



HIGH SIERRAS

ALPINE LAKES AND TRAILS

BACKPACKING ITINERARY 5-DAY R-M



The Sierra Nevada is an amazing mountain range. People come from all over the world to enjoy its vistas, lakes and high mountain passes. If you have never had the opportunity to drive up the 395 and into the backbone of the Sierra Mountains this is your chance! Summer is a great time of year to enjoy the many sparkling lakes, mountain air and alpine wildflowers. Just south of the Mt. Whitney portal area, we will begin our hike in through the Golden Trout and John Muir Wilderness to the Cottonwood Lakes basin, a place full of alpine lakes and towering peaks.

Since this is a multi-day backpacking adventure we advise previous experience and good physical condition and stamina. Generally we will be hiking anywhere between 2-6 miles per day at high elevation and will be camp above 10,000 feet the entire trip. In order for your experience to be a pleasurable one, we ask that you thoroughly read the information in the handouts provided and follow the recommendations on the **Itinerary**, the **General Trip Expectations** and follow the recommendations on the **Packing list**.

You must supply your own lunches, money for road meals, and personal equipment. (Camping gear rentals are available <http://recreation.sa.ucsb.edu/adventure-programs/outdoor-gear-rentals>) This trip requires that you be in good physical condition. Aside from carrying your own personal equipment, each person will be responsible for carrying some group food and group equipment. Please feel free to contact Adventure Programs at (805) 893-3737 if you need any additional information and/or our leaders have not contacted you seven days before departure date.

Minimum Experience Level: Previous backpacking experience or very hearty beginner, good endurance training required.

ITINERARY (Please be flexible - itinerary is always subject to change due to weather and or group needs):

Thursday- Leave from UCSB early morning and head to the eastern side of the Sierra finding brunch on the road, stopping at the Visitor's Center outside Lone Pine and heading up to Horseshoe Meadows to the Cottonwood Lakes trailhead. Hike in for a couple miles and camp in the meadows along Cottonwood Creek.

Friday- Have breakfast on the trail and hike to lunch above Golden Trout Camp. Backpack to Cottonwood Lakes and set up base camp.

Saturday- Weather permitting; continue above tree line to explore the alpine lakes and New Army Pass. People will also have the option to stay closer to camp and try fishing or swimming at the nearby Cottonwood Lakes. We will stay in the same campsite as Friday.

Sunday- After breakfast, pack up camp, hike back down to Muir Lake and camp for the night.

Monday- After breakfast, pack up camp, hike back to the trailhead and drive back to UCSB.

Departure: Meet Thursday near the main entrance of the UCSB Recreation Center at the service turnout at 7:00 am so we can load your personal equipment and leave by 8:00 am. As a courtesy to the group please be prompt. If you are not there on time we will leave without you. No refunds for late/ no shows.

Approximate Drive Time: 5-6 hours

Approximate Return Time: 9:00 pm on Monday (depending on the group/traffic)

Unique Trip Considerations/ Bears: The Sierras are a haven for incredible bears! Please obey all notices and directions regarding bears at all times!!! They are amazing wild animals and often coexist with hikers but they are not pets and can be dangerous. Let's do our part to protect these majestic creatures! Thank you.

No Drugs or Alcohol: University regulations and program policies do not allow alcohol or drugs on this trip. Thank you for your cooperation.

Refund Policy: Once an offering is **full**, you will be offered a refund (less **\$20 service charge**) **only** if someone **pays** for your spot. If the offering is **NOT** full:

- **30 or more days** before the course date- Full refund less \$20 processing fee.
- **29 to 8 days** before the course date- 50% refund less \$20 processing fee.
- **Less than 8 days** before the course date- no refunds available.