

# John Muir Trail

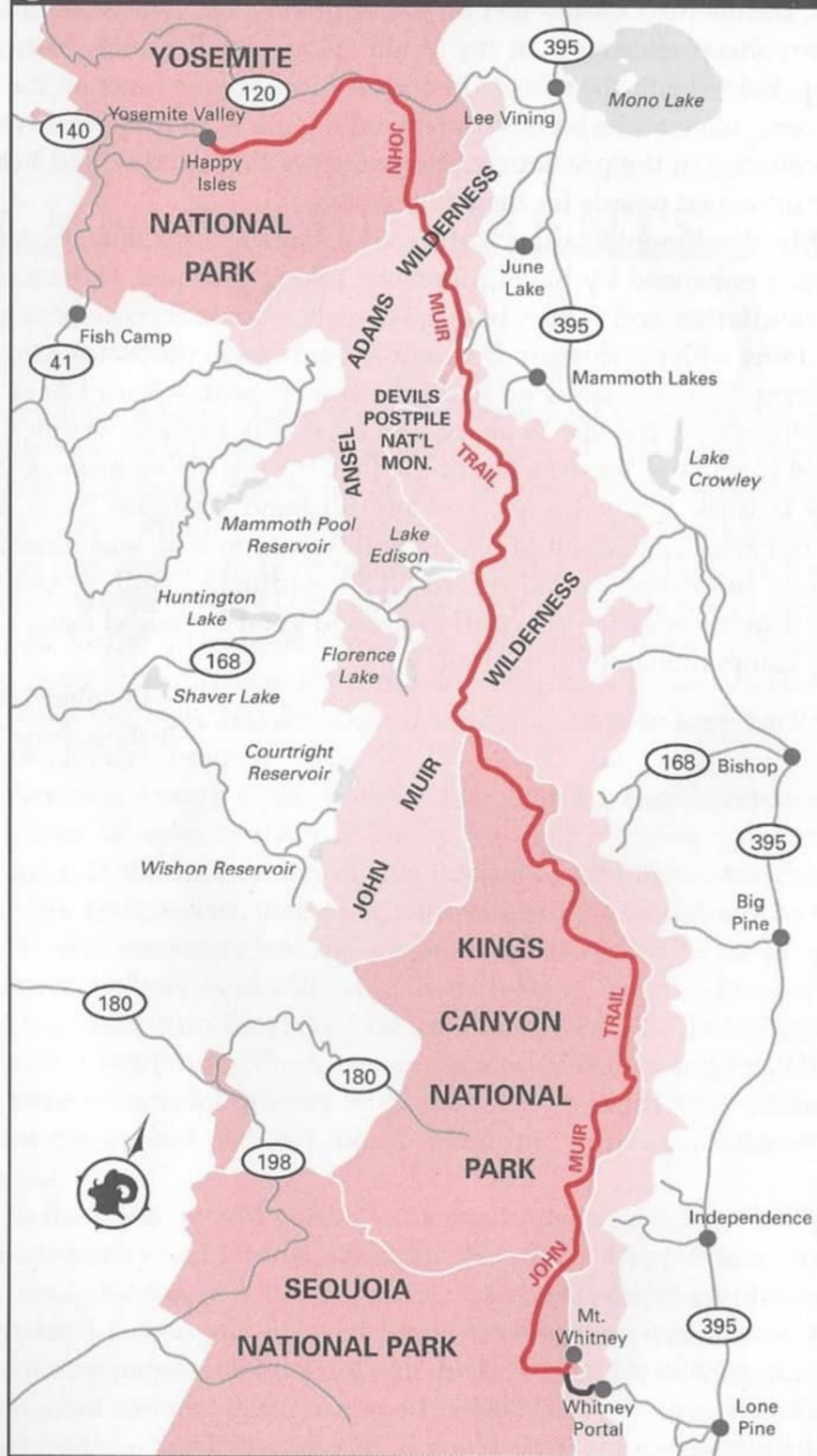
One of America's most beautiful trails



# JMT

- Yosemite Happy Isles to Mt. Whitney summit
- 211 miles with 10 mountain passes
- 46.7K ft of ascent, 42K feet of decent
- No roads cross this trail

## John Muir Trail



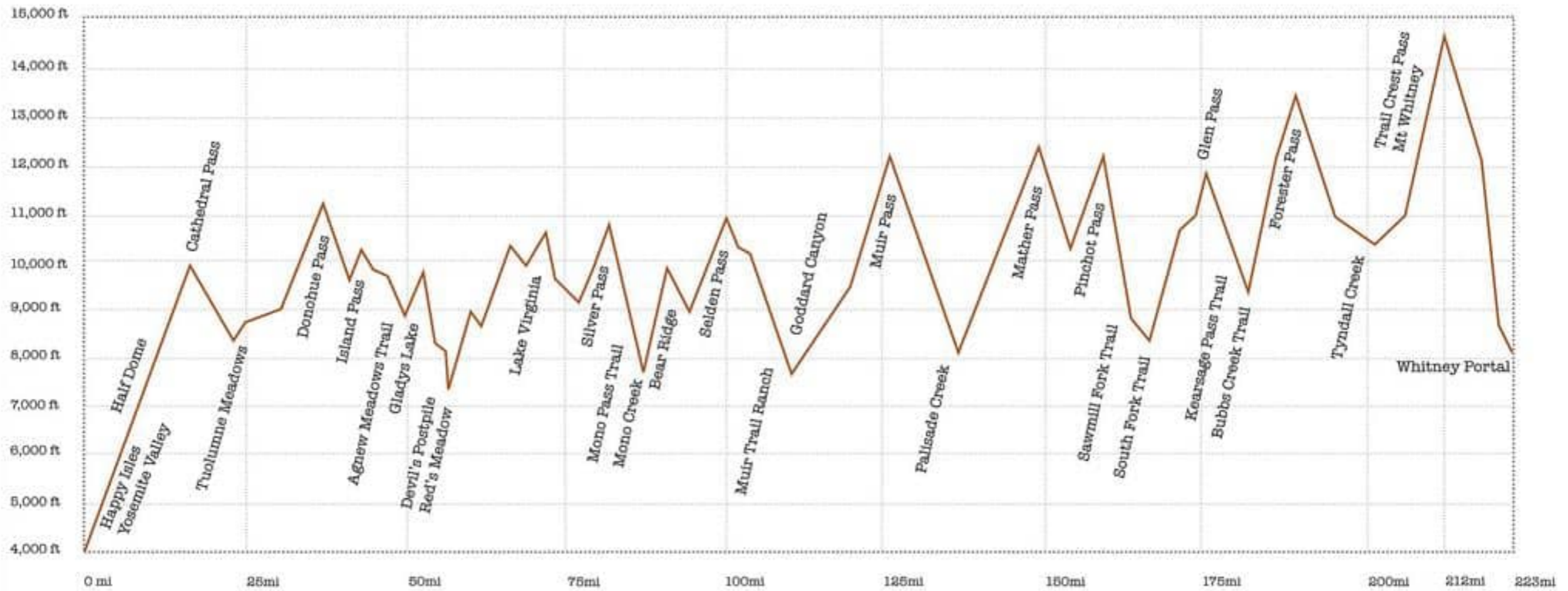
## HIGH SIERRA LOOP TRAIL

	MI	KM
VERNAL FALL BRIDGE	0.8	1.3
TOP OF VERNAL FALL	1.5	2.4
TOP OF NEVADA FALL	3.4	5.5
LITTLE YOSEMITE CAMPGROUND	4.3	6.9
GLACIER POINT	8.2	11.3
HALF DOME	8.2	11.3
CLOUDS REST	10.5	17.0
MERCED LAKE	13.1	21.0
TENAYA LAKE	16.4	26.0
TUOLUMNE MEADOWS	27.3	44.0
MOUNT WHITNEY	211.0	340.0
VIA JOHN MUIR TRAIL	211.0	340.0

NO PETS ON TRAILS



# The John Muir Trail



JMT - Profile

4,035' Happy Isles Trailhead in Yosemite to 14,505' Mount Whitney

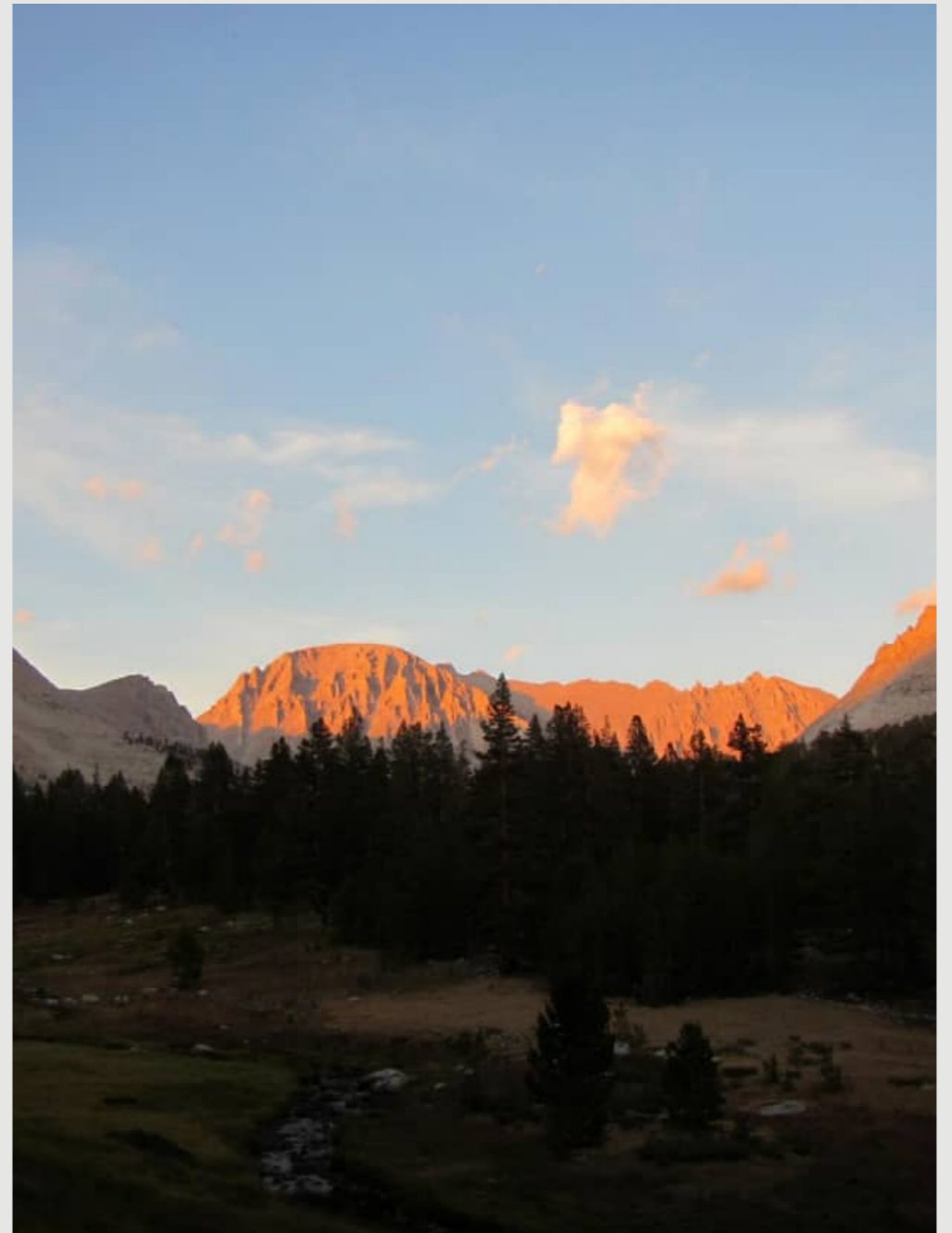
# History

- Construction began after John Muir's death
- 23 years later - Completed in 1938
- Named in Honor of John Muir



# Why Hike the JMT

- World class scenery
- Photographers
- Travels the crest/heart of the high Sierra
- Wilderness experience
- Logistically manageable
- Disconnect, physically challenging.



# Trails

Well Marked, Maintained  
and Traveled





















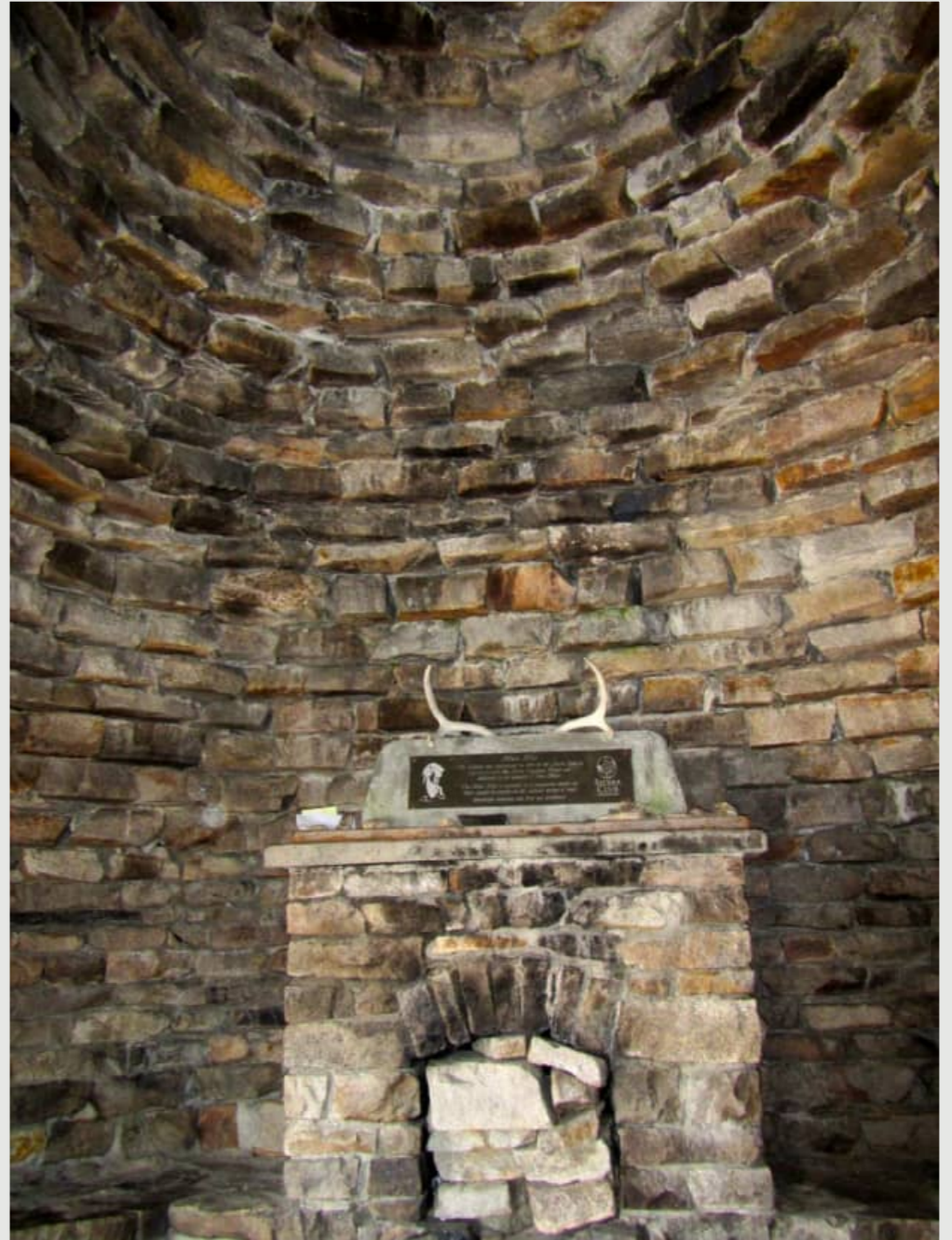






# Muir Hut

Dedicated in memory of  
John Muir, 1930







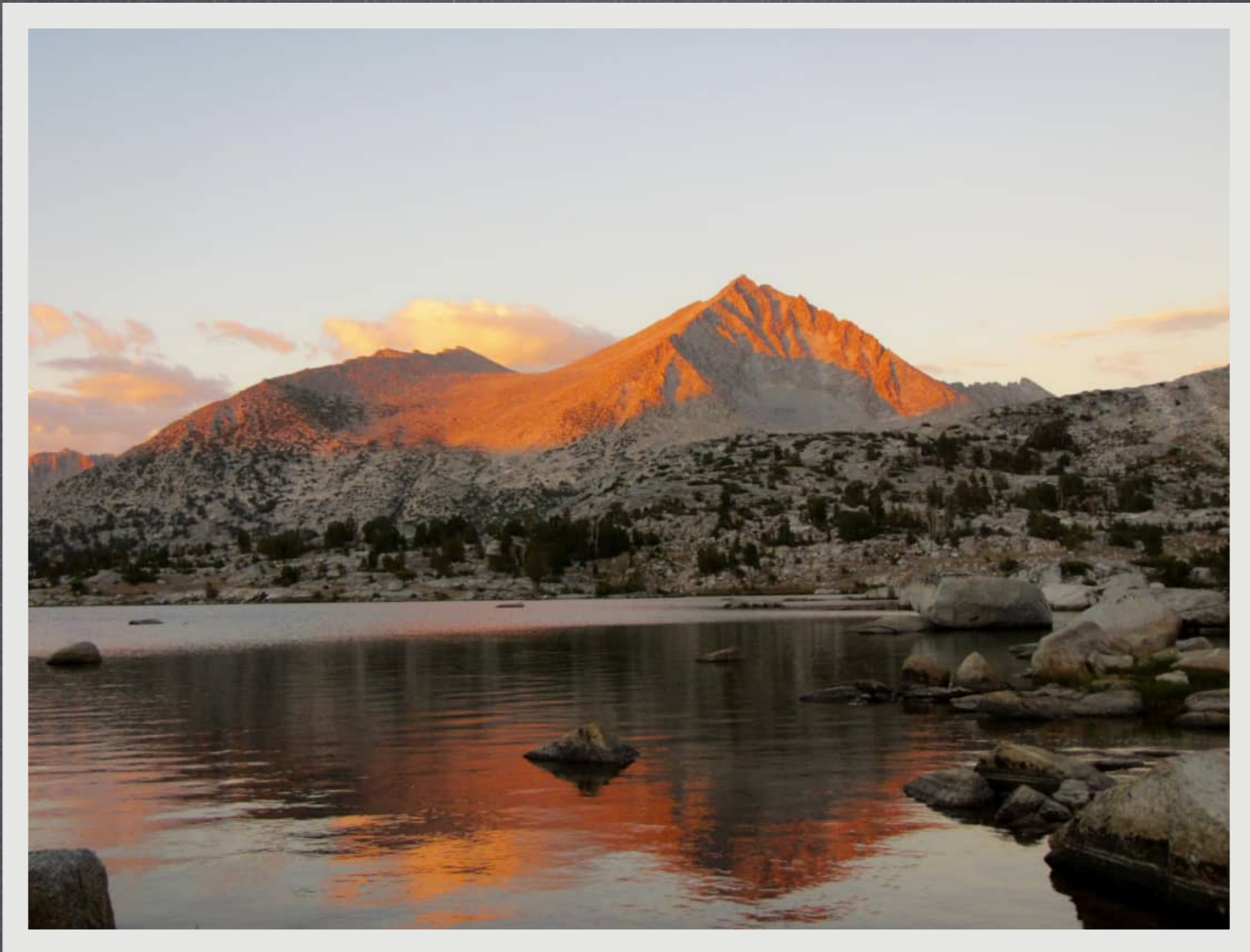






# John Muir coined the “Range of Light”

“Most divinely beautiful” mountain range due to the quality of its light”





























# Planning

Time of year  
North or South Bound  
Big 3 F's





## How many days/Season?

Recommend 18-24 days. Includes down days to enjoy  
Any less, "wish we had more time. Going too fast to enjoy it"

# North vs South Bound?

- 40% hiked Northbound – Whitney to Yosemite
- 60%+ hike Southbound – Yosemite to Whitney
- Trail Information

# The Big 3 “F’s”

- Fitness
- Food
- Feet

# Fitness/Conditioning

- Began at least 4-6 months before the trip
- Cardio: 3 time/week
- Walking: 10 mile hike every week and/or MP
- Backpacking: several trips to shake down your gear
- Work on food and gear issues during shake down hikes

# Food

Eating right is an absolute necessity for a thru-hiker





1 weeks supply of food ready to be shipped  
5 gal paint container and a typical bear container



# Resupply

- Charlotte Lake
- Muir Trail Ranch
- Red's Meadow (purchase what's needed)
- Tuolumne Meadows –  
(Purchase what we needed)
- Other resupplies available  
off the trail



# Foot Care

- Watch out for your Feet throughout the trip.
- Special care is given to any hot spots with some glide and moleskin.
- Soak, Wash & Dry whenever possible.



Take care of your feet  
Moleskin is your friend & Prevention is the best practice on a trip.

# Other Considerations

Reduce your pack weight

Start Early in the morning

Stay Hydrated

Listen to your body

# Pass climbing technique

- Minimize exertion
- Find your aerobic sweet-spot (breathing technique)
- Slow and steady better than stop-start
- Watch for acute mountain sickness (AMS)



## Wildlife along the Trail













# Comments/Tips

- Roughly 1500 hike this trail yearly and only 85% complete it.
- 22% of the hikers are 60 years old or older.
- Humbled by the end of the trip
- Very safe trail

# Questions

- Thank you for listening about the JMT.
- One of the most beautiful trails in America and it's in our backyard.
- Enjoy the outdoors and have fun.