

Sequoia/Kings Canyon National Park

June 21st and 22nd, 2008



The **East Bay Casual Hiking Group** will be hiking at the *Sequoia/Kings Canyon National Park* on June 21st and 22nd, 2008.

Sequoia National Park and Kings Canyon National Park are located at the southern end of the 400-mile long Sierra Nevada Mountain Range, the largest single mountain range in the United States. The two parks are adjacent, without noticeable boundaries and are managed as a single entity. The scenic 46-mile Generals Highway connects the two national parks, but the vast majority of the area is without roads. The vegetation, wildlife and climate in the parks are varied and diverse. The ecological zones range from Mediterranean dry scrub forests with brush and oak to the arctic grandeur of the towering snow-capped peaks along the crest of the High Sierra, where the Great Western Divide lies.

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1. HIKE INFORMATION

Emergency forms and other protocols

Prior to the start of each hike, the Hike leaders will provide a kit containing the following at the trail head

- Emergency forms
- Contacts Card

The Hike leaders will be collecting [emergency forms](#) from all hikers the day of the hike. Completion of the form is optional, however, highly recommended. The form will be sealed and used in the event of any emergency that a hiker may get involved in. This form will be returned back to the hiker or shredded (if so desired) after the hike is completed successfully.

The hike leaders will also walk everyone thru the trail map prior to the start of the hike. Everyone is encouraged to hike the trail with a buddy and maintain a buddy system at all times. If members want to head out on their own or prefer keeping a faster pace, then they are required to carry a compatible 2-way Radio (see radio frequency details in the Contact section) and communicate with the group at trail junctions and regular intervals. The hike leader or a delegate will also wait at all trail junctions till the last member has caught up.

Day 1 – Saturday, June 21st

Hike : TBD – Volunteers needed to lead!!
Time :
Rating :
Length :
Hiking Time :

Meeting Spot :

Description :

Directions to the Trail Head : TBD

Day 2 – Sunday, June 22nd

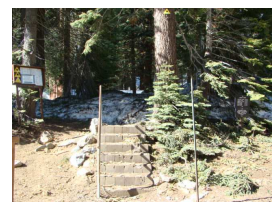
Hike : Panther Gap and Mehrten Meadow
Time : 10:00 AM
Rating : Moderate to Strenuous
Length : 8 miles round trip
Hiking Time : Approx 4 hours

Meeting Spot: We will meet at the Wolverton parking lot.

Description : This hike follows the Lakes Trail and Alta Trail to Panther Gap and Mehrten Meadow. Panther Gap sits on a ridge nearly 5000 feet above the Middle Fork Keweenaw River Canyon. The spectacular views include Castle Rocks and the 12,000 foot jagged peaks of the Great Western Divide. Mehrten Meadow is a small meadow tucked into a forested bowl alongside Mehrten Creek.

Directions to the Trail Head/Meeting Spot :

The signed Wolverton turnoff is on the General Highway 1.6 miles south of Lodgepole and 2.5 miles north of Giant Forest Village. Take the Wolverton turnoff. Drive 1.4 miles northeast on the Wolverton Road into the large Wolverton parking lot. Turn left and park in the upper north end of the lot by the concrete steps at the signed trailhead.



Qualifications for the Trip

The adventures of East Bay Casual Hiking group are designed for flexible, energetic people who like to be active, love nature and have a spirit of adventure. You must have your own health insurance. Our best hikes are those where everyone is equipped with a spirit of adventure, the ability to recognize the needs of the group, a positive attitude—and a sense of humor!

Conditioning for the Trip

The best aerobic and strength conditioning for hiking is hiking! If possible, hike with your daypack on steep, rocky trails. Spend time running and hiking on inclined trails with your daypack. If you can't get to a trail, Stairmasters, Nordic trainers, and treadmills are good alternatives for your aerobic capacity and weights are good for your strength. Focus on strengthening your quadriceps, your back, and upper body. How many months ahead of your trip you start conditioning depends on your general level of fitness. If you are a regular East Bay Casual Hiker these hikes should be fairly easy. Someone without much hiking experience or a good level of fitness should begin conditioning at least 8 - 10 weeks before this trip.

2. DIRECTIONS TO THE PARK

Entrance Fee

Entrance fee to park is \$20 for 1-7 days. This fee covers entrance by vehicle to both parks for seven days, and is valid for everyone in the vehicle. National Park or other Pass-holders are required to check in at the Visitor Center.

From East Bay

Approx 230 miles—allow 4 to 4½ hours

- Take I-580E towards Stockton.
- Keep left to take I-205E towards Tracy/Stockton.
- Merge onto I-5N.
- Merge onto CA-120E via exit 461 towards Manteca/Sonora.
- Jump onto CA-99S towards Modesto/Fresno/Los Angeles.
- Merge onto CA-180E towards Kings Canyon/Airport to the park entrance.
- Stay straight to follow Generals Highway.

From San Francisco

Approx 266 miles—allow 5 hours

- Take I-80E towards Oakland.
- Merge onto I-580E towards CA-24/Downtown Oakland/Hayward-Stockton.
- Follow directions from East Bay above.

From South Bay

Approx 230 miles—allow 4 to 4½ hours

- Take I-101S towards Los Angeles.
- Take the 10TH ST/CA-152 E exit (EXIT 356).
- Continue to follow CA-152 E towards CA-99.
- Jump onto CA-99S towards Modesto/Fresno/Los Angeles.
- Merge onto CA-180E towards Kings Canyon/Airport to the park entrance.
- Stay straight to follow Generals Highway.

RV and Trailer Advisory

Many park roads have very tight curves, so vehicle-length advisories are in effect:

- *Generals Highway*: For 16 miles between Sequoia's foothills and the Giant Forest (from Potwisha Campground to the Giant Forest Museum), the advised maximum vehicle length is 22 feet (6.7 m). The alternative: take Highway 180 from Fresno to Grant Grove.
- *Mineral King Road*: Not recommended for RVs or trailers (RVs and trailers are not permitted in the campgrounds there).
- *Crystal Cave Road*: Maximum vehicle length is 22 feet (6.7 m). No trailers permitted.

- *Moro Rock/Crescent Meadow Road*: RVs and trailers are not recommended

3. CONTACT INFORMATION

Contact Us

John's Cell 925-457-7717
Prachi's Cell 848-702-2662

Park Phone Numbers:

- National Park Service (Sequoia-Kings Canyon) 559-565-3341
- Sequoia National Forest 559-784-1500
- Sequoia National Park Lodging 888-252-5757
- Kings Canyon National Park Lodging 559-335-5500

Cell Phones & 2-way Radios

Cell phones will not work within the park. We will use a 2-way walkie talkie during our hikes. We will be carrying Motorola TalkAbout or similar FRS/GMRS type 2-way radios. You are not required to purchase or use such a radio (unless you wish to hike ahead or separately from the group), however, if you already have one or wish to have an easy way to reach us while hiking, the radio frequency

information for the channel we will be monitoring is listed below.



Channel/Frequency: **1 (462.5625 MHz)**
Privacy Code (PL/CTCSS): **11 (97.4 Hz)**

Please note: Other 2-way radio brands and models should be compatible with the type we will be carrying, however, do not trust that the channel number or privacy codes to be exactly the same. Your radio may require a slightly different configuration from ours. Always check your user manual ahead of time for the proper settings.

Park Information

Official Website: <http://www.nps.gov/seki/>

4. PREPARING FOR YOUR TRIP

Lodging Options

For those venturing on this East Bay Casual Hiking group away trip, you may want to stay a day or two to enjoy the tranquility and sights of the national park. Various lodging options are available in and around the park. For your convenience we have listed a few below.

Camping

Numerous campsites are available in the Park. However, only Lodgepole and Dorst campgrounds take reservations for summer visits. All other campgrounds are first-come, first-served. The trail heads for our two hikes will be located a few miles (driving) from the Lodgepole campground.

To reserve the campsites by phone toll free: 1-877-444-6777

You can also use the below links to make reservations for these campsites:

For Lodgepole: [Lodgepole Online Reservation](#)

For Dorst: [Dorst Online Reservation](#)

The list of non-reserved campsites can be found on http://www.nps.gov/seki/planyourvisit/camp_region.htm

Hotels/Lodges/Cabins

The park also has numerous lodges and cabins which can be reserved via the Online service offered by the National Parks website. Or by calling the individual lodges.

Reserve Online: <http://www.nps.gov/seki/planyourvisit/lodging.htm>

- *Grant Grove Cabins & John Muir Lodge (Kings Canyon Park Services)*
Close to the park entrance and approx 40 mins (29 miles) to the Hike entrances
Phone reservations: 1-866-522-6966
Front desk: 1-559-335-5500.
- *Montecito Sequoia Lodge*
Reservations - (800) 227-9900
- *Stony Creek Lodge*
Phone reservations: 1-866-522-6966

Stores in the Park

Shops with a limited variety of basic food supplies and with souvenirs, film, and similar items are available at:

- Grant Grove Village: Year-round, separate market and gift shop.
- Lodgepole Village: Spring through Fall, market/gift shop.
- Cedar Grove Village: Spring through fall, market/gift shop.
- Wuksachi Village: Year-round gifts and souvenirs.
- No gas stations lie within park boundaries. Be sure to fill up on the way in. Once up in the parks, the closest gas available year-round is at Hume Lake (15 miles north Grant Grove in the national forest). From late spring into fall, gas is available at Stony Creek (between Lodgepole and Grant Grove), and at Kings Canyon Lodge (on private land between Grant Grove and Cedar Grove).

Some Do's and Don'ts in the Park

- Pets are not permitted on trails in the Park as dogs can leave behind scents that disrupt the natural patterns of local animals.
- Bicycles and mountain bikes are not allowed on park trails.
- Skateboards, scooters and inline skates are not allowed on park roads, including the campground, or park trails.
- Water is the main cause of death here. Rocks are smooth and slippery. Once you fall in a river, the cold, swift water quickly saps your strength. Getting out unaided is often nearly impossible. Stay away from the water's edge. Many drowning victims were walking or climbing near rivers and unexpectedly fell in.
- Ticks are common in foothill grasses. Check yourself after a walk. Their bite is painless, but a small percentage carry Lyme disease. Remove ticks carefully with tweezers. Seek a ranger's and/or doctor's advice.
- Firearms are strictly prohibited, including bb/pellet guns.
- Fireworks are not allowed.

Weather Conditions

The parks are open 24 hours a day, 365 days a year, weather permitting. Highest visitation is in July & August. It can be difficult to find a campsite at popular campgrounds on summer Saturdays. Because of the extreme elevation range in the parks, conditions vary greatly from area to area and day to day. See the links above for more information on the season that corresponds to the time when you will visit the parks. Spring is a moveable

feast here, beginning in late January or early February in the lower Foothills and lasting until July in the High Sierra. By May, the Foothills are rapidly moving into summer but stay out of the dangerous, cold and swift waters of the high running rivers. Deep snow makes trails in the High Sierra a challenge best left to the experienced. For information call 1-559-565-3341.

Recommended Equipment Checklist:

Bring everything you need for your visit.

- | | | |
|--------------------------------|---|----------------------------------|
| 1. Flash light/head lamp | 9. Hiking poles | 16. Maps |
| 2. Lots of water | 10. First-Aid items (Band-Aids,elastic bandages, etc) | 17. 2-way radio (optional) |
| 3. Food/snacks | | 18. water filter (optional) |
| 4. Rain/wind/cold weather wear | 11. Camera (optional) | 19. Medications / Personal Items |
| 5. Bug repellent | 12. Sun screen, lip balm | |
| 6. Dress in layers | 13. Hat | |
| 7. Food and beverage | 14. Extra socks | |
| 8. Whistle | 15. Clothing change | |

Bear Habitat:

All food, scented items, ice boxes and garbage must be properly stored in provided bear-resistant food storage lockers at all times (24 hours/day). Food storage locker dimensions are 21" high x 33" deep and 48" long.



Did You Know?

Picnic areas are a major source of problem bears. Bears quickly lose their fear of humans when allowed access to our food. They wind up dead, hit by cars or shot because they threaten people. Store all food immediately on arrival, stay close to food at tables, and put all trash in bearproof cans!

Additional Bear information can be found at:
<http://www.nps.gov/seki/planyourvisit/bears.htm>

Not included in your trip:

All hikers are responsible for their own Transportation, Lodging, Entrance Fees, Tolls, Dinner, Lunch, Snacks, Health Insurance, and Personal gear (see Recommended Equipment checklist, above).

