



5521 Michigan Blvd.
Concord, CA 94521
Office/Fax: (925)969-0808
Mobile: (925)788-6910

randy@monroescienceed.com
http://www.MonroeScienceEd.com

Camp Monroe: The Lassen Experience - 3-Day Itinerary & Menu (1 of 2)

<u>Monday: Day 1</u>	<u>Meals</u>
<p>7:00AM Depart for Camp Monroe 8:30AM Arrive at the Petrified Forest in Calistoga 9:00PM Depart Petrified Forest and Arrive at Old Faithful Geyser 9:30AM Depart Old Faithful for Sulfur Works Lassen *12:00PM Enjoy Lunch while on the Bus *12:45PM Arrive at the Lassen Visitor Center and Sulfur Works *2:00PM Depart Sulfur Works for Turtle Bay Redding *3:30PM Arrive at Turtle Bay *4:30PM Depart Turtle Bay for Camp Monroe 5:30PM Arrive at Camp Monroe Cabin Group Flagpole meeting 6:30PM Dinner 7:00PM Free time: Ultimate Frisbee, Frisbee Golf, Capture the Flag, Basketball, Baseball, Ping Pong, Horseshoes, Board Games 8:30PM Campfire 9:00PM Astronomy 10:30PM Lights out</p> <p><small>* Times and schedule vary in Lassen NP depending on snow conditions in early summer and hike in mid-late summer</small></p>	<p><u>Breakfast</u> (at home prior to departure)</p> <p><u>Lunch</u> (student's own packed lunch)</p> <p><u>*Dinner</u> Hamburgers and Garden Burgers Hot Dogs and Tofu Dogs Baked Beans and Chips (assorted) Fresh Salad, Fresh Fruits & Condiments Lemonade, Punch & Water Cookies</p> <p><small>*Please advise of any Special Dietary Needs for your child on the Registration Form</small></p>
<u>Tuesday: Day 2</u>	<u>Meals</u>
<p>7:00AM Breakfast 8:00AM Load buses to Spatter-Cone Trail 8:20AM Arrive Lassen Informational Station(10 min) 8:45AM Arrive Spatter-Cone Trail 10:45AM Depart Spatter-Cone Trail for Hat Creek Overlook 11:00AM Arrive Hat Creek Overlook 11:15 Depart Hat Creek Overlook for Burney Falls 11:45AM Arrive Burney Falls and eat lunch 1:00PM Depart Burney Falls to Hat Creek Radio Observatory/ATA 1:30PM Arrive at the Hat Creek Radio Observatory/ATA 2:30PM Depart the ATA for Subway Lava Tube Cave 3:00PM Arrive Subway Lava Tube Cave 3:30PM Depart Subway Lava Tube Cave 4:00PM Arrive at Devastated Area Lassen 5:00PM Depart Devastated Area for Camp Monroe 6:00PM Dinner 6:30PM Free time: Ultimate Frisbee, Frisbee Golf, Capture the Flag, Basketball, Baseball, Ping Pong, Horseshoes, Board Games 8:00PM Camp fire, Karaoke, S'mores and Camp Cabin Skits 10:30PM Lights out</p>	<p><u>Breakfast</u> Bacon & Eggs or Biscuits & Gravy Hash Browns & Condiments Bread, Toast, Muffins, Danishes, Peanut Butter & Jelly Cereals, Yogurts & Fresh Fruits Juices & Milk</p> <p><u>Lunch</u> Ham and/or Turkey Cheese Sandwiches Vegetarian Sandwiches: PB&J, Hummus, Sliced Vegetable, etc Chips, Crackers, & Assorted Granola Bars Carrot & Celery Sticks, Fresh Fruits Juice & Water</p> <p><u>Dinner</u> Baked and/or Fried Chicken Mashed Potatoes, Gravy, Green Beans, & Condiments Dinner Rolls, Fresh Salad & Fresh Fruits Lemonade, Punch, Water & Ice Cream</p>



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Camp Monroe: The Lassen Experience - 3-Day Itinerary & Menu (2 of 2)

<u>Wednesday: Day 3</u>	<u>Meals</u>
7:00AM Breakfast 8:30AM Depart Camp Monroe for Shasta Caverns 9:30AM Arrive at Shasta Caverns 11:30AM Depart Shasta Caverns for Shasta Dam 12:00PM Arrive at Shasta Dam 1:00PM Depart Shasta Dam and eat Lunch on the bus 4:30PM Arrive at Foster's Bighorn 5:00PM Depart Foster's Bighorn for Home 6:00PM Arrive at Home	<u>Breakfast</u> Sausage, Pancakes, and/or French Toast Sticks Muffins, Danishes, Bread, Condiments, and/or Peanut Butter & Jelly Cereals, Yogurts & Fresh Fruits Juices & Milk <u>Lunch</u> Ham and/or Turkey & Cheese Sandwiches Vegetarian Sandwiches: PB&J, Hummus, Sliced Vegetable, etc. Chips, Crackers, & Assorted Granola Bars Carrot & Celery Sticks, Fresh Fruits Juice & Water

***2011 Snow Contingency Itinerary:**

Day 1: Students will load the buses at 6:30AM and head for Calistoga. On our first stop, we will visit the Petrified Forest to see ancient redwoods that were blanketed and encased in ash from an eruption 3 million years ago and just 7 miles away. We later move down the road to California's very own "Old Faithful Geyser" to view an eruption. Next, it's off and up to the south end of Mt. Lassen, inside the caldera of the eroded Mt. Tehama to the Sulfur Works geothermal area. Then, we load the bus and we're off to Camp Monroe, a Y.M.C.A. facility on Lake McCumber.

Day 2: Students board the buses for a 4km hike on The Spatter Cone Volcano Trail. They will witness over a dozen different bubble-up and squeeze-up volcanoes and the formation of columnar basalt. Afterwards, students go to the Hat Creek Overlook and can see the Hat Creek River Valley and all of the southern Cascades including Mt. Lassen and Mt. Shasta. They will review the valley glacier process while viewing part of Mt Shasta's glacier field. Students then depart for lunch at Burney Falls, a beautiful groundwater waterfall. Students are given the opportunity to discuss the numerous topics on the formation and on-going processes occurring and walk 1km down to the base of the falls. We then move to the Hat Creek Radio Observatory aka the Allen Telescope Array to learn about radio astronomy and the search for extra-terrestrial life. Our next stop will be to wander through Subway Lava Tube Cave, the place where famed, old west, outlaw Black Bart would hide out after robbing the Wells Fargo Stage Coaches. Lastly, students will visit the Devastated Area to witness the breadth and scope of the 1915 Eruption that includes a short hike to Hat Lake Beaver Dam, and time in the snow. After, we will head back to Camp Monroe.

Day 3: Students will pack up camp, load the buses and head to Shasta Caverns. Students board a ferry which takes them across Lake Shasta and a small bus brings them up the side of a mountain where the caverns are accessed. The caverns display various aspects of groundwater erosion and deposition, and the geologic and biological processes involved with limestone cave formation. The last stop is at Turtle Bay Exploration Park in Redding to view a variety of native species: both flora and fauna that call Northern California home. Finally we will return home to FMS arriving about 6:00PM.