

A Trail Guide to the
RAE LAKES LOOP

Sequoia and King's Canyon National Parks, Three Rivers, California



Offered by the
HIGH ADVENTURE TEAM
Greater Los Angeles Area Council
Scouting America

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The High Adventure Team (HAT) of the Greater Los Angeles Area Council (GLAAC) of Scouting America is a volunteer group of Scouters which operates under the direction of GLAAC-Camping Services. Its mission is to develop, promote and conduct challenging outdoor programs and activities within the Council and by its many Units. It conducts training programs, sponsors High Adventure awards, and publishes specialized literature such as Hike Aids and The Trail Head. It also promotes participation in summer camp, in High Adventure activities such as backpacking, peak climbing, conservation, and in other Council programs.

Anyone who is interested in the GLAAC-HAT and its many activities is encouraged to direct an inquiry to the GLAAC-Camping Services or visit our web site at <https://glaac-hat.org/>. The GLAAC-HAT meets on the first Tuesday of each month at 7:30 pm in the Cushman Watt Scout Center, 2333 Scout Way, Los Angeles, CA 90026. These meetings are open to all Scouters.



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A Travel Guide To The Rae Lakes Loop

Clay E Peters, Park Ranger
King's Canyon National Park

This booklet is designed for the use of backcountry visitors traveling the Rae Lakes Loop, starting at Road's End, near Cedar Grove on the west or Onion Valley on the east. We hope that you will enjoy your stay in these mountains and that it may, in some measure, add to your enjoyment.

The National Park System, of which King's Canyon and Sequoia are a part, is dedicated to the preservation of the scenic, scientific, and historic heritage of the United States, for the benefit and enjoyment of its people, now and in the future. You are about to depart on a trail that will take you into some of the most scenic backcountry in the Sierra. As you hike, you will come to know a great cross-section of the Sierra Nevada Range. Here are great glacial canyons and magnificent forests, lovely green meadow and lush wildflower gardens, sun-spangled lakes and high, rugged peaks, unique granite domes, gnarled foxtail pine, and alpine highlands.

The Rae Lakes Loop is a system of trails, which covers a route of 43 miles, when using Cedar Grove in King's Canyon National Park as the trailhead. Of this distance, only two miles involves the retracing of footsteps. In traveling the loop, you will experience a great transition in terrain, with corresponding changes in forest, animal life, and geological phenomena. The gradient is similar in either direction, and you climb and descend the same number of vertical feet. However, you may find the trail more gradual up the South Fork. Starting at 5,035 feet (Road's End), you will reach a high point of 11,978 feet on Glen Pass. Cumulative elevation gain while backpacking is 7,273 feet.

This loop may be hiked in five days. However, seven days in the backcountry are recommended for a more enjoyable trip. The Trail Schedule is based upon six days of backpacking, plus three days of exploration and enjoyment of the Sierra.

Climb the mountains and get their good tidings,
Nature's peace will flow into you
as sunshine flows into trees.
The winds will blow their own freshness into you,
and storms their energy,
While cares will drop away like autumn leaves.

John Muir

Photos courtesy of C.H. Lawrence, Sierra Club, 1967.

Cover picture - Woods Creek and John Muir Trail.

As these trails traverse high elevation country and involve physical exertion, it is important that hikers refrain from taking the trip unless they are in the best of health. Being equipped with proper clothing, equipment, food, and attitude are essential. The Loop is open to travel from about June 15 through September. Trails are well defined and signed, but it is important to have topographical maps with you. Campsites are located all along the way, so there is no need to try to reach a certain point that is named on the map or in this text, before establishing camp. Many fine campsites exist between most of the named points. A posted sign that outlines good mountain manners designates them. Do not establish your own campsite where one did not formerly exist.

Most loop trails are popular, and Rae Lakes is no exception. Its trails are some of the most heavily traveled in these Parks. This area's extremely heavy usage has made some restrictions necessary to preserve the wilderness atmosphere. In the years since the imposition of these restrictions, noticeable strides have been made in recuperation of fragile areas. Your cooperation in observing them will help to insure that these areas will pass on unimpaired for the enjoyment of future generations. Failure to do so may result in your being cited by a Park Ranger and/or being directed to immediately leave the Park.

For many years prior to the establishment of this superlative area as King's Canyon National Park in 1940, the grazing of livestock in the high mountain meadows was big business. Over this period, many, if not most, of these meadows were overgrazed and started to deteriorate. Great strides have been made in rehabilitating them. However, this does not happen overnight, and we are still feeling the effects of that practice. Also, through these same years of recuperation, increasing numbers of people have been coming into these mountain areas. The restrictions on your activities are the price of preserving the qualities that we all come to enjoy.

We sincerely hope that your visit to the Rae Lakes Loop area, whether for a day hike or a weeklong backpack, will be a most enjoyable and highly memorable experience.



All elevations used in this guide were obtained from USGS topographical quadrangles. The map (back cover) shows the location of points and features that are discussed herein. The Trail Profile shows distance and difference in elevation between points. Both map and profile are to approximate scale.

In the text, distances and elevation for a location are indicated thus: (23.5 – 19.5) Rae Lakes (10,560). The first figure is the distance from Road's End to the named point, traveling a clockwise route up to the South Fork King's River. The second figure is the remaining distance from the point to Road's End, continuing a clockwise route and on down Bubb's Creek. The final figure is the elevation at that point.





Forester Pass

On The Trail

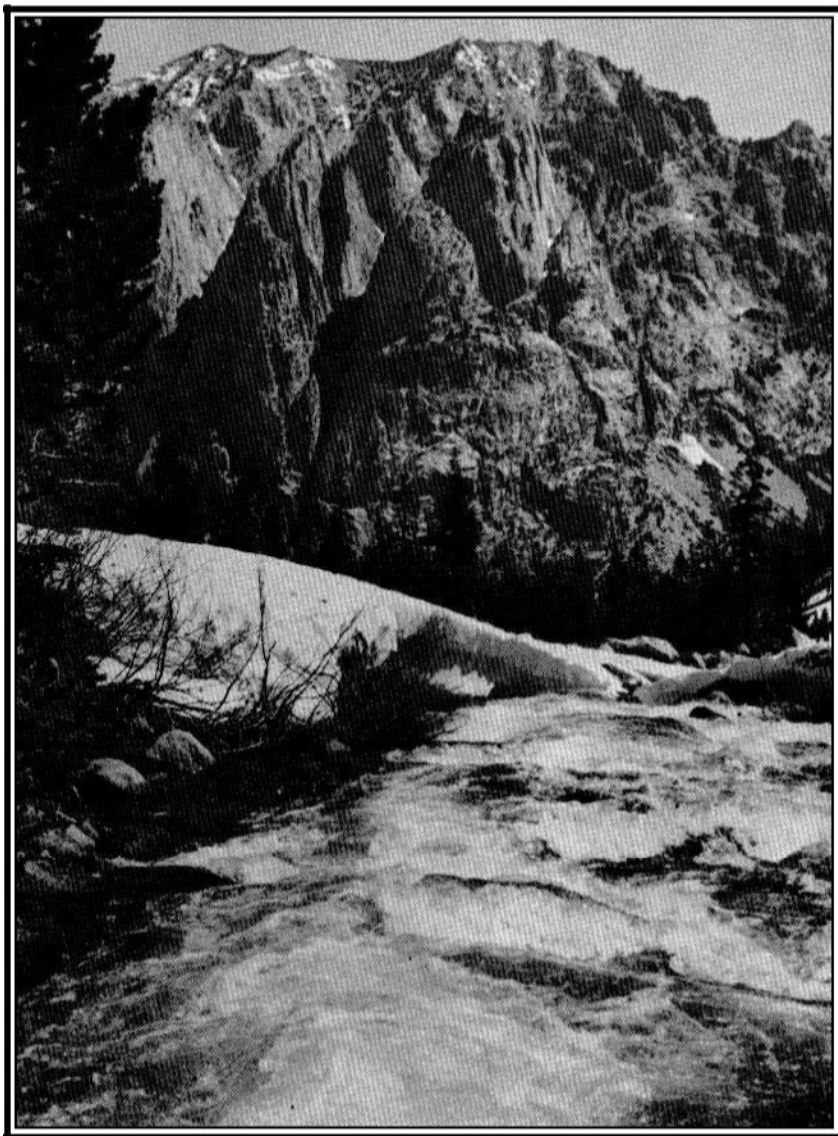
The starting point for the Rae Lakes Loop is at

(0 – 45) Road's End (5,035), five miles east of Cedar Grove Ranger Station. Here you may leave your vehicle in the long-term parking area. Do not leave valuables or food in it. Camping is not permitted from Road's End for the next two miles, where the flat dusty trail reaches the

(2 – 43) Bubb's Creek Bridge (5,098). Here the trail forks, and we have our choice of either leg of the loop. For purposes of the guide, we have chosen the trail up Woods Creek, via Paradise Valley.

(5 – 40) Mist Falls (5,663), is a beautiful whitewater cascade on the river, which seems appropriately named only in the early season of high water. This makes a nice spot for a lunch stop, but a poor choice for overnight camping. Great care must be taken in any off-trail hiking near the river, as the rocks are very slick and the fast moving water will sweep you away.

(7 – 38) Paradise Valley-south (6,580): We ascend rapidly and enjoy good views of The Sphinx, a prominent landmark.



Junction Meadow

There is good camping along here, but it is often crowded. We are deep within a beautifully glaciated canyon, and the valley floor ascends very slowly for the next few miles. Some beautiful pools are to be found in the river through this section. The mouth of the Muro Blanco is a short distance after we leave Paradise Valley.

(11 – 34) South Fork King's River (6,876). Again we must ford the stream. The canyon section to the north, out of which flows the South Fork, is known as the Muro Blanco, Spanish for white wall (eastern wall of the canyon). This is the only major river canyon in these parks that remains untraversed by trail. Proceeding, the trail enters the elevation of the pine-fir forests and we approach the

(15 – 30) Castle Domes Meadow (8,300), a small, rapidly fading meadow that is being over-taken by the quaking aspen. It is named for the castle-like domes that stand guard over from the northern canyon wall. There are

several campsites along the creek. Continuing east, the trail passes through a badly scarred area of about 40 acres. A careless hiker who passed by during the 1960 season caused this fire. At one stage, perhaps centuries ago, the grassy woodland area adjacent to the trail was fairly open meadow; but, with the passage of time, the processes of natural ecological succession have brought encroachment of adaptable higher plants. The area will, in time, support trees, with little or no grass. Such is the eventual fate of almost all meadows in Nature's scheme of things. However, there is no need for alarm that Sierra meadows are not long for this world. Individually they aren't, geologically speaking; but collectively, other meadows elsewhere are forming, probably as rapidly as these are fading. Most of today's meadows originated from glacial lakes that slowly silted in and were overtaken by grasses, as the grasses, in time, will be overtaken by trees.

(17 – 28) Woods Creek Crossing (8,492) is at the confluence of Woods Creek and the South Fork Woods Creek. Crossing must be made by fording or by a log across it. The remainder of the trip will be through canyon terrain. At this point, we meet the John Muir Trail, which continues north while we head south. There is good camping here.

As we are leaving, we pass a cabin within sight on the east side of the trail. This is one of the



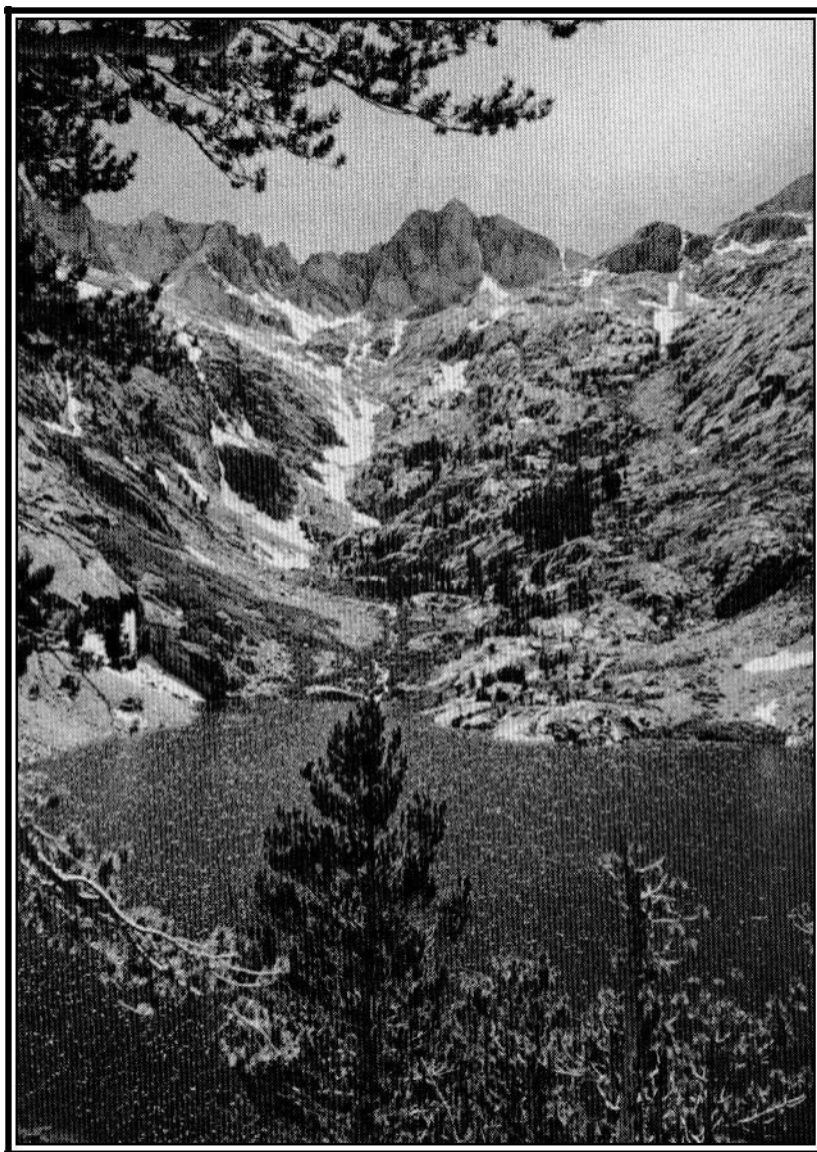
Vidette Meadow

many patrol cabins built by Shorty Lovelace, a trapper who worked in this section of the Sierras until its establishment as King's Canyon National Park.

(21- 24) Baxter Creek Trail Junction (10,250). This is where a trail leaves for the lightly used Baxter Pass. Continuing, we travel through a fairly treeless area and eventually encounter a lodgepole pine forest. It has been attacked by the native lodgepole needle miner, a defoliating insect. This infestation was first recorded in 1948, but its inception may predate that considerably. This, again, is Nature at work.

Continuing south on the John Muir Trail, we climb to the Rae Lakes Basin. At the west side of Upper Rae Lake, a trail leads into Sixty Lake Basin, where camping is permitted. Opposite and west of Middle Rae Lake is Fin Dome. It is a good example of granite exfoliation, and a prominent landmark.

(23.5 – 21.5) Rae Lakes (10,560). The halfway point with excellent camping – an ideal spot for a layover day. Again, we are faced with highly fragile grass areas, so please do not pitch tents or camp on them. Many years back there was a fish egg collection station here. It was abandoned and removed, but the prolific brook trout bear mute testimony to its one-time existence. Camping permitted for one night only, near each lake.



Great Western Divide

The trail now climbs steeply over switchbacks, for the first mile in particular, until we finally reach

(25.5 – 19.5) Glen Pass (11,978). You have reached the highest altitude on the trip. By starting at Road's End, you have climbed a vertical distance of 1.3 miles and are over two miles above sea level. Everything from here is downhill. Notice that at its narrowest spot, the ridge over which the trail passes is mere three feet wide. This is the hydrographic divide between Bubb's Creek and South Fork Woods Creek.

(27.5 – 17.5) Sand Flat (10,700). At this point we begin to view many of the peaks which form the crest of the Sierra. This is a relatively recent mountain system, composed of granite that rose from beneath former mountains. Of sedimentary and metamorphic composition, they have since eroded away, leaving the white granite that we see today. On some of the higher peaks, however, you will see some multicolored rock remnants of the old mountains that have yet to

erode. A readily apparent example close at hand is the red, multi-peaked Mt. Bago, to the west and above Charlotte Lake. From Sand Flat, a lateral trail leads one mile to

(28.5 – 16.5) Charlotte Lake (10,337). Here is located the Charlotte Lake Ranger Station, where a Park Ranger spends the summer. Please contact him. He will be glad to advise and assist you, within reason. This lake is fine camping spot and is particularly well suited to large groups. Charlotte Lake Meadow, directly below the lake, is somewhat unique in that it is one of the most southerly sphagnum-rich meadows in the sierra. It is so delicate from being boggy all season that merely crossing it causes irreparable scars by tramping. We are very near tree line here at the lake and the forest is limited to three species of pine: lodgepole, foxtail and whitebark.

- - - Optional Hike/Alternate TrailHead - - -

Returning to the Sand Flat, we travel east for about 0.5 miles, where we reach

Bullfrog Lake (10,630). This is one of the most beautiful lakes in the Sierra, largely due to the



Reflection Lake

majestic views across it of the Videttes and the Great Western Divide. The symmetrical, concave-faced peak on the Divide is Mt. Brewer, name for William H. Brewer. Mr. Brewer was principal assistant to Whitney in the California State Geological Survey and the first person, in July 1864, to climb this peak.

This lake has been tremendously popular as a camping spot for many years, due to its strategic location at the end of a day's travel for the throngs entering through Kearsarge Pass to the east. So completely non-existent was firewood and so damaging has been the grazing of the scant, fragile lake-shore grasses that it was necessary to close this lake to camping, if there was to be any hope of preserving a semblance of scenic wilderness. At one time, beautifully bleached whitebark pine snags, things of real beauty in themselves, interrupted the landscape. They have completely vanished to the saw and axe, in the camper's quest for firewood.

Continuing on up the trail for another mile, we arrive at

Kearsarge Lake (11,000). These beautiful glacial lakes have the Kearsarge Pinnacles as a spectacular backdrop. Camping is permitted. Water is available on benches high on the east side of this basin. Continuing east, we climb less than a mile to the top of

Kearsarge Pass (11,823). This pass is an old Indian route across the mountains. It marks the boundary of King's Canyon National Park (administered by the National Park Service) and the John Muir Wilderness (administered by the U.S. Forest Service). As access over it is comparatively easy, it is the most heavily traveled pass into these Parks from the east. Views from it are spectacular to the west; there is also good view of the hot Owens Valley, nearly 8,000 feet below to the east. A register box is located here. Leave a record of your visit in it; let the only other memorial of your visit be your footprints. Four miles down, to the east, is the trailhead branching off from highway 395 at

Onion Valley (9,200). Here are located a Forest Service Campground and two pack stations. Care should be taken in making the rapid transition from the Owens Valley to Kearsarge Pass. Many people suffer altitude sickness as a consequence of not allowing sufficient time to adjust to the change in altitude.

- - - End of Optional Hike/Alternate Trailhead - - -

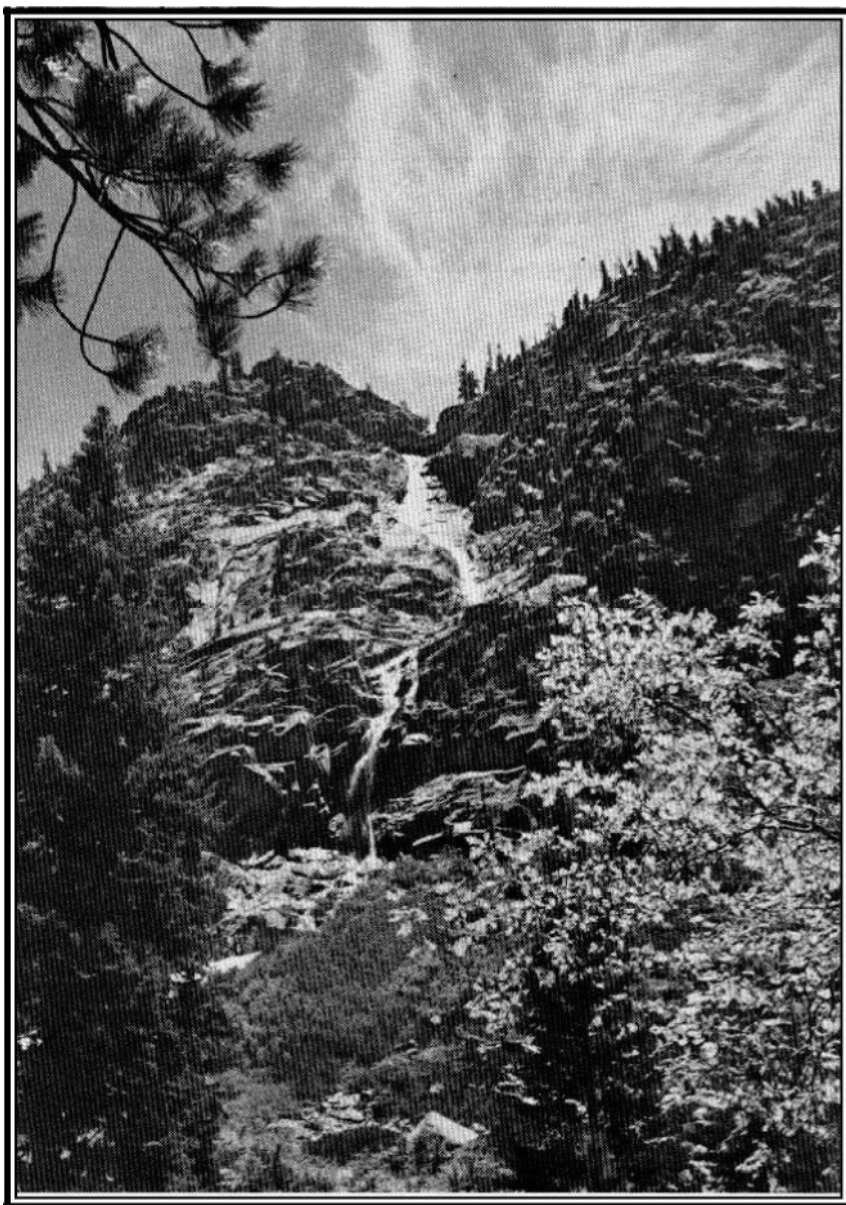
(29.5 – 15.5) Sand Flat (10,700). Returning to the Sand Flat, we continue our travels southward on the John Muir Trail. We climb above Charlotte Lake and look down on Charlotte Creek, with Charlotte Dome on the right side and the brink of Bubb's creek Canyon.

Finally, we leave this junction where a small trail leads to Bullfrog Lake. We continue on the John Muir Trail from this point and get our first, and unparalleled, views of the upper Bubb's Creek Canyon and south to the King's-Kern Divide. From here, we can see Center Peak and into Center Basin. Also visible are the Junction Peak and Pass (route of the original John Muir Trail), and the approximate crossing of Forester Pass, the highest of passes on the John Muir Trail at 13,200 feet.

Entering Vidette Meadow, and continuing along the loop and south on the Muir Trail, we begin a steep drop and finally enter Bubb's Creek Canyon. Here we experience particularly magnificent views. Also notable are the beautifully bleached snags of gnarled foxtail pine. There are many cascades along this section of the creek, away from the trail. An especially fine one is located near the confluence of Vidette and Bubb's Creeks. Down Bubb's Creek Canyon from here are many excellent displays of glacial polish. The creek is particularly beautiful with the abundance of wildflowers along its banks.

(31 – 14) Vidette Meadow (9,600). Now we depart the famous John Muir Trail, having hiked 14 miles on it. In 1892, Theodore Solomons, of the Sierra Club, conceived the idea of a trail that would follow along the backbone of the Sierra, keeping as near to the crest as possible. After many years of scouting routes, sporadic appropriations were made available by the State of California for the construction of a trail. With the support of both the U.S. Forest Service and the National Park Service, it was completed in 1938, some 40 years after it was conceived. The trail is named after John Muir, as ardent conservationist, who spent many years in the Sierras. It was largely through his efforts that Yosemite and other areas were established as National Parks. He was the founder and first president of the Sierra Club. This trail is a fitting memorial to a man that left such an indelible mark on the mountains that he so dearly loved. The 211 miles of trail traverses some of the finest of mountain scenery from Yosemite to Mount Whitney.

Vidette Meadow, guarded by East and West Vidette peaks, is one of the Sierra's loveliest. The



Along Bubb's Creek

dominant tree in this vicinity is the lodgepole pine (two needles per bundle). Good campsites are available, and well dispersed along the Bubb's Creek and John Muir Trails. About a quarter of a mile south of the Muir Trail, and across the creek is Shorty's Cabin. This is one of the largest, most being too short and too low for the average person to lie or stand comfortable.

From Vidette Meadow, the trail follows a hot, dry, manzanita-covered slope. While we are still in Bubb's Creek Canyon, we do not closely follow the creek. We do, however, meet it at several points, where refreshing drinks may be taken. The first encounter is at a beautiful sloping granite exposure. The creek cascades down many feet, and we can cool ourselves in its fine spray. We are now opposite West Vidette, which forms a part of the rock wall across the canyon. Notice the well-defined avalanche chutes funneling down the massive granite. These were formed over thousands of years of successive avalanching by accumulated snows. From a little

further up the trail can be seen a distinct, dark, horizontal fracture line which is a distinguishing feature of West Vidette. Also of note in this part of the canyon is the mountain hemlock, which grows along the creek banks and up on the far sides of the canyon (no trees near the trail). This is about as far south in the Sierra as this tree is found. Finally, the trail levels out and we reach Junction Meadow.

(33.5 – 11.5) Junction Meadow (8,160). The best campsites here are located west of the meadow. This is a good spot for a layover day and a side hike,

- - - Optional Hike - - -

At the eastern edge of Junction Meadow, a trail takes off south to

East Lake (9,445). The trail climbs up East Creek Canyon, coming into Bubb's Creek from the south. East Lake is three miles distant, with good camping. Two miles further up the trail is

Reflection Lake (10,000), where there is also good camping. This lake lies at the foot of a massive inner-mountain range, the Great Western Divide. On the other side lie Cloud and Deadman Canyons, which drain the Roaring River country.

- - - End Of Optional Hike - - -

Returning to Junction Meadow (8,160); just west of it is a point where the higher elevation red fir replaces the white fir. If you know your trees, this transition zone offers some excellent opportunities for comparing the two types of fir growing side by side. Between Junction Meadow and Charlotte Creek we pass through some beautiful forested glades of quaking aspen and black cottonwood, often in combination with shoulder high “fern forests” of western bracken. Some distance beyond Charlotte Creek, we notice another transition zone, where the higher elevation Jeffrey pine mingles with, and eventually replaces, the similar ponderosa pine.

We soon cross Charlotte Creek where it empties into Bubb's Creek. This creek drops out of Charlotte Creek Canyon (which drains Charlotte Lake) on the north canyon wall. Note the monolithic white granite dome. We now are well into the deep, glaciated canyon of Bubb's Creek. The gradually descending trail follows the creek through beautiful pine and fir forests all of the way from Junction Meadow. Several miles down the trail, and near Charlotte Creek, the trail goes through a small section of forest where the trees are all bent up-hill and broken. In the 60's a sizeable snow avalanche came down the opposite canyon wall, crossed the creek, and came a short distance up the canyon side, causing the destruction we now see – the forces of nature at work. Avalanches are common in these mountains in late winter and early spring, particularly after a winter of heavy snow.

(41- 4) Sphinx Creek Trail Junction (6,250). Here we find the campsites along the creek. There are several sites here which can accommodate a large group. An interesting tree that is found along the trail on this hot, dry exposure is the singleleaf pinion pine. Short, grey needles, individually attached to the branch distinguish it. In this part of the Sierra, the tree is found in a very restricted elevation zone around the confluence of these two canyons.

A little beyond and up-canyon from The Sphinx, on the same south wall, we can observe the deep cleft of Sphinx Creek, where it empties into Bubb's. Take note of its rounded U-shaped form. Successive periods of glaciating, the last of which ended a mere 20,000 years ago, caused it. Also, notice the sharp granite point standing high on the immediate south wall of Bubb's Creek Canyon. This is The Sphinx, a prominent regional landmark.

Starting down a series of gentle switchbacks, we get a fine view up and down the beautifully glaciated canyon of the South Fork King's Canyon. We descend the canyon a little farther, until the trail flattens out the smooth canyon bottom. After crossing the creek on four smaller wooden bridges, followed by a steel one, we again encounter

(43.2 – 1.8) Bubb's Creek Bridge (5,098), marking the completion of the loop. We retrace two miles of familiar trail, until we reach

(45 – 0) Road's End (5,035), the end of our trek.



Planning Resources

Additional discussion of this route is to be found in Sierra South, by Kathy Morey and Mike White. It also contains excellent descriptions of the surrounding locale and connection trails. Use these 7-1/2 minute topographical maps to do your planning: The Sphinx; Mt. Clarence King; Mt. Brewer; Kearsarge Peak.

For Park Service information, contact:

Sequoia and King's Canyon National Parks
Chief Rangers Office
47050 Generals Highway, Three Rivers, CA 93271

559-565-3341
www.nps.gov/seki



Outdoor Awards

Taking this trek can enable participants to receive the Sierra South Award that is sponsored by the Greater Los Angeles Area Council. A complete discussion of that award is contained in Hike Aid 6, "High Adventure Awards Program". Other Southern California Councils sponsor long-term backpacking awards which might be earned by taking this trek. However, each person who successfully completes this trek may receive only one outdoor award, regardless of the sponsor.



Good Behavior in the Sierras

Early in its planning, the Unit Leadership must obtain the rules and regulations for backpacking and camping in the Rae Lakes Loop area of King's Canyon National Park for the year of its trek. These rules do change and ignorance of one is no excuse. Discuss them with the participants and follow them on the weekend hikes that the Unit takes in preparing for the trek. Good citizenship, a mandate in the Scouting program, is a product of three factors, knowledge, attitude and practice. Those persons who are unable or unwilling to follow the rules must be disqualified from this trip, if not from the entire High Adventure Program. Help to build, rather than to destroy, Scouting's reputation for mountain manners.

◆ Bears

They roam through these Parks; they know that people have food; and, they are a problem. A bear that becomes accustomed to human food probably will have to be killed – capture and relocation are seldom effective. You and the bears benefit by your taking every reasonable action to prevent them from getting into food (and garbage/trash). Doing this is both difficult and of uncertain result. The National Park Service is trying different approaches in its quest to find the best, if not the fail-safe, method for protecting food. The Unit Leadership must learn the one that is currently required and practice it diligently while on the Trail. A failure to do so can result in a loss of food, which will ruin your trip. This may also be viewed by Park Rangers as negligent behavior on the part of the Unit. A citation may be issued and a fine assessed for the injury to Government property, that being the bear.

The NPS should provide you with the instructions for protection food from bears when you get the permit for the hike. If it does not, ask for them. Then follow them, even though they may be different from what you have done in the past, from what is printed in the Scout literature, or from the latest, guaranteed fail-safe technique that appears in an outdoor magazine. When you come off the trail, let the Park Rangers know of any encounter with bears and the effectiveness

of the method. This will help the NPS determine what is best – and protect the bears.

◆ Fires

When properly used, they cook your food and purify your water. A forest fire is a raging inferno that consumes everything in its path. An open wood fire often results in an unsightly mess. Carry and use backpack stoves on the Rae Lakes Loop, Do not have an open, wood fire at any time while on the trek. Having fires in the past seriously depleted the quality of down wood, which degrade the beauty of the area. Burning wood deprives the soil of nutrients and eliminates the habitat for small animals and insects. National Council policy states that wood fires are to be used only for ceremonial purposes in locations where permitted.

◆ Water

It is plentiful here in the Sierras. Your concern is not quantity but quality. Purify all that you use, regardless of the source. As any water that you see may be eventually be consumed by someone else, follow good sanitation practices at all times. Perform body functions and dispose of waste water at least 150 feet away from all streams and lakes.

◆ Sanitation Practices

When you gotta go, you gotta go; just be considerate of others and the Sierras. Get as far away from all ground water as practical, but at least 150 feet. Carry a small trowel; dig an eight inch deep hole, and bury the feces. Each person is to have a Ziploc-type bag in which to put used toilet paper. Carry it out and dispose of it properly once the Unit is off the trail. Do not bury it; never try to burn it.

◆ Campsites

Select one that is at least 100 feet away from trails and water sources. Stay off meadows and the very fragile alpine vegetation. Never camp in a location that is posted as closed. Read any posted rules for the location and obey them; they are there to ensure the safety and enjoyment of all visitors. When sharing a site with other groups, pick a location for your camp that is away from them. Respect their privacy, just as you wish yours to be respected. Keep the Unit close together and always under control.

◆ Fishing

At the time the Unit obtains its Wilderness Permit, it should inquire as to the opportunities for fishing on this route and the rules that apply. As every campsite is likely to be near a stream or lake, they should be frequent. When fishing is to be a part of the trek:

- Specifically state the quantity and type of gear that each person may bring.
- Obtain a fishing license for each person who requires one.
- Obey all the rules and regulations when fishing.
- Keep only those fish that you will clean and eat – otherwise catch and release.
- Clean the fish well away from the stream/lake. Put the head, entrails, etc., in a plastic bag and carry them out with your garbage.
- Carry a small (3 oz.) plastic bottle of cooking oil and a few ounces of corn meal in a resealable plastic bag for easy cooking.

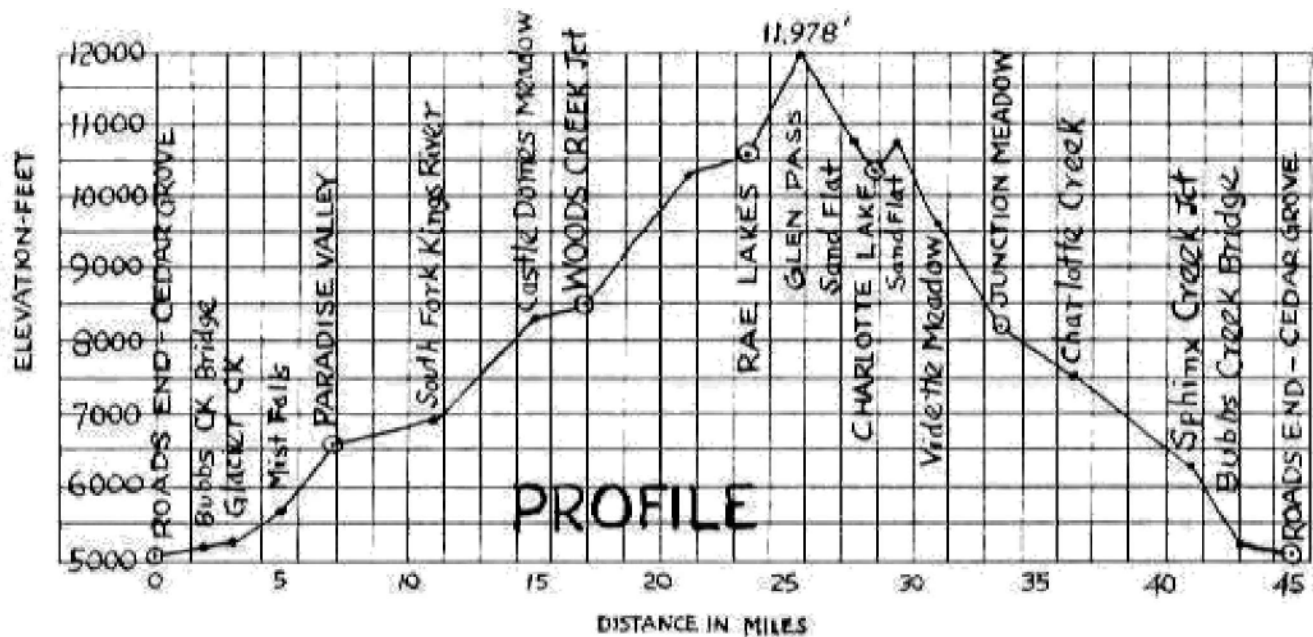
◆ Fundamentally-

And perhaps most important: “ Let no one ever say, and say it to your shame, that all was beauty here - until you came”.



TRAIL SCHEDULE

RECOMMENDED TRAIL SCHEDULE	ELEVATION FEET	HIKING HOURS TODAY	MILES BETWEEN POINTS	MILES TODAY	MILES FROM START	MILES FROM FINISH	ELEV. GAIN
<u>FIRST DAY</u> ROADS END PARKING AREA BUBBS CREEK BRIDGE - TRAIL FORK GLACIER CREEK MIST FALLS PARADISE VALLEY - SOUTH	5035 5098 5160 5663 6580	5.0	0 2.0 1.0 2.0 2.0	0 2.0 3.0 5.0 7.0	0 2.0 3.0 5.0 7.0	45 43 42 40 38	1,545
<u>SECOND DAY</u> SOUTH FORK KINGS RIVER - FORD CASTLE DOMES MEADOW WOODS CREEK JCT. - FORD JOHN MUIR TRAIL	6876 8300 8492	7.0	4.0 4.0 2.0	4.0 8.0 10.0	11.0 15.0 17.0	34 30 28	1,912
<u>THIRD DAY</u> BAXTER CREEK TRAIL JCT. RAE LAKES	10,250 10,560	5.25	4.0 2.5	4.0 6.5	21.0 23.5	24 21.5	2,068
<u>FOURTH DAY</u> REST/ EXPLORATION SIXTY LAKES BASIN	11,200	4.5	3.3	6.6			640
<u>FIFTH DAY</u> GLEN PASS SAND FLAT JCT. CHARLOTTE LAKE	11,978 10,700 10,370	4.0	2.0 2.0 1.0	2.0 4.0 5.0	25.5 27.5 28.5	19.5 17.5 16.5	1,418 -1,608
<u>SIXTH DAY</u> (OPTIONAL) KEARSARGE PASS (REGISTER) ONION VALLEY	11,823 9,200	5.0 11.7	3.5 7.5	7.0 15.0			1,453 -2,623
<u>SEVENTH DAY</u> SAND FLAT JCT. VIDETTE MEADOW JUNCTION MEADOW	10,700 9,600 8,160	2.8	1.0 1.5 2.5	1.0 2.5 5.0	29.5 31.0 33.5	15.5 14.0 11.5	330 -2,540
<u>EIGHTH DAY</u> SIDE TRIP EAST LAKE REFLECTION LAKE RETURN TO JCT. MDW	9,445 10,005 8,160	4.3 6.8	3.0 2.0 5.0	3.0 5.0 10.0			1,285 560 -1,845
<u>NINTH DAY</u> CHARLOTTE CREEK SPHINX CREEK JCT. BUBBS CREEK BRIDGE SOUTH FORK JCT. ROADS END PARK AREA 5 MILES EAST OF CEDAR GROVE	7,500 6,250 5,098 5,035	5.8	3.0 4.5 2.0 2.0	3.0 7.5 9.5 11.5	36.5 41.0 43.0 45.0	8.5 4.0 2.0 0.0	3,125



SIDE TRIPS RECOMMENDED TRAIL SCHEDULE		ELEVATION FEET	HKING HOURS TODAY	MILES BETWEEN POINTS	MILES TODAY	MILES FROM START	MILES FROM FINISH	GRADE
○ RAE LAKES - SIXTY LAKES BASIN	TRAIL JUNCTION	10,560		0.3	0.3			
	TRAIL SUMMIT	11,200		1.0	1.3			+640
	TRAILS END	10,650	2.5	2.0	3.3			-550
	RETURN		2.1	3.3	6.6			
△ CHARLOTTE LAKE	BULLFROG LAKE	10,630		1.5	1.5			+260
	KEARSARGE LAKES	11,000		1.0	2.5			+370
	KEARSARGE PASS	11,823	3.3	1.0	3.5			+823
	ONION VALLEY	9200	4.6	4.0	7.5			-2623
	RETURN		6.5	7.5	15.0			
□ JUNCTION MEADOW	EAST LAKE	8,160		3.0	3.0			+1285
	REFLECTION LAKE	9,445	4.3	2.0	5.0			+560
	RETURN	10,005	3.5	5.0	10.0			

