



**SWS Mountain Guides**

**P.O. Box 988**

**Mt. Shasta, Ca. 96067**

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**Phone: 888.797.6867 / Fax: 877.797.6867**

## **High Sierra Trail Backpacking with Mt. Whitney Ascent Sequoia/Kings Canyon National Parks, California**



**General Description:** An adventure for the intermediate to experienced hikers who want to immerse themselves in the rugged beauty of the Sierra Nevada with a classic crossing of the Sierra culminating in an ascent of Mt. Whitney. You will use the most famous trail systems in the Sierra Nevada, starting with the High Sierra Trail to the John Muir Trail before exiting via Cottonwood Pass along the Pacific Crest Trail. Learn and/or refine your backpacking living skills, environmental awareness, and Leave No Trace camping. Learn about the latest in lightweight backpacking gear; identify subalpine wildflowers, and the geology which carved this region. Increase your skills and awareness with your knowledgeable experienced guides. Topics include: map and compass, camp cookery, proper camping techniques, wildflower identification, geology, mountain safety and mountain sense.

**Itinerary:** We will meet at 8:00 am at the Lodge Pole Visitor Center in Sequoia National Park (see map for exact location) for a pack check, attaining wilderness permits and current hiking information, before heading to the trailhead in Crescent Meadows. Hiking in the first day will be gentle and a learning experience, stopping early to learn how to set up camp, get water, and relax. Our second through 10th days will be spent hiking to a spectacular location for our night's camp. You will develop your camp skills by placing your camp and helping with some fantastic backcountry cooking. With the afternoons and evenings devoted to natural history, photography, camp cooking, navigational skills along with other topics conducted in mini clinics. You will also have time to relax and enjoy the natural setting. On our final day we will meet our vehicle shuttle for our transportation to Lone Pine for the evening and a motel for a well deserved shower with a celebration dinner in town. Next day we will shuttle back to our vehicles parked at the Crescent Meadows in Sequoia National Park.

**Location:** Sequoia/ Kings National Parks, Inyo National Forest.



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**Level:** Beginning, Intermediate to Advanced hikers: participants should be in very good to excellent physical condition; recent hiking or backpacking experience is recommended. This is a through hike/cross over the Sierra from East to West, a terrific adventure, but you need to be prepared and do some training for the hike. For give us a call if you have questions.

**Food:** Dinner and breakfast along with hot drinks are provided. Please bring your own lunches and high-energy snacks. Dinners and Breakfasts in Lone Pine is not include in the price of the course.

**Dates 2012:** August 3-11, **September:** 13-22 (\*10 days hiking plus 1 day shuttle transportation back to our vehicles in Sequoia National Park).

**Cost:** \$1,995.00 per person (minimum 2-3 persons).

**Includes:** Professional instruction /guide, breakfasts and dinners while hiking, night in Lone Pine, Vehicle shuttle back to Sequoia National Park, group safety equipment (radios & cellular phones if needed), group water filter, first aid kit, tents, cooking & group camping equipment and permits.