



# RING OF FIRE

Northern California, Oregon, and Washington Volcanic Tour Itinerary

## TOUR HIGHLIGHTS

Click on the links below for details

- [San Francisco Tourism Association](#)
- [Shasta Cascade Wonderland Association](#)
- [Mt. Lassen, California](#)
- [Mt. Shasta, California](#)
- [Lava Beds National Monument](#)
- [Klamath Falls, Oregon](#)
- [Crater Lake National Park, Oregon](#)
- [Bend, Oregon](#)
- [Portland, Oregon](#)
- [Mt. Saint Helens, Washington](#)
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- [Washington Tourism Association](#)
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The Ring of Fire is the name given to an area in the Pacific Ocean that has 452 volcanoes and earthquakes. The Ring runs up the west coast of South America and North America, across to the east coast of Russia and down past Australia. The Cascade Range, part of the Pacific Ring of Fire, extends from southern British Columbia, Canada, through Washington state and Oregon to Northern California, USA. This 10-day suggested itinerary will take you from San Francisco through Oregon and Washington with stops at non-volcanic mountains and the notable volcanoes known as the High Cascades along the way.

### DAY ONE & TWO:

Fly into San Francisco. Spend a couple days in San Francisco and visit famous sites such as China Town, Union Square or Coit Tower. Suggested day itinerary: Take a ferry to Alcatraz or Sausalito, dine at the gourmet shops and

restaurants at the Ferry Building, cross the street to catch one of the famous cable cars or take an old time trolley to the Fisherman's Wharf, Pier 39, Ghirardelli Square (a former chocolate factory converted to shops and restaurants). Overnight two nights. Choose from a number of lodging possibilities depending on location and budget.

**DAY THREE:** Get in early start from San Francisco and travel to Lassen Volcanic National Park. Nestled within Lassen's peaceful mountain forests you will find that hissing fumaroles and boiling mud pots still shape and change the land. On May 22, 1915, an explosive eruption at Lassen Peak, the southernmost active volcano in the Cascade Range, devastated nearby areas and rained volcanic ash as far away as 200 miles to the east. This explosion was the most powerful in a 1914-17 series of eruptions that were the last to occur in the Cascades before the 1980 eruption of Mt. St. Helens. Overnight accommodations can be found in the city of Mt. Lassen.

**DAY FOUR:** Travel to Mt. Shasta. The City of Mt. Shasta, nestled at the foot of imposing 14,179-foot Mount Shasta is surrounded by natural beauty and offers many year-round outdoor activities. The mountain is the second highest volcano in the continental United States and has been a prominent landmark along the historic Siskiyou Trail - the track of an ancient trade and travel route of Native American footpaths between California's Central Valley and the Pacific Northwest. Overnight in Mt. Shasta.



**DAY FIVE:** Travel to National Lava Beds Monument. A land of turmoil, both geological and historical. Over the last half-million years, volcanic eruptions on the Medicine Lake shield volcano have created a rugged landscape dotted with diverse volcanic features. More than 700 caves, Native American rock art sites, historic native american battlefields and campsites, and a high desert wilderness experience await you! Overnight in Klamath Falls, Oregon located within an hour



north of the Lava Beds. Suggested overnight accommodations; Running Y Ranch (20 minutes west of Klamath Falls or Lonesome Duck Resort (located within 20 minutes north of Running Y).

### DAY SIX:

Travel to Crater Lake National Park. Crater Lake occupies a caldera formed 6,850 years ago during the climactic eruption of Mount Mazama which was a cluster of Pleistocene stratovolcanoes. Mazama was one of the major volcanoes of the High Cascades and is the largest edifice between Mount Shasta and the Three Sisters volcanoes. Around Mazama are monogenetic cinder cones, lava fields, and small shield volcanoes that produced calc-alkaline basalt and andesite, primitive tholeiite, and rare shoshonitic andesite. These range

in age from around 600,000 years to perhaps 40,000 years ago, and are similar to monogenetic volcanoes up and down the High Cascades. Explore and enjoy. Overnight at Crater Lake Lodge located on the rim of the lake.

**DAY SEVEN:** Drive to Bend and enjoy exploring the High Desert Museum, Newberry National Volcanic Monument, Three Sisters Mountain Range, hike the Deschutes River Trail, and enjoy an overnight at one of Bend's many lodging options.

**DAY EIGHT:** Travel to Mount St. Helens is an active stratovolcano located North of Portland, OR. This volcano is well known for its ash explosions and pyroclastic flows. Mount St. Helens is most notorious for its catastrophic eruption on May 18, 1980, at 8:32 am] which was the deadliest and most economically destructive volcanic event in the history of the United States. Fifty-seven people were killed; 250 homes, 47 bridges, 15 miles of railways, and 185 miles of highway were destroyed. A massive debris avalanche triggered by an earthquake measuring 5.1 on the Richter scale, caused an eruption, reducing the elevation of the mountain's summit from 9,677 ft to 8,365 ft and replacing it with a 1 mile (1.6 km) wide horseshoe-shaped crater.

**DAY NINE:** Travel to Mt. Rainier. Mount Rainier is the highest peak in the Cascade Range at an elevation of 14,411 ft. and is a giant stratovolcano in the Cascade Volcanic Arc, considered an active volcano with its last eruption in 1894. Rainier erupted over a dozen times in the last 2,600 years, with the largest eruption 2,200 years ago. As an active volcano, Mount Rainier has many small high-frequency earthquakes, often occurring on a daily basis. Every month as many as five quakes are recorded near the mountain's summit. Geologists say most of these earthquakes result from hot fluids circulating inside the mountain. Cabin and lodge accommodations are available at Mt. Rainier for lodging options.



**DAY TEN:** Depart for Seattle, WA or back to Portland, OR. Overnight in Seattle or Portland before flying home the following day.



Designed by the Southern Oregon Visitors Association

For more Southern Oregon itinerary ideas, maps, photos, DMO contact information, hotel referrals visit:

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