



Explore, enjoy and protect the planet

BACKPACK SECTION, LOMA PRIETA CHAPTER

Inside

VOL. 51, No. 5, MAY 2006

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PINING FOR THE SIERRA DURING ITS LONG, SNOW-BOUND, WINTER MONTHS?

**Evening Program:
Monday, May 8, 2006 at 7:30 PM**

Next Winter Enjoy the Sierra; Ski the Backcountry with the Ski Touring Section!

Eric Valentino, vice chair of the Ski Touring Section (STS), will give a demonstration of how easy it is to go from hiking and backpacking to winter day-ski-touring and overnight hut trips.

Enjoy the wonders of the Sierra backcountry in all its serene winter splendor! First-time skiers can take a lesson

[Continued on next page]

Sierra Club, Loma Prieta Chapter, Backpack Section (BPS) ☎
 c/o Katherine Greene☎
 PO Box 390578☎
 Mountain View, CA 94039☎

Backpack Section (BPS)

<http://lomaprieta.sierraclub.org/bps/>

Founded January 13, 1956, the BPS is an official activities section of the Sierra Club's Loma Prieta Chapter, serving San Mateo, Santa Clara, and San Benito counties in California. The Section sponsors backpacking trips to wilderness and scenic areas, ranging from easy beginner weekend outings to more rigorous expeditions of up to two weeks, no matter what the season. Most trips are within California and Nevada, mainly in local, state, or national parks, national forests, wilderness areas, and national monuments. All trip leaders are volunteers, and fees for trips are limited to actual costs incurred for expenses, such as group meals and permits.

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Meeting Details and Location

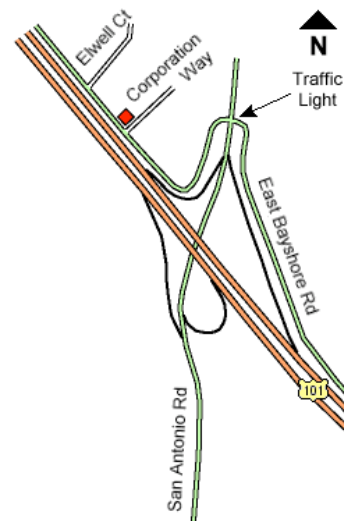
Members and nonmembers are invited to attend Section meetings. Meetings are held at Acterra in the Peninsula Conservation Center on the second Monday of every month except July and August. The evening's program is followed by a refreshment break, then Section business, conservation issues, trip reports, and discussions of upcoming trips.

Address

Acterra Building
Peregrine Room
3921 E Bayshore Rd
Palo Alto, CA 94303

Directions

From Highway 101, exit San Antonio Rd (north). At the first traffic light, turn left onto E. Bayshore Rd, and continue 0.2 miles. Acterra is located at the corner of E. Bayshore Rd and Corporation Way.



[Evening Program, continued]

from instructors at the Sierra Club's Clair Tappaan Lodge, or at the Royal Gorge Cross Country Ski Resort.

The STS has several beginner and advanced-beginner outings each season at the historic Clair Tappaan Lodge at Norden, at Lucille's Cabin in the Pinecrest area near Dodge Ridge, and at the Hope Valley/Carson Pass area near historic Markleeville. In addition to these beginner-level outings, the section also offers a variety of intermediate to advanced outings.

When this backpack season comes to a close, remember that you can continue enjoying the Sierra all year. The STS invites you to join them for weekend outings, which provide a great opportunity to practice and enjoy cross-country skiing, and then relax in the evening with pleasant company. Come and check it out!

For more information about the Ski Touring Section, go to <http://lomaprieta.sierraclub.org/sts/>.



A STUDENT'S REFLECTIONS ON THE SECTION'S LIGHTWEIGHT BACKPACKING COURSE

Learning to be light by Tom Mangan

Tom Mangan is a newspaper editor in San Jose and the author of Two-Heel Drive, A Hiking Blog. This article is reprinted from his Web site at tommangan.net.

One of the ways adulthood totally rules over childhood is that you can pick only the kind of class you're interested in. If I had any professional, artistic or intellectual ambitions, I'd be up the road at Berkeley taking instruction from some of the finest minds on the Pacific Rim. Don't fret, I'm having none of that: I parked my fanny in a class on lightweight backpacking taught by a former member of the Iowa Mountaineers (not kidding: it's a club of flatlanders who travel to mountains to climb them).

The teacher is Steve, the guy who took me snow camping several weeks back. He belongs to a local Sierra Club chapter that conducts lessons every spring instructing people how to stay alive in the forests and mountains for days on end with nothing but the clothes on their back and a pack full of survival essentials strapped onto it.

The most memorable image: Eleven of us sit at tables in a small meeting room in a nondescript office park on the outskirts of Palo Alto. Steve faces us from behind a table containing a blue backpack that looks big enough for moon missions. Steve notes that he routinely toted 60-70 pounds in this leviathan before he saw the light and started trimming his load. While describing his idea of a "lightweight" pack, he opens a zipper and plucks a smaller pack -- one that might hold 15 to 20 pounds of gear fully loaded -- from the beast's upper thorax.. Then he starts talking about his "ultralight" pack and snatches a shiny little number from the beast's lower abdominal cavity.

Clever bit of stagecraft. Steve could take that act to Vegas; I hear there are great trails in the mountains outside of town.

For years, one of the primary appeals of backpacking has been the

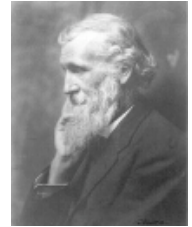
melding of dreadful suffering with wondrous outdoor vistas. Most folks are content to gawk at mountains and forests from their cars or camper vans, but those who insist on seeing them up close have been forced, until recently, to carry equipment built tough enough for Everest expeditions. A few people who were not Sherpas became indignant that lugging a 50-pound pack up a hillside turned an afternoon amid nature's wonder into hours of praying for the day's end or death, whichever came first. They made up their minds to enjoy the show and save their shoulders (and knees, hips, ankles and feet), and the lightweight-backpacking movement was born.

People who are fanatically weight-conscious enough can get their camping kit down to about five or six pounds, not counting food, water or cooking fuel. The point of Steve's class is not to produce fanatics, but to show perfectly levelheaded outdoorspeople how to get their packs down to the 12-15 pound range.

A couple of my classmates have no choice: one is a woman in her 50s who is recovering from a terrible car crash that left her in a wheelchair for several years. She can walk, slowly, and now that she's back on her feet, she's determined to get back in the mountains while she still can. The guy sitting next to her figures he can keep hiking on his bad knee if he cuts enough pack weight. Next to me sits a guy in his early 70s who craves campouts but can't let a backpack trip up the wires on his pacemaker. His plan: a fanny pack and a satchel slung over one shoulder.

Among hikers, the people who are into lightweight backpacking are considered at best eccentric, at worst crazy as bedbugs. This is odd, given that the very first thing you want to do after putting a heavy backpack on is take it right back off. It's perfectly rational to wish one's pack were not so heavy, and yet those who take this idea and run with it are the ones considered loco.

JOHN MUIR QUOTE



Muir's (excessively) minimalist approach to preparing for a wilderness adventure

"I carried one pair of woolen blankets and three loaves of bread — I reckoned that two loaves would be sufficient for the trip, provided all went sunnily, the third was a big round extra that I called my storm loaf. In case of being snowed in, it would last me three days, or, if necessary, six days. Besides those "breads," I carried their complementary coffee and a two-ounce mug of the Fray Bentos Extracum Carnis of Baron Liebig. Thus grandly allowanced, I was ready to enjoy my ten days' journey of any kind of calm or storm."

"The Hetch Hetchy Valley," Boston Weekly Transcript, March 25, 1873.

Steve draws a curve on the whiteboard explaining how each extra pound of weight takes a certain number of miles off your hike. The bigger the load, the more fuel needed to move it. And it works in reverse: the less you carry, the less you consume.

The trick is to reduce the three heaviest things in your pack: pack, shelter and sleeping gear. Steve shows how to get each component down to 2 pounds apiece. Trade the tent in for a tarp and a lightweight bug net. Use a down quilt instead of a sleeping bag. Get a frameless pack. Find multiple uses for gear: your rain poncho can also be your tarp. Get a scale and

[Continued on next page]

[Learning to be light, continued]

weigh everything; put it on a spreadsheet to see how fast it all adds up.

Gear's only half the story though. The rest of it is about finding just the right campsite -- on soft ground, out of the wind, sheltered from storms -- and

adapting your hiking style to account for all the extra miles you can cover without the backbreaking weight.

His lecture brings one "wow, I never thought of that" after another. Classmates are amazed to learn about a host of Web sites and backyard entrepreneurs who build highly

specialized, super-lightweight gear, often by hand.

Steve's mantra is that cutting weight always starts upstairs: Something in your head will never be as heavy as something on your back. Which, come to think of it, applies to just about everything. 🏠

CLEAN DISHES, CLEANER WATER *from the Sierra Club Insider, April 5, 2006*

Washington became the first state in the nation to ban residential dishwashing detergents that contain phosphates. A plant nutrient, phosphates create algae blooms that rob underwater ecosystems of oxygen. The law will first take effect in 2008 in Spokane, Whatcom, and Clark counties. Richard Reed, a local Sierra Club activist, was one of the leaders in

pushing for the ban. Rick Eichstadt, a lawyer at the Center for Justice who is representing the Sierra Club in cleanup talks on the Spokane River, <<http://info.sierraclub.org/c.html?rtr=on&s=arz,jag0,o7l,5kfo,kbqe,4h1z,5oq7>>explained the logic of the law to the Seattle Times: "By taking [phosphates] out of the consumer flow, we are saving money on

technology. It's a lot cheaper to get it out of the stores than to try remove it through wastewater-treatment plants."

For more details, go to the Seattle Times article at http://seattletimes.nwsources.com/html/politics/2002893980_detergent28m.html. 🏠

SNOWMELT FORECAST

As of April 25, 2006

For the eight major rivers of the Sacramento and San Joaquin River regions, this is a forecast of snowmelt runoff expected during the period from April through July, 2006.

With experience in correlating these numbers with actual conditions, this forecast can help you anticipate what the streams and snow cover will be like when you travel to the Sierra Nevada.

Forecast of April – July Unimpaired Snowmelt Runoff

River Basin	% of Normal*
Tuolumne	177%
Merced	185%
San Joaquin	174%
Kings	172%
Kaweah	162%
Kern	153%
Owens	130% (April 1)
Mono	130% (April 1)

**100% runoff forecast in percent of normal, based on averages during the years of 1951–2000.*

Source: *Bulletin 120*, a monthly publication about water conditions in California, published by the California Department of Water Resources.

For more detailed and up-to-date information, go to <http://cdec.water.ca.gov/> and select "Statewide Water Conditions" from the CDEC Resource Directory. 🏠

EDITOR'S COLUMN

A picture's worth a thousand words

You all know I encourage you to send me written accounts of your backpacking trips or anything related to backpacking and hiking, and a lot of you have. Each account is fascinating to our Section members and newsletter readers because backpacking is what fascinates them. Do I need to remind you that you

don't need to be a professional writer to tell us where you went and what it was like? Even a bare-bones description is something we'll all appreciate.

If you're one of those souls who are still too shy about your writing, remember the old adage that "a picture is worth a thousand words." Sometimes a single picture, along with a caption describing where and when

it was taken, will enable you to share your adventures with others.

We're all looking forward to a fun backpacking season, and learning about each others' trips, even those trips that aren't sponsored by our Section.

To submit a trip report or a picture, see the Living It Up! Submissions box on the back page of this newsletter. 🏠

ACTIVITIES AND TRIPS

General information

Trip registration

Participants need not be Section members, however, trip leader approval is required. Contact the trip leader to preregister. For by-mail trip registration, send the trip leader two large, self-addressed, stamped envelopes (SASEs) with your name, address, work and home phone numbers, e-mail address, a summary of your back-packing experience, and if specified in the trip description, send a check made out to the trip leader.

Trip ratings

Max Daily Mileage		Max Daily Elev Gain		Additional Criteria	
Distance in Miles	Rating	Elevation in Feet	Rating	Description	Code
0 – 5	1	0 – 1,000	A	Cross-country*	-xc
5 – 7.5	2	1,000 – 2,000	B	(Off-trail travel with backpack)	
7.5 – 10	3	2,000 - 3,000	C	Fast and light	-f&l
10 - 15	4	3,000 +	D	(Fitness/base pack-weight requirements)	
15+	5				

* Any trip may include optional cross-country hikes from camp

NR = not rated (Contact trip leader for information)

Schedule

May 13-14 (Sat-Sun) Orestimba Wilderness, Henry Coe State Park, 5C-f&l

The edge of the Orestimba Wilderness of Henry Coe State Park is 11 mi from the nearest trailhead by the most direct route. Most backpackers who choose to visit this wilderness take two days just to get to the wilderness. They spend a couple more days exploring it, making it as much as a week's trip all together. With lightweight backpacking techniques, we can visit it as an overnight, even going a few miles inside this pristine area.

We'll travel in through-hiker style, hiking 15-18 mi per day, cooking on the trail, making camp at sunset, and continuing the hike at sunrise. This is a fast and light trip with special fitness requirements and gear-weight

Up-to-date trip information

All trip information is subject to change. The Section Web site at <http://lomaprieta.sierraclub.org/bps/> may reflect changes that occur after *LUI!* publication. Contact the trip leader for up-to-date information.

Liability waiver

All participants on Sierra Club outings are required to sign a standard liability waiver. You may review the liability waiver in advance at <http://www.sierraclub.org/outings/chapter/forms/>, or

contact the Outings Department at (415) 977-5528 for a printed version.

The Sierra Club assumes no responsibility of liability for transportation by private vehicle.

Equipment loans

Two bear canisters and some trail maintenance tools are available for loan (deposit required) to Section leaders and members. For details, contact Matt Hahne, Equipment Manager, (408) 749-9968.

restrictions. Individual commissary. Limit: 5.

To register, please contact the leader for the address to send \$5 for camp site registration, your proposed itemized gear list with weights, and a filled-out copy of the Sierra Club Medical form. Leader: Steve Sergeant, (408) 937-8116, stevesgt@effable.com.

May 25-29 (Thu-Mon) Domeland Wilderness, Sequoia NF, 3B

Hike in moderate southern Sierra terrain near the Kern Plateau and South Fork of the Kern River (original home of golden trout). Leader: Matt Hahne, (408) 749-9968.

Jun 8-10 (Thu-Sat) Lost Coast Trail, King Range National Conservation Area, 3B-f&l

Tentative. This 26 mi long walk is primarily on coastal beaches. Detail about the location is here:

www.blm.gov/ca/arcata/kingrange/.

Final details and registration will be available after May 1. Leader: Steve Sergeant.

Jul 1-4 (Sat-Tue) PCT Section L, Donner Lake North to Hwy 49, 4B (Day Hikes)

When I retired in 1998, I told everyone that one of my goals was to hike the Pacific Crest Trail (PCT). I'll never be strong enough to hike all 2,727 miles in one summer, so I'm going to hike it in 150-200 mi chunks (subdivided into day hiking and backpacking trips, depending upon the trails, the trailheads, and the available camp sites) until my body refuses to hike anymore, and I'm inviting all of you to join me.

Since there's no time like the present, we're going to start the PCT

[Continued on next page]

[Schedule, continued]

in 2006 by hiking section L from Donner Lake north to Highway 49. 38.4 mi of day hiking in 3-4 days, depending upon the snowmelt. The first 7 people to sign up can share renting a cabin in Tahoe City, or you're welcome to car camp to save money, and join us at the trailhead each morning.

For reservations and instructions, contact Dorie Stoessel at 650-941-2502 or 530-583-0382, or at duke1967 at pacbell dot net (e-mail preferred).

Jul 1-4 (Sat-Tue) Saddlebag Lake to Tuolumne Meadows, Yosemite NP, 3B-xc

This is a great trip to see all types of country Yosemite has to offer.

From Saddlebag Lake we'll hike past many lakes in great alpine scenery to cross McCabe Pass (class 2, cross-country) at 11,600 ft, and camp at Lower McCabe Lake. The next day we'll travel about 10 mi down Cold Canyon to about 1 mi below Glen Aulin on the Tuolumne River. Then we'll take a layover day to enjoy the many fabulous waterfalls below our campsite. On our last day we'll hike about 7 mi out to Tuolumne Meadows, where we'll do a shuttle to Saddlebag Lake for our cars. Total trip mileage is about 23 mi. Be prepared for mosquitoes.

Leader: Dave Barry; assistant leader: Elizabeth Barry. Hot water commissary (I supply the water and you supply the food).

To reserve, send a \$12.00 check (one per trip) made out to Dave and Elizabeth Barry, 1743 Shady Creek Ct., San Jose, CA, 95148. Home: (408) 238-1336; cell: (408) 726-3801. You will need a bear canister for this trip. Cancel deadline for a refund is two weeks prior. Limit: 8.

Jul 2-9 (Sun-Sun) PCT, Section G, Walker Pass to Whitney Portal, 5E-f&l

Tentative. 133 mi in 7-1/2 days, and over 23,000 ft accumulated elevation gain. This is probably the second-most difficult and isolated section of the Pacific Crest Trail (PCT) in California (after the John Muir Trail). We'll travel in through-hiker style, hiking 16-22 mi per day, cooking on the trail,

making camp at sunset, and continuing the hike at sunrise.

This is a fast and light trip with special fitness requirements and gear-weight restrictions. Individual commissary. Limit: 5. Final details and registration will be available after June 1. Leader: Steve Sergeant.

Jul 14-16 (Fri-Sun) Lake Edison into Devil's Bathtub, John Muir Wilderness, Sierra NF, 2B-xc

Hike into Devil's Bathtub from Lake Edison. Layover day with optional cross-country exploration, and return. Leader: Matt Hahne, (408) 749-9968.

Jul 15-16 (Sat-Sun) Carson Pass Loop, Mokelumne Wilderness, 3C

The wildflowers should be in bloom for this mid-July trip at Carson Pass, so bring your cameras and wildflower guides for this low-end 3C trip.

We'll pass by Winnemucca and Round Top Lakes, drop down to Fourth of July Lake, and spend the night near Summit City Creek. Next morning we'll follow the Summit City Creek to Forestdale Divide and pick up the Pacific Crest Trail (PCT). We'll head over Elephants Back and return to our cars. There is an option for early dinner in South Lake Tahoe on Sunday night.

Hot water commissary: leaders will provide hot water for Saturday dinner and Sunday breakfast. Participants provide their own dinner and breakfast, lunches, snacks, and drinks. Please be prepared for mosquitoes.

Leader: Anne Gorby (H: 415-482-9055, C: 805-748-7311, or email: annegorby@sbcglobal.net). Co-leader: Karen Keller. Limit: 8. To reserve, please send a \$7 check (one per person/trip) made out to Anne Gorby, 51 Ross Ave, San Anselmo, CA 94960. Cancel deadline for refund is two weeks prior to the trip.

Jul 21-24 (Fri-Mon) Walker Lake to Rush Creek Trailhead, Ansel Adams Wilderness, 2C

Shuttle trip. We'll ascend from Walker Lake (7940 ft) to Sardine Lake (9880 ft) and eventually to Mono Pass (10,840 ft). We'll follow the ridgeline to Koip Peak Pass (12,263 ft) After this climb we'll hike down to Algiers Lakes to Gem Pass (10,410 ft) and

follow along Gem and Agnew Lakes to the Silver Lake trailhead. The total distance is 23.7 mi, and we should get a layover day at either Alger or Gem Lake.

This is a great trip for expansive views in the desolate high country between Mono Pass and Alger Lakes. Leader: Dave Barry; assistant leader: Elizabeth Barry. Hot water commissary (I supply the water and you supply the food).

To reserve, send a \$12.00 check (one per trip) made out to Dave and Elizabeth Barry, 1743 Shady Creek Ct., San Jose, CA, 95148. Home: (408) 238-1336 ; cell: (408) 726-3801. Cancel deadline for refund is two weeks prior. Limit: 8.

Jul 29-Aug 1 (Sat-Tue) PCT Section K, Barker Pass North to Donner Lake, 4C (Day Hikes)

This is part of a series of day hiking and backpacking trips on the Pacific Crest Trail (PCT) led by Dorie Stoessel.

32 mi of hiking on the Pacific Crest Trail (PCT) in four days, plus at least 5 mi extra each day connecting to the PCT from Alpine Meadows or Squaw Valley. We'll be hiking approximately 10-12 hrs every day except Tue, when we'll do just the last 3 mi.

You don't have to do all 4 days — sign up just for the weekend hikes if that's more convenient. The first 7 people to sign up can share renting a cabin in Tahoe City, or you're welcome to car camp and join us at the trailhead every morning. For reservations and instructions, contact Dorie Stoessel at 650-941-2502 or 530-583-0382, or duke1967 at pacbell dot net (e-mail preferred).

Aug 2-7 (Wed-Mon) PCT Section K, Barker Pass South to Echo Lake Resort, Desolation Wilderness, (Backpack) 3B

This is part of a series of day hiking and backpacking trips on the Pacific Crest Trail (PCT) led by Dorie Stoessel.

3B rating is only 1 day — the other days are 2B. 32 mi of backpacking in 5 days plus a layover day to climb Mt.

[Continued on next page]

[Schedule, continued]

Tallac (with fantastic views of Lake Tahoe) or just relax and recuperate.

For reservations and instructions, contact Dorie Stoessel at 650-941-2502 or 530-583-0382, or at duke1967 at pacbell dot net (e-mail preferred).

Aug 10-16 (Thu-Wed) Sierra High Route Loop via Pine Creek Pass and Italy Pass, John Muir Wilderness, 3C-xc

This high-elevation and moderately strenuous trip closely follows the Sierra Nevada main crest. We'll mostly camp at approx 11,200 ft, and use the Pine Creek Pass Trail to form a loop with the Sierra High Route. We'll follow the Pine Creek Pass Trail to Upper Pine Lake. The next day we'll cross Pine Creek Pass and drop into French Canyon, hiking to the Puppet Lake area, where we'll have a layover day for exploring the Humphreys Basin or fishing. According to my assistant leader, there are foot-long golden trout in the lake. We'll return to the trail in French Canyon on the 4th day, and hike down about a mile, then leave the trail and do relatively easy cross-country past Merriam Lake to Feather Pass (class 2) and work our way down to Vee Lake. At Vee Lake we'll have another layover day to explore the Seven Gables Lakes Basin or climb Seven Gables peak. Finally, we'll pass through Bear Lakes Basin, and at White Bear Lake head straight for Italy Pass. We'll return down toward Pine Creek Trail and camp our last night at Honeymoon Lake.

Central commissary: Leaders will provide breakfasts and dinners. Participants provide their own lunches, snacks, and drinks. Leader: Anne Gorby (H: 415-482-9055, C: 805-748-7311, or email: annegorby@sbcglobal.net). Co-leader: Dave Barry (408-238-1336). Limit: 8. At this time bear canisters are not required.

To reserve, please send a \$65 check (one per person/trip) made out to Anne Gorby, 51 Ross Ave, San Anselmo, CA 94960. Cancel deadline for refund is two weeks prior.

Aug 13-20 (Sun-Sun) Grinnell and Hopkins Lakes, John Muir Wilderness, 3C

3B rating is only 1 day — the other days are 2B I've always wanted to explore the basins branching north from the Mono Creek trail. Pioneer Basin (the next basin east of Hopkins Lakes) is one of my favorite places in the entire Sierra Nevada, so I'm hoping the Grinnell and Hopkins Lakes Basins will be just as scenic.

30 mi of backpacking in five days plus three layover days to explore Second Recess, the Grinnell Lake Basin, and the Hopkins Lakes Basin. Highest overnight elevation: 10,804 ft at Grinnell Lake. We'll drive to Lake Edison on Fri or Sat afternoon and start hiking Sun morning. Hike out and drive home the following Sun. Well-behaved dogs are welcome.

For reservations and instructions, contact Dorie Stoessel at 650-941-2502 or 530-583-0382, or at duke1967 at pacbell dot net (e-mail preferred).

Sep 1-4 (Fri-Mon) Jennie Lakes Wilderness, Sequoia NF, 2B

Tentative base camp trip. Final details and registration will be available after Aug 1. Leader: Steve Sergeant.

Sep 1-5 (Fri-Tue) Green Creek to Virginia Lakes, Hoover Wilderness/ Yosemite NP, Rating 2B-xc

Shuttle trip. After leaving a car at the Virginia Lakes trailhead, our trip starts at the Green Creek trailhead. After hiking about 4 mi, our first night's campsite will be at beautiful East Lake (9468 ft.). The second day we pass several lakes over a small pass at Summit Lake into Upper Virginia Canyon where we hike about 5 mi to secluded Return Lake (10,226 ft.) just southeast of Virginia Peak. Here we spend a layover day to explore the Stanton Peak, Gray Butte, and Soldier Lake area. We retrace our steps back to Summit Lake and head down into the Virginia Lakes Basin where we will spend our last night at one of the upper lakes (maybe Cooney Lake at about 5.5 mi). The last day is an easy hike out, allowing plenty of time for the shuttle trip and maybe dinner together.

Leader: Dave Barry; assistant leader: Elizabeth Barry. Hot water commissary (I supply the water and you supply the food).

To reserve, send a check for \$12.00 (one per trip) made out to Dave and Elizabeth Barry, 1743 Shady Creek Ct., San Jose, CA, 95148. Home: (408) 238-1336; cell: (408) 726-3801. You will need a bear canister for this trip. Cancel deadline for a refund is two weeks before the trip. Limit: 8.

Sep 14-19 (Thu-Tue) Hetch Hetchy to Vernon Lake, Yosemite NP, 3B-xc

From Hetch Hetchy Dam, loop counterclockwise around Tiltill Mountain, with cross-country from Jack Main Canyon past Branigan Lakes, and to Vernon Lake. Limit: 8. Leader: Matt Hahne, (408) 749-9968.

Sep 22-25 (Fri-Mon) Tenaya Lake to Yosemite Valley, Yosemite NP, 3C-xc

Shuttle trip. After leaving a car at the wilderness parking area in the back of Yosemite Valley, we'll shuttle up to Tenaya Lake via the Tioga Rd.

We'll start hiking at Tenaya Lake and head south along the Forsyth trail to the Sunrise Lakes trail. We'll then head east, have lunch at Sunrise Lakes, and meet up with the John Muir Trail (JMT). At this point we'll head north about 2 mi, and go about 1/2 mi cross country to Echo Lake (remote enough to avoid other backpackers) for a total of about 8 mi on the first day. This is a great spot for a layover to explore Cathedral Lakes and Matthes Lake. On our third day we'll head south about 10 mi on the JMT to Little Yosemite Valley. On our last day we'll get up early to climb Half Dome (optional) and then hike out to the Happy Isles trailhead.

You'll need a bear canister for this trip. Hot water commissary (I supply the water, and you supply the food).

Leader: Karen Keller, (831) 469-3537, assistant leader: Dave Barry, (408) 238-1336. To reserve a spot, send \$12.00 (one check per trip) to Karen Keller, 134 B, Blaine St, Santa Cruz, CA, 95060. Cancel deadline for a refund is two weeks before the trip. Limit: 8 people. 🏕️

COURTESY LISTINGS AND PRIVATE TRIPS

The Backpack Section offers to list backpack trips sponsored by other sections, and private trips planned by its members and friends. *Private trips are not sponsored or endorsed by the Sierra Club in any way.*

Jul 19-26 (Wed-Wed), High Sierra Trail

Last July, Peter Davis, Diane Gleason and I backpacked the High Sierra Trail. We had a great outing, even though we had storms during the week—happily not when we were on the top of Whitney.

This is an invitation to join these same trekkers on a trip this summer, through very scenic sections of the Sierra. I've laid it out to start slowly in order to break in easily, and to

optionally explore the beautiful lakes below Bishop Pass on the first day, and Dusy Basin on the second day. The rest of the days were chosen to reach scenic campsites, and it worked out nicely in equalizing the daily distances.

We will start at South Lake, enter the Sierra over Bishop Pass, go through Dusy Basin to Le Conte Canyon, up the Middle Fork of the Kings River to Muir Pass, through Evolution Basin and Evolution Meadow, along the South Fork of the San Joaquin, up along Piute Creek through Humphreys Basin, over Piute Pass and return to North Lake.

Each companion will carry her or his own commissary, shelter, foot care, water purification, etc. Bear

canisters are a must. I learned some lessons about food and menus last summer, and will be happy to share them with you. I'll handle permits.

We expect to drive from the Bay area on Tuesday, July 18, staying overnight in Bishop. Wednesday will start with a car shuttle or van trip to leave a car at North Lake. We will likely drive home the Wednesday we come out. Please let me know if you have any questions. If you're interested, let me know as soon as possible, and tell your backpacking friends about the trip. Hope you can join us! Patrick Gallagher
drrust@greenisles.com, 408-483-9366 🐾

Living It Up! Submissions

Thank you to everyone who contributed this month to *Living It Up!*

Articles of interest to other backpackers are welcome and encouraged. Your submissions make

this newsletter more interesting and relevant for all of us.

For e-mail submissions, please type LIU somewhere in the subject line, then send plain text or Word

files to jean@effable.com, or call (408) 937-8116.

The submission deadline is the last Monday of each month.

BPS Membership and Living It Up! Subscription/Change Form

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My subscription status is:

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I would like to receive:

- The *LUI!* in print
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Once each year the Backpack Section prepares a membership roster that includes each member's name, city, phone number, and e-mail address. The membership roster is intended as a tool for facilitating communication about car pools or other arrangements among Section members. Members who receive print copies of the *LUI!* will find it attached to the newsletter they receive that month. For members who receive the *e-LUI!*, the roster will be available for download under a random file name for one month only. The membership roster will not be archived on any public Web site.

Please exclude my name and contact information from the BPS annual membership roster.

Any Sierra Club member may join the BPS. Complete this form and mail it to Katherine Greene, PO Box 390578, Mountain View, CA 94039. Enclose a check payable to "The Backpack Section, Loma Prieta Chapter, Sierra Club."