WHY REACH HIGHER?

Take your fitness to new heights with Lassen's new Reach Higher Trail Challenge. Whether taking a vigorous hike or a gentle stroll, exercising outside can improve physical health as well as emotional and mental well-being.

Regular exercise can lower risk of heart disease, help lower blood pressure, and reduce obesity. Add the great outdoors to help relieve stress, improve vitamin D levels, and instill a sense of well-being.

TAKE THE CHALLENGE

To participate in the Reach Higher Trail Challenge, complete the number of hikes at the challenge level that is best for you. For each hike, note the date completed and your approximate calories burned based on your weight and time spent hiking each trail (round-up to nearest weight or time).

1. Select your challenge level.
2. Hike any park trail that meets the challenge specifications.
3. Note your approximate calories burned for each hike from the table provided.
4. Present your challenge log to a park ranger to receive your free bandana.

Heart Helper

Complete any 3 challenges

Strength Trainer

Complete any 5 challenges

Endurance Master

Complete all 7 challenges

CHALLENGE LOG

Challenge	Date	Calories Burned
1: Take an Interpretive Hike Learn more about Lassen on the Lily Pond Nature Trail, Devastated Interpretive Trail, Cinder Cone Trail, or join a ranger-led hike.		
2: Explore a Meadow Spot wildflowers and wildlife on a trail to any one of the parks many meadows including Paradise Meadow via the Hat Lake trail or Corral Meadow via Summit Lake South.		
3: Loop around a Lake Enjoy a stroll around one of Lassen's lake loop trails including Manzanita Lake and Summit Lake among many others.		
4: Walk about a Watershed Lassen Volcanic is home to four watersheds! Wander about any water source in the park ranging from Mill Creek Falls to Manzanita Creek.		
5: Hike to a Hydrothermal Area Explore one of the Lassen's eight hydrothermal areas. Stop for a view of Sulphur Works before choosing one of the park's hydrothermal area trails.		
6: Discover a Hidden Gem Sometimes the lesser known spots are the best! Take the opportunity to explore a new, lesser known spot such as Inspiration Point, Cliff Lake, or Widow Lake.		
7: Climb a Volcano Did you know Lassen has more than 30 volcanoes? It's time to climb one of them! Go big with Lassen Peak or Brokeoff or take a milder climb on Mt. Harkness or Cinder Cone.		
Total Calories Burned		

		Duration (min)								
		15	30	45	60	75	90	120	150	180
Weight (lbs)	70	48	96	143	191	239	287	382	478	573
	100	68	137	205	273	341	410	546	683	819
	130	89	177	266	355	444	532	710	887	1065
	150	102	205	307	410	512	614	819	1024	1229
	170	116	232	348	464	580	696	828	1160	1392
	200	137	273	410	546	683	819	1092	1365	1638
	240	164	328	491	655	819	883	1310	1638	1966

Calorie counts are approximate. Individual calorie counts can be calculated with age, weight, heart beats per minute, and duration in minutes.

PREPAREDNESS CHECKLIST

Safety is *Your* Responsibility

A few suggestions to help you stay safe:

- Bring water and extra food
- Wear sturdy boots
- Use sunscreen
- Take breaks often
- Carry extra layers for warmth or sun protection
- Bring a flashlight or headlamp
- Tell someone where you are going and when you will return
- Check the weather forecast on-line or at the visitor centers
- Finish your hike before dark

FUEL FOR FITNESS

You can support your fitness accomplishments by making healthy food choices during your visit to Lassen. California Guest Services provides a variety of healthy snack and meal options. Young visitors are able to earn prizes for making healthy choices such as eating a healthy snack or completing an outdoor activity (including hikes completed for this challenge). Pickup a FitKid card at the Manzanita Lake Camper Store or at Lassen Café & Gift located inside the Kohm Yah-mah-nee Visitor Center.

National Park Foundation™

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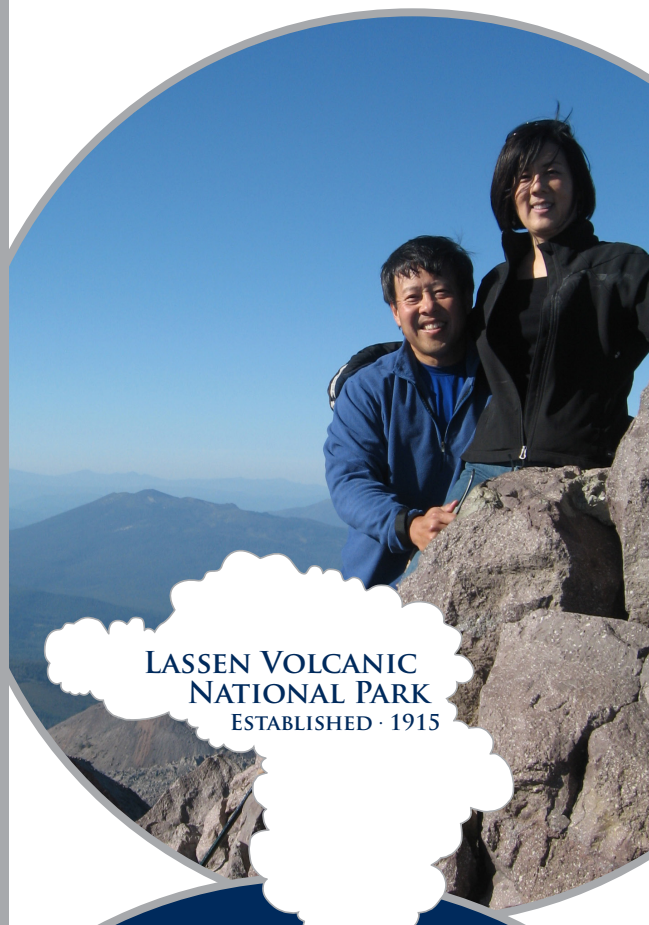
REACH HIGHER promotes hiking for fitness. Hiking is great way to burn calories, improve heart health, and explore your public lands.

go.nps.gov/reachhigher

LASSEN VOLCANIC NATIONAL PARK

REACH HIGHER TRAIL CHALLENGE



LASSEN VOLCANIC NATIONAL PARK
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REACH HIGHER
HEALTHY PARKS · HEALTHY PEOPLE