 6 miles north on 89.

INFORMATION

- Opens 9/22
- Year-round (Daily) 9 AM - 5 PM
- Closed Dec. 25 for holiday
- Wilderness Permits: Provided at Information Desk during operating hours and 24 hour vestibule after hours.
- Auditorium, park film, and exhibits.

FOOD AND GIFTS

- Lassen Association: Bookstore, gifts.
- Concessionaire: Gifts, food, supplies.

Peak Your Curiosity!

Lassen Association, the park's non-profit educational partner since 1939, recently expanded its line of merchandise providing visitors the occasion to be inspired in new and exciting ways. You will find us working together with Lassen Volcanic National Park bringing current park programs and projects to life through our merchandise.

As stewards of Lassen Volcanic National Park, Lassen Association supports all park themes through a wide variety of retail merchandise. Most recently a line of stationary products made from recycled materials and printed with 100% earth-friendly plant based ink are now available to inspire, educate and provide memorable Lassen experiences. These products offer new opportunities to learn about leaving your green footprint on our planet. Collectable lapel pins and patches,



Recycled and sustainable products are available from the Lassen Association sales outlets.

a line of Junior Ranger and Junior Firefighter products are all designed to peak your curiosity and exploration of these majestic, wild lands.

“We work with vendors who share our mission to provide the highest quality educational products which are thought provoking, unique

to Lassen National Park and memorable to the visitor's national park experience,” explained Anne Dobson, retail sales outlet manager and buyer. “We go the extra step to source companies willing to fabricate merchandise using recycled materials and in a sustainable manner,” she further explained.

You can create your own educational experience by visiting any of our retail outlets and choosing books for your personal library, maps and field guides to aid in your discovery of the park, games for the young and young at heart, kid-oriented merchandise and interpretive keepsakes to share or keep! Sales outlets are located within Loomis Museum in the Manzanita Lake area, Park Headquarters located in the town of Mineral, at the park's two main entrance stations, and online at www.lassenassociation.org.

WHERE CAN I...

WALK A PET? Not on trails but it's allowed in developed areas (campgrounds, picnic areas, paved roads, and parking lots).

GO FISHING? Permitted during the season. A California license is required for ages 16 and up. Special regulations apply to Manzanita Lake: within 150 feet of the Manzanita Creek inlet is closed to fishing, the rest of the lake is catch and release only; artificial lures and single, barbless hooks must be used.

GO CAMPING? See camping information on page 9.

COLLECT THINGS? No collecting or removal of any objects from the park. Leave everything to play its natural role in the ecosystem. Archeological sites and artifacts are protected by law.

FEED WILDLIFE? Not in the park! Animals become unnaturally dependent. Some can become dangerous and may have to be killed. Some can carry disease. Roadside beggars can be hit by cars. People food is unhealthy for them.

GO PICNICKING? See picnic symbols on map (page 12). Never leave food

unattended. Most sites have tables, and restrooms. Water is not available at most sites.

HAVE A FIRE? Campfires are allowed ONLY in fire rings provided in developed campgrounds. Backcountry fires are not allowed.

GO HIKING? See page 8 for more information about full day, half day, and short hiking trails in the park.

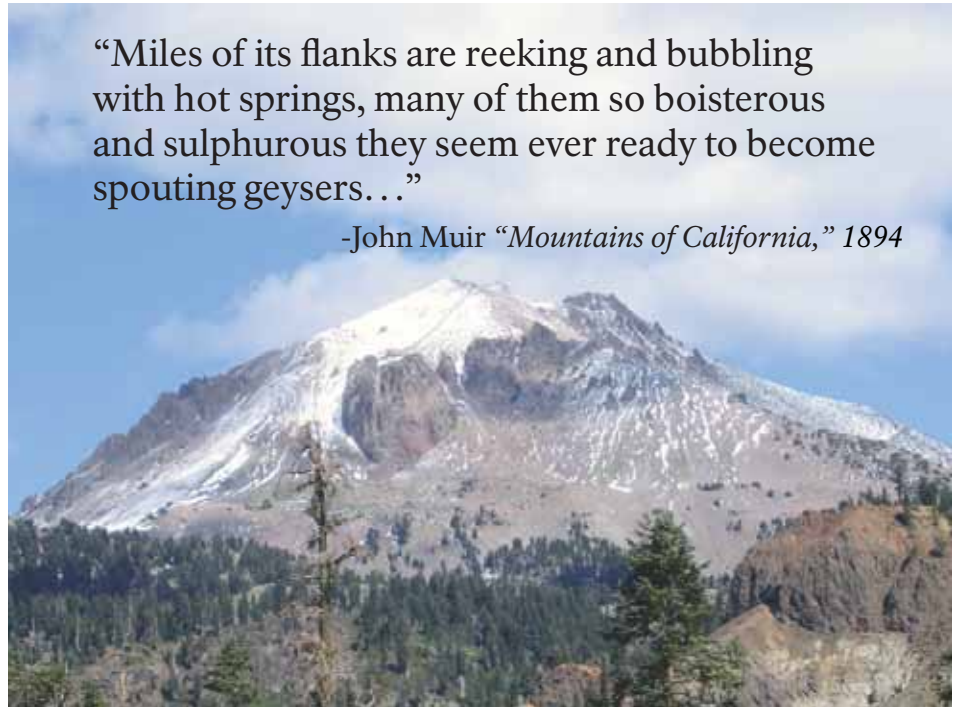
RIDE A BICYCLE? Keep bikes on paved roads only, not on any trail.

CUT WOOD? Not in the park.

MANY THANKS TO OUR TWO PARK PARTNERS



The Lassen Association (LA) has assisted the National Park Service since 1939 in providing park visitors with interpretive and educational merchandise about the many and varied features of the park.



“Miles of its flanks are reeking and bubbling with hot springs, many of them so boisterous and sulphurous they seem ever ready to become spouting geysers...”

-John Muir “Mountains of California,” 1894

DID YOU KNOW? Lassen Volcanic National Park straddles a crossroads of four great geologic and biologic provinces—the Cascade Range, the Sierra Nevada, the Central Valley of California, and the Great Basin.

DID YOU KNOW? Lassen Volcanic National Park started as two separate national monuments designated by President Theodore Roosevelt in 1907: Cinder Cone National Monument and Lassen Peak National Monument.

These facts and more can be found in our publications. Come and explore today!

For information on how to join our mission visit our online membership program at www.lassenassociation.org. Or contact us directly at (530)595-3399 or lassenassociation@yahoo.com.

We provide books, maps, trail guides and videos about the natural and cultural history of Lassen Volcanic National Park. Additionally, we offer a large selection of educational gift merchandise to enhance your park experience and memories to take home.

Our publications are available at various sales outlets in the park or online at www.lassenassociation.org

Enjoy the park’s boiling, bubbling, boisterous thermal areas as well as the many other features that are ready for your exploration much in the same condition as when visited by John Muir 112 years ago.

Make a Difference!

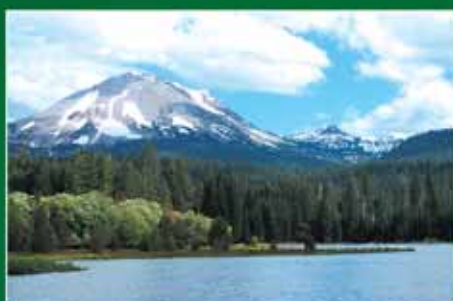


With generous contributions from Park visitors, the Lassen Park Foundation has helped support:

- Restoration of Lassen Peak Trail
- Lassen Crossroads Information Center
- Scientific research on bats and songbirds
- Camping trips for disadvantaged youth
- Winter snowshoe educational program
- The Park's new Kohm Yah-mah-nee Visitor Center



Join us today!



Please become a Friend of Lassen by contributing to the Lassen Park Foundation! Contributions of \$50 or more will receive a Lassen Park Foundation cap or polo shirt (depending on size of donation). Your donation is tax-deductible. Please make checks payable to Lassen Park Foundation.

To learn more visit www.lassenparkfoundation.org or email info@lassenparkfoundation.org. Lassen Park Foundation, P.O. Box 3155, Chico, CA 95927-3155. Phone (530) 898-9309.

NEARBY BUSINESSES

South of Park, Highway 36: Mineral and Mill Creek

Lassen Mineral Lodge
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"come into our home"

Motel * General Store * Restaurant
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Cross Country Ski and Snowshoe Rentals
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(530) 595-4422
(530) 595-4452 Fax
www.minerallodge.com

Located 9 miles from Lassen Volcanic National Park's Southwest Entrance On Highway 36 E. in Mineral, CA 96063

*R.V. and Tent Camping next door. See Ad for Volcano Country Camping & R.V.

Mineral, CA
Family Owned and Operated

California Guest Services* with two locations to serve you inside
LASSEN VOLCANIC NATIONAL PARK

MANZANITA LAKE
Camper Service Store

T-shirts, gifts, souvenirs, groceries,
Beer & wine, gasoline, ice and wood
Hot Showers, Laundromat, ATM

3 miles from Northwest Entrance,
next to campground.

Open Late May to Early October

wood & gas

groceries & snacks

t-shirts & ice

camping gear & film

PEAK NECESSITIES
Cafe & Gifts

T-shirts, gifts, souvenirs, and hiking
essentials, Sandwiches, chili, hot
dogs, beverages and snacks

8 miles from the
Southwest Entrance at the
Lassen Peak Trailhead Parking Lot.

Open Early June to Mid-September

* California Guest Services is an authorized concessionaire of the National Park Service.

Forget a souvenir for someone? Mention this ad at our online store, www.LassenGifts.com and receive 10% off your order!

Chester and Lake Almanor (contd.)

Bodfish Bicycles
& Quiet Mountain Sports

449 Main Street Chester, CA 96020 530 258-2338

Your Quiet Mountain Sports Headquarters
Rental Bikes

"Chester/Lake Almanor Basin's Finest Lodging"

The Bidwell House
a bed & breakfast inn

(530) 258-3338

AAA Approved

1 Main St., P.O. Box 1790, Chester CA

www.bidwellhouse.com

West of Park: Red Bluff

McGovern's Mt. Lassen Vacation Chalets.
Mineral, California.

Our 3 or 4 bedrooms homes can
accommodate groups up to 34.

(530)595.3241 - (415) 897.8377
Cell: (415) 328.3279

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96061

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Georgia Litzler

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RON NYE

TEHAMA MOTOR PARTS
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527-4135

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Call 530-596-3538
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Day Hiking



Hi, I'm Joe Pettegrew, Lassen Volcanic's trail crew leader. We have over 150 miles of hiking trails here in the park. Our most popular day hikes are listed on this page. To help you choose, I've given them a rating, but keep in mind this is just one hiker's opinion. If you are visiting in June or early July, some trails might still be closed by snow, so ask a ranger which trails are open. Please help us protect this special place by following a few rules:

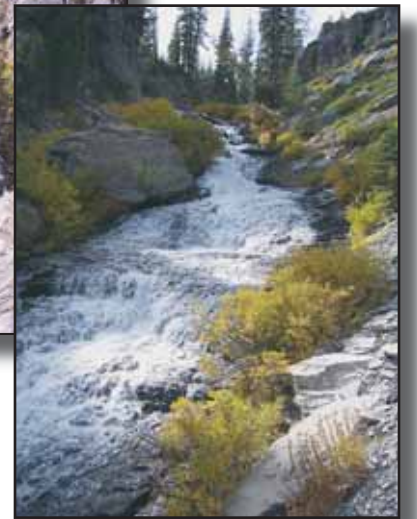
Stay on established trails and boardwalks. This is especially important in thermal areas where the ground may be dangerously thin.

Pets are not allowed on park trails.

Leave all rocks, plants, animals, and artifacts undisturbed for the enjoyment of future users.



top: Kings Creek Falls



right: Kings Creek Cascades

Devastated Area	Manzanita Lake	Trail	Bumpass Hell	Kings Creek Falls
0.5 miles (0.8 km) loop trail	1.8 miles (2.9 km) loop trail	<i>Total Distance</i>	3 miles (4.8 km)	3 miles (4.8 km)
0 feet	0 feet	<i>Elevation Gain</i>	300 feet (91 meters)	700 feet (213 meters)
30 minutes with stops	1 hour	<i>Time</i>	2 hours	2 hours
Interpretive exhibits, views	Fishing, mountain views	<i>Highlight</i>	Mudpots, hissing fumaroles	Waterfall, wildflowers
Easy walk along a paved trail. Exhibits highlight the eruption of Lassen Peak, with great views along the entire trail. Accessible to wheelchairs.	Easy walk around the lake. Keep your eyes and ears alert, birds, trout, wildflowers, and wildlife frequent the lake shore. Trail can be rocky at times.	<i>Description</i>	Moderate hike over rocky terrain with grand vistas. The trail drops into an active hydrothermal basin. Stay on the boardwalk for your safety.	Moderate hike over rocky terrain and small rock formations. Trail forks at end of meadow. The horse trail (north fork) is less strenuous.
Devastated Area Parking Lot, 10 miles S. of Loomis.	Pick up the trail at any point and loop back.	<i>Trailhead Location</i>	23 miles S. of Loomis and 6 miles from Southwest Entrance.	17 miles S. of Loomis and 13 miles from Southwest Entrance.
Look around, you will see rocks as large as dump trucks that were carried down from the 1915 eruption of Lassen Peak.	The lake was formed when rock avalanche debris from Chaos Crags partially dammed Manzanita Creek.	<i>Nature Note</i>	Listen for Big Boiler, a hissing fumarole that can reach 310 ° F (154 ° C) and sounds like a busy airport runway.	One of the best trails to see wildflowers. Different species can be seen blooming almost the entire summer season.
★ ★	★ ★ ★ ★	<i>Joe's Rating</i>	★ ★ ★ ★ ★	★ ★ ★ ★ ★
Easy Walks			Moderate Hikes	

Cinder Cone	Terrace, Shadow, and Cliff Lakes	Trail	Brokeoff Mountain	Lassen Peak
4 miles (6.4 km)	3.5 miles (5.6 km)	<i>Total Distance</i>	7 miles (11.25 km)	5 miles (8 km)
700 feet (213 meters)	550 feet (168 meters)	<i>Elevation Gain</i>	2600 feet (792 meters)	1957 feet (596 meters)
3 hours	3 hours	<i>Time</i>	4-5 hours	4-5 hours
Hike inside summit crater	3 mountain lakes	<i>Highlight</i>	Panoramic views	Panoramic views
Hike begins along Fantastic Lava Beds, opens up with views of the Painted Dunes, and becomes steep with a loose cinder base during the summit climb.	Hike takes you alongside three alpine mountain lakes: Terrace, Shadow, and Cliff Lakes. The trail is steep between lakes, but mostly flat otherwise.	<i>Description</i>	Steep trail and tricky early season stream crossings give way to panoramic views of the entire park, the Sacramento Valley, and Mount Shasta.	Steep trail with loose rocks and cinders. Follow switchbacks up the mountain and please help save Lassen Peak by staying on the official trail.
The trail begins near the Butte Lake boat ramp.	19 miles S. of Loomis and 10 miles from Southwest Entrance.	<i>Trailhead Location</i>	29 miles S. of Loomis and 1 mile from Southwest Entrance.	22 miles S. of Loomis and 7 miles from Southwest Entrance.
Scientists believe the Cinder Cone formed around 350 years ago. Notice the large lava bombs along the trail near the cone.	Each lake is very different in size, shoreline features, and depth. Cliff Lake sits quietly beneath towering Reading Peak.	<i>Nature Note</i>	Brokeoff Mountain is part of the eroded rim of the ancient Brokeoff Volcano. See if you can imagine it on the summit.	Climb an active, but dormant, volcano. The 1915 lava flow near the summit showcases the youngest rocks in California.
★ ★ ★ ★ ★	★ ★ ★	<i>Joe's Rating</i>	★ ★ ★ ★ ★	★ ★ ★ ★ ★
Moderately Strenuous Hikes			Strenuous Hikes	



Visitors Prepare To Hike Lassen Peak

Plan Ahead

As a day hiker, no permits are required. You are entirely on your own, and cell phones may not work in the park. **Your descent into Wilderness, however brief, marks your entry into a world in which preparation, self-reliance, and common sense are crucial.** Wear sturdy boots, carry plenty of water and food, and wear sunscreen.

Weather Conditions Change

Severe storms can occur suddenly. Climb peaks and ridges early in the morning. Head for lower elevation during lightning activity.

Finish Hikes Before Sunset

Sunset times are earlier in areas shadowed by mountains. Always carry a flashlight with spare batteries and warm clothing in case of unexpected delays.

Help Save Lassen Peak!

Thousands of hikers each year make the trip to the summit of Lassen Peak. Hiking Lassen Peak can be one of the most memorable experiences of your lifetime, but please take only memories and leave only footprints on the designated trail. Shortcuts quickly erode volcanic soils and damage alpine plants such as the Lassen Peak Smelowskia, found in only one place in the world: Lassen Peak!



Campgrounds

Each campsite has a table, bear-proof box, and fire ring. There are no hook-ups.

	# of Sites	Season (weather permitting)	Daily Fees	Features	Notes
Butte Lake - 6100'	101	6/6 - 9/16	\$16	A, F, V, W, B, RV, G, R	rough gravel road
Crags - 5700'	45	6/13 - 9/2	\$12	V, W, RV, G, N	
Juniper Lake - 6800'	18	6/27 - 9/15	\$10	V, B, G, N	rough gravel road; trailers not advised
Manzanita Lake - 5900'	179	5/23 - 9/15	\$18	A, F, V, W, B, RV, S/L/S, DS, G, R	pull-through RV sites available
Summit Lake North - 6700'	46	6/27 - 9/15	\$18	F, W, B, RV, G, R	
Summit Lake South - 6700'	48	6/27 - 9/2	\$16	A, V, W, B, RV, G, R	
Southwest Walk-In - 6700'	20	opens mid-August	\$14	F, V, W, N	
Warner Valley - 5600'	18	6/5 - 9/22	\$14	V, W, RV, G, N	rough gravel road; trailers not advised
Butte Lake Group Sites - 6100'	6	6/6 - 9/16	\$50	V, W, B, RV, G, RR	
Lost Creek Group Sites - 5900'	8	6/13 - 9/15	\$50	V, W, RV, G, RR	closed 7/28 - 8/11
Juniper Lake Group Sites - 6800'	2	6/27 - 9/15	\$30	V, B, G, RR	

First-Come, First-Served

All campgrounds, except for the group sites, have designated first-come, first-served campsites. You cannot reserve these sites, but they can fill up. You may not hold a site for someone who has not arrived.

Reservable Sites

You can reserve a site at all campgrounds with a "R" on the chart and you must reserve a site with "RR" on the chart. Reservable sites can fill up. For reservations call 1-877-444-6777 or visit <http://www.recreation.gov>

Overflow Camping

No overflow camping exists in the park, however the park rarely fills all available campsites. Camping or overnight vehicle parking in pullouts, parking areas, picnic grounds, or any place other than a designated campground is not permitted.

Check-in & Check-out

Check-in any time, but sites may not be available until 12 NOON. Check-out time is 12 NOON.

Quiet Hours

Each visitor deserves to hear the natural sounds of this beautiful environment. Respect this by complying with the law: generator operation prohibited 8 PM - 8 AM; quiet hours 10 PM - 6 AM.

Stock Corrals

Stock corrals are available at Butte, Summit, and Juniper Lakes. Reservations are required: call (530) 335-7029.

A	Accessible sites available	S/L/S	Pay showers/laundry/services nearby
F	Flush toilets	DS	Dump station
V	Vault toilets	G	Generators allowed 8 AM - 8 PM
W	Potable water until Sept. 15	R	Partially reservable
B	Boat launch	N	No reservable sites
RV	RV sites available	RR	Reservation required

Campfire Restrictions

Gather only dead and down wood. Open fires are restricted to metal fire rings only. Fires must be out cold before you leave.

Campsite Capacities

A maximum of two vehicles is allowed at each campsite, except at designated group sites. A motorhome, tow vehicle, any trailer, car or truck count as one vehicle. Campsite capacity is limited to six persons and three tents. Group campsite capacity is 25 persons per site. Group campsites at Juniper Lake Campground are restricted to tent camping only with a maximum of 15 persons per site.

Length of Stay

Camping is limited to 14 days per year per campground, except at Summit Lake, which is limited to 7 days per year.

Discounts

Holders of Senior and Access passes receive a 50% discount on camping fees, except for group campsites.

Wilderness Camping? A Permit Is Required

Permits

A free wilderness permit is required for overnight camping in Lassen Volcanic's backcountry wilderness. You are limited to a maximum of 10 people per permit per site; up to 20 people may hike together.

Permits are available in person during operating hours at the Loomis Museum, Park Headquarters, Lassen Peak Information Station (weekends only), and the Summit Lake, Juniper Lake, Butte Lake, and Warner Valley Ranger Stations (self-registration). Permits are also available in advance through our website or by phone at 530-595-4444.

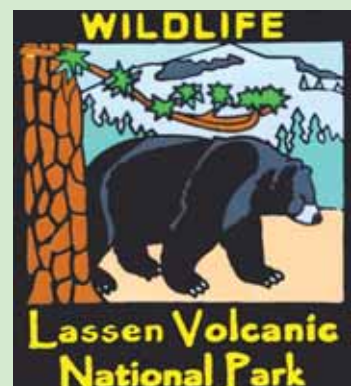
Campsites

Camp at least 300' from other groups, 100' from streams and lakes, and at least 1/2 mile from any developed area. Camping is prohibited within 1/4 mile, and/or within sight of the same, from ANY hydrothermal feature as well as the following: Cascade Springs, Kings Creek Falls, Cinder Cone, Painted Dunes, Lassen Peak, Cliff Lake, Little Willow Lake, Crags Lake, Mt. Harkness Summit, Crumbaugh Lake, Hat Creek Cabin, Echo Lake, trail from Summit Lake to Echo Lake, and the Upper and Lower Kings Creek Meadows.



Food storage lockers like this are found at all developed campsites

Please use the food storage lockers provided to store all your food and anything that emits an odor (toothpaste, soap, cosmetics, toiletries) when camping. Bears are attracted to anything that has a scent. We recommend the use of portable food storage canisters while camping in the backcountry where storage lockers are not available. Be sure to place these containers at least 100 feet away from your campsite. Most importantly do not feed any bear or any other animal (including jays, ducks and geese). The old adage "a fed bear is a dead bear" is true. Problem bears are no longer captured and relocated. If a bear becomes a threat to human safety, it will have to be destroyed. If you do encounter a bear in a developed area such as a campground, be aggressive and yell and make loud noises to scare it away. You can also throw rocks or sticks at the bear (not at its head) to scare it. Be sure to report the incident to a campground host or any Park Service employee as soon as possible. If you happen to come across a bear when in an undeveloped area, do not approach the bear. Keep a distance of at least 50 yards and do not interfere with what the bear is doing. Take a step back and consider yourself lucky to have seen one of the bears of Lassen Volcanic.



Peak Blooms

Experience a symphony in your park
contributed by Angel R. Roy

The morning mountain air is still cold. She clings to the earth for protection against the harsh wind. Soon the air will be warm, and butterflies and other pollinators will buzz from bloom to showy bloom. Brightly hued flowers are all around her, competing to entice these helpful insects. She lies unnoticed at the end of her stem as she waits to undergo a spectacular transition. As the sun heats the ground, she rises fully upright on her stem, showing off her delicate, papery pink flower head. She is the pussy paw, and she makes this adaptation on every warm day. Now the pollinators will visit her and help her species continue.



Pussy Paw

The pussy paw has found many ways to survive in the high elevations and extreme conditions found in Lassen Volcanic National Park. Although only two to eight inches tall, each can possess a taproot capable of reaching water eleven feet or more below the surface. High elevation pussy paws have adapted from annuals to perennials, taking advantage of the short growing seasons by building on previous growth, rather than starting from seed after each thaw. These plants can be found tucked away in many areas of the park. A good place to spot them is on the trail to Cold Boiling Lake. If you set out early in the day you may see them lying down among more flamboyant flowers, but as you return they will be standing

up in full bloom.

The flowers are like music, blooming in perfect harmony every season. A symphony is showcased in a blaze of color and beauty.

Depending on the preceding winter, you can visit from May through September and experience a floral concert. As one flowering plant plays a last, lingering note, another reaches a stunning crescendo.

around Lassen Peak, and exists nowhere else in the world. This plant usually blooms in July and August. A performance by these elegant little white flowers is subtle, but the impression is lasting.

Opposite the shy smelowskia, the bold and prolific Silver Leaf Lupine charges up slopes and drenches meadows in a resounding blue. Silvery, velvet-furred leaves help reflect the sun's heat, and serve as gleaming pedestals for the vibrant flowers. Their scent saturates the air. If you are making your way along the path to Bumpass Hell, pause a moment and let the heady fragrance flood your senses.

These plants and more wait to be discovered by you. The park offers



Lassen Peak Smelowskia

a diverse sampling: here several regions and climates converge. You can find plant species from the southern Cascades, Sierra Nevada, Great Basin, and the Central Valley regions. In warmer months, you can explore the flowering plants, and in winter, marvel at the conditions they can withstand as they await the next opportunity to take the stage.



Silver-Leaf Lupines blanket a hill along the Bumpass Hell Trail

Bears Sighted in Lassen

What we know and what you need to know

As you are traveling through Lassen Volcanic National Park you notice cars parked along the highway and people standing around looking up a hill. As you slow down and drive by, you look up the hill to see what the commotion is. That's when you see it. WOW! COOL! It's a bear! You pull over and join the crowd watching a bear wandering along the hillside tearing apart logs. You begin to wonder. What do bears eat in this park? How many bears are in the park? Do they hibernate in the park or



This Black Bear was seen near the Kings Creek Falls Trail numerous times in 2007.

move to lower elevations for the winter? Currently little is known about the only species of bear found in Lassen Volcanic National Park, the black bear. There has never been a comprehensive study, but hopefully that will change soon. We plan to conduct a study of the bears that inhabit the park and surrounding Lassen National Forest. This study will be done by researchers from Virginia Tech who will answer the questions of estimated population size, food habits, and habitat use. If funded, the project will begin in 2010 or 2011. This will be a very exciting study and will give the park the latest and most up-to-date information on bear biology. In the meantime, we ask that you continue to fill out a wildlife sighting form for any bear you see. Your sighting reports are currently the only way park staff receive information on bear activity.

Become an Honorary Wildlife Biologist: Report Your Wildlife Sightings!



This American Badger was seen near the Devastated Area Trail.

How would you like to become an Honorary Wildlife Biologist for Lassen Volcanic National Park? We need your help to monitor wildlife populations. Of particular importance are species of raptors (hawks, eagles, falcons and owls),

forest carnivores (mountain lions, bobcats, martens, weasels, coyotes, red and gray foxes), and black bears. Park staff survey wildlife, but we cannot be everywhere at once. You can assist. If you see an animal you think the park should know about, document the species you observed, and record the location, date, time, and what the animal was doing. The entrance stations, visitor contact stations, and Drakesbad Guest Ranch will have copies of the park's wildlife sighting form for you to fill out and return. Or you can write down the information and give it to any park employee who will route it to our wildlife biologist. The observations you turn in will be entered into a database to document species occurrence. By turning in wildlife sighting forms you become an Honorary Wildlife Biologist and will help to preserve and protect the wildlife of Lassen Volcanic. Thank you for your cooperation, Now go be a Honorary Wildlife Biologist!

WOW, THAT'S A GREAT SHOT! - ENTER LASSEN VOLCANIC'S PHOTO CONTEST

Each year thousands of magnificent pictures are taken in Lassen Volcanic National Park. If you have one of those "great shots" this is your chance for a year of fame. The Lassen Volcanic Annual Park Pass Photo Contest will run May 1 through September 9, 2008. The winner's photo will be featured on the 2009 Lassen Volcanic Annual Park Pass. The winning photographer will also receive a \$50 gift certificate, courtesy of the Lassen Association to use at one of the park bookstores.

- Photos must be no larger than 5" x 7" and printed on photo quality paper
- Limit of two photos per household
- Entries must be received by the park's Fee Office no later than close of business on Tuesday, Sept. 9, 2008
- Photos will not be returned and become property of the National Park Service

The contest is open to the general public, park employees, volunteers and their families. Photos should be mailed to Lassen Volcanic National Park, Attn: Fee Office, P.O. Box 100, Mineral, California 96063-0100 or dropped off in person at the park. Call 530-595-4444 x5103 for more information. For each photo submitted, list your name, address, phone number, subject and location.



Climate Change

The role of national parks

Today, climate change has become a concern for our way of life. There are many different theories within the scientific community about what changes could occur, how they might occur, and their effects on wildlife, plant life, and human life. Currently, we are unable to predict beyond a reasonable doubt how ecosystems will react and adapt to our forecasted warming climate. We do know that climate change has always been a natural cyclic force of nature, however the majority of the global scientific community agrees that people's lifestyles of consumption and demands for natural resources has thrown nature's cycle out of balance thus rapidly speeding up climate warming at an un-natural pace.

Global mean temperature has raised .8°C (1.33°F) since 1880; more than 20% of this change has occurred since 1996. What evidence do we have that this increase in temperature affects our environment and what are its consequences? National parks can help answer these questions through research and by monitoring changes that occur



Old-growth Red Fir Tree

in their ecosystems. The data collected will help indicate the direct and indirect effects on park resources and on the people who live and work in the surrounding environment.

There are indications that national parklands may currently be affected by climate change. At Rocky Mountain National Park, warmer temperatures have allowed a greater number of pine beetles to survive winter and an epidemic of pine tree disease and death has resulted. An increasingly hot and dry climate is predicted to kill 90% of the Joshua trees at Joshua Tree National Park. Science and statistics will help us see the changes happening in our parks, cities and towns; the lifestyle choices we make now can help protect the ecosystems that make these places special for us and generations to come.

Your national parks play a role in slowing the rate of climate change. One aspect of how natural healthy ecosystems are a vital part of this process is the role of forests. During rapid

growth stages, trees store massive amounts of carbon as they mature. Essentially, forests and other ecosystems are a part of the planet's air filtration system.

Here at Lassen Volcanic National Park, baseline data such as air quality and snowpack is being collected and will be used to determine climate changes. This summer, a new study on pika, (a small, high elevation mammal) will begin at Lassen. This species may be important to researchers as an indicator of climate change. (See this page for more information)

Many parks convey stories of how people have responded to shifting climate patterns over thousands of years. These stories provide some foundational information for us today. With our wealth of knowledge and better methods of research, we can find more effective ways to deal with climate change. Will we do what needs to be done? Read about ways you can help support a healthy planet below.

Climate Change and You

Simple energy saving ideas you can do now to support a healthy planet

Replace incandescent bulbs. If every American household replaced just one bulb with a compact fluorescent, it would reduce electricity demand by more than 5 gigawatts -- the average output of five nuclear power plants. For every bulb you replace with a compact fluorescent, you will save the equivalent of about 500 pounds of coal over the life of the bulb, and you will reduce carbon dioxide by up to 1,300 pounds a year. (Continued on page 12)



American Pika Research Project Proposed

Species may be indicator of climate change

Your trip to Lassen Volcanic National Park provides a terrific opportunity to see a charismatic inhabitant of rocky alpine slopes. This is the American pika (*Ochotona princeps*), a small (6-8" long) egg-shaped mammal that is closely related to rabbits and hares.



American Pika

Recently, biologists have become concerned about the fate of the pika. Because of their thick insulating fur, temperatures above 77°F (25°C) can be lethal to a pika. As temperatures rise due to climate change, pika may have shorter periods during the day to forage for food. Pika may move their homes higher upslope to cooler areas, but eventually, they will have nowhere higher to go.

A research project will begin this summer which will initiate a long-term study of the pika in Lassen. The data collected during this project will help scientists understand how one animal reacts to climate change.

The range of the American pika starts in southern Canada and extends as far south as Utah, northern New Mexico and the Sierra Nevada mountains in California. However, within this large area, pika habitat is discontinuous – meaning that isolated populations are only found at high elevations on mountain top “islands.” Pika like the cold and have thick fur. They have small, rounded ears and no visible tail.

Pika are awake and active during the day, although they only tend to be above the surface of the rocks during the cooler morning and evening hours. They eat a wide variety of vegetation including flowering plants, sedges, grasses, and lichen. Pikas do burrow, but den and nest beneath the talus (a slope formed from a jumble of large rocks).

When a pika goes in search of food, it will do one of two things when it finds it. Either the pika will eat the plant right

away, or it will bite off a piece of plant and carry it back to its territory where it begins building what is known as a “haypile.” Each summer, every pika builds one large or 4 to 5 small haypiles, usually in a protected location under the largest boulder in its territory. Unlike many small mammals that inhabit cold areas, pikas do not hibernate during the winter. Instead they remain active beneath the rocks and snow year-round and use their haypiles as a food source. The pika that live on Lassen Peak have to deal with very long winters and might only have 3 to 4 months to gather all the food they need, so in August and September, when the flowers are starting to go to seed, pika are very busy and make up to 13 “haying trips” each hour to gather food.

How can you see a pika? The best way is to sit quietly in the morning or evening somewhere along the Bumpass Hell Trail, where the trail overlooks a slope of large rocks. Look for pika as they run over and around the boulders and listen for the creature's distinctive two-note “bark” (ee- eeeee).

What Are Invasive Plants?



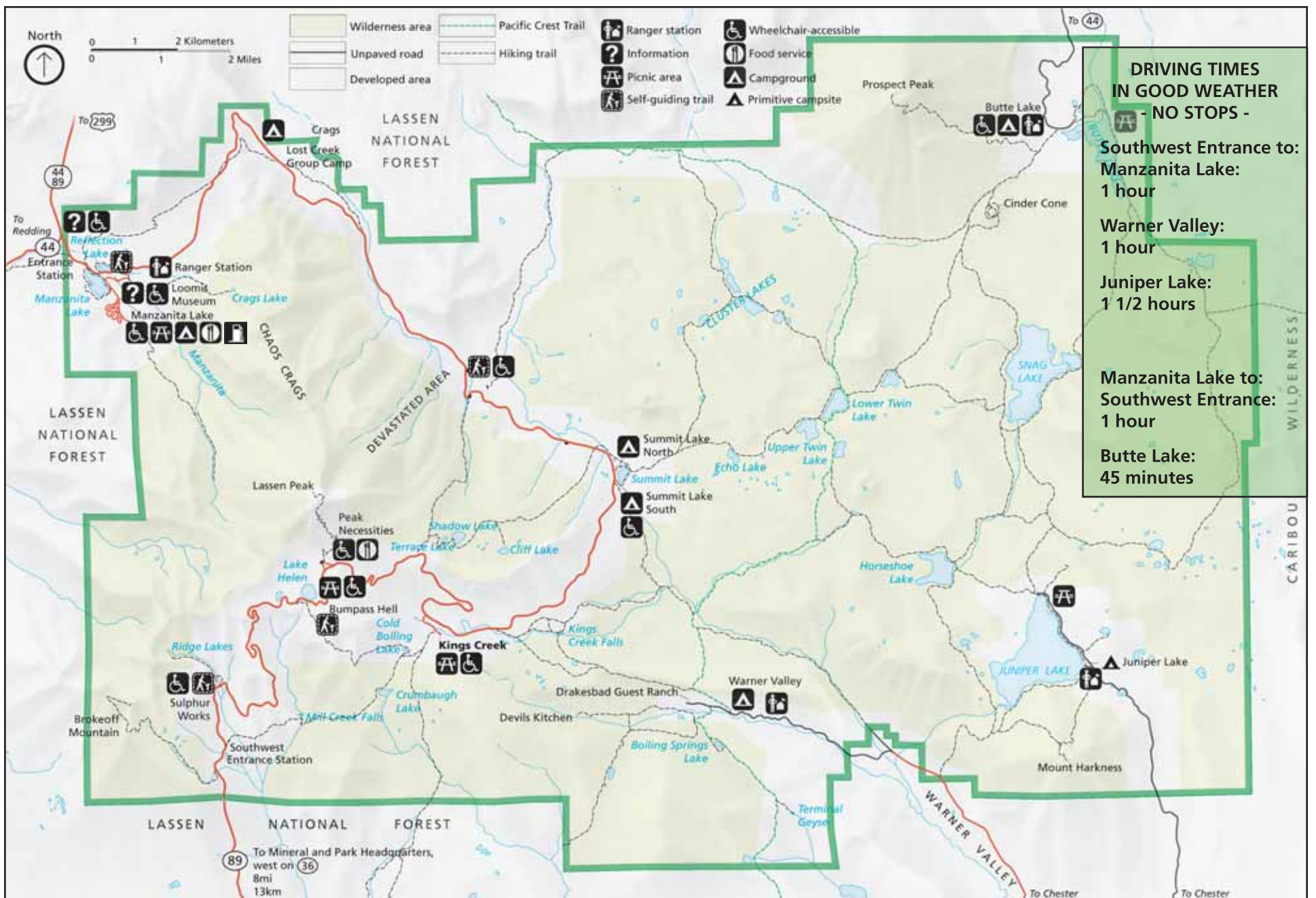
Common Mullein is an invasive species that can crowd out the native plants pikas eat

When plants that have evolved in one region are moved to another and then establish and spread successfully outside cultivation, they are considered invasive. No longer limited by their natural competitors or predators, invasive plants

tend to crowd out native plants. They can dominate a plant community by competing for sunlight, nutrients and water, often reducing food and shelter for wildlife. At Lassen Volcanic National Park, we use prevention and restoration to decrease invasive plant populations. Soil disturbance is kept to a minimum and park equipment is cleaned before being used to avoid spreading their seeds. Every summer interagency and volunteer groups remove invasive plants and reseed with native plants.

How can I help protect the park?

- Drive only on established roads and trails.
- Always check your tires, clothing, pets, boots, and gear for unwanted seeds and plant parts. They can fall off along the road or trail and start a new infestation.
- When pack animals are used, carry only feed that is certified weed-free. Start feeding pack animals certified weed-free feed at least 96 hours before entering the park.



Simple Energy Saving Ideas You Can Do Now to Support A Healthy Planet

(Continued from page 11)

Seal your windows. The amount of energy that escapes through American windows every winter is equivalent to all the oil that flows through the Alaska pipeline each year. If just 100,000 homeowners installed one storm window, they would keep more than four million pounds of carbon dioxide out of the air.



Additional energy saving actions include:

1. Use both sides of paper.
2. Take short showers instead of baths.
3. Turn off the water while you brush your teeth.
4. Turn off all lights when leaving a room.
5. Keep the refrigerator door closed as much as possible.
6. When you are cold, put on a sweater instead of turning up the heat.
7. Turn off the television, computer, and other appliances when they are not in use.
8. Recycle glass, paper, and aluminum whenever possible.

This newspaper was printed on 40% post-consumer recycled paper

Join the Green Team -Recycle!



You can help keep Lassen Volcanic National Park clean and green by participating in the park's recycling program.

This past year, with the help of volunteers, employees, and visitors like you, we recycled 38.81 tons of plastic, glass, aluminum, tin, and paper. The park recycled some materials that may surprise you. The Manzanita Lake Campground Forest Health Restoration Project sent 1,125 tons of wood chips to a cogeneration plant to generate electricity and approximately 160 thousand board feet of logs were hauled to a sawmill for conversion into lumber. Lassen Volcanic National Park recycled or reused a grand total of more than 1,164 tons of material last year.

When you deposit empty glass, aluminum, and plastic containers in our green recycle bins, you are not only keeping more trash out of landfills, but also saving energy and reducing carbon emissions. It takes less energy to make new cans and bottles from your recycled materials than from raw materials extracted from the earth.

With everyone's help our recycling program will continue to grow. Please join the Green Team and recycle.

