



## SWS Mountain Guides

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### Yosemite for Experience Backpackers



**General Description:** Each year we choose different area of Yosemite National Park to explore, this season we will be exploring the Southern part of Yosemite National Park. See the itinerary below for this years selection. Designed for backpackers who want to extend their backpacking skills beyond the long weekend and explore off the beaten path. We'll focus on logistics, skills, and satisfaction of the longer backpacking adventure in the land of alpine lakes in Southern Yosemite. Topics include: Equipment selection and packing, food selection, cooking & protection, stove options & operation, water purification options & operations, navigation, map & compass use, camp selection and set-up, leave no trace camping techniques, natural and human history of the area, geology, plant & tree identification, mountain medicine, awareness enhancement exercises, and fun group dynamics. Come join your SWS guide and learn to find the rhythm and enjoyment of multiple days in the backcountry on this 5 days course.

**Itinerary:** After meeting in Tenaya Lodge lobby, we'll do a pack check and then drive our cars to Quartz Mountain Trail Head. Our first day's destination is Buck Camp on Buck Creek. Then we can choose from a myriad of lakes to camp at surrounding Buena Vista Peak, with easy access to Buena Vista Crest (9,700 ft.). This is a great way to see the Yosemite High Country from a different perspective in a more remote area in a safe and measured way, and gain a new appreciation of Yosemite National Park.

**Location:** Southern Yosemite National Park.

**Level:** Intermediate to Advanced hikers: participants should be in good to excellent physical condition; recent hiking or backpacking experience is recommended.

**Food:** Dinner and breakfast along with hot drinks are provided. Please bring your own lunches and high-energy snacks, list will be provided.

**Dates 2009: August 18-22.** 5 days and 4 nights.

**Cost:** \$925.00 per person (minimum 3 persons) -- Custom group trips available for 4 or more clients.

**Includes:** Professional instruction /guide, groups safety equipment (radios & cellular phones if needed), group water filter, first aid kit, tents, cooking & group camping equipment, informational support and permits.