

Call of the Wild

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



Yosemite National Park Day Hiking *High Sierra Hikes in Tuolumne Meadows* August 25 – 29, 2010

Rating: Moderate Day Hikes

Group Size Limit: 12

Cost: \$675. Reservation Deposit \$300. Balance due 3 months before start date of trip.

Join us for four days of hiking and relaxing in Yosemite's High Sierra. Our hikes take us to Glen Aulin High Sierra Camp, past gorgeous waterfalls on the Tuolumne River, to beautiful Cathedral Lakes, and to Elizabeth Lake and Unicorn Peak. We'll carry only light daypacks and there are opportunities for early turn around on hikes where people don't wish to go the full distance. Hikes are rated moderate. You can go at your own pace—fast or leisurely—and there are more challenging options for people who want to go farther. Our experienced trip leaders have been guiding hikes in Yosemite for the past 10 years. Your guides will unlock the secrets of Yosemite as they introduce you to the flora, fauna and geology of the area.

We'll return to camp in the afternoons with time for personal pursuits—there are even hot showers available in the afternoons at nearby Tuolumne Lodge. Our food is delicious and meals feature recipes from Carole Latimer (Call of the Wild's Founder) cookbook, *Wilderness Cuisine*. This is an ideal base for day hikes throughout the Tuolumne Meadows area in Yosemite National Park.

Day 1, Wednesday ~ Arrival & Short Hike in Lyell Canyon

Meet at 2 PM at Tuolumne Meadows Campground (see Directions below). You will receive the campsite number prior to your departure. Tuolumne Meadows is approximately a 5-hour drive from the San Francisco Bay Area. We will have a trip orientation and go over the week's itinerary. In the late afternoon we'll go on a short hike up the Tuolumne River in Lyell Canyon to warm up our legs for the following day. We'll enjoy a delicious meal about 6:30 PM. (*Dinner*)

Day 2, Thursday ~ Hike to Elizabeth Lake; 5 miles

Today's hike is to Elizabeth Lake with views of Unicorn Peak and the Cathedral Range. For energetic hikers, we can hike up on the flanks of Unicorn Peak for fantastic views. Round-trip mileage is 5 miles; elevation change: 8575' - 9508'. (*Breakfast, Lunch, Dinner*)

Day 3, Friday ~ Cathedral Lakes; 7 miles

Today's destination is Cathedral Lakes. We'll hike to the west side of the larger lake to see a waterfall which flows into Tenaya Lake. Fantastic views of Pywiack Dome, Fairview Dome and the Cathedral Range. Option for more challenging hiking to the eastern Cathedral Lake and over Cathedral Pass. Back in camp we'll enjoy a delicious meal, and an evening around the campfire. Round-trip mileage is 7 miles, elevation change 8500'-9600'. (*Breakfast, Lunch, Dinner*)

Day 4, Saturday ~ Glen Aulin Hike; 6-10 miles

Hike to Glen Aulin High Sierra Camp. We'll hike along the Tuolumne River where deep swimming pools and great expanses of glacier-polished granite invite you to stop, bask in the sun, and take in the beauty of Yosemite at its best. Farther on are dramatic Tuolumne Falls and then White Cascade Fall and Glen Aulin High Sierra Camp. Energetic hikers can continue on to other falls below Glen Aulin. If you choose to go the full distance to Glen Aulin the round-trip is 10 miles; elevation change: Tuolumne Meadows 8575' - Glen Aulin 8095'. (*Breakfast, Lunch, Dinner*)

Day 5, Sunday ~ Departure

After a leisurely breakfast, we'll break camp and depart around noon. (*Breakfast*)

Accommodations: 4 nights camping

Elevation: Tuolumne Meadows 8575'

Topographical Maps: *Trails Illustrated: Yosemite National Park*
or *Tuolumne Meadows 15 minute map* (Wilderness Press)

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

WHAT YOUR TRIP INCLUDES:

- Experienced guide leadership
- All meals as noted on the itinerary
- Tents and community camping equipment
- Camping fees and permits

NOT INCLUDED:

- Transportation (Some participants may be interested in carpooling--call us.)
- Entrance fee to Yosemite National Park (\$20 per car)
- 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.) If Carole Latimer is leading your trip she, as the owner of the business, does not accept tips, but our other guides do. They 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.

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 accept 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.

DIRECTIONS

Tuolumne Meadows Campground is approximately a 5-hour drive from the San Francisco Bay Area and 7-plus hours from LA. Tuolumne Meadows is located on the Tioga Road, near the park's eastern entrance on Highway 120. It is 60 miles (1 ½ hours) from Yosemite Valley.

Highway 120/Tioga Road will take you directly to Tuolumne Meadows Visitor Center. Entering Yosemite National Park from the West entrance near Manteca, you'll pass the Big Oak Flat Entrance and Crane Flat, then make a left on Tioga Road to stay on Hwy 120. You'll pass Porcupine Flat, Tenaya Lake, and then pass the Tuolumne Meadows Visitor Center. Look for signs for Tuolumne Meadows Campground and turn right.

Driving from the Los Angeles area, you will probably take Highway 395 North to Highway 120 heading west. Enter Yosemite National Park at the Tioga Pass Entrance. Follow Tioga Road, and look for a sign to Tuolumne Meadows Camp which will be left.

For air travel, please contact Wendy Fazio at Skyline Travel 510-530-1100 or e-mail wendyatskyline@aol.com . Let her know that you are traveling with Call of the Wild. The closest airport is in Reno.

ACCOMMODATIONS

For those of you wishing to drive to the area a day early, there are hotel/motel accommodations in Groveland (Outside the Big Oak Flat entrance on highway 120) Lee Vining (minutes outside the Tioga Pass entrance on highway 120, and El Portal (minutes outside the Arch Rock Entrance on highway 140). A search on the internet should come up with several options. There is also first-come, first-serve camping inside the park at Porcupine Flat campground.

WEATHER

We will most likely experience sunny, benign weather (with perhaps scattered evening showers). 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 or lightening. The Sierras in summer are especially prone to afternoon thunderstorms. Your guides will inform you of what to do in the case of a thunderstorm.

CONDITIONING

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 daypack. 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

This is not a high altitude trip, but it will likely be higher elevation than you are used to at home. 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. This does wonders for acclimation. Be aware that altitude will increase your heart rate. You may also feel lassitude, nausea, shortness of breath, headache, 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.

QUALIFICATIONS

We expect trip participants to be in good health and good physical condition. This trip is rated moderate, and there is one day (the hike to Glen Aulin High Sierra Camp) that, if you choose to go the whole distance, is in the challenging range, but routes are planned so that you can go a shorter distance if you wish—so you don't have to be a robust hiker in order to come on the trip and enjoy it...you can even forego a day hike and do an easy-going exploration of Tuolumne Meadows on your own if you choose. Everyone should be equipped with a spirit of adventure, the sensitivity to recognize the needs of the group, a willingness to undergo the potential hardships of the outdoors, and a sense of humor.

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 share a love of the wilderness and an enjoyment of people's company.

ABOUT OUR FOOD

Our menu features hearty, healthy meals made with recipes from Call of the Wild's founder Carole Latimer's cookbook *Wilderness Cuisine*. You'll feast on dishes such 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 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. When we are cooking in the wilderness 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.