



Explore, enjoy and protect the planet

BACKPACK SECTION, LOMA PRIETA CHAPTER

Inside Vol. 51, No. 6, JUNE 2006

MEETING DETAILS AND LOCATION.....2

ENVIRONMENTAL RESOURCES IN YOUR NEIGHBORHOOD.....3

ENJOY "AN INCONVENIENT TRUTH"3

SNOWMELT FORECAST3

EDITOR'S COLUMN.....3

I'm late, I'm late . . .

JOHN MUIR QUOTE.....4

How completely everything in wild nature fits into us

ACTIVITIES AND TRIPS4

LIVING IT UP! SUBMISSIONS.....7

MEMBERSHIP/SUBSCRIPTION CHANGE FORM8

Evening program (public invited):

PEAK CLIMBING

Presentation by photographer and international climber Charles Schafer

Monday, June 12, 2006 at 7:30 pm

Charles' first career was in corporate finance, while photography was a hobby and an excuse for getting out and exploring the world with his camera. Then, about 15 years ago, he realized that he wanted photography to be more than a hobby, and he started devoting all his spare time to developing his photographic skills.

Charles' main outdoor activity and focus for photography is climbing in the backcountry. He has climbed extensively in the

[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.

Officers and Appointees

Chair

Steve Sergeant, 408-937-8116
backpack.chair@lomaprieta.sierraclub.org

Vice-Chair/Equipment Manager

Matt Hahne, (408) 749-9968

Secretary/Living It Up! Editor

Jean Higham-Sergeant, (408) 937-8116
jean@effable.com

Treasurer/Refreshments

Elizabeth Barry (408) 238-1336
elizabeth@lsil.com

Outings Chair

Steve Stearns, stearns@ieec.org

Conservation

Marjorie Ottenberg (408) 867-4576
marjott@yahoo.com

Membership

Katherine Greene, bloominkat@yahoo.com

Programs

Dave Barry, (408) 238-1336
david.j.barry@netzero.com

Webmaster

Steve Sergeant (408) 937-8116
steve.sergeant@lomaprieta.sierraclub.org

Loma Prieta Chapter

3921 E. Bayshore Rd, Ste 204
Palo Alto, CA 94303
(650) 390-8411

Sierra Club

85 Second St., Second Floor
San Francisco, CA 94105-3441, USA
Telephone: (415) 977-5500
FAX: (415) 977-5799

Meeting Details and Location

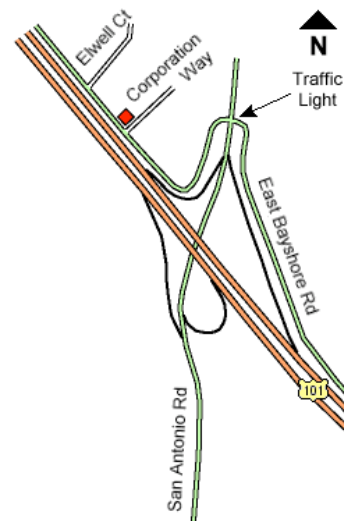
Members and nonmembers are invited to attend Section meetings. Meetings are held at Acterra in the Peninsula Conservation Center on the second Monday of every month except July and August. The evening's program is followed by a refreshment break, then Section business, conservation issues, trip reports,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

Sierra Nevada, climbing in excess of 100 peaks, including all of California's 14,000 footers and a number of other trophy peaks. He has also climbed internationally, having been to Elbrus in Russia, Aconcagua in Argentina, Kilimanjaro in Africa, Denali in Alaska, and Imja Tse in Nepal. Images from the Sierra Nevada make up a large part of his collection, but all of these trips are included in his catalog.

Hiking/trekking internationally is also a favorite pastime. One memorable trip was a reconnaissance expedition with British mountaineer Al Burgess around the Himalayan peak Kanjiroba, in northwestern Nepal, which exited at Shey Gompa. Some more sedate trips include hiking the Inca Trail in Peru, the Annapurna Circuit in Nepal, in the Khumbu region in Nepal, in the Cordillera Blanca in Peru, and in Torres Del Paine in Chile. As well, he has explored Egypt, Turkey, Mexico, Thailand, and several East African countries; and has an extensive collection of photographs from all of these various locations.

Charles has sold a number of fine art prints and has a large number of his images included in SuperStock, Inc.'s (a top line stock agency) catalog. He also has been published in several adventure travel company brochures, and had images used in print advertising in major magazines. As well, he has presented a number of slide shows about his various climbs and travels, and enjoys telling the stories immensely. He has even won a few photo contests and prizes at County Fairs. 🏆

ENVIRONMENTAL RESOURCES IN YOUR NEIGHBORHOOD

Where can you take used mercury-tainted fluorescents bulbs or flashlight batteries? Where's your local farmer's market? What's today's air quality like?

<http://zoomer.sierraclub.org/>

Enter your zip code on this Sierra Club Web site and zoom in on the environmental resources available near you.

Categories include:

Zoomer



- | | |
|------------------|------------------|
| Animals/Flowers | Markets/Retail |
| Energy/Recycling | News/Stats |
| For Young People | NonProfits/Org's |
| Government | Pollution |
| Groups/People | Transportation |
| Maps | Weather |

ENJOY "AN INCONVENIENT TRUTH" *from the Sierra Club Insider, May 23, 2006*

Al Gore was hilarious in his recent appearance on Saturday Night Live, but there's nothing funny about his new documentary film "An Inconvenient Truth," which opened in NYC and L.A. on May 24th.

Film critic Emanuel Levy writes, "Elaborate graphics, statistics, compelling imagery, and personal

commentary make the film much more than a dull academic treatise." If you need one more reason to see the movie: Paramount has recently announced that it will donate five percent of all box office receipts for An Inconvenient Truth to the Alliance for Climate Protection.

Currently showing at these theaters:

- Camera 7 Pruneyard
1875 S. Bascom Ave., Campbell
- CineArts@Santana Row
3088 Olsen Drive, San Jose
- CineArts at Palo Alto Square
3000 El Camino Real at Page Mill Road, Palo Alto 📍

SNOWMELT FORECAST

As of June 6, 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	182%
San Joaquin	174%
Kings	170%
Kaweah	169%
Kern	155%
Owens	140% (May 1)
Mono	146% (May 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

I'm late, I'm late . . .

Why did it take me so long to finish the newsletter this month?

I'm mailing this issue on Saturday, June 10th. Some of you who receive it via email will see this issue before our meeting on Monday, June 12th, but

most of you won't, and probably no one who relies on "snail mail" will see it beforehand.

I apologize to our Section members; officers; and program director, Dave Barry; and I especially apologize to our guest presenter at Monday's meeting, Charles Schafer.

So what's my excuse? If pressed, I could give you a long list of reasons why I'm just too busy, but the fact is, we're all busy — and I'm grateful that there have been no recent deaths or

[Continued on next page]

[I'm late, I'm late . . . continued]

debilitating illnesses interfering with fulfilling my responsibilities.

So what have I been doing? I can't complain about the rich social life I have, and like everyone else fortunate enough to be employed, I have a high-pressure, full-time job. In addition, I've taken on a weekend obligation

that feeds my soul; I'm working at a group home for at-risk teen girls.

None of my activities should interfere with writing and editing this newsletter, which is another obligation that feeds my soul. I love having an active role in the Sierra Club and encouraging people to enjoy and take care of the natural environment we're blessed with here in California.

I'm appalled at how I let the LIU! slip, and I promise to make a more concerted effort at getting this newsletter to you in a more timely manner. 🙏

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.

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.

JOHN MUIR QUOTE



How completely everything in wild nature fits into us

“Wonderful how completely everything in wild nature fits into us, as if truly part and parent of us. The sun shines not on us but in us. The rivers flow not past, but through us, thrilling, tingling, vibrating every fiber and cell of the substance of our bodies, making them glide and sing. The trees wave and the flowers bloom in our bodies as well as our souls, and every bird song, wind song, and tremendous storm song of the rocks in the heart of the mountains is our song, our very own, and sings our love.”

Gleaned from the National Park Service's Web site "Famous John Muir Quotes." Source unidentified.

Trip ratings

Max Daily Mileage		Max Daily Elev Gain		Additional Criteria	
<i>Distance in Miles</i>	<i>Rating</i>	<i>Elevation in Feet</i>	<i>Rating</i>	<i>Description</i>	<i>Code</i>
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)

[Continued on next page]

[Activities and Trips, continued]

Schedule

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 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) Graveyard Lakes and the Devil's Bathtub, John Muir Wilderness, 3B-xc

Four-day loop trip in the central Sierra; 3 hiking days, one layover. The intended route is from the trailhead at Lake Edison to Devils Bathtub, cross-country to Graveyard Lakes, and return. We'll camp one night at Devils Bathtub and two at Graveyard Lakes. In case the area is inaccessible due to snow pack, we will relocate to lower elevation, probably northwestern Yosemite. Group dinners; individual breakfasts and lunches. Cost \$25. Contact leaders Dan Cobb (dmcobb@sbcglobal.net, 650-759-0845) and Mike Zensius (mzensius@redshift.com).

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 Living It Up! ♦ June 2006

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&I

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).

[Continued on next page]

[Activities and Trips, continued]

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. 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.

[Continued on next page]

[Activities and Trips, continued]

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.

