

Fire in the Wilderness

Natural Fire

During your visit to Sequoia and Kings Canyon National Parks, you may see a wildfire or its smoke in the wilderness. Fire has been a natural part of the Sierra Nevada ecosystem for centuries and the parks' allow this natural wilderness event when it is safe to do so.

Natural fires occur at frequent intervals. Fire thins competing species, recycles nutrients into the soil, releases seeds for germination, and opens holes in the forest canopy for sunlight to enter. All of these are critical to the health of the Sierra Nevada forests. Yet another ecological benefit of regular lightning fires is that they limit the size and severity of subsequent fires.

Fires increase forage for deer and other grazers. Many animals hunt near the fire's edge. Fire also creates habitat for several animals including bird and rodents.

For more information about the parks' fire management program, please visit [Fire in the Parks](#).

Mountain Lions and Bighorn Sheep

Mountain Lions

Mountain lions (also known as cougars) are one of the wildest symbols of wilderness. As the largest carnivore in these parks, they range freely without human interference.

When visiting their habitat, you should understand their behavior and act accordingly to protect them and yourself. The likelihood of seeing a lion is small and the likelihood of encountering an aggressive lion is even smaller. However, you should still be prepared.

Use extra caution if you are hiking alone. Watch children closely, never let them run ahead on the trail. If you cross paths with a mountain lion, the key goal is to convince it that you are not prey and that you are fierce, yourself.

DO NOT RUN! Mountain lions often chase things that run because they associate running with prey. Do not crouch down. Try to appear as large as possible. Attempts to hide are unsuccessful - lions see most people long before people see lions. Hold your ground or back away slowly while facing the lion.

If little children are with you, pick them up. If the lion behaves aggressively, wave your hands, shout, and throw stones or sticks at it. If attacked, fight back!

Report any mountain lion sighting to a park ranger as soon as possible.

Sierra Nevada Bighorn Sheep

Sierra Nevada Bighorn Sheep are currently listed as endangered under both federal and state law. While this does not impose additional restrictions on wilderness travel in these national parks, the Inyo National Forest (immediately adjacent to our eastern border) may have additional restrictions to protect the bighorn sheep in specific areas. Please contact the Inyo National Forest for more information (see page 14).

Safety in the Wilderness

Are You Prepared For This Trip?

When venturing into wilderness you are responsible for your own well being. One of the special values of wilderness is that it is one of the few areas in our modern world where you may experience the full consequences of your decisions. It is a place of self-reliance. There are outstanding opportunities to recreate in a primitive setting. Preparation and planning before your trip increases the likelihood of your enjoyment and a successful adventure.

Search & Rescue

Leave detailed trip plans, including your itinerary and what equipment; provisions, descriptions of clothing, etc. you will have, with someone who can notify the parks' 24-hour dispatch center at (559) 565-3195 if you are more than 24 hours overdue. Each year, a number of park wilderness visitors become ill, injured, or incapacitated in some way. It is our policy to assist those in need when it is necessary, within the skill capabilities of available staff, and when it can be accomplished in a manner that provides reasonable safety for search and rescue personnel.

Search and rescue actions are conducted on a discretionary basis. The level and necessity of the response is determined through evaluation of the situation by field personnel. Rescuer safety is ALWAYS our first priority. As a wilderness traveler you are expected to exhibit a high degree of self-reliance and responsibility for safety commensurate with the difficulty of your chosen activities; more preparation is required to deal with emergencies as risk increases. If you find yourself in a true emergency, and have exhausted all means of self-rescue/help, contact a ranger in the field, or call park dispatch with a cell (signals are inconsistent), or satellite phone. However you make contact, be sure to provide clear concise information. Be aware that help may be several days out, and your best preparation is to be ready to help yourself.

If you get lost, stay put. Try to stay in a clearing or large rocky outcropping. Lay out a colorful tarp or build a small smoky fire in a safe area. Wait for searchers to find you.

High Water

Never underestimate the power of moving water—it can be deadly. Look for natural bridges such as logs or rocks. However, be careful, they can be extremely slippery. If none are available, wade across where the water is wide and shallow. Do not cross above rapids or gorges in case you fall. Unbuckle your pack's waist strap, face upstream, and use a long stick or hiking poles for stability. Wearing shoes is safer than crossing barefoot. If you are in a group, cross together holding on to one another. Do not tie yourself into ropes. Cross when the water level is lowest, usually in the morning, or choose another, safer, route.

Altitude Illness

Altitude illness can strike anyone. Typically it occurs at altitudes over 10,000 ft., but serious cases have occurred as low as 8,000 ft. Allow time for a slow ascent, adjusting gradually to altitude. Awakening with temporary shortness of breath is not uncommon. This alone is normally not a cause for alarm. Acute mountain sickness (AMS) usually starts as a mild illness with headache, nausea, difficulty sleeping, and fatigue. It is often treatable with rest, fluids, and mild analgesics, such as aspirin, acetaminophen, or ibuprofen. When AMS becomes severe, two life-threatening conditions may develop: High Altitude Pulmonary Edema (HAPE) or High Altitude Cerebral Edema (HACE).

HAPE symptoms include extreme shortness of breath, the need to sit up to breathe, extreme fatigue, wheezing or coughing, and/or the inability to sleep. HACE symptoms include very severe headache, vomiting, confusion, loss of balance or coordination, and in later stages, loss of consciousness.

Immediate descent to low altitude is the only cure. Get immediate help; the condition can progress rapidly and death is possible. The patient may walk slowly to low altitude if his/ her condition is not too severe. Extreme cases may require evacuation by helicopter with help from rangers. If a ranger cannot be found at a station, quickly proceed to the nearest trailhead to report the emergency.

Hypothermia

Hypothermia, which is a subnormal body temperature, can lead to mental and physical collapse and even death. Caused by combinations of cold, wetness, and wind, it is aggravated by exhaustion. Hypothermia can develop in any season. Stay dry. Wet clothes can lose up to 90% of their insulating value. Wool and synthetics provide better warmth when wet than down or cotton. Wet cotton will actually cause rapid cooling.

Signs of hypothermia are uncontrollable shivering, slurred speech, memory lapses, incoherence, stumbling, drowsiness, and exhaustion. The victim may deny the problem. Believe the symptoms, not the victim. Even mild cases demand immediate attention. Shelter the victim from wind and rain. Strip off all wet clothes. Get them warm clothes and a sleeping bag. Provide external sources of warmth such as warm drinks, hot water bottles or your own body heat. Keep them awake.

Safety in the Wilderness (continued)

Lightning

Watch for approaching storms and go to a safe area before they arrive. Avoid mountain peaks, ridges, open areas, lone trees, shallow caves, and cliffs. Forested areas away from the tallest trees are safer. If you are in a treeless area and cannot get to a safer place, lay out insulating material (such as a foam pad) on the ground and sit on it. Only your buttocks and feet should touch the material. Use this method only if there are no alternatives. Do NOT seek shelter in the Mt. Whitney Hut or the Muir Hut – lightning can be conducted to individuals inside.

Natural Fire

In this fire-dependent ecosystem, fire helps create a healthy mosaic of plant communities. Lightning fires are permitted to do their ecological work in large portions of these parks. You may have an opportunity to see or travel through a burning or recently burned area. Trail closures may be necessary for public safety. In other cases, trails may remain open. Use extreme caution and remain alert for possible hazards such as active fire, dense smoke, rolling rocks and logs, falling trees or branches, and stump holes.

Water Quality

Drink smart. Lakes and streams can be contaminated even if they look and taste pure. Giardia has been found in some mountain streams. The incubation period for this intestinal parasite is 6 to 15 days after ingesting contaminated water. Symptoms include nausea, abdominal cramps, flatulence, lethargy, diarrhea, and weight loss. The disease may persist for weeks or months if untreated. The most certain treatment to make water safe to drink is to bring it to a boil.

Many hikers prefer filtration for water treatment. Hand-pump filters with a pore size less than 0.5 micron should remove harmful bacteria and protozoa, including giardia.

Chemical disinfectants, such as iodine or chlorine tablets, are not as reliable as heat in killing giardia. Use chemical disinfectants in conjunction with a filtration system. Recent technology has made ultra-violet sterilizers practical to carry for wilderness visitors.

Hand Washing

Most illnesses contracted while in the wilderness are attributable to poor hygiene. Washing hands after using the “toilet” and before eating or preparing food (to prevent fecal contamination) is just as important as treating water. Waterless hand sanitizer comes in small, light-weight containers, perfect for your backpack.

Human-Waste Disposal

The potential health hazard from human waste is ever present. To prevent the spread of disease, dispose of your body waste properly.

Bury feces at least 6 inches deep and at least 100 ft. from water, trails, and campsites. Carry out your used toilet paper and dispose of properly. Double Zip-lock plastic bags work well.

Ticks

Ticks are found most commonly in naturally vegetated areas like woods and forests at lower elevations. These small insects attach to humans and other animals. Ticks then feed on the blood of their host for several days. In the spring and early summer smaller immature ticks – roughly the size of a poppy seed–called “nymphs” are most active.

Ticks may carry the bacterium that causes Lyme disease and can transmit the bacterium to humans while they feed. Early symptoms of Lyme disease often include a spreading rash accompanied by flu-like symptoms such as fever and body aches. While Lyme disease is the most common tick-borne illness in California, ticks can transmit other human illnesses, such as Rocky Mountain spotted fever.

California Department of Public Health recommends the following to avoid ticks and tick-borne diseases:

- Wear light colored long pants and long-sleeved shirts when spending time outdoors. Tuck pant legs into boots or socks and tuck shirts into pants.
- Apply repellents registered for use against ticks and stay on trails when hiking.
- Conduct a tick-check over your entire body, including the hairline, armpits, back of knees and groin after outdoor activities, including picnicking.
- Continue to watch for ticks for up to three days after returning from tick habitat.
- Parents should check their children thoroughly for ticks.

Safety in the Wilderness (continued)

Mountain Lions

If you do see a mountain lion in the wilderness, consider yourself lucky. Sightings are extremely rare. For more information, see page 23.

Poison Oak

Poison oak is a shrub common in the foothills up to 6,000 ft. To avoid encountering poison oak, learn to identify it. Poison Oak is often red in the fall with whitish berries, bare in the winter, and shiny green leaves in groups of three in the spring. Remember: leaves of three, let it be!

Long sleeves and pants are your best protection. Contamination between clothing can occur if stored together.

Rattlesnakes

Look before you step when you are in rattlesnake country. Use hiking poles especially in vegetation to act as a buffer for your leg. Cover your legs with pants and gaiters and wear shoes that cover the ankle, even during short night excursions. If you are bitten, remain calm and seek help.

Tree Hazards

Numerous trees fall over in wilderness areas throughout the summer months. Areas of high concern are previously burned areas, edges of meadows, and areas of beetle kill. Avoid walking through areas of high concern when windy, particularly in the late afternoon. An assessment of trees surrounding your camping area is always a good idea.

Trips/Falls

Most injuries occur when we are in a hurry or tired. Stretching every day reduces risk of injury. However, injuries can happen to anyone, regardless of age, experience, or fitness level. If you twist an ankle or knee, try not to fight gravity if you can help it. Tensing up and trying to catch your fall can often make the injury worse. Rest, Ice, Compress, Elevate (RICE) is helpful post-injury. Hiking poles and braces for problem joints can help prevent such mishaps.

Wilderness - General Warning

Travel in wilderness, by its nature is an exercise in self-sufficiency. Use caution and be realistic about your level and type of experience, skill and comfort. If you choose to carry a hand-held electronic signaling device, be familiar with its operation and limitations. Do not base your safety or rely on it to summon rescue personnel as it may fail in the field due to battery power, breaking, connection failures, etc. (see page 27). These parks expect visitors to exhibit a high degree of self-reliance and responsibility for their own safety commensurate with the difficulty of their chosen activities; that is, the higher risk the activity, the more you need to be prepared for dealing with emergency situations.

Marmots in Mineral King

Like bears, jays and ground squirrels, marmots have not only become accustomed to visitors, they have learned that people are a source of food. Marmots are the largest members of the squirrel family and occasional chewers of boots, backpack straps, hiking pole grips, and radiator hoses.

Each spring and early summer, the marmots of Mineral King have been known to dine on rare delicacies. Their fare includes radiator hoses and car wiring. They can actually disable a vehicle. On several occasions, marmots have not escaped the engine compartment quickly enough and unsuspecting drivers have given them rides to other parts of the parks; several have ridden as far as southern California!

Various means, including wrapping a tarp around the entire vehicle, wrapping chicken wire around the vehicle-like a fence, and leaving vehicle hoods propped open, are used in an attempt to keep marmots from damaging vehicles.

If you visit Mineral King, especially during the spring, check under your hood before driving away. Let the rangers know whether or not your vehicle has been damaged.

Safety in the Wilderness (continued)

Advisory: Emergency Satellite Locator Devices

Using the **SOS** or **911** button on a satellite-locator device carries the same responsibility as dialing **911** from a telephone. Use these devices only to request help in a true emergency. Ask yourself: *are you willing to put other people at risk to solve your problem?*

Read this advisory before your trip in order to understand your responsibilities and the consequences of your actions. Know that rescues are risky to personnel and expensive to agencies. Rescuer safety is ALWAYS our first priority. Even if you activate the emergency beacon on a SPOT, PLB, or similar device, response may take longer than 24 hours depending on weather, time of day, your location, and other factors.

Responsibilities before leaving home:

- Know and consider your personal skills and limitations regarding your planned wilderness travel. Wilderness is a place for personal challenge, responsibility, and a high degree of self-reliance. Are you ready to deal with the dynamic hazards of wilderness?
- If you choose to carry a hand-held electronic signaling device, be familiar with its operation, limitations, and frequency of failure to transmit. **Do not rely on** it to summon rescue personnel or notify family you are “OK”. Read the instructions for your device; keep them with you. Understand how it works and what services provided by the manufacturer must be activated and purchased. If required, register your device and provide all the information requested.
- Some devices (e.g. SPOT) ask for a primary contact in the case of an emergency activation. *Do not start your trip* until that person has complete details, including :
 - Your intended route; alternate routes you might take; when and where you plan to start and end; knowledge about your experience level; and description of gear you are taking.
 - Full names of all members of your party and *their* emergency contacts.
 - **The difference between HELP, and SOS/911 on a SPOT-type device:**
 - SOS/911: - for a true emergency:** immediate response (through On-Star System)
 - HELP:** Not an emergency; signals your chosen contacts, and they already know what to do (e.g. hike or drive to your locations, etc.)
 - I'm OK:** Signals only your chosen contacts. One or two days of no signal is common and not necessarily an emergency. **Transmission in wilderness may be very inconsistent.**

The National Park Service (NPS) will not respond to a **HELP** as an emergency unless they have additional information. If you have a true emergency, activate **SOS/911**. *Share this information with all chosen contacts.*

- How to access your tracking webpage, including login and password. Knowing your prior waypoints or tracking information may help the NPS to respond.

Responsibilities during your trip:

- Your knowledge, experience, and equipment will contribute most to your survival. Can you self-rescue *or* get help from other hikers? *Do not* signal **SOS/911** unless it is a true emergency, but do not be afraid to signal if you know it is justified.
- If you activate **SOS/911** and it is safe to stay where you are, *don't leave*. It may be harder for rescuers to find you if you move. Stopping the **SOS/911** signal or activating the **OK** signal may not cancel a response, so stay in the area where you activated the **SOS/911** even if the emergency has passed.

Responsibilities after your trip or emergency:

- If you activated the **SOS/911** but have not been contacted by the NPS or other agency personnel, *call us immediately* once you are out of the wilderness; we may be looking for you. Sequoia and Kings Canyon National Parks' 24-hour dispatch phone number is **559-565-3195**.
- Let your contact(s) know as soon as you are out of the wilderness and not in need of help.

Your locator device is only a tool. Activate SOS/911 only in a true emergency, and the NPS will do everything possible to help you.

Wilderness Etiquette

- Hikers should always yield to pack animals. Stand **downhill** from passing pack animals and other stock so as to not appear predatory.

- In general, allow uphill travelers the right of way. Unless the uphill party is looking for a reason to have a break, allow them to continue with the momentum they have to get up the hill.

When planning for and spending time in wilderness, think about the experience of others around you and try to be considerate. For example,

- Try to get to your camping area well before dark so a proper site can be found and the noises of settling in for the night are not disturbing the sleep of others.
- While walking or riding, normal human noises of conversation are a good warning for Sierra Black Bears to vacate the area, but yelling in a disruptive manner can be an unwanted disturbance to the solitude of others.
- Do not create or construct displays that disturb the natural state of the area.
- When walking or riding on-trail, walk single file in the middle of the trail even when it's wet or muddy so trails are not widened or re-routed.
- When walking or riding off-trail in a group, spread out so you do not create a new trail.
- Leave flowers and foliage undisturbed so that they can be enjoyed by other hikers and contribute to their native ecosystem.
- If you will be using a WAG BAG, do not leave it anywhere in the wilderness. It should be disposed of properly in a front-country trash receptacle.
- If you find an artifact, do not disturb or collect it. Leave the artifact where you found it so that it can be understood in context. If possible, note the GPS coordinates or specific directions to the location where you found the artifact and relay this information to a park ranger.
- If you have concerns about the actions of another wilderness traveler, tell a Park Service employee.

Remember, we are all stewards of our national parks. The positive actions you take today can leave a wonderful experience for tomorrow.

Fishing and Pets

Fishing

Fishing requires a California state fishing license for everyone aged 16 or older. Licenses are not available for sale in either Sequoia or Kings Canyon National Parks. It would be wise to obtain a license and a copy of state fishing regulations before your trip. State fishing regulations and license information is also available online at www.dfg.ca.gov.

- A. State fishing regulations apply to all areas in Sequoia and Kings Canyon National Park except for those areas listed in section B below.
- B. Exceptions to state fishing regulations for Sequoia and Kings Canyon National Park:
 - a. In areas below 9,000 ft. in elevation and more than one-quarter (.25) of a mile from developed areas. "Developed areas," for the purposes of this regulation, are defined as areas within one-quarter (1/4) of a mile of buildings, campgrounds, picnic areas or parking lots that accommodate more than five (5) vehicles.
 - i. Rainbow Trout, Sacramento Sucker, Kern Rainbow, Sculpin, and Roach fish (i.e. native species of the park) must be released.
 - ii. Artificial flies or lures with barb-less hooks are required.
 - b. Soda Springs Creek (Sequoia NP) is closed to fishing.

Pets

For you and your neighbors to see and appreciate wildlife, please note that pets are not permitted on any of the trails in Sequoia and Kings Canyon National Parks. This includes both front-country and wilderness trails.

Pets are NOT allowed in the wilderness of Sequoia and Kings Canyon National Parks because they disturb wildlife and other visitors, even unintentionally with their simple presence. The national forests that surround these parks generally allow pets (subject to restrictions in bighorn sheep habitat).

A general rule of thumb is that pets are allowed in Sequoia and Kings Canyon National Parks anywhere that a car can go, provided the pet is leashed. This means that front-country campgrounds, picnic areas, roads, and other developed areas are the only places where pets are allowed.

In developed areas, pets must be kept on a leash at all times. The leash must be less than 6 ft. (1.8 meters) long. For your pet's safety, please don't leave pets in hot cars. Pets cannot be left tied and unattended at any time.

In the National Forest lands that surround Sequoia and Kings Canyon National Parks, pets are allowed on trails, provided they are leashed. The leash must be less than 6 ft. (1.8 meters) long.

Stock Use

Recreational stock use in these parks is subject to a series of controls to ensure minimal impacts. Stock users need to be familiar with all information contained in: Stock Use & Grazing Regulations (issued annually for Kings Canyon, and Sequoia NPs), Stock User Guide (issued annually), and additional information, all of which can be obtained from the Wilderness Office (559-565-3766), or found on our website at : <http://www.nps.gov/seki/planyourvisit/stockuse.htm>.

Commercial users must obtain a Commercial Use Authorization (CUA) from Sequoia and Kings Canyon National Parks, as well as any other public land areas through which a trip will be passing. For information regarding CUAs, please contact the Sequoia and Kings Canyon National Parks Concessions Office at (559) 565-3103 or e-mail SEKI_Concessions@nps.gov.

Military Over-Flights

Much of the wilderness in Sequoia and Kings Canyon National Parks underlies a special military training airspace - the R-2508 Complex. Military pilots train for combat missions in the complex, often by flying low and fast. Such flights can be very startling to people and animals. In the portion of the R-2508 Complex that is over these parks, pilots are required to fly no lower than 3,000 ft. above ground level. Occasionally pilots do fly lower than allowed. If you witness an incident you feel is questionable, please report it to:

R-2508 Central Control Facility
100 Sparks Road Building
2580 Edwards Air Force Base
CA 93524

Note the date, time, location, direction of flight, and describe the aircraft in as much detail as possible. Please send a copy of your letter to the Sequoia National Park. If the military's radar tapes confirm a pilot flew lower than allowed, disciplinary action is possible.

Archaeology: Voices from the Past

Many physical clues remain in the wilderness of Sequoia and Kings Canyon National Parks of those who ventured before us: obsidian arrowheads, prehistoric pottery, pictographs, mines, graves, and cabins. If you encounter such sites or artifacts, do not disturb them. Human history is still being recorded and deciphered in the wilderness. Preserving these traces of the past allows others to view and enjoy them.

Archaeological remains are nonrenewable resources that may have been in place for thousands of years. Disturbing them removes, and in some cases, destroys the context from which to study and enjoy them. Disturbing sites and artifacts is a crime punishable by law. Do not excavate, remove, damage, alter, or deface items of archeological interest. If you find evidence of an archeological site, report it to a ranger. With your help and respect, these stories will not be lost.

You may also encounter historic structures such as the Mount Whitney Summit Hut built in 1909 for meteorological observations or the beehive-shaped Muir Hut on Muir Pass built in the 1930s. Unfortunately, vandalism, trash, and human waste have compromised their integrity. Please respect their historic value and use them only if an emergency arises.

Working in the Wilderness

Wilderness & Trailhead Rangers

As snow melts from the high country in early summer, wilderness rangers are preparing to return to their remote ranger stations. They will spend three to four months patrolling hundreds of miles of trails and thousands of acres of wilderness. Their typical duties include reporting on trail conditions, enforcing regulations and restrictions, picking up trash left by careless visitors, rehabilitating damaged campsites, performing minor trail maintenance, checking meadow conditions, monitoring bear activity, administering first aid, dispensing information, searching for lost hikers, and coordinating rescues. Their primary role is to ensure that your wilderness is protected and you have an enjoyable, safe experience. If you encounter one of the wilderness rangers, please share your observations.

The less-romanticized "trailhead rangers" perform just as important work as the wilderness rangers. Based in the front-country, these rangers issue wilderness permits, educate visitors on wilderness ethics, and perform much of the same work as wilderness rangers within a day or so walk from the trailheads.

Web Links

Suggested Links

As you plan your trip into the wilderness of the Sierra Nevada, the website links listed below may prove useful. Besides the first three websites, the National Park Service assumes no responsibility for the content of these websites.

Sequoia & Kings Canyon National Parks

www.nps.gov/seki (general home page) www.nps.gov/seki/planyourvisit/wilderness.htm (wilderness home page)

Sequoia Natural History Association (non-profit educational partner & bookstore sales) www.sequoiahistory.org

Sierra Nevada Wild (centralized wilderness information and links for the 28 Sierra Nevada public land agencies)

www.sierranevadawild.gov

Inyo National Forest

www.fs.fed.us/r5/inyo (general home page) www.fs.fed.us/r5/inyo/recreation/wild/index.htm (wilderness home page)

Sequoia National Forest

www.fs.fed.us/r5/sequoia (general home page) www.fs.fed.us/r5/sequoia/passespermits/wilderness_permit/wilderness_index.html (wilderness home page)

Sierra National Forest

www.fs.fed.us/r5/sierra (general home page) www.fs.fed.us/r5/sierra/recreation/wilderness/index.shtml (wilderness home page)

Yosemite National Park

www.nps.gov/yose (general home page) www.nps.gov/archive/yose/wilderness/ (wilderness home page)

BLM Bakersfield Field Office

www.blm.gov/ca/bakersfield

National Weather Service (forecasts) <http://www.wrh.noaa.gov/hnx/>

Pacific Crest Trail Association (trip planning and online community for PCT & JMT through-hikers) www.pcta.org

Leave No Trace (outdoor ethics for hikers and riders) www.lnt.org

Wilderness.Net (compilation of wilderness information, research, issues, quotes, and more) www.wilderness.net

Delaware North Companies (concessionaire inside Sequoia National Park, manages Wuksachi Lodge & Bearpaw High Sierra Camp) www.visitsequoia.com

Sequoia-Kings Canyon Park Services Company

(concessionaire inside Kings Canyon National Park, manages John Muir Lodge & Cedar Grove Lodge) www.sequoia-kingscanyon.com

Sequoia Shuttle (fee-based shuttle from Visalia & free shuttle within the Giant Forest/Lodgepole area) www.sequoiashuttle.com

High Sierra Packers Association (members are pack stations operating from the west side) www.highsierrapackers.org/

Eastern Sierra Packers Association (members are pack stations operating from the east side) www.easternsierrapackers.org

High Sierra Topics (online community of hikers who give advice and help plan trips) www.highsierratopix.com/community

Parting Words

“The love of wilderness is more than a hunger for what is always beyond reach; it is also an expression of loyalty to the earth ... the only home we shall ever know, the only paradise we ever need - if only we had the eyes to see.”

-Edward Abbey