6 Exploring Sequoia National Park

Review safety tips on page 10. Be extra careful near rivers. Carry a map or trail guide (sold at visitor centers). Store food properly while you explore.

The Foothills

The low elevations host more different plants and animals than the rest of these parks combined!

Foothills Visitor Center
Exhibits on the diverse foothills. Hours on page 2.

Hospital Rock Picnic Area (no fires)
Exhibits about the Western Mono people who once lived here. A short trail built by the Civilian Conservation Corps leads to a cascade. Careful; drownings often occur here! Always store food to keep it away from bears; never leave it unattended.

Marble Falls Trail
Climbs 3.7 miles (6 km) through chaparral to a waterfall. Park across the highway from Potwisha (no non-camper parking in campground). Near site #14, follow the dirt road across the concrete ditch; the trail starts along the steep bank to the right.

Paradise Creek
Park at Hospital Rock. Walk to Buckeye Flat Campground, take the path across from site #28 across the footbridge over the Middle Fork. Follow Paradise Creek (not the Middle Fork) for 1 mile (1.6 km) until the trail grows faint.

Giant Forest

Giant Forest Museum
See page 2 for details. Shuttle stop through 9/8.

Big Trees Trail ♿
A level, 2/3-mile (1km) paved loop with trailside exhibits about sequoias. Start at Giant Forest Museum for a 1-mile round trip. Parking at the trail is only for cars with placards. 1 hour round trip.

Congress Trail
A fairly level 2-mile loop (3.2 km) through the heart of the grove. Begins at the Sherman Tree.

General Sherman Tree
Two trails lead to the world's largest tree. Through 9/8, a free shuttle stops at each one:

- **Main Trail** - This 1/2-mile trail down to the tree has some stairs; the walk back is uphill. Drive two miles north of Giant Forest Museum (past the small Sherman Tree parking lot on the Generals Hwy only for those with disabled placards). Turn right onWolverton Road; follow signs. Shuttle stop starting 5/23.

♿ **Wheelchair-accessible trail** from the Generals Hwy to the Sherman Tree. Parking there is for those with disabled placards only. If you have no placard but can't make the hill on the main trail, ask at a visitor centers for a temporary permit. Shuttle stop through 9/8.

Moro Rock/Crescent Meadow Road
No drinking water is available along this 3-mile dead-end road that begins at Giant Forest Museum. See page 12 for details on weekend/holiday closures of this road. Highlights:

- **Moro Rock** - A granite dome with a steep 1/4-mile staircase to the top (300-foot elevation gain). Spectacular mountain views. Two miles from Generals Highway. Shuttle stop through 9/8.
- **Tunnel Log** - A fallen sequoia that was tunneled through, and the only "tree you can drive through" in these parks. Bypass for larger vehicles. 2.7 miles from the Museum.
- **Crescent Meadow** - Sequoias around a fragile wetland. Stay on designated trails; use only fallen logs to walk into meadows. Several trails start here: including the 1-mile (1.6 km) route to Tharp's Log, a cabin in a fallen sequoia; and the High Sierra Trail (60 miles/97 km to Mt. Whitney (14,500 feet/4419 m), highest in the lower 48 states. Shuttle stop.

Lodgepole

Lodgepole Visitor Center
Exhibits, films. Details, page 2. Shuttle stop.

Tokopah Falls Trail
1.7 miles (2.7 km) to cliffs & a waterfall. Be careful! Start in Lodgepole Campground (shuttle stop). 500-foot/152-meter elevation gain; 2-1/2 to 3 hours.

Little Baldy Trail
Ascends 700 vertical feet in 1.7 miles (2.7 km) to a rocky summit and grand view. Start at Little Baldy Saddle, on the Generals Hwy 9 miles north of General Sherman Tree. Allow 3 to 4 hours round trip.

Mineral King

See page 8 for details.

See Sequoia By Shuttle

Lodgepole-Wuksachi-Dorst Route
Free. 30 minute service 9am - 6pm. Service to Dorst ends 9/3. Stops at Wuksachi going both directions.

Giant Forest Route
Free. Giant Forest Museum to Lodgepole, stopping at the Sherman Tree. Every 15 minutes 9am - 6pm. ½-hour ride one way.

Wolverton - Sherman Tree Route
Free. Stops at main Sherman trail & at the accessible trail to the tree on Generals Hwy. Every 20 minutes from 9am - 6:30pm.

Moro Rock - Crescent Meadow Route
Free. Leaves Giant Forest Museum every 15 minutes 9am - 6pm. 15-minute round trip. Moro Rock stop only on outbound trip. Road closed to private vehicles 9am-4pm on weekends & holidays (page 12).

Giant Forest - Visalia Route
$15 round trip. No additional park entrance fee. Reservations required; call 1-877-BUS-HIKE or sequoiashuttle.com. 2-hour ride each way. Buses leave Visalia for Giant Forest every hour from 6am - 10am. Buses leave Giant Forest for Visalia every hour from 2:30pm - 6:30pm. In-park shuttle questions: 559-565-4436.