



Mineral King Valley



Lost Canyon



Mineral King Loop Backpack (Intermediate / Advanced): July 23-27, 2014

Mineral King, in the Western Sierras, is one of the classic Sierra backpack loops. The hike features Timber Gap, Black Rock Pass, Little and Big Five Lakes, Lost Canyon, Columbine Lake, and Sawtooth Pass. The photos in these trip notes speak for themselves.

The loop is under 30 miles, however it's normally done in four days/three nights due to the large elevation gains (nearly 10k feet vertical up and down).

This route and itinerary, and most importantly our safety, require that backpackers be experienced and in good physical and mental condition. We don't leave anyone behind, but you must be okay with steep climbs and descents while carrying a loaded backpack. We will be on the move each day, and each night will be spent at a different lakeside camp, giving us the chance to cover a lot of ground and see lots of amazing nature.

In order to acclimate to the elevation and allow folks time to group up, our first night will be car camping among majestic sequoias near the Mineral King trailhead at Cold Springs Campground (7500ft). The next morning, we'll eat a hearty breakfast and get on the trail by 9:00 to make the most of our day on the trail.

Wednesday, July 23: Drive to Cold Springs Campground. Arrive any time. Look for GO banner.

Thursday, July 24: Breakfast, break camp and be at the trailhead ready to go by 9:00am. Hike to Pinto Lake via Timber Gap

Friday, July 25: Pinto Lake to Big Five Lakes via Black Rock Pass

Saturday, July 26: Big Five Lakes through Lost Canyon, to Columbine Lake

Sunday, July 27: Columbine Lake back to the trailhead via Sawtooth Pass

Weather: Expect warm days and possibly cool evenings due to the high elevation. Dressing in layers is the way to manage the range of possible temperatures.

Bring: 10 Essentials: Food for each meal plus extra snacks, water bottle and filter system, sleeping bag and pad, tent (sharing is possible), broken-in sturdy boots, layered clothing, jacket, rain poncho, wide hat, first aid kit, compass, toilet paper/trowel, compact camp stove, fire starter, headlamp, sunglasses, sunscreen, insect repellent, camera and entertainment (book, game, etc). Group may share water filtration system. Topographic maps of the area will be provided at the trailhead.

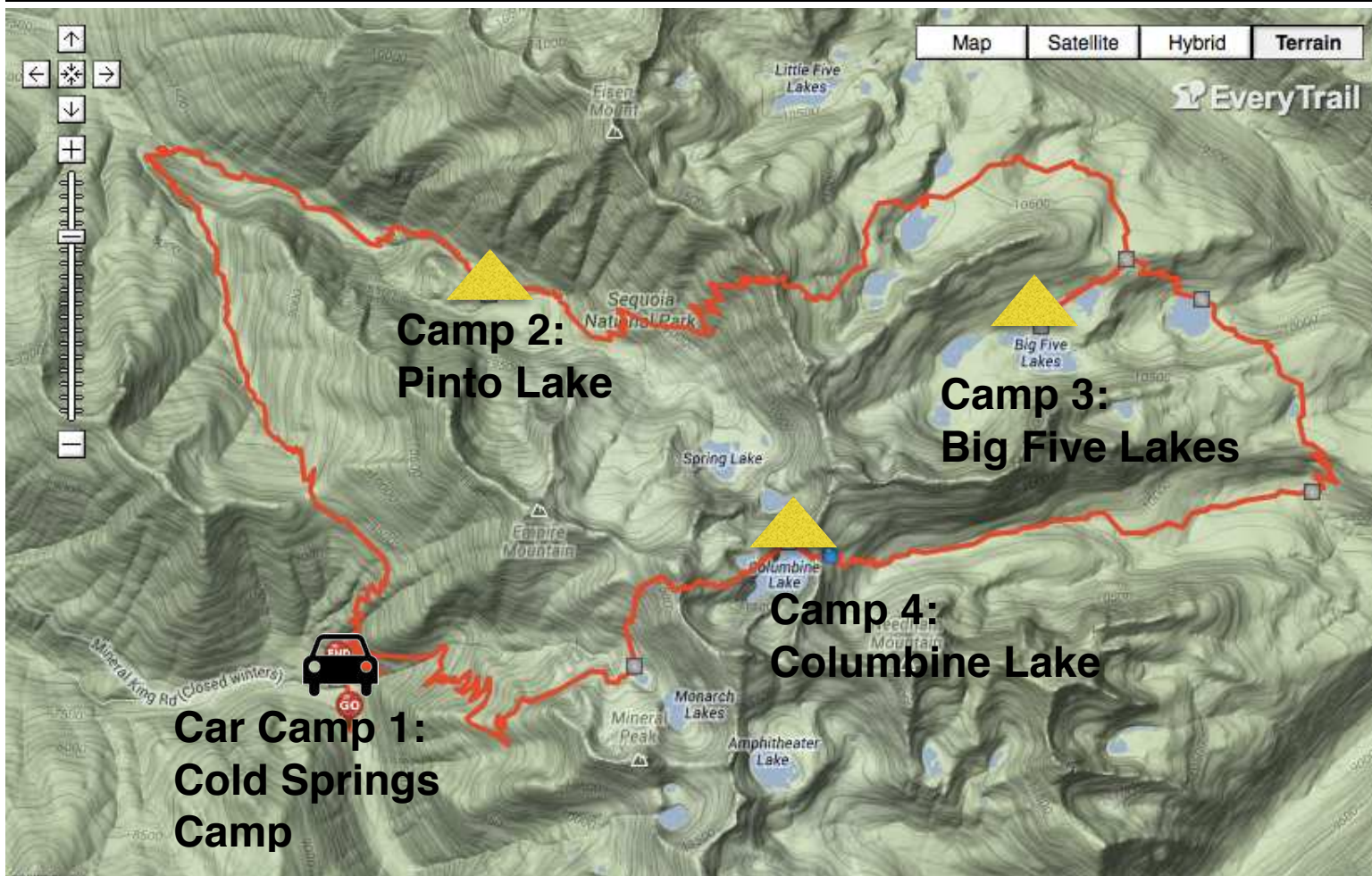
Cost: \$20 for GO Members, \$45 for non-members (includes 1-yr membership in GO). Backpacking Permit for each person is included. Register early. Capacity for this trip is ten people total. When capacity is reached, a waiting list will be in effect.

Get your last minute supplies and gas at the city of Three Rivers, CA

Directions: From Southern California, take the 5 North to 99 North. After 96 miles, exit on 198 East toward Visalia and go 39 miles to the city of Three Rivers. Turn right on Mineral King Road and drive 23mi, all the way to Cold Springs Camp, which is four miles past Atwell Mill Camp. Mineral King Road is paved but steep, narrow, and twisty, with blind curves that demand patient driving. The 23-mile climb to camp can easily take an hour, so factor this into your drive time.

Other considerations: As with any other backcountry experience, this one is Pack-it-in, Pack-it-out. Our trash comes out with us. We will be in black bear country, so an animal-proof food container is required.

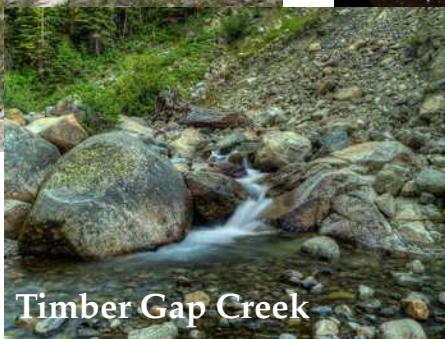
Trip Leader: Please contact Chris Fava at trancefusion@mac.com



Climbing to Timber Gap



Deep Space Views



Timber Gap Creek



Mineral King Valley



Mustang Clover

Rebecca Sowards-Emmerd



Big Five Lakes



Camping Trip Registration Form - Send completed reg. and trip fee (check payable to Great Outdoors) to: Chris Fava, 3721 Via Pacifica Walk, Oxnard, CA 93035

and please call Chris at 805-509-8240 or email trancefusion@mac.com after you send in your check

Mineral King Loop Backpack, July 23-27, 2014

Can you provide transportation (# People?) _____
Carpooling with? _____

_____ GO Member \$20
*Of which chapter are you a member? _____

_____ Non-Member \$45

Name (please print) _____
Street Address _____
City/State/Zip _____
G.O. Member # _____ Chapter _____
Phone _____
Email (kept confidential) _____
Emergency Contact _____
Relationship _____ Phone _____
Medical Insurance Carrier _____
Grp/Policy # _____
Physician Phone _____



Moon over Sawtooth Pass
Rebecca Sowards-Ehmer

Health problems/allergies: It is the responsibility of participants to carry on their person a record of significant allergies, medications, and medical history in the event of a medical emergency.

Waiver of Liability, Medical Release and Assignment

I am aware that my participation in Great Outdoors may include potentially hazardous activities and I am voluntarily participating in these activities with that knowledge and the understanding that I will use my own best judgment to avoid injury to myself and others. I agree to follow the directions of the trip leader and abide by the rules of the facility I am using. I hereby release Great Outdoors, including its officers, trail or trip leaders, agents or other persons working with said organization from any liability for injuries, physical or mental, which I may suffer by reason of any participation in these activities. I recognize in waiving this liability that I am assuming sole responsibility for my actions and cannot blame any other person connected with Great Outdoors Inc. I hereby agree to assume full financial responsibility for any and all bills incurred by me for medical treatment as the result of my participation in the Great Outdoors activity. In the event that I am unable to consent to medical care, I hereby authorize the trip leader to consent surgery, as may be best determined under the circumstances.

Sign _____ Date _____