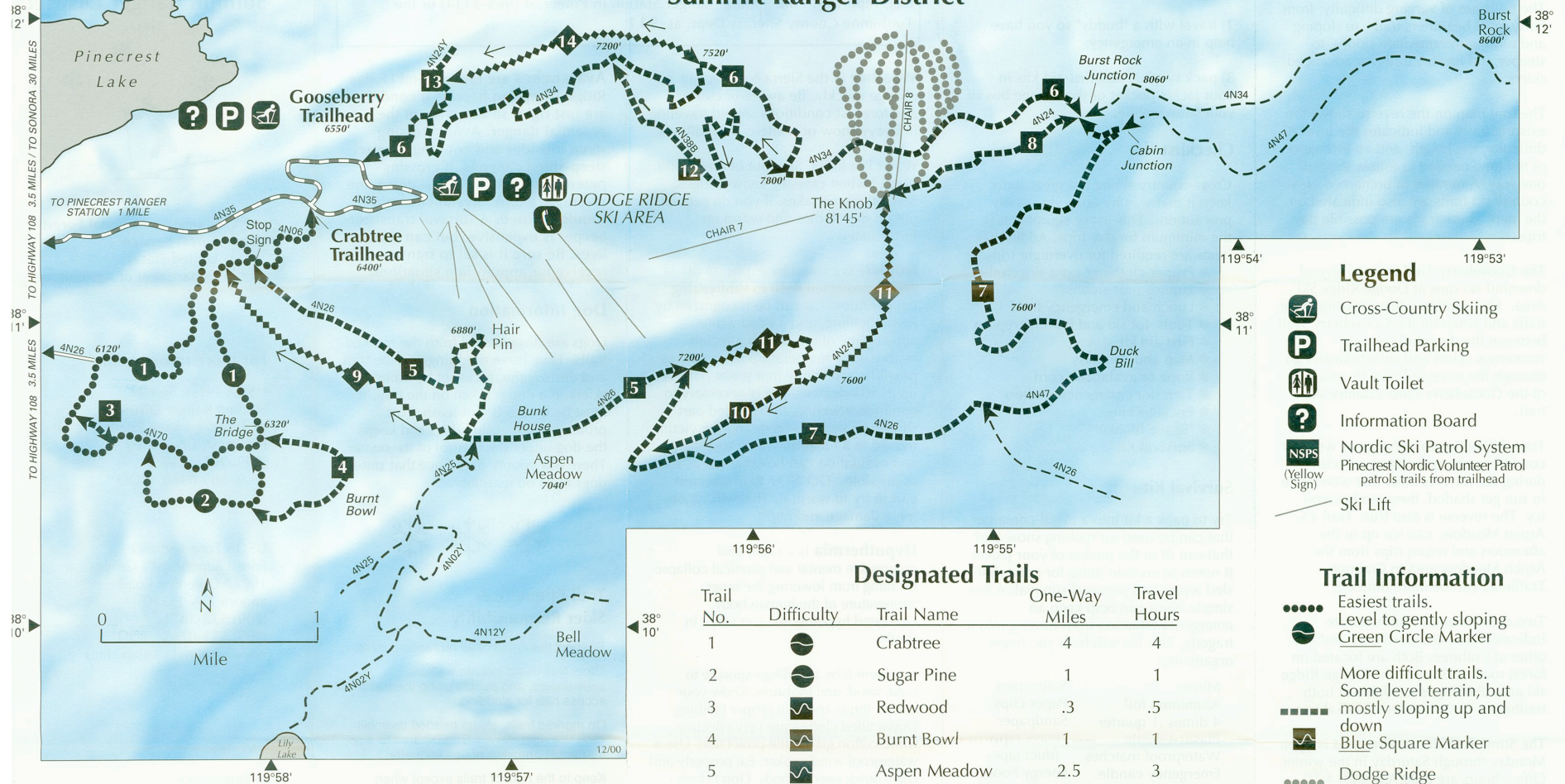


Cross-Country Ski Trails

Stanislaus National Forest Summit Ranger District



Degree of Difficulty Route Signs

Ratings are assigned to routes under ideal conditions and are based on difficulty compared to other routes in the area. A trail rated easiest by Summit standards could possibly be rated more difficult elsewhere. Conditions are always subject to change due to weather and other acts of nature. Changing snow conditions can make an easy trail moderate, or a moderate trail difficult. **Be prepared.**

Members of the volunteer Pinecrest Nordic Patrol are on the trails most weekends and holidays. These patrollers are members of the National Ski Patrol System and volunteer their time to provide assistance to the nordic skiing public. Patrollers are present when there is a yellow sign at the trailhead information boards.

Following the Trail

- ◆ Blue diamonds (4" x 4" or 6" x 6") mark the routes shown on the map. Diamonds are usually on trees. Some diamonds on the wider trails are further apart, so look carefully. After a snowfall, the diamonds may be covered.
- ◆◆ Two blue diamonds indicate a sharp turn in the trail.
- 6 Trail Signs (15 x 6") mark trailheads and intersections. Trail numbers and names correspond to the map above. **Trail signs may be missing or buried by snow. You may occasionally have to orient yourself using only the map.**

Designated Trails

Trail No.	Difficulty	Trail Name	One-Way Miles	Travel Hours
1	◆	Crabtree	4	4
2	◆	Sugar Pine	1	1
3	◆	Redwood	.3	.5
4	◆	Burnt Bowl	1	1
5	◆	Aspen Meadow	2.5	3
6	◆	Gooseberry	4	5
7	◆	Strider II	4	5
8	◆	Knob	1.2	1.5
9	◆◆	Ridge (downhill)	1.5	1
10	◆	Augie	.8	1
11	◆	Nordic Run	1.5	2
12	◆	Zig Zag	1.5	1
13	◆	Stanislaus	.7	1
14	◆	Rock & Roll	1.5	1.5

Use caution when crossing these trails, look uphill and listen before crossing. Once started across the downhill runs, move quickly across the trail(s) and do not stop until you reach the other side.

Trail #8 follows a downhill ski trail for about 300 feet. Trail #8 then follows the top of the ridge while the ski trail turns left and continues downhill.

Legend

- Cross-Country Skiing
- Trailhead Parking
- Vault Toilet
- Information Board
- Nordic Ski Patrol System
Pinecrest Nordic Volunteer Patrol
patrols trails from trailhead
- Ski Lift

Trail Information

- ◆◆◆◆ Easiest trails.
Level to gently sloping
Green Circle Marker
- ◆◆◆ More difficult trails.
Some level terrain, but
mostly sloping up and
down
Blue Square Marker
- ◆◆◆◆◆ Dodge Ridge
Downhill Ski Trails
- ◆◆◆◆◆ Most difficult trails.
Steep up and down,
often narrow;
requiring quick stops or
turns.
Black Diamond Marker
- Unmarked trails
(NOT patrolled)
- Recommended
direction of travel
- Closed gate
- Open gate
- 4N26 Forest Route Number
- 7200' Elevation
- Arrows mark beginning and
end of trail

Welcome to the Summit Ranger District Cross-Country Ski Trails

The Summit Ranger District of the Stanislaus National Forest has 25.5 miles of marked cross-country ski trails. The trails are of varying difficulty: from fairly level beginners trails, to sloping and turning intermediate slopes, to steeper and narrow trails for advanced skiers.

The trail map on the reverse shows the existing trails and indicates the level of difficulty, the length, and an estimation of the time needed to follow the trail one way. A number of unmarked cross-country ski trails are also indicated on the map. These trails are possible day trips.

The Gooseberry Trail crosses several downhill ski runs at Dodge Ridge Ski Area. Use caution when crossing these trails and when on the Gooseberry Trail between the downhill ski runs. Numerous skiers and snowboarders go through the trees and may be unaware of the Gooseberry cross-country ski trail.

Trail difficulties can change as weather conditions change; changes occur during the day. As trails that were once in sun get shaded, they can become icy. The reverse is also true. Trail #5, Aspen Meadow, can ice up in the afternoon and return trips from the Aspen Meadow area to Crabtree Trailhead can be more difficult.

Two cross-country trailheads are indicated: one at Gooseberry and the other at Crabtree. Both are located on forest road 4N35 near the Dodge Ridge ski area. Parking is available at both trailheads; a vault toilet is at Crabtree.

The Summit Office at Pinecrest is open Monday through Saturday in the winter. Office hours are 8:00 AM until 4:30 PM. The Summit office telephone number is (209) 965-3434.

Emergencies: Dial 911

Sonora Community Hospital
Approximately 31 miles west of
Pinecrest
1 South Forest Road
Sonora, CA 95370
209/ 532-3161

Tuolumne General Hospital
Approximately 29 miles west of
Pinecrest
101 Hospital Road
Sonora, CA 95370
209/ 533-7100

Winter Safety

Before you take off cross-country, there are at least three things you should do:

- 1) tell a responsible person where you are going and when you plan to return;
- 2) travel with a "buddy" so you have help in an emergency;

- 3) pack survival and first-aid kits in your jacket pocket or the storage box of your snowmobile.

Checklist

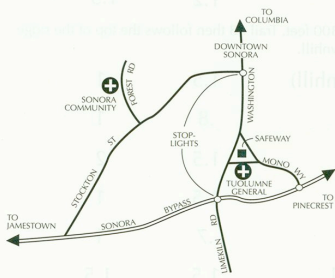
Cross-country skiing is a great sport; keep it that way by observing safety precautions. This list of equipment is the minimum for day trips. Additional items are required for overnight trips...

- * Proper clothing/ extra dry clothes
- * Liquids (not alcohol)
- * Lunch and emergency food
- * Tools for ski and binding repairs
- * First aid kit
- * Map and compass
- * Rope or avalanche cord
- * Tarp (for emergency shelter)
- * Pocket Knife
- * "Space blanket"
- * Survival Kit

Survival Kit

Try to pack a kit into a metal container that can be used for melting snow and that can fit in the pocket of your jacket. It needs to contain items for makeshift sled repair and personal survival. A few simple items can help keep an emergency situation from turning into a tragedy. This list will help you begin organizing:

- | | |
|--------------------|------------------------|
| Mirror | Safety pins |
| Aluminum foil | Paper clips |
| 4 dimes, 1 quarter | Sandpaper |
| Plastic whistle | Heavy tape (duct tape) |
| Waterproof matches | Energy Foods |
| Emergency candle | Bouillon cubes |
| Razor Blades | Salt |
| Plastic Bag | Wire |
| Wire | Candle(s) |
| Fishing line | |



L-O-S-T ??...On a marked trail, backtrack to the last blue diamond. Don't keep going ahead! If you can't find the trail, proceed downhill (trails 5-13) or in a northerly direction (trails 1-4) to reach the Dodge Ridge area. If it's getting dark, you should consider finding shelter and trying to keep warm. It may be better to stay put overnight than to risk getting further lost. If a member of your party is lost, report it to the Summit Ranger Station in Pinecrest (965-3434) or the Tuolumne County Sheriffs Dept. at **911**

Weather in the Sierra Nevada can change quickly. Be aware of current and forecast conditions. Avoid traveling in heavy snow or white-out conditions.

Water is a killer. Stay out of creeks. Be careful when crossing snow bridges. Stay off frozen lakes. If you do get wet, put on dry clothes and warm up immediately.

Frostbite is caused by exposure of poorly protected flesh to subfreezing temperatures. It can be recognized by loss of feeling, and a dead white appearance of the skin. If affected, restore body temperature as rapidly as possible, preferably in a water bath of up to 105 degrees. If it is necessary to continue traveling, the affected part should be kept covered, and the victim moved to a location where treatment and evaluation can be obtained as soon as possible. **DO NOT RUB** affected part to try to warm it. This will cause more damage and harm.

Hypothermia is a rapid and progressive mental and physical collapse resulting from lowering the inner temperature of the human body. Untreated hypothermia can result in death.

-Prevent it by avoiding exposure to cold, wind, and moisture. Know your body's limits and take proper clothing. Down filled clothes are very effective while cotton gives little protection. Use a waterproof windbreaker. Eat properly and carry quick energy foods. Don't drink alcohol, as it uses up energy.

-Give first aid by raising body temperatures with warm drinks, quick energy food, a warm indoor environment, or if this is not possible, body contact in a warm sleeping bag.

Wind Speed Cooling Power of Wind
Expressed as "Equivalent Chill Temperature"

mph	Temperature									
	Calm	40	30	20	10	5	0	-10	-20	-30
Equivalent Chill Temperature										
5	35	25	15	5	0	-5	-15	-25	-35	
10	30	15	5	-10	-15	-20	-35	-45	-60	
15	25	10	-5	-20	-25	-30	-45	-60	-70	
20	20	5	-10	-25	-30	-35	-50	-65	-80	
25	15	0	-15	-30	-35	-45	-60	-75	-90	
35	10	-5	-20	-35	-40	-50	-65	-80	-100	
40	10	-5	-20	-35	-45	-55	-70	-85	-100	
Danger		Increasing Danger				Great Danger				

Avalanches are rare around Dodge Ridge. They can happen if conditions are just right, so be aware of the potential danger. Avoid crossing steep hillsides and entering narrow, steep-sided canyons. If crossing potential avalanche areas, do so one person at a time. Avalanche cords should be used. A survival transistor-beeper is expensive, but can save lives. Be sure it is set to transmit or receive for appropriate situations.

Dog Information

Dogs are discouraged from the marked trails. They leave droppings on the trail and destroy the tracks set by other skiers. If a dog is taken on the trail, it must be on a 6-8 foot leash. This protects it from other dogs and keeps the dog under the control of its owner. There is a county ordinance that states dogs must be leashed.



Trail Etiquette & Skier Responsibility

Respect the rights of all recreation users.

Other trail users include walkers, snowshoers, and people using the trail to access hills for sledding.

On marked trails, skiers headed downhill have the right-of-way. Be prepared to stop for people unaware of trail etiquette.

Keep to the right of trails except when passing. Do not block trails when stopping or by walking side by side.

When entering a trail or starting downhill, yield to other skiers already on the trail.

Avoid stopping in middle of trails or obstructing trails or intersections.

Slow down when meeting or overtaking others. Be sure others can see and hear you.

Ski under control and in such a manner to avoid hazards and other skiers.

Fill in any holes or depressions made in the snow.

Keep off closed trails or other closed areas.

Respect the posted warning signs.

Pack out all trash. Leave the area cleaner than you found it.

Do not disturb wildlife. Keep dogs under control.

Cross-Country Ski Trails

Summit Ranger District
2001



**Stanislaus National Forest
Forest Service
United States
Department of Agriculture**

For more information:

USDA Forest Service
Summit Ranger District
#1 Pinecrest Lake Road
Pinecrest, CA. 95364
(209) 965-3434
(209) 965-0488 TDD

USDA Forest Service
Forest Supervisor's Office
19777 Greenley Road
Sonora, CA 95370
(209) 532-3671
(209) 533-0765 TDD
www.r5.fs.fed.us/stanislaus

In an Emergency:

Dial **911** to reach police or sheriff, highway patrol, fire and rescue service, or ambulance. Phones are located at Dodge Ridge Ski Area and in Pinecrest near the store.



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To file a complaint, write the Secretary of Agriculture, U.S. Department of Agriculture, Washington, DC 20250, or call (800) 245-6340 (voice) or (202) 720-1127 (TDD). USDA is an equal employment opportunity employer.