



# Cross-Country Skiing & Snowshoeing Trails

## Eldorado National Forest Amador Ranger District



The Amador District of the Eldorado National Forest offers diverse cross-country skiing opportunities. Highway 88 provides easy access to plenty of terrain perfect for cross-country skiing and snow-shoeing. From high on the Pacific Crest to the dense forests of the lower elevations, visitors can explore thousands of acres of National Forest lands. Miles of marked ski trails and dozens of unmarked routes, offer outstanding winter recreation possibilities. Winter weather in the Carson Pass Area can be extreme. Expect to encounter up to 10 feet or more of snow on the ground, high winds, very cold temperatures, and poor visibility due to fog and clouds.



### **Anderson Ridge Trail System (Easy/Intermediate):**

Approximately eight miles of trail are located in this system. The Anderson Ridge Trail system offers skiers a tour up and around Anderson Ridge over rolling terrain. Blue diamonds and wooden signs mark the trail. Access this trail system from the Iron Mountain Sno-Park. Snowmobilers and skiers share the area around the Sno-Park.

### **Leek Springs Trail (Intermediate):**

Beginning at the Iron Mountain Snow Park, the first part of the trail is shared with snowmobilers and is often groomed. The eight mile roundtrip trail follows Plummer ridge over gently rolling terrain to the Leek Springs Lookout. Orange and blue diamonds mark the trail. On a clear day the view from the top is spectacular.

### **Woods Lake Trail (Easiest):**

Access this trail from Meiss Sno-Park. The trail is an enjoyable two-mile, downhill ski to Woods Lake following the Woods Lake Road. The trail is marked, beginning across the highway from the Sno-Park, with blue diamond markers on trees. Woods Lake is frozen and covered with snow during the winter. Do not trust the ice to support your weight. It is not recommended to ski or otherwise go out on any frozen lake!

### **Wilderness Boundary Trail (More Difficult):**

Access this trail from Carson Pass Sno-Park. The trail travels south to the Mokelumne Wilderness boundary, then runs west along the boundary before dropping downhill to intersect the Woods Lake Road. The trail also runs south from Woods Lake Road and travels up the drainage between Woods Lake and Winnemucca Lake. It stops at the Wilderness boundary. This trail is marked by blue diamond markers attached to trees.

### **Meiss Meadow area:**

Access the Meiss Meadow area from Meiss Sno-Park. This route is unmarked. The route generally follows the Pacific Crest Trail north from the Sno-Park and travels over a pass which allows a view of Lake Tahoe on a clear day.

### **Mokelumne Wilderness area:**

Part of the Carson Pass Area is within the Mokelumne Wilderness which allows only non-motorized activities such as snow-shoeing and cross-country skiing. In order to give visitors a wilderness experience there is minimal directional signing and there are no blue diamond marked ski trails. You are responsible for your own route-finding. You must be able to navigate with map and compass and possess advanced mountaineering skills. Explore on your own to the extent your personal skills allow.

Mokelumne Wilderness offers skiing through forested mountainsides, around alpine lakes, and over open timberline landscapes as well as opportunities for very challenging downhill terrain.



## Be Prepared

**Before leaving home**, notify a responsible person of your travel plans; including a map with your route clearly marked. Check back with this person when you return. If you are overdue, this person should notify the Alpine County Sheriff at the number below.

Your experience will be most enjoyable if you are prepared with at least the following skills:

- ❖ **Route-Finding:** You must have experience in route-finding in all weather conditions. Some routes are not marked with blue diamonds.
- ❖ **Orienteering:** You must be able to read a topographical map and use a compass. Be sure to have the topographic maps for the area you choose to visit.
- ❖ **Avalanche Hazard Evaluation:** Avalanche hazard does exist in the area. Visitors should possess avalanche hazard evaluation skills and carry appropriate rescue gear with them at all times. Always check with the Central Sierra Avalanche Bulletin before your trip for the weather forecast and avalanche warnings.
- ❖ **Wilderness First Aid** Be familiar with the signs, symptoms and treatment of hypothermia and frostbite.

### Emergency

Highway Patrol, Sheriff, Ambulance . . . . . 911  
Alpine County Sheriff (day) . . . (530) 694-2231  
Amador County Sheriff (day) . . . (209) 223-6500

### Visitor Information

Amador Ranger District.....(209) 295-4251  
26820 Silver Drive, Pioneer CA 95666  
El Dorado Nordic Ski Patrol.....(530) 647-1825  
P.O. Box 1113, Pollock Pines, CA 95726  
Cal Trans (Road Conditions).....(800) 427-7623  
[www.dot.ca.gov/hq/roadinfo](http://www.dot.ca.gov/hq/roadinfo)

## Trail Etiquette

Snowshoers should travel on the outside edge of the trail. Snowshoe tracks and skis do not mix well especially for beginning skiers or on icy days.

## Planning Your Trip

### ✿ Checklist

A travel checklist should be followed to guarantee a safe and well-planned trip, and to reduce the possibility of needing to be rescued. Clothes, sunglasses, sunscreen, food, water, first aid kit, map, compass, headlamp, fire starter material/matches, emergency survival equipment, vehicle service supplies (anti-freeze, tire chains, ice-scraper, something for traction) should all be part of your equipment. In addition, we recommend you carry: avalanche transceivers, probe poles, shovels, and climbing skins for skis.

### ✿ Food Supplies

Food supplies should include items that are lightweight but loaded, meaning loaded with calories. Plan your meals to insure a diet of high-energy foods.

### ✿ Water

Water is often difficult to find in winter. All that is available may be what you can carry in containers or melt from snow. The body loses as much as two to four quarts of fluid per day under exertion. Replacement of fluid loss is very important for maintaining good physical condition. Eating snow provides only limited water (10 to 20 percent), drains energy, and cools the body temperature. Avoid melting snow by body contact. Be equipped to melt snow (metal pot and fire starting material or stove).

### ✿ Clothing

Clothes should be chosen for warmth, weight and wind protection. Daytime and nighttime temperatures may have a spread of 80 degrees F. in winter snow country. To adjust to the change, dress in layers that are warm, lightweight and can be added or removed according to temperature.

## Avalanche Hazard

**There may be danger** from avalanche conditions. Be aware that snow on slopes may slide when temperature, snow, and topographical conditions are right. Narrow clearings running with the steep axis of slopes are possible avalanche paths and should be avoided.

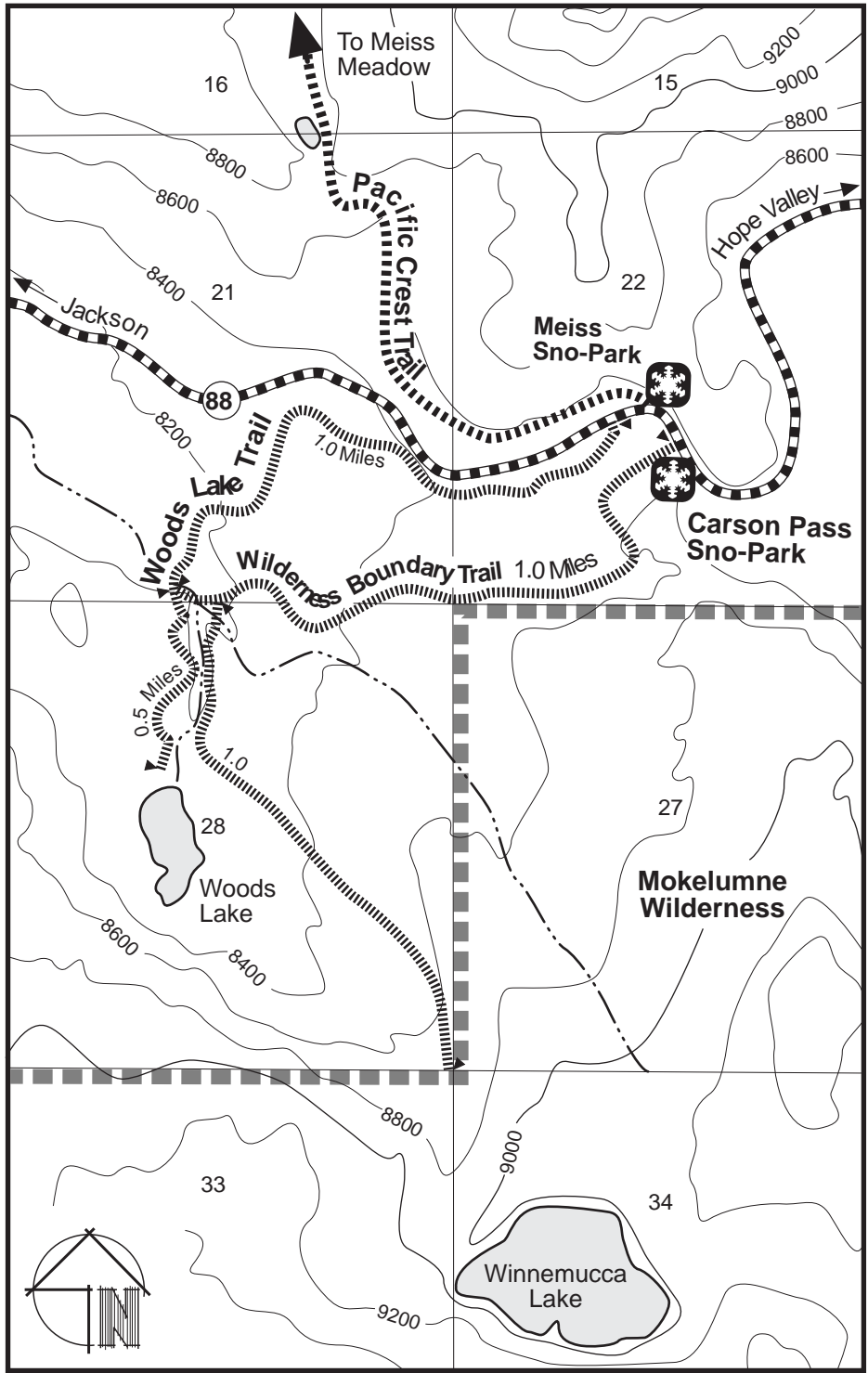
**The safest routes** are on ridgetops and slightly on the windward side, away from cornices. If travel on the ridges is impossible, the next safest route is out in the valley, away from the bottom of slopes.

**For Central Sierra Avalanche Hazard Ratings,  
Call: (530) 587-2158**

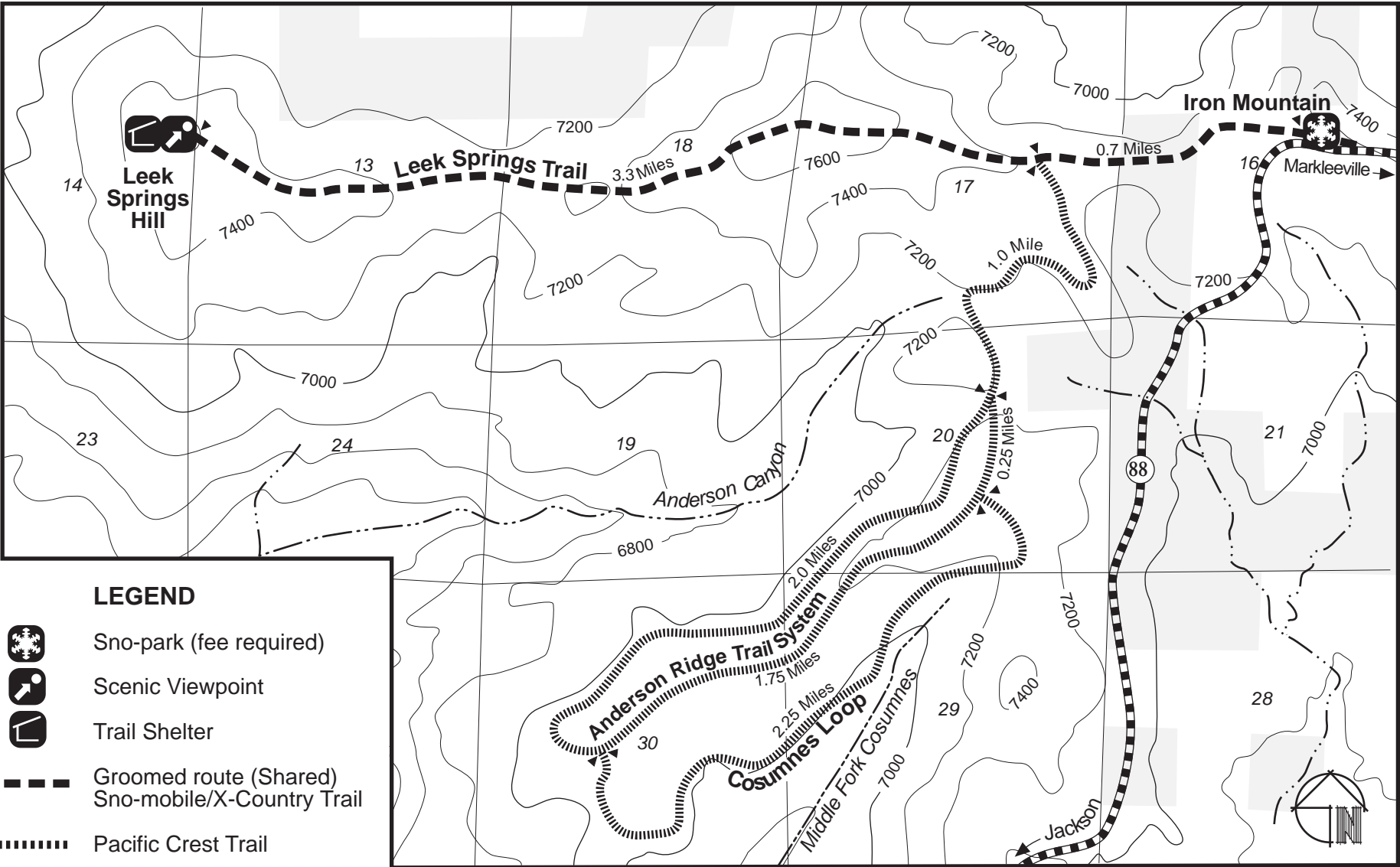
[www.sierraavalanchecenter.org/today.html](http://www.sierraavalanchecenter.org/today.html)

# AMADOR DISTRICT CROSS-COUNTRY SKIING










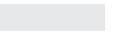
## Eldorado National Forest



**Woods Lake & Meiss Meadow  
X-Country Trails**



**Leek Springs & Anderson Ridge  
X-Country Trails**

- LEGEND**
-  Sno-park (fee required)
  -  Scenic Viewpoint
  -  Trail Shelter
  -  Groomed route (Shared)  
Sno-mobile/X-Country Trail
  -  Pacific Crest Trail
  -  Cross-Country Ski Trails
  -  Stream
  -  Highway 88
  -  Wilderness Boundary
  -  Private Land