

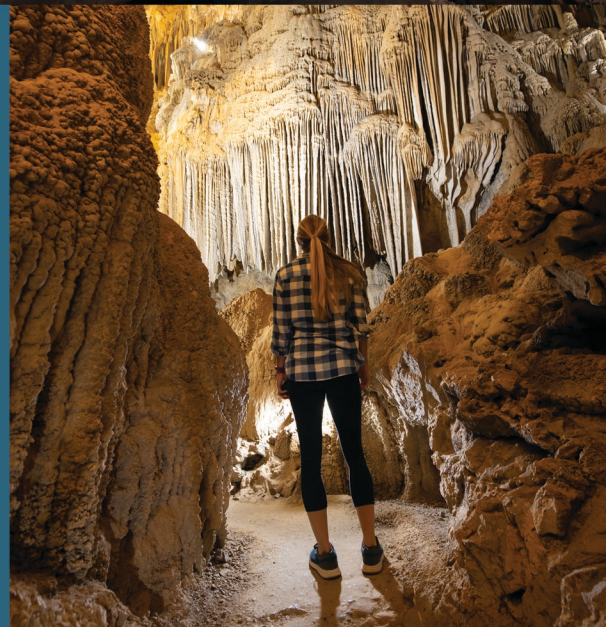


# Caves of the Shasta Cascade

## Day 1 - Lake Shasta Caverns National Natural

**Landmark:** We've put together a weekend itinerary hitting some of our favorite caving sites. So pack the car, grab a flashlight, and get ready to channel your inner spelunker!

Your first stop is Lake Shasta Caverns National Natural Landmark - three adventures in one! Start the tour with a catamaran cruise across Shasta Lake, then hop on a bus and make your way to the beautiful and historic limestone caves. Once there, you'll be taken on a guided tour of caves that have been 250 million years in the making!



**Subway Cave:** After you've toured Shasta Caverns, head out to Subway Cave. Maintained by the US Forest Service, this lava tube is unusually easy to explore, with ample headroom and a rubble-free floor. The U.S. Forest Service has installed concrete stairs, a trail from the parking lot, and interpretive signs explaining the origins of the cave. This is the largest accessible tube in this flow, and temperatures remain at about 46F year-round. Be sure to take a light jacket and a flashlight.

**Day 2 - Lava Beds National Monument:** Finish the weekend by heading to Lava Beds National Monument. Enjoy the trip on the Volcanic Legacy Scenic Byway and take in some of the gorgeous landscapes of the area. Once you've arrived, plan the day to explore the varied landscape of this national monument. Over the last half-million years, volcanic eruptions have created a rugged landscape dotted with diverse volcanic features. More than 800 caves, Native American rock art sites, historic battlefields, and a high desert wilderness experience await you.



The caves at Lava Beds are the star of the show, and there are certainly plenty to choose from! There are opportunities for everyone, from the first-time cave visitor to the experienced spelunker. Or, you can always join a ranger for a guided tour of Fern Cave or the Crystal Ice Cave, some of the most spectacular caves on property. (Available seasonally.)

**Niles Hotel:** End your day with a stay at the historic Niles Hotel. Established in 1912, the Niles Hotel offers decor that harkens back to the days of old time America and will make you feel like you've stepped back in time. Don't forget to stop by the Niles Roadhouse for a classic American dinner while you're there!

