



ADVENTURE TRAVEL
VOLUNTEER-LED EXCURSIONS WORLDWIDE

Day Hiking in Kings Canyon/Sequoia National Parks July 18 - July 26, 2020 (Trip # 2025)



Hello! We are delighted that you are interested in this exciting trip! Please read the information carefully, and then contact us if you have specific questions about this trip; Carl Rosenthal 603 447-1858; crosenthal789@msn.com or Larry Yetter 603 554-8284; yetter95@gmail.com

SUMMARY

Wonderful day hikes and sightseeing in an area just south of Yosemite which is less visited, but equally spectacular. It is famous for giant sequoias (the world's largest trees), soaring mountains, deep canyons, roaring rivers and awesome waterfalls.

Fly to and from Fresno, CA. Drive to the Parks to stay for six nights, including four at Wuksachi

Lodge, Sequoia's signature hotel, a striking stone-and-cedar mountain lodge situated in the heart of the park and surrounded by a mighty sequoia forest and soaring Sierra peaks. The Wuksachi Lodge was built in 1999 in a spectacular alpine setting at an elevation of 7,200 feet.

We will enjoy hikes to Little Baldy, Tokopah Falls, Heather Lake and the Watchtower, Mist Falls, Buena Vista Peak and Cedar Grove Outlook. Our premier hike will be to 11,204 Alta Peak which features commanding views of the Great Western Divide and a 6,000 foot drop to the Kaweah River Canyon. We will also walk amongst the world's highest trees, visit the Giant Forest Museum and climb Moro Rock.

TYPICAL PARTICIPANTS

You should enjoy traveling and be comfortable traveling in areas which are unfamiliar to you. You should recognize that you may find yourself in closer quarters or be less comfortable than you are used to at home. If you are a loner, if you cannot accept and enjoy being part of a group, or if you are not a team player who is willing to help your fellow travelers and contribute to their having a great time, then please do not register for this excursion.

This trip is designed for experienced hikers. On the day hikes, you must be able to easily hike 8 to 14 miles a day at a moderate pace, with moderate elevation gains, while carrying enough equipment to keep you safe in the event of bad weather or injury. Some of the hikes will be short 1 to 2 hour hikes while other hikes will be longer full day hikes in the range of 6 to 8 hours.

ITINERARY

Day 1 Sat., July 18 Fly to Fresno, California. Purchase breakfast and lunch food. Stay in Fresno.

Day 2 Sun., July 19 Drive to Grant Grove via the Big Stump Entrance to the parks. See the General Grant Tree, the second largest tree in the world, and Panorama Point. From Kings Canyon Overlook, hike to Buena Vista Peak, a rocky dome with expansive 360-degree views, (2 miles 420 feet) and Big Baldy with magnificent views (4.2 miles 650 feet). Stay at John Muir Lodge in Grant Grove.



Day 3 Mon., July 20 Drive the beautiful Kings Canyon Scenic Byway to Cedar Grove where we will see Roaring River Falls. Hike the Zumwalt Meadow Loop (1.8 mi. 150 feet) with many views of North Dome and the Hotel Creek Trail to Cedar Grove Overlook (5 mi. 1,200 feet) with views of Cedar Grove and the length of Kings Canyon. Stay at John Muir Lodge in Cedar Grove.

Day 4 Tue., July 21 Hike to Mist Falls (9.2 miles 650 feet) on probably the most popular trail in Kings Canyon. Take the long very scenic drive to the Giant Forest and Lodgepole area. Stay at Wuksachi Lodge.

Day 5 Wed., July 22 Hike to Heather Lake and the Watchtower (9.2 miles 2,200 feet) a 1,600 foot tall granite cliff with incredible vistas of the Tokopah Valley. Stay at Wuksachi Lodge.



Day 6 Thu., July 23 Climb Moro Rock (0.5 mile, 300 feet). See the General Sherman Tree, the world's largest living tree. Visit the Giant Forest Museum. Walk the 2.1 mile Congress Trail to see dozens of Sequoias. Walk to beautiful Crescent Meadow and Tharp's Log (1.6 miles). Stay at Wuksachi Lodge.

Day 7 Fri., July 24 Hike to 11,204 foot Alta Peak (13 miles 4,000 feet) with a complete panorama of the Great Western Divide and a 6,000 foot drop to the Kaweah River Canyon. Stay at Wuksachi Lodge.

Day 8 Sat., July 25 Hike to Little Baldy's eye-popping views (3.4 miles 750 feet) and 1,600 foot high Tokopah Falls (3.6 mi. 500 feet) Drive to Fresno for our farewell dinner, stay overnight.

Day 9 Sun., July 26 Fly home.

GROUP SIZE

A minimum of 14 and a maximum of 16, including leaders. A waiting list will be established if more than 14 people apply for the excursion.

EXPECTATIONS/EXPERIENCE LEVEL FOR PARTICIPANTS

This is a [moderate / vigorous](#) hike geared towards the outdoors adventurer and experienced hiker. In order to participate in this excursion, you must consider and agree to the following:

Ability: You must be able to hike 12 miles a day at a moderate pace easily, with moderate elevation gains, while carrying enough equipment to keep you safe in the event of bad weather or injury. When you participate in this activity, you should be in proper condition for the challenges outlined in this prospectus and equipped with proper gear. Prior to your acceptance as a participant in this trip, you will be asked to discuss your capabilities and experience with us. We may also request references to confirm your fitness level and suitability for participating in trip activities.

Group Dynamics: You must participate as part of a group and abide by the leaders' decisions. You must work towards the group having a good time, be prepared to help your fellow hikers and spend time with other participants on the trip. In doing so, you will enjoy the trip to the maximum.

Group Safety: Participant safety is a high priority for all AMC-sponsored events. Participants should be aware that there are risks associated with outdoor adventure activities, including but not limited to adverse weather and environmental conditions, remote locations of our trips, and transportation in vehicles or on foot. Aside from any personal medical problems, participants should be aware of the possibilities of bug bites, dehydration, sun burn and other heat or cold related problems. You should regularly use sun screen, take care to be adequately hydrated and bring water on all day trips. Please carefully read and sign the AMC Participant Acknowledgement and Assumption of Risks and Release and Indemnity Agreement.

Group safety will be our Number 1 priority, but keep in mind that you are ultimately responsible for your own safety.

Itinerary Changes: While the itinerary in this prospectus is what the leaders have planned at the



time of writing, various factors may require changes for reasons of safety, transportation or lodging availability, and unforeseeable circumstances (such as weather considerations or natural disasters). The leaders reserve the right to make such changes as necessary, both before and during the trip.

It may happen on any trip that a trip member is or becomes unable to participate in one or more of the planned activities. Leaders in their sole judgment have the right and obligation to refuse participation in any activity to any group member for reasons of safety, whether it be of the group or of the individual. Illness, injury, or lack of proper gear or fitness for a particular activity are examples of some conditions that might result in a participant's being unable to perform one or more activity. Leaders may try to find a substitute activity for the trip member, but this may not always be possible.

Driving: Some participants will be asked to share in the driving, which requires a check of your driving record. Please inform the leaders if you would like to do this.



ACCOMMODATIONS

Four nights at Wuksachi Lodge. <https://www.visitsequoia.com/lodging/wuksachi-lodge>

One night at John Muir Lodge Grant Grove. <https://www.visitsequoia.com/lodging/john-muir-lodge>

One night at Cedar Grove Lodge. <https://www.visitsequoia.com/lodging/cedar-grove-lodge>

Two nights at a motel in Fresno, California.

LEADER'S QUALIFICATIONS

Leader – Carl Rosenthal

Carl has been a member of the AMC since 1984 and has led numerous day and weekend hiking trips. He began leading Major Excursions, now Adventure Travel Trips in 2000. He has led or co- led Major Excursions to the Sierras in California (3), Glacier National Park, the American Southwest (3), Washington state (2), Alaska (2), Big Bend and Guadalupe Peaks (2), New Mexico (4), Ecuador, Peru (3), Colorado (6), Death Valley (2), Yellowstone, Oregon, Patagonia, the Dolomites of Italy, Bulgaria, New Zealand, Taiwan, the Canadian Rockies (5), the central Pyrenees (2), the Eastern Pyrenees, Greece, the Tetons, Norway, Austria and Poland/Slovakia. He regularly leads hikes in the White Mountains of NH. He is a Past Chair of the Connecticut Chapter. He has completed the SOLO basic First Aid Course and the Heart Saver CPR Course. He has been a hike leader at August Camp and an instructor at the AMC-ADK Winter School. He was a participant in Major Excursions to Austria and parts of the former Soviet Union. Carl has hiked the 115 Northeast 4,000 footers in winter and has stood on the highest points in the contiguous 48 states.



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Phone (603) 447-1858
Email address croenthal789@msn.com

Co Leader – Larry Yetter

Larry is the Co-Chair of the AMC NH Chapter Excursion Committee and Director of the AMC NH Winter Hiking Series. He is an active hiker and hike leader in New England. He is the 81st finisher of the grid of the 48 4,000 footers in New Hampshire. To complete the grid, you have to hike each of the 48 in each calendar month of the year. Larry is a worldwide traveler and has been to all 7 continents and lived overseas for 5 years. He is a newer Adventure Travel leader and has completed one trip to Switzerland in 2018 with trips planned to Switzerland and Southwest US in 2019 and Death Valley in 2020. This will be Larry's 5th Adventure Travel trip. Larry is WFA and CPR certified and also teaches at AMC NH Workshops and participates in trail work.



Phone (603) 554 8284
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TRIP COST

The approximate cost for the trip is \$2025. This will cover the following items:

- All lodging as specified above
- 2 breakfasts and all dinners (excluding alcoholic beverages).
- Car rentals and gas
- Entrance fees to the park
- AMC Excursion Fee

Not included:

Airfare from Boston, New York (or any other location) to Fresno approx. \$700

All lunches – Lunch supplies can be purchased from various locations within the park.

6 breakfasts while in the Parks – To allow us maximum flexibility in terms of start time we will buy breakfast supplies and eat in the rooms. We will have a small refrigerator in the rooms except one night at Cedar Grove Lodge.

The approximate cost for the excursion is based on quotes at the time the trip was submitted to the Adventure Travel Committee (January 2019). The final cost of the trip will be adjusted in accordance with the best arrangements we can make with the airlines and any savings we might enjoy or increases we might have to endure.

Please be aware that, in accordance with AMC policy, you are subsidizing some of the leaders' costs, but not all of them. Any unspent funds will be refunded to all participants. The trip fee also includes an AMC overhead charge to cover the administrative expenses of offering Adventure Travel.

The trip fee includes emergency medical and evacuation insurance coverage, which is required by the AMC. It does *not* include insurance for travel delay, interruption, or cancellation, or for baggage loss. If the possibility of such problems concerns you, individual travel insurance is suggested. The AMC has a recommended vendor whose material will be sent to you if your application is accepted.

HOW TO PROCEED

If you would like to go on this trip, complete the Application Form and enclose a check for the \$800 registration fee made out to the Appalachian Mountain Club and mail to:

Carl Rosenthal, 58 Overlook Drive, Center Conway, NH 03813

If you are accepted onto the trip you will also be asked to fill out and mail back an Acknowledgment and Assumption of Risks & Release & Indemnity Agreement, and a Confidential Medical Form both of which will be emailed to you.

The balance of \$1,225 is due by April 17, 2020.

When registration is complete, the trip leader will send all participants the names, addresses and telephone numbers of those going on the trip. Trip leaders prefer to use email as a primary source of communication.

CANCELLATIONS

The AMC Adventure Travel cancellation policy is based on the fact that your cancellation may not raise the cost to the other participants or to the leaders. The minimum penalty schedule is \$200. If actual costs (expenses already incurred on your behalf and any unavoidable future expenses that will be incurred as a result of your registration and cancellation) are higher, they will be assessed instead, unless they can be applied toward another acceptable participant. Should the leaders be able to replace you, you may be charged a reduced or zero penalty.

Keep in mind that after airline tickets have been purchased, you own them and that part of the fee cannot be refunded. Please refer to trip insurance information in the section titled "Trip Cost."

EXPERIENCE AND RISKS

This trip is designed for experienced hikers. On the day hikes, you must be able to easily hike 8 to 15 miles a day at a moderate pace, with moderate elevation gains, while carrying enough equipment to keep you safe in the event of bad weather or injury.

Many mountain regions can get early afternoon thunderstorms. We want to be sure to get off the higher summits by 1 PM if there are any signs of bad weather. Therefore, most of our hikes will be starting earlier than you may be used to.

REQUIRED GEAR

Here is a list of suggestions for what to bring to have a good time on the trip. Most of the items are things you would bring for a day hike in the White Mountains of New Hampshire.

- Day pack
- Personal first aid
- Rain gear (both jacket and pants)
- 2 one-liter water bottles
- Wool or pile hat or balaclava
- Wool or pile gloves or mitts
- Extra pile or wool layer for warmth
- Comfortable hiking boots and socks
- Long pants - wool or synthetic
- Hiking shorts (zip off pants highly recommended)
- Cotton or synthetic T-shirts
- Long sleeve synthetic shirt
- Sunglasses
- Sun hat
- Sun protection lotion
- Lip protection balm
- Leisure clothes for travel and restaurants (moderate amount)
- Personal toiletries
- Toilet paper
- Head lamp with extra batteries

Optional recommendations:

- Bathing Suit
- Camera
- Ear plugs
- Short gaiters to keep mud/dust out of boots
- Small knife (be sure to pack in check in luggage, not carry on)
- Compass
- Extra shoelaces
- Zip lock bags
- Reading material for breaks in the action

We strongly recommend hiking with a pole or poles, but if you don't like them, that's fine.

Trip Application can be found below.

Application for Major Excursion to Kings Canyon and Sequoia Trip #2025

Please print everything legibly

Name: _____ AMC Member ? _____

Address: _____

City, State, Zip: _____

Phones: Daytime: _____ Evening: _____

Date of Birth (mm/dd/yy): _____ Gender: _____ Smoker? _____

Email Address: _____

Health or disabilities: (Please note any medical or physical restrictions) _____

Name, address, and phone number of person to contact in case of emergency:

Have you done **mountain** hiking previously? When and how often?

Please **print** a brief summary of your recent hiking/backpacking experience on the back of this application. Indicate location, approximate dates, length and elevation gain.

How would you describe your physical condition and stamina? _____

Please **print** a description of how you maintain your physical condition on the back of this application. For example, I run 5 miles four times a week.

Have you gone on other AMC Major Excursions? _____ If so, please list the trips and the leaders. _____

If this trip is filled, do you wish to be placed on a waiting list? _____

Are you willing to be a car driver on the trip? _____