



Stanislaus National Forest

Summit Ranger District

SKI AND SNOWSHOE TRAILS

Trail Etiquette and Visitor Responsibility

Respect the rights of all recreation users. Trail users include skiers, snowshoers, walkers and people using the trail to access hills for sledding and snowplay.

- Over-Snow Vehicles are not allowed on or around the ski and snowshoe trails. Consult a Forest Service Over-Snow Vehicle Use Map to see where over-snow vehicle use is permitted.
- On marked trails, skiers and snowshoers headed downhill have the right-of-way. Be prepared to stop for people unaware of trail etiquette.
- Avoid obstructing trails or intersections. Keep to the right of trails except when passing. Do not block trails when stopping or by traveling side by side.
- When entering a trail or starting downhill, yield to those already on the trail.
- 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 travelers.
- 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.

Dogs are discouraged from the marked ski trails. They leave droppings on the trail and destroy the tracks set by other skiers. If you do choose to bring your dog on the trail, pick up (and pack out) it's waste. Per Tuolumne County ordinance, dogs must be on a 6-foot leash.

Winter Safety

Winter is a fun time to recreate outdoors but there

are inherent dangers associated with backcountry travel in winter. The following basic safety precautions are recommended:

- Tell a responsible person where you are going and when you plan to return;
- Travel with a "buddy" so you have help in an emergency;
- Carry adequate food, water, warm clothing, and emergency equipment;
- Carry a map and compass even if you have a GPS unit or a GPS app on your phone. Although most trails are marked with blue diamonds, they are no substitute for navigation skills.

You or your group, as appropriate, should carry the "ten essentials" on every trip. A few simple items can help keep an emergency situation from turning into a tragedy. They include: nutrition (snacks), hydration (water), insulation (warm jacket), illumination (headlamp), navigation (map and compass and/or GPS), first aid supplies, fire (lighter or matches), repair kit, emergency shelter ("space blanket"), and sun protection.

Emergencies: Dial 911

Adventist Health Sonora. Approximately 28 miles west of Pinecrest.

1000 Greenley Road, Sonora, CA 95370 (209) 536-5000

L-0-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 Tuolumne County Sheriff's Dept. by calling 911.

Water is especially dangerous in winter. Be careful

when crossing snow bridges over creeks and stay off frozen lakes. If you do get wet, put on dry clothes and warm up immediately.

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

Wilderness first aid. Be familiar with the signs, symptoms, and treatment of hypothermia and frostbite.

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. If it is necessary to continue traveling outdoors, 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 the 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 hypothermia by avoiding exposure to cold, wind, and moisture. Give first aid by raising body temperatures with warm drinks, quick energy food, and a warm indoor environment, or if this is not possible, body contact in a warm sleeping bag.

To avoid hypothermia know your body's limits and carry proper clothing. Down or synthetic "puffy" clothes are very effective at providing warmth. Wool or synthetic underlayers stay warm even when wet, while cotton does not. Carry or wear a waterproof windbreaker. Stay hydrated and eat properly.



WELCOME TO THE Summit Ranger District Ski and Snowshoe Trails

The Summit Ranger District of the Stanislaus National Forest has 25 miles of marked cross-country ski and snowshoe trails. The trails are of varying difficulty, from level beginner trails, to sloping and turning intermediate slopes, to steeper and narrow trails for advanced skiers and snowshoers. The map on the reverse shows the trails and indicates the level of difficulty and length of each trail.

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. Skiers and snowboarders go through the trees and may be unaware of the Gooseberry trail.

Two trailheads access these trails, Gooseberry and Crabtree. Both are located on Forest Road 4N35 near the Dodge Ridge Ski Resort. Parking is available at both trailheads.

The Summit Ranger District Office at Pinecrest is open Monday through Saturday. The Summit office telephone number is (209) 965-3434. Please check with the Ranger Station, or visit www.fs.usda.gov/stanislaus for up-to-date information about the ski trails.

This winter trail guide was created by the Pinecrest Nordic Ski Patrol, Winter Wildlands Alliance and Snowlands Network in cooperation with Stanislaus National Forest. Learn more at: www.pinecrestnordic.org www.winterwildlands.org www.snowlands.org

The volunteer-based Pinecrest Nordic Ski Patrol, a member of the National Ski Patrol, provides outdoor safety and instruction to the public. The Ski Patrol maintains and patrols the ski and snowshoe trail system and provides instruction on avalanche, mountain travel and rescue techniques.

FOR MORE INFORMATION:

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

In an Emergency:
Dial 911 to reach police or sheriff, highway patrol, fire and rescue service, or ambulance.

The U.S. Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, and marital or familial status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (braille, large print, audiotape, etc.) should contact USDA 's TARGET Center at 202-720- 2600 (voice and TOO). 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 (TOD). USDA is an equal employment opportunity employer.