

# South Gate/Squaw Meadow Trail



A trip through Mount Shasta's barren volcanic landscape ending at a beautiful subalpine meadow complex situated at just about 8,000 feet.

**Difficulty:** Moderate

**Season:** Summer, Early Fall

## About South Gate Meadow

The South Gate Meadow Trail is a scenic trail that takes adventurers above the tree line through rocky barren volcanic landscape and through a beautiful subalpine forest, where it finally opens out to a gorgeous meadow along a riparian zone at Yet Atwam Creek (formerly Squaw Valley Creek) just at the tree line of Mount Shasta. Formerly called The Squaw Meadow, the South Gate Meadow area is accessed along an incredible maintained trail that takes adventurers through high elevation volcanic terrain. Be prepared to experience the challenges of hiking through steep and rugged terrain in high elevation. Presiding over the meadow are Shastarama Point, Thumb Rock and the Konwakiton Glacier.

The South Gate Trail has two trailhead options, one found at Lower Panther Meadow at the Gray Butte Trailhead and the other near the top of Old Ski Bowl.

## Information and Directions

### Lower Panther Meadow/Gray Butte

**Distance: 5 Miles There and Back Again (2.5 Miles There, 2.5 Miles Back)**

**Elevation Gain: 1,007' ft Altogether**

From I-5, take the Central Mount Shasta exit. Merge onto Lake St. and head east for 1 mile, passing through the intersection with Mount Shasta Blvd. As the road bends to the north, continue onto Everitt Memorial Highway. Once on this road, continue for about 13 miles to the

Panther Meadow Campground for the Panther Meadow trailhead. You will walk toward the fork where the

Panther Meadow and Gray Butte trails branch off. Continue to the right toward the East on the Gray Butte Trail. Once at top of the first section, the trail forks off again toward the North (left) and South (right). Take the North (left) trail to South Gate Meadow as shown on the map. This trail will merge with the Old Ski Bowl South Gate Trail at the 7,890'ft elevation junction point.

### Old Ski Bowl

**Distance: 3.6 Miles There and Back Again (1.8 Miles There, 1.8 Miles Back)**

**Elevation Gain: 875'ft Altogether**

On I-5, take exit 738 for central Mount Shasta. Proceed east on Lake Street, through the intersection of Lake and Mount Shasta Boulevard. The road continues east and bends to the north, reaching an intersection by Mount Shasta High School. Pass through the intersection, which becomes Everitt Memorial Highway. Stay on the highway for 14 miles to near the end of the road, which terminates at the Old Ski Bowl Trailhead. Rather than parking at the very top, look for the South Gate Meadow trailhead that is situated to the lower right of the upper parking lot. Ascend the trail and continue, utilizing the map as a guide.

### Panther Meadow-Southgate Old Ski Bowl Loop

**Distance: 6 Mile Loop**

**Elevation Gain: 1,000' ft Altogether**

The Loop will start you at the Lower Panther Meadow Access Point, take you out to South Gate, and back to the Old Ski Bowl-South Gate Trailhead, down Everitt Memorial to the Upper Panther Meadow Trailhead, through Panther Meadow, and back down to Lower Panther Meadow.

Following the directions from the Lower Panther Meadow Trailhead, begin your hike and head out to South Gate Meadow. On the way back, instead of going back down to Lower Panther Meadow, you will stay right and to Old Ski Bowl-South Gate Trailhead. Once there, walk down the road to the Upper Panther Meadow Trailhead at the Lower Old Ski Bowl Parking lot. Go through the meadow, down to Lower Panther Meadow where you first began your adventure.

