

Camp Monroe: *The Lassen Experience* - 3-Day Itinerary & Menu

Times & Schedule can vary in Lassen National Park depending on snow conditions in early & mid-late summer.
Please advise any Special Dietary Needs in Camp Monroe Registration Form.

Day 1	Meals
<p>6:30 AM Arrive at FMS 7:00 AM Depart FMS for Lassen & Camp Monroe 11:00 AM Arrive at Lassen Volcanic National Park (South) Kohm Yah-mah-nee Visitor Center 11:30 AM Lassen Sulfur Works 12:00 PM Lassen Summit, Lunch (Student's packed Lunch) & Snow Time 2:00 PM Depart Lassen Summit 2:30 Arrive Devastated Area Lassen 2:45 Depart Devastated Area 3:00 PM Arrive Lassen Information Area (North) 3:15 PM Depart Lassen Volcanic National Park (North) 3:45 PM Arrive Camp Monroe (Lake McCumber/Battle Creek) 4:00 PM Cabin Group Flagpole Meeting 4:15 PM *Free Time 6:00 PM Dinner 6:30 PM *Free Time 8:00 PM Ultimate Frisbee & Capture the Flag 9:30 PM Astronomy 10:30PM Lights Out *Free Time: Frisbee Golf, Basketball, Softball, Football, Horse Shoes, Ping Pong, Shuffleboard, Games</p>	<p>Breakfast (at home prior to departure)</p> <p>Lunch (Student's own packed lunch)</p> <p>Dinner Beef, Turkey, Veggie Hamburger & Cheese Burger Turkey & Veggie Hot Dog (Lettuce, Tomato, Onion, Ketchup, Mayo, Mustard, Relish) Baked Beans & Pasta Salad Green Salad & Fresh Fruits Brownies or Ice Cream Lemonade, Fruit Drinks, Water</p>
Day 2	Meals
<p>7:00 AM Breakfast 8:00 AM Depart Camp Monroe with swimsuits, towels & flashlights 8:15 AM Lassen Information Center (North) 8:45 AM Spatter-Cone Trail 10:00 AM Depart Spatter-Cone Trail 10:15 AM Hat Creek Overlook 10:30 AM Depart Hat Creek Overlook 11:00 AM Arrive Hat Creek Radio Observatory/SETI ATA 11:45 AM Depart HCRO/SETI ATA 12:00 PM Arrive Burney Falls – hike the falls trail 12:30 PM Change for Swimming in Lake Britton & Lunch 2:30 PM Dry Off & Change out of Swimsuits 3:00 PM Depart Burney Falls 3:30 PM Arrive Subway Lava Tube Cave *flashlights needed 4:00 PM Depart Subway Lava Tube Cave 4:30 PM Arrive Camp – *Free Time 6:00 PM Dinner 6:30 PM *Free Time 8:00 PM Prepare Individual Cabin Skits 9:00 PM Campfire, S'mores and Camp Cabin Skits 10:30 PM Lights Out *Free Time: Frisbee Golf, Basketball, Softball, Football, Horse Shoes, Ping Pong, Shuffleboard, Games</p>	<p>Breakfast Turkey & Pork Bacon, Scrambled Eggs, & Hash Browns Bread, Toast, Muffins, Peanut Butter & Jelly Oatmeal, Cereals, Yogurts, Fresh Fruits, Assorted Juices, Milk</p> <p>Lunch Turkey, Roast Beef & Veggie Wraps (Spring Mix, Tomato, Cream Cheese) Peanut Butter & Jelly Sandwiches, Veggies - Edamame (soy beans), Carrots, Broccoli, Celery, Chips, Cookies, Assorted Juices, Water</p> <p>Dinner Chicken Thighs & Drumsticks Mashed Potatoes & Gravy Corn on the Cob Green Beans & Dinner Rolls Green Salad & Fresh Fruits Brownies or Ice Cream, Lemonade, Punch, Water</p>
Day 3	Meals
<p>6:30 AM Breakfast 7:45 AM Depart Camp Monroe 8:45 AM Arrive at Shasta Caverns (Lake Shasta) 11:30 AM Lunch at Shasta Caverns 12:00 PM Depart Shasta Caverns 12:30 PM Arrive Turtle Bay Exploration Park (Sacramento River) 1:30 PM Depart Turtle Bay 2:00 PM Arrive Coleman National Fish Hatchery (Battle Creek tributary to Sacramento River) 2:45 PM Depart Coleman National Fish Hatchery for FMS 6:00 PM Arrive FMS</p>	<p>Breakfast Veggie & Pork Sausage, Pancakes or French Toast Sticks Hard-Boiled Eggs, Bread, Toast, Muffins, Peanut Butter & Jelly Oatmeal, Cereals, Yogurts, Fresh Fruits, Juices, Milk</p> <p>Lunch Roast Beef & Cheddar or Turkey & Swiss (Lettuce, Tomato, Onion, Mayo, Mustard, Pickle) Peanut Butter & Jelly Sandwiches Veggies - Edamame (soy beans), Carrots, Broccoli, Celery Chips & Cookies, Assorted Juices, Water</p>