

High Sierra Trail Itinerary - August 2013

		<i>Distance</i>	<i>Cumulative Distance</i>	<i>Elevation</i>	<i>Elevation Gain (Loss)</i>	
Day 1 :	14-Aug-03	Crescent Meadow	-	-	6,695	-
		Log Meadow Trail Junction	0.6	0.6	6,850	155
		Panther Creek Trail Junction	2.4	3.0	6,800	(50)
		Mehrten Creek	3.7	6.7	7,600	800
		Panther Gap Trail Junction	0.4	7.1	7,690	90
		Nine Mile Creek	2.3	9.4	7,360	(330)
		Buck Creek	1.5	10.9	7,200	(160)
		Bearpaw Meadow	1.8	12.7	7,720	520
				12.7		1,025
Day 2 :	15-Aug-03	Lone Pine Creek	1.7	14.4	7,400	(320)
		Hamilton Lake	2.3	16.7	8,240	840
				4.0		520
Day 3 :	16-Aug-03	Kaweah Gap	4.1	20.8	10,700	2,460
		Big Arroyo Junction	3.0	23.8	9,560	(1,140)
				7.1		1,320
Day 4 :	17-Aug-03	Chagoopa Plateau	3.2	27.0	10,600	1,040
		Chagoopa Plateau Trail Fork	1.8	28.8	10,225	(375)
		Moraine Lake	2.2	31.0	9,300	(925)
				7.2		(260)
Day 5 :	18-Aug-03	<i>Rest Day</i>				
Day 6 :	19-Aug-03	Sky Parlor Meadow	1.9	32.9	9,160	(140)
		Upper Funston Meadow	3.8	36.7	6,730	(2,430)
		Kern Hot Springs	1.8	38.5	6,880	150
				7.5		(2,420)
Day 7 :	20-Aug-03	Junction Meadow	7.5	46.0	8,080	1,200
		Wallace Creek Trail Junction	1.2	47.2	8,830	750
		JMT/HST Junction	3.4	50.6	10,405	1,575
				12.1		3,525
Day 8 :	21-Aug-03	PCT/JMT Junction	3.3	53.9	10,875	470
		Crabtree Ranger Station	0.9	54.8	10,660	(215)
		Guitar Lake	2.4	57.2	11,460	800
				6.6		1,055
Day 9 :	22-Aug-03	JMT/Whitney Junction	3.6	60.8	13,480	2,020
		Mt. Whitney	1.9	62.7	14,494	1,014
		JMT/Whitney Junction	1.9	64.6	13,480	(1,014)
		Whitney Portal	8.5	73.1	8,340	(5,140)
				15.9		(3,120)