

# Call of the Wild

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



## **John Muir Trail to Yosemite National Park Cross the California Sierras into Yosemite High Country August 16th – 23rd, 2010**

**Rating:** Challenging

**Group Size Limit:** 12 participants

**Cost:** \$1,295; Reservation Deposit \$500. Balance due 3 months before start date of trip.

This exciting seven-day hike along the John Muir Trail goes through the heart of the high Sierras, ending in Yosemite National Park. We'll hike about 8 - 10 miles a day. Our route takes us through parts of the legendary Minarets with incredible views of Mt. Banner and Mt. Ritter, through a section of Ansel Adams Wilderness, past Mt. Lyell (Yosemite's highest peak), and finally along Rafferty Creek and down to Tuolumne Meadows.

### **Day 1, Monday ~ Arrival Agnew Meadows; 0 miles; Elevation: 8335'**

2:00 PM: Meet at our camp at Agnew Meadow (see directions below). We'll have an orientation, organize and weigh packs, and go over our hiking route. Then we'll have a fine meal around 6:30 PM. (*Dinner*)

### **Day 2, Tuesday ~ Cabin Lake; 6.9 miles; Elevation: 8335' – 9580'**

We'll begin our hike at Agnew Meadows on the scenic River Trail. As we pass Olaine Lake, we will head west along Shadow Creek, passing Shadow Lake. We'll hike through trees and timber as we continue to climb along Shadow Creek before breaking out of tree line and camping at Cabin Lake. From here we will have views of the entire Ritter Mountain Range. (*Breakfast, Lunch, Dinner*)

### **Day 3, Wednesday ~ Thousand Island Lake; 7.4 miles; Elevation: 9880' – 9840'**

Our destination today is Thousand Island Lake— one of the Eastern Sierras most spectacular sights. We'll hike down from Cabin Lake to the John Muir Trail and hike along the granite. We'll pass by Garnet Lake, a great place for lunch and maybe even a quick swim for anyone interested. We'll continue along the John Muir Trail after lunch, passing by Ruby and Emerald Lake, before arriving at our evening camping spot. Tonight we will have amazing views of Mt. Davis (12,303') and Banner Peak (12,936'). (*Breakfast, Lunch, Dinner*)

**Day 4, Thursday ~ Rodgers Lakes; 6.0 miles; Elevation: 9,840' – 10,860'**

Today we depart Thousand Island Lakes and start climbing towards Island Pass (10,205'). Once through Island Pass, we will enter into trees before the trail begins to run a long a stream and we hike along rolling hills. We begin to see Donohue Pass before southwest to Rodgers Lakes, where we will camp for the evening. From here you can see the glaciers that hang on the Ritter Range, as well as the border of Yosemite National Park. *(Breakfast, Lunch, Dinner)*

**Day 5, Friday ~ Rest Day; 0 miles; Elevation: 10,860'**

Rest day at Rodger Lakes with time to explore, fish, read, and take the famous garbage bag bath! Optional Day hikes offered by your guide include hikes to Marie or Davis Lakes. *(Breakfast, Lunch, Dinner)*

**Day 6, Saturday ~ Lyell Canyon; 11.4 miles; Elevation: 10,860' – 11,056' – 9000'**

Today is the “high point” of our adventure as we climb the trail over Donohue Pass, cross over into Yosemite and view the magnificent peaks of the Cathedral Range; among them Amelia Earhart Peak (11,982'), Mt. McClure, and Mt. Lyell—at 13,114' Mt. Lyell is the highest mountain in Yosemite. Tonight we'll camp in Lyell Canyon. *(Breakfast, Lunch, Dinner)*

**Day 7, Sunday ~ Evelyn Lake; 8.7 miles; Elevation: 9000' – 10,336'**

We'll depart from Lyell Canyon and head west towards the Cathedral Range of Yosemite National Park. As we climb out of Lyell Canyon, you'll have a 360 degree view of Yosemite National Park's high country. Tonight we'll camp at scenic Evelyn Lake. *(Breakfast, Lunch, Dinner)*

**Day 8, Monday ~ Tuolumne Meadows; 9.1 miles; Elevation: 10,336'– 8775'**

Today we will start early hiking from Evelyn Lake hike along Rafferty Creek to Tuolumne Meadows. We'll then be shuttled from our exit point at Tuolumne Meadows back to our cars at Agnew Meadows. We probably won't get back to our cars until 3 or 4 in the afternoon. Some people may prefer to stay in Mammoth that night. *(Breakfast, Lunch)*

**Mileage:** About 50 miles + optional day hiking

**Elevation Changes:** 8335' – 11,056' – 8775'

**Topographical Maps:** Tuolumne Meadows & Devil's Postpile (Wilderness Press)  
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 8)
- Shuttle from Tuolumne Meadows back to Vehicles
- Tents and community camping equipment, including bear cans
- Camping fees and permits

## **NOT INCLUDED:**

- 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.

*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](http://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/jointrip.htm](http://www.callwild.com/jointrip.htm). You may be committed to going on your trip, but more times than we like to think about people have been forced to cancel because of some completely unexpected misfortune. To sign up for Travel Guard insurance call us for a brochure or visit [www.callwild.com/travelguard.htm](http://www.callwild.com/travelguard.htm). For certain coverage, you must purchase insurance within 14 days of making your initial deposit with Call of the Wild.

**Please Note:** Call of the Wild provides TravelGuard insurance brochures and a link to the TravelGuard website for your convenience. However, there are many travel insurance companies such as HTH Worldwide, Travel Safe, and Travel Insured. When you buy travel insurance, it is your responsibility to know the restrictions and provisions of your policy

## **AIR TRAVEL AGENT**

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

## **ARRIVAL AND DEPARTURE PLANNING**

Please plan to arrive at Agnew Meadows by 4pm on Day 1. Some people may wish to arrive a day or two early to acclimate to the altitude. We probably won't get back to our cars until 6 or 7 in the evening on Day 7. Some people may prefer to stay in Mammoth Lakes that night. See below for accommodation information.

## **DIRECTIONS TO TRAILHEAD**

Agnew Meadow is near the town of Mammoth Lakes, about a 6 ½ hour drive from both San Francisco and Los Angeles and about 4-5 hours from Reno. If you're coming from out of state,

we can help you plan your travel itinerary, meeting locations, and help facilitate car rental sharing or carpooling when possible. Call us for more information. Mammoth is located about 1 hour south of Tioga Pass and 30 minutes north of Bishop off of Highway 395. From Highway 395, take the Highway 203, Mammoth Lakes exit.

Drive through the town of Mammoth. At the second stoplight, which is Minaret Road, take a right toward the ski lift and drive past the ski lift toward Devils Postpile. Public traffic is restricted here and you will be stopped at the entrance by a forest service official. Tell her you have reservations at the Agnew Meadow campground in Group Camp #3 with Call of the Wild. When you get to the bottom of the hill, approximately 2 or 3 miles past the Forest Service kiosk, there's a sign for the Agnew Meadow Campground at the big curve in the road. Just follow the signed dirt road for about a mile into the campground, past the Agnew Meadow pack station.

Please note: this year the Inyo National Forest is charging \$7 per person or \$20 per car to drive down to Agnew Meadows. This is different from past years.

### **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.

### **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 strike on Piute Pass. 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.

### **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 be included in your duffle weight limit.

### **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](http://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.