

Call of the Wild

The World's Longest Running Adventure Travel Company for Women
Since 1978



Classic Sierra Backpacking along California's Eastern Slope *Alpine Lakes, Peaks, and plenty of time to Explore!* **August 18 – 23rd, 2010**

Rating: Advanced Beginner to Intermediate

Group Size Limit: 12 participants

Cost: \$900; Reservation Deposit \$400. Balance due 3 months before start date of trip.

If you are a first time backpacker in good physical shape or someone looking to learn more about the wilderness, this trip is for you. We'll take plenty of time each day enjoying the amazing mountain scenery as we hike about 4 - 5 miles a day with our packs. Climbs will be taken at a moderate pace so we can travel together. Our route takes us through parts of the Eastern Sierra Mountains with incredible views of Mt. Davis and Carson Peak. We'll travel through Ansel Adams Wilderness, hiking by intimate alpine lakes and camping in spectacular sites with terrific views. You'll come home with both amazing memories and fabulous photographs.

Day 1, Wednesday ~ Arrival Silver Lake Campground; 0 miles; Elevation: 7220'

2:00 PM: Meet at our camp at Silver Lake Campground (see directions below). We'll have an orientation, organize and weigh packs, and go over our hiking route. Our guides will answer any questions you may have on gear or the itinerary. Then we'll have a fine meal. (*Dinner*)

Day 2, Thursday ~ Gem Lake; 4.7 miles; Elevation: 7220' – 9058'

We'll depart from the Rush Creek Trailhead, climbing steadily towards Agnew Lake. We'll hike along creeks and see juniper trees as we make our way into the mountains. Granite switchbacks help moderate the trail. Once past Agnew Lake, the trail will moderate as we near our camp at scenic Gem Lake. (*Breakfast, Lunch, Dinner*)

Day 3, Friday ~ Weber Lake; 3.9 miles; Elevation: 9058' – 9960'

Our destination today is Weber Lake— by way of Rush Creek. We will spend much of today hiking in and out of trees before breaking out of trees near Weber Lake. Today's hiking pace is designed to take plenty of pictures and enjoying the Sierra Mountains at your own pace. Our camp will have amazing views of jagged peaks all around us. (*Breakfast, Lunch, Dinner*)

Day 4, Saturday ~ Clark Lakes; 5.3 miles; Elevation: 9,960' – 9800'

Today we depart Weber Lake for Clark Lakes. We will retrace our steps back along Rush Creek before heading southeast towards an intimate circuit of small alpine lakes that make up the

Clarke Lakes. We will allow plenty of time for trail rests and pictures as we steadily head towards camp with its beautiful rock walls surrounding us. (*Breakfast, Lunch, Dinner*)

Day 5, Sunday ~ Rest Day; 0 miles; Elevation: 9800'

Rest day at Clark Lakes with time to explore, read, sleep and take the famous garbage bag bath! Optional guided day hikes include Thousand Island Lakes, Garnet Lake, or Altha Lake depending on what the group desires. (*Breakfast, Lunch, Dinner*)

Day 6, Monday ~ Return to Silver Lake; 5.2 miles; Elevation: 9860' – 7220'

Today we return to our starting point by traveling out of the Clark Lakes through Spooky Meadow and descending back towards Agnew Lake with its rust colored slopes. After crossing over Agnew Creek, we will begin the granite descent towards Silver Lake. We'll aim to get back to the cars between 2 – 4 pm in the evening. Some people may prefer to stay in Lee Vining or Mammoth Area that evening. (*Breakfast, Lunch*)

Mileage: About 21.1 miles + optional day hiking

Elevation Changes: 7220' – 9800' – 7220'

Topographical Maps: Mammoth High Country Trail Map (Tom Harrison Maps)
or US Forest Service, Ansel Adams Wilderness Map

Note: Itinerary subject to change at leader's discretion due to weather and other contingencies.

WHAT YOUR TRIP INCLUDES:

- Experienced leadership
- Excellent food (from dinner on Day 1 through lunch on Day 6)
- Tents and community camping equipment, including bear cans
- Camping fees and permits

NOT INCLUDED:

- Air and ground transportation to trailhead (some participants may be interested in carpooling. Call us if you want to carpool.)
- Trail snacks
- Personal gear (see equipment list mailed in your registration packet)
- Optional tips for your guides

About tipping: People on our trips often ask us about gratuities, so here are some guidelines: Each person usually tips \$5-\$10 per day for each guide depending on the level of service and the number of guides assigned to the trip (people do not usually tip any guide interns.) Guides cook and serve your meals and take care of many extra details to give you a safe and fun trip. Tips at the end of the trip are a way of showing your special appreciation if you feel that your guides have given very good service to you. Tips are not required, but appreciated.

HOW TO REGISTER

First, call (650-265-1662) or use the Online Quick Reservation Tool to make a reservation and complete your deposit payment with a Visa or MasterCard. We also take checks.

Next, send in completed and signed Trip Application. The Trip Application is available by fax, mail, or from our Web site at www.callwild.com. After receiving your deposit and application, we will send you confirmation of your reservation and an information packet on your trip.

TRIP CANCELLATION INSURANCE

We strongly suggest that you take out trip cancellation insurance. Call of the Wild does not issue cash refunds, no matter what the circumstances of your cancellation may be. Depending on the time of your cancellation, you may or may not be eligible for a credit for another trip, please read our refund and cancellation policy at www.callwild.com. To sign up for Travel Guard insurance call us for a brochure or visit www.callwild.com.

AIR TRAVEL AGENT

For air travel, please contact Donna Fong (or Donald Carter) at Carter Travel 800-336-4788 or email cartertravel@earthlink.net. Let them know that you are traveling with Call of the Wild.

ARRIVAL AND DEPARTURE PLANNING

Please plan to arrive at Silver Lake Campground by 2 pm on Day 1. Some people may wish to arrive a day or two early to acclimate to the altitude. Spending the evening in Lee Vining or Mammoth Lakes can help with this. We aim to arrive back at our vehicles between 2 – 4 pm in the afternoon on Day 6. Some people may prefer to stay in Lee Vining or Mammoth Lakes that night. See below for accommodation information.

DIRECTIONS TO TRAILHEAD

Silver Lake is about a 6 hour drive from both San Francisco and Los Angeles and about a 4 hour drive from Reno. If you're coming from out of state, we can help you plan your travel itinerary and help facilitate car rental sharing or carpooling when possible. Call us for more information. Silver Lake is located about 45 min south of Tioga Pass and 60 minutes north of Bishop off of Highway 395. From Highway 395, take the Highway 158, June Lake Loop exit.

Hwy 395 is the main artery running north and south through California's Eastern Sierra Nevada. No matter where you begin, you'll use Hwy 395 to access Silver Lake Campground. From 395, you'll turn on Highway 158, June Lake Loop. Highway 158 is a loop road and you'll see signs for Silver Lake Campground. Upon arrival at the campground, a sign will be posted with the campsite details.

ACCOMMODATIONS IN MAMMOTH LAKES

Some people choose to spend the last night in Mammoth Lakes and begin their drive home the following morning. The nearby town of Mammoth Lakes has many motels and hotels. We have stayed in past years at the Travelodge (54 Sierra Blvd. 760-934-8892) and at Motel 6 (3372 Main St. 760-934-6660) but there are many other places to choose from.

ACCOMMODATIONS IN LEE VINING

Some people chose to spend the last night in Lee Vining and begin their drive home the following morning. Lee Vining is a small town with limited offerings, though it is a great place to stay if you have an interest in exploring Yosemite National Park via Tioga Pass (11 miles away). We have stayed in past years at the Lake View Lodge (51285 Highway 395 760-647-6543) but there are other places to chose from.

WEATHER

We will most likely experience summer, benign weather. However, there is always the chance of experiencing dramatically changing mountain weather. It is important to be prepared for all kinds of weather, including sun, wind, rain, lightening, and hail. The Sierras in summer are especially prone to afternoon thunderstorms and there have been instances of lightening strikes. Guides will inform you of what to do in the case of a thunderstorm.

QUALIFICATIONS

Call of the Wild trips are designed for flexible, energetic people who like to be active and have a spirit of adventure. We expect trip participants to be in good physical condition, aerobically fit, and willing to undergo the potential hardships of outdoor living. You must have your own health insurance. Our best trips are those where everyone is equipped with a positive attitude, the sensitivity to recognize the needs of the group, and a sense of humor!

LEAVE NO TRACE

Call of the Wild adheres to and promotes the principles of Leave No Trace. With your information packet you will receive guidelines which we expect our trip participants to follow, and your guides will be happy to talk with you about how to properly follow LNT practices. They include proper disposal of waste, not using soap (even biodegradable soap) in streams or lakes, and minimizing campfire impact. LNT principles help ensure the sustainable use of the wilderness for years to come. Please take a few minutes to read over the **Wilderness Living/Leave No Trace** material in your information packet. It reviews proper camping practices and provides tips that will make your wilderness trip easier and more fun.

CONDITIONING

The two main aspects to your physical conditioning are aerobic and strength conditioning and altitude acclimation. See below for altitude acclimation information. The best aerobic and strength conditioning for hiking is hiking! If possible, hike on steep, rocky trails. Of course, most of us can't hike on wilderness trails every day. So, the next best alternative is to spend time hiking on inclined trails with a day pack. If you can't get to a trail, Stairmasters, Nordic trainers, and treadmills are good for your aerobic capacity and weights are good for your strength. You want especially to strengthen your quadriceps, also your back, and upper body. How many months ahead of your trip you start conditioning depends on your general level of fitness. Someone with a good level of fitness should begin conditioning at least 8 weeks before this trip. Call of the Wild can help you craft a training program for this backpack trip.

ALTITUDE ACCLIMATION

There are a few things that you can do to help you acclimate. First, have a high level of fitness (see above for aerobic and strength conditioning). Second, drink lots and lots of water, at least two days before the trip starts! It gives your body and muscles the water it needs to be well hydrated to facilitate acclimation. Also, a sign of acclimation is frequent urination. So if you are not drinking enough water, it is hard to tell if you are acclimating properly. Third and most effective, spend significant time at altitude. This includes sleeping and exercising at altitude. Some people arrive a couple of days early on this trip. The first day they exercise moderately (a hike) and sleep at altitude (about 9000') and the second day, they rest and sleep at altitude. This does wonders for acclimation. Be aware that altitude will increase your heart rate. You may also

feel lassitude, nausea, shortness of breath, headache, and no desire to eat. All these can be symptoms of what is known as acute mountain sickness (the effects of not being acclimated to altitude), or AMS. For most people, the symptoms of AMS abate in 12-48 hours.

SHARING TENTS / WILDERNESS CAMPING

Our tents are Sierra Designs Comets or Meteorlights, designed for 2-3 people. If you prefer not to share a tent, you can bring your own *small* tent or rent one from us. However, if you choose this option, keep in mind that the weight of the tent will need to be considered in your overall pack weight.

ABOUT OUR GUIDES

Call of the Wild guides have extensive wilderness experience and bring proven leadership to your wilderness trip. We pride ourselves on giving women safe opportunities to venture into the wilderness and do something they've never done before. Our guides are certified Wilderness First Responders and they'll go the extra mile to make you feel at home in the wilderness. They are interesting people and include a pilot, a former paramedic, a personal trainer, an exercise physiologist, a glacier guide, and the owner of a wild mustang. They have in common a love of the wilderness and an enjoyment of people's company. You can read more about them at www.callwild.com.

ABOUT OUR FOOD

Our menu features hearty, healthy meals made with recipes from *Wilderness Cuisine*, authored by Carole Latimer (Call of the Wild's founder). You'll feast on such dishes as Pad Thai, Anasazi Stew, Truffled Porcini Potato Soup, and fresh-baked Coffee Cake. Our meals tend to be higher in carbohydrates and lower in fat for hiking trips, and we dehydrate some food in order to preserve freshness and decrease weight. Meals are often vegetarian, but we serve meat dishes as well. We avoid processed food, but you won't get a strict brown rice and wheat germ regime either, and we think there's nothing wrong with an occasional backslide to decadently rich food after a hard day on the trail.

Most people love our food and much care and effort goes into preparing your meals. However we are not able to accommodate each person's preferences. Often we are cooking in the wilderness and our menus are limited by weight, fuel, refrigeration, space, and so on. We cannot make separate meals or bring different provisions for individual diets and preferences. Therefore, if you have food allergies, if you are vegan, or if you don't eat certain foods we suggest that you call us. You can then plan your own food to supplement our menu.