

Tahoe National Forest and Lakes Basin

Winter Recreation Guide



America's Great Outdoors

California 2010

Forest Service

United States Department of Agriculture

Welcome

This guide is designed to help the winter recreationalist enjoy the Tahoe National Forest without unnecessary damage to the soil, water, and other resources.

For your safety and the safety of others, carry a shovel and tree chains. Never park in the roadway. Vehicles parked overnight need to be staked at all 4 corners with 1x2 inch by 8-foot poles to prevent accidental damage by snow removal equipment. Lock your vehicle and do not leave items of value in sight. Winter recreation activities may be hazardous. Your common sense, skill level, use of proper clothing, respect for the terrain and weather will combine to affect your safety.

Over-snow recreational vehicles do not use the many uses of National Forest lands. To protect future opportunities for access, please TRAIL RIGHTLY on the land and be respectful of the rights of skiers, snowshoos, campers and private land owners.

Sharing Routes

In some areas of the Forest those travelling by skis, snowshoes, and snowmobiles must share the same routes and areas. The following suggestions will provide safe routes for everyone:

- Operate snowmobiles at a speed that allows time to stop within 1/2 your sight distance and at minimum speed near skiers, snowshoos, dogs, or wildlife. Maintain minimum speed until you are well beyond those on foot.
- Skiers and snowshoos should realize that snowmobile operators are generally unable to hear approaching trail users. Use courtesy and respect that all trail users can safely enjoy away from the trail.
- All groomed travel routes are closed to wheeled vehicles.



Tahoe National Forest Supervisor's Office

631 Coyote Street
Nevada City, CA 95959-2238
530-264-4511, TDD: 530-478-6118
www.fs.fed.us/tahoe

Yuba River Ranger District
12924 Hwy. 49, Camancheville, CA 95922
530-288-3231, TDD: 530-288-3656

American River Ranger District
2280 Forestry Road
Foresthill, CA 95631
530-867-2224, TDD: 530-867-2226

Sierra Valley Ranger District
P.O. Box 95, 317 So. Lincoln St.
Sierra Valley, CA 96126
530-993-3601, TDD: 530-994-3521

Truckee Ranger District
10811 Stockeest Springs Road
Truckee, CA 96161
530-857-5558, TDD: 530-587-6907

Plumas National Forest,
Backcountry Ranger District
P.O. Box 7, 23 Meadowbrook Rd.
Blairsville, CA 96103
Voice or TDD: 530-536-2575
www.fs.fed.us/plumas

Emergencies call 911

Local Medical Facilities

Auburn
Sainte Julienne Faith Hospital
11815 Education Street, Auburn, CA
530-888-4500

Sierra Doctors Medical Group
215 Grass Valley Hwy, Auburn, CA
530-885-0344

Chico
Eukote Medical Center
1531 Highway 40, Chico, CA 530-332-7300

Downstream
Western Sierra Medical Clinic
209 Nevada Street, Downsville, CA
530-289-3298

Grass Valley
Sierra Nevada Memorial Hospital
153 Grassion Way, Grass Valley, CA
530-274-6000

Loyalton
Eastern Plumas Healthcare
725 5th Street, Loyalton, CA
530-965-1231

Reno
Riverside Medical Center
1155 Mill Street, Reno, NV 775-982-4100

Truckee
Tahoe Forest Hospital
1021 Pine Ave., Truckee, CA 530-587-6011

California Snowmobile Registration

In California, state law requires that all snowmobiles must be registered under the "Green Sticker" over snow vehicle (OSV) registration program. \$50 for a two year sticker through DMV. If you are not a resident of California and your snowmobile is not registered in your home state, you will need a nonresident OSV permit, \$30 per year, to operate your snowmobile in California. The money collected through the Green Sticker and Nonresident Permit program is distributed throughout the state to maintain and develop OSV trails and facilities. Fines for riding an unregistered vehicle can get expensive. By registering your OSV, you are helping to buy or maintain a place to ride.

California honors out of state registration for off-highway vehicles, but vehicles brought in from states that do not have registration programs are required to obtain a nonresident OSV permit. Nonresident permits are sold by local businesses and can be obtained at these area locations:

Dupont Power Tool
123 Crocker St.
Quincy, CA 530-283-2136

Orange Chevron
7400 Hwy 89, Grangeville, CA 530-836-2309

Michael's Cycle Works
2680 So. Carson Street
Carson City, NV 775-883-6111

Michael's Reno Power Sports
1028 South Virginia Street, Reno, NV
(775) 825-8680

Motorcycle Performance Center
101 Linn Lane
Roseville, CA 916-722-2300

Mountain Hardware and Sports
1120 Donner Pass Road
Truckee, CA 530-587-4844

Thin Air Motorsports
1069 East River St.
Truckee, CA 530-582-8081

Noise Annoys

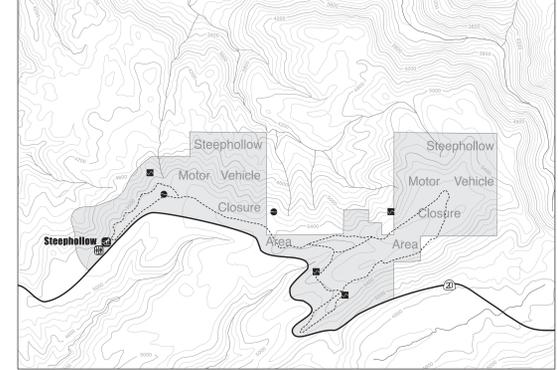
Use only well maintained stock muffler on your snowmobile because noise annoys others. Problems with excessive noise levels occur when irresponsible snowmobilers modify the exhaust system or substitute the factory system with an after-market racing exhaust. This is illegal (CA 38356(a)) and Title 36 CFR 261.15(d). Remember, less sound = more ground.

TREAD LIGHTLY! ON PUBLIC AND PRIVATE LAND

Winter Code of Ethics

- I will be a good sportsperson. I recognize that people judge all winter recreators by individual actions. I will not trample other users trails and will give assistance to those in distress.
- I will plan my outing according to my ability, endurance, equipment, and will check current weather reports. I will not venture where I am going and when I expect to return.
- I will keep to the right when meeting another winter recreator. I will yield the right-of-way to traffic moving downhill.
- I will slow down and use caution when approaching or passing.
- When stopping, I will not block the trail.
- I will not damage living trees, shrubs, stream banks or other natural features.
- I will park responsibly, taking no more space than needed, without blocking other vehicles and without impeding access to trails. I will carpool where possible to conserve parking spaces.
- I will not damage living trees, shrubs, stream banks or other natural features.
- I will park my litter and waste home.
- I will not harass wildlife.
- I will pick up after and control my pets.

Cross Country Ski Area



Hypothermia

As many as 85 percent of outdoor recreation fatalities are caused by hypothermia. Hypothermia is a rapid progressive physical and mental collapse due to chilling of the body's core. Caused by prolonged exposure to cold, hypothermia is greatly intensified by wetness, wind, exhaustion, and hunger.

Symptoms

Watch for early signs in your companion! Victims are usually not aware of their hypothermia.

Body Temp. Symptoms

- 98.6
- Normal
 - Stuttering
 - Uncontrolled shivering and unreasonable behavior
 - Reduced mental awareness; incoherent speech
 - Reduced muscle coordination; slurred speech; stiff, fumbling fingers; stumbling walk
 - Shivering may stop
- 81.0
- Snore
 - Deathlike coma
 - Death

To Treat Hypothermia

- Actively, but gently rewarm the victim
- Get victim out of wind, rain and snow
- Move to a campfire or inside a dry sleeping bag, skin to skin with a healthy person
- Get victim out of wet clothes (remove or alcohol)

To Prevent Hypothermia

- Avoid skiing or snowmobiling alone
- Regulate your body temperature - avoid sweating
- Wear proper, utilize the principle of layered clothing
- Avoid exposure to rain and wind
- Avoid fatigue by periodic rest
- Prevent dehydration - consume enough liquids
- Be aware of the symptoms and watch for them in yourself and others

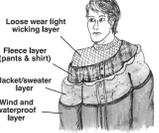
Dressing For Warmth

Keeping warm in the backcountry during winter is not only important for your comfort, but is essential to avoiding life-threatening hypothermia. When dressing for winter backcountry activities use the layer concept. A single garment can't suffice for all levels of activity and temperatures.

Use a number of individual clothing layers that can be removed or added to keep your body from overheating or chilling. The layer concept uses a light wicking layer next to the skin to get rid of moisture, insulating layers and an outer wind/water seal layer (see the figure below).

Layering

- Plan to stay dry. Wet clothes and feet can lead to hypothermia. Bring more socks than you think you need, and several changes of clothes. Wear wool or synthetic fabrics.
- Designated fire and weather use. Cotton fabrics become damp and contribute to hypothermia. It's easier to stay dry in colder conditions, since snow and ice won't melt as easily.
- Eating snow does not quench thirst. Plan on melting snow with a stove for drinking water if you don't have access to a running stream.
- Stay warm by wearing a hat. The head is a major source of heat loss for humans. Snowsuits and gloves can provide a much better insulating environment than a tent, and be quite comfortable. Portable snow shovels allow you to more or less stop quickly.
- Make sure you are dry. Covering your trash with snow just exposes your dirtiest to others in the spring.
- Camp at least 100 yards away from placed roads to avoid the discharge from snowplows and blowers. Do not park vehicles in areas that may be plowed.
- Most places look different in winter than summer. It's easy to get lost, so pay particular attention to landmarks, and bring a map with you. Having the right equipment, and being in good shape will make your trip enjoyable. Avoid skiing or snowmobiling alone.



If you are going to be active outdoors, avoid cotton clothing. Once the cotton is wet it provides no insulating value. As mentioned above, it is wise to bring extra warm clothing like a wool sweater and wool socks in case you need to warm up. Another important thing to remember is to have a good warm hat. We can rapidly lose body heat from our head and a warm hat will prevent this problem.

On the Trail

Keep warm and dry. Know your ability and stay within your limits. Don't venture too far from your group. Follow your map and take notice of prominent landmarks. Turn back when you get too tired. Avoid skiing or snowmobiling alone.

Groomed Snowmobile Trails

Not all the trails shown on this map are groomed. All of the "marked XC ski routes" and some of the "marked snowmobile routes" are not groomed. Visitors, especially novice snowmobile riders, need to be aware that snowmobile routes that are regularly groomed sometimes exhibit ungroomed characteristics. This may occur:

- Just after a snowstorm if the groomer has not yet reached the trail you plan to ride.
- During a heavy snowstorm. In the Sierra, snow depths of two or more feet can accumulate in just a few hours and bury a freshly groomed trail. Be sure to check weather forecasts before venturing out.
- Funds for grooming trails may have been exhausted, especially in late winter.

If you would like current grooming condition information, call the Ranger District Office for the area you plan to ride.

Dogs On the Trail

Be considerate of others using trails and clear up after your pet. All dogs should have a current license and identification in case they are separated from their owners. For the sake of wildlife and fellow recreationists, maintain control of, and be prepared to leash your dog. Dogs noses can get sun burned with the sun reflecting off of the snow. They can also get frostbite or become dehydrated. Know your dogs limits as well as your own.

County animal control laws are in effect in the Tahoe National Forest.

Before You Leave Home

- Check your equipment.
- Notify a friend or relative of your route and expected time of return. Be sure to check with that person when you return.
- Plan your route carefully to avoid avalanche-prone areas. Avoid steep terrain on open slopes and in narrow canyons.
- Check weather and avalanche forecasts.
- Check road conditions (in California call 1-800-427-7623). Carry tire chains (trucks with brakes will need chains).

Things You Might Need

- Pocket knife
- Matches (in a waterproof container)
- Metal cup to melt snow
- Map of the area (know how to read it)
- Global Positioning System Receiver (GPS)
- Compass (know how to use it)
- Extra clothing (including rain gear)
- First aid kit
- High energy food
- X or N plastic tarp (space blanket), and 100 percent nylon tent
- Sunglasses, sunblock and chapstick
- Water
- Duct tape
- Avalanche beacon
- Cell phone with extra battery
- Probe pole set
- Shovels

If Skiing:

- Binding repair kit and extra ski tip

If Snowmobiling:

- Repair tools
- Extra drive and clutch belts
- Sprink plugs
- Plenty of fuel
- Skis or snowshoes (in case of breakdown)

If Snow Camping:

- Snowshoes or cross country skis, with repair kit
- Gas stove and extra fuel, extra matches or lighter
- Four season tent
- Staying bags rated at 0 degrees or less
- Wool cap
- Ticket paper, light bags
- Portable water radio

For more information on Operational Lifesaver in your area, please visit the website www.OLOrg



Commercial X/C Ski Areas

Ski Resort Info
Royal Gorge, Soda Springs 530-426-3171
Groomed trails, rentals and lessons
Yuba Valley
Tahoe Cross Country, Tahoe City 530-583-5475
Groomed trails, rentals and lessons
Squaw Creek, Olympic Valley
530-583-6300
Groomed trails, rentals and lessons
Truckee Donner
530-857-9884
Groomed trails, rentals and lessons
Northstar Cross Country Ski Area, Truckee
530-857-2218
Groomed trails, rentals and lessons

Commercial Snowshoe Areas

Snowshoe Resort Info
Shinnyee Creek Snowshoe Resort, Cisco Grove 530-587-5160
Guided hikes and rentals

Snowmobile Outfitter Guides

Eagle Ridge Snowmobile Outfitters
Little Truckee Summit 530-586-8667, Map location B-5
Coldstream Adventures
Cabin Creek and Coldstream 530-582-9090, Map location D-6
Lake Tahoe Snowmobiling
Breckenridge Summit, Hwy 267 530-546-4280, Map location D-7
Full Throttle
Marin Peak Road, Hwy 267 530-546-3111, Map location D-7

Back Country Ski Guides

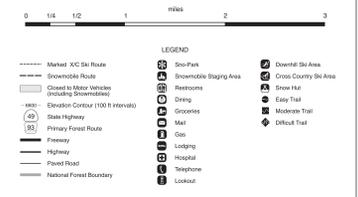
Pacific Crest Snowsports
www.pacificcrestsnowsports.com 888-792-9222

Private Businesses

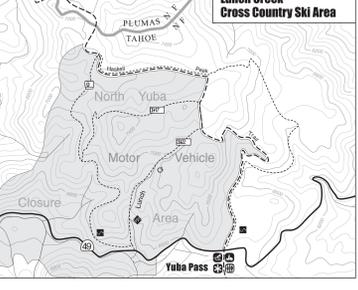
The listing of private businesses in this winter guide is for reader information and does not imply endorsement by the USDA Forest Service of any product or service.



Cross Country Ski Areas



Larch Creek Cross Country Ski Area



Backcountry Use and Inherent Risks

The Forest Service encourages a broad range of recreation activities. Based on what our users have told us over the past 20 years, it is important to keep the backcountry open.

Backcountry winter recreation is similar to other high risk outdoor activities, like mountaineering and white water kayaking, in that the participants must match their skill level to the prevailing conditions. Going into the backcountry involves inherent risks. Risks can be minimized when individuals take personal responsibility to educate, prepare and equip themselves to deal effectively with backcountry conditions at any time.

Here are a few facts about trails and tracks that may save your life: Although you might not see or hear a trail, one can be very close. Snow and other weather conditions block normal trail sounds such as whistles, horns, and equipment movement. If there are no legal designated erasing-in the area, the eraser has no reason to sound the whistle. If he blows his whistle because someone or something is on the tracks, it is too late to stop.

Trains take over a mile to stop once the emergency brakes are applied. In clear, sunny weather, on-board crewmembers can only see approximately 1/4 mile down the track, visibility will become worse as it is snowing.

Rollback snow removal equipment will throw snow along the track creating a bank of snow that can reach up to 20 feet tall. Some of this equipment reaches out eight feet from the center of the track. If you are caught on the tracks, you will not be able to climb or ski out of the way.

Please remember, tracks are for trains, not for your use. Trespassing on the railroad right-of-way is illegal and possibly deadly. So, play smart and stay away from the main tracks.

For more information on Operational Lifesaver in your area, please visit the website www.OLOrg



Motor Vehicle Closure Areas

Motor Vehicle Closure Area - A geographic area, including the trails and roads within it, which is closed to motorized vehicles when snow is on the ground. Snowmobiles, snowcoacs, quadcooters, motorcycles, trailers, cars and trucks are motor vehicles.

The Closure and Restriction areas are open to all non-motorized winter recreation.

Motor Vehicle Closure Areas are created to protect wildlife habitat, to protect research areas, for public safety, to provide a non-motorized recreation experience, and to comply with existing wilderness and wild-er classifications.

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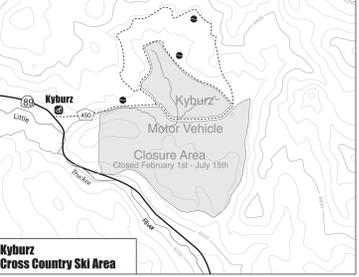
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Kyburz Flat Cross Country Ski Area

The flat lands of Kyburz Flat can be ideal for both motorized and non-motorized uses. Much of the flat land is also prime habitat for waterfowl nesting. Use of snowmobiles is prohibited in the closure area (shaded) from February 1 to July 15 of each year. A marked cross country ski trail has been established north of the closure area to guide skiers away from the more sensitive nesting areas. Skiers and snowshoos are also asked to stay on the trail system during the closure.

period and also asked to leave the dogs home while traveling in this area.

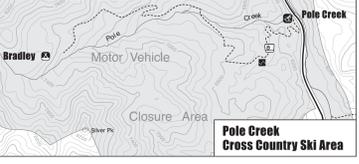
Snowmobile users are asked to pass through this area by staying on the County Road. An additional parking lot is located at Little Truckee Summit. Snowmobile users are asked to refrain from parking at the Road 450 Hwy. 89 intersection.

Remember, all motor vehicle use is prohibited in the closed area from February 1 to July 15.

Cabin Creek Cross Country Ski Area



Pole Creek Cross Country Ski Area



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