

Greater Yosemite Council Yosemite Falls and Walls

A Series of Progressive Hikes



"The mountains are calling and I must go." - John Muir

Presented By Greater Yosemite High Adventure Team



YOSEMITE FALLS AND WALLS PATCH PROGRAM

What better way is there to experience Yosemite than to take a walk or hike? Listed on these pages are several day and overnight hikes in Yosemite National Park.

Remember to stop by the park visitor center before your hike to get current trail and weather conditions, and to go prepared for the unexpected: carry and know how to use the Scouting 10 essentials (knife, first aid kit, extra cloths, rain gear, flash light, food, water, matches, sun protection, and map and compass). Topographical maps and hiking guides are available for purchase at the park visitor's centers. Dogs and other pets, bicycles, mountain bikes, and motor vehicles are not allowed on park trails. Horses and mules have the right of way on all trails.

The purpose of the patch program is to encourage hiking and to bring into the lives of our Scouts a "mountain experience". Some of these trips can be accomplished in a single day, some may take up to 6 days. The patch rockers are set up to be earned one per trip, not multiple rockers in one trip. There are camping sites if your plans include an overnight experience. For Boy Scouts some of these activities can contribute to the Tenderfoot, Second Class, and first Class rank. The Backpacking, Camping, Hiking, Forestry, and Geology Merit Badges can also be incorporated into the hikes. Some of the longer trips may be more suited for the more experienced Scouts. Be sure your Scouts are properly prepared for the weather expected for the trip. It is suggested that you make a physical pack check, not just ask, prior to leaving.

You should carry water and a means to treat water on these trips especially on hot summer or fall days. It is also recommended that you secure and have with you a copy of any of the trail books for Yosemite for those moments when there is need for a rest. Have your Scouts try and identify any trees, birds, mammals or reptiles they may encounter. Try and make your trip a "hike with a purpose" other than just earning the patch.

Be sure to follow the Principles of Leave No Trace (see page 18 for more information), these might seem unimportant until you consider the combined effects of millions of outdoor visitors. One poorly located campsite or campfire may have little significance, but thousands of such instances seriously degrade the outdoor experience for all. Leaving no trace is everyone's responsibility; 1. Plan Ahead and Prepare, 2. Travel and Camp on Durable Surfaces, 3. Dispose of Waste Properly (Pack It In, Pack It Out), 4. Leave What You Find, 5. Minimize Campfire Impacts, 6. Respect Wildlife, 7. Be Considerate of Other Visitors.

TRAIL CUSTOMS AND COURTESIES

1. Stay on developed trails. Cutting across switchbacks can trample vegetation which holds topsoil in place. As the loosened earth washes away, ugly ditches can be formed.
2. Travel single file on most trails. Leave some space between you and the person ahead of you. You can see where you are going, and you won't run into them if they suddenly stop.
3. Hikers coming up the trail have the right of way.
4. If you meet people on horseback, stop where you are. Horses and mules may be spooked by hikers. If it is safe to do so, step four or five steps downhill from the trail and stand quietly while the animals pass.
5. All natural features are protected. Please do not pick wildflowers or collect souvenirs. You are a visitor in Mother Nature's home.
6. Develop a Leave No Trace wilderness ethic in your group.
7. Do not repair trails or remove logs, branches or boulders from the trail without prior approval.
8. Abide by all the rules and regulations for the area. Report any infractions to the authorities.
9. Pick up litter that you see (when safe), leave the area better than you found it.
10. Do not feed the animals. Human food is not healthy for wildlife; nature will provide them the food they need.

Stay Safe

- Use your common sense to avoid accidents and injuries.
- Start your hike early; the trails can become very hot mid-day in the summer. By starting as early as possible, you will be able to hike during the cooler part of the day. Some portions of the trails are exposed, receiving no shade until late afternoon or early evening.
- Avoid becoming dehydrated or experiencing heat exhaustion. Drink plenty and drink often; pace yourself; rest in the shade, eat salty snacks. Bring a means of treating water so you can replenish your supplies.
- Sprained ankles and knee injuries can occur the trails. There are many areas of loose sand mixed with rocky terrain, which makes for slippery footing.
- Stay on the trails; there are numerous steep drop-offs and ledges off-trail.
- Know your limits. Pre-existing medical conditions can be easily exacerbated on the steep ascent.
- Do not swim or wade in the creeks above the waterfalls.
- Do not swim or wade in the river and do not walk along the edge of the river.
- Observe warning signs and railings—these exist for your safety.
- Carry a head lamp (with fresh or extra batteries) in case you end up hiking more slowly or farther than planned and find yourself hiking back in the dark.
- Hike your own hike, don't hike beyond your capability trying to keep up with someone in better shape than you, know your limits.
- Have a predetermined turnaround time established so that you know when to start hiking back with enough time to exit at your planned time.

Yosemite Falls & Walls



Note: only one segment can be earned per trip.

_____	Date	_____	Date
_____	Mirror Lake	_____	Panorama Trail
_____	Glacie Point	_____	Clouds Rest
_____	Yosemite Falls	_____	Pohono Trail
_____	Nevada Falls	_____	Tuolumne to Happy Isles
_____	Half Dome	_____	High Sierra Camps

The following Scouts and Scouters have qualified for:

_____	Name	_____	Rocker	_____	Name	_____	Rocker
_____		_____		_____		_____	
_____		_____		_____		_____	
_____		_____		_____		_____	
_____		_____		_____		_____	
_____		_____		_____		_____	

_____ Trek Leader Signature _____ Date

Enclosed is a check for \$ _____ to cover the cost of:

Main (center) patch	\$6.00	x	_____	=	_____
Rocker patch	\$2.00	x	_____	=	_____

_____	Mirror Lake	_____	Panorama Trail	_____
_____	Glacie Point	_____	Clouds Rest	_____
_____	Yosemite Falls	_____	Pohono Trail	_____
_____	Nevada Falls	_____	Tuolumne to Happy Isles	_____
_____	Half Dome	_____	High Sierra Camps	_____

Shipping Cost: 1-5 patches = \$1, 6-14 patches = \$1.50, 15-24 patches = \$2.00, 25-34 = \$2.50, 35-40 = \$3.00

Sub Total	_____
Shipping	_____
Total Enclosed	_____

Make checks payable to: Greater Yosemite Council, Falls & Walls patch program

Mail to:
Greater Yosemite Council,
Falls & Walls Patch program
4031 Technology Drive, Modesto California 95356

Make inquires to:
James Jones
feral2to4@sbcglobal.net

Mirror Lake & Tenaya Canyon

Distance: 2 miles to the lake; 5 miles loop around lake.

Type of trip: Out and back.

Elevation: +112 ft., - 10 ft. (out), Mirror Lake.

+220ft., - 74 ft. (out) Tenaya Canyon.

Difficulty: Easy to moderate.

Time: 1 hour round trip to the lake (end of paved trail); 2-3 hours for full loop

Begin at: Mirror Lake Trailhead (shuttle stop #17).

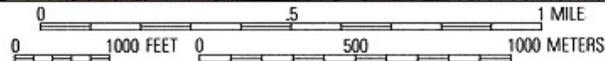
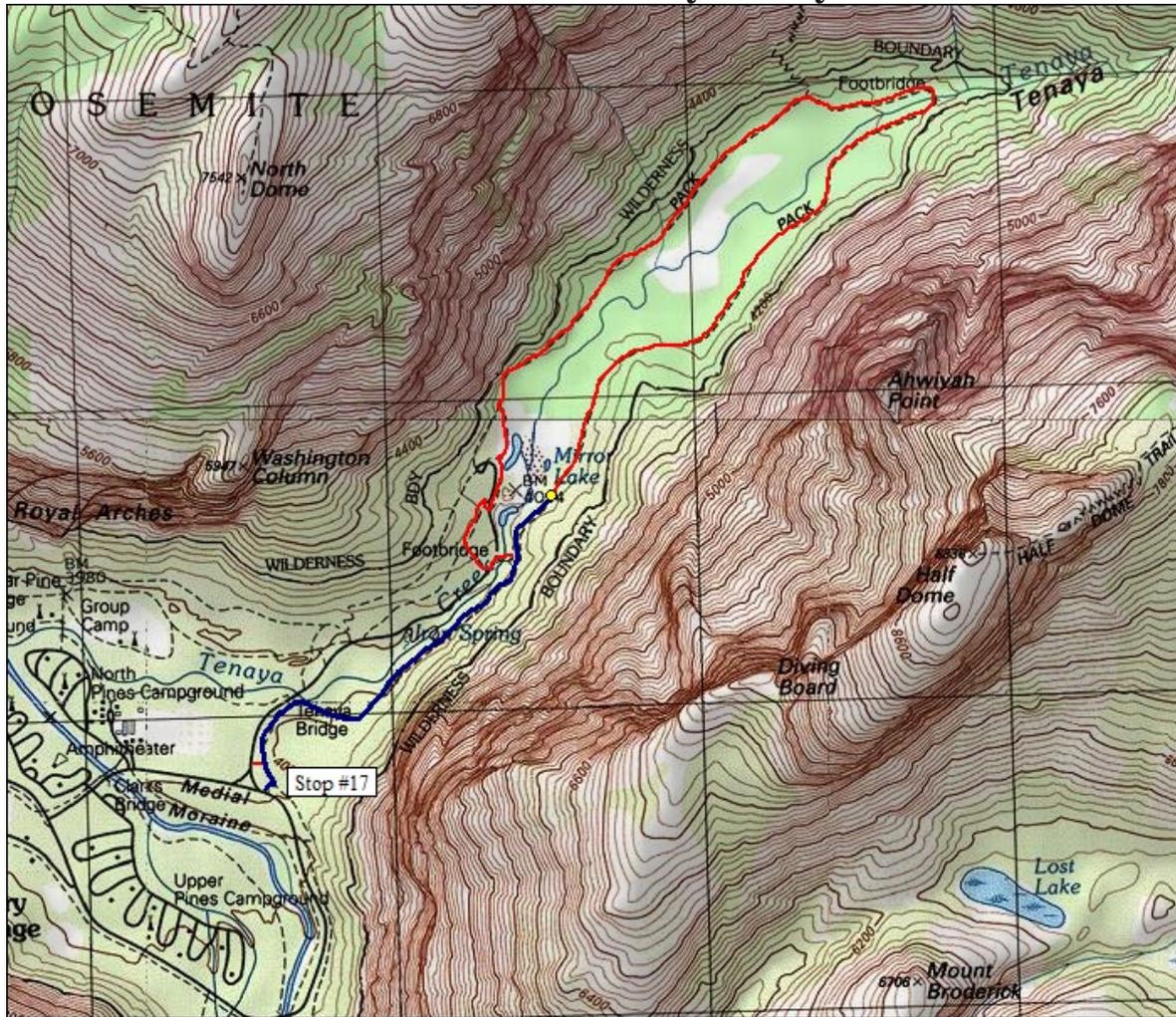
Seasonality: This trail is open year-round. In winter it can be icy and snowy, especially along the south side of Tenaya Creek.

Trail notes: The first mile of this trail is a paved service road that leads directly to Mirror Lake. You may access the loop trail from the end of the paved path. The loop follows Tenaya Creek beyond the lake, and crosses two bridges after the Snow Creek Trail junction before returning past Mirror Lake on the south side of Tenaya Canyon. (There is no safe access to the north side of Mirror Lake directly from the south side of the loop, except via bridges at the west and east ends of the trail).

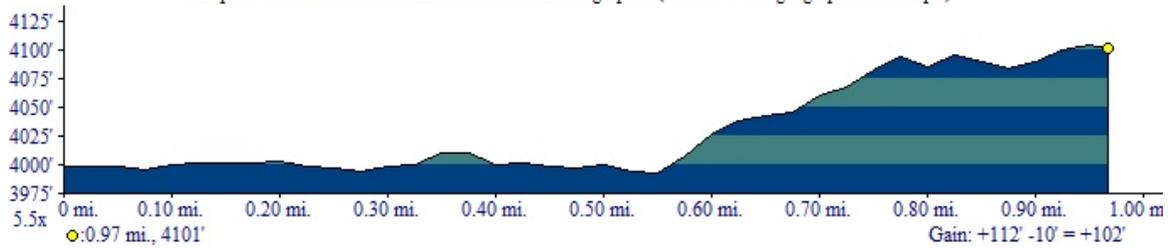
Mirror Lake has little water much of the year and, while pleasant at any time of year, it is fullest in spring and early summer, when Tenaya Creek flows freely with fresh snowmelt. When water is calm, the lake offers beautiful reflections of surrounding cliffs. Exhibits along the trail tell the story of Mirror Lake's lake-to-meadow succession, and also highlight some of the cultural history of the area. Mirror Lake is often referred to as Mirror Meadow in late summer due to the lack of water and the influx of grasses and sandy areas.

<https://www.nps.gov/yose/planyourvisit/mirrorlaketrail.htm>

Mirror Lake & Tenaya Canyon



Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)



Yosemite Falls

Top of Yosemite Falls

Distance: 7.2 miles.

Type of trip: Out and back.

Elevation: +3172 ft., -520ft. (out).

Difficulty: Strenuous

Time: 6-8 hours round trip

Begin at: This trail starts near Camp 4 (near shuttle stop #7 and El Capitan Shuttle stop #E2), along the Valley Loop Trail.

Seasonality: The Yosemite Falls Trail is open year-round; conditions vary depending on the season. In spring, when the waterfall is at its peak, this hike is stunning, and you may even get wet from the spray of the waterfall during a section of the hike. In summer, conditions are hot and dry, and the loose decomposed granite along the trail can be slippery. Keep in mind that by August, the water levels are low and you may only see a trickle here. During winter, the lower portion of this trail gets direct sunlight, so hiking can be snow-free while other trails are icy. The upper portion of this trail, which receives little to no sunlight in winter, can be very icy and slippery, or buried beneath feet of snow, making traction difficult.

Trail notes: The trail immediately begins its climb, through oak woodland. You will begin to climb above some trees and into exposed plateaus that offer you a glimpse of what's to come: great views of Yosemite Valley and its many iconic landforms. Do not stray off of the maintained path, as you will find steep drops adjacent to the trail.

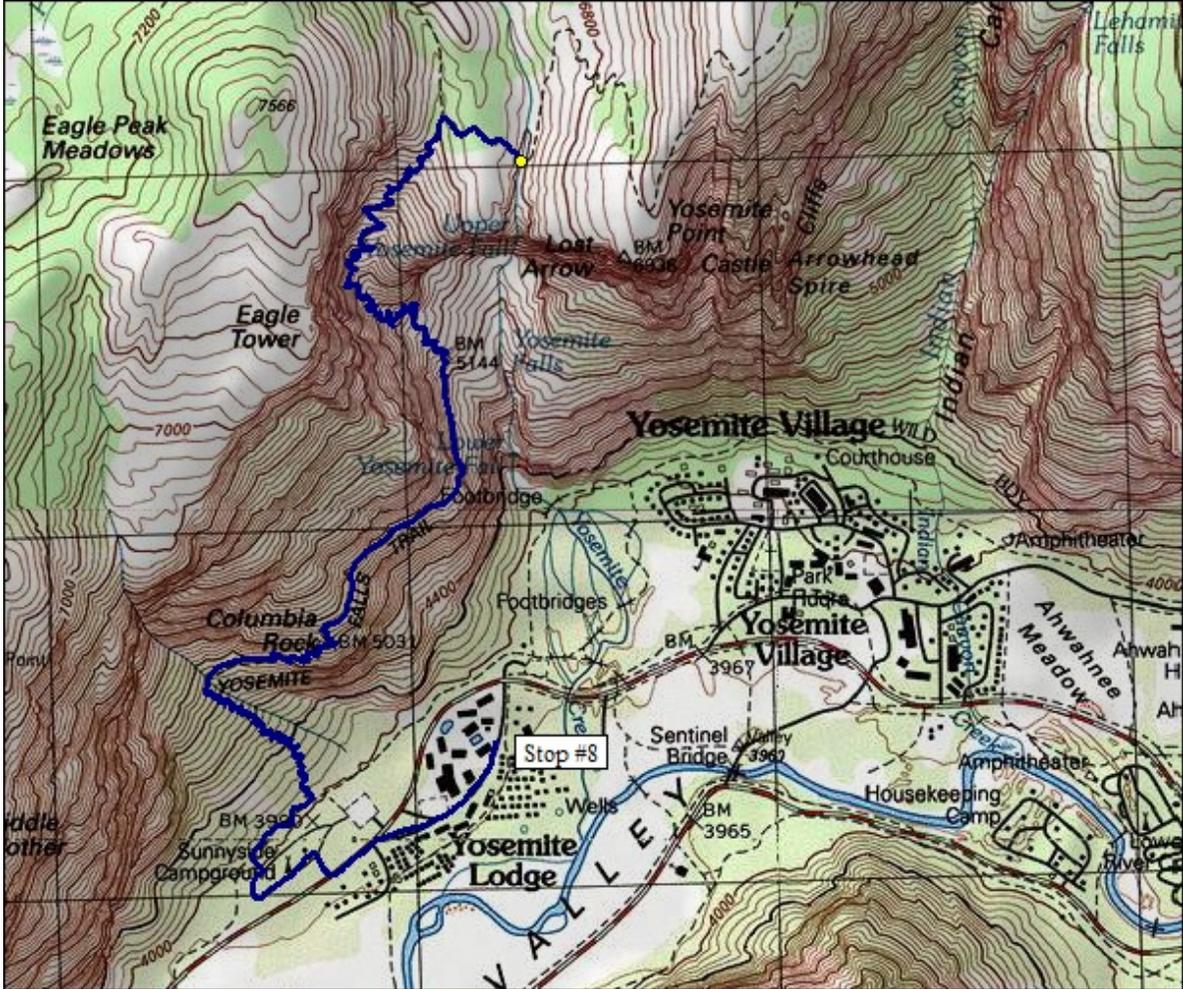
If you make the one-mile, 1,000 foot climb (via dozens of switchbacks) to Columbia Rock, you will be rewarded with spectacular views of Yosemite Valley, Half Dome, and Sentinel Rock. From there, it is worth the time and energy to hike another 0.5 miles to get a stunning view of Upper Yosemite Fall.

The upper half of the trail is steep and rocky, but the arduous climb is well worth the amazing views you will be rewarded with at the top. Here you may be surprised by the small size of Yosemite Creek, which feeds this massive waterfall. Use extreme caution when near the creek and remember you are directly above a waterfall.

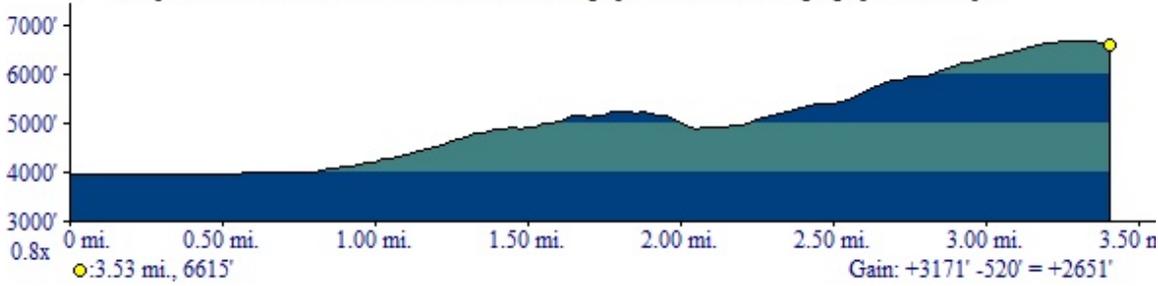
<https://www.nps.gov/yose/planyourvisit/yosemitefallstrail.htm>

Yosemite Falls

Top of Yosemite Falls



Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)



Nevada falls (top)

Mist Trails or John Muir Trail

Distance: 5.4 miles (via Mist Trail).

Type of trip: Out and back.

Elevation: +2296 ft., -324 ft. (out).

Difficulty: Strenuous

Time: 5-6 hours

You can also take the John Muir Trail to the top of Vernal Fall (via the Clark Point cutoff) and the top of Nevada Fall, or combine the Mist Trail and John Muir Trail into a loop.

Begin at: This very popular hike originates near Happy Isles in eastern Yosemite Valley (shuttle stop #16).

Seasonality: You can hike to both waterfalls all year. However, in winter, there is a specific route that remains open while some sections of trail are closed. The lower portion of the Mist Trail along Vernal Fall closes in winter due to risk of falling ice and rock. The upper portion of the John Muir Trail between Clark Point and the top of Nevada Fall is closed in winter due to treacherously icy conditions. Keep in mind that the sections of trail that remain open in the winter may be icy and/or snowy.

Trail notes: The John Muir and Mist Trails offer spectacular, up-close views of two large waterfalls and unique views across Yosemite Valley. This first paved mile of trail is busiest and accesses the Vernal Fall Footbridge. Almost entirely uphill, you can appreciate views along the way, and during spring, when the water levels are at their peak, you can also glimpse Illillouette Fall from this first section of trail.

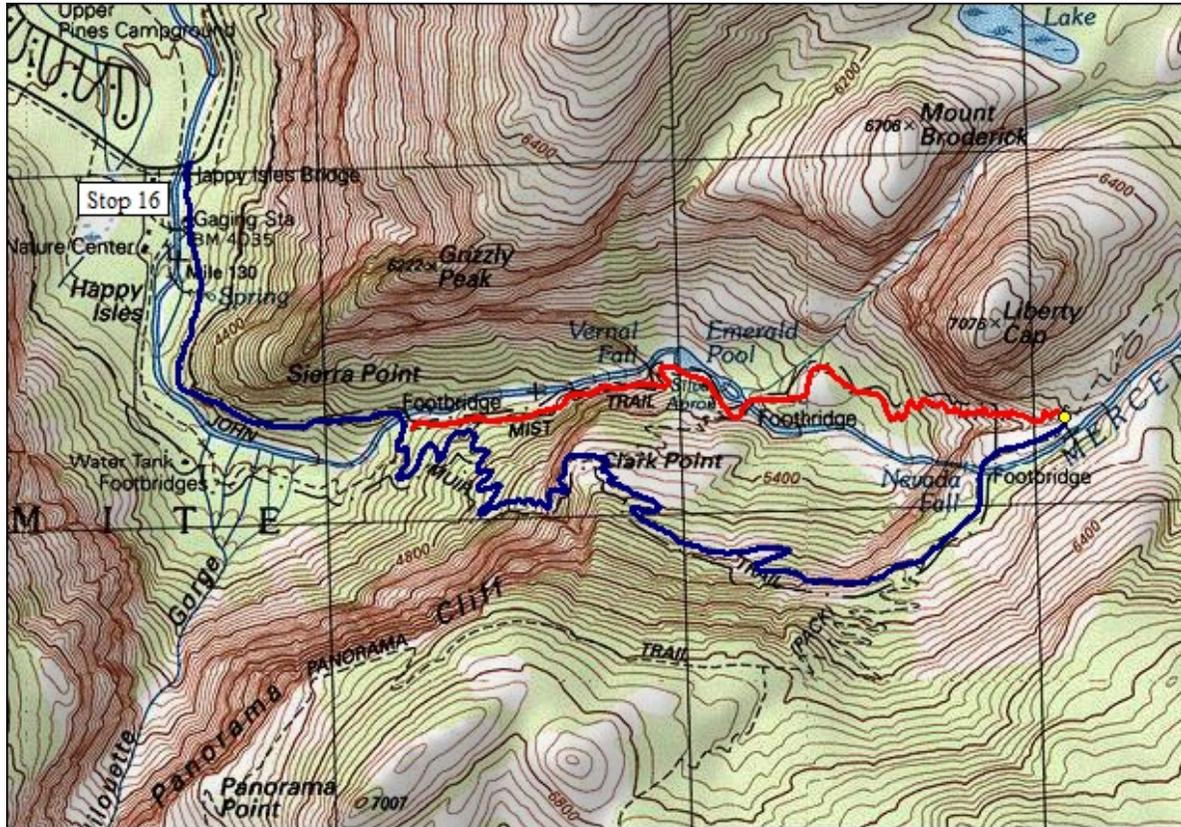
You'll find an excellent view of Vernal Fall from the footbridge at 0.8 miles. About 0.2 miles beyond the bridge, the Mist Trail and the John Muir Trail diverge. To proceed directly to the top of Vernal Fall, follow the Mist Trail 0.5 miles up a steep granite stairway. Prepare for slippery footing, high steps, and a tremendous amount of waterfall spray in spring and early summer. Continue uphill on the Mist Trail to the top of Nevada Fall another 1.5 miles of steep, rocky switchbacks. At the top of the climb, head right to reach the footbridge that crosses the Merced River above the fall, allowing you a closer view of it.

From here, you can either return down the Mist Trail, or continue over the bridge to the John Muir Trail for an alternate route back to Yosemite Valley. If you choose the John Muir Trail, you will enjoy different scenery, with great views of Liberty Cap and different views of Nevada Fall. The John Muir Trail is longer.

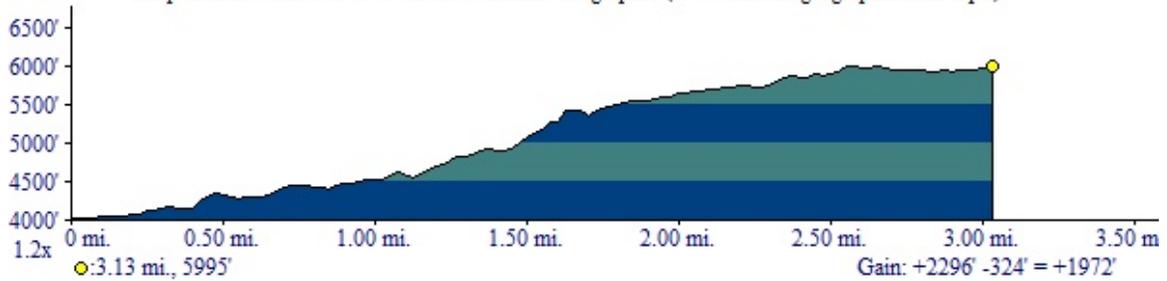
<https://www.nps.gov/yose/planyourvisit/vernalnevadatrail.htm>

Nevada falls (top)

Mist Trails or John Muir Trail



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Half Dome

Distance: 14.2 mile.

Type of trip: Out and back.

Elevation: +5223 ft., - 507 ft. (out).

Difficulty: Extremely strenuous

Time: 10-14 hours

Permits are required to summit Half Dome.

Begin at: This hike originates near Happy Isles (shuttle stop #16).

Seasonality: Mid-May or early June through Columbus Day weekend in October when the cables are up. You cannot climb Half Dome when the cables are down. Avoid Half Dome on days when there are thunder clouds in the area - it's not worth the risk. Even rain without lightning will make the granite on the cable route dangerously slick.

Trail notes: The John Muir and Mist Trails offer spectacular, up-close views of two large waterfalls, enjoyable scenery along the Merced River, and unique views across Yosemite Valley. You can take the mist trail (2.5 miles) or the John Muir (4.0 miles). The trails rejoin above Nevada falls. Continue past Little Yosemite Valley to the junction of Half Dome and the John Muir trail and follow the sign to Half Dome.

Surviving the Cables on Half Dome

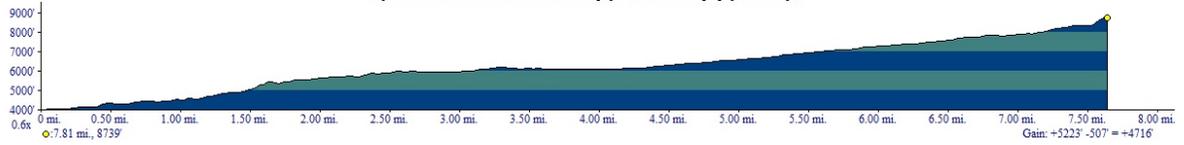
- Wear the grippiest shoes you've got.
- Wear gloves.
- Clip yourself to the cables as you go.
- Take everything out of your backpacks outside pockets.
- Don't guzzle a thermos of coffee before you take on the cables.
- Be patient and look out for your fellow climbers.
- Be prepared for delays getting onto the cables and for delays once you're on the cables.
- Test the poles holding up the cables before you put your weight on them.
- If there are thunderclouds around, get back below tree level.
- Don't try to climb the cables if it's been raining.
- Hit the weights before you go.
- Bring plenty of food.
- Don't forget your permit.

<http://www.yosemitechikes.com/yosemite-valley/half-dome/cables-tips.htm>

Half Dome



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Glacier Point

By way of Four Mile Trail

Distance: 4.8 mi one way to Glacier Point. 9.6 mi round trip.

Type of trip: Point to point or out and back.

Difficulty: Strenuous

Elevation: +3426 ft., - 662 ft. (out).

Hiking Time: 3-4 hours one-way, 6-8 hours round trip.

Begin at: Four Mile Trailhead along Southside Drive in Yosemite Valley.

Seasonality: The Four Mile Trail typically opens for the season sometime in May and closes below Union Point due to treacherous conditions after significant snow accumulation (usually by November or December). After major snowfalls, the entire trail may close.

Trail notes: This trail begins near the base of Sentinel Rock and climbs to the top of Yosemite Valley at Glacier Point. The trail maintains a continuous steep grade, following the path of an old toll trail that was completed in 1872. The trail has changed a bit over the years; it is now closer to five miles than four. Spectacular views of Yosemite Valley, El Capitan, Yosemite Falls, and, eventually, Half Dome await those willing to tackle this strenuous trail. Don't skip the side trip to enjoy the view of Yosemite Valley from Union Point, located a bit over two-thirds of the way up.

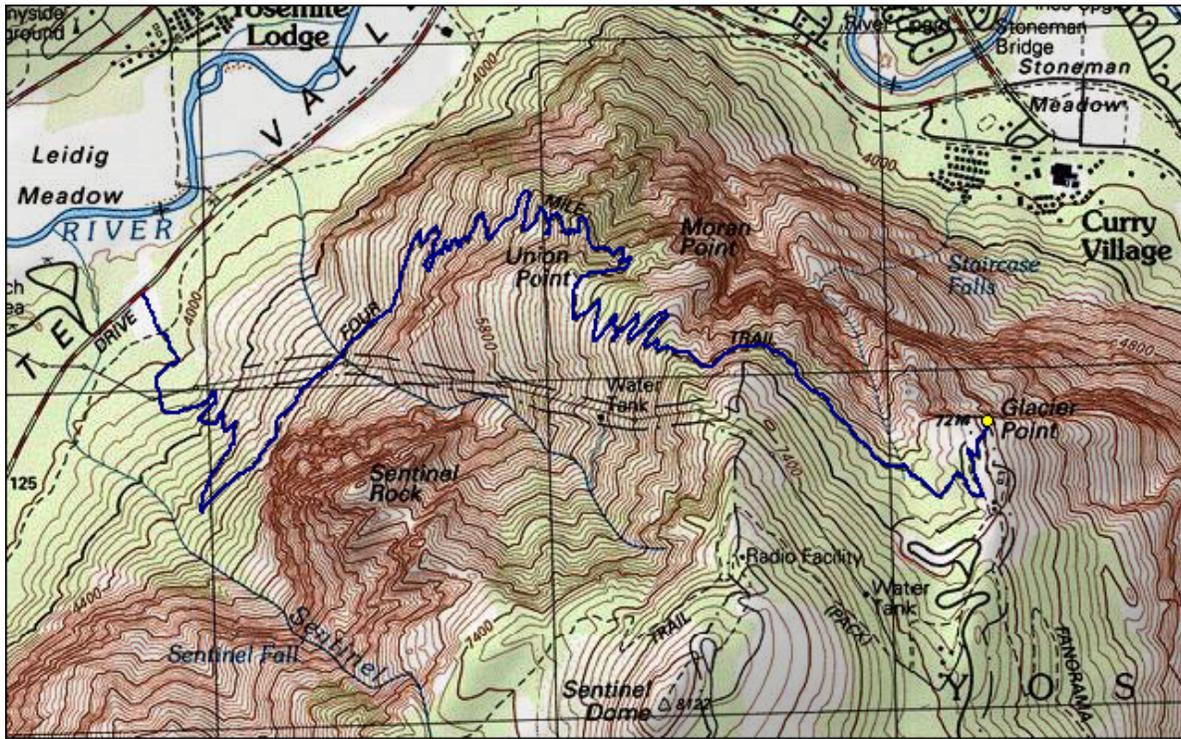
The Four Mile Trail ends at Glacier Point, where restrooms, parking, and a snack stand (summer only) are available.

If you want to hike one way, make sure you have another member of your party available to drop you off or pick you up at the other end. There is no free shuttle system between Glacier Point and Yosemite Valley. The park concessioner runs three daily guided bus tours that include a stop at Glacier Point—you can purchase a tour bus ticket from any tour desk to ride the bus to Glacier Point (hiking back to the Valley). You should purchase this ticket in advance to guarantee your space, but advance tickets are only available if riding the bus from Yosemite Valley to Glacier Point. There is no way to guarantee space riding from Glacier Point to Yosemite Valley; tickets in this direction can only be purchased in cash from the bus driver if space is available.

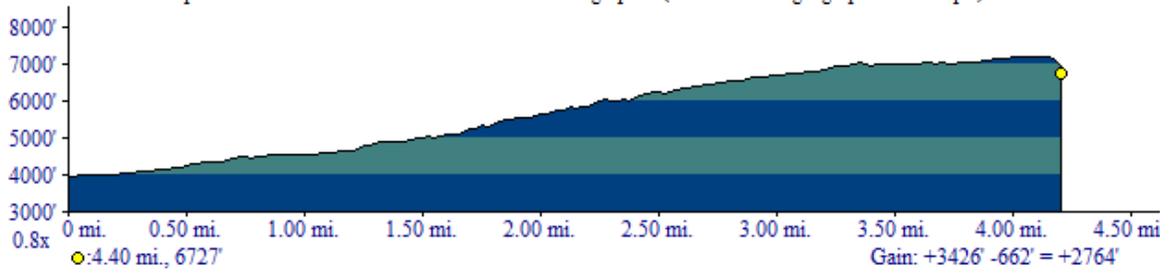
<https://www.nps.gov/yose/planyourvisit/fourmiletrail.htm>

Glacier Point

By way of Four Mile Trail



0 0.5 1 MILE
 0 1000 FEET 0 500 1000 METERS
 Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)



Clouds Rest

Distance: 13.1 miles (out and back). 17 miles from Tenaya Lake Tioga road to Happy Isles.

Type of trip: Out and back or point to point.

Difficulty: Strenuous

Elevation: + 2279 ft., - 576 ft. (out) (out and back).
+ 2733 ft., - 6874 ft. point to point.

Hiking Time: 1-3 days.

Begin at: The trailhead is off Tioga Road at the west end of Tenaya Lake - watch for the "Sunrise" signs. Its 31 miles from the Tioga Road's western end point at Crane Flat, and 16 miles from Yosemite's eastern entrance at Tioga Pass.

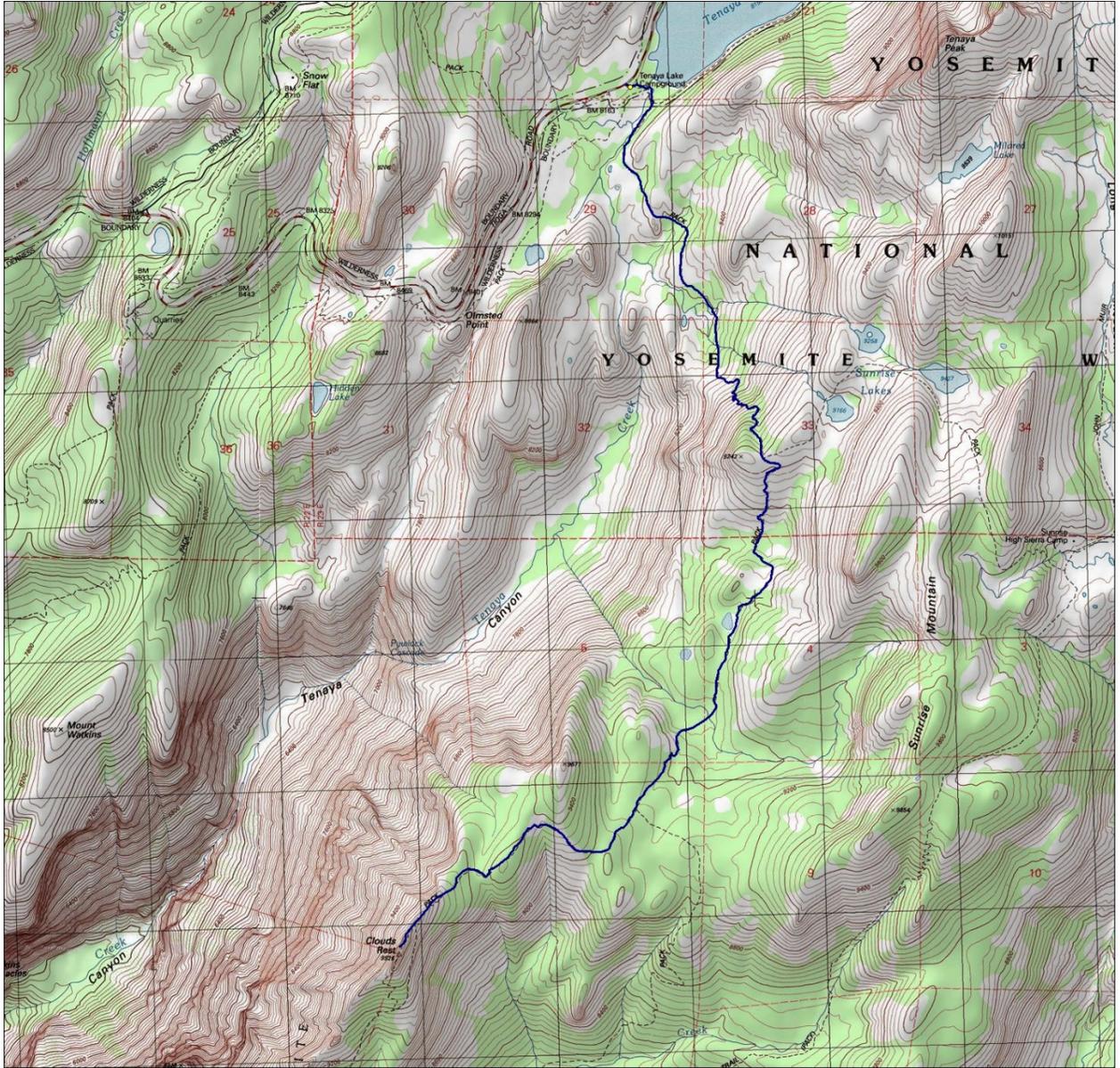
If you can arrange transportation, you can hike 17 miles one way from Tenaya Lake up and over Clouds Rest and down to Yosemite Valley via the Half Dome trail. You'll climb 1,800 feet to the Clouds Rest summit and then descend nearly 6,000 feet to the valley floor.

Seasonality: Roughly March through October when Tioga road is open.

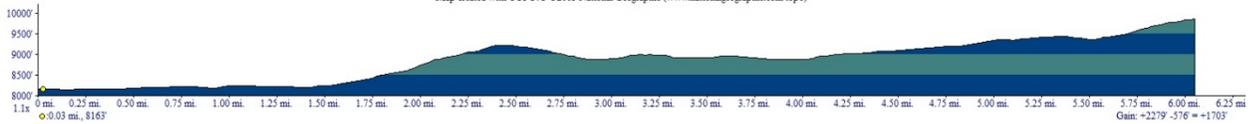
Trail notes: From the trailhead, you start the hike by following the trail markers for Sunrise High Sierra Camp. After the first 1.5 mile hike on the relatively flat trail, you begin to climb up the lower slope below Sunrise Mountain. At the switchbacks you will gain 1,000 feet in elevation in just one mile before reaching the top of the slope. On the top, you immediately encounter the Y junction for either Cloud's Rest or Sunrise Lakes. Bear right for Cloud's Rest and begin to follow the trail markers for it from now on. The trail beyond the junction (called Forsyth Trail) descends sharply for 0.5 miles until you reach the flat land below Sunrise Mountain. The trail on the land is about 1.7 miles long and traverses beautiful woods and a nice lake before you encounter the next junction. Bear right at the "T" junction for Cloud's Rest and you are about 1.5 miles away from it (though the marker says 2.5 miles). Since you're approaching Cloud's Rest from its back, you only begin to see it after passing the junction. Keep hiking up on the trail until you encounter the marker for Cloud's Rest Foot Trail. Use extreme caution beyond this point as the pass way on the top of Cloud's Rest is narrow and both sides are sheer drip-offs. You can enjoy the spectacular views of Half Dome, Tenaya Canyon and surrounding mountains after a short scramble to the summit where you can find a geology mark on it. Take the same way back to the Sunrise Lakes trailhead once you're ready to return. Or you can descend to Little Yosemite Valley and follow the John Muir trail to Happy Isle. See section on hiking Half Dome.

<http://www.yosemitechikes.com/tioga-road/clouds-rest/clouds-rest.htm>

Clouds Rest (Out and back)

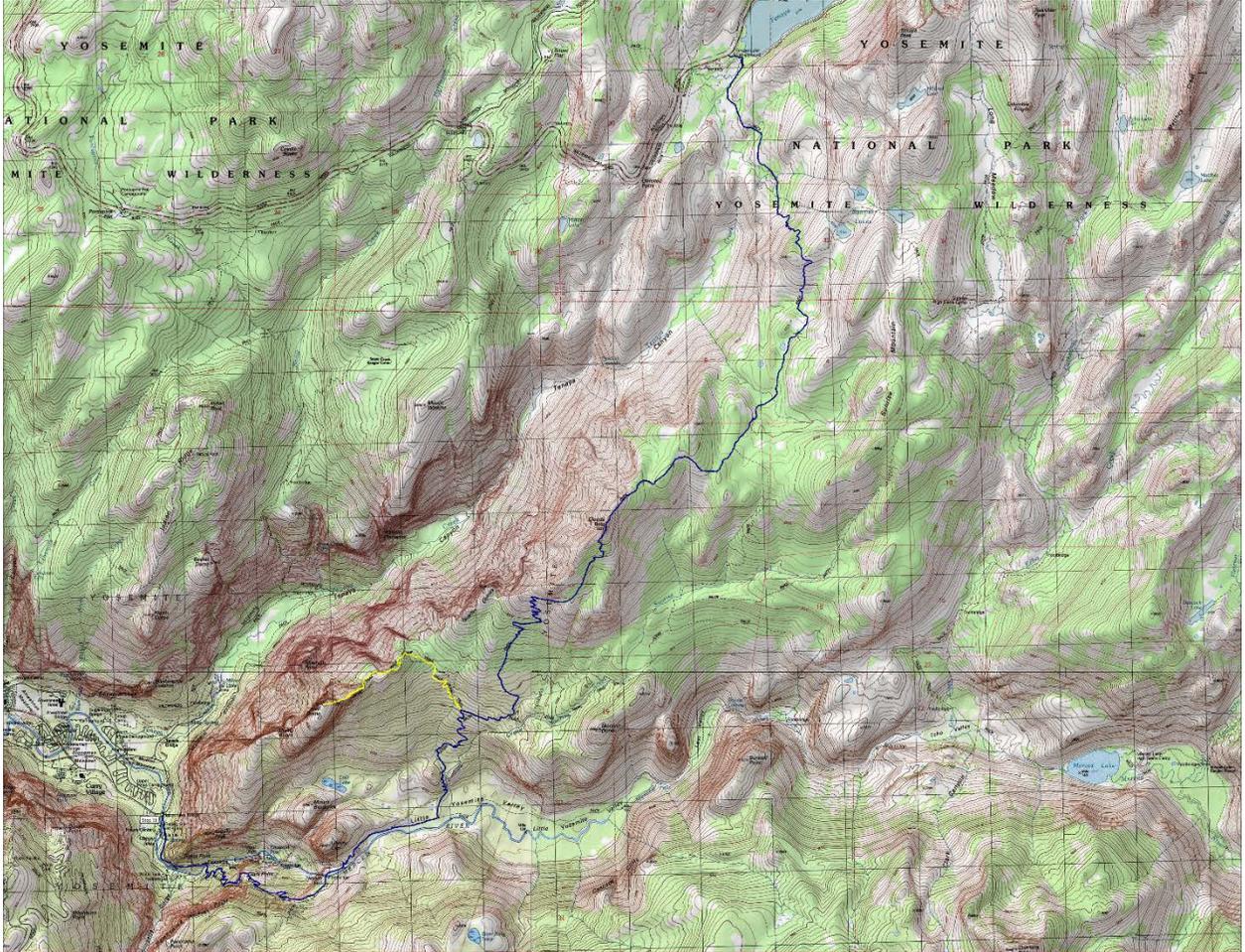


Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)



Clouds Rest

Tenaya Lake to Happy Isles.



The Principles of Leave No Trace

The principles of Leave No Trace might seem unimportant until you consider the combined effects of millions of outdoor visitors. One poorly located campsite or campfire may have little significance, but thousands of such instances seriously degrade the outdoor experience for all. Leaving no trace is everyone's responsibility.

1. Plan Ahead and Prepare

Proper trip planning and preparation helps hikers and campers accomplish trip goals safely and enjoyably while minimizing damage to natural and cultural resources. Campers who plan ahead can avoid unexpected situations, and minimize their impact by complying with area regulations such as observing limitations on group size. Schedule your trek to avoid times of high use. Obtain permits or permission to use the area for your trek.

2. Travel and Camp on Durable Surfaces

Damage to land occurs when visitors trample vegetation or communities of organisms beyond recovery. The resulting barren areas develop into undesirable trails, campsites, and soil erosion.

3. Dispose of Waste Properly (Pack It In, Pack It Out)

This simple yet effective saying motivates backcountry visitors to take their trash home with them. It makes sense to carry out of the backcountry the extra materials taken there by your group or others. Inspect your campsite for trash or spilled foods. Accept the challenge of packing out all trash, leftover food, and litter.

4. Leave What You Find

Allow others a sense of discovery, and preserve the past. Leave rocks, plants, animals, archaeological artifacts, and other objects as you find them. Examine but do not touch cultural or historical structures and artifacts. It may be illegal to remove artifacts.

5. Minimize Campfire Impacts

Some people would not think of camping without a campfire. Yet the naturalness of many areas has been degraded by overuse of fires and increasing demand for firewood.

6. Respect Wildlife

Quick movements and loud noises are stressful to animals. Considerate campers practice these safety methods:

7. Be Considerate of Other Visitors

Thoughtful campers respect other visitors and protect the quality of their experience.

The Panorama Trail

Distance: 8.5 miles.

Type of trip: Point to point.

Difficulty: Moderate to hard depending on the direction you hike.

Elevation: +1749 ft., - 2508 ft.

Hiking Time: 4.5 - 7 hours

Begin at: Most people do this hike one way from Glacier Point to Yosemite Valley, which means parking in the valley and taking the Glacier Point bus from the Yosemite Lodge up to the trailhead at Glacier Point. Glacier Point is at the terminus of the 16-mile Glacier Point Road.

Seasonality: The mountain scenery is good whenever the trail's open, but the waterfalls of the Mist Trail are best in the spring and early summer, when the most water is pouring over them. They have a longer primetime than Bridal veil or Yosemite Falls, since they're fed by the Merced River instead of the creeks that feed the other falls, but they've still usually lost a lot of volume by August.

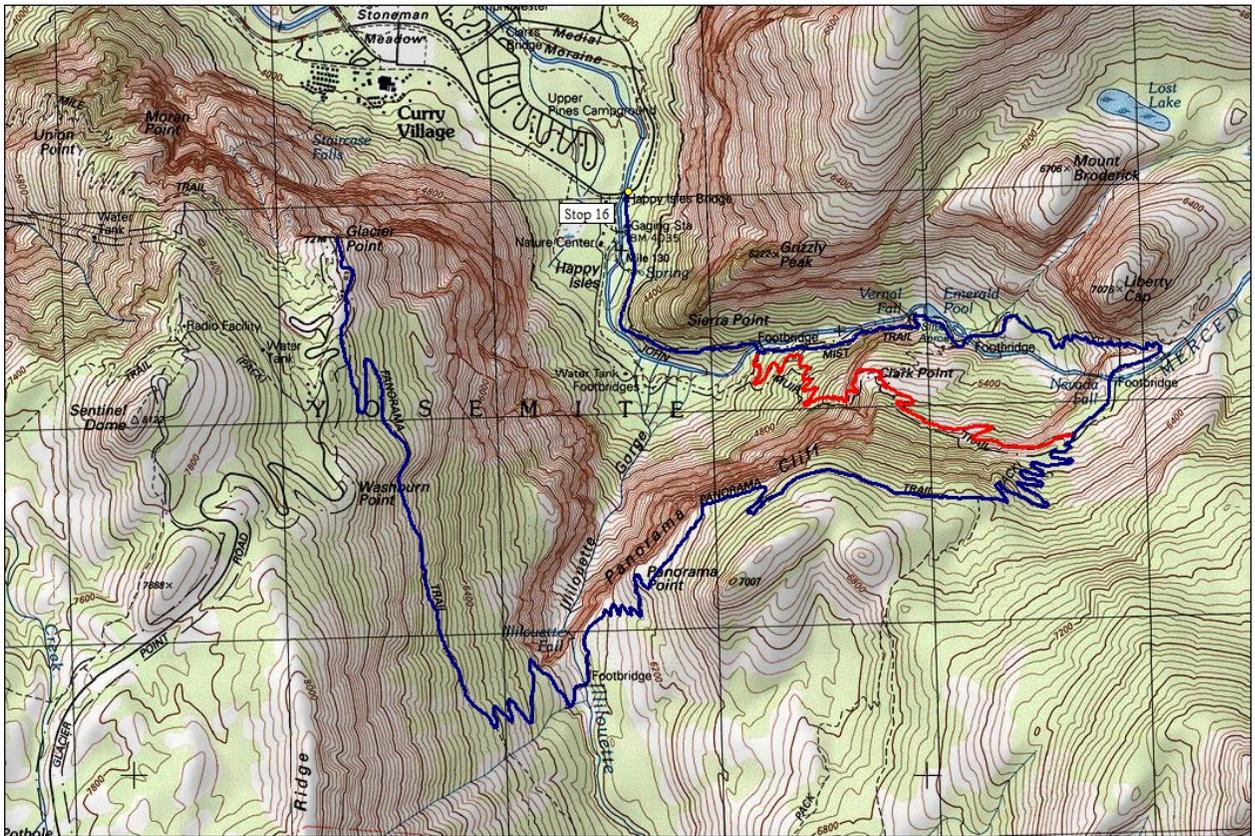
Trail Notes: Two of Yosemite's most spectacular hikes, Glacier Point and the Mist Trail, serve as bookends to a trail that also passes lesser-known gems like Panorama Point and Illilouette. The Panorama trailhead at Glacier Point is at the southern end of the Glacier Point area, near the amphitheater. Once you're on the trail, you'll have at least three forks to navigate over the course of your hike; all are clearly signed and you shouldn't have any trouble figuring out where you need to go.

The Muir Trail is longer but less steep; it's a good choice if you're too fatigued for the stair-step descents of the Mist Trail. The Mist Trail is definitely more scenic, but the beginning of the Muir Trail does have an astonishing view to Nevada Fall, Liberty Cap, and the back of Half Dome.

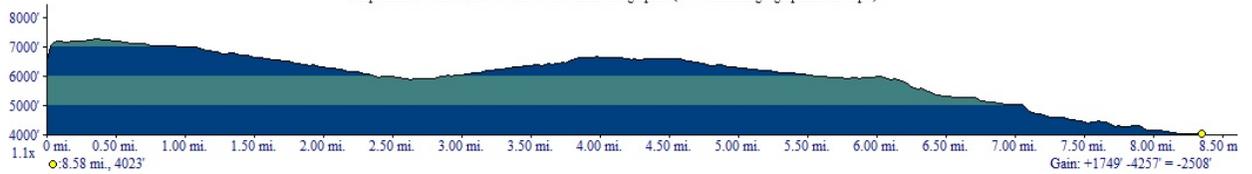
If you're hiking bottom to top, take the Mist Trail, which is at the southeastern end of Yosemite Valley. Above Nevada Fall, continue towards the John Muir Trail, and you'll soon pass the Panorama Trail fork.

<http://www.yosemitedhikes.com/glacier-point-road/panorama-trail/panorama-trail.htm>

The Panorama Trail



Map created with TOPO!® ©2003 National Geographic (www.nationalgeographic.com/topo)



Pohono Trail

Distance: 13 miles.

Type of trip: Point to point.

Difficulty: Strenuous, no matter which trailhead you start from, you'll have a strenuous climb for at least a mile at the beginning of the hike. Starting at Glacier Point is the least difficult option. The Tunnel-View-to-Glacier-Point hike is far more grueling than the reverse direction.

Elevation: +5622 ft., - 3270 ft. including Sentinel Dome; +5289 ft., - 3270 ft. without it.

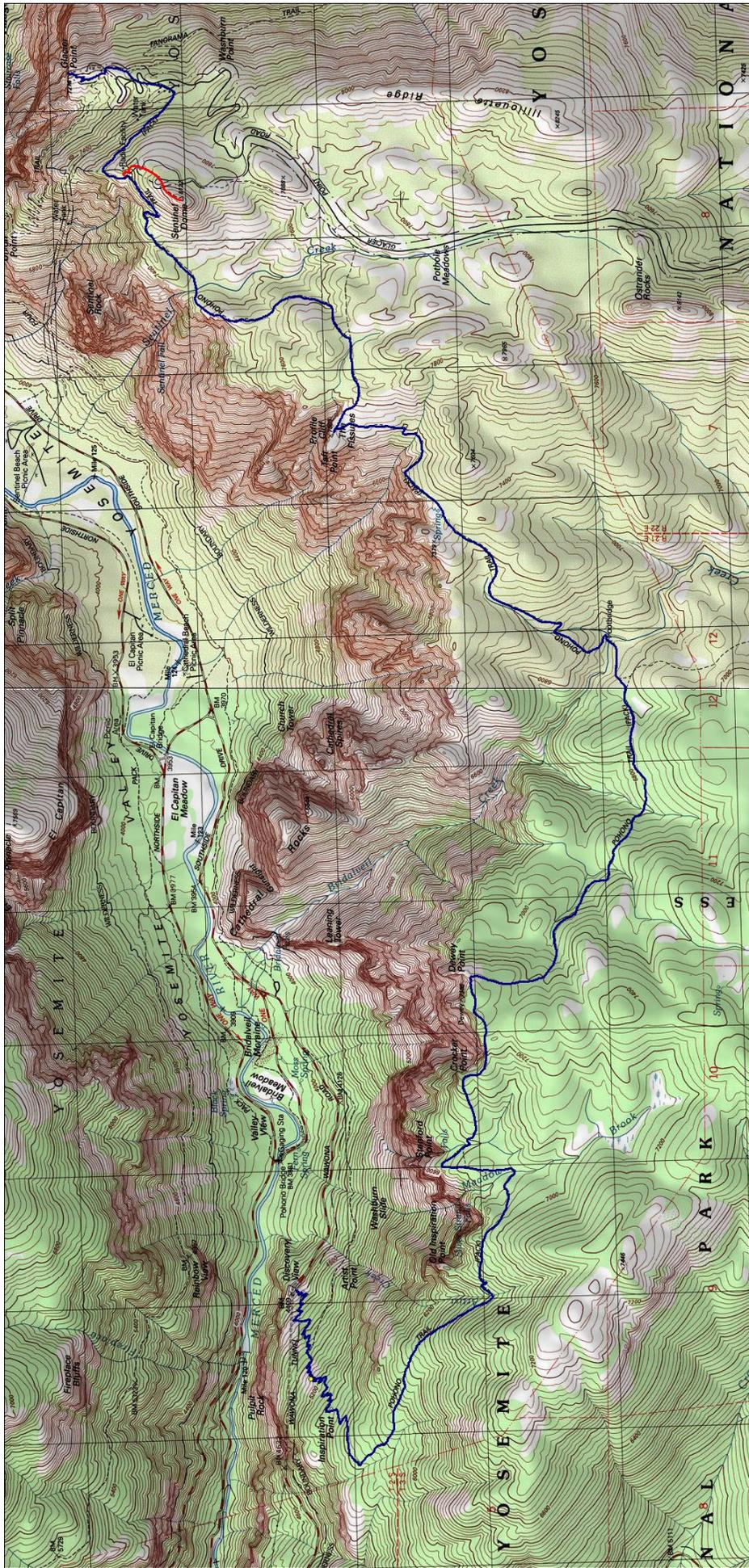
Hiking Time: 5 - 10 hours

Begin at: Most people do this hike one way from Glacier Point to Yosemite Valley, which means parking in the valley and taking the Glacier Point bus from the Yosemite Lodge up to the trailhead at Glacier Point. Glacier Point is at the terminus of the 16-mile Glacier Point Road. If you are going in the opposite direction you will park at Tunnel View. From Yosemite Valley, you'll want to take Highway 41 south. Head toward the west end of the valley and follow the signs for Highway 41 and Bridalveil Fall. The Tunnel View is two miles up the road.

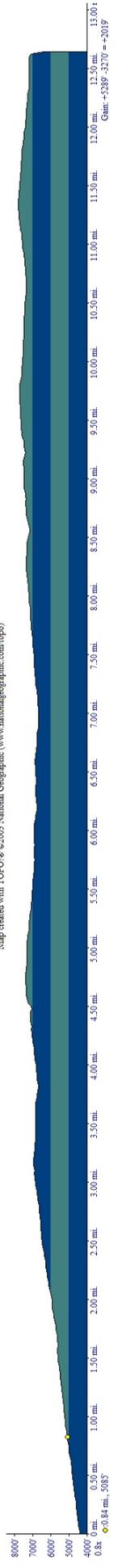
Seasonality: The trail is only accessible when the Glacier Point Road is open, typically from mid-May until early November, and there will likely be snow hiding the trail for the first few weeks after the road opens.

Trail Notes: This east-west hike along Yosemite Valley's south rim, going from Glacier Point to the Tunnel View (or, less frequently, vice versa). Along the way you'll pass Glacier, Taft, Dewey, Crocker, Stanford, and Inspiration Points, along with Sentinel Dome and the Tunnel View. You'll have views of all Yosemite Valley's great natural landmarks: Vernal, Nevada, Yosemite, and Bridalveil Falls; Half Dome, Sentinel and Cathedral Rocks, El Capitan, and more. If your timing is right, though, you will see numerous wildflowers.

<http://www.yosemitemhikes.com/glacier-point-road/pohono-trail/pohono-trail.htm>



Map created with [TOPOR](http://www.nationalgeographic.com/topo/) © 2005 National Geographic (www.nationalgeographic.com/topo/)



Tuolumne Meadow to Yosemite Valley Via the John Muir Trail

Distance: 21.7 miles

Type of trip: Point to point.

Difficulty: Moderate

Elevation: +2189, - 6743.

Hiking Time: 2 – 4 days.

Begin at: The trip starts/ends at the Cathedral lake trailhead (bus stop # 7) and end/starts at Happy Isles trailhead (bus stop #16).

Seasonality: Typically from mid-May until early November.

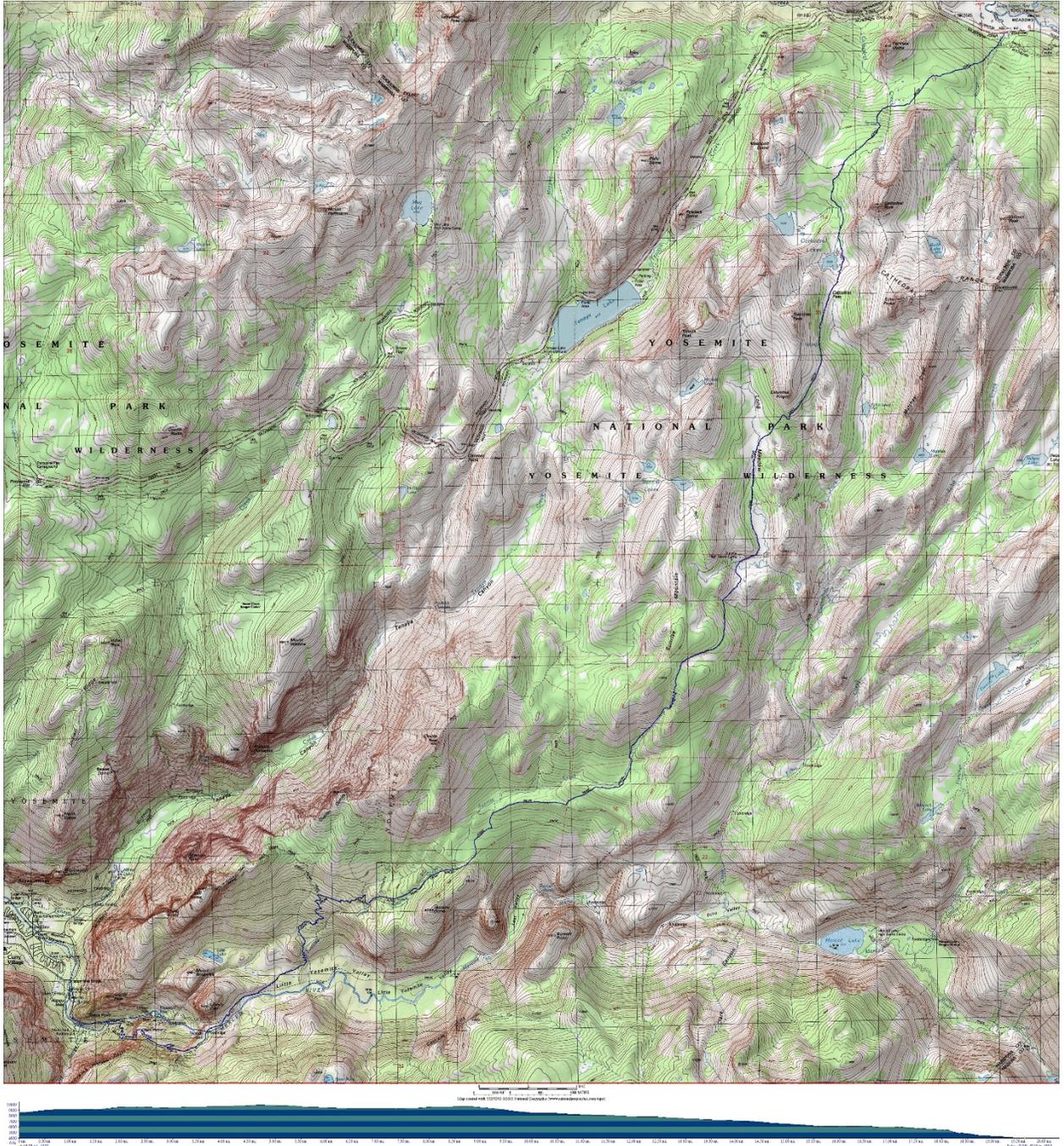
Trail Notes: Follow the signs for the John Muir Trail, this is the northern section of the John Muir trail. The John Muir Trail is a 211 mile trip that travels through the Sierras north/south. The terminus of the trail are Happy Isle's in the north, and the summit of Mount Whitney in the south.

From Cathedral lakes trailhead start hiking south as you climb past Cathedral Lakes to broad Cathedral Pass (4.3 miles). You will descend through the headwaters of Echo creek then start a gentle climb up the east flank of Tresidder Peak to the actual high point of this trip (9940 feet). From here you will descend to Long Meadow where the gradient switches to a gradually sloping valley where you reach the junction with Echo trail. Stay on the JMT south to Sunrise High Sierra Camp, another 3.5 miles. Continue through the south arm of Long Meadow then start climbing the east slope of Sunrise Mountain where you will reach a broad south-east running ridge before descending steeply into a rocky canyon to Sunrise Creek. You will pass the trail junctions for Clouds Rest then Half Dome, stay on the JMT. Continue on to Little Yosemite Valley (9 miles) through the burn from 2014, a hot and dry section.

From Little Yosemite Valley you will descend to Nevada Falls (1.3 miles). From here you can stay on the JMT (2.7 miles) or the Mist Trail (1.6 miles). The JMT offers an excellent view of Half Dome, Liberty Cap, and Nevada Falls. The mist trail is steep with large steps and wet due to the mist from the falls. The two trails meet back up 1.2 miles below Clarks Point. Continue on (0.8 miles) to Happy Isles trailhead (3.5 miles) (Shuttle stop #16).

Compiled from “Yosemite National Park a complete hikers guide Jeffrey P. Schaffer”, Trip #44.

Tuolumne Meadow to Yosemite Valley Via the John Muir Trail



High Sierra Camp Loop

Distance: 49 miles.

Type of trip: Loop.

Difficulty: Moderate to very strenuous.

Elevation: +8272, -8272.

Hiking Time: 3 – 6 days.

Begin at: The trip starts and ends at the Tuolumne Meadow Wilderness permit center.

Seasonality: Typically from mid-May until early November.

Trail Notes:

- Tuolumne Meadow Lodge to Glen Aulin, Moderate, 8.0 miles, 4 hours.
- Glen Aulin to May Lake, strenuous, 8.5 miles, 5 hours
- May Lake to Sunrise, strenuous, 8.25 miles, 4.5 hours.
- Sunrise to Merced Lake, moderate, 9.5 miles, 5 hours.
- Merced Lake to Vogelsang, very strenuous, 7.8 miles, 6 hours.
- Vogelsang to Tuolumne Meadows Lodge, moderate, 6.8 miles, 3.5 hours.

Hike north on the John Muir Trail/Pacific Crest Trail from the trailhead near Tuolumne Meadows' Wilderness Permit Center. Cross the highway and skirt the western base of Lembert Dome on Old Tuolumne Road. At the Parsons Memorial Lodge, just beyond Soda Springs continue northward along the PCT, following signs for Glen Aulin High Sierra Camp (HSC). The next five miles follow the Tuolumne River. Pass Tuolumne and White Falls to a 3-way junction and turn (Glen Aulin is north across the river) southwest off of the PCT, following signs toward May Lake. Four miles along, fork right (west) at a junction, then left (south) at another junction a half-mile farther. Hike south over a shallow saddle. The trail winds north, making a short ascent, before turning south again to May Lake HSC. Continue south 1.2 miles to a junction for Snow Flat. Turn right (southeast) for a steady descent to a highway crossing; pick up the trail on the other side, and turn eastward to Tenaya Lake. The trail continues southward for the next 2.5 miles. Fork left (east) at the next junction, making a short northeastern descent to the Sunrise Lakes before turning southward and climbing again. Make a short, quick descent and turn left (north) on the JMT to Sunrise HSC on the western edge of wide Sunrise Meadow. Hike through Sunrise and Long Meadows, after a mile, turn right (east) off of the JMT, following signs for Merced Lake. The next six miles winds southward, descending gradually to a junction northeast of Bunnell Point. Fork left (southeast) for 0.7 mile to another junction, now entering Echo Valley. Turn left (east) following the Merced River 1.25 miles to the outlet of Merced Lake. Skirt the northern lakeshore another mile to Merced Lake HSC. Proceed eastward to the next junction and the Merced Ranger Station; fork left (northeast), and begin a steady climb for the next mile, following signs for Vogelsang. At the next junction, fork left (northeast) again, crossing Lewis Creek and beginning another steady climb. 2.5 miles from the ranger station a side trail leads 0.3 mile to Babcock Lake. Continuing upward, the trail turns northeastward, following Fletcher Creek through a meadow lined valley. At a 4-way junction, the trail left leads 0.5 mile to Emeric Lake and straight ahead 3 miles to Booth Lake. Veer right 2.2 miles to Vogelsang HSC at the

base of Vogelsang and Fletcher Peaks. From Vogelsang, continue eastward past Fletcher Lake into a wide, meadow dominated basin with Evelyn Lake glistening beneath the north flank of Fletcher Peak. Mount a shallow saddle and start descending to a junction with the trail to Ireland Lake. Continuing on making a steady descent into Lyell Canyon. Turn left, once again on the JMT/PCT, and follow the Lyell Fork for 5 miles. Pass the Fletcher Creek trail, then turn right and cross the Lyell Fork on several bridges, following signs to the Tuolumne Meadows Lodge and the completion of the loop.

<http://www.backpacker.com/trips/california/yosemite-national-park/yosemite-national-park-high-sierra-camps-loop/>

High Sierra Camp Loop

