

John Muir Trail The Essential Guide To Hiking Americas Most Famous Trail

John Muir Trail-Elizabeth Wenk 2014-06-03 Elizabeth Wenk's authoritative guide describes the 212-mile John Muir Trail, running from Yosemite Valley to the summit of Mt. Whitney. John Muir Trail provides all the necessary planning information, including up-to-date details on wilderness and permit regulations, food resupplies, trailhead amenities, and travel from nearby cities. Useful essentials are updated GPS coordinates and maps for prominent campsites (along with an updated list of sites along the trail), trail junctions, bear boxes, and other points of interest. The trail descriptions also include natural and human history to provide a workout for both body and mind — a must-have for any Muir Trail enthusiast. Note that the text includes the southbound trail description, while the full guide with the northbound description is available as a separate ebook product.

John Muir Trail-Elizabeth Wenk 2007-06-15 Running from Mount Whitney to Yosemite Valley in the Sierra Nevada, the 212 mile John Muir Trail passes through some of the most dramatic mountain terrain in the United States. Each year, thousands of backpackers traverse some or all of the trail, relying on Wilderness Press's John Muir Trail. The completely updated edition of this Sierra classic includes significant information found nowhere else. The new John Muir Trail meticulously describes the entire trail and is written for today's hikers. The book includes GPS coordinates, not only for every junction, but also for every established campsite, bear box, and mountain pass that the trail crosses. The guide has separate descriptions for northbound and southbound hikers; for each direction, a junction chart shows all the trail's ups and downs.

John Muir Trail: South to North edition-Elizabeth Wenk 2014-08-01 This is a complete, digital-only South-to-North edition of the best-selling John Muir Trail Lizzy Wenk's authoritative guide describes the 212-mile John Muir Trail, running from the summit of Mt. Whitney to Yosemite Valley. It provides all the necessary planning information, including up-to-date details on wilderness and permit regulations, food resupplies, trailhead amenities, and travel from nearby cities. Useful essentials are updated GPS coordinates and maps for prominent campsites (along with an updated list of sites along the trail), trail junctions, bear boxes, and other points of interest. The trail descriptions also include natural and human history to provide a workout for both body and mind -- a must-have for any Muir Trail enthusiast.

John Muir Trail-Elizabeth Wenk 1978

John Muir Trail Data Book-Elizabeth Wenk 2014-07-22 A derivative of the comprehensive John Muir Trail by Sierra expert Elizabeth Wenk, this data book is perfect for the weight-conscious hiker. A brief introductory section provides planning data, including information on permits, trailhead transport, and food resupplies. This is followed by on-the-trail information, including custom-made topo maps, elevation profiles, data tables, and labeled panoramas from prominent passes. There are tables for trail junctions, nearly 300 campsites, ranger stations, food-storage lockers, and lateral trails accessing the JMT. For detailed information on planning for your trip, considerations for hiking in the Sierra Nevada, or a trail description, those are only available in the comprehensive John Muir Trail book.

Plan and Go - John Muir Trail (2ndEd)-Gerret Kalkoffen 2016-12-08 > In response to the ever-increasing popularity of the JMT, this fully-updated 2nd edition offers a more comprehensive overview of available permit options and reservation procedures as well as alternate trail access and exit points. It also includes detailed descriptions of popular JMT section hikes that can be completed in a week or less. Plan & Go John Muir Trail is the ultimate guide to hiking America's most renowned long-distance trek between Yosemite Valley and Mt. Whitney. In a clear and concise manner, the book illustrates the highlights and unique characteristics of the JMT and provides details on all essential planning topics to save you time and effort with your own preparations. Supported by step-by-step instructions and first-hand recommendations, you will be well-equipped and feel more confident about completing this memorable adventure in the California Sierra Nevada. The book provides answers to the following questions (and more): How do I prepare for the JMT? When is the best time to go? How many days will it take me? What is the best permit strategy? Where can I send my resupply? What kind of gear works best? How do I get there and back? In addition, Plan & Go John Muir Trail offers practical advice on athletic training, which food to pack and in what quantities, how to select appropriate gear, and various other essentials for the trail. The book further includes detailed elevation profiles of the trail along with an overview of popular multi-day section hikes to help you create an itinerary that best suits your personal preferences. The wealth of facts and figures is topped off with the entertaining and motivating account of the author's own 15-day JMT trek amidst the breathtakingly beautiful High Sierra peaks.

John Muir (John Muir) 2020-06-30 meters —Robert Macfarlane — 1869 — TaiTai LIVE WILD PCHome — Robert Macfarlane — Guardian — New York Times — Los Angeles Times..... • Mark Cocker — • Edward Hoagland — meters — Shopping Design Soul Gigs 2019 K2 Project 8000

John Muir Trail Data Book-Elizabeth Wenk 2014-08-05 A derivative of the comprehensive John Muir Trail by Sierra expert Elizabeth Wenk, this data book is perfect for the weight-conscious hiker. A brief introductory section provides planning data, including information on permits, trailhead transport, and food resupplies. This is followed by on-the-trail information, including custom-made topo maps, elevation profiles, data tables, and labeled panoramas from prominent passes. There are tables for trail junctions, nearly 300 campsites, ranger stations, food-storage lockers, and lateral trails accessing the JMT. For detailed information on planning for your trip, considerations for hiking in the Sierra Nevada, or a trail description, those are only available in the comprehensive John Muir Trail book.

John Muir Trail Pocket Atlas-Erik Asorson 2020-05-15 Topographic maps, trail data and essential planning information for John Muir Trail hikers.

Backpacker- 2007-12 Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

Hiking-Sara Coppin 2015-12-15 Hiking is a fun, easily undertaken outdoor activity that you can do pretty much anywhere, whether you live near a famous trail or just explore the public parks in your area. Though you don't need any specialized equipment, there are a few key items to have, including water, sturdy footwear, and a map. Other factors to consider are the distance, terrain, and climate of the area you'll be hiking. Readers will also learn about groups they can join, such as Outward Bound, and additional activities to incorporate into their hike, such as geocaching.

Walking Towards Thunder-Brad Lewis 2004-03-01 A remarkable book, funny, useful, educational, altogether a delight to read. Walking Towards Thunder is a first-person account of a young woman hiking the length of the John Muir Trail. This is an action story with an unlikely hero.

Sequoia and Kings Canyon National Parks-Mike White 2012-08-07 The southern High Sierra, including Sequoia and Kings Canyon National Parks and the surrounding John Muir, Jennie Lakes, and Monarch Wildernesses, is one of the most magnificent natural areas in the world. Blessed with the largest trees on earth (giant sequoias), one of the deepest canyons in North America (Kings Canyon), and the highest mountain in the continental U.S. (Mt. Whitney), the greater Sequoia-Kings Canyon region offers unparalleled mountain majesty. Along with such superlatives, hundreds of miles of trail provides access to a boundless number of high mountain lakes, wildflower-covered meadows, cascading streams, deep forests, and craggy peaks. Mike White's guide is the only comprehensive guide to this portion of John Muir's Range of Light.

The John Muir Trail-Don Lowe 2001 Distributed by the University of Nebraska Press for Caxton Press Nowhere does magnificent scenery, a vast network of interconnecting trails and beneficent weather come together so gloriously as in the High Sierra of California. This guide includes detailed maps showing trails, campsites and contours, with descriptive text and many photos.

Explore The Americas-Lonely Planet 2018-05-01 Ice trekking in Argentina. Salsa dancing in Cuba. Road-tripping the USA. We present 60 of the most exciting travel experiences across North, Central and South America, from adrenaline-pumping thrills and breathtaking natural wonders to cultural icons, wildlife watching and romantic getaways. Expert, insightful commentary accompanies each adventure.

Day and Section Hikes: John Muir Trail-Kathleen Dodge Doherty 2007-04-27 The John Muir Trail runs a spectacular 211 miles from Yosemite Valley to the foot of Mount Whitney, crossing through Kings Canyon and Sequoia national parks, the Inyo National Forest, and the Devils Postpile National Monument. This guide has descriptions for six day hikes, five overnight hikes, and the entire trail in six sections, and includes transit and lodging information, altitude profiles, a GPS-based trail map, and ratings for scenery, trail condition, difficulty, accessibility for children, and solitude.

A Hike for Mike-Jeff Alt 2005 Jeff Alt convinced his wife, a woman raised with the belief that vacations include hot showers, beaches, and warm beds, to hike the 218-mile John Muir Trail to help her overcome the loss of her brother to suicide and to spread the word that depression is treatable. Readers walk vicariously alongside Jeff and Beth, through three national parks, ending atop the highest mountain in the contiguous United States. Their adventure included bear encounters, beautiful scenery, rugged trails, lightning bolts, and food shortages-and they are still happily married! A Hike For Mike is an inspiring and humorous true-life adventure of perseverance and overcoming adversity. Includes a chapter with valuable facts about depression that offers readers information, resources, and hope; which was reviewed and endorsed by James Blumenthal, Ph.D.; Professor of Medical Psychology at Duke University.

The Getaway Guide to the John Muir Trail-Guy Saperstein 2005 Written with panache and humor, Saperstein inspires hikers of all ages to tackle the grand and glorious route pioneered by the Sierra Club founder. The book offers practical advice for neophytes and experienced hikers alike, as well as first-class reading for armchair adventurers. This book is the first in a series of guides to great American trails.

Wildflowers of the High Sierra and John Muir Trail-Elizabeth Wenk 2015-03-10 This new book by Sierra expert Elizabeth Wenk includes photos and descriptions of approximately 300 species of wildflowers and flowering shrubs in the High Sierra. Focused on areas above 8,000 feet in elevation from Yosemite south through the Whitney Region, by restricting the collection of species to higher elevations, the book can include all commonly seen species and nearly half of all higher elevation species in a compact guide. Make plant identification more approachable to hikers, this book differentiates between species using features easily identifiable to a non-botanist. Descriptions include the species' common and scientific names, family name, growth form, flowering time, elevation range, region, specific locations on popular trails, and how to identify the plant using color, petal number, leaf shape, height, and more.

Guide to the John Muir Trail and the High Sierra Region-Jr. Walter a. Starr 2008-06-01 This scarce antiquarian book is a facsimile reprint of the original. Due to its age, it may contain imperfections such as marks, notations, marginalia and flawed pages. Because we believe this work is culturally important, we have made it available as part of our commitment for protecting, preserving, and promoting the world's literature in affordable, high quality, modern editions that are true to the original work.

Hiking and Camping-Paul Mason 2011 Introduces camping and hiking, discussing the equipment, techniques, and best locations.

Tenderfoot Backpacking the John Muir Trail-Claudia Sheets 2021-08-08 The story is about a recently retired middle school principal who, at sixty-three, decides to tackle the challenges of a seventeen-day backpacking trip on the John Muir trail in the Sierra Nevada Mountains of California. Always a hiker, Claudia felt that adding something she had always avoided, backpacking, would be what she was looking for to clean her brain and body from the minefield of her career. From preparations for the trip to the lessons learned on trail, the story unfolds with many humorous as well as inspiring trail experiences. About the Author Claudia Harris grew up in Seattle. After graduating from high school, she attended universities eventually obtaining a Bachelors of science degree in Biology. Claudia took graduate courses in Botany in Washington, leaving the course of study to move to California where she obtained her single subject teaching credential as well as a masters in educational administration. She taught Biology in high school for a number of years before moving to administrative positions in both high school and middle school. Claudia retired from a principal ship in middle school.

The Essential Guide to Hiking in the United States-Charles Cook 1992 Provides a wealth of information on the sport of hiking, lists 387 hiking areas state-by-state, and rates the major trails according to terrain, visual beauty, and degree of difficulty.

Wilderness Essays-John Muir 2011 Part of John Muir's appeal to modern readers is that he not only explored the American West and wrote about its beauties but also fought for their preservation. His successes dot the landscape and are evident in all the natural features that bear his name: forests, lakes, trails, and glaciers. Here collected are some of Muir's finest wilderness essays, ranging in subject matter from Alaska to Yellowstone, from Oregon to the High Sierra. This book is part of a series that celebrates the tradition of literary naturalists--writers who embrace the natural world as the setting for some of our most euphoric and serious experiences. These books map the intimate connections between the human and the natural world. Literary naturalists transcend political boundaries, social concerns, and historical milieus; they speak for what Henry Beston called the "other nations" of the planet. Their message acquires more weight and urgency as wild places become increasingly scarce.

Backpacking California-Wilderness Press 2008-07-09 Backpacking California is a collection of more than 70 of the most intriguing backpacking adventures in Wilderness Press's home territory of California. With contributions from more than a dozen Wilderness Press authors, the book describes routes ranging from one night to one week. Backpacking novices as well as "old hand" California hikers will find expert-crafted trips

in the Coast Ranges, the Sierra, the Cascades, and the Warner Mountains. Expanded coverage includes trips in Big Sur, Anza-Borrego, Death Valley, and the White Mountains. Several trips have been described in print nowhere else. Each trip includes a trail map and essential logistical information for trip planning.

Best Wildflower Hikes Western Washington-Peter Stekel 2016-07-30 Best Wildflower Hikes Western Washington combines the best aspects of hiking and wildflowers into one guide. The Best Wildflower Hikes series features 40 hikes with honorable mentions throughout that focus on the best wildflowers in western Washington.

High Sierra, Mountain Wonderland-Joseph Wampler 1960

On the Trail of John Muir-Cherry Good 2000-01-01 Follow the man who made the U.S. go green. John Muir was the confidant of presidents, father of American National Parks, trailblazer of world conservation, and voted man of the millennium in the U.S. This book brings refreshing new insights into the hero of world conservation. In a lively, intimate, humorous, and anecdotal account, Good draws on Muir's own books, articles, letters and diaries. She set herself On the Trail of John Muir to write his book - Dunbar in Scotland, the sand country of Fountain Lake and Hickory Hill, Meaford, Ontario, Wisconsin, the Yosemite Valley, the Grand Canyon, the Sierra Nevada, California, and the "Range of Light", Alaska.

Walking Towards Thunder-Brad Alan Lewis 2011-12-07 Of the five really exciting, cool, wild, important things to do on this planet, hiking the John Muir Trail is at the absolute top of the list. Give 'Walking Towards Thunder' a read and hopefully it'll light your adventure-fire and I'll see you on the trail next summer.

Out There-Chris Townsend 2016-03-17 Drawing from more than forty years of experience as an outdoorsman, and probably the world's best known long distance walker who also writes, Chris Townsend describes the landscapes and wildlife, the walkers and climbers, and the authors who have influenced him in this lucid and beautiful book. Writing from his home in the heart of the Cairngorms he discusses the wild, its importance to civilisation and how we cannot do without it.

MAP Mt. Whitney Topo-Wilderness Press 2008-06-15 California's 14,505-foot Mt. Whitney, the high point of the Sierra Nevada and the contiguous U.S., beckons hikers from around the world to hike up its granite summit and around its rugged terrain. Now completely updated for its second edition, this 15-minute, 1:62,500-scale topographic map shows one of the most popular sections of the High Sierra, with five peaks over 14,000 feet—Mt. Williamson, Mt. Tyndall, Mt. Russell, Mt. Whitney, and Mt. Muir—as well as the complete Mt. Whitney Trail, making this the perfect selection for hikers planning a Whitney ascent. Other trails included on the map are the John Muir Trail, as well as trails to Lake South America and to the exquisite country over Colby Pass. The backside features a sample trip to the Mt. Whitney summit, tips on backcountry safety, contact numbers, and essential information about the region. This 4-color topographic map is printed on waterproof, tear-resistant plastic.

野山, 野山-Cheryl Strayed 2012 Traditional Chinese edition of Wild: From Lost to Found on the Pacific Crest Trail, Cheryl Strayed's acclaimed bestselling memoir, Amazon Best Books of the Month, March 2012, and the first Oprah's Book Club 2.0 title. In Traditional Chinese. Annotation copyright Tsai Fong Books, Inc. Distributed by Tsai Fong Books, Inc.

Grit is a 4-Letter Word-Ann Gimpel 2018-03-27 Pioneer your own journey. Part guidebook, part self-help manual, Grit is a 4-Letter Word covers mental preparedness for living with only the gear on your back and a nimble mind. But it isn't a "how to" set of instructions, mostly because there are as many ways of enjoying the wilderness as there are backcountry travelers. The beauty of wilderness travel is discovering what works for you. Ann Gimpel is a clinical psychologist. She's also a mountaineer and a vagabond. The wilderness has played a huge role in her life. Stories speak to us at a bone-deep level, so this book is packed full of stories from the author as well as others. Read them with an open heart. It's how they were written. Appendices covering gear and backcountry kitchen ideas have been added, along with a resource guide, but this is only a starting point. Read. Absorb. Ask questions. Live your dreams.

Idaho Boundary Trail Hiker's Guide-Mike O'Brien 2018-01-12 The IBT Hikers Guide is invaluable for hikers who embark on the great adventure of the Idaho Boundary Trail - 2,500 miles of mostly uncharted territory. For the hiker, the guide offers essential information about water resources, terrain, general route finding, and possible camp sites. In keeping with the adventurous spirit of the IBT, the guide does not provide a turn by turn description. It requires the hiker to use a GPS in concert with the guide.

Solomons of the Sierra-Shirley Sargent 1989

Trail Angels-Glenn Jolley 2020-07-31 In his Seventies, Glenn William Jolley solo backpacked long stretches of the Pacific Crest Trail, the entire John Muir Trail, and the Wonderland Trail claiming there is something compelling and seductive, rich, and extraordinary being alone in the wilderness. Trail Angels: Stories of Kindness and Generosity along the Pacific Crest Trail takes the reader over high mountain passes, along gentle moving streams, through meadows bursting with colorful wildflowers. But equally important, it is a recounting of the many encounters Glenn had with fellow hikers who became his Trail Angels: some saved him from heading down a path in the wrong direction, some stopped to offer words of encouragement, while others protected him from harm's way. In the wilderness, so Glenn writes, we often become the people we have often wanted to be - kinder, more trusting, more generous - but for some reason fail to be so in our busy lives back home. Here are stories of how, given the opportunity, we can become our best selves.

Catalog of Copyright Entries. Third Series-Library of Congress. Copyright Office 1977

The National Trails System-Steven Elkinton 2008

Yosemite, the Park and Its Resources : a History of the Discovery, Management, and Physical Development of Yosemite National Park, California: Historical narrative-Linda W. Greene 1987

101 Hikes in Northern California-Matt Heid 2015-07-21 101 Hikes in Northern California by Matt Heid benefits readers by narrowing down the multitude of options for hiking in Northern California to the very best of the best adventures. It is distinct from other similar guidebooks in that it covers the northern two-thirds of the state, including nearly the entirety of the Sierra Nevadas south to Kings Canyon National Park, and the entire Big Sur region along the coast south to Silver Peak Wilderness. It also provides significant geographic diversity: hikes are spread out across the entire region. No matter where you are in northern California, you can find a hike in the book within a short drive. The guide is unique in the amount of natural history information it provides, especially the geologic stories of the featured destinations. It provides not just the essential directions for completing a hike, it enhances the experience by telling the story of how the landscape came to be the way it is.

[Books] John Muir Trail The Essential Guide To Hiking Americas Most Famous Trail

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