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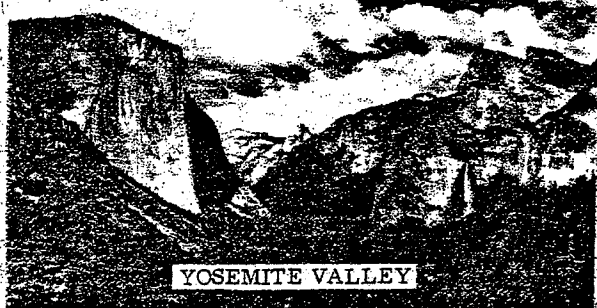
Trek Aid Number 1

GUIDE TO

JEFFERT

JOHN MUIR TRAIL HIGH SIERRA TREKS

FOR EXPLORERS

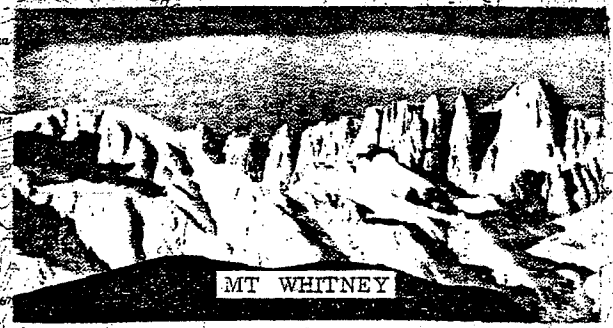


YOSEMITE VALLEY

YOSEMITE

RED'S MEADOW

ROCK CREEK



MT WHITNEY

NORTH LAKE

SOUTH LAKE

ONION VALLEY

BOY SCOUTS OF AMERICA
San Diego County Council
1207 Upas St., San Diego 3, Calif.

TA 1 DMD 1963 (1)

The John Muir Trail High Sierra Trek

The Sierra Nevada of California consists of a single, large tilted block of the earth's crust 430 miles long and averaging 60 miles wide. This block lies tilted toward the West with its Eastern edge raised to form the Sierra Nevada Crest.

The JOHN MUIR TRAIL, located along this crest line, starts its way South at Yosemite Valley and continues for over 200 miles, culminating amid a grand crescendo of peaks and passes on the highest and grandest of them all, 14,495 foot high Mt. Whitney.

As you hike along any part of the six treks, each a natural sub-division of the Muir trail, you have as a constant companion the rushing sound of water, the blue of the many fishing lakes, the glisten of the white snow fields, and the song of the wind on the high passes. To participate in a week long backpack trip of this kind is to present a terrific chance for physical and mental growth for the Explorer, and to provide for the adult a rebirth of physical and mental well-being. You become, like Walt Whitman said, a "Pioneer":

"Down the edges, thru the passes, Up the Mountains steep, Conquering, holding, daring as we go the unknown ways, Pioneer! O Pioneer!"

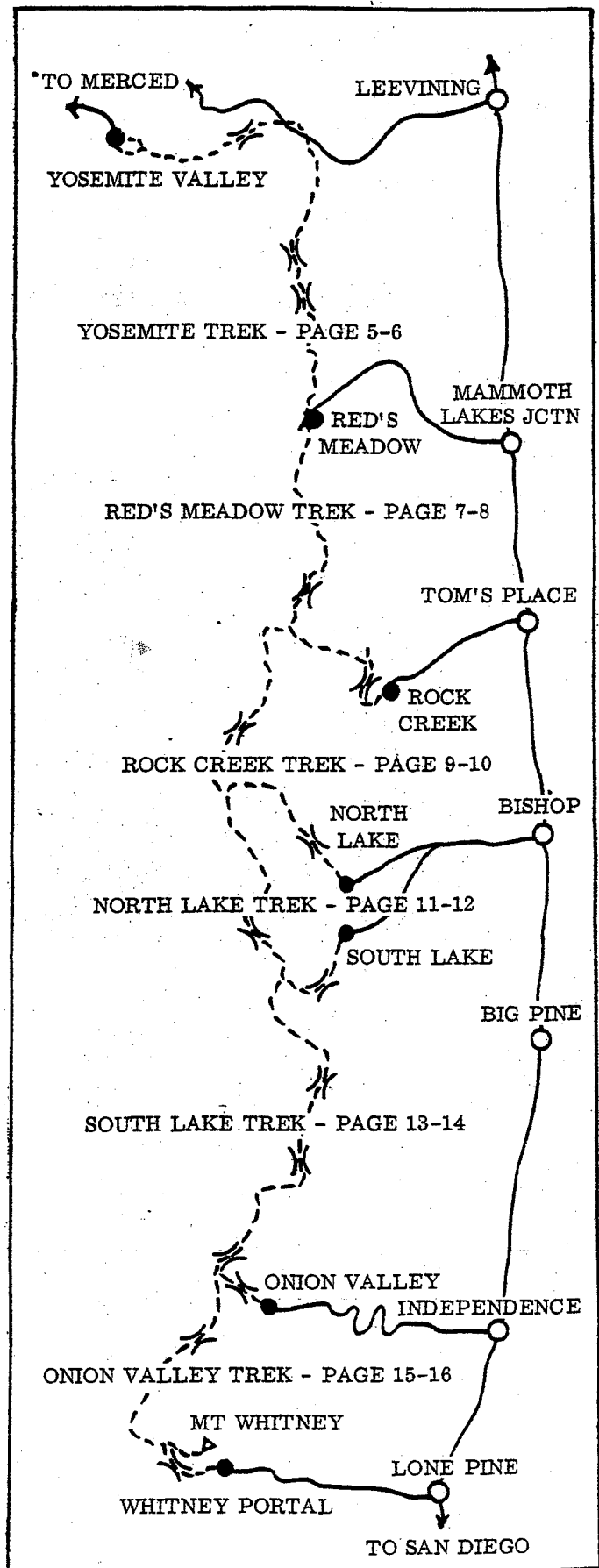
The sketch map at the right illustrates the six John Muir Trail High Sierra Treks and serves as an index to the following pages.

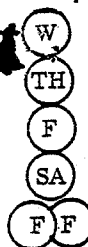
RECOMMENDED REFERENCES:

1. STARR'S GUIDE TO THE JOHN MUIR TRAIL (From Sierra Club, 1050 Mills Tower, San Francisco 4, California) - gives complete detail on the John Muir Trail and all side trails. It is recommended as a supplement to this trek aid.
2. TOPOGRAPHIC QUADRANGLES (From U. S. Geological Survey, Federal Distribution Center, Denver 25, Colorado at 30¢, Rodney Stokes Co., 870 - 3rd St., San Diego at 50¢ and others) - Quadrangles (sheets) that cover the area of each trek are indicated by name. All quadrangles are of the more recent 15 MINUTE SERIES which should be specified when ordering or purchasing (since some maps at other scales have same names).

EXPLANATION OF SYMBOLS USED:

- | | |
|---|---|
| X | = campsite - recommended overnight stop |
| S | = Sunday night camp |
| M | = Monday night camp |
| T | = Tuesday night camp |





- = Wednesday night camp
- = Thursday night camp
- = Friday night camp
- = Saturday night camp
- = means a short move up on Friday. Move up can be done in morning, afternoon or evening - mainly it is a liesurely short hike to be taken at your convenience to make the next day's hike easier.



= means a layover day; that is, two nights at the same campsite, allowing side hikes, rest, and/or repair on the layover day. (Sample indicates layover on Friday).



= major mountain pass



= trail



= road



= crest line of a major ridge or range of mountains

USING THE TRAIL GUIDE SHEETS:

The trail guide sheets provide information on mileage, elevation, campsites, schedules, and special hints based on extensive experience gained since the first trek in 1960 and on the extensive background of the John Muir Trek Committee. You should not deviate from the recommended plan except in an emergency or under the leadership of highly experienced leaders. These schedules will provide maximum enjoyment for all - fisherman - photographer - naturalist - mountain climber - liesure seeker.

Changes in campsites without prior knowledge of the area can result in poor or non-existent water supply, fuel supply, shelter or in just plain uncomfortable camping. In setting up your camp or in selecting an alternate campsite, keep the following in mind: (1) Adequate drainage - don't camp in a hole; (2) Wind protection - wind blows up canyon in day, down at night; (3) Low spots such as meadows, stream banks or lake shores are the coldest spots - ten yards away up on the hill or slope can be 10 degrees warmer - camp up on side of hill.

Finding your route: Have one complete set of the applicable topographic maps in your group - several sets are better. Using your trek's trail guide sheet, mark over the route on your map with a red pen. Study the route for obvious confusing trail junctions or other trouble spots. On the trip make sure all hands are informed of what to do at these trouble spots - it's a lot of work to find lost hikers when you are also on foot. Mark scheduled campsites and become familiar with major landmarks along and near your route.

On the trail you can generally orient yourself by comparing the map to visible landmarks. Your map can be precisely oriented with compass (as described in pertinent literature) but generally when you are on a pass or other high point you can line the map up with landmarks and study the terrain as it compares to the marked route on your map. Such orientation not only helps you "see" your route, but allows you to identify major peaks or other landmarks in your photographs.

Take precautions to mark or otherwise "indicate the way" at all trail junctions. Make sure all hands know where you are camping for the night. On some days it may be wise to regroup at strategic points or to keep the gang together on badly confused stretches of trail. Watch for side trails not shown on the maps and use your "horse sense" when something seems wrong. Trail signs are generally good, however, some are incorrectly placed, missing, or contain erroneous mileage information.

Five colors are now in general use on U.S.G.S. maps. Black for cultural features such as buildings, trails and some roads; Blue for water; Brown for contours; Red for some major highways and special markings; and Green for areas covered with vegetation. Standard symbols are used and a guide sheet can be obtained from the Geological Survey.

Maps of several scales are available, but the 15 MINUTE SERIES quadrangles recommended for these treks are at a scale of 1/62,500 or 1 unit (inch, foot, etc.) on the map equals 62,500 similar units on the ground. This is approximately 1 inch equals 1 mile. Because the trail wanders more than the map can show, hiking distance averages about 10% more than the scaled distance measured from the map.

Contour lines connect points of equal elevation. The vertical distance between two adjacent contour lines is called the "contour interval". The size of this "interval" is shown in the map scale (generally 80 feet on recent maps). Where contour lines are close together the slope is steep, where far apart it is gentle. Where contour lines cross valleys, they form a "V" pointing upstream, where they cross ridges, they form a "V" or "U" pointing down the ridge. Generally every fifth contour line is a darker brown for ease in reading. Contour lines never cross except in overhanging cliffs.

Spot elevations are printed in brown or black throughout the map. Elevations between contour lines may be estimated between the next lower and next higher contour. Exact surveyed elevations are generally indicated in black by the symbol "BM" or "VBM" preceding the elevation figure. A monument is generally present at these points.

Routes are easy to follow if you have done a little preparation in advance.

INDIVIDUAL AWARDS:

John Muir Trail High Sierra Trek Award:

An attractive, embroidered, four color patch showing Yosemite Falls at the start of the trek and Mt. Whitney at the end of the trek with a mountaineering boot in between symbolizing that this is a hiking adventure.

Each Explorer and leader completing one of the six council treks will receive one of the patches which he may sew on his "mountaineering cap", on his pack, or on trophy skin or blanket. Cost of one patch is included in the fee.

National Fifty Miler Award:

Each Explorer and leader in the unit can earn this National Award by completion of the following requirements while on the trek.

- a. Make complete and satisfactory plans for the trip, including advancement possibilities.
- b. Cover a wilderness foot trail (or canoe or boat route) of not less than fifty consecutive miles; take a minimum of five days to complete the trip without the aid of motors.
- c. During the time on the trail (or waterway), complete a minimum of ten hours of group work on projects to improve the trail, campsite, portage, or wilderness area.
- d. Fill out the wilderness trail trip report for the local council and make application for the award.

It is possible that not all members of any particular expedition will qualify. The unit leader may withhold the award permanently or until such time as he believes a candidate has shown the proper attitude and has met all qualifications to receive it.

The unit upon turning in a qualifying application (form available from Council office) may purchase the awards at the Council office. A decal is also available.

SERVICE PROJECTS APPROVED BY THE NATIONAL PARK SERVICE AND UNITED STATES FOREST SERVICE FOR THE FIFTY MILER AWARD:

1. Gathering and stacking of a firewood supply in established campsites.
2. Gathering, flattening, sacking (or burying deep) tin cans, bottles, and other non-burnable trash to be hauled out of the mountains.
3. General cleanup and burning of trash and litter along trails and in campsites.
4. All other projects such as trail repair, bridge building, clearing, etc., must be arranged before hand with the local Ranger. Don't make the mistake of having to hike back and undo an unapproved project.
5. Any time you meet a Ranger, discuss with him some service project possibilities in his area. Offer to help him get a job done.

Merit Badges:

Many Merit Badges such as Hiking, Camping, Cooking, Nature, etc., can be earned in full or in part while on the John Muir Trek.

UNIT AWARD:

National Camping Award:

The unit may earn this National Award if 50% or more of its members participate in the trek or otherwise meet the requirement of at least five days and nights of camping (Explorer requirement).

The award will be made by the Council office when the unit has submitted a qualifying application (form available at Council office). There is no cost.

This Trek Aid is one of five trek aids developed by the John Muir Trail High Sierra Trek Committee to aid you in planning and preparing for the John Muir Treks or for any similar trek. The five trek aids are:

- (1) Trek Aid # 1 - Guide to John Muir Trail High Sierra Treks for Explorers
- (2) Trek Aid # 2 - Equipping Yourself to Enjoy the High Sierra Treks
- (3) Trek Aid # 3 - Menu Planning for High Sierra Treks
- (4) Trek Aid # 4 - Planning and Preparation for your High Sierra Trek
- (5) Trek Aid # 5 - Health and Safety on your High Sierra Trek

Comments and suggestions are welcome. Please address them to the John Muir Trail High Sierra Trek Committee, San Diego County Council, Boy Scouts of America, 1207 Upas Street, San Diego 3, California.

JOHN MUIR TRAIL HIGH SIERRA TREK
TRAIL GUIDE FOR YOSEMITE TREK (Trek Aid #1, Page 5-6)

TOPOGRAPHIC QUADRANGLES: Yosemite, Tuolumne Meadows, Merced Peak, Mono Craters, and Devil's Postpile (15 Minute Series)

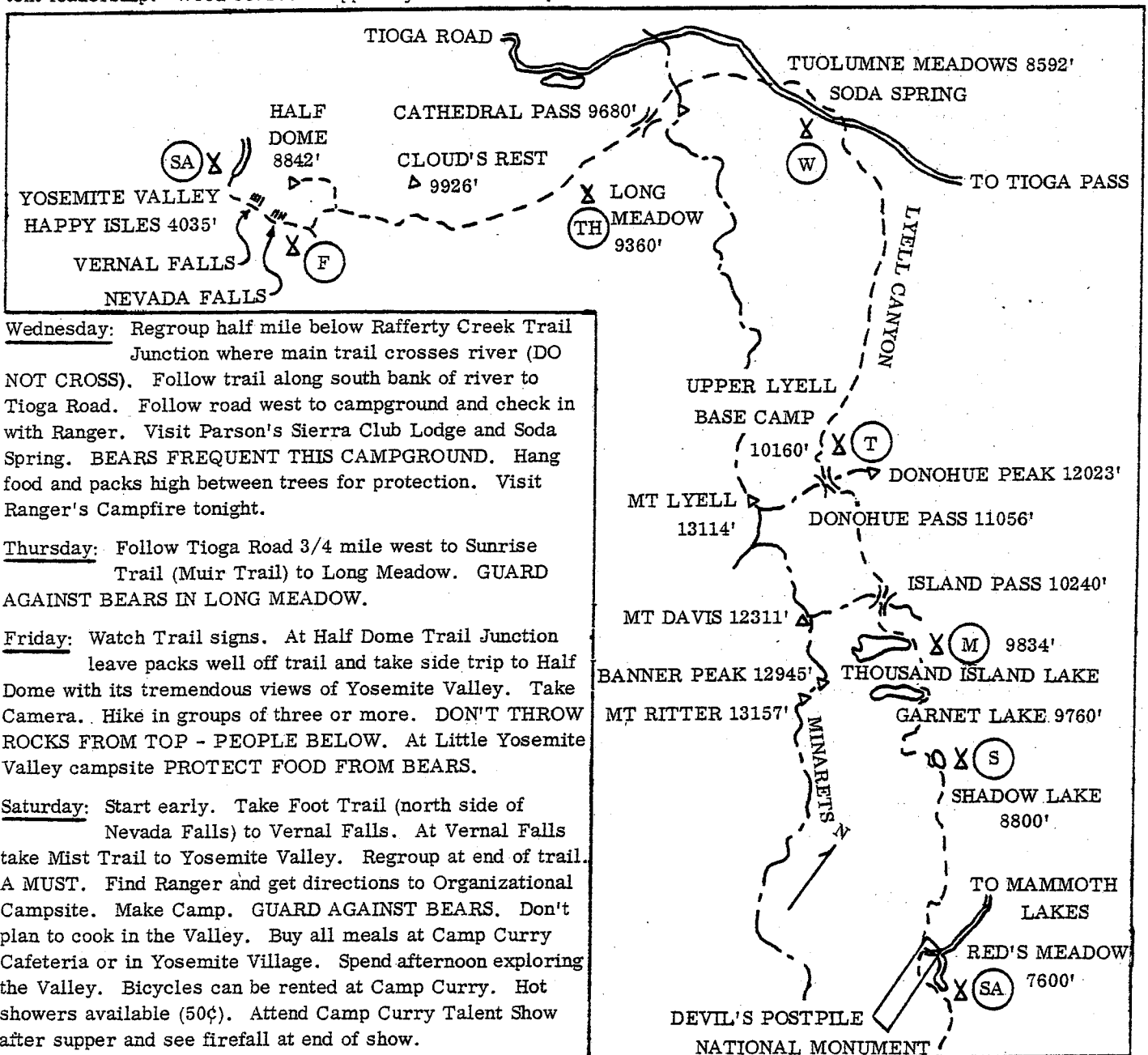
This first of the six treks places sixth in difficulty, sixth being easiest.

Saturday: Camp in forest Service Organizational Campground. Red's Meadow Hot Springs offers free hot showers. Scout around for tomorrow's trail. Visit fabulous Devil's Postpile.

Sunday: Start early, Leave packs at Muir Trail and walk short distance south to see Devil's Postpile. Take camera. Then with packs follow main trail staying to the right (north). At Johnson Lake the trail turns up the mountain going north. At Shadow Lake look for campsite on the left. Campsites also found on Shadow Creek above the lake.

Monday: Tremendous view of 13,157 foot Mt. Ritter and 12,945 foot Banner Peak from both Garnet and Thousand Island Lakes.

Tuesday: Lots of water in Rush Creek. Be careful to stay on trail. Impressive views of Donohue Pass, of Lyell Glacier and Mt. Lyell. Limit exploration of Glacier to groups of three or more under extremely competent leadership. Wood scarce at upper Lyell Base Camp.



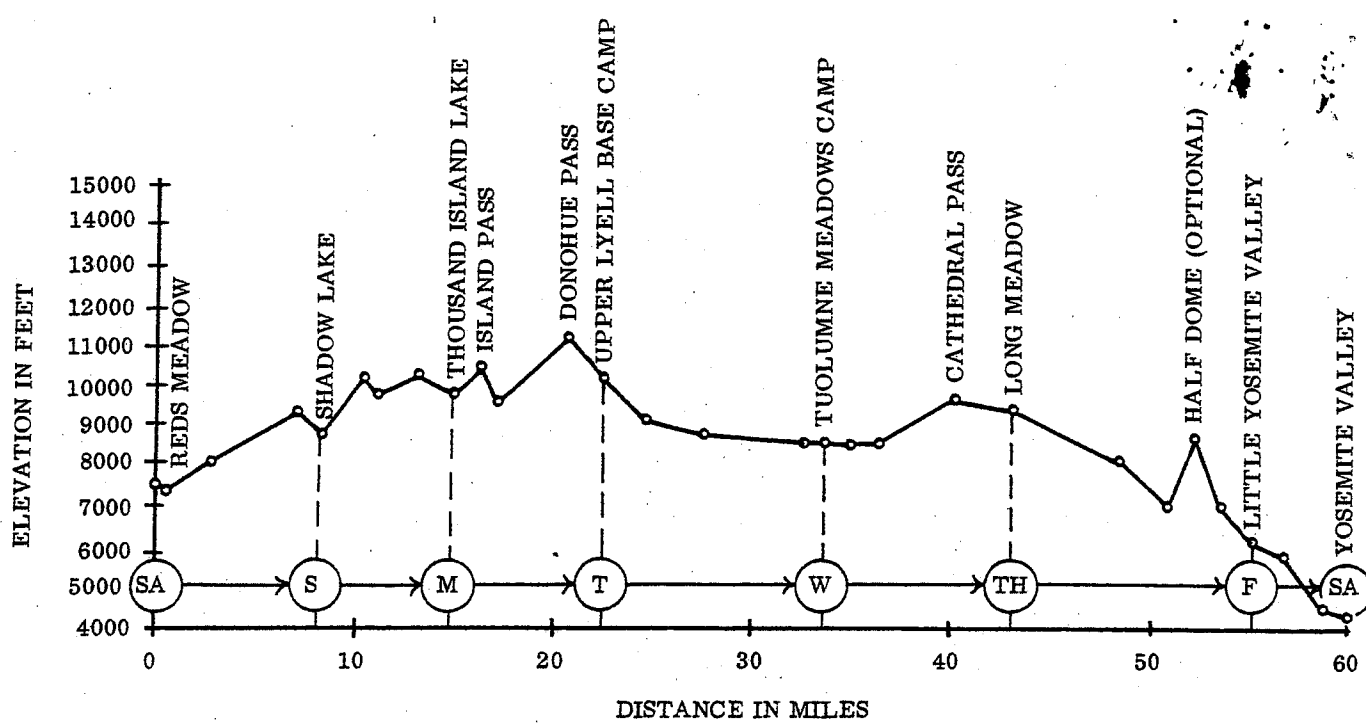
Wednesday: Regroup half mile below Rafferty Creek Trail Junction where main trail crosses river (DO NOT CROSS). Follow trail along south bank of river to Tioga Road. Follow road west to campground and check in with Ranger. Visit Parson's Sierra Club Lodge and Soda Spring. BEARS FREQUENT THIS CAMPGROUND. Hang food and packs high between trees for protection. Visit Ranger's Campfire tonight.

Thursday: Follow Tioga Road 3/4 mile west to Sunrise Trail (Muir Trail) to Long Meadow. GUARD AGAINST BEARS IN LONG MEADOW.

Friday: Watch Trail signs. At Half Dome Trail Junction leave packs well off trail and take side trip to Half Dome with its tremendous views of Yosemite Valley. Take Camera. Hike in groups of three or more. DON'T THROW ROCKS FROM TOP - PEOPLE BELOW. At Little Yosemite Valley campsite PROTECT FOOD FROM BEARS.

Saturday: Start early. Take Foot Trail (north side of Nevada Falls) to Vernal Falls. At Vernal Falls take Mist Trail to Yosemite Valley. Regroup at end of trail. A MUST. Find Ranger and get directions to Organizational Campsite. Make Camp. GUARD AGAINST BEARS. Don't plan to cook in the Valley. Buy all meals at Camp Curry Cafeteria or in Yosemite Village. Spend afternoon exploring the Valley. Bicycles can be rented at Camp Curry. Hot showers available (50¢). Attend Camp Curry Talent Show after supper and see firefall at end of show.

NOTE: Bears in Yosemite's populated areas are brazen panhandlers and an outright nuisance. They are not normally any danger to humans, but remember, they are wild animals - stay away from them! Loud noises will usually scare them away if they come too close.



| RECOMMENDED TRAIL SCHEDULE | Elevation | Miles Between Points | Miles From Start | Miles Today | Grade Feet Per Mile |
|--|-----------|----------------------|------------------|-------------|---------------------|
| FIRST DAY (Sunday) | | | | | |
| Red's Meadow Campground | 7600 | 0.0 | 0.0 | 0.0 | - |
| Devil's Post Pile National Monument | 7559 | 0.7 | 0.7 | 0.7 | -59 |
| Johnson Lake | 8100 | 2.2 | 2.9 | 2.9 | +246 |
| Rosalie Lake | 9280 | 4.0 | 7.0 | 7.0 | +288 |
| Shadow Lake | 8800 | 1.5 | 8.5 | 8.5 | -320 |
| SECOND DAY (Monday) | | | | | |
| Shadow Lake-Garnet Lake Divide | 10100 | 1.9 | 10.4 | 1.9 | +684 |
| Garnet Lake | 9760 | 0.9 | 11.3 | 2.8 | -378 |
| Thousand Island-Garnet Lake Divide | 10100 | 2.2 | 13.5 | 5.0 | +155 |
| Thousand Island Lake | 9834 | 1.8 | 15.3 | 6.8 | -148 |
| THIRD DAY (Tuesday) | | | | | |
| Island Pass | 10240 | 1.2 | 16.5 | 1.2 | +338 |
| Rush Creek Trail | 9600 | 1.1 | 17.6 | 2.3 | -582 |
| Donohue Pass | 11056 | 3.4 | 21.0 | 5.7 | +428 |
| Upper Lyell Base Camp | 10160 | 1.5 | 22.5 | 7.2 | -597 |
| FOURTH DAY (Wednesday) | | | | | |
| Lyell Base Camp | 9040 | 2.4 | 24.9 | 2.4 | -467 |
| Evelyn Lake/Vogelsang Pass Trail | 8880 | 3.0 | 27.9 | 5.4 | -53 |
| Rafferty Creek Trail | 8700 | 4.2 | 32.1 | 9.6 | -43 |
| Tuolumne Meadow Campground | 8592 | 1.7 | 33.8 | 11.3 | -64 |
| FIFTH DAY (Thursday) | | | | | |
| Soda Springs | 8594 | 1.3 | 35.1 | 1.3 | - |
| Cathedral Pass Trail | 8566 | 1.2 | 36.3 | 2.5 | -23 |
| Cathedral Pass | 9700 | 4.0 | 40.3 | 6.5 | +284 |
| Long Meadow | 9360 | 3.0 | 43.3 | 9.5 | -113 |
| SIXTH DAY (Friday) | | | | | |
| Old Merced Lake Trail | 8080 | 5.1 | 48.4 | 5.1 | -251 |
| Half Dome Trail | 7000 | 2.4 | 50.8 | 7.5 | -450 |
| Half Dome (Optional Side Hike) | 8842 | 1.5 | 52.3 | 9.0 | +1228 |
| Return to John Muir Trail | 7000 | 1.5 | 53.8 | 10.5 | -1228 |
| Little Yosemite Valley | 6160 | 1.5 | 55.3 | 12.0 | -560 |
| SEVENTH DAY (Saturday) | | | | | |
| Panorama Trail (Top Nevada Falls) | 5950 | 1.4 | 56.7 | 1.4 | -150 |
| End of Mist Trail (Below Vernal Falls) | 4550 | 2.3 | 59.0 | 3.7 | -609 |
| Happy Isles (Yosemite Valley) | 4035 | 1.0 | 60.0 | 4.7 | -515 |

JOHN MUIR TRAIL HIGH SIERRA TREK
TRAIL GUIDE FOR RED'S MEADOW TREK (Trek Aid #1, Page 7-8)

TOPOGRAPHIC QUADRANGLES: Devil's Postpile, Mt. Morrison, Mt. Abbot, and Mt. Tom
 (15 Minute Series)

This second of the six treks places second in difficulty, sixth being easiest.

Saturday: Camp in Forest Service Organizational Campground. Nearby Red's Meadow Hot Springs offers free hot showers. Scout around for tomorrow's trail. Visit fabulous Devil's Postpile today or before you leave Sunday morning.

Sunday: Start early. Be sure to go by Devil's Postpile. Good pictures. Trail leaves Red's Meadow behind Ranger Station at Hot Springs. Stay right at Mammoth Pass Trail Junction. Trail forks at Deer Creek - stay right - THE TOPO MAP IS INCORRECTLY MARKED HERE. No water next 5.7 miles.

Monday: Trail stays high on rim of Cascade Valley - Beautiful high views. Purple Lake good camping.

Tuesday: Start early. Rugged beautiful country today. Look back north to Mt. Ritter and Banner Peak from Silver Pass. Fine photography today. Alternate campsites below Lake of Lone Indian, at Helen Lake, and below Silver Pass Lake.

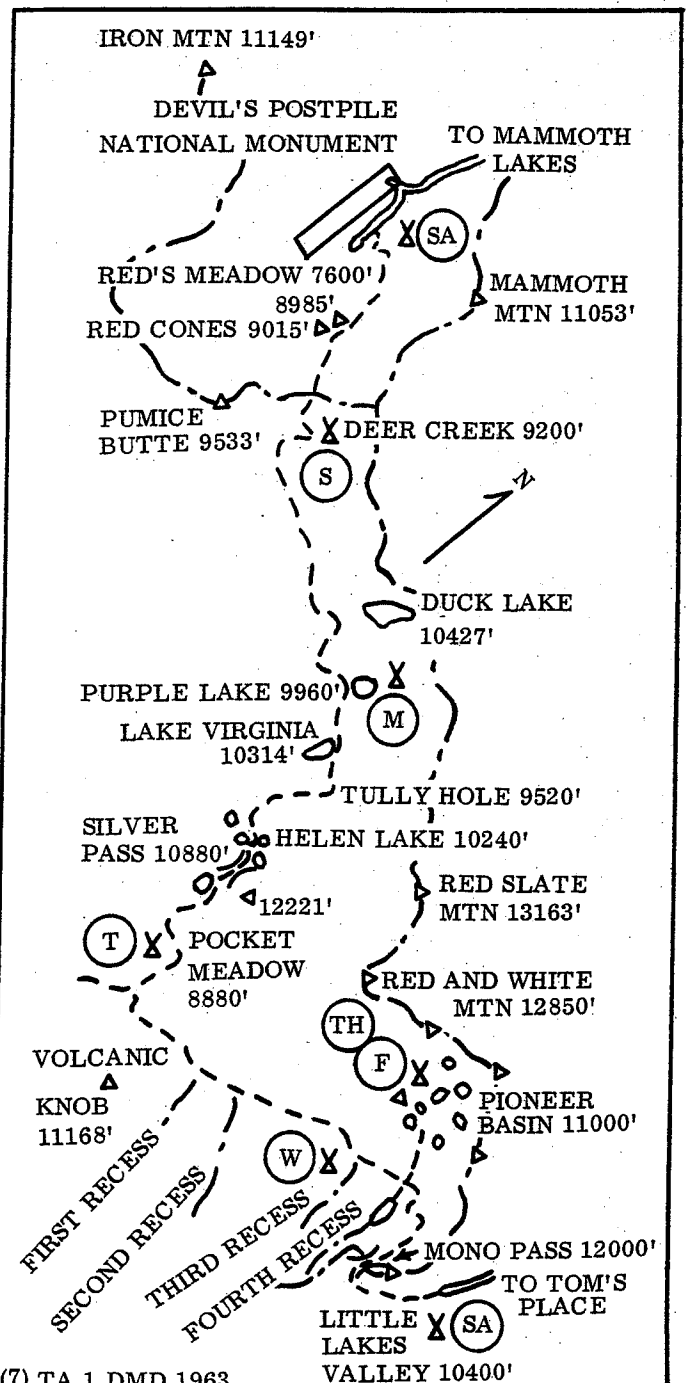
Wednesday: Alternate campsite at Fish Camp. Camp in the vicinity of Third Recess Trail Junction.

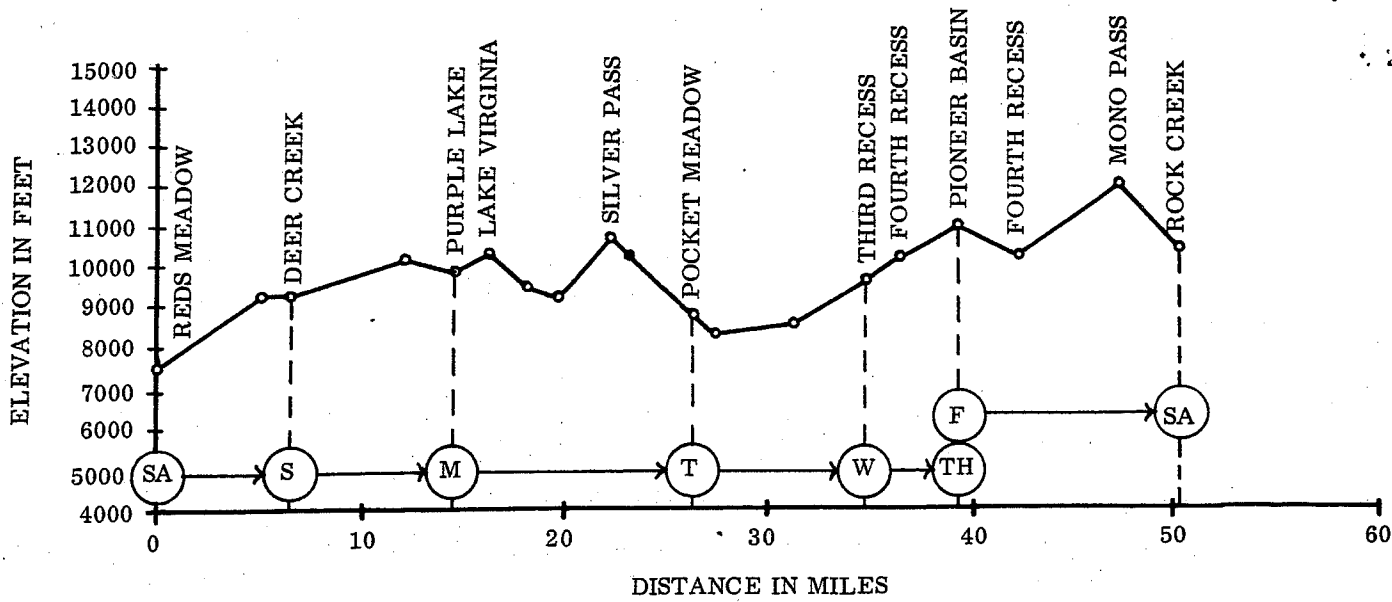
Thursday: Continue up trail to Fourth Recess. Those interested leave packs well off trail and take easy side hike over to Fourth Recess Lake for fine fishing and photography. Don't stay too late. With packs take trail north into Pioneer Basin. Go as far in as you desire. Fine camping. Tremendous fishing.

Friday: Fisherman's paradise. Hikers take lunch and climb to pass just west of Mt. Stanford or climb Class 2 Mt. Stanford (12851'). HIKE IN GROUPS OF THREE OR MORE. 12457' Mt. Crocker or 12302' Mt. Hopkins can also be climbed from the Pioneer Basin - both are Class 2. It is well worth hiking the few extra miles on earlier days to have the time for this side trip into and exploration of the lovely Pioneer Basin. To make Saturday's hike easier you might desire to move out to fine camping at Fourth Recess Lake late Friday afternoon.

Saturday: From Pioneer Basin or Fourth Recess Lake return to main trail and head for Mono Pass. Look back frequently at fine views. Car campers crowd end of road campsites at Rock Creek. Therefore, back-track two or three hundred yards from trails end and cross creek (to east side). Fine campsites found along creek and on ridge a few feet above creek.

ALTERNATE SCHEDULE: An alternate but somewhat less inspiring schedule would be to omit the Pioneer Basin as follows: Sunday and Monday the same, Tuesday stop at campsite below Lake of the Lone Indian or at Helen Lake or below Silver Pass Lake, Wednesday stop at Fish Camp, Thursday camp at Fourth Recess Lake, Friday layover at Fourth Recess Lake, and Saturday the same as shown.





| RECOMMENDED TRAIL SCHEDULE | Elevation | Miles Between Points | Miles From Start | Miles Today | Grade Feet Per Mile |
|--|-----------|----------------------|------------------|-------------|---------------------|
| FIRST DAY (Sunday) | | | | | |
| Red's Meadow | 7600 | 0.0 | 0.0 | 0.0 | - |
| Fish Creek-Crater Creek Divide | 9200 | 5.0 | 5.0 | 5.0 | +320 |
| Deer Creek | 9200 | 1.3 | 6.3 | 6.3 | - |
| SECOND DAY (Monday) | | | | | |
| Duck Lake Trail | 10100 | 5.7 | 12.0 | 5.7 | +158 |
| Purple Lake | 9960 | 2.5 | 14.5 | 8.2 | -56 |
| THIRD DAY (Tuesday) | | | | | |
| Lake Virginia | 10314 | 2.0 | 16.5 | 2.0 | +177 |
| McGee Pass Trail (Tully Hole) | 9520 | 1.5 | 18.0 | 3.5 | -529 |
| Cascade Valley | 9120 | 1.5 | 19.5 | 5.0 | -267 |
| Silver Pass | 10880 | 3.0 | 22.5 | 8.0 | +587 |
| Silver Pass Lake | 10400 | 0.6 | 23.1 | 8.6 | -800 |
| N. Fork Mono Creek (Pocket Meadows) | 8880 | 3.0 | 26.1 | 11.6 | -507 |
| FOURTH DAY (Wednesday) | | | | | |
| Mono Pass Trail | 8240 | 1.4 | 27.5 | 1.4 | -457 |
| Second Recess Mono Creek (Fish Camp) | 8500 | 4.0 | 31.5 | 5.4 | +65 |
| Third Recess Mono Creek | 9600 | 3.4 | 34.9 | 8.8 | +324 |
| FIFTH DAY (Thursday) | | | | | |
| Fourth Recess (Pioneer Basin Trail) | 10160 | 1.6 | 36.5 | 1.6 | +350 |
| Lower Pioneer Basin (Explorer Basin and Fish - You may desire to hike further into basin to camp) | 11000 | 3.0 | 39.5 | 4.6 | +525 |
| SIXTH DAY (Friday) | | | | | |
| Layover day - Explorer Basin and Fish - You may desire to move to Fourth Recess Lake in the evening to shorten Saturday's Hike | | | | | |
| SEVENTH DAY (Saturday) | | | | | |
| Fourth Recess - Mono Pass Trail | 10160 | 3.0 | 42.5 | 3.0 | -525 |
| Mono Pass | 12000 | 5.0 | 47.5 | 8.0 | +368 |
| Rock Creek - end of trail | 10400 | 3.0 | 50.5 | 11.0 | -533 |

TOPOGRAPHIC QUADRANGLES: Mt. Tom, Mt. Abbot, Mt. Goddard, and Blackcap Mountain
(15 Minute Series)

This third of the six treks places fourth in difficulty, sixth being easiest.

Saturday: Hike two or three hundred yards up stream from the end of the road and camp on the east side of the creek. Car campers crowd the road end campsites and better camping will be found along the creek and on the ridge a few feet above the creek.

Sunday: You are starting hiking at an altitude almost two miles higher than your home so take it easy on the climb up to 12000 foot Mono Pass. Start early and set a slow steady pace. Headache and upset stomach will result from going too fast. At Fourth Recess hike easy half mile south to Fourth Recess Lake for fine campsites. Good fishing here.

Monday: Easy downhill except for short climb over ridge before descending to Quail Meadows. As you approach Quail Meadows watch for sign pointing left to "Foot Log". There is one campsite at this point. Rest of group cross Mono Creek on Foot Log and find two fine campsites. More campsites can be found by following back up south bank of stream. Soda Springs found nearby.

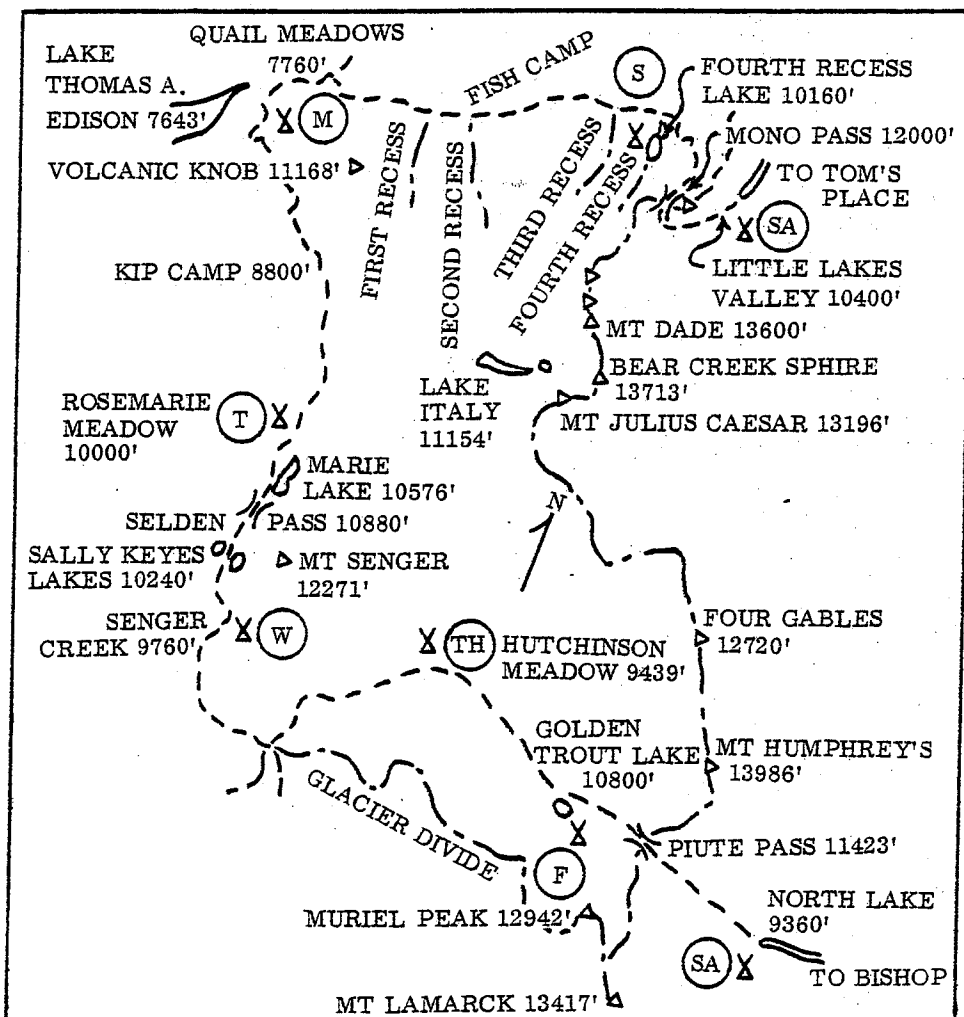
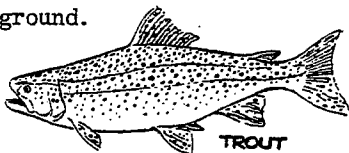
Tuesday: Start early. Stiff climb up over Bear Ridge. Take water. Kip camp makes good lunch stop. From Kip Camp it is long but relatively easy hike up Bear Creek to Rosemarie Meadow. Alternate campsite at East Fork of Bear Creek Trail Junction, but it is better to go on to Rosemarie Meadow. Go to trail marker in middle of meadow, cross stream (to west side) and find campsites among trees on west side of meadow.

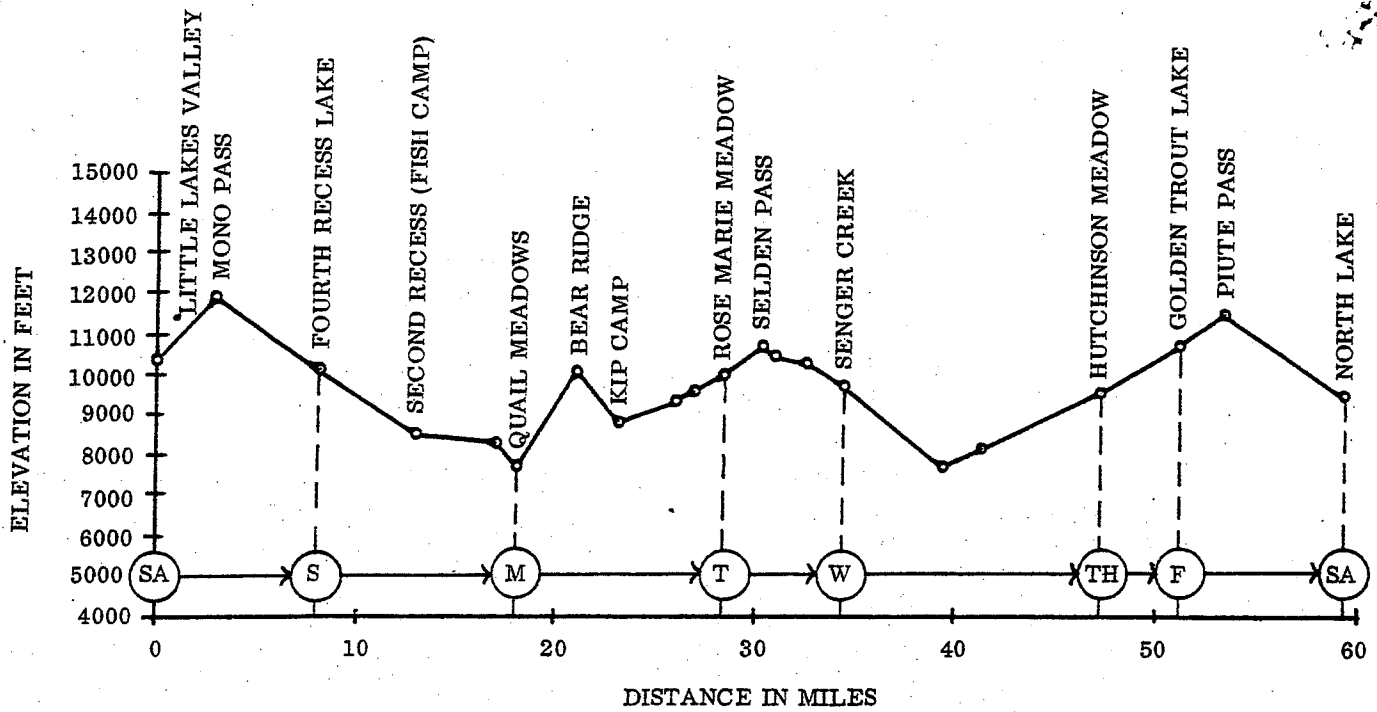
Wednesday: Can be a liesurely day. Hike on to Marie Lake for fine fishing. MONSTER TROUT. Leave no later than noon for easy hike over Selden Pass. Stop at Sally Keyes Lakes for more fine fishing. Smaller, but easier to catch. By mid-afternoon you should be on your way to Senger Creek. Small trout are caught in Senger Creek. BEWARE of side trail to Blaney meadows half mile below Sally Keyes Lakes - stay LEFT.

Thursday: BEWARE OF SIDE TRAIL about two miles below Senger creek camp - stay LEFT. Start early. No good campsites between Senger Creek and Hutchinson Meadow, thus requiring the long 13.2 mile hike - actually not so bad since you are now in shape. In emergency you can camp at Piute Pass Trail Junction on the Muir Trail. Hutchinson Meadow beautiful campsite.

Friday: Easy hike to Golden Trout Lake. Tremendous scenes along Glacier Divide - and tremendous wide-open scenes of Mt. Humphreys and Desolation Basin. Fine fishing at Golden Trout Lake. It is often windy here during day but usually calms by evening. Good campsites also found across lake inlet on east shore.

Saturday: Fine views from Piute Pass. Look for campsite as soon as you hit road at end of trail. Stay within half mile of roads end - no good camping for long way down road beyond half mile. Pick up some wood along the trail as it is scarce in the campground.





| RECOMMENDED TRAIL SCHEDULE | Elevation | Miles Between Points | Miles From Start | Miles Today | Grade Feet Per Mile |
|---|-----------|----------------------|------------------|-------------|---------------------|
| FIRST DAY (Sunday) | | | | | |
| End of road - Little Lakes Valley | 10400 | 0.0 | 0.0 | 0.0 | - |
| Mono Pass | 12000 | 3.0 | 3.0 | 3.0 | +533 |
| Fourth Reccess Lake (1/4 mile South of trail) | 10160 | 5.0 | 8.0 | 8.0 | -368 |
| SECOND DAY (Monday) | | | | | |
| Second Reccess (Fish Camp) | 8500 | 5.0 | 13.0 | 5.0 | -332 |
| Muir Trail at Mono Creek | 8240 | 4.0 | 17.0 | 9.0 | -65 |
| Quail Meadows (Upper Vermillion Valley) | 7760 | 1.0 | 18.0 | 10.0 | -480 |
| THIRD DAY (Tuesday) | | | | | |
| Bear Ridge | 10000 | 3.0 | 21.0 | 3.0 | +747 |
| Bear Creek (Kip Camp) | 8800 | 2.5 | 23.5 | 5.5 | -480 |
| Lake Italy Trail | 9280 | 2.5 | 26.0 | 8.0 | +192 |
| East Fork Bear Creek Lakes Trail | 9520 | 1.0 | 27.0 | 9.0 | +240 |
| Rosemarie Meadow | 10000 | 1.5 | 28.5 | 10.5 | +320 |
| FOURTH DAY (Wednesday) | | | | | |
| Seldon Pass | 10880 | 2.0 | 30.5 | 2.0 | +440 |
| Heart Lake | 10560 | 0.7 | 31.2 | 2.7 | -457 |
| Short Trail to Blaney Meadows | 10160 | 1.6 | 32.8 | 4.3 | -250 |
| Senger Creek | 9760 | 1.5 | 34.3 | 5.8 | -267 |
| FIFTH DAY (Thursday) | | | | | |
| Blaney Meadows Trail | 7898 | 5.2 | 39.5 | 5.2 | -358 |
| Piute Pass Trail | 8050 | 2.0 | 41.5 | 7.2 | +76 |
| Hutchinson Meadow | 9439 | 6.0 | 47.5 | 13.2 | +232 |
| SIXTH DAY (Friday) | | | | | |
| Golden Trout Lake | 10800 | 4.0 | 51.5 | 4.0 | +340 |
| SEVENTH DAY (Saturday) | | | | | |
| Piute Pass | 11423 | 2.0 | 53.5 | 2.0 | +312 |
| End of road (North Lake Campground) | 9360 | 6.0 | 59.5 | 8.0 | -344 |

**JOHN MUIR TRAIL HIGH SIERRA TREK
TRAIL GUIDE FOR NORTH LAKE TREK (Trek Aid #1, Page 11-12)**

**TOPOGRAPHIC QUADRANGLES: Mt. Goddard, Blackcap Mountain, Mt. Tom, and Mt. Abbot
(15 Minute Series)**

This fourth of the six treks places fifth in difficulty, sixth being easiest.

Saturday: Camp at end of road.

Sunday: Start early. Take it easy on climb to Piute Pass. Remember you are over a mile and a half higher in altitude than your home, so take it slow and steady. Headache and upset stomach will result from going too fast. It is often windy at Golden Trout Lake during day but usually calms by evening. Good campsites also found across lake inlet on east shore.

Monday: Hike down Piute Creek is long and the trail rough. John Muir Trail Junction offers fine spot for a dip in the creek and lunch. Campsites at Aspen Meadow are poor and you must make your own along the creek among the pines and aspens. Better campsites beyond South Fork Suspension Bridge - 1.4 miles further.

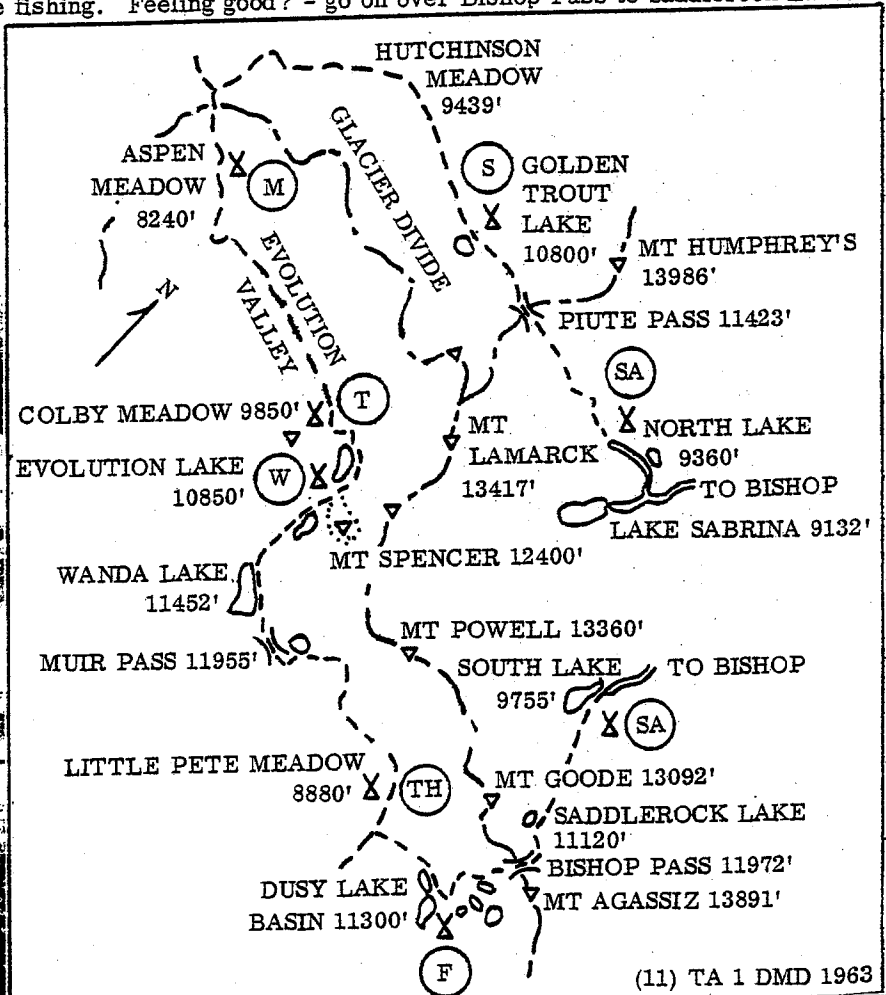
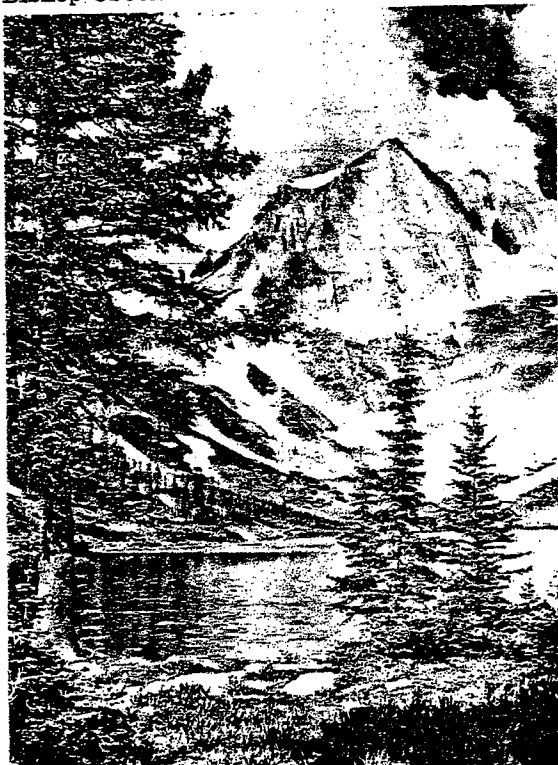
Tuesday: BEWARE OF GODDARD TRAIL JUNCTION. Don't go downstream beyond Evolution Creek trail. You go LEFT at trail junction. About a mile beyond Colby Meadow you will find the trail steadily climbing and pulling away from valley floor to your right. About this time you pass above a slab like slope and the trail begins to climb in earnest. Stop, and drop down to meadow along stream. Campsites are found along stream and among boulders between trail and stream. MARK TURNOFF TO CAMP FROM TRAIL FOR STRAGGLERS.

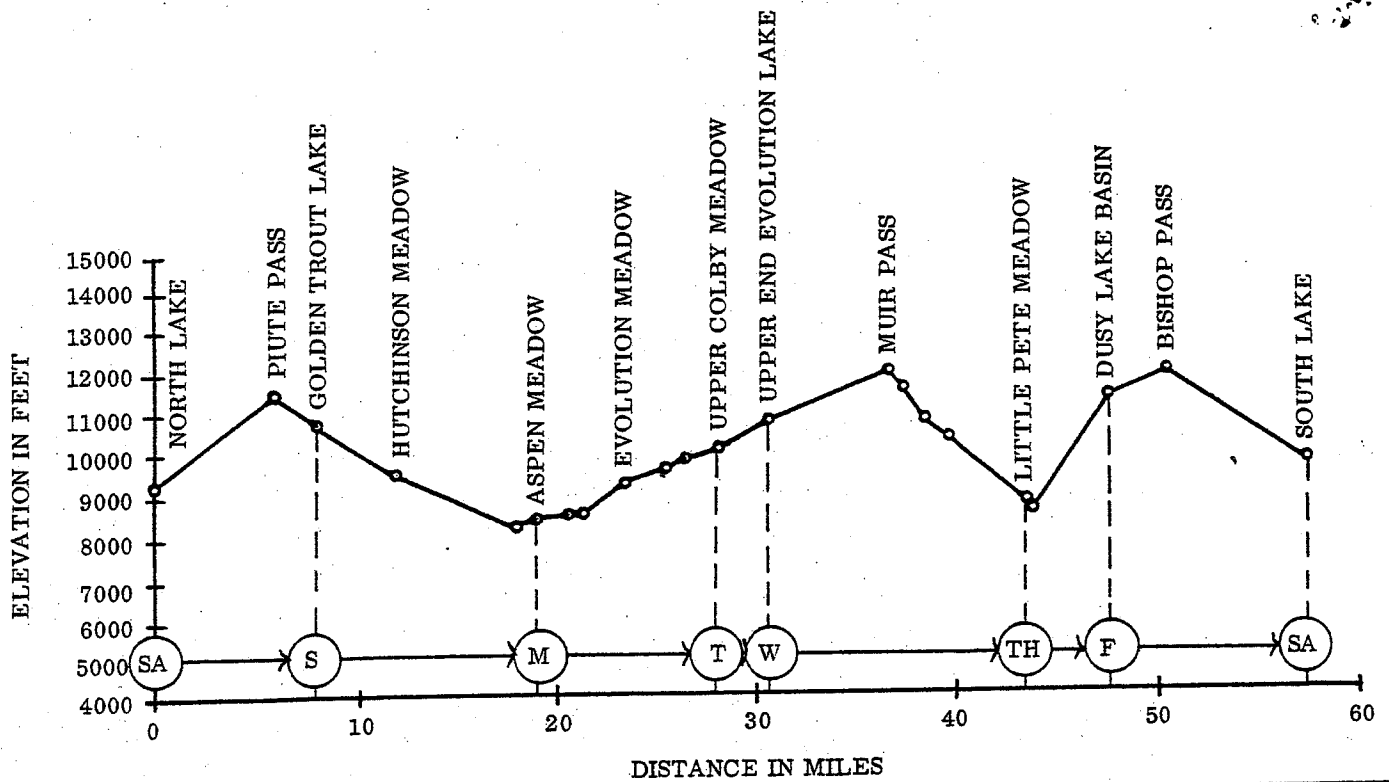
Wednesday: Take it easy. Move up to upper end of Evolution Lake at leisure. Rest up for long hike tomorrow. Take some wood up with you. Camp at upper end on west shore near inlet. You can climb Mt. Spencer (Class 1) from here for wonderful views of the area - Start early if you plan this. Good fishing at Sapphire Lake about a mile up the trail. NO WOOD BEYOND EVOLUTION LAKE FOR NINE MILES to other side of Muir Pass.

Thursday: Start early. Carry some wood up to the emergency hut on 11955 foot Muir Pass. Moderate climb to pass, then the bottom drops out as you descend into LeConte Canyon on rough trail. Fine camping at either Big Pete or Little Pete Meadow.

Friday: Start early. Long steep climb to Dusy Lake Basin - but not too tough since you are in shape. An early start will get you to camp in time for some fishing. Feeling good? - go on over Bishop Pass to Saddlerock Lake.

Saturday: As you approach South Lake pick up some wood as it is scarce in the campground. Camping is limited at South Lake. If you can't find a suitable campsite, wait for the bus and move to a campsite along Bishop Creek lower down.





| RECOMMENDED TRAIL SCHEDULE | Elevation | Miles Between Points | Miles From Start | Miles Today | Grade Feet Per Mile |
|--|-----------|----------------------|------------------|-------------|---------------------|
| FIRST DAY (Sunday) | | | | | |
| End of North Lake Road | 9360 | 0.0 | 0.0 | 0.0 | - |
| Piute Pass | 11423 | 6.0 | 6.0 | 6.0 | +344 |
| Golden Trout Lake | 10800 | 2.0 | 8.0 | 8.0 | -312 |
| SECOND DAY (Monday) | | | | | |
| Hutchinson Meadow | 9439 | 4.0 | 12.0 | 4.0 | -340 |
| Muir Trail Junction | 8050 | 6.0 | 18.0 | 10.0 | -232 |
| Aspen Meadow | 8240 | 1.1 | 19.1 | 11.1 | +173 |
| THIRD DAY (Tuesday) | | | | | |
| South Fork Suspension Bridge | 8350 | 1.4 | 20.5 | 1.4 | + 79 |
| Goddard Canyon Trail | 8450 | 1.1 | 21.6 | 2.5 | + 91 |
| Evolution Meadow | 9200 | 2.0 | 23.6 | 4.5 | +375 |
| McClure Meadow | 9600 | 2.0 | 25.6 | 6.5 | +200 |
| Colby Meadow | 9850 | 1.0 | 26.6 | 7.5 | +250 |
| Upper Colby Meadow area | 10000 | 1.5 | 28.1 | 9.0 | +100 |
| FOURTH DAY (Wednesday) | | | | | |
| Evolution Lake upper end (Explorer Evolution Basin, Climb Mt. Spencer, fish) | 10850 | 2.8 | 30.9 | 2.8 | +304 |
| FIFTH DAY (Thursday) | | | | | |
| Muir Pass | 11955 | 5.5 | 36.4 | 5.5 | +201 |
| Helen Lake | 11595 | 1.0 | 37.4 | 6.5 | -360 |
| LeConte Canyon upper Camp | 10800 | 1.3 | 38.7 | 7.8 | -612 |
| LeConte Canyon lower Camp | 10200 | 1.0 | 39.7 | 8.8 | -600 |
| Little Pete Meadow (You may prefer to camp at Big Pete Meadow - 1 mile less) | 8880 | 3.5 | 43.2 | 12.3 | -377 |
| SIXTH DAY (Friday) | | | | | |
| Bishop Pass Trail | 8750 | 0.5 | 43.7 | 0.5 | -260 |
| Dusy Lakes (A long tough climb. Recommend early start. Spend afternoon resting or fishing) | 11300 | 3.8 | 47.5 | 4.3 | +671 |
| SEVENTH DAY (Saturday) | | | | | |
| Bishop Pass | 11972 | 3.0 | 50.5 | 3.0 | +224 |
| South Lake (Camping here is limited. If you can't find suitable campsite, wait for bus and move to a campground on Bishop Creek lower down) | 9755 | 7.2 | 57.7 | 10.2 | -308 |

JOHN MUIR TRAIL HIGH SIERRA TREK
TRAIL GUIDE FOR SOUTH LAKE TREK (Trek Aid #1, Page 13-14)

TOPOGRAPHIC QUADRANGLES: Mt. Goddard, Big Pine, and Mt. Pinchot
 (15 Minute Series)

This fifth of the six treks places first in difficulty, sixth being easiest.

Saturday: Camp at South Lake. If all facilities are taken, hike up trail to first suitable campsite.

Sunday: Start early. Take it easy on climb to Bishop Pass. Remember you are over a mile and a half higher in altitude than your home, so take it slow and steady. Headache and upset stomach will result from going too fast. Regroup at first lake trail passes in Dusy Lake Basin. Proceed as a group to make camp in the first suitable campsite. **LEAVE MARKERS FOR STRAGGLERS.**

Monday: Start early. Easy hike down to Palisade Creek junction, but long - keep moving. **DON'T MISS PALISADE CREEK JUNCTION.** Good camping at Deer Meadow.

Tuesday: Easy day. Leave at leisure. Steep climb up "Golden Staircase" to Palisade Lakes. Don't stop at first lake. Go on to upper Palisade Lake for better camping.

Wednesday: Start early. From Mather Pass you descend into wide open upper basin of South Fork of Kings River. **BEWARE OF MULTITUDE OF TRAIL JUNCTIONS** as you descend into main river canyon. **USE YOUR MAP** and **PLACE PLENTY OF MARKERS** to make sure all hands stay on Muir Trail. Camp by small lake at Bench Lake trail junction or hike mile and a half over to Bench Lake for fine camping.

Thursday: Start early. From Pinchot Pass you descend rapidly down Woods Creek. **STAY RIGHT AT SAW-MILL PASS TRAIL JUNCTION.** Watch for **SOUTH FORK TRAIL.** At this junction Muir Trail crosses creek. Make camp in this area.

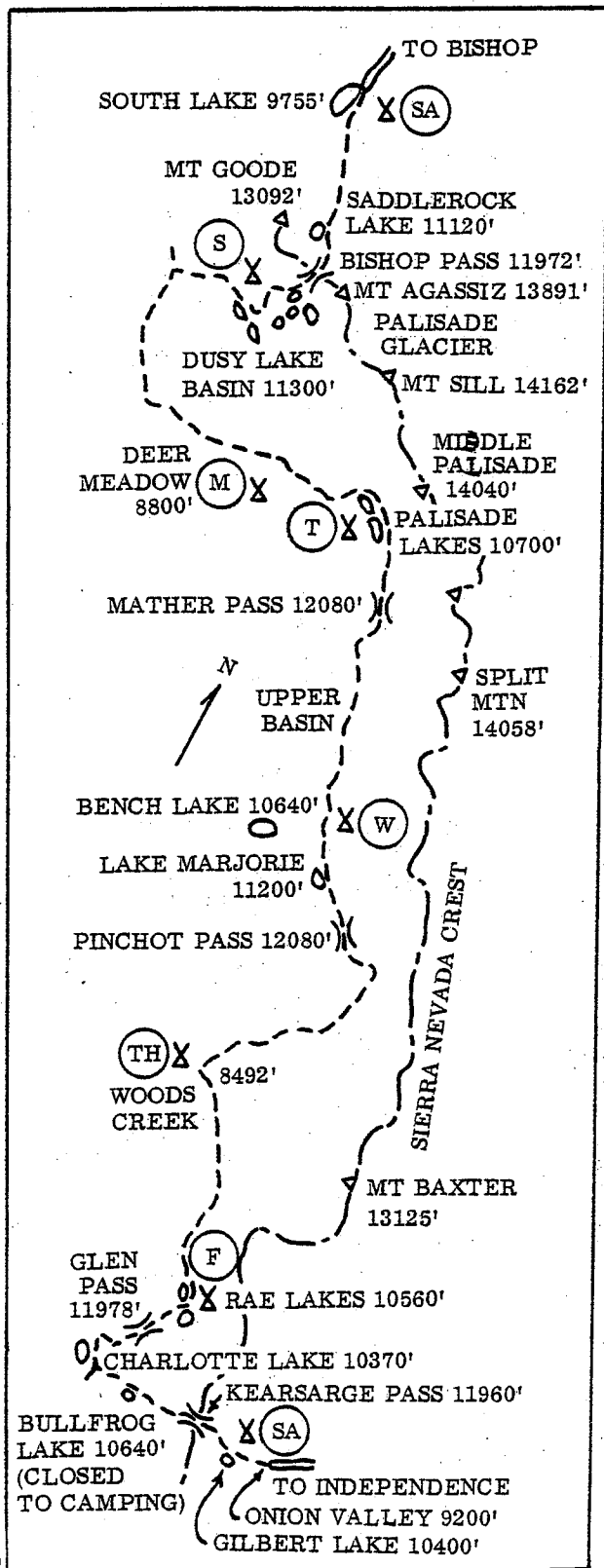
Friday: Start early. Steep trail takes you up to Rae Lakes. **DON'T MISS TRAIL** - it goes up west side of South Fork. Camping at Rae Lakes only on east shore. This area is heavily camped. Look around for best campsites. Good fishing here and at nearby lakes.

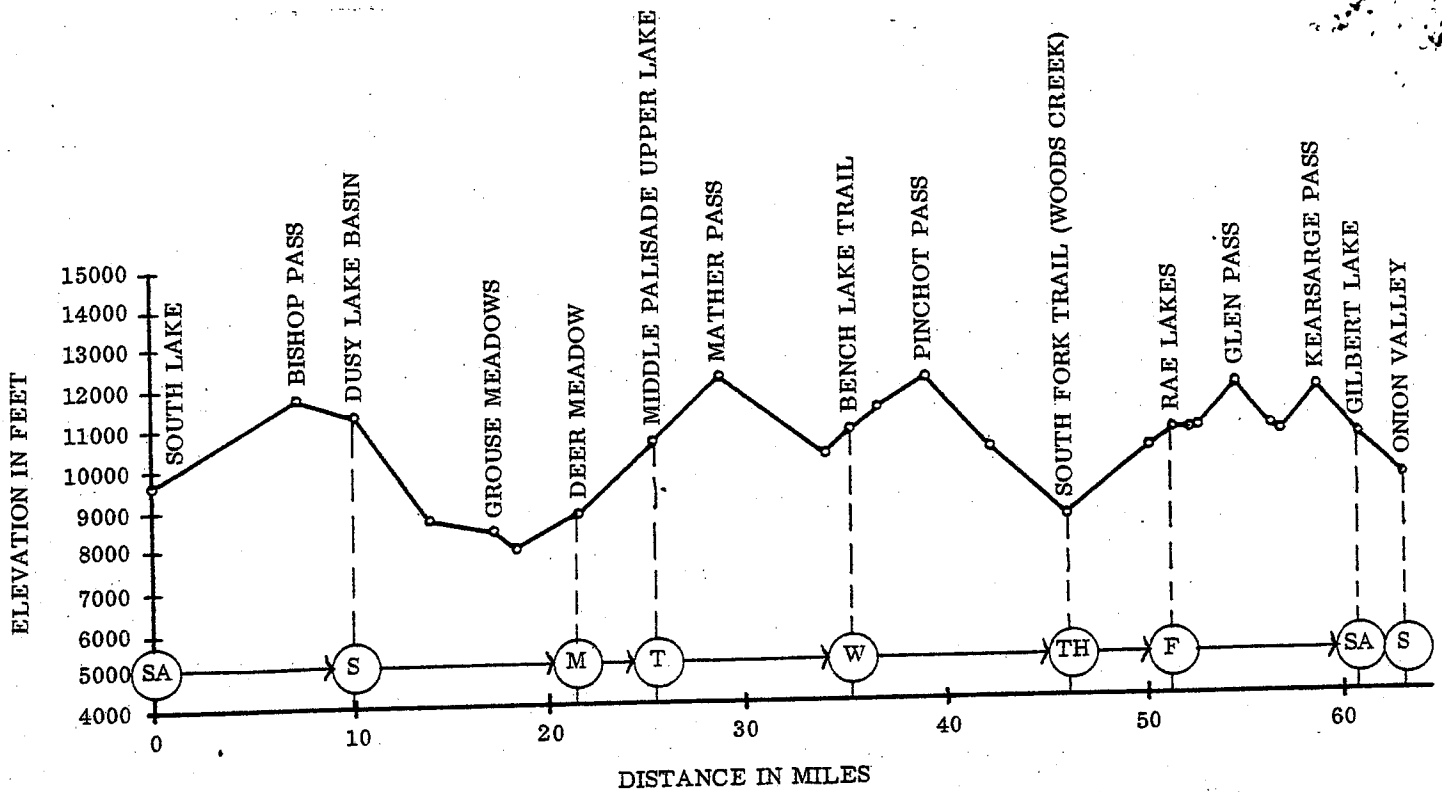
Saturday: Start early. Two passes today. Glen Pass may have ice and snow in years of heavy snowfall. Keep group together if this is the case and **BE CAREFUL.** Kearsarge Pass is steep but short, so relatively easy. Many fine views today. Good camping at either Flower or Gilbert Lake. Poor camping in Onion Valley, so best to stop at Flower or Gilbert tonight.

Sunday: Start early. Head down the trail to Onion Valley so you will not delay the bus on the return trip.



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| RECOMMENDED TRAIL SCHEDULE | Elevation | Miles Between Points | Miles From Start | Miles Today | Grade Feet Per Mile |
|--|-----------|----------------------|------------------|-------------|---------------------|
| FIRST DAY (Sunday) | | | | | |
| South Lake | 9755 | 0.0 | 0.0 | 0.0 | - |
| Bishop Pass | 11972 | 7.2 | 7.2 | 7.2 | +308 |
| Dusy Lake Basin | 11300 | 3.0 | 10.2 | 10.2 | -224 |
| SECOND DAY (Monday) | | | | | |
| Muir Trail | 8750 | 3.8 | 14.0 | 3.8 | -671 |
| Grouse Meadows | 8200 | 3.2 | 17.2 | 7.0 | -172 |
| Palisade Creek | 8000 | 1.0 | 18.2 | 8.0 | -200 |
| Deer Meadow | 8800 | 3.5 | 21.7 | 11.5 | +229 |
| THIRD DAY (Tuesday) | | | | | |
| Middle Palisade Upper Lake | 10700 | 4.0 | 25.7 | 4.0 | +475 |
| FOURTH DAY (Wednesday) | | | | | |
| Mather Pass | 12080 | 3.0 | 28.7 | 3.0 | +460 |
| Cartridge Creek-Taboose Pass Trail | 10160 | 5.4 | 34.1 | 8.4 | -356 |
| Bench Lake Trail | 10800 | 1.1 | 35.2 | 9.5 | +582 |
| FIFTH DAY (Thursday) | | | | | |
| Lake Marjorie | 11200 | 1.5 | 36.7 | 1.5 | +267 |
| Pinchot Pass | 12080 | 2.4 | 39.1 | 3.9 | +367 |
| Sawmill Pass Trail | 10346 | 3.5 | 42.6 | 7.4 | -495 |
| South Fork Trail (Woods Creek) | 8492 | 3.5 | 46.1 | 10.9 | -530 |
| SIXTH DAY (Friday) | | | | | |
| Baxter Pass Trail | 10160 | 4.0 | 50.1 | 4.0 | +417 |
| Rae Lake (Lower end) | 10560 | 1.5 | 51.6 | 5.5 | +267 |
| SEVENTH DAY (Saturday) | | | | | |
| Dragon Lake Trail | 10560 | 1.0 | 52.6 | 1.0 | - |
| Sixth Lakes Basin Trail | 10560 | 0.2 | 52.8 | 1.2 | - |
| Glen Pass | 11978 | 2.0 | 54.8 | 3.2 | +709 |
| Charlotte Lake Trail | 10800 | 2.0 | 56.8 | 5.2 | -589 |
| Bullfrog Lake (NO CAMPING) | 10640 | 0.2 | 57.0 | 5.4 | -800 |
| Kearsarge Pass | 11960 | 2.0 | 59.0 | 7.4 | +660 |
| Gilbert Lake (or Flower Lake) | 10400 | 2.0 | 61.0 | 9.4 | -780 |
| EIGHTH DAY (Sunday) START EARLY | | | | | |
| Onion Valley | 9200 | 2.0 | 63.0 | 2.0 | -600 |

JOHN MUIR TRAIL HIGH SIERRA TREK
TRAIL GUIDE FOR ONION VALLEY TREK (Trek Aid #1, Page 15-16)

TOPOGRAPHIC QUADRANGLES: Mt. Pinchot, Mt. Whitney, and Lone Pine
(15 Minute Series)

This sixth of the six treks places third in difficulty, sixth being easiest.

Saturday: Camping is poor at Onion Valley so hike two miles to Gilbert or Flower Lake where camping is good. Take it easy. Remember you are over a mile and a half higher in altitude than your home, so take it slow and steady. Headache and upset stomach will result from going too fast.

Sunday: Start early. Take it easy. Kearsarge Pass, because of the short trail, offers one of the easiest crossings of the Sierra Nevada Crest. Bullfrog Lake is closed to camping. Best camping is at Charlotte Lake (a mile off the Muir Trail) or you may camp at the lower Kearsarge Lake or along the stream above Bullfrog Lake. Use map AND PLENTY OF MARKERS TO MAKE SURE ALL HANDS FIND THE CAMPSITE AND DON'T GO TO THE WRONG PLACE.

Monday: From your camp proceed to the Muir Trail and descend to Bubbs Creek-Vidette Meadow. BE CAREFUL AT VIDETTE MEADOW TO STAY ON THE MUIR TRAIL. A fisherman's trail goes off up Vidette Creek - STAY LEFT. Many fine campsites at Junction Pass Trail Junction.

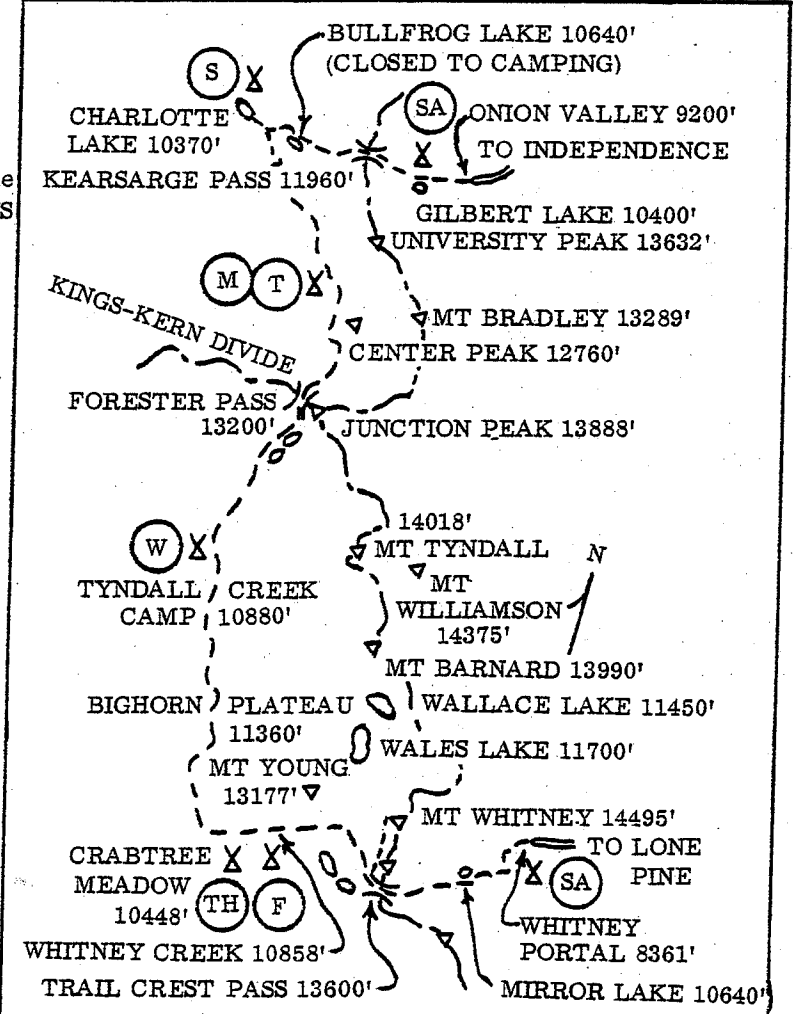
Tuesday: Layover Day - Fishing in Bubbs Creek and Center Basin. Seventeen inchers are found in Center Basin. Hikers can explore the area including climbing Center Peak by way of east face from Center Basin (Class 2). HIKE IN GROUPS OF THREE OR MORE.

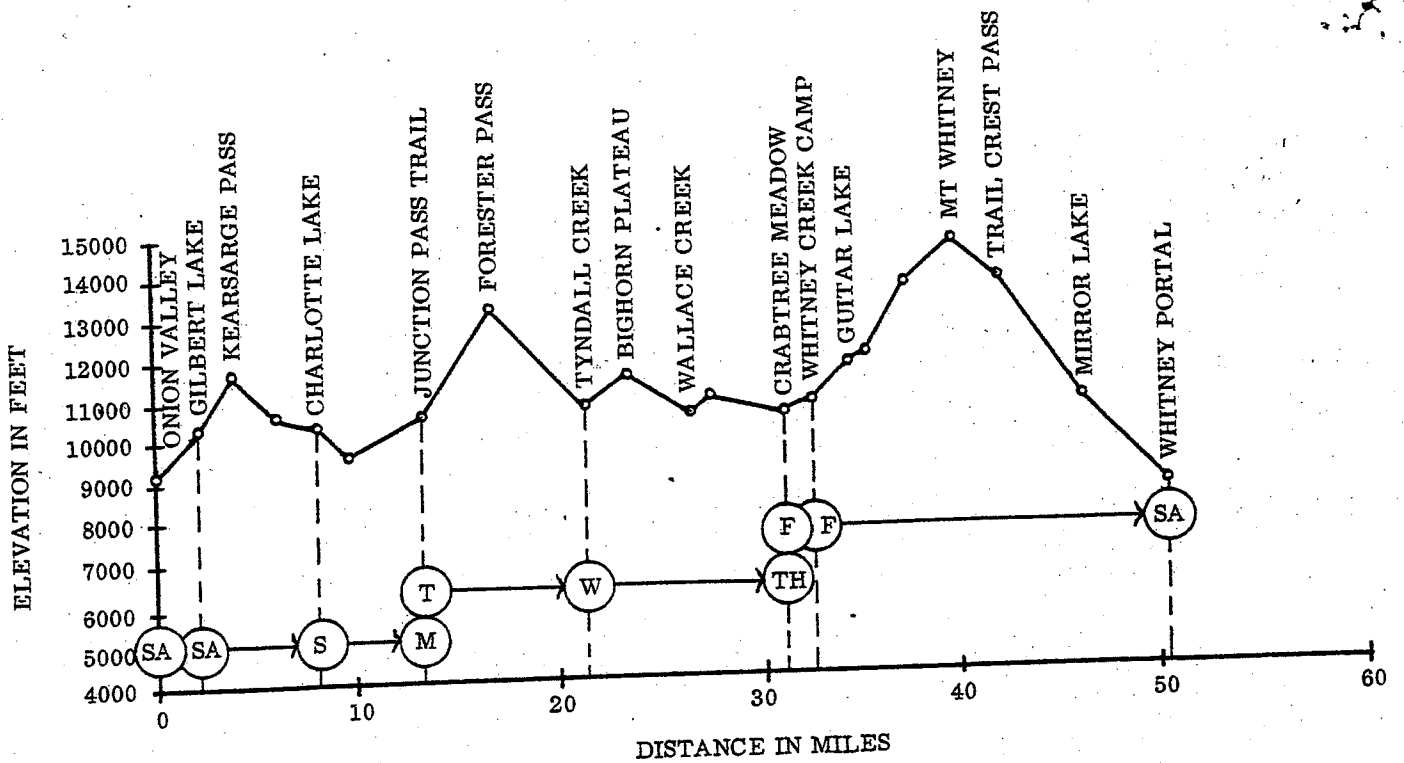
Wednesday: Start early for steep climb over Forester Pass. Beautiful views today. Watch for Marmots as you descend to Tyndall Creek.

Thursday: The broad Bighorn Plateau at over 10,000 feet elevation offers broad views of the Kern Canyon and first views of Mt. Whitney. Use your map to locate which peak is Whitney. At this angle it appears flat topped with gentle slope rounding off to the right (west) and sharp drop on the left (east). It does not appear to be particularly higher than the surrounding peaks. DO NOT TAKE WRONG TRAIL AT WALLACE CREEK. MUIR TRAIL GOES ACROSS CREEK AND UP OTHER SIDE. Above Crabtree Meadow take LEFT TRAIL to the Ranger Station. Camp near Ranger Station or in Meadow below Ranger Station.

Friday: Layover most of the day. Good fishing in Crabtree Lakes. Sometime during the day move up to the Whitney Creek campsite. Carry some wood up as it is scarce here. TIMBERLINE LAKE IS CLOSED TO CAMPING. If you prefer to go further, start by mid-morning for Guitar Lake. NO WOOD THERE SO TAKE WOOD. Guitar Lake is the guitar shaped lake north of the Hitchcock Lakes into which Arctic Lake drains. Good but exposed campsite with no wood. Rest up today for Mt. Whitney tomorrow.

Saturday: Start early - 6 a.m. - as soon as it is daylight (this means getting up early and keeping breakfast simple). Keep the group together (particularly in bad weather) until you reach top of Whitney. Leave packs at Trail Crest Pass Junction (well off the trail so animals won't trample them). You should be on top by 11 a.m. for lunch and time to enjoy the view. Examine the stone house built on top in 1909 by the Smithsonian Institute for scientific research. Head down by noon or 1 o'clock for the 10-1/2 miles downhill to Whitney Portal. Pickup wood as you approach Whitney Portal as it is scarce in campground. You must camp a fair ways below the Pack Station Store. Send out a scouting party to find a campsite and hold it until all can get there.





| RECOMMENDED TRAIL SCHEDULE | Elevation | Miles Between Points | Miles From Start | Miles Today | Grade Feet Per Mile |
|--|---------------|----------------------|------------------|-------------|---------------------|
| On arrival Saturday hike to Gilbert or Flower Lake for night's camp | 9200 10400 | 0.0 2.0 | 0.0 2.0 | 0.0 2.0 | - +600 |
| FIRST DAY (Sunday) | | | | | |
| Kearsarge Pass | 11960 | 2.0 | 4.0 | 2.0 | +780 |
| Bullfrog Lake (CLOSED TO CAMPING) | 10640 | 2.0 | 6.0 | 4.0 | -660 |
| Charlotte Lake | 10370 | 2.0 | 8.0 | 6.0 | -135 |
| SECOND DAY (Monday) | | | | | |
| Bubbs Creek - Vidette Meadow | 9600 | 1.7 | 9.7 | 1.7 | -453 |
| Junction Pass Trail | 10500 | 3.5 | 13.2 | 5.2 | +257 |
| THIRD DAY (Tuesday) | | | | | |
| Layover Day - Fishing in Bubbs Creek and Center Basin - Hiking and Exploring | | | | | |
| FOURTH DAY (Wednesday) | | | | | |
| Forester Pass | 13200 | 3.5 | 16.7 | 3.5 | +771 |
| Tyndall Creek Trail Junction | 10880 | 5.0 | 21.7 | 8.5 | -464 |
| FIFTH DAY (Thursday) | | | | | |
| Bighorn Plateau | 11360 | 1.8 | 23.5 | 1.8 | +267 |
| Wallace Creek | 10400 | 2.7 | 26.2 | 3.5 | -356 |
| Wallace-Whitney Creek Divide | 10964 | 1.4 | 27.6 | 4.9 | +403 |
| Crabtree Meadow | 10448 | 3.6 | 31.2 | 8.5 | -143 |
| (Take trail to Ranger Station and camp in meadow below) | | | | | |
| SIXTH DAY (Friday) | | | | | |
| Layover most of day. Move up to Whitney Creek Campground after breakfast. Carry some wood up as it is scarce and you will need it for breakfast. NO CAMPING IS ALLOWED AT TIMBERLINE LAKE. | | | | | |
| Alternate camp at Guitar Lake above timberline - TAKE WOOD. | | | | | |
| Whitney Creek Campground | 10858 | 1.5 | 32.7 | 1.5 | +273 |
| SEVENTH DAY (Saturday) START EARLY | | | | | |
| Guitar Lake | 11600 | 1.7 | 34.4 | 1.7 | +678 |
| Bench Mark 11906 | 11906 | 0.9 | 35.3 | 2.6 | +340 |
| Mt. Whitney Trail | 13480 | 2.4 | 37.7 | 5.0 | +656 |
| Summit Mt. Whitney | 14495 | 2.2 | 39.9 | 7.2 | +461 |
| Trail Crest Pass | 13600 | 2.3 | 42.2 | 9.5 | -389 |
| Mirror Lake | 10640 | 4.2 | 46.4 | 13.7 | -705 |
| Whitney Portal | 8361 | 4.0 | 50.4 | 17.7 | -570 |